

AROUND THE GROUNDS

VENUE RESULTS FOR JULY 2017, PROGRAM FOR SEPTEMBER 2017

RESTING UP FOR RUN SAFELY TONIGHT



Monday nights

CASEY - Casey Fields 160 Berwick – Cranbourne Rd,
Cranbourne East 7-9pm

DONCASTER - Tom Kelly Athletics Track, George Street,
East Doncaster 7.30pm



Run Safely Tonight

www.RunSafelyTonight.com.au

ABERFELDIE, CASEY, COBURG, COLLINGWOOD,
CROYDON, DONCASTER, EAST BURWOOD,
FRANKSTON, GEELONG, GLEN EIRA,
KNOX, MENTONE, SPRINGVALE/ NOBLE PARK

ABERFELDIE 5 JULY 2017**80 Metres**

Dom CROUCH	30	11.41
Brian O'DEA	63	14.59
Doug STOKES	65	19.75

1000 Metres

			Age %
John COPPER	64	3.30	80.86
Brian O'DEA	63	3.48	73.86
Dom CROUCH	30	3.28	62.74
Stephen BARKER	74	5.20	59.61
Doug STOKES	65	4.48	59.41
Michael ENNIS	64	4.46	59.37
Peter BLACK	62	5.07	54.43
Tony BRADFORD	77	6.23	52.25
Michael ORELLI	73	6.23	49.09

200 Metres

Dom CROUCH	30	29.40
Jamie PAPWORTH	INV	31.78
Doug STOKES	65	55.53
Peter BLACK	62	55.53

3000 Metres

David JONES	66	14.15	
Brian O'DEA	63	14.23	
John DEAN	72	17.57	
Maggie ARMSTRONG	55	27.44	walk

5000 Metres

Dom CROUCH	60	22.31
Trevor HAWKSWORTH	70	27.25
Doug STOKES	65	27.30
Peter BLACK	62	27.35
Stephen BARKER	74	28.30

ABERFELDIE 12 JULY 2017**100 Metres**

Gavin WHITE	43	12.37
Domenic CONDELLO	46	13.06
John PAPWORTH	49	14.32
Jamie PAPWORTH	INV	15.52
John HOWES	81	17.58
Imogen PAPWORTH	INV	30.63

800 Metres

Drain SHAPER	44	2.43
John PAPWORTH	49	2.54
Jamie PAPWORTH	INV	3.17
Jasmine ORELLI	INV	3.22
Doug STOKES	65	3.49
Andrea DRAPER	40	3.54
Stephen BARKER	74	4.05
David JONES	66	4.12
Michael ORELLI	73	4.51

400 Metres

Jasmine ORELLI	INV	93.59
Gavin WHITE	43	67.06
John PAPWORTH	49	150.00
Stephen BARKER	74	167.07

2000 Metres

John PAPWORTH	49	8.15
Michael ENNIS	64	10.08
Alfred LENDVAI	63	10.54
Tony BRADFORD	77	13.25
Maggie ARMSTRONG	55	18.12

ABERFELDIE 12 JULY 2017 cont**4000 Metres**

David JONES	66	19.06
Trevor HAWKSWORTH	70	21.40
Doug STOKES	65	22.29
Peter BLACK	62	22.29
Stephen BARKER	74	22.46

ABERFELDIE 19 JULY 2017**100 Metres**

Gavin WHITE	43	13.21
John PAPWORTH	49	15.63
Jamie PAPWORTH	INV	17.50
Imogen PAPWORTH	INV	28.93

1200 Metres

David JONES	66	5.17
Jamie PAPWORTH	INV	5.45
John PAPWORTH	49	5.45
Stephen BARKER	74	6.40
Michael ORELLI	73	7.31

1000 Metres

Doug STOKES	65	5.08
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300 Metres

John PAPWORTH	49	45.97
Gavin WHITE	43	46.34
John COOPER	64	50.96
Levi DRAPER	INV	85.31
Stephen BARKER	74	134.01

3000 Metres

Carolyn BOWEN	56	14.06
David JONES	66	14.30
Michael ORELLI	73	19.40
Tony BRADFORD	77	21.25
Maggie ARMSTRONG	55	27.48

5000 Metres

Stephen BARKER	74	28.14
Doug STOKES	65	28.15

ABERFELDIE 26 JULY 2017**100 Metres**

Gavin WHITE	43	12.32
Jamie PAPWORTH	INV	15.91
John PAPWORTH	49	16.09
David JONES	66	22.69
Imogen PAPWORTH	INV	23.90

800 Metres

Dom CROUCH	30	2.38
John PAPWORTH	49	2.46
David JONES	66	3.17
Michael ENNIS	64	3.48
Doug STOKES	65	3.52
Andrea DRAPER	40	3.53
Stephen BARKER	74	4.42

200 Metres

Gavin WHITE	43	27.21
Jamie PAPWORTH	INV	34.98
David JONES	66	41.00
Stephen BARKER	74	89.54

ABERFELDIE 26 JULY 2017 cont.**26 Minutes N.O.D.**

			Est	Diff
Duncan HAMILTON-RITCHIE	72	2650	2600	50
Maggie ARMSTRONG	55	2900	3000	100
Stephen BARKER	74	4700	4550	150
Dom CROUCH	30	5790	6000	210
Jamie PAPWORTH	INV	4400	4000	400
Cheryl BEVERIDGE	50	3550	3000	550
Carolyn BOWEN	56	5700	5000	700
Trevor HAWKSWORTH	70	4140	5000	860
Doug STOKES	65	4730	6000	1270
John PAPWORTH	49	5370	7200	1830



PETER BLACK - He may have abandoned us and worn the Northern Territory colors in Darwin but he's still one of us and a valuable member of our AV XCR team.

COBURG 6 JULY 2017**100m**

Colin HICKIE	33	14.66
Gary O'DWYER	58	15.40
Bruce GIBBS	68	18.63
Rob LEWIS	70	21.49
Michelle SPORTON	51	23.24
Bernie LEDDIN	69	27.00
Ken CARTER	64	37.30

1000m Walk

Rob DAVEY	77	8.00
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1500m

Carl KENNEDY	51	5.15
Colin HICKIE	33	5.55
Brian DELANEY	63	6.45
Michael MEANEY	62	7.10
Maria BARBETTI	52	7.16
Maegan KERR	45	8.31
Ken CARTER	64	13.53

300m

Michael MEANEY	62	1.03
Bruce GIBBS	68	1.07
Michelle SPORTON	51	1.51
Ken CARTER	64	2.27

3km

Carl KENNEDY	51	11.00
Michael MEANEY	62	14.56
Maria BARBETTI	52	16.02
Rob LEWIS	70	17.48
Ken CARTER	64	32.05

5km

Fraser MURRAY	45	20.49
Colin HICKIE	33	21.53

COBURG 13 JULY 2017**80m**

David WOODS	48	12.72
Gary O'DWYER	58	17.04
Bernie LEDDIN	69	18.66
Michelle SPORTON	51	18.99
Ken CARTER	64	31.35

800m

Brian DELANEY	63	3.23
Fiona ELY	47	3.35
Maria BARBETTI	52	3.40
Maegan KERR	45	4.28
Ken CARTER	64	7.01

