

Wodonga Athletic Club
Relay Program
Wodonga Athletic Complex
Saturday 16 November 2019

3000m			
Joseph Hill	U14	M	11:33.93
Logan Dickson	U16	M	12:02.23
Tim Hinds	40+	M	12:37.06
Connor Howells	U14	M	13:04.82
Karen Hill	40+	F	14:16.16
Des Rees	60+	M	15:47.69
William Pearce	70+	M	16:23.05
Riley Edwards	U16	M	16:59.57

Relays (Track)			
Swedish relay			
Logan Dickson	U16	M	02:29.85
Alex Colgan	U16	M	
Simon Crocos	Open	M	
Lachy Steain	Open	M	
Connor Howells	U14	M	02:53.89
Elias Knight	U14	M	
Aiden Hill	U14	M	
Joseph Hill	U14	M	
Hannah McMahon	U14	F	02:54.37
Paige Duffy	U16	F	
Clio Knight	U16	F	
Sarah Egan	U18	F	
Karen Hill	40+	F	03:02.40
Anthea Mulholland	40+	F	
Tim Hinds	40+	M	
Robert Mulholland	40+	M	
Ryan McMahon	40+	M	03:04.55
Gavin Smith	50+	M	
Conwae Knight	50+	M	
Janet Crocos	60+	F	
Clare McCormack	U20	F	03:10.80
Anthea Knight	U20	F	
Cara Votheimer	U20	F	
Gabby Knight	Open	F	
Jemimah Egan	U14	F	03:23.90
Charlotte Louise Streat	U14	F	
Sloan Mulholland	U14	M	
Illiana Mulholland	U16	F	
Lachlan Evans	U18	M	03:51.76
Des Rees	60+	M	
Dennis Baker	70+	M	
William Pearce	70+	M	

Relays (Field)				
Throws				
Discus	Lachy Steain	Open	M	19.97
Javelin	Simon Crocos	Open	M	40.98
Shot Put	Cara Votheimer	U20	F	6.54
67.49				
Discus	Clio Knight	U16	F	29.32
Javelin	Clare McCormack	U20	F	25.78
Shot Put	Gabby Knight	Open	F	9.50
64.60				
Discus	Joseph Hill	U14	M	27.80
Javelin	Elias Knight	U14	M	24.95
Shot Put	Aiden Hill	U14	M	7.02
59.77				
Discus	Gavin Smith	50+	M	19.91
Javelin	Conwae Knight	50+	M	24.79
Shot Put	Des Rees	60+	M	5.11
49.81				
Discus	Robert Mulholland	40+	M	19.94
Javelin	Tim Hinds	40+	M	19.26
Shot Put	Ryan McMahon	40+	M	5.93
45.13				
Discus	Dennis Baker	70+	M	21.88
Javelin	Janet Crocos	60+	F	15.71
Shot Put	William Pearce	70+	M	7.34
44.93				
Discus	Hannah McMahon	U14	F	20.12
Javelin	Illiana Mulholland	U16	F	13.89
Shot Put	Charlotte Louise Streat	U14	F	9.23
43.24				
Discus	Therese Knight	50+	F	15.26
Javelin	Karen Hill	40+	F	11.88
Shot Put	Anthea Mulholland	40+	F	6.12
33.26				
Discus	Sloan Mulholland	U14	M	12.83
Javelin	Jemimah Egan	U14	F	9.48
Shot Put	Anthea Knight	U20	F	5.46
27.77				

4x100m				
Sloan Mulholland	U14	M	57.27	
Logan Dickson	U16	M		
Alex Colgan	U16	M		
Lachlan Evans	U18	M		
Hannah McMahon	U14	F	59.63	
Paige Duffy	U16	F		
Clio Knight	U16	F		
Sarah Egan	U18	F		
Clare McCormack	U20	F	01:01.16	
Cara Votheimer	U20	F		
Anthea Knight	U20	F		
Simon Crocos	Open	M		
Connor Howells	U14	M	01:01.45	
Elias Knight	U14	M		
Aiden Hill	U14	M		
Joseph Hill	U14	M		
Ryan McMahon	40+	M	01:03.51	
Gavin Smith	50+	M		
Conwae Knight	50+	M		
Janet Crocos	60+	F		
Karen Hill	40+	F	01:05.76	
Anthea Mulholland	40+	F		
Tim Hinds	40+	M		
Robert Mulholland	40+	M		
Jemimah Egan	U14	F	01:20.06	
Illiana Mulholland	U16	F		
Gabby Knight	Open	F		
Dennis Baker	70+	M		
4x1500m				
Connor Howells	U14	M	23:12.51	
Elias Knight	U14	M		
Aiden Hill	U14	M		
Joseph Hill	U14	M		
Clio Knight	U16	F	25:43.58	
Logan Dickson	U16	M		
Alex Colgan	U16	M		
Anthea Knight	U20	F		
Karen Hill	40+	F	29:07.61	
Gavin Smith	50+	M		
Des Rees	60+	M		
William Pearce	70+	M		
Simon Crocos	Open	M	29:50.13	
Tim Hinds	40+	M		
Conwae Knight	50+	M		
Dennis Baker	70+	M		

Jumps				
High Jump	Illiana Mulholland	U16	F	1.20
Long Jump	Alex Colgan	U16	M	4.56
Triple Jump	Logan Dickson	U16	M	9.75
				15.51
High Jump	Paige Duffy	U16	F	1.30
Long Jump	Clio Knight	U16	F	4.06
Triple Jump	Sarah Egan	U18	F	9.78
				15.14
High Jump	Sloan Mulholland	U14	M	1.15
Long Jump	Connor Howells	U14	M	3.95
Triple Jump	Hannah McMahon	U14	F	8.97
				14.07
High Jump	Elias Knight	U14	M	1.20
Long Jump	Aiden Hill	U14	M	3.85
Triple Jump	Joseph Hill	U14	M	8.65
				13.70
High Jump	Clare McCormack	U20	F	1.15
Long Jump	Anthea Knight	U20	F	3.19
Triple Jump	Cara Votheimer	U20	F	8.60
				12.94
High Jump	Tim Hinds	40+	M	1.15
Long Jump	Ryan McMahon	40+	M	3.57
Triple Jump	Robert Mulholland	40+	M	7.24
				11.96
High Jump	Anthea Mulholland	40+	F	1.15
Long Jump	Janet Crocos	60+	F	2.87
Triple Jump	Karen Hill	40+	F	7.77
				11.79
High Jump	Gabby Knight	Open	F	1.00
Long Jump	Conwae Knight	50+	M	3.59
Triple Jump	Jemimah Egan	U14	F	5.20
				9.79