

Wodonga Athletic Club Weekly Competition
Program 3 - Les O'Brien Athletic Complex
Saturday 12 January 2019

Track Events					
Women			Men		
100m			100m		
Hannah Thornber	U14	13.84	Ben Boyd	Open	12.74
Talia Paterson	Open	14.14	Alex Colgan	U16	13.17
Zoe Smith	U20	14.16	Simon Crocos	Open	13.51
Brianna Pullen	U16	14.33	Oliver Smith	U16	13.94
Clio Knight	U16	14.99	Tim Hinds	Open	15.67
Karen Hill	40+	16.29	Conwae Knight	40+	16.11
Sophie Buckley	Open	17.98	Elias Knight	U14	17.12
Katherine Howse*	50+	15.18	Isaac Smith	U14	18.51
200m			200m		
Hannah Thornber	U14	28.60	Joseph Hill	U14	19.06
Zoe Smith	U20	29.57	Dennis Baker	70+	20.00
Brianna Pullen	U16	29.77	200m		
Fay Pearce	60+	50.26	Alex Colgan	U16	27.03
2000m Steeple Chase			Ryan Blackwell	U20	27.86
Callista RaceStelling	U16	07:45.98	Simon Crocos	Open	29.08
Edyn Hill	U14	09:24.81	Flynn Hill	U14	31.58
Karen Hill	40+	10:18.84	Chris Hill	40+	31.99
Nadia Mellor	60+	10:59.27	Conwae Knight	40+	33.38
Chris Wilson	60+	11:07.38	Tim Hinds	Open	33.75
Clio Knight	U16	12:26.40	Isaac Smith	U14	39.26
Tracey Howse	50+	15:45.74	William Pearce	70+	39.72
3000m Steeple Chase			Dennis Baker	70+	43.63
Sophie Buckley	Open	15:58.94	2000m Steeple Chase		
5000m			Nelson Bowey	U14	07:36.62
Edyn Hill	U14	22:47.24	Corey Harrap	U16	07:54.71
Alannah Harrap	U14	23:31.62	Flynn Hill	U14	08:55.53
Fay Pearce	60+	30:53.47	Joseph Hill	U14	09:37.04
800m			3000m Steeple Chase		
Alannah Harrap	U14	02:48.13	Ryan Blackwell	U20	11:22.89
Chris Wilson	60+	03:45.88	Digby Race	50+	13:44.43
Fay Pearce	60+	04:15.27	Chris Hill	40+	15:37.20
Michelle Harrap	Open	04:22.52	5000m		
Tracey Howse	50+	04:55.11	Rhys Thorpe	U16	20:08.40
			Declan Pearce	U18	20:54.76
			William Pearce	70+	29:11.61
			Robert Lindley	70+	44:53.83
			800m		
			Ryan Blackwell	U20	02:17.31
			Nelson Bowey	U14	02:22.89
			Declan Pearce	U18	02:39.89
			Tim Hinds	Open	02:56.58
			William Pearce	70+	03:40.85
			Dennis Baker	70+	04:42.75

Field Events					
Women			Men		
Discus			Discus		
Gabby Knight	Open	24.91	Simon Crocos	Open	25.67
Talia Paterson	Open	21.29	Joseph Hill	U14	21.09
Anthea Knight	U20	17.47	Dennis Baker	70+	20.94
Zoe Smith	U20	12.99	Tim Hinds	Open	18.49
Sophie Buckley	Open	10.69	Conwae Knight	40+	17.50
Hammer Throw			Hammer Throw		
Gabby Knight	Open	29.19	Simon Crocos	Open	22.83
Hannah Thornber	U14	21.46	Derek Bowey	40+	16.77
Clio Knight	U16	19.78	Elias Knight	U14	13.06
Sophie Buckley	Open	12.27	Conwae Knight	40+	12.32
Zoe Smith	U20	11.34	Tim Hinds	Open	11.60
Javelin			Javelin		
Gabby Knight	Open	18.94	Ben Boyd	Open	43.94
Tracey Howse	50+	15.44	Simon Crocos	Open	40.41
Talia Paterson	Open	15.04	Ryan Blackwell	U20	30.15
Clio Knight	U16	13.96	Elias Knight	U14	24.24
Zoe Smith	U20	13.50	Oliver Smith	U16	24.11
Sophie Buckley	Open	11.62	Conwae Knight	40+	22.59
Anthea Knight	U20	9.79	Tim Hinds	Open	20.74
Fay Pearce	60+	9.65	William Pearce	70+	17.85
Long Jump			Long Jump		
Hannah Thornber	U14	4.54	Joseph Hill	U14	15.55
Talia Paterson	Open	4.05	Dennis Baker	70+	11.55
Karen Hill	40+	3.96	Long Jump		
Clio Knight	U16	3.88	Ryan Blackwell	U20	4.69
Zoe Smith	U20	3.57	Simon Crocos	Open	4.45
Sophie Buckley	Open	2.70	Oliver Smith	U16	4.41
Gabby Knight	Open	2.25	Derek Bowey	40+	4.25
Fay Pearce	60+	1.81	Gavin Smith	50+	3.98
Triple Jump			Triple Jump		
Talia Paterson	Open	9.71	Conwae Knight	40+	3.36
Clio Knight	U16	8.57	Tim Hinds	Open	3.16
Karen Hill	40+	7.63	Elias Knight	U14	1.94
Sophie Buckley	Open	6.21	Triple Jump		
			Ryan Blackwell	U20	10.99
			Oliver Smith	U16	9.07
			Gavin Smith	50+	8.20