200m

David WOODS	48	29.45
Michael MEANEY	62	51.71
Michelle SPORTON	51	59.05
Rob DAVEY	77	1.11.5
Ken CARTER	64	1.35.0

2.5km

Michael MEANEY	62	12.34
Maria BARBETTI	52	13.13
Ken CARTER	64	26.33

5km

Carl KENNEDY	51	18.59
Fraser MURRAY	45	21.27

COBURG 20 JULY 2017

1600m

Colin HICKIE	33	6.22
Michael MEANEY	62	7.32
Fiona ELY	47	7.50
Maegan KERR	45	8.12
Ken CARTER	64	14.20

400m

Carl KENNEDY	51	1.14
Bruce GIBBS	68	1.37
Rob LEWIS	70	1.50
Ken CARTER	64	3.29

100m Age-graded Championship

Heat: 1

			Age %
Bruce GIBBS	68	18.37	66.85
Maria BARBETTI	52	19.84	63.10
Rob LEWIS	70	21.87	56.79
Bernie LEDDIN	69	23.68	52.15
Rob DAVEY	77	30.51	44.51
Ken CARTER	64	37.95	31.59

Heat: 2

Michael MEANEY	62	16.00	74.00
Carl KENNEDY	51	17.13	64.51
Fiona ELY	47	17.64	67.35
Brian DELANEY	63	18.69	63.72
Maegan KERR	45	19.02	61.15

Heat: 3

Ethan O'NEILL	16	13.56	75.81
Gary O'DWYER	58	14.10	85.18
Colin HICKIE	33	14.45	67.75

Lap choice run

		laps	time
Rob LEWIS	70	5	12.11
Michael MEANEY	62	6	13.16
Carl KENNEDY	51	10	15.04
Colin HICKIE	33	12.5	22.32
Ken CARTER	64	8	32.54

COBURG 27 JULY 2017

90m

David WOODS	48	12.44
Colin HICKIE	33	12.69
Ethan O'NEILL (100m)	16	13.29
Bernie LEDDIN	69	19.10
Michelle SPORTON	51	21.41
Rob DAVEY	77	26.34
Ken CARTER	64	33.99

800m Age-graded Championship

			Age %
Carl KENNEDY	51	2.36	75.17
Colin HICKIE	33	2.50	59.48
Gary O'DWYER	58	2.53	71.81
Michael MEANEY	62	3.09	67.83
Brian DELANEY	63	3.19	64.92
Fiona ELY	47	3.24	60.70
Maegan KERR	45	3.58	51.16
Bruce GIBBS	68	4.32	49.82
Ken CARTER	64	6.39	32.63

150m

Ethan O'NEILL	16	20.58
David WOODS	48	21.10
Frank BRADLEY	61	30.38
Michelle SPORTON	51	37.57
Ken CARTER	64	59.10

COBURG 27 JULY 2017 cont.

1000m Walk

Gary O'DWYER	58	7.42
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3km

Carl KENNEDY	51	11.00
Colin HICKIE	33	13.09
Michael MEANEY	62	14.51
Frank BRADLEY	61	20.21
Ken CARTER	64	31.27



"Well, I guess we can leave the sign as is."



COLLINGWOOD 4 JULY 2017**90 Metres**

			Time
1	APONTE Luis	65	13.4
2	GERO Peter	29	13.5
3	HOWDEN Keith	71	14.2
4	GIBBS Bruce	68	14.8
5	RUSSO Chris	51	14.9
6	ELY Fiona	47	15.0
7	HERBSTREIT Herbie	65	15.6
8	LEWIS Rob	70	16.0

900 Metres

			Time
1	HALLETT Matthew	28	3:26
2	RUSSO Chris	51	3:38
3	ELY Fiona	47	4:14
4	HERBSTREIT Herbie	65	4:32
5	POCOCK John	74	4:42
6	TAYLER Sally	69	5:34

400 Metres

			Time
1	GERO Peter	29	1:08
2	HOWDEN Keith	71	1:11
3	APONTE Luis	65	1:18
4	RUSSO Chris	51	1:19
5	HALLETT Matthew	28	1:25
6	TAYLER Sally	69	2:04

2 Km.

			Time
1	APONTE Luis	65	9:01
2	ELY Fiona	47	9:48
3	DROSDOWSKY Wasyl	66	11:17
4	LEWIS Rob	70	11:25
5	JOHNSTONE Heather	73	16:01
6	JOHNSTONE Peter	80	18:23

4 Km.

			Time
1	RUSSO Chris	51	19:29
2	BAYLEY Rod	71	20:38
3	DUNNING Robert	60	20:46
4	HALLETT Len	67	22:57
5	HALLETT Matthew	28	22:57
6	HERBSTREIT Herbie	65	23:20
7	BELL Gary	63	23:32
8	TAYLER Sally	69	26:19
9	WOOD Sue	63	31:36
10	BRAIN Glenyse	71	32:53

6 Km.

			Time
1	POCOCK John	74	31:40

COLLINGWOOD 11 JULY 2017**100 Metres**

			Time
1	GERO Peter	29	12.9
2	HOWDEN Keith	71	14.2
3	WINNEN Ian	55	14.6
4	LOVELL Scott	51	15.1
5	APONTE Luis	65	16.7
6	ELY Fiona	47	17.1
7	GURTLER Markus	45	18.6
8	HERBSTREIT Herbie	65	18.9

COLLINGWOOD 11 JULY 2017 cont.**1200 Metres**

			Net T	Clock
1	TAYLER Sally	69	6:31	6:43
2	WINNEN Ian	55	4:10	7:04
3	GERO Peter	29	4:17	7:07
4	HALLETT Matthew	28	4:47	7:09
5	APONTE Luis	65	4:38	7:22
6	HOPKINS Jim	67	5:07	7:23
7	ELY Fiona	47	5:31	7:25
8	HERBSTREIT Herbie	65	6:09	7:25
9	GIBBS Bruce	68	7:35	7:35
10	BAYLEY Rod	71	5:43	7:37
11	MEANEY Michael	62	5:06	7:46
12	HALLETT Len	67	6:36	7:58
13	GURTLER Markus	45	5:31	8:45

300 Metres

			Time
1	GERO Peter	29	0:47
2	HOWDEN Keith	71	0:48
3	APONTE Luis	65	0:54
4	HALLETT Matthew	28	0:56
5	MEANEY Michael	62	0:57
6	TAYLER Sally	69	1:23

2 Km.

			Time
1	APONTE Luis	65	8:31
2	ELY Fiona	47	9:40
3	DROSDOWSKY Wasyl	66	10:54

4 Km.

			Time
1	WINNEN Ian	55	16:49
2	PAUL Graeme	63	18:51
3	HALLETT Matthew	28	19:09
4	MEANEY Michael	62	19:33
5	BAYLEY Rod	71	19:44
6	POCOCK John	74	21:04
7	DUNNING Robert	60	22:02
8	HALLETT Len	67	22:43
9	HERBSTREIT Herbie	65	22:43
10	TAYLER Sally	69	25:24
11	BELL Gary	63	26:46
12	BRAIN Glenyse	71	32:28
13	WOOD Sue	63	32:28

COLLINGWOOD 18 JULY 2017**80 Metres**

			Time
1	GERO Peter	29	10.6
2	BOYLEN Chris	53	11.3
3	HOWDEN Keith	71	11.3
4	ADRIEN Gerard	57	12.1
5	HALLETT Matthew	28	12.5
6	SCHOLES Ron	64	12.7
7	RUSSO Chris	51	13.0
8	APONTE Luis	65	13.4
9	GIBBS Bruce	68	13.8
10	ELY Fiona	47	14.1
11	HERBSTREIT Herbie	65	15.8

1300 Metres

			Time
1	WINNEN Ian	55	4:38
2	GERO Peter	29	4:45
3	HEJTMANEK Jim	52	5:12
4	SCHOLES Ron	64	5:27
5	RUSSO Chris	51	5:33
6	HALLETT Matthew	28	5:37
7	DUNNING Robert	60	6:09
8	HALLETT Len	68	6:42
9	POCOCK John	74	6:50
10	TAYLER Sally	69	7:45

COLLINGWOOD 18 JULY 2017 cont.

