

2017-2018 Presentation Night Results

Age Champion Awards – These awards are based on the athlete's best four results each week. To be eligible an athlete must attend a minimum of 8 weeks.

Female:

U14

First: Clio Knight
Second: Brianna Pullen
Third: Rebekah Egan

U16

First: Sarah Egan
Second: Gemma Fenn

U18

First: Anthea Knight
Second: Clare McCormack

U20

First: Zoe Smith
Second: Sophie Buckley

Open

First: Gabby Knight
Second: Lisa McInerney
Third: Karen Hill

40+

First: Jean Brown

50+

First: Tracey Howse
Second: Cheryl Webster
Third: Ruth Smith

60+

First: Fay Pearce
Second: Janet Crocos
Third: Nadia Mellor

Male:

U14

First: Elias Knight
Second: Joseph Hill
Third: Tristan Eriksson

U16

First: Declan Pearce
Second: Flynn Eriksson

U18

First: Ryan Blackwell
Second: Hallam Angelini

Open

First: Simon Crocos
Second: Ben Hugall

40+

First: Conwae Knight
Second: Michael Dickens

50+

First: Gavin Smith

60+

First: Dennis Baker
Second: Des Rees

70+

First: William Pearce
Second: Robert Lindley

80+

First: Francis Scurr

Multi Champions:

To be eligible an athlete must attend for a minimum of 8 weeks and complete at least 10 of the 12 events. Scores are based on IAAF scoring.

Male:	1 st	Gavin Smith	5069
	2 nd	Ryan Blackwell	4881
	3 rd	Ben Hugall	4430

Female:	1 st	Sarah Egan	6117
	2 nd	Clio Knight	5977
	3 rd	Janet Crocos	4781

Don Sparks Steel Supplies Pentathlon Championships:

Scores are based on IAAF scoring.

Male:	1 st	Ben Hugall	1678
	2 nd	Flynn Eriksson	1595
	3 rd	Simon Crocos	1407

Female:	1 st	Gemma Fenn	2291
	2 nd	Sarah Egan	1783
	3 rd	Clio Knight	1557

10000m Championship:

Male:	1 st	Alex Race-Stelling	35.10.11
	2 nd	Kevin Muller	36.14.85
	3 rd	Michael Dickens	38.57.47

Female:	1 st	Callista Race-Stelling	41.07.20
	2 nd	Nadia Mellor	53.04.48
	3 rd	Karen Hill	53.05.64

Veronica Foard Wodonga Gift:

1 st	Tristan Eriksson
2 nd	Sophie Buckley
Equal 3 rd	Simon Crocos and Hallam Angelini

Throwing Champion:

This award is based on the four throws. This thrower has been a very close runner up 3 times over the past few years.

Clare McCormack holds the U16 and U 18 Javelin records and the U18 Hammer record. She has thrown the hammer 39.37m, javelin 34.88m, shot put 11.97 and the discus 24.74m. Clare has won medals in state and national events.

Jumps Champions:

This award is based on the four jumps.

Gemma Fenn holds the U14 triple jump record and the U18 triple and high jump records. Her season's best include triple jump 11.26, high jump 1.65m, long jump 5.53m. She has won medals in state and national events.

Distance Award: Callista Race- Stelling

The basis for Distance Runner of the Year is participation, representation & achievement at club events, both on track and out of stadia, AV sanctioned and other local events.

Cal has a very impressive record having competed at all levels from Club to National as a WAC athlete. This year she broke 4 club record in U14 events, won the 10,000m Club Championship, was the fastest female in Baker Motors 5km Handicap and in each of the 5km Handicap series races, placed in 2018 Vic Countries and Vic Junior Championships, represented AV in Junior Nationals and Cross Country, was placed 2nd in the 2017 Half Can and won the U15 female category at the 2018 City2city.

