

Wodonga Athletic Club Weekly Competition
Program 2 - Les O'Brien Athletic Complex
Saturday 9 February 2019

Women		
100m		
Zoe Smith	U20	14.27
Anthea Knight	U20	14.46
Brianna Pullen	U16	14.51
Isabella Slabbert	U14	14.76
Sarah Egan	U18	14.81
Clio Knight	U16	15.01
Lisa McInerney	Open	16.70
Janet Crocos	60+	16.91
Clare McCormack	U18	17.09
Therese Knight	50+	23.66
Katherine Howse*	50+	14.86
1500m		
Clio Knight	U16	07:13.38
Lisa McInerney	Open	07:30.70
Sandra Rouvray	50+	08:21.18
2000m SC		
Edyn Hill	U14	08:50.10
Clio Knight	U16	11:40.94
3000m		
Debbie Jones	50+	17:04.26
Fay Pearce	60+	17:32.22
Clio Knight	U16	20:03.01
Gabby Knight	Open	20:20.60
Tracey Howse	50+	20:24.03
Katherine Howse*	50+	20:24.55
400m		
Zoe Smith	U20	01:11.84
Anthea Knight	U20	01:12.64
Brianna Pullen	U16	01:12.94
Sandra Rouvray	50+	01:45.25
Fay Pearce	60+	01:50.71

Men		
100m		
Alex Colgan	U16	13.13
Oliver Smith	U16	14.58
Tim Hinds	Open	15.46
Elias Knight	U14	16.28
William Pearce	70+	18.26
Conwae Knight	40+	18.48
Isaac Smith	U14	18.75
Dennis Baker	70+	19.75
Francis Scurr	80+	20.04
1500m		
Kevin Muller	40+	05:38.64
Tim Hinds	Open	05:57.29
Des Rees	60+	07:31.81
Dennis Baker	70+	09:57.49
2000m SC		
Corey Harrap	U16	07:47.26
Flynn Hill	U14	08:16.73
Joseph Hill	U14	09:04.81
3000m		
Kevin Muller	40+	11:14.72
Tim Hinds	Open	13:05.32
William Pearce	70+	15:22.63
Kevin Jones	50+	16:34.08
3000m SC		
Michael Dickins	40+	12:21.62
Gavin Smith	50+	14:51.44
Conwae Knight	40+	17:43.42
400m		
Declan Pearce	U18	01:05.51
Alex Colgan	U16	01:08.83
Tim Hinds	Open	01:11.28
Isaac Smith	U14	01:28.94
Conwae Knight	40+	01:35.22
Dennis Baker	70+	01:46.84
Elias Knight	U14	01:51.83

Women		
Discus		
Gabby Knight	Open	29.22
Clio Knight	U16	27.61
Clare McCormack	U18	21.55
Lisa McInerney	Open	16.90
Anthea Knight	U20	15.16
Janet Crocos	60+	15.10
Sarah Egan	U18	15.08
Therese Knight	50+	13.27
Debbie Jones	50+	11.82
Fay Pearce	60+	10.64
High Jump		
Sarah Egan	U18	1.40
Isabella Slabbert	U14	1.35
Lisa McInerney	Open	1.30
Clare McCormack	U18	1.05
Anthea Knight	U20	1.00
Javelin		
Clare McCormack	U18	31.70
Isabella Slabbert	U14	23.95
Sarah Egan	U18	21.94
Gabby Knight	Open	20.97
Lisa McInerney	Open	20.93
Clio Knight	U16	17.63
Janet Crocos	60+	15.07
Anthea Knight	U20	11.84
Debbie Jones	50+	10.87
Fay Pearce	60+	8.77
Therese Knight	50+	7.77
Long Jump		
Isabella Slabbert	U14	4.40
Sarah Egan	U18	4.22
Clio Knight	U16	4.09
Anthea Knight	U20	3.85
Lisa McInerney	Open	3.55
Gabby Knight	Open	3.10
Clare McCormack	U18	2.89
Janet Crocos	60+	2.85
Shot Put		
Clare McCormack	U18	10.78
Gabby Knight	Open	8.73
Clio Knight	U16	7.87
Lisa McInerney	Open	7.22
Janet Crocos	60+	7.15
Sarah Egan	U18	6.68
Zoe Smith	U20	6.29
Therese Knight	50+	6.28
Anthea Knight	U20	5.29
Brianna Pullen	U16	5.14

Men		
Discus		
William Pearce	70+	21.45
Tim Hinds	Open	19.92
Dennis Baker	70+	19.85
Harvey Cribbes	U14	19.37
Oliver Smith	U16	19.08
Declan Pearce	U18	18.69
Conwae Knight	40+	16.61
Elias Knight	U14	16.09
Kevin Muller	40+	15.29
Isaac Smith	U14	9.54
High Jump		
Oliver Smith	U16	1.30
Harvey Cribbes	U14	1.25
Elias Knight	U14	1.20
Conwae Knight	40+	1.20
Javelin		
Conwae Knight	40+	23.80
Declan Pearce	U18	23.53
Elias Knight	U14	22.42
Oliver Smith	U16	21.11
Gavin Smith	50+	16.96
Tim Hinds	Open	16.70
Isaac Smith	U14	14.09
Dennis Baker	70+	13.49
Long Jump		
Harvey Cribbes	U14	4.24
Oliver Smith	U16	4.24
Gavin Smith	50+	4.06
Elias Knight	U14	3.33
Isaac Smith	U14	3.05
Tim Hinds	Open	2.80
Conwae Knight	40+	2.59
Shot Put		
Gavin Smith	50+	8.07
Tim Hinds	Open	6.76
Elias Knight	U14	6.44
Harvey Cribbes	U14	6.36
Conwae Knight	40+	6.36
Oliver Smith	U16	6.35
William Pearce	70+	6.27
Kevin Muller	40+	5.67
Alex Colgan	U16	5.43