200 Metres

1	GERO Peter	29	27.7
2	HOWDEN Keith	71	29.1
3	WINNEN Ian	55	29.3
4	ADRIEN Gerard	57	30.5
5	HALLETT Matthew	28	32.3
6	SCHOLES Ron	64	33.9
7	RUSSO Chris	51	36.1
8	HEJTMANEK Jim	52	37.2
9	ELY Fiona	47	37.8
10	GIBBS Bruce	68	38.6
11	HERBSTREIT Herbie	65	46.2
12	BAYLEY Rod	71	47.1
13	TAYLER Sally	69	47.6

Maximum 10 Laps

		Time	Laps	
1	WINNEN Ian	55	17:00	10
2	SCHOLES Ron	64	17:31	10
3	HEJTMANEK Jim	52	17:57	10
4	PAUL Graeme	63	18:42	10
5	RUSSO Chris	51	18:45	10
6	HALLETT Matthew	28	17:09	9
7	HOPKINS Jim	67	17:38	9
8	BAYLEY Rod	71	17:59	9
9	ELY Fiona	47	18:17	9
10	POCOCK John	74	18:29	9
11	DUNNING Robert	60	18:51	9
12	WINDSOR Wes	73	17:46	8
13	FABRE Sofie	48	18:05	8
14	HALLETT Len	68	18:40	8
15	HERBSTREIT Herbie	65	17:15	7
16	DROSDOWSKY Wasyl	66	17:24	7
17	BELL Gary	63	17:44	7
18	TAYLER Sally	69	18:05	7
19	BRAIN Glenyse	71	29:48	10
20	WOOD Sue	63	29:48	10

COLLINGWOOD 25 JULY 2017

90 Metres

		Time	
1	GERO Peter	29	11.7
2	ADRIEN Gerard	57	13.3
3	HOWDEN Keith	71	13.8
4	HALLETT Matthew	28	13.8
5	SCHOLES Ron	64	14.5
6	GIBBS Bruce	68	16.6
7	LEWIS Rob	70	17.6
8	LEDDIN Bernie	69	19.6

600 Metres

1	GERO Peter	29	1:57
2	HALLETT Matthew	28	2:09
3	SCHOLES Ron	64	2:11
4	DROSDOWSKY Wasyl	66	2:26
5	LEWIS Rob	70	2:52
6	HALLETT Len	68	2:58

400 Metres

1	GERO Peter	29	1:05.5
2	SCHOLES Ron	64	1:07.2
3	HOWDEN Keith	71	1:12.2
4	HALLETT Matthew	28	1:19.0
5	ADRIEN Gerard	57	1:21.0
6	BAYLEY Rod	71	1:38.5
7	GIBBS Bruce	68	1:39.0
8	LEWIS Rob	70	1:46.7

2 Km.

		Time	
1	APONTE Luis	65	8:35
2	HALLETT Matthew	28	8:48
3	BAYLEY Rod	71	9:32
4	HALLETT Len	68	11:02
5	LEWIS Rob	70	11:40
6	DROSDOWSKY Wasyl	66	11:41
7	BAN Paul	62	14:52
8	BRAIN Glenyse	71	14:56
9	WOOD Sue	63	14:56
10	JOHNSTONE Peter	80	17:37

6 Km.

1	PAUL Graeme	63	29:22
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8 Km.

1	HOPKINS Jim	67	40:20
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CASEY 3 JULY 2017

70M	Age	Time
Hsien Chiam	46	12.13
Mike Hall	79	12.7
Paul Olsson	60	12.91

1000m Run/Walk	age	time
Rob Clutterbuck	63	5.29
Gary Meyer	62	5.48
Hsien Chiam	46	6.14
Frances Halton	55	6.14
Peter Ellis	66	7.22
Heather Vueti	45	10.01

150m	age	time
Paul Olsson	60	24.44
Mike Hall	79	24.83
Hsien Chiam	46	26.31

5 Lap spiral in/out	age	time
Hsien Chiam	46	16.10 5 Laps
Frances Halton	55	23.35
Gary Meyer	62	24.44
Heather Vueti	45	25.42
Peter Ellis	66	w29.42

CASEY 10 JULY 2017

800m Run/Walk			
Rhiannon Lester	37	3.54	
Rob Clutterbuck	64	4.08	
Gary Meyer	62	4.36	
Hsien Chiam	46	4.56	
Peter Ellis	66	6.12	W
Albin Hess	57	6.12	W
Lindsay Beaton	67	6.57	W

80m			
Mike Hall	79	13.28	
Hsien Chiam	46	13.85	

5K Run/Walk			
Gary Meyer	62	13.27	2.2k
Rob Clutterbuck	64	15.57	3k
Frances Halton	55	28.57	
Albin Hess	57	33.48	W
Peter Ellis	66	35.18	W
John Hallo	75	39.42	W
Lindsay Beaton	67	43.41	W

120M		
Paul Olsson	60	18.82
Mike Hall	79	19.73
Hsien Chiam	46	21.18

CASEY17 JULY 2017

1600 Run/Walk		
Gary Meyer	62	8.57
Hsien Chiam	46	10.06
Lindsay Beaton	67	w15.24

120M		
Paul Olsson	60	19.51
Rhiannon Lester	37	19.90
Mike Hall	79	20.38

2K Run/Walk		
Gary Meyer	62	11.19
Hsien Chiam	46	13.24
Lindsay Beaton	67	w19.41

CASEY JULY 24 2017

1 Mile Run/Walk			
Hsien Chiam	46	10.24	
Lindsay Beaton	67	14.40	W

5 Lap Spiral Run/Walk			
Rob Clutterbuck	64	11.19	
Frances Halton	55	12.42	
Hsien Chiam	46	14.06	
Heather Vueti	45	21.30	W
Lindsay Beaton	67	21.30	W

CASEY 31 JULY 2017

1200m Run/Walk			
Rob Clutterbuck	64	5.44	
Frances Halton	55	7.18	
Hsien Chiam	46	7.23	
Lindsay Beaton	67	11.36	W
Peter Ellis	66	11.36	W

