

Wodonga Athletics Club
Sunday 12th November 2023

*Training Device

Women

200m

Emma Walley	Under 18	32.44
Zoe Jones	Open	32.82
Lauren Jacobs	40+	35.28
Anthea Knight	Open	36.43
Clare McCormack	Open	37.87
Janet Crocos	60+	38.67
Emily Heinjus	Under 14	41.45
Miranda Heinjus	40+	47.84

5000m

Clio Knight	Under 20	30:15.08'
Anthea Knight	Open	31.31.67'

60m

Clio Knight	Under 20	9.59
Emma Walley	Under 18	9.61
Zoe Jones	Open	9.61
Lauren Jacobs	40+	9.62
Anthea Knight	Open	10.07
Clare McCormack	Open	10.59
Janet Crocos	60+	11.06
Emily Heinjus	Under 14	11.57
Miranda Heinjus	40+	12.63

800m

Anthea Knight	Open	3:26.36'
Clio Knight	Under 20	3:50.07'

Hammer

Clare McCormack	Open	29.12m
Janet Crocos	60+	18.75m
Clio Knight	Under 20	16.69m
Lauren Jacobs	40+	13.58m
Anthea Knight	Open	10.53m

High Jump

Emma Walley	Under 18	1.15m
Clio Knight	Under 20	1.15m
Clare McCormack	Open	1.10m
Lauren Jacobs	40+	1.20m

Men

200m

James Mulholland	Under 18	25.42
Elias Knight	Under 18	27.27
John Heinjus	Under 18	27.83
Conwae Knight	50+	40.17
Reid Hansford	Under 14	43.75
Dennis Baker	70+	56.87

5000m

Simon Crocos	Open	25:09.56'
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60m

Elias Knight	Under 18	8.28
James Mulholland	Under 18	8.39
John Heinjus	Under 18	8.83
Reid Hansford	Under 14	10.55
Conwae Knight	50+	10.72
Gavin Smith	50+	11.02
Dennis Baker	70+	15.69

800m

John Heinjus	Under 18	2:21.37'
Elias Knight	Under 18	3:02.45'
Conwae Knight	50+	4:34.21'
Bill Pearce	70+	5:56.74'
Dennis Baker	70+	6:10.20'

Hammer

Simon Crocos	Open	23.06m
Elias Knight	Under 18	21.86m
Bill Pearce	70+	20.32m
Conwae Knight	50+	18.48m
Gavin Smith	50+	16.32m
James Mulholland	Under 18	13.20m
Reid Hansford*	Under 14	12.60m
John Heinjus	Under 18	11.60m

Long Jump

Emma Walley	Under 18	4.34m
Lauren Jacobs	Open	3.77m
Clio Knight	Under 20	3.63m
Zoe Jones	Open	3.46m
Anthea Knight	Open	2.99m
Janet Crocos	60+	2.81m
Clare McCormack	Open	2.76m
Emily Heinjus	Under 14	2.37m
Miranda Heinjus	40+	2.29m

Shot Put

Clare McCormack	Open	9.80m
Emma Walley	Under 18	9.71m
Lauren Jacobs	Open	7.99m
Clio Knight	Under 20	7.24m
Janet Crocos	60+	6.74m
Anthea Knight	Open	6.26m
Zoe Jones	Open	5.83m
Miranda Heinjus	40+	4.37m
Emily Heinjus	Under 14	3.63m

High Jump

James Mulholland	Under 18	1.55m
Elias Knight	Under 18	1.50m
John Heinjus	Under 18	1.35m
Conwae Knight	50+	1.20m
Reid Hansford	Under 14	1.05m

Long Jump

Elias Knight	Under 18	5.78m
James Mulholland	Under 18	4.84m
John Heinjus	Under 18	4.65m
Conwae Knight	50+	3.28m

Shot Put

Elias Knight	Under 18	9.69m
Simon Crocos	Open	8.30m
Gavin Smith	50+	7.50m
Conwae Knight	50+	7.16m
Bill Pearce	70+	6.56m
John Heinjus	Under 18	5.75m
Dennis Baker	70+	5.18m