

Wodonga Athletic Club Weekly Competition
Program 3 Wodonga Athletic Complex
Saturday 16 February 2019

Women		
100m		
Zoe Smith	U20	14.61
Isabella Slabbert	U14	15.11
Sarah Egan	U18	15.20
Janet Crocos	60+	16.71
Karen Hill	40+	16.85
Clare McCormack	U18	17.13
Anthea Knight	U20	17.63
Sophie Buckley	Open	19.01
Therese Knight	50+	23.99
200m		
Zoe Smith	U20	30.39
Janet Crocos	60+	35.27
Clare McCormack	U18	43.03
5000m		
Sophie Buckley	Open	29:19.76
800m		
Sarah Egan	U18	02:54.53
Fay Pearce	60+	04:18.78
Tracey Howse	50+	04:44.74
Katherine Howse*	50+	04:44.71
Discus		
Clio Knight	U16	25.66
Gabby Knight	Open	24.66
Clare McCormack	U18	22.65
Alizah Rollings	U16	16.75
Karen Hill	40+	15.14
Anthea Knight	U20	14.92
Janet Crocos	60+	14.89
Zoe Smith	U20	13.88
Therese Knight	50+	12.75
Fay Pearce	60+	10.05
Hammer Throw		
Clare McCormack	U18	39.04
Gabby Knight	Open	24.99
Janet Crocos	60+	23.38
Alizah Rollings	U16	23.35
Clio Knight	U16	18.91
Therese Knight	50+	17.17
Sarah Egan	U18	15.49
Sophie Buckley	Open	13.53
Zoe Smith	U20	7.96

Men		
100m		
Ryan Blackwell	U20	13.28
Simon Crocos	Open	13.92
Declan Pearce	U18	14.89
Kevin Muller	40+	15.15
Tim Hinds	Open	15.27
Harvey Cribbes	U14	16.12
Conwae Knight	40+	16.53
William Pearce	70+	18.26
Francis Scurr	80+	19.80
Dennis Baker	70+	19.81
Elias Knight	U14	20.23
200m		
Ryan Blackwell	U20	27.36
Declan Pearce	U18	30.10
Harvey Cribbes	U14	32.14
Tim Hinds	Open	33.58
Conwae Knight	40+	35.24
William Pearce	70+	40.49
Dennis Baker	70+	44.93
5000m		
Ryan Blackwell	U20	0:18:40
Tim Hinds	Open	0:22:36
Declan Pearce	U18	0:22:40
800m		
Ryan Blackwell	U20	0:02:17
Tim Hinds	Open	0:02:46
Elias Knight	U14	0:03:30
Conwae Knight	40+	0:03:31
Des Rees	60+	0:03:53
Dennis Baker	70+	0:04:31
90m Hurdles		
Elias Knight	U14	20.46
Discus		
Gavin Smith	50+	24.15
William Pearce	70+	20.79
Dennis Baker	70+	20.39
Elias Knight	U14	18.95
Simon Crocos	Open	16.88
Conwae Knight	40+	16.22

Women		
Javelin		
Clare McCormack	U18	33.14
Isabella Slabbert	U14	25.46
Gabby Knight	Open	22.15
Sarah Egan	U18	20.04
Janet Crocos	60+	14.51
Sophie Buckley	Open	14.15
Clio Knight	U16	14.01
Zoe Smith	U20	13.99
Karen Hill	40+	13.87
Alizah Rollings	U16	13.08
Anthea Knight	U20	11.63
Fay Pearce	60+	10.81
Therese Knight	50+	9.90
Long Jump		
Sarah Egan	U18	3.99
Clio Knight	U16	3.91
Karen Hill	40+	3.85
Zoe Smith	U20	3.61
Sophie Buckley	Open	3.06
Clare McCormack	U18	3.02
Gabby Knight	Open	2.93
Janet Crocos	60+	2.79
Alizah Rollings	U16	1.52
Triple Jump		
Isabella Slabbert	U14	9.55
Sarah Egan	U18	9.13
Clio Knight	U16	8.77
Karen Hill	40+	8.14
Gabby Knight	Open	6.02
Sophie Buckley	Open	5.10
Fay Pearce	60+	4.37

Men		
Hammer Throw		
Simon Crocos	Open	26.66
Elias Knight	U14	17.55
Gavin Smith	50+	16.97
Conwae Knight	40+	14.31
Tim Hinds	Open	13.62
Dennis Baker	70+	13.40
Javelin		
Simon Crocos	Open	40.04
Ryan Blackwell	U20	32.06
Conwae Knight	40+	25.45
Declan Pearce	U18	24.60
Kevin Muller	40+	17.88
Harvey Cribbes	U14	17.68
William Pearce	70+	16.09
Dennis Baker	70+	13.53
Long Jump		
Ryan Blackwell	U20	4.94
Simon Crocos	Open	4.47
Harvey Cribbes	U14	3.93
Gavin Smith	50+	3.79
Kevin Muller	40+	3.48
Conwae Knight	40+	3.22
Elias Knight	U14	3.01
Tim Hinds	Open	2.96
Triple Jump		
Ryan Blackwell	U20	11.15
Gavin Smith	50+	8.57
Harvey Cribbes	U14	8.44
Elias Knight	U14	6.37