150m		
Mike Hall	79	25.50
Paul Olsson	60	28.98

15/30min Run/Walk			
Heather Vueti	45	15min	1400m
Lindsay Beaton	67	15min	1600m
Hsien Chiam	46	15min	2300m
Rob Clutterbuck	64	15min	3030m
Peter Ellis	66	30min	4235m
Frances Halton	55	30min	5000m

THINGS I'D LIKE TO SEE JUST ONCE:
STRETCH LIMB FROM ON DRAWBRIDGE



CROYDON 4 JULY 2017**1000 METRE WALK**

1	Taylor RILEY	22	6.03
2	Paul MORITZ	58	6.32
3	Shannon TINDAL	30	7.24
4	Andrew EGGINTON	55	7.24
5	Lyn BATCHELOR	68	7.43
6	Jess DUX	32	8.27
7	Grant WATSON	69	8.35
8	Barrie WICKS	77	8.40
9	Grant MURFETT	50	8.46
10	Allan WOOD	80	9.33
11	Ron SMITH	68	9.36
12	Colin WILLIAMS	68	9.36

18.2 SECONDS N.O.S.P.**Heat 1:**

1	Lyn BATCHELOR	68	16.1	
2	Cec McKEOWN	77	17.5	
3	Ron SMITH	68	17.8	
4	Tracey DRYDEN **	42	18.1	WINNER
5	Colin WILLIAMS	68	19.9	
6	Grant WATSON	69	22.2	

Heat 2:

1	Grant MURFETT	50	17.4
2	Andrew FRASER	75	17.7
3	Taylor RILEY	22	18.6
4	Allan WOOD	80	20.6
5	Peter SCHROETER	34	21.6
6	Jess DUX	32	21.9
7	Andrew EGGINTON	55	22.3

200/400/600 METRE MEDLEY RELAY

1	Andrew FRASER	75	
	Peter SCHROETER	34	
	Andrew EGGINTON	55	3.35
2	Cec McKEOWN	77	
	Grant MURFETT	50	
	Jess DUX	32	3.47
3	Allan WOOD	80	
	Colin WILLIAMS	68	
	Taylor RILEY	22	4.24

300 METRE SPRINT

1	Andrew EGGINTON	55	51.2
2	Taylor RILEY	22	53.3
3	Jess DUX	32	54.3
4	Cec McKEOWN	77	67.3
5	Colin WILLIAMS	68	69.7
6	Allan WOOD	80	77.9
7	Ron SMITH	68	84.8
8	Lyn BATCHELOR	68	91.3

2 OR 6 LAPS WALK**2 laps:**

1	Jess DUX	32	9.43
2	Taylor RILEY	22	9.48

6 laps:

1	Paul MORITZ	58	15.30
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3, 6 OR 8 LAPS RUN**3 laps:**

1	Colin WILLIAMS	68	6.30
2	Cec McKEOWN	77	7.00

6 laps:

1	Lyn BATCHELOR	68	16.25
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8 laps:

1	Peter SCHROETER	34	14.55
2	Tracey DRYDEN	42	16.17

CROYDON 11 JULY 2017**1500 METRES HANDICAP WALK**

			Clock	Actual
1	Grant MURFETT	50	12.06	10.06
2	Shannon TINDAL	30	12.08	10.38
3	Andrew EGGINTON	55	12.08	10.38
4	Julie CHALLEN	59	12.39	11.09
5	Lyn BATCHELOR	68	12.41	11.11
6	Jess DUX	32	13.09	11.39
7	Phyllis GOSBELL	79	13.37	12.37
8	Tracey DRYDEN	42	13.38	13.38
9	Nathan DUX	32	13.43	13.43
10	Mark CHALLEN	59	13.47	13.47
11	Barrie WICKS	77	13.49	12.49
12	Allan WOOD	80	13.52	13.12
13	Kevin McLAUCLAN	73	13.55	13.55
14	Paul MORITZ	58	15.17	12.47
15	Ron SMITH	68	15.34	15.34

80 METRE SPRINT**Heat 1:**

1	Allan WOOD	80	15.9
2	Ron SMITH	68	17.1
3	Tracey DRYDEN	42	17.4
4	Kevin McLAUCLAN	73	19.4
5	Lyn BATCHELOR	68	20.1

Heat 2:

1	Jess DUX	32	11.1
2	Grant MURFETT	50	13.7
3	Andrew EGGINTON	55	14.2
4	Cec McKEOWN	77	15.1
5	Andrew FRASER	75	15.8

3 LAPS RUN

1	Grant MURFETT	50	5.36
2	Andrew EGGINTON	55	5.37
3	Jess DUX	32	5.59
4	Ros DYER	53	7.17
5	Grant WATSON	69	10.43
6	Cec McKEOWN	77	10.44

40 SECONDS N.O.S.P.**Heat 1:**

1	Ros DYER	53	31.7
2	Lyn BATCHELOR	68	32.5
3	Tracey DRYDEN	42	33.1
4	Ron SMITH	68	36.7
5	Grant WATSON	69	38.4
6	Kevin McLAUCLAN **	73	38.9

Heat 2:

1	Cec McKEOWN	77	29.6
2	Andrew FRASER	75	29.9
3	Jess DUX	32	30.5
4	Jess DUX	32	34.6
5	Grant MURFETT	50	35.4
6	Andrew EGGINTON	55	35.7
7	Allan WOOD	80	36.2

** Winner - Kevin McLauchlan

1/3/5 KM RUN/WALK**1 km:**

1	Andrew EGGINTON	55	5.00
2	Tracey DRYDEN	42	5.10
3	Nathan DUX	32	5.45
4	Grant WATSON	69	8.41
5	Cec McKEOWN	77	8.42
6	Phyllis GOSBELL (Walk)	79	10.25
7	Kevin McLAUCLAN(Walk)	73	10.25

CROYDON 11 JULY 2017 cont.**3 km:**

1	Mark CHALLEN	59	16.35
2	Lyn BATCHELOR	68	20.25

5 km:

1	Ros DYER	53	32.32
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CROYDON 18 JULY 2017**4 LAPS WALK**

1	Paul MORITZ	58	10.42
2	Lyn BATCHELOR	68	12.47
3	Phyllis GOSBELL	79	13.24
4	Grant WATSON	69	14.06
5	Andrew EGGINTON	55	14.14
6	Grant MURFETT	50	14.15
7	Pam TINDALL	57	14.29
8	Ros DYER	53	14.32
9	Barrie WICKS	77	14.33
10	Kevin McLAUHLAN	73	16.05
11	Allan WOOD	80	16.06

100 METRE SPRINT**Heat 1:**

1	Allan WOOD	80	20.4
2	Ros DYER	53	21.5
3	Lyn BATCHELOR	68	24.9
4	Grant WATSON	69	27.7
5	Kevin McLAUHLAN	73	28.3

Heat 2:

1	Jess DUX	32	14.3
2	Grant MURFETT	50	17.2
3	Andrew EGGINTON	55	19.0

1 MILE RUN

1	Ros DYER	53	9.26
2	Grant MURFETT	50	9.34
3	Grant WATSON	69	12.44

400 METRE RUN

1	Jess DUX	32	1.11
2	Grant MURFETT	50	1.23
3	Andrew EGGINTON	55	1.25
4	Ros DYER	53	1.49
5	Allan WOOD	80	2.05
6	Kevin McLAUHLAN	73	2.46
7	Grant WATSON	69	2.50

