

**Wodonga Athletic Club**  
**Weekly Competition**  
**Saturday 26 October 2019**

<b>Women</b>		
<b>100m</b>		
Hannah Thornber	*	13.78
Sarah Egan	U18	14.33
Anthea Knight	U20	15.07
Clio Knight	U16	15.09
Lisa McInerney	Open	15.57
Clare McCormack	U20	17.10
Gabby Knight	Open	17.89
Jemimah Egan	U14	22.07
<b>1500m</b>		
Karen Hill	40+	07:01.44
Hannah Thornber	*	07:32.00
Clio Knight	U16	07:41.26
Fay Pearce	70+	09:04.80
<b>3000m</b>		
Lisa McInerney	Open	17:15.18
<b>400m</b>		
Hannah Thornber	*	01:05.32
Anthea Knight	U20	01:22.81
Karen Hill	40+	01:28.66
<b>Discus</b>		
Clio Knight	U16	27.48
Gabby Knight	Open	25.15
Clare McCormack	U20	24.01
Lisa McInerney	Open	17.77
Anthea Knight	U20	15.58
Therese Knight	50+	14.40
Karen Hill	40+	12.35
Janet Crocos	60+	10.47
Fay Pearce	70+	8.08
<b>Javelin</b>		
Clare McCormack	U20	26.68
Lisa McInerney	Open	16.24
Clio Knight	U16	14.38
Janet Crocos	60+	13.96
Gabby Knight	Open	12.46
Karen Hill	40+	12.01
Anthea Knight	U20	11.59
Therese Knight	50+	10.32
Fay Pearce	70+	7.48

<b>Men</b>		
<b>100m</b>		
Alex Colgan	U16	12.10
Nelson Bowey	U16	12.87
Simon Crocos	Open	13.54
Logan Dickson	U16	14.25
Tim Hinds	40+	15.17
Connor Howells	U14	15.19
Elias Knight	U14	15.69
Conwae Knight	50+	16.33
Dennis Baker	70+	20.00
<b>1500m</b>		
Nelson Bowey	U16	04:42.29
Alex Colgan	U16	05:24.85
Joseph Hill	U14	05:27.53
Tim Hinds	40+	05:52.96
Connor Howells	U14	06:02.35
Conwae Knight	50+	07:20.22
Dennis Baker	70+	10:29.06
<b>3000m</b>		
Tim Hinds	40+	12:59.34
William Pearce	70+	16:42.36
Elias Knight	U14	17:04.90
Conwae Knight	50+	18:40.57
<b>400m</b>		
Nelson Bowey	U16	58.07
Alex Colgan	U16	59.52
Gavin Smith	50+	01:10.17
Tim Hinds	40+	01:12.64
Conwae Knight	50+	01:32.63
Connor Howells	U14	01:33.40
Dennis Baker	70+	01:52.87
<b>Discus</b>		
Simon Crocos	Open	27.12
Joseph Hill	U14	25.37
Gavin Smith	50+	24.40
Chris Lewis	50+	23.92
Dennis Baker	70+	22.07
Conwae Knight	50+	21.17
William Pearce	70+	20.17
Elias Knight	U14	18.95
Tim Hinds	40+	18.38

<b>Long Jump</b>		
Hannah Thornber	*	4.63
Sarah Egan	U18	4.28
Clio Knight	U16	3.81
Lisa McInerney	Open	3.50
Janet Crocos	60+	3.10
Anthea Knight	U20	3.00
Gabby Knight	Open	2.90
Clare McCormack	U20	2.35
Jemimah Egan	U14	1.77
<b>Shot Put</b>		
Clare McCormack	U20	9.68
Gabby Knight	Open	9.19
Clio Knight	U16	8.29
Hannah Thornber	*	8.06
Lisa McInerney	Open	6.58
Therese Knight	50+	6.28
Janet Crocos	60+	6.11
Anthea Knight	U20	5.48
<b>Triple Jump</b>		
Sarah Egan	U18	9.98
Hannah Thornber	*	8.66
Lisa McInerney	Open	8.63
Clio Knight	U16	8.11
Anthea Knight	U20	6.93
Clare McCormack	U20	6.46
Gabby Knight	Open	6.15
Janet Crocos	60+	5.99
Jemimah Egan	U14	4.59

<b>Javelin</b>		
Simon Crocos	Open	36.33
Elias Knight	U14	23.59
Conwae Knight	50+	20.68
Tim Hinds	40+	20.45
Alex Colgan	U16	18.90
Logan Dickson	U16	18.00
William Pearce	70+	16.55
Joseph Hill	U14	16.06
Dennis Baker	70+	13.41
<b>Long Jump</b>		
Elias Knight	U14	3.18
<b>Shot Put</b>		
Nelson Bowey	U16	9.82
Joseph Hill	U14	9.79
Simon Crocos	Open	9.43
Chris Lewis	50+	8.39
Elias Knight	U14	7.65
Tim Hinds	40+	7.11
Conwae Knight	50+	7.09
William Pearce	70+	6.88
<b>Triple Jump</b>		
Alex Colgan	U16	10.30
Logan Dickson	U16	9.47
Caelan Dickson	U14	7.48
Elias Knight	U14	7.24
Tim Hinds	40+	7.01
Conwae Knight	50+	6.96

\* Come & Try