

Wodonga Athletic Club
Weekly Competiton
Saturday 12th October 2019

Women		
100m		
Mikayla Talbot	U14	14.03
Anthea Knight	U20	15.07
Clio Knight	U16	15.26
Lisa McInerney	Open	15.74
Illiana Mulholland	U16	16.67
Anthea Mulholland	40+	17.61
Olivia Edwards	Open	20.28
400m		
Mikayla Talbot	U14	1:12.89
Anthea Knight	U20	1:21.11
Clio Knight	U16	1:24.81
Lisa McInerney	Open	1:28.58
Illiana Mulholland	U16	1:29.37
Anthea Mulholland	40+	1:39.71
Jane Cook *		1:52.23
Gabby Knight	Open	1:53.54
1500m		
Edyn Hill	U14	5:37.98
Alannah Harrap	U16	6:19.24
Karen Hill	40+	6:49.70
Clio Knight	U16	8:01.04
3000m		
Alannah Harrap	U16	12:57.68
Discus		
Charlotte Louise Streat	U14	29.42
Gabby Knight	Open	28.79
Jane Cook *		24.94
Clare McCormack	U20	24.46
Clio Knight	U16	23.60
Illiana Mulholland	U16	19.47
Lisa McInerney	Open	19.46
Paige Duffy	U16	18.84
Anthea Knight	U20	16.97
Janet Crocos	60+	16.55
Therese Knight	50+	14.97
Sarah Egan	U18	14.66
Anthea Mulholland	40+	14.40
Jemimah Egan	U14	6.70

Men		
100m		
Ethan Talbot	U18	12.23
Alex Colgan *		12.4
Ashton Talbot	U16	13.18
Nelson Bowey	U16	14.01
Riley Edwards	U16	14.06
Elio Doria	40+	14.37
Chris Lewis	50+	14.48
Tim Hinds	40+	15.34
Ryan McMahon	40+	15.48
Sloan Mulholland	U14	15.92
Elias Knight	U14	16.23
Robert Mulholland	40+	16.26
Ryan Edwards	U14	16.56
Conwae Knight	50+	17.19
400m		
Alex Colgan *		58.11
Ethan Talbot	U18	59.42
Nelson Bowey	U16	1:00.20
Riley Edwards	U16	1:05.26
Ashton Talbot	U16	1:08.80
Aiden Hill	U14	1:11.71
Tim Hinds	40+	1:11.88
Sloan Mulholland	U14	1:21.46
Elias Knight	U14	1:23.79
Robert Mulholland	40+	1:25.32
Elio Doria	40+	1:25.34
Conwae Knight	50+	1:25.70
1500m		
Ryan Blackwell *		4:37.10
Nelson Bowey	U16	4:51.40
Declan Pearce *		5:00.40
Caleb Gilbert	U16	5:28.66
Flynn Hill	U16	5:29.91
Logan Dickson	U16	5:31.63
Joseph Hill	U14	5:34.65
Gavin Smith	50+	5:50.76
Tim Hinds	40+	5:52.35
Aiden Hill	U14	6:03.95
Chris Hill	40+	6:06.43
Jackson Harrap	U14	6:39.85
Dexter Hill	U14	6:40.29
Conwae Knight	50+	7:53.62

Hammer Throw		
Clare McCormack	U20	31.33
Gabby Knight	Open	25.72
Janet Crocos	60+	21.26
Therese Knight	50+	19.68
Clio Knight	U16	18.01
Lisa McInerney	Open	14.97
Anthea Mulholland	40+	11.14
High Jump		
Paige Duffy	U16	1.35
Sarah Egan	U18	1.30
Cara Kohteimer *		1.30
Rebekah Egan	U16	1.25
Illiana Mulholland	U16	1.20
Clio Knight	U16	1.20
Lisa McInerney	Open	1.20
Anthea Mulholland	40+	1.10
Anthea Knight	U20	0.95
Janet Crocos	60+	0.95
Clare McCormack	U20	0.90
Gabby Knight	Open	0.90
Long Jump		
Natalie Talbot	40+	4.36
Clio Knight	U16	4.02
Lisa McInerney	Open	3.96
Sarah Egan	U18	3.93
Paige Duffy	U16	3.79
Cara Kohteimer *		3.46
Anthea Mulholland	40+	3.17
Rebekah Egan	U16	3.15
Anthea Knight	U20	3.15
Gabby Knight	Open	2.65
Clare McCormack	U20	2.58
Jemimah Egan	U14	2.20
Shot Put		
Gabby Knight	Open	9.96
Clare McCormack	U20	9.89
Charlotte Louise Streat	U14	9.75
Jane Cook *		9.59
Paige Duffy	U16	9.16
Clio Knight	U16	8.69
Janet Crocos	60+	6.95
Illiana Mulholland	U16	6.66
Therese Knight	50+	6.57
Lisa McInerney	Open	6.52
Michelle Harrap	Open	6.35
Cara Kohteimer *		6.27
Mikayla Talbot	U14	5.98
Anthea Knight	U20	5.32
Anthea Mulholland	40+	5.09