1 KM WALK

1	Phyllis GOSBELL	79	7.52
2	Kevin McLAUHLAN	73	9.01
3	Jess DUX	32	11.27
4	Allan WOOD	80	11.27

3 KM RUN/WALK

1	Ros DYER (Run)	53	17.39
2	Paul MORITZ (Walk)	58	20.00
3	Lyn BATCHELOR (Walk)	68	25.07

CROYDON 25 JULY 2017**1500 METRE HANDICAP WALK**

			Clock	Actual
1	Jess DUX	32	12.33	11.03
2	Lyn BATCHELOR	68	12.37	11.07
3	Paul MORITZ	58	12.49	9.49
4	Andrew EGGINTON	55	13.18	11.18
5	Phyllis GOSBELL	79	13.21	12.21
6	Colin WILLIAMS	68	13.32	13.02
7	Tracey DRYDEN	42	13.41	13.01
8	Tania NEALE	39	13.44	12.44
9	Ros DYER	53	13.45	13.05
10	Grant MURFETT	50	13.48	10.48
11	Ron SMITH	68	15.46	15.46

2 X 200 METRE RELAY

1	Ron SMITH	68		
	Jess DUX	32	1.20	
2	Andrew EGGINTON	55		
	Grant MURFETT	50	1.22	

90 METRE SPRINT**Heat 1:**

1	Ron SMITH	68	18.0
2	Ros DYER	53	18.4
3	Tracey DRYDEN	42	19.1
4	Lyn BATCHELOR	68	23.0

Heat 2:

1	Jess DUX	32	12.3
2	Andrew EGGINTON	55	15.9
3	Tania NEALE	39	18.8
4	Colin WILLIAMS	68	20.5

500 METRE RUN

1	Andrew EGGINTON	55	1.31
2	Jess DUX	32	1.44
3	Ros DYER	53	2.29
4	Tania NEALE	39	2.32

2/4/5/8/10/12 LAPS RUN/WALK**2 laps:**

1	Colin WILLIAMS (Run)	68	4.42
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4 laps:

1	Jess DUX (Run)	32	9.50
2	Phyllis GOSBELL (Walk)	79	13.48

5 laps:

1	Andrew EGGINTON (Run)	55	11.02
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8 laps:

1	Mark CHALLEN (Run)	59	17.55
2	Lyn BATCHELOR (Run)	68	22.32

10 laps:

1	Tracey DRYDEN (Run)	42	23.30
2	Paul MORITZ (Walk)	58	27.42

12 laps:

1	Ros DYER (Run)	53	29.07
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DONCASTER 3 JULY 2017

1600 Metres

Gary Zuccala	54	6.16.0
Elizabeth Grover	53	7.07.8
Kath Gawthorn	42	7.19.5
Katrina Philip	55	7.40.8
Marla Trautman	44	15.36.7

80 Metres

Ken Bruce	65	11.56
Phil Rosevear	67	11.72
Graham Ford	68	12.40
Jeffrey Sim	55	14.26
Gina Faba	61	16.16

150 Metres

Ken Bruce	65	21.58
Phil Rosevear	67	22.46
Gary Zuccala	54	22.84
Jeffrey Sim	55	26.70
Gina Faba	61	33.62

800 Metres

David McConnell	64	2.55.8
Jeffrey Sim	55	3.27.3
Elizabeth Grover	53	3.30.4
Katrina Philip	55	3.37.2
Gina Faba	61	5.57.5
Marla Trautman	44	7.27.7

1000 Metres

Kath Gawthorn	42	4.35.5
David McConnell	64	5.00.5

3000 Metres

Gary Zuccala	54	12.08.9
Elizabeth Grover	53	12.52.9
Katrina Philip	55	17.01.2

DONCASTER 10 JULY 2017

1000 Metres Handicap

Gary Zuccala	(-4.20)	7.52.6	(3.32.6) (DQ)
Kath Gawthorn	(-3.35)	7.57.5	(4.22.5) (winner)
Marla Trautman	(scratch)	7.57.8	
David McConnell	(-4.20)	7.58.2	(3.38.2)
Elizabeth Grover	(-3.50)	8.04.6	(4.14.6)
Katrina Philip	(-3.35)	8.06.1	(4.31.1)

60 Metres

Phil Rosevear	67	9.20
Greg Champion	62	9.86
Daniel Vechi	45	10.60
Janine James	69	10.68
John Aughey	79	12.36

100 Metres

Greg Champion	62	15.74
Daniel Vechi	45	17.32

300 Metres

David McConnell	64	45.48
Phil Rosevear	67	49.38
Gary Zuccala	54	49.72
Graham Ford	68	52.46
Daniel Viahi	45	64.84

2000 Metres

Gary Zuccala	54	8.12.0
Elizabeth Grover	53	9.20.7
Katrina Philip	55	9.55.0

DONCASTER 17 JULY 2017

100 Metres

John Aughey	80	18.9	(venue record)
Carolyn Aughey	75	23.4	(venue record)

200 Metres

Gary Zuccala	54	31.0	
Carolyn Aughey	75	48.5	(venue record)

1500 Metres

Gary Zuccala	54	5.49.3
Kath Gawthorn	42	7.00.1
Katrina Philip	55	7.10.3

DONCASTER 24 JULY 2017

300 Metres Handicap

David McConnell	(-25)	40.36
Carolyn Aughey	(-125)	41.52
Phil Rosevear	(-40)	41.67
Elizabeth Grover	(-100)	41.70
Graham Ford	(-50)	41.80
Marla Trautman	(-160)	41.82
Gary Zuccala	(-40)	44.82

150 Metres

David McConnell	64	21.86
Gary Zuccala	54	22.70
Phil Rosevear	67	25.84
Marla Trautman	44	45.28

500 Metres

David McConnell	64	1.39.0
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3000 Metres

Gary Zuccala	54	12.33.6
Elizabeth Grover	53	13.38.1
Katrina Philip	55	15.09.5 (venue record)

2000 Metres Walk

Frank Prowse	65	11.44.1 (venue record)
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DONCASTER 31 JULY 2017**1500 Metres**

Matt Scholes	47	5.20.0
Kath Gawthorn	42	6.59.7
Katrina Philip	55	7.11.6
Jeffrey Sim	55	7.11.7
Marla Trautman	44	11.19.3

60 Metres

Matt Scholes	47	8.98
Phil Rosevear	67	9.13
Graham Ford	68	9.36
Greg Champion	62	9.99
Jeffrey Sim	55	10.14
Janine James	69	10.82

300 Metres

Matt Scholes	47	46.42
Gary Zuccala	54	48.58
Graham Ford	68	52.96
Phil Rosevear	67	54.54
Katrina Philip	55	68.44
Marla Trautman	44	1.46.62

2 x 200 Metres

Marla Trautman & Phil Rosevear	60.2
Graham Ford & Gary Zuccala	66.1
Janine James & Matt Scholes	81.6

