

Weekly Competition

Sunday, 5 February 2023

Wodonga Athletic Club

Row Labels	100m	1500m	400m	Discus	Hammer Throw	High Jump	Long Jump	Shot Put
Alyssa Jarrott (F14)	22.84							7.43
Anthea Knight (F30)	16.18	12:20	01:26	20.64	12.73	1.00	2.76	6.35
Anthea Mulholland (F40)	17.83	10:47	01:48	15.43	18.12	1.15	3.10	6.84
Clio Knight (F20)	17.28			21.67	16.78	1.25	4.14	7.26
Gabby Knight (F30)		12:20		24.97	26.02		2.13	8.72
Janet Crocos (F60)				15.31	21.74	1.05		6.59
Karen Hill (F40)				14.96				6.39
Kate Parris (F50)		06:43		16.30	21.10		2.51	7.20
Mary Toney (F30)	14.62	07:37	01:25	16.66	16.79	1.35	4.07	6.77
Aiden Hill (M16)		05:28		24.55			5.22	10.23
Conwae Knight (M50)	18.35	09:08	01:35	19.98	18.31	1.15	3.15	7.35
Elias Knight (M18)	14.29	06:39	01:02	22.49	20.75	1.50	5.42	8.48
Gavin Smith (M50)	15.92	05:49				1.35	3.43	
James Mulholland (M18)	13.41		01:00	19.89		1.50		7.62
Robert Mulholland (M40)	16.78	10:06		17.75	15.02	1.10	3.08	7.22
Simon Crocos (M30)	14.47			24.58	22.32	1.50	4.18	9.02