

Wodonga Athletic Club
Weekly Competition
Saturday 5th October 2019

Women		
60m		
Hannah McMahon	U14	8.90
Clio Knight	U16	9.12
Anthea Knight	U20	9.12
Paige Duffy	U16	9.25
Lisa McInerney	Open	9.31
Torah Duffy	U14	9.63
Janet Crocos	60+	10.42
Gabby Knight	Open	10.62
Madison Duffy	U18	10.90
Fay Pearce	70+	12.59
Jemimah Egan	U14	12.92
Therese Knight	50+	14.19
200m		
Paige Duffy	U16	30.93
Chris Wilson	60+	43.47
Jemimah Egan	U14	51.51
Fay Pearce	70+	52.24
800m		
Alannah Harrap	U16	2:47.54
Edyn Hill	U14	2:51.88
Emma Aldrich	Open	3:17.59
Fay Pearce	70+	4:16.36
Michelle Harrap	Open	4:24.92
5000m		
Emma Aldrich	Open	24.06.36
4 x 200m Relay		
Hannah McMahon	U14	2.04.85
Clio Knight	U16	
Anthea Knight	U20	
Edyn Hill	U14	
Alannah Harrap	U16	2.44.89
Jemimah Egan	U14	
Gabby Knight	Open	
Lisa McInerney	Open	
Janet Crocos	60+	
Hammer Throw		
Gabby Knight	Open	29.96
Janet Crocos	60+	22.42
Lisa McInerney	Open	19.72
Clio Knight	U16	19.32
Therese Knight	50+	18.18
Hannah McMahon	U14	12.99
Anthea Knight	U20	12.71

Men		
60m		
Lachy Steain	Open	8.62
Chris Lewis	50+	8.82
Ryan McMahon	40+	9.23
Robert Mulholland	40+	9.25
Tim Hinds	40+	9.56
Harvey Cribbes	U14	9.59
Elias Knight	U14	10.05
Conwae Knight	50+	10.08
William Pearce	70+	11.41
Dennis Baker	70+	11.57
200m		
Lachy Steain	Open	29.60
Harvey Cribbes	U14	32.15
Dennis Baker	70+	43.15
800m		
Logan Wright	U18	2:17.11
Corey Harrap	U18	2:23.38
Caleb Gilbert	U16	2:29.04
Kevin Muller	40+	2:29.71
Flynn Hill	U16	2:37.01
Tim Hinds	40+	2:43.67
Lachy Steain	Open	2:59.52
Dexter Hill	U14	3:07.08
Chris Hill	40+	3:07.86
Jackson Harrap	U14	3:16.15
Ryan McMahon	40+	3:30.86
David Harrap	40+	3:36.53
William Pearce	70+	3:47.24
Dennis Baker	70+	4:45.88
5000m		
Kevin Muller	40+	18:48.06
Caleb Gilbert	U16	20:01.28
Corey Harrap	U18	20:08.67
Tim Hinds	40+	22:04.09
Flynn Hill	U16	22:22.37
Jackson Harrap	U14	23:28.02
Dexter Hill	U14	24:40.2
Chris Hill	40+	24:44.48

Javelin		
Gabby Knight	Open	25.20
Lisa McInerney	Open	20.09
Hannah McMahon	U14	17.09
Clio Knight	U16	16.57
Janet Crocos	60+	14.49
Emma Aldrich	Open	14.13
Anthea Knight	U20	12.72
Fay Pearce	70+	9.29
Jemimah Egan	U14	9.11
Therese Knight	50+	8.99
Long Jump		
Paige Duffy	U16	4.41
Clio Knight	U16	3.88
Lisa McInerney	Open	3.79
Torah Duffy	U14	3.50
Hannah McMahon	U14	3.38
Anthea Knight	U20	3.25
Madison Duffy	U18	3.11
Gabby Knight	Open	3.03
Janet Crocos	60+	2.87
Jemimah Egan	U14	2.05
Shot Put		
Gabby Knight	Open	8.93
Clio Knight	U16	8.40
Lisa McInerney	Open	7.03
Janet Crocos	60+	6.94
Therese Knight	50+	6.75
Michelle Harrap	Open	6.41
Anthea Knight	U20	5.46
Triple Jump		
Paige Duffy	U16	9.68
Lisa McInerney	Open	9.30
Clio Knight	U16	8.54
Hannah McMahon	U14	7.42
Madison Duffy	U18	7.12
Anthea Knight	U20	6.95
Gabby Knight	Open	5.96
Janet Crocos	60+	5.83

4 x 200m Relay		
Flynn Hill	U16	1:59.73
Caleb Gilbert	U16	
Corey Harrap	U18	
Chris Hill	40+	
Jackson Harrap	U14	2:23.42
Dexter Hill	U14	
Elias Knight	U14	2:25.12
Tim Hinds	40+	
Conwae Knight	50+	
Dennis Baker	70+	
Hammer Throw		
Elias Knight	U14	17.55
Conwae Knight	50+	17.01
Dennis Baker	70+	16.82
Tim Hinds	40+	12.98
Ryan McMahon	40+	11.83
Kevin Muller	40+	11.78
Robert Mulholland	40+	11.61
Javelin		
Elias Knight	U14	25.48
Chris Lewis	50+	22.20
Harvey Cribbes	U14	22.17
Robert Mulholland	40+	22.11
Conwae Knight	50+	19.71
Tim Hinds	40+	17.62
Kevin Muller	40+	16.63
William Pearce	70+	14.02
Dennis Baker	70+	13.97
Long Jump		
Harvey Cribbes	U14	4.17
Elias Knight	U14	3.58
Conwae Knight	50+	3.46
Robert Mulholland	40+	2.77
Ryan McMahon	40+	2.21
Shot Put		
Chris Lewis	50+	8.64
William Pearce	70+	7.24
Tim Hinds	40+	7.18
Conwae Knight	50+	7.05
Elias Knight	U14	6.99
Robert Mulholland	40+	6.83
Ryan McMahon	40+	5.80
Triple Jump		
Harvey Cribbes	U14	8.62
Chris Lewis	50+	7.40
Conwae Knight	50+	7.16
Elias Knight	U14	7.09
Robert Mulholland	40+	6.21