2000 Metres

Gary Zuccala	54	8.50.4
Katrina Philip	55	10.01.6

2000 Metres walk

Frank Prowse	65	11.34.7 (venue record)
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DONCASTER 26 JUNE 2017**300m Handicap**

Gary Zuccala	(-70)	38.40
Janine James	(-90)	39.52
John Aughey	(-95)	39.84
Phil Rosevear	(-45)	40.18
David McConnell	(-25)	41.14
Katrina Philip	(-120)	43.58
Carolyn Aughey	(-120)	43.68
Jeffrey Sim	(-65)	44.50
Matt Scholes	(-20)	46.50

60 Metres

Phil Rosevear	67	9.22
Greg Champion	62	9.62
Jeffrey Sim	54	10.24
Janine James	69	10.62
Matt Scholes	47	12.12
Gina Faba	61	13.14
Carolyn Aughey	74	13.90

120 Metres

Gary Zuccala	54	18.1
Greg Champion	62	18.72
Phil Rosevear	67	19.25
Jeffrey Sim	54	20.02
Janine James	69	21.52
Matt Scholes	47	22.92

800 Metres

David McConnell	64	3.02.3
Katrina Philip	55	3.24.5

2000 Metres

Gary Zuccala	54	8.11.0
Katrina Philip	55	10.25.2

EAST BURWOOD 6 JULY 2017**60 METRE SPRINT****Heat 1:**

1	Christopher WORSNOP	59	10.6
2	Allan WOOD	80	11.8
3	Andrew FRASER	75	13.8
4	Lloyd NICHOLS	76	19.9

Heat 2:

1	Jess DUX	32	8.3
2	Fred BISSETT	34	9.1
3	Toni MATTERS	49	10.0
4	Melanie BISSETT	41	10.3
5	Horacio DIAZ	72	13.5

600 METRE RUN

1	Paul DURRANT	56	1.59
2	Jess DUX	32	2.09
3	Ros LORDING	45	2.10
4	Christopher WORSNOP	59	2.19
5	Bob HENDERSON	70	2.21
6	Janet HOLMES	64	2.25
7	Fred BISSETT	34	2.34
8	Melanie BISSETT	41	2.57
9	Liz EASTWOOD	48	3.03

800 METRE HANDICAP WALK

		Clock	Actual
1	Liz EASTWOOD	48	7.20
2	Fred BISSETT	34	7.32
3	Allan WOOD	80	7.36
4	Ros LORDING	45	7.38
5	Gerald BURKE	77	7.40
6	Phyllis GOSBELL	79	7.51
7	Christopher WORSNOP	59	7.52
8	Melanie BISSETT	41	7.55

100 METRE HANDICAP SPRINT

		H'cp	Mtrs
1	Fred BISSETT	34	13
2	Melanie BISSETT	41	24
3	Horacio DIAZ	72	40
4	Jess DUX	32	-2
5	Allan WOOD	80	27
6	Paul DURRANT	56	0
7	Christopher WORSNOP	59	14
8	Lloyd NICHOLS	76	55
9	Ros LORDING	45	14
10	Andrew FRASER	75	21

1 KM WALK

1	Fred BISSETT	34	7.32
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200 METRE SPRINT N.O.T.

		Clock	Nom.
1	Jess DUX **	32	30.9
2	Andrew FRASER	75	42.8
3	Allan WOOD	80	46.1
4	Lloyd NICHOLS	76	89.7

** Winner - Jess Dux

3 OR 5 KM RUN**3 km:**

1	Bob HENDERSON	70	14.32
2	Sam DEFANIS	69	14.46
3	Annette PELGRIM	63	14.48
4	Liz EASTWOOD	48	15.19
5	Ros LORDING	45	15.50

5 km:

1	Christopher WORSNOP	59	24.49
2	Annette PELGRIM	63	27.39

EAST BURWOOD 6 JULY 2017 cont.**DISCUS THROW**

Toni MATTERS	49	29.87
Paul DURRANT	56	29.51
Jack FREDRICKSON	78	15.50
Melanie BISSETT	41	14.65
Fred BISSETT	34	13.68
Allan WOOD	80	12.91

EAST BURWOOD 13 JULY 2017**60 METRE SPRINT****Heat 1:**

1 Toni MATTERS	49	10.0
2 Leo COFFEY	87	11.3
3 Andrew FRASER	75	12.7
4 Shirley COPPOCK	81	14.8
5 Lloyd NICHOLS	76	19.2

Heat 2:

1 Fred BISSETT	34	8.4
2 Glenn McLEAN	52	8.6
3 Jess DUX	32	9.0
4 Louise McLEAN	52	9.5
5 Melanie BISSETT	41	10.0

800 METRES RUN

1 Paul DURRANT	56	2.58
2 Ashley RYAN	62	3.12
3 Janet HOLMES	64	3.21
4 Bob HENDERSON	70	3.25
5 Fred BISSETT	34	3.27
6 Michelle QUAN	47	3.41
7 Melanie BISSETT	41	3.55

1 KM WALK

1 Fred BISSETT	34	6.33
2 Leo WATSON	76	7.31
3 Brian TAIT	75	7.53
4 Gerald BURKE	77	8.41

110 METRE SPRINT

1 Jess DUX	32	13.8
2 Paul DURRANT	56	14.2
3 Fred BISSETT	34	14.9
4 Toni MATTERS	49	17.3
5 Melanie BISSETT	41	18.0
6 Leo COFFEY	87	20.3
7 Andrew FRASER	75	24.3
8 Lloyd NICHOLS	76	36.9

2 KM RUN

1 Michelle QUAN	47	9.48
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150 METRE SPRINT

1 Jess DUX	32	21.1
2 Fred BISSETT	34	24.1
3 Toni MATTERS	49	26.7
4 Melanie BISSETT	41	27.5
5 Lloyd NICHOLS	76	43.0

JAVELIN THROW

Jack DURRANT	20	28.95
Toni MATTERS	49	22.42
Jess DUX	32	18.20
Donna CLARKE	64	12.90
Jack FREDRICKSON	78	12.32
Leo COFFEY	87	9.89

EAST BURWOOD 20 JULY 2017**60 METRE SPRINT****Heat 1:**

1 Allan WOOD	80	11.5
2 Leo COFFEY	87	12.5
3 Shirley COPPOCK	81	14.3
4 Grant WATSON	69	16.0
5 Lloyd NICHOLS	76	20.7

Heat 2:

1 Jack DURRANT	20	8.3
2 Glenn McLEAN	52	8.9
3 Paul DURRANT	56	9.4
4 Louise McLEAN	52	10.0
5 Toni MATTERS	49	10.5
6 Melanie BISSETT	41	11.2
7 Ros LORDING	45	11.2
8 Christopher WORSNOP	59	11.9

3 KM WALK

1 Brian TAIT	75	25.36
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1 MILE RUN N.O.T.

		Clock	Nom.
1 Ros LORDING	45	6.53	7.55
2 Christopher WORSNOP	59	7.09	6.56
3 Bob HENDERSON	70	7.23	7.06
4 Liz EASTWOOD **	48	8.14	8.10
5 Melanie BISSETT	41	8.47	8.30

