

Wodonga Athletic Club Weekly Competition
Program 4 Wodonga Athletic Complex
Saturday 23 February 2019

Women		
100m		
Anthea Knight	U20	14.95
Brianna Pullen	U16	15.26
Zoe Smith	U20	15.28
Sarah Egan	U18	15.32
Clio Knight	U16	15.85
Lisa McInerney	Open	17.12
Janet Crocos	60+	17.25
Clare McCormack	U18	17.73
Sophie Buckley	Open	18.18
Chris Wilson	60+	20.04
Fay Pearce	60+	20.37
Therese Knight	50+	23.33
1500m		
Alannah Harrap	U14	05:46.18
Emma Aldrich	Open	06:21.52
Sarah Egan	U18	06:47.85
Karen Hill	40+	07:16.49
Steph Eagle	Open	07:31.24
Anthea Knight	U20	07:41.07
Fay Pearce	60+	08:45.28
3000m		
Alannah Harrap	U14	13:08.80
Emma Aldrich	Open	13:34.56
Chris Wilson	60+	14:56.44
Anthea Knight	U20	17:09.85
Fay Pearce	60+	17:56.90
Katherine Howse*	50+	19:48.38
400m		
Hannah Thornber	U14	01:09.89
Brianna Pullen	U16	01:12.90
Zoe Smith	U20	01:14.86
Anthea Knight	U20	01:20.61
Janet Crocos	60+	01:27.42
High Jump		
Sarah Egan	U18	1.30
Lisa McInerney	Open	1.30
Clio Knight	U16	1.25
Karen Hill	40+	1.20
Clare McCormack	U18	1.10

Men		
100m		
Ryan Blackwell	U20	14.08
Simon Crocos	Open	14.12
Nelson Bowey	U14	14.97
Tim Hinds	Open	15.46
Conwae Knight	40+	16.10
Joseph Hill	U14	16.57
Elias Knight	U14	17.43
Harvey Cribbes	U14	18.83
Francis Scurr	80+	19.60
Dennis Baker	70+	19.63
1500m		
Ryan Blackwell	U20	04:43.24
Nelson Bowey	U14	05:03.36
Kevin Muller	40+	05:03.42
Rhys Thorpe	U16	05:04.48
Corey Harrap	U16	05:09.89
Declan Pearce	U18	05:26.36
Tim Hinds	Open	05:50.16
Joseph Hill	U14	06:06.17
Elias Knight	U14	06:13.41
Conwae Knight	40+	07:06.21
William Pearce	70+	07:24.22
Doug Lloyd	60+	08:48.64
3000m		
Corey Harrap	U16	12:09.34
Gavin Smith	50+	12:35.72
Tim Hinds	Open	14:17.42
David Harrap	Open	14:37.55
Elias Knight	U14	15:06.05
William Pearce	70+	16:10.95
Dennis Baker	70+	20:54.79
400m		
Ryan Blackwell	U20	01:02.06
Declan Pearce	U18	01:06.25
Nelson Bowey	U14	01:06.83
Tim Hinds	Open	01:14.45
Harvey Cribbes	U14	01:32.69
Isaac Smith	U14	01:36.64
Dennis Baker	70+	01:47.75
High Jump		
Ryan Blackwell	U20	1.55
Simon Crocos	Open	1.45
Conwae Knight	40+	1.25
Elias Knight	U14	1.10

Discus		
Clio Knight	U16	26.76
Gabby Knight	Open	26.00
Clare McCormack	U18	23.08
Anthea Knight	U20	18.80
Lisa McInerney	Open	18.04
Karen Hill	40+	17.47
Therese Knight	50+	16.13
Sarah Egan	U18	15.48
Janet Crocos	60+	15.17
Zoe Smith	U20	14.06
Emma Aldrich	Open	12.95
Steph Eagle	Open	12.10
Rebekah Egan	U16	9.28
Fay Pearce	60+	9.03
Hammer Throw		
Clare McCormack	U18	39.55
Gabby Knight	Open	26.13
Janet Crocos	60+	21.99
Hannah Thornber	U14	21.74
Lisa McInerney	Open	21.70
Clio Knight	U16	19.76
Therese Knight	50+	17.70
Anthea Knight	U20	12.13
Zoe Smith	U20	10.63
Shot Put		
Clare McCormack	U18	10.90
Gabby Knight	Open	9.31
Clio Knight	U16	7.92
Hannah Thornber	U14	7.70
Lisa McInerney	Open	7.04
Janet Crocos	60+	6.93
Sarah Egan	U18	6.55
Tracey Howse	50+	6.45
Therese Knight	50+	6.35
Zoe Smith	U20	6.27
Emma Aldrich	Open	5.59
Anthea Knight	U20	5.56
Triple Jump		
Sarah Egan	U18	9.46
Clio Knight	U16	8.62
Lisa McInerney	Open	8.21
Anthea Knight	U20	8.15
Karen Hill	40+	8.00
Zoe Smith	U20	7.58
Gabby Knight	Open	6.78
Clare McCormack	U18	6.52
Janet Crocos	60+	5.87
Sophie Buckley	Open	5.63
Fay Pearce	60+	4.48

Discus		
Derek Bowey	40+	27.69
Simon Crocos	Open	26.64
Gavin Smith	50+	24.55
Joseph Hill	U14	22.33
Nelson Bowey	U14	21.04
Dennis Baker	70+	20.46
Tim Hinds	Open	20.19
William Pearce	70+	19.89
Declan Pearce	U18	19.11
Ryan Blackwell	U20	18.18
Harvey Cribbes	U14	17.89
Conwae Knight	40+	17.42
Elias Knight	U14	16.34
Isaac Smith	U14	11.40
Hammer Throw		
Simon Crocos	Open	24.49
Elias Knight	U14	18.40
Conwae Knight	40+	14.42
Tim Hinds	Open	13.38
Ryan Blackwell	U20	12.11
Dennis Baker	70+	11.73
Shot Put		
Nelson Bowey	U14	10.91
Simon Crocos	Open	9.16
Derek Bowey	40+	8.70
Gavin Smith	50+	7.85
Harvey Cribbes	U14	7.70
Joseph Hill	U14	7.66
Conwae Knight	40+	7.06
Tim Hinds	Open	6.79
Elias Knight	U14	6.77
Ryan Blackwell	U20	6.65
William Pearce	70+	6.23
Dennis Baker	70+	5.79
Kevin Muller	40+	5.76
Isaac Smith	U14	5.23
Triple Jump		
Ryan Blackwell	U20	10.98
Simon Crocos	Open	9.53
Gavin Smith	50+	8.09
Joseph Hill	U14	7.60
Kevin Muller	40+	7.47
Elias Knight	U14	7.37
Tim Hinds	Open	6.99
Conwae Knight	40+	6.79
Isaac Smith	U14	6.10