

**Wodonga Athletic Club weekly competition**  
**Relay Program - Wodonga Athletic Complex**  
**Saturday 17 November 2018**

3000m			
Ryan Blackwell	U20	M	10:16.04
Kevin Muller	40+	M	10:19.99
Declan Pearce	U18	M	11:58.72
Joseph Hill	U14	M	13:49.61
William Pearce	70+	M	16:32.53
Fay Pearce	60+	F	18:20.23
Robert Lindley	70+	M	24:49.52

Relays (Track)			
<b>4x100m</b>			
Joseph Hill	U14	M	<b>01:00.42</b>
Nelson Bowey	U14	M	
Harvey Cribbes	U14	M	
Elias Knight	U14	M	
Anthea Knight	U20	F	<b>01:00.94</b>
Ryan Blackwell	U20	M	
Emma Aldrich	Open	F	
Gabby Knight	Open	F	
Tristan Eriksson	U14	M	<b>01:03.27</b>
Isaac Smith	U14	M	
Clio Knight	U16	F	
Clare McCormack	U18	F	
Gavin Smith	50+	M	<b>01:07.30</b>
Dennis Baker	70+	M	
Elio Doria	40+	M	
William Pearce	70+	M	
Tim Hinds	Open	M	<b>01:13.91</b>
Conwae Knight	40+	M	
Fay Pearce	60+	F	
Janet Crocos	60+	F	
<b>4x1500m</b>			
Joseph Hill	U14	M	<b>22:51.61</b>
Tristan Eriksson	U14	M	
Elias Knight	U14	M	
Nelson Bowey	U14	M	
Clio Knight	U16	F	<b>23:19.29</b>
Declan Pearce	U18	M	
Anthea Knight	U20	F	
Ryan Blackwell	U20	M	
Conwae Knight	40+	M	<b>23:22.73</b>
Kevin Muller	40+	M	
Derek Bowey	40+	M	
Gavin Smith	50+	M	
Isaac Smith	U14	M	<b>29:14.51</b>
Emma Aldrich	Open	F	
Tim Hinds	Open	M	
Dennis Baker	70+	M	
Janet Crocos	60+	F	<b>32:03.45</b>
Fay Pearce	60+	F	
Des Rees	60+	M	
William Pearce	70+	M	

Jumps Relay				
<b>Jumps Relay</b>				
Tim Hinds	Open	M	High Jump	1.20
Gabby Knight	Open	F	Long Jump	3.12
Ryan Blackwell	U20	M	Triple Jump	11.49
				<b>15.81</b>
Nelson Bowey	U14	M	High Jump	1.40
Elias Knight	U14	M	Long Jump	3.92
Harvey Cribbes	U14	M	Triple Jump	9.11
				<b>14.43</b>
Clare McCormack	U18	F	High Jump	1.20
Anthea Knight	U20	F	Long Jump	3.37
Clio Knight	U16	F	Triple Jump	9.08
				<b>13.65</b>
Joseph Hill	U14	M	High Jump	1.20
Isaac Smith	U14	M	Long Jump	2.65
Oliver Smith	U16	M	Triple Jump	9.26
				<b>13.11</b>
William Pearce	70+	M	High Jump	1.00
Elio Doria	40+	M	Long Jump	4.34
Kevin Muller	40+	M	Triple Jump	7.65
				<b>12.99</b>
Gavin Smith	50+	M	High Jump	1.40
Derek Bowey	40+	M	Long Jump	2.25
Conwae Knight	40+	M	Triple Jump	7.39
				<b>11.04</b>
Janet Crocos	60+	F	High Jump	1.10
Therese Knight	50+	F	Long Jump	1.85
Fay Pearce	60+	F	Triple Jump	4.51
				<b>7.46</b>

Relays (Track)				
<b>Swedish relay</b>				
Clare McCormack	U18	F		<b>02:36.73</b>
Declan Pearce	U18	M		
Anthea Knight	U20	F		
Ryan Blackwell	U20	M		
Elias Knight	U14	M		<b>02:49.73</b>
Nelson Bowey	U14	M		
Harvey Cribbes	U14	M		
Tristan Eriksson	U14	M		
Derek Bowey	40+	M		<b>03:02.53</b>
Kevin Muller	40+	M		
Conwae Knight	40+	M		
Gavin Smith	50+	M		
Gabby Knight	Open	F		<b>03:20.62</b>
Elio Doria	40+	M		
Emma Aldrich	Open	F		
Tim Hinds	Open	M		
Isaac Smith	U14	M		<b>03:23.53</b>
Joseph Hill	U14	M		
Clio Knight	U16	F		
Oliver Smith	U16	M		
Janet Crocos	60+	F		<b>04:16.91</b>
Des Rees	60+	M		
William Pearce	70+	M		
Dennis Baker	70+	M		

Throws Relay				
Throws Relay				
Clio Knight	U16	F	Discus	26.50
Clare McCormack	U18	F	Javelin	29.76
Gabby Knight	Open	F	Shot Put	9.52
				<b>65.78</b>
Declan Pearce	U18	M	Discus	19.43
Ryan Blackwell	U20	M	Javelin	35.32
Tim Hinds	Open	M	Shot Put	6.96
				<b>61.71</b>
Tristan Eriksson	U14	M	Discus	21.27
Elias Knight	U14	M	Javelin	22.72
Nelson Bowey	U14	M	Shot Put	10.05
				<b>54.04</b>
Gavin Smith	50+	M	Discus	23.19
Conwae Knight	40+	M	Javelin	21.15
Derek Bowey	40+	M	Shot Put	7.45
				<b>51.79</b>
Joseph Hill	U14	M	Discus	19.75
Oliver Smith	U16	M	Javelin	21.74
Isaac Smith	U14	M	Shot Put	5.14
				<b>46.63</b>
Dennis Baker	70+	M	Discus	19.29
William Pearce	70+	M	Javelin	16.48
Elio Doria	40+	M	Shot Put	8.59
				<b>44.36</b>
Anthea Knight	U20	F	Discus	16.25
Emma Aldrich	Open	F	Javelin	14.29
Des Rees	60+	M	Shot Put	5.18
				<b>35.72</b>
Fay Pearce	60+	F	Discus	10.23
Janet Crocos	60+	F	Javelin	14.88
Therese Knight	50+	F	Shot Put	6.42
				<b>31.53</b>