

Wodonga Athletic Club Weekly Competition
Program 1 - Les O'Brien Athletic Complex
Saturday 8 December 2018

Women		
200m		
Anthea Knight	U20	28.91
Fay Pearce	60+	49.80
3000m		
Alannah Harrap	U14	12:17.05
Fay Pearce	60+	17:37.68
60m		
Anthea Knight	U20	8.61
Talia Paterson	Open	8.66
Sarah Egan	U18	8.94
Clio Knight	U16	9.23
Janet Crocos	60+	10.05
Clare McCormack	U18	10.07
Charlotte Louise Streat	U14	10.09
Gabby Knight	Open	10.25
Fay Pearce	60+	13.11
Therese Knight	50+	13.29
Katherine Howse	50+	9.18
800m		
Alannah Harrap	U14	02:40.07
Janet Crocos	60+	03:44.38
Fay Pearce	60+	04:08.25
Michelle Harrap	Open	04:22.04
Hammer Throw		
Clare McCormack	U18	39.36
Gabby Knight	Open	24.50
Janet Crocos	60+	22.10
Clio Knight	U16	21.51
Lisa McInerney	Open	18.81
Therese Knight	50+	18.38
Debbie Jones	50+	17.62
Alizah Rollings	U16	15.82
Anthea Knight	U20	12.89

Men		
200m		
Ryan Blackwell	U20	26.29
Conwae Knight	40+	33.40
Tim Hinds	Open	34.16
Francis Scurr	80+	44.04
3000m		
Ryan Blackwell	U20	10:24.07
Declan Pearce	U18	11:31.31
Michael Dickins	40+	12:12.72
Tim Hinds	Open	13:44.78
William Pearce	70+	15:18.49
Kevin Jones	50+	16:26.44
Robert Lindley	70+	25:23.42
60m		
Ben Boyd	Open	7.68
Ryan Blackwell	U20	8.17
Simon Crocos	Open	8.42
Elias Knight	U14	9.57
Conwae Knight	40+	9.92
Tim Hinds	Open	10.41
Francis Scurr	80+	11.45
Dennis Baker	70+	12.05
800m		
Ryan Blackwell	U20	02:11.91
Declan Pearce	U18	02:32.12
Tim Hinds	Open	02:43.41
Michael Dickins	40+	03:22.94
William Pearce	70+	03:36.63
Dennis Baker	70+	04:30.75
Hammer Throw		
Simon Crocos	Open	22.63
Elias Knight	U14	16.80
Conwae Knight	40+	12.75
Des Rees	60+	11.31
Tim Hinds	Open	11.23

Women		
Javelin		
Clare McCormack	U18	29.42
Talia Paterson	Open	20.53
Gabby Knight	Open	20.21
Lisa McInerney	Open	19.92
Charlotte Louise Streat	U14	18.70
Sarah Egan	U18	18.06
Janet Crocos	60+	15.87
Clio Knight	U16	15.19
Anthea Knight	U20	14.19
Karen Hill	40+	13.72
Alizah Rollings	U16	12.91
Therese Knight	50+	10.44
Debbie Jones	50+	10.36
Fay Pearce	60+	9.17
Long Jump		
Talia Paterson	Open	4.28
Clio Knight	U16	3.98
Lisa McInerney	Open	3.73
Anthea Knight	U20	3.38
Clare McCormack	U18	3.35
Janet Crocos	60+	3.07
Gabby Knight	Open	2.92
Shot Put		
Clare McCormack	U18	10.59
Gabby Knight	Open	8.34
Clio Knight	U16	7.56
Janet Crocos	60+	6.89
Therese Knight	50+	6.58
Lisa McInerney	Open	6.40
Alizah Rollings	U16	5.85
Debbie Jones	50+	5.82
Triple Jump		
Talia Paterson	Open	9.84
Sarah Egan	U18	9.61
Clio Knight	U16	8.65
Lisa McInerney	Open	8.38
Charlotte Louise Streat	U14	8.00
Anthea Knight	U20	7.75
Clare McCormack	U18	6.73
Gabby Knight	Open	5.65
Katherine Howse*	50+	8.15

Men		
Javelin		
Ben Boyd	Open	41.70
Ryan Blackwell	U20	36.11
Simon Crocos	Open	34.65
Declan Pearce	U18	32.34
Elias Knight	U14	24.80
Conwae Knight	40+	24.45
Joseph Hill	U14	19.52
Harvey Cribbes	U14	19.14
Tim Hinds	Open	18.58
William Pearce	70+	16.13
Michael Dickins	40+	12.68
Dennis Baker	70+	12.55
Des Rees	60+	9.95
Long Jump		
Simon Crocos	Open	4.17
Joseph Hill	U14	3.53
Elias Knight	U14	3.52
Conwae Knight	40+	3.39
Shot Put		
Simon Crocos	Open	9.02
Joseph Hill	U14	7.72
Elias Knight	U14	7.00
William Pearce	70+	6.24
Des Rees	60+	5.07
Dennis Baker	70+	5.05
Triple Jump		
Elias Knight	U14	7.99
Conwae Knight	40+	6.88
Harvey Cribbes	U14	NA

4x100m Relay		
Declan Pearce	U18	55.61
Ryan Blackwell	U20	
Sarah Egan	U18	
Lisa McInerney	Open	
Brianna Pullen	U16	57.67
Clio Knight	U16	
Clare McCormack	U18	
Anthea Knight	U20	
Harvey Cribbes	U14	57.98
Joseph Hill	U14	
Alex Colgen	Visitor	
Logan Dickson	Visitor	
Elias Knight	U14	01:04.39
Tim Hinds	Open	
Conwae Knight	40+	
Gabby Knight	Open	
Dennis Baker	70+	01:14.37
Katherine Howse	50+	
Fay Pearce	60+	
Janet Crocos	60+	