

Wodonga Athletics Club
Saturday 7th October 2023

Women

60m

Emma Walley	Under 18	9.32
Zoe Smith	Open	9.72
Clio Knight	Under 20	9.83
Anthea Knight	Open	9.94
Clare McCormack	Open	10.56
Emily Heinjus	Under 14	11.23
Janet Crocos	60+	11.63
Miranda Heinjus	40+	12.42
Gabby Knight	Open	13.16
Therese Knight	50+	16.27

Shot Put

Clare McCormack	Open	8.89m
Abbey Berg	Under 16	8.68m
Gabby Knight	Open	8.48m
Clio Knight	Under 20	7.29m
Janet Crocos	60+	6.25m
Therese Knight	50+	5.82m
Anthea Knight	Open	5.42m
Zoe Smith	Open	5.29m

Hammer

Clare McCormack	Open	30.56m
Gabby Knight	Open	24.37m
Janet Crocos	60+	21.69m
Abbey Berg	Under 16	21.26m
Therese Knight	50+	17.85m
Clio Knight	Under 20	17.54m
Anthea Knight	Open	14.62m

Relay- 4x100m

Anthea Knight	Open	1.03.26
Clare McCormack	Open	1.03.26
Clio Knight	Under 20	1.03.26
Zoe Smith	Open	1.03.26
Abbey Berg	Under 16	1.22.04
Gabby Knight	Open	1.22.04
Emily Heinjus	Under 14	1.22.04
Miranda Heinjus		1.22.04

Men

60m

James Mulholland	Under 18	7.85
Elias Knight	Under 18	7.99
Ben Boyd	Open	8.27
Simon Crocos	Open	8.49
John Heinjus	Under 18	8.61
Conwae Knight	50+	10.60

800m

Simon Crocos	Open	02:48.20'
Gavin Smith	50+	02:57.38'
Elias Knight	Under 18	03:07.55'
Stephen McConnan*		03:11.06'
Conwae Knight	50+	03:56.01'

Hammer

Elias Knight	Under 18	21.62m
Simon Crocos	Open	21.22m
Stephen McConnan*		21.14m
Conwae Knight	50+	17.10m
Dennis Baker	70+	13.04m
John Heinjus	Under 18	6.18m

Shot Put

Elias Knight	Under 18	9.59m
Ben Boyd	Open	9.44m
Simon Crocos	Open	9.37m
James Mulholland	Under 18	7.94m
Gavin Smith	50+	7.93m
Conwae Knight	50+	7.35m
Steve Boyd	60+	6.89m
John Heinjus	Under 18	6.44m

Relay- 4x100m

James Mulholland	Under 18	52.02
Elias Knight	Under 18	52.02
John Heinjus	Under 18	52.02
Ben Boyd	Open	52.02
Conwae Knight	50+	1.16.56
Janet Crocos	60+	1.16.56
Steve Boyd	60+	1.16.56
Gavin Smith	50+	1.16.56

Triple Jump

Clio Knight	Under 20	7.25m
Zoe Smith	Open	6.64m
Clare McCormack	Open	6.47m
Anthea Knight	Open	6.46m
Miranda Heinjus	40+	5.39m
Gabby Knight	Open	5.16m
Emily Heinjus	Under 14	4.82m
Abbey Berg	Under 16	4.62m

200m

Zoe Smith	Open	34.12
Clio Knight	Under 20	34.32
Anthea Knight	Open	35.99
Clare McCormack	Open	40.10
Emily Heinjus	40+	41.80
Miranda Heinjus	40+	47.59
Gabby Knight	Open	1:00.30
Therese Knight	50+	1:05.78

Long Jump

Clio Knight	Under 18	3.96m
Zoe Smith	Open	3.22m
Anthea Knight	Open	3.20m
Emily Heinjus	Under 14	2.69m
Clare McCormack	Open	2.60m
Miranda Heinjus	40+	2.37m
Janet Crocos	60+	2.26m
Gabby Knight	Open	2.25m
Abbey Berg	Under 16	2.19m

Triple Jump

Elias Knight	Under 18	10.27m
John Heinjus	Under 18	9.53m
Conwae Knight	50+	6.39m
James Mulholland	Under 18	No Jump

200m

James Mulholland	Under 18	25.46
John Heinjus	Under 18	29.60'
Dennis Baker	70+	54.82

5000m

Simon Crocos	Open	25:57:24
Dennis Baker	70+	48:52:81

3000m

John Heinjus	Under 18	11:18.01
Stephan McConnan*		13:37.69
Gavin Smith	50+	14:35.78

Long Jump

James Mulholland	Under 18	4.88m
John Heinjus	Under 18	4.72m
Simon Crocos	Open	4.69m
Ben Boyd	Open	4.49m
Elias Knight	Under 18	3.33m
Conwae Knight	50+	3.09m
Steve Boyd	60+	2.42m