

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Results - Decathlon****Men Decathlon Open**

	Points	100	LJ	SP	HJ	400 Day1	110H	DT	PV	JT	1500
1 Doran, Joseph		11.23	6.50m	10.09m	1.66m	52.86	16.13	31.36m	2.90m	42.81m	5:48.96
Townsville North Star Athlet		w: -1.6	w: 1.3				w: 4.1				
24 Team Points: 10	5534	(810)	(697)	(491)	(512)	(688) 3198	(718)	(491)	(333)	(483)	(311)
2 Kruck, Dylan		13.11	5.03m	10.10m	1.30m	1:08.75	DNF	35.17m	2.60m	35.40m	6:53.11
Qld Athletics Base Membershi		w: -1.6	w: +0.0								
20 Team Points: 8	3040	(449)	(388)	(492)	(250)	(165) 1744	(0)	(567)	(264)	(376)	(89)

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Results - Heptathlon****Women Heptathlon Open**

	Points	100H	HJ	SP	200 Day1	LJ	JT	800
1 Limburg, Rachel		14.98	1.71m	12.32m	27.40	5.15m	43.11m	2:31.38
Box Hill Athletic C	w: +0.0				w: 0.3	w: 0.1		
26 Team Points: 10	5076	(844)	(867)	(682)	(679) 3072	(601)	(727)	(676)
2 Bollinger, Nyah		14.80	1.56m	9.07m	25.70	5.20m	22.23m	2:49.91
Ignition Athletics	w: +0.0				w: 0.3	w: +0.0		
20 Team Points: 8	4259	(868)	(689)	(469)	(824) 2850	(614)	(330)	(465)
3 Stimpson, Emma		15.96	1.56m	9.35m	28.04	5.25m	25.93m	2:40.48
Ignition Athletics	w: +0.0				w: 0.3	w: 0.1		
20 Team Points: 6	4118	(719)	(689)	(487)	(628) 2523	(628)	(400)	(567)

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Results - Heptathlon****Men Heptathlon U16**

	Points	100H	SP	HJ	200 Day1	LJ	JT	1500
1 Frost, Jackson		15.64	10.64m	1.70m	24.71	5.16m	30.88m	5:18.31
Ignition Athletics		w: +0.0			w: -1.4	w: 1.0		
14	3520	(637)	(524)	(544)	(631) 2336	(413)	(312)	(459)



**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Results - Decathlon****Men Decathlon Under 18**

	Points	100	LJ	SP	HJ	400 Day1	110H	DT	PV	JT	1500
1 Gardiner, Dylan		11.87	6.38m	9.38m	1.75m	56.71	15.45	23.13m	2.90m	33.90m	5:28.37
Ignition Athletics Club		w: -1.6	w: 1.5				w: 4.1				
15 Team Points: 10	5133	(677)	(670)	(448)	(585)	(532) 2912	(796)	(331)	(333)	(354)	(407)
2 Jakimowicz, Joel		13.02	5.22m	7.93m	1.42m	1:01.27	16.15	24.04m	2.10m	26.05m	5:33.57
Ipswich & District Athletics		w: -1.6	w: 0.8				w: 4.1				
15 Team Points: 8	3803	(464)	(425)	(362)	(331)	(371) 1953	(716)	(349)	(159)	(244)	(382)

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Results - Heptathlon****Women Heptathlon Under 18**

	Points	100H	HJ	SP	200 Day1	LJ	JT	800
1 Hall, Mariam		17.35	1.54m	9.80m	27.49	4.91m	32.18m	2:53.22
Townsville North St	w: -1.7				w: -1.4	w: 3.4		
17 Team Points: 10	3896	(558)	(666)	(516)	(672) 2412	(535)	(518)	(431)
2 Severinsen, Abbie		16.19	1.45m	9.57m	28.13	4.55m	37.43m	2:56.12
Ipswich & District	w: -1.7				w: -1.4	w: 1.1		
16 Team Points: 8	3840	(691)	(566)	(501)	(621) 2379	(441)	(618)	(402)
3 Platen Hep, Indiana		16.56	1.54m	9.73m	28.40	4.79m	23.19m	3:11.75
Ipswich & District	w: -1.7				w: -1.4	w: 2.7		
15 Team Points: 6	3540	(647)	(666)	(512)	(600) 2425	(503)	(348)	(264)

**2023 NQ Championships - 22/09/2023 to 24/09/2023****Mackay Aquatic & Recreation Complex****Results - Heptathlon****Women Heptathlon Under 20**

	Points	100H	HJ	SP	200 Day1	LJ	JT	800
1 Croker, Leila		15.15	1.50m	10.95m	26.57	5.33m	37.36m	2:39.17
WA Athletics	w: +0.0				w: 0.3	w: 4.6		
17	4633	(822)	(621)	(592)	(748) 2783	(651)	(617)	(582)
2 Nyssen, Amber		17.49	1.50m	7.79m	28.30	4.42m	20.16m	2:31.00
Mayne Harriers Amat	w: +0.0				w: 0.3	w: +0.0		
19 Team Points: 10	3536	(542)	(621)	(386)	(607) 2156	(408)	(292)	(680)