** Winner - Liz Eastwood

1200 METRE WALK

1 Ros LORDING	45	7.51
2 Christopher WORSNOP	59	8.27
3 Melanie BISSETT	41	8.29
4 Liz EASTWOOD	48	8.51
5 Leo WATSON	76	8.58
6 Leonie GILLIES	59	9.26
7 Brian TAIT	75	9.36
8 Phyllis GOSBELL	79	9.41
9 Gerald BURKE	77	10.17
10 Allan WOOD	80	10.48

400 METRE HANDICAP RUN

		Clock	Actual
1 Glenn McLEAN	52	2.32	1.17
2 Melanie BISSETT	41	2.33	1.30
3 Paul DURRANT	56	2.35	1.08
4 Louise McLEAN	52	2.36	1.24
5 Ros LORDING	45	2.37	1.22
6 Christopher WORSNOP	59	2.43	1.28
7 Allan WOOD	80	2.45	1.55
8 Toni MATTERS	49	2.47	1.34
9 Leo WATSON	76	2.54	2.11
10 Shirley COPPOCK	81	2.57	2.19

100 METRE SPRINT

1 Toni MATTERS	49	16.8
2 Melanie BISSETT	41	17.4
3 Allan WOOD	80	19.2
4 Leo COFFEY	87	20.3
5 Shirley COPPOCK	81	24.4
6 Lloyd NICHOLS	76	35.9

3 OR 5 KM RUN**3 km:**

1 Bob HENDERSON	70	14.31
2 Ros LORDING	45	15.18
3 Liz EASTWOOD	48	15.57
4 Annette PELGRIM	63	15.57
5 Leonie GILLIES	59	16.57

EAST BURWOOD 20 JULY 2017 cont.**5 km:**

1	Gabor JAKUS	42	21.33
2	Christopher WORSNOP	59	24.12
3	Sam DEFANIS	69	24.45

SHOT PUT N.O.D.

		Best	Nom.	
	Paul DURRANT	56	9.35	9.60
	Jack DURRANT	20	8.47	8.80
	Toni MATTERS	49	8.25	8.60
	Tracey CARPENTER **	50	6.33	6.55
	Allan WOOD	80	6.27	6.85
	Leo COFFEY	87	4.68	5.40
	Melanie BISSETT	41	4.58	5.68

** Winner - Tracey Carpenter

EAST BURWOOD 27 JULY 2017**60 METRE SPRINT****Heat 1:**

1	Leo COFFEY	87	12.3
2	Shirley COPPOCK	81	12.9
3	Horacio DIAZ	72	14.4
4	Lloyd NICHOLS	76	19.9

Heat 2:

1	Glenn McLEAN	52	8.9
2	Louise McLEAN	52	9.3
3	Toni MATTERS	49	9.9
4	Melanie BISSETT	41	10.4

880 YARDS RUN N.O.T. Clock Nom.

1	Steve RENNICK	38	2.24	2.20
2	Paul DURRANT **	56	2.57	2.55
3	Ros LORDING	45	3.02	3.10
4	Bob HENDERSON	70	3.24	3.20
5	Liz EASTWOOD	48	3.29	3.45
6	Michelle QUAN	47	3.32	3.45
7	Melanie BISSETT	41	4.22	4.00

** Winner - Paul Durrant

1500 METRE WALK N.O.T. Clock Nom.

1	Ros LORDING	45	9.39	11.00
2	Melanie BISSETT **	41	10.33	10.30
3	Liz EASTWOOD	48	11.21	12.01
4	Leo WATSON	76	11.23	11.07
5	Leonie GILLIES	59	11.45	12.20
6	Brian TAIT **	75	11.47	11.44
7	Phyllis GOSBELL	79	12.16	12.32
8	Gordon ONLEY	82	13.09	13.40
9	Gerald BURKE	77	14.06	13.00
10	Tracey CARPENTER	50	14.06	

** Winners - Melanie Bissett & Brian Tait

200 METRE SPRINT N.O.T.**Heat 1:**

1	Melanie BISSETT	41	37.2	39.0
2	Leo WATSON	76	40.4	43.0
3	Leo COFFEY	87	47.4	39.9
4	Shirley COPPOCK	81	49.9	43.0
5	Horacio DIAZ	72	61.7	40.0
6	Lloyd NICHOLS	76	91.2	120.3

EAST BURWOOD 27 JULY 2017 cont.**Heat 2:**

1	Glenn McLEAN **	52	30.4	30.0
2	Louise McLEAN	52	33.8	35.0
3	Toni MATTERS	49	35.7	35.2
4	Ros LORDING	45	36.8	39.0
5	Andrew FRASER	75	37.5	36.9
6	Allan WOOD	80	47.8	55.0
7	Scott TEMPANY	51	54.0	48.2

** Winner - Glenn McLean

100 METRE SPRINT

1	Toni MATTERS	49	15.9
2	Ros LORDING	45	16.5
3	Melanie BISSETT	41	16.9
4	Andrew FRASER	75	17.3
5	Shirley COPPOCK	81	23.2
6	Lloyd NICHOLS	76	35.3

10 OR 20 MINUTE RUN

10 mins:		Laps	Metres	
	Bob HENDERSON	70	5	115
	Michelle QUAN	47	5	100

20 mins:

	Geoff WHEELER	61	10	
	Leonie GILLIES	59	8	200

DISCUS THROW

	Toni MATTERS	49	30.49
	Paul DURRANT	56	29.78
	Andrew FRASER	75	14.50
	Jack FREDRICKSON	78	14.24
	Scott TEMPANY	51	13.88
	Brian TAIT	75	13.52
	Allan WOOD	80	13.27
	Melanie BISSETT	41	12.66
	Donna CLARKE	64	11.89
	Leo COFFEY	87	9.70



*"One more thing—can you find out why I'm sad
all the time?"*

FRANKSTON 6 JULY 2017

100m Age Graded		Clock	Age %
1	Russ Dow	57 13.78	83.96%
2	Veronica Sheedy	Inv (11) 15.45	79.45%
3	Rhiannon Lester	37 14.34	77.54%
	Henry Sheedy	Inv 20.41	
	Clementine Sheedy	Inv 34.05	

200m

1	Rhiannon Lester	37 31.54
2	Mike Hall	79 35.74
3	Veronica Sheedy	Inv 52.97
3	Henry Sheedy	Inv 52.97
5	Clementine Sheedy	Inv 66.33

800m Walk - Self Handicap

	Clock	ET	Diff
1	John Hallo	75 5.59	6.00 -0.01
2	John Sutton	74 5.58	6.00 -0.02
3	Lindsay Beaton	67 6.57	7.00 -0.03
4	John Steward	58 5.04	5.00 0.04
5	Nonie Chan	32 7.27	6.40 0.47
DQ	Barry Jeffs	68 6.13	6.20 -0.07
	Sheridan Sheedy	45 7.25	-

800m - Handicap

	H'cap	Start	Time
1	Chris Sheedy	49 2.55	1.35 4.24
2	Frances Halton	55 4.30	0.00 4.29
3	Charlie Mallia	68 3.53	1.37 4.30
4	David Dodson	58 3.30	1.30 4.30
5	Rob Taylor	48 2.40	1.50 4.32
6	Russ Dow	57 2.45	1.45 4.33
7	Claudio Riga	62 3.18	1.12 4.45

