

Wodonga Athletics Club
Saturday 21st October 2023

*Come and Try
** Training Device

Women

100m

Clio Knight	Under 20	15.98
Gabby Knight	Open	17.29
Rachel Hansford*	Open	17.57
Clare McCormack	Open	17.78
Janet Crocos	60+	18.12
Anthea Knight	Open	19.27
Miranda Heinjus	40+	21.25

1500m

Clio Knight	Under 20	8:20.47
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400m

Gabby Knight	Open	2:08.00
Clare McCormack	Open	1:42.42
Miranda Heinjus	40+	2:13.05

Hammer

Clare McCormack	Open	30.46m
Gabby Knight	Open	24.59m
Janet Crocos	60+	19.94m
Abbey Berg	Under 16	17.99m
Clio Knight	Under 20	16.14m

Discus

Clare McCormack	Open	24.09m
Clio Knight	Under 20	22.72m
Gabby Knight	Open	22.39m
Anthea Knight	Open	18.69m
Janet Crocos	60+	16.97m
Abbey Berg	Under 16	14.93m
Rachel Hansford*	Open	11.76m
Miranda Heinjus	40+	10.46m

Triple Jump

Clio Knight	Under 20	8.28m
Clare McCormack	Open	6.57m
Rachel Hansford*	Open	5.90m
Anthea Knight	Open	5.53m
Gabby Knight	Open	5.06m
Abbey Berg	Under 16	4.70m
Miranda Heinjus	40+	4.49m

Men

100m

Elias Knight	Under 18	13:17
Simon Crocos	Open	13:40
John Heinjus	Under 18	13.84
Brett Roberts*	Open	15.63
Rob Mulholland	50+	15.69
Reid Hansford*	Under 12	17.42
Conwae Knight	50+	17.98
Gavin Smith	50+	18:45

1500m

John Heinjus	Under 18	5:02.15
Gavin Smith	50+	5:43.32
Simon Crocos	Open	8:10.27
Bill Pearce	70+	11:18.48

400m

Elias Knight	Under 18	1:01.97
John Heinjus	Under 18	1:05.70
Rob Mulholland	50+	1:21.95
Conwae Knight	50+	1:36.45
Reid Hansford*	Under 14	2:01.98

Hammer

Simon Crocos	Open	23.82m
Elias Knight	Under 18	22.29m
Bill Pearce	70+	18.88m
Conwae Knight	50+	18.14m
Rob Mulholland	50+	16.43m
Reid Hansford**	Under 14	19.98*

Javelin

Elias Knight	Under 18	41.33m
Simon Crocos	Open	38.70m
Ben Boyd	Open	37.87m
John Heinjus	Under 18	27.22m
Conwae Knight	50+	21.83m
Rob Mulholland	50+	21.40m
Gavin Smith	50+	19.49m
Brett Roberts*	40+	17.60m
Bill Pearce	70+	14.51m
Reid Hansford*	Under 14	31.42m

High Jump

Clio Knight	Under 20	1.20m
Clare McCormack	Open	1.10m
Janet Crocos	60+	1.00m

Javelin

Clare McCormack	Open	22.80m
Gabby Knight	Open	20.42m
Abbey Berg	Under 16	17.23m
Janet Crocos	60+	14.36m
Clio Knight	Under 20	14.09m
Anthea Knight	Open	11.32m
Miranda Heinjus	40+	8.91m
Rachel Hansford*	Open	8.28m

Triple Jump

Elias Knight	Under 18	10.24m
John Heinjus	Under 18	10.10m
Simon Crocos	Open	8.24m
Rob Mulholland	50+	7.01m
Gavin Smith	50+	6.66m
Conwae Knight	50+	5.39m

High Jump

Elias Knight	Under 18	1.50m
Simon Crocos	Open	1.45m
John Heinjus	Under 18	1.45m
Ben Boyd	Open	1.30m
Conwae Knight	50+	1.20m
Rob Mulholland	50+	1.10m
Reid Hansford	Under 14	1.00m

Discus

Ben Boyd	Open	26.06m
Elias Knight	Under 18	24.47m
Rob Mulholland	50+	23.56m
Gavin Smith	50+	23.77m
Simon Crocos	Open	21.94m
John Heinjus	Under 18	18.98m
Conwae Knight	50+	18.34m
Bill Pearce	70+	17.87m
Reid Hansford*	Under 14	9.68m