A special mention must also be made of Kevin Muller who since returning to Wodonga and Club Competition has continually improved his times and performances. He placed 2nd in Club 10000m and won Camper Trailers Albury Wodonga 5k series. In addition, outside the Club, Kevin has been named Australian Ultra Marathon Runner of the Year and represented Australia at the World 24hr Ultra Marathon Championships in Belfast, Ireland. Just in the last 2 weeks Kev has placed 4th outright in City2city and first outright in 2018 Wang Marathon.

We believe the Club is privileged to have athletes of this calibre within our ranks.

Therapeutic Massage 60m Championship

Male:

1 st	Hallam Angelini	576
2 nd	Ben Hugall	541
3 rd	Gavin Smith	475

Female:

1 st	Brianna Pullen	766
2 nd	Clio Knight	731
3 rd	Paige Duffy	701

Most Improved Female:

Anthea Knight had a go at 16 of the events we offer. She improved in 12 of these events with notable improvements being a 5.81m improvement in discus and a 19.49 second improvement in 1500m.

Most Improved Male:

Elias Knight also had a go at 16 of the events we offer. He improved in 12 of these events with notable improvements being a 12 second improvement in 400m and a 4.91m improvement in javelin. His father was a very close second for this award.

Coaches Awards:

From Bill:-

I base this award on attendance and participation in the training program at the level it is planned, and, participation firstly, in the Club track & field program, and secondly the Club's other events (Cumberoona, Classic, Bakers, 5k Series).

I believe this is the reason we as a Club offer training.

It is not necessarily the results that I am looking at but the application to to the program and overall improvement.

Declan Pearce

- Attended most (more than anyone else) Tuesday / Thursday training sessions and applied himself to the program.
- Competed at Club in all but one program racing in 33 track events including 10000m & Pentathlon;
- Competed at Country Championships;
- Ran in Baker Motors 5k (20.20) & was placed 3rd on aggregate in Camper Trailers 5k Series.
- During the season in particular he gained valuable experience in distance running. He has improved his 5k time by almost 3 minutes over the season and showing positive signs of more improvement to come.

From Greg: - Ryan Blackwell

After a season of gradual improvement last year, we saw a massive change in training commitment this season, where it was rare for Rabbit to miss a session either on the track or at home. He was continually giving me feedback from his sessions alone which helped me to track his progress. His commitment to achieve his goals culminated in pb's in both the 1500 and the 3000m steeplechase at State on the weekend. His work ethic is first class and he is a deserved recipient of the coaches award.

From Kath and Tracey:- Zoe Smith

Zoe has shown great determination and effort in training sessions, doing her best to improve herself while encouraging and coaching others to achieve their best.

Don Chambers Award:

Gavin Smith

Club Champions – These awards are based on Age points (the best 10 weeks) + the 4 best results from Countries/External Events where representing WAC, + 1% of the multi score.

Male: Gavin Smith
 Runner Up: Ben Hugall

Female: Janet Crocos
 Runner Up: Sarah Egan

Club persons of the year:

Usually the Track and Field Committee decides the recipient of this award but, as in the past few years, it was impossible to pick one person. The Track and Field Committee asked each member of the general committee to nominate 3 people to receive this award. The voting was close with 11 people being nominated for this award including Kerryn McCormack and Steve Wilson, both of these people not being on the WAC committee but, more than willing to pitch in where necessary.

The award this year goes to

Gabby Knight

Gabby is the bright enthusiast face of the younger members of the club. She is full of ideas that promote our club in the wider community and acts on these with gusto. Our Facebook presence has grown enormously with the effort that Gabby has put into it on a frequent basis. It is so much more professional, embracing all athletes regardless of ability and interest. Her work on club promotion has resulted in the training shirts we so proudly wear, a large task to organise. She is full of ideas to promote the club as well as an enthusiastic club member, helping out at weekly competition, taking photos, encouraging others etc. Gabby has also contributed to ground development through contact with Wodonga Council to assist in urgent repairs. She also adds a really positive presence to the committee with lots of great ideas, providing help to all our throwers.