

**Wodonga Athletic Club Weekly Competition**  
**Program 4 - Wodonga Athletic Complex**  
**Saturday 19 January 2019**

Track					
Women			Men		
<b>100m</b>			<b>100m</b>		
Anthea Knight	U20	13.82	Alex Colgan	U16	13.11
Sarah Egan	U18	14.62	Simon Crocos	Open	13.55
Clio Knight	U16	14.92	Gavin Smith	50+	13.78
Charlotte Louise Streat	U14	16.29	Nelson Bowey	U14	13.97
Janet Crocos	60+	16.35	Oliver Smith	U16	14.05
Lisa McInerney	Open	17.21	Tim Hinds	Open	15.34
Sophie Buckley	Open	17.95	Elias Knight	U14	16.12
Gabby Knight	Open	18.62	Conwae Knight	40+	16.42
Fay Pearce	60+	22.47	Isaac Smith	U14	18.99
Therese Knight	50+	23.50			
<b>1500m</b>			<b>1500m</b>		
Alannah Harrap	U14	05:43.48	Nelson Bowey	U14	05:05.97
Karen Hill	40+	07:15.23	Corey Harrap	U16	05:06.56
Sophie Buckley	Open	08:04.81	Tim Hinds	Open	05:54.12
Fay Pearce	60+	08:44.25	Joseph Hill	U14	06:12.07
			Derek Bowey	40+	06:16.00
			Simon Crocos	Open	07:24.76
			Conwae Knight	40+	08:02.59
<b>3000m</b>			<b>3000m</b>		
Alannah Harrap	U14	13:26.86	Corey Harrap	U16	12:09.34
Karen Hill	40+	16:53.29	Declan Pearce	U18	12:54.26
Debbie Jones	50+	18:23.31	Tim Hinds	Open	13:29.05
Sophie Buckley	Open	18:56.65	Kevin Jones	50+	16:50.56
<b>400m</b>			<b>400m</b>		
Sarah Egan	U18	01:12.46	Elias Knight	U14	01:28.77
Anthea Knight	U20	01:16.71	Isaac Smith	U14	01:37.06
Janet Crocos	60+	01:43.80			

Field - Throws					
Women			Men		
<b>Discus</b>			<b>Discus</b>		
Gabby Knight	Open	27.83	Simon Crocos	Open	27.51
Clio Knight	U16	27.46	Gavin Smith	50+	26.29
Charlotte Louise Streat	U14	25.99	Joseph Hill	U14	18.90
Anthea Knight	U20	17.01	Declan Pearce	U18	18.05
Lisa McInerney	Open	16.92	Tim Hinds	Open	17.73
Janet Crocos	60+	16.54	Oliver Smith	U16	17.45
Alizah Rollings	U16	15.55	Conwae Knight	40+	17.15
Karen Hill	40+	15.05	Elias Knight	U14	16.70
Therese Knight	50+	14.95	Alex Colgan	U16	14.49
Sarah Egan	U18	13.83	Isaac Smith	U14	10.45
Sophie Buckley	Open	12.71			
Debbie Jones	50+	11.32			
Fay Pearce	60+	9.82			
<b>Javelin</b>			<b>Javelin</b>		
Charlotte Louise Streat	U14	24.97	Simon Crocos	Open	39.80
Sarah Egan	U18	19.26	Declan Pearce	U18	24.87
Gabby Knight	Open	17.14	Elias Knight	U14	23.35
Sophie Buckley	Open	15.41	Oliver Smith	U16	23.19
Janet Crocos	60+	14.77	Conwae Knight	40+	22.04
Alizah Rollings	U16	13.53	Tim Hinds	Open	17.46
Anthea Knight	U20	13.11	Joseph Hill	U14	16.61
Karen Hill	40+	12.18	Alex Colgan	U16	15.30
Clio Knight	U16	11.02	Isaac Smith	U14	12.40
Debbie Jones	50+	10.68			
Fay Pearce	60+	9.99			
Therese Knight	50+	8.71			
<b>Shot Put</b>			<b>Shot Put</b>		
Charlotte Louise Streat	U14	9.66	Nelson Bowey	U14	10.66
Gabby Knight	Open	8.40	Derek Bowey	40+	8.85
Clio Knight	U16	7.52	Simon Crocos	Open	8.84
Janet Crocos	60+	7.08	Gavin Smith	50+	8.30
Sarah Egan	U18	6.73	Joseph Hill	U14	7.71
Therese Knight	50+	6.52	Elias Knight	U14	6.56
Sophie Buckley	Open	5.94	Oliver Smith	U16	6.44
Anthea Knight	U20	5.84	Conwae Knight	40+	6.34
Debbie Jones	50+	5.66	Tim Hinds	Open	6.28
Alizah Rollings	U16	5.60	Alex Colgan	U16	6.25

Field - Jumps					
Women			Men		
<b>Triple Jump</b>			<b>Triple Jump</b>		
Sarah Egan	U18	10.00	Simon Crocos	Open	9.65
Clio Knight	U16	8.65	Oliver Smith	U16	9.60
Lisa McInerney	Open	8.53	Derek Bowey	40+	8.37
Charlotte Louise Streat	U14	7.82	Elias Knight	U14	8.02
Anthea Knight	U20	7.75	Conwae Knight	40+	7.22
Gabby Knight	Open	6.83	Isaac Smith	U14	6.58
Janet Crocos	60+	6.65	Tim Hinds	Open	6.52
<b>High Jump</b>			<b>High Jump</b>		
Sarah Egan	U18	1.35	Gavin Smith	50+	1.50
Lisa McInerney	Open	1.25	Joseph Hill	U14	1.25
			Oliver Smith	U16	1.25
			Simon Crocos	Open	1.25
			Elias Knight	U14	1.20
			Conwae Knight	40+	1.15