3000m		
Kevin Muller	40+	10:36.76
Caleb Gilbert	U16	10:53.24
Corey Harrap	U18	11:09.86
Joseph Hill	U14	11:38.84
Flynn Hill	U16	11:44.36
Logan Dickson	U16	11:48.40
Riley Edwards	U16	12:02.16
Tim Hinds	40+	12:35.46
Dexter Hill	U14	13:20.15
Jackson Harrap	U14	13:21.29
Chris Hill	40+	13:34.93
David Harrap	40+	13:52.76
Discus		
Ethan Talbot	U18	29.68
Derek Bowey	40+	26.85
Joseph Hill	U14	25.93
Chris Lewis	50+	24.75
Oliver Smith	U16	24.27
Conwae Knight	50+	22.40
Elio Doria	40+	20.10
Tim Hinds	40+	19.73
Elias Knight	U14	19.63
Robert Mulholland	40+	17.37
Aiden Hill	U14	16.07
Sloan Mulholland	U14	15.33
Ryan Edwards	U14	15.13
Kevin Muller	40+	14.55
Ryan McMahan	40+	14.35
Isaac Smith	U14	13.26
Caelan Dickson	U14	12.14
Hammer Throw		
Elias Knight	U14	17.39
Conwae Knight	50+	16.66
Derek Bowey	40+	14.88
Tim Hinds	40+	14.37
Robert Mulholland	40+	14.24
Ryan McMahan	40+	9.86
Sloan Mulholland	U14	9.00
High Jump		
Ethan Talbot	U18	1.70
Elio Doria	40+	1.30
Aiden Hill	U14	1.20
Oliver Smith	U16	1.20
Conwae Knight	50+	1.20
Robert Mulholland	40+	1.15
Ryan McMahan	40+	1.10
Elias Knight	U14	1.05
Ryan Edwards	U14	1.05
Sloan Mulholland	U14	1.05

Long Jump		
Ethan Talbot	U18	6.39
Ashton Talbot	U16	4.79
Oliver Smith	U16	4.53
Logan Dickson	U16	4.23
Riley Edwards	U16	4.02
Alex Colgan *		3.93
Elio Doria	40+	3.90
Aiden Hill	U14	3.70
Sloan Mulholland	U14	3.41
Conwae Knight	50+	3.30
Caelan Dickson	U14	3.27
Tim Hinds	40+	3.24
Ryan Edwards	U14	3.23
Gavin Smith	50+	3.12
Isaac Smith	U14	2.94
Joseph Hill	U14	2.88
Robert Mulholland	40+	2.85
Elias Knight	U14	2.41
Ryan McMahan	40+	2.37
Shot Put		
Nelson Bowey	U16	10.21
Chris Lewis	50+	9.92
Joseph Hill	U14	9.91
Derek Bowey	40+	9.09
Elio Doria	40+	8.85
Oliver Smith	U16	8.68
Lachy Steain	Open	8.35
Conwae Knight	50+	7.73
Robert Mulholland	40+	7.24
Tim Hinds	40+	7.04
Ryan McMahan	40+	7.01
Elias Knight	U14	6.95
Aiden Hill	U14	6.31
Ryan Edwards	U14	5.62
Sloan Mulholland	U14	5.04

* Come & try