

Wodonga Athletics Club
Sunday 29th October 2023

*Come and Try

Women

Triple Jump

Clio Knight	Under 20	8.58m
Lauren Jacobs*	Open	7.54m
Anthea Knight	Open	6.88m
Zoe Jones	Open	6.84m
Clare McCormack	Open	6.72m
Emily Heinjus	Under 14	4.86m
Miranda Heinjus	40+	4.58m

Javelin

Clare McCormack	Open	25.28m
Lauren Jacobs*	Open	20.95m
Gabby Knight	Open	16.89m
Clio Knight	Under 20	15.24m
Anthea Knight	Open	12.55m
Zoe Jones	Open	12.16m
Miranda Heinjus	40+	9.28m
Emily Heinjus	Under 14	6.77m

Discus

Clio Knight	Under 20	25.65m
Gabby Knight	Open	24.63m
Clare McCormack	Open	24.24m
Lauren Jacobs*	Open	19.10m
Anthea Knight	Open	18.50m
Zoe Jones	Open	14.18m
Miranda Heinjus	40+	12.12m
Emily Heinjus	Under 14	7.37m

Shot Put

Clare McCormack	Open	9.10m
Gabby Knight	Open	8.79m
Clio Knight	Under 20	7.15m
Anthea Knight	Open	5.76m
Zoe Jones	Open	5.37m
Miranda Heinjus	40+	4.33m
Emily Heinjus	Under 14	3.31m

1500m

Clio Knight	Under 20	7:45.02'
Anthea Knight	Open	7:57.75'

Men

Triple Jump

Elias Knight	Under 18	10.65m
John Heinjus	Under 18	9.73m
Simon Crocos	Open	9.13m
Conwae Knight	50+	6.84m
Rob Mulholland	50+	6.82m

Javelin

Simon Crocos	Open	38.97m
Elias Knight	Under 18	38.60m
Ben Boyd	Open	35.81m
John Heinjus	Under 18	26.65m
Conwae Knight	50+	20.14m
Rob Mulholland	50+	19.31m
Gavin Smith	50+	16.87m
Reid Hansford*	Under 14	5.71m

Discus

Ben Boyd	Open	25.79m
Elias Knight	Under 18	24.95m
Rob Mulholland	50+	23.72m
Simon Crocos	Open	20.55m
John Heinjus	Under 18	19.26m
Conwae Knight	50+	18.80m

Shot Put

Simon Crocos	Open	9.88m
Elias Knight	Under 18	9.59m
Ben Boyd	Open	9.35m
Gavin Smith	50+	7.54m
Rob Mulholland	50+	7.52m
Conwae Knight	50+	7.14m
John Heinjus	Under 18	6.14m

1500m

John Heinjus	Under 18	5:02.40'
Elias Knight	Under 18	6:35.69'
Conwae Knight	50+	8:25.80'

400m

Anthea Knight	Open	1:34.10'
Clare McCormack	Open	1:37.72'
Zoe Jones	Open	1:39.12'
Clio Knight	Under 20	1:45.77'
Miranda Heinjus	40+	2:07.62'

4x200m Relay Team 1

Anthea Knight	Open	2:02.91'
Zoe Jones	Open	2:02.91'
Elias Knight	Under 18	2:02.91'
John Heinjus	Under 18	2:02.91'

100m

Anthea Knight	Open	15.13
Zoe Jones	Open	15.28
Clio Knight	Under 20	15.45
Clare McCormack	Open	17.07
Gabby Knight	Open	18.22
Emily Heinjus	Under 14	19.11

400m

Elias Knight	Under 18	1:01.43'
John Heinjus	Under 18	1:14.54'
Simon Crocos	Open	1:21.99'
Conwae Knight	50+	1:45.75'
Reid Hansford*	Under 14	2:02.33'

4x200m Relay Team 2

Lauren Jacobs*	Open	2:19.49'
Rob Mulholland	50+	2:19.49'
Conwae Knight	50+	2:19.49'
Gavin Smith	50+	2:19.49'

100m

Elias Knight	Under 18	12.82
Simon Crocos	Open	13.24
Reid Hansford*	Under 14	15.81
Rob Mulholland	50+	17.30'
Conwae Knight	50+	18.53