

Wodonga Athletics Club

Women

60m

Clio Knight	Under 20	9.84
Anthea Knight	Open	9.88
Zoe Smith	Open	9.91
Clare McCormack	Open	10.78
Janet Crocos	60+	11.16
Abbey Berg	Under 16	12.83
Gabby Knight	Open	15.17
Therese Knight	50+	15.82

Shot Put

Clare McCormack	Open	10.03m
Gabby Knight	Open	8.79m
Abbey Berg	Under 16	8.67m
Clio Knight	Under 20	6.97m
Janet Crocos	60+	6.42m
Anthea Knight	Open	6.05m
Therese Knight	50+	6.04m
Zoe Smith	Open	5.35m

Hammer

Clare McCormack	Open	27.69m
Gabby Knight	Open	23.88m
Janet Crocos	60+	20.16m
Abbey Berg	Under 16	18.37m
Clio Knight	Under 20	17.10m
Therese Knight	50+	16.65m
Anthea Knight	Open	14.33m

Long Jump

Clio Knight	Under 20	3.53m
Anthea Knight	Open	3.04m
Clare McCormack	Open	2.77m
Janet Crocos	60+	2.49m
Abbey Berg	Under 16	2.30m
Gabby Knight	Open	1.79m

High Jump

Clio Knight	Under 20	1.15m
Clare McCormack	Open	1.10m
Janet Crocos	60+	1.00m
Gabby Knight	Open	0.95cm
Anthea Knight	Open	0.90cm

200m

Clio Knight	Under 20	34.04
Anthea Knight	Open	34.59
Zoe Smith	Open	34.96
Clare McCormack	Open	39.15

Saturday 14th October 2023

Men

60m

James Mulholland	Under 18	8.06
Elias Knight	Under 18	8.22
Conwae Knight	50+	10.73

800m

James Mulholland	Under 18	2:36.09'
Elias Knight	Under 18	2:47.19'
Conwae Knight	50+	3:55.78'

Hammer

Elias Knight	Under 18	22.65m
Simon Crocos	Open	22.31m
Conwae Knight	50+	18.10m
Gavin Smith	50+	7.87m

Shot Put

Elias Knight	Under 18	9.70m
Gavin Smith	50+	8.23m
Simon Crocos	Open	8.20m
James Mulholland	Under 18	7.43m
Conwae Knight	50+	7.18m
Bill Pearce	70+	6.80m

Long Jump

James Mulholland	Under 18	4.77m
Simon Crocos	Open	4.49m
Conwae Knight	50+	3.22m
Elias Knight	Under 18	3.13m

3000m

Gavin Smith	50+	12:34.27'
Simon Crocos	Open	14:34.01'
Bill Pearce	70+	22:25.85'

High Jump

Simon Crocos	Open	1.60m
James Mulholland	Under 18	1.50m
Gavin Smith	50+	1.35m
Elias Knight	Under 18	1.30m
Conwae Knight	50+	1.15m

200m

James Mulholland	Under 18	25.73
Elias Knight	Under 18	27.5
Simon Crocos	Open	28.53
Conwae Knight	50+	38.31

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