

Wodonga Athletic Club Weekly Competition
Program 3 Wodonga Athletic Complex
Saturday 24 November 2018

Women		
100m		
Anthea Knight	U20	13.99
Brianna Pullen	U16	14.35
Sarah Egan	U18	14.53
Isabella Slabbert	U14	14.83
Clio Knight	U16	15.25
Karen Hill	40+	16.04
Clare McCormack	U18	16.77
Lisa McInerney	Open	16.95
Sophie Buckley	Open	18.97
Therese Knight	50+	23.31
Katherine Howse*	50+	14.51
200m		
Anthea Knight	U20	30.76
Janet Crocos	60+	37.21
Katherine Howse*	50+	32.88
5000m		
Alannah Harrap	U14	21:48.27
Fay Pearce	60+	30:14.56
800m		
Alannah Harrap	U14	02:44.61
Sarah Egan	U18	02:49.81
Anthea Knight	U20	02:59.63
Karen Hill	40+	03:19.20
Clio Knight	U16	03:40.21
Sophie Buckley	Open	04:08.78
Fay Pearce	60+	04:22.39
80m Hurdles		
Janet Crocos	60+	19.97
90m Hurdles		
Clio Knight	U16	21.72
Discus		
Clio Knight	U16	27.15
Clare McCormack	U18	20.97
Therese Knight	50+	15.26
Anthea Knight	U20	15.25
Janet Crocos	60+	14.73
Karen Hill	40+	12.55
Sophie Buckley	Open	11.55

Men		
100m		
Ryan Blackwell	U20	13.20
Elio Doria	40+	14.27
Declan Pearce	U18	14.37
Gavin Smith	50+	15.07
Harvey Cribbes	U14	15.33
Kevin Muller	40+	15.55
Conwae Knight	40+	15.74
Joseph Hill	U14	15.80
Elias Knight	U14	16.78
Tim Hinds	Open	17.47
Dennis Baker	70+	19.75
200m		
Ryan Blackwell	U20	27.13
Gavin Smith	50+	29.41
Kevin Muller	40+	32.18
Conwae Knight	40+	33.47
Dennis Baker	70+	43.46
5000m		
Kevin Muller	40+	18:08.11
Ryan Blackwell	U20	18:09.73
Declan Pearce	U18	18:59.32
Rhys Thorpe	U16	19:28.75
Corey Harrap	U16	19:35.37
Joseph Hill	U14	22:31.33
Elias Knight	U14	25:13.45
Dennis Baker	70+	36:10.01
Robert Lindley	70+	43:06.15
800m		
Ryan Blackwell	U20	02:17.04
Corey Harrap	U16	02:29.39
Kevin Muller	40+	02:29.73
Declan Pearce	U18	02:36.49
Joseph Hill	U14	03:01.44
Elias Knight	U14	03:08.20
Tim Hinds	Open	03:13.81
Conwae Knight	40+	03:22.51
90m Hurdles		
Elias Knight	U14	19.64
Discus		
Gavin Smith	50+	25.04
Tim Hinds	Open	17.98
Oliver Smith	U16	16.66
Conwae Knight	40+	15.71

Women		
Hammer Throw		
Clare McCormack	U18	37.94
Gabby Knight	Open	28.11
Clio Knight	U16	23.41
Janet Crocos	60+	21.25
Lisa McInerney	Open	19.89
Therese Knight	50+	19.27
Sophie Buckley	Open	15.50
Anthea Knight	U20	10.58
Javelin		
Clare McCormack	U18	33.45
Isabella Slabbert	U14	21.98
Lisa McInerney	Open	18.66
Sarah Egan	U18	17.33
Gabby Knight	Open	16.75
Anthea Knight	U20	14.90
Emma Aldrich	Open	14.47
Karen Hill	40+	13.25
Rebekah Egan	U16	12.12
Therese Knight	50+	11.65
Brianna Pullen	U16	10.50
Fay Pearce	60+	9.24
Long Jump		
Sarah Egan	U18	4.31
Isabella Slabbert	U14	4.28
Clio Knight	U16	4.09
Karen Hill	40+	4.02
Anthea Knight	U20	3.85
Lisa McInerney	Open	3.74
Rebekah Egan	U16	3.16
Clare McCormack	U18	3.14
Sophie Buckley	Open	2.98
Janet Crocos	60+	2.91
Gabby Knight	Open	2.88
Fay Pearce	60+	2.15
Therese Knight	50+	1.70
Emma Aldrich	Open	NA
Triple Jump		
Sarah Egan	U18	9.57
Isabella Slabbert	U14	9.24
Clio Knight	U16	8.88
Karen Hill	40+	8.31
Lisa McInerney	Open	7.88
Rebekah Egan	U16	7.49
Gabby Knight	Open	6.71
Clare McCormack	U18	6.70
Sophie Buckley	Open	5.52

Men		
Hammer Throw		
Elias Knight	U14	15.28
Gavin Smith	50+	15.25
Conwae Knight	40+	14.48
Dennis Baker	70+	13.77
Tim Hinds	Open	11.69
Javelin		
Ryan Blackwell	U20	34.56
Declan Pearce	U18	28.63
Conwae Knight	40+	24.70
Elio Doria	40+	23.98
Oliver Smith	U16	20.06
Joseph Hill	U14	17.11
Kevin Muller	40+	16.71
Tim Hinds	Open	14.82
Dennis Baker	70+	11.96
Gavin Smith	50+	6.97
Long Jump		
Ryan Blackwell	U20	4.82
Harvey Cribbes	U14	4.46
Elio Doria	40+	4.37
Gavin Smith	50+	3.96
Joseph Hill	U14	3.91
Elias Knight	U14	3.76
Conwae Knight	40+	3.60
Triple Jump		
Oliver Smith	U16	8.93
Elio Doria	40+	8.83
Joseph Hill	U14	7.98
Elias Knight	U14	7.87