

Wodonga Athletics Club
Saturday 4th November 2023

Women

3000m

Clio Knight	Under 20	16:54.73'
Anthea Knight	Open	18:38.29'

200m

Anthea Knight	Open	37.29
Clare McCormack	Open	40.32
Emily Heinjus	Under 14	42.28
Miranda Heinjus	40+	51.33

60m

Emma Walley	Under 18	9.24
Anthea Knight	Open	9.61
Zoe Jones	Open	9.71
Clio Knight	Under 20	9.72
Clare McCormack	Open	10.94
Janet Crocos	60+	10.97
Emily Heinjus	Under 14	11.55
Miranda Heinjus	40+	12.17
Abbey Berg	Under 16	13.67
Therese Knight	50+	14.53

800m

Anthea Knight	Open	3:53.64'
Zoe Jones	Open	4:04.45'
Clare McCormack	Open	4:20.41'
Janet Crocos	60+	4:26.54'

Discus

Gabby Knight	Open	25.32m
Clare McCormack	Open	24.50m
Clio Knight	Under 20	23.07m
Anthea Knight	Open	18.64m
Abbey Berg	Under 16	17.02m
Janet Crocos	60+	15.52m
Rachel Hansford	Open	14.46m
Zoe Jones	Open	14.25m
Therese Knight	50+	13.26m
Miranda Heinjus	40+	12.09m
Emily Heinjus	Under 14	7.71m
Emma Walley	Under 18	No Throw

Men

3000m

Elias Knight	Under 18	14:01.18'
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5000m

Robert Lindley	70+	53:45.67'
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200m

James Mulholland	Under 18	26.26
Elias Knight	Under 18	27.25
John Heinjus	Under 18	29.30'
Gavin Smith	50+	35.08
Reid Hansford	Under 14	44.08
Conwae Knight	50+	45.16

60m

James Mulholland	Under 18	8.05
Elias Knight	Under 18	8.29
John Heinjus	Under 18	8.77
Rob Mulholland	50+	9.96
Reid Hansford	Under 14	10.59
Conwae Knight	50+	13.37
Dennis Baker	70+	14.90'

800m

Simon Crocos	Open	3:10.88'
Reid Hansford	Under 14	4:31.20'
Bill Pearce	70+	5:41.51'
Dennis Baker	70+	6:10.59'

Discus

Elias Knight	Under 18	26.28m
Ben Boyd	Open	26.28m
Gavin Smith	50+	24.04m
Simon Crocos	Open	24.00m
Rob Mulholland	50+	21.81m
John Heinjus	Under 18	18.44m
Dennis Baker	70+	17.72m
Bill Pearce	70+	17.54m
James Mulholland	Under 18	17.31m
Conwae Knight	50+	16.86m
Reid Hansford	Under 14	11.14m

Long Jump

Emma Walley	Under 18	4.43m
Clio Knight	Under 20	3.43m
Anthea Knight	Open	2.91m
Janet Crocos	60+	2.91m
Rachel Hansford	Open	2.82m
Clare McCormack	Open	2.77m
Emily Heinjus	Under 14	2.68m
Abbey Berg	Under 16	2.25m
Miranda Heinjus	40+	2.20m

Shot Put

Clare McCormack	Open	9.41m
Abbey Berg	Under 16	8.89m
Gabby Knight	Open	8.77m
Rachel Hansford	Open	7.04m
Clio Knight	Under 20	6.90m
Janet Crocos	60+	6.21m
Anthea Knight	Open	6.06m
Therese Knight	50+	5.72m
Miranda Heinjus	40+	4.48m
Emily Heinjus	Under 14	4.07m

Swedish Relay Team 1

John Heinjus	Under 18	2:23.77'
James Mulholland	Under 18	2:23.77'
Elias Knight	Under 18	2:23.77'
Reid Hansford	Under 14	2:23.77'

Swedish Relay Team 3

Gavin Smith	50+	3:19.45'
Rob Mulholland	50+	3:19.45'
Dennis Baker	70+	3:19.45'
Conwae Knight	50+	3:19.45'

Long Jump

Elias Knight	Under 18	5.25m
John Heinjus	Under 18	5.05m
James Mulholland	Under 18	4.98m
Rob Mulholland	50+	3.52m
Gavin Smith	50+	3.36m
Conwae Knight	50+	2.87m
Simon Crocos	Open	2.24m
Reid Hansford	Under 14	2.51m

Shot Put

Elias Knight	Under 18	10.14m
Simon Crocos	Open	9.68m
Ben Boyd	Open	9.43m
Gavin Smith	50+	7.84m
Rob Mulholland	50+	7.82m
James Mulholland	Under 18	7.74m
Bill Pearce	70+	6.66m
John Heinjus	Under 18	6.39m
Conwae Knight	50+	5.75m
Reid Hansford	Under 14	5.54m

Swedish Relay Team 2

Anthea Knight	Open	3:07.64'
Clio Knight	Under 20	3:07.64'
Zoe Jones	Open	3:07.64'
Clare McCormack	Open	3:07.64'

Swedish Relay Team 4

Janet Crocos	60+	4:20.73'
Miranda Heinjus	40+	4:20.73'
Therese Knight	50+	4:20.73'
Rachel Hansford	Open	4:20.73'