1600m Walk

1	John Steward	58 10.30
2	John Sutton	74 12.09
3	Barry Jeffs	68 12.18
4	Sheridan Sheedy	45 13.54

2000m

1	David Dodson	58 9.17
2	Gary Meyer	62 11.43

2800m Walk

1	Peter Ellis	66 17.31
2	John Hallo	75 21.58
3	Lindsay Beaton	67 25.38

3000m

1	Rob Taylor	48 11.25
2	Russ Dow	57 12.15
3	Claudio Riga	62 14.33
3	Chris Sheedy	49 14.33
5	Charlie Mallia	68 16.01
6	Nonie Chan	32 17.00
7	Fran Halton	55 17.38

FRANKSTON 13 JULY 2017**110m**

1	Rhiannon Lester	37 15.52
2	Rob Taylor	48 15.92
3	Albin Hess	57 29.50 (walk)

150m

1	Chris Sheedy	49 20.70
2	Rhiannon Lester	37 21.39
3	Mike Hall	79 24.24

800m Walk

1	Pramesh Prasad	43 3.47
2	Albin Hess	57 5.22
3	John Hallo	75 6.12
4	Lindsay Beaton	67 7.01

1000m

1	Rob Taylor	48 3.28
2	Chris Sheedy	49 3.44
3	Charlie Mallia	68 4.21
4	Bronwyn Hanns	53 4.26
5	David Dodson	58 4.36

5 or 8 lap Walk

1	Lyn Pimm	56 15.09	5 laps
2	John Hallo	75 16.00	5 laps
3	Caitlin O'Connell	42 23.51	5 laps
1	Pramesh Prasad	43 16.29	8 laps
2	Albin Hess	57 20.48	8 laps
3	Peter Ellis	65 23.12	8 laps
4	Lindsay Beaton	67 29.25	8 laps

5 or 8 lap Run

1	Bronwyn Hanns	53 9.36	5 laps
2	David Dodson	58 9.42	5 laps
1	Rob Taylor	48 12.42	8 laps
2	Chris Sheedy	49 16.29	8 laps
	Charlie Mallia	68 DNF	

FRANKSTON 20 JULY 2017**CHRISTMAS IN JULY SPECIAL EVENT**

		AdjTime	H'cap	Clock
1	Paul Olsson	60 12.88	1.03	13.91
2	Mike Hall	79 13.67	2.89	16.56
3	Hsien Chian	46 13.84	3.24	17.08
4	Rob Taylor	48 13.85	0.14	13.99
5	Caitlyn Taylor	Inv 13.89	0.92	14.81
6	John Steward	58 14.58	2.37	16.95
7	Jason Dodson	Inv 15.61	4.20	19.81

100m Kids dash special handicap

	Christian Odenskov	4	Inv
	Clementine Sheedy	4	Inv
	Zoe Calvo	4	Inv
	Henry Sheedy	6	Inv
	Rhys Calvo	7	Inv
	Madeline Oldenskov	7	Inv
	Aila The	9	Inv
	Veronica Sheedy	11	Inv
	Euen The	13	Inv

Relay Sprint 200m / Run 600m / Walk 400m

		Team time	
1	Hsien Chian	46 S	4.48
	Paul Olsson	60 R	
	Pramesh Prasad	43 W	
2	Chris Sheedy	49 S	4.55
	Charlie Mallia	68 R	
	John Steward	58 W	

FRANKSTON 20 JULY 2017 cont.

3	Veronica Sheedy	Inv	S	5.11
	Claudio Riga	62	R	
	Albin Hess	57	W	
4	Rob Taylor	48	S	5.42
	David Dodson	58	R	
	John Hallo	75	W	

1600m

1	Caitlyn Taylor	Inv	7.58
2	Hsien Chian	46	10.20

2 minute NOSP

1	David Dodson	58
1	Jason Dodson	Inv
1	Caitlyn Taylor	Inv
	John Hallo	75
	John Steward	58
	Chris Sheedy	49
	Lindsay Beaton	67
	Rob Taylor	48
	Charlie Mallia	68
	Veronica Sheedy	Inv
	Claudio Riga	62

2400m Estimated time

			Clock	Est	Diff
1	David Dodson	58	11.50	12.00	-0.10
2	Rob Taylor	48	9.07	9.20	-0.13
3	Claudio Riga	62	11.26	11.00	0.26
4	Gary Meyer	62	13.54	13.25	0.29
5	Charlie Mallia	68	12.16	11.33	0.43

2800m Walk Estimated time

			Clock	Est	Diff
1	Peter Ellis	58	17.04	17.00	0.04
2	Pramesh Prasad	43	11.42	11.50	-0.08
3	John Hallo	75	18.39	18.30	0.09
4	Lindsay Beaton	67	21.57	20.55	1.02
5	John Steward	58	15.25	17.00	1.35
6	Albin Hess	57	15.17	18	2.43

FRANKSTON 27 JULY 2017**90m**

1	Caitlyn Taylor	Inv	13.62
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600m Walk

1	Pramesh Prasad	43	3.58
2	Albin Hess	57	3.59
3	John Hallo	75	4.37
4	Lindsay Beaton	67	5.09

600m

1	Rob Taylor	48	2.01
2	Caitlyn Taylor	Inv	2.25
3	David Dodson	58	2.58
4	Frances Halton	55	3.22

2000m Estimated time

			Clock	Est	Diff
1	David Dodson	58	10.01	10.00	0.01

2000m Walk Estimated time

			Clock	Est	Diff
1	John Hallo	75	15.44	15.25	0.19
2	Lindsay Beaton	67	19.00	18.00	0.60
3	Albin Hess	57	13.12	15.00	-1.48
	Pramesh Prasad	43	11.24	?	

3200 Walk

1	Caitlin O'Connell	42	30.08
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3600m

1	Rob Taylor	48	16.48	
1	Chris Sheedy	49	16.48	
3	Nonie Chan	32	22.06	
	Frances Halton	55	19.39	3200m

GEELONG 5 JULY 2017**400m**

Nicholas MacDonald	01:07
Peter Lamb	01:10
Dave Matthews	01:21
Geoff Anset	01:26

2000m

Rhys Hamill-Beach	07:12
Dave Elward	07:35
Kath Oliver	10:15
Andrew Fitzpatrick	11:52
Fiona Fitzpatrick	12:17

4000m

Daryl Hurst	19:25
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6000m

Aaron Bird	22:54
Geoff Anset	26:23
Nicholas MacDonald	26:32
Michael Panckridge	26:49
Jeff Walker	27:46

800m

Rhys Hamill-Beach	02:16
Aaron Bird	02:45
Nicholas MacDonald	02:58
Peter Lamb	03:04
Dave Matthews	03:16
Geoff Anset	03:19
Jeff Walker	03:25
Kath Oliver	03:42

GEELONG 12 JULY 2017**200m**

Nicholas MacDonald	28.38
Daimon Mole	29.83
Geoff Anset	37.53
Cheryl DeBeen	44.65
Mandy Dunstan	49.73

3200m

Matt Petersen	11:43
Nicholas MacDonald	13:24
Geoff Anset	13:27
Montana Jones	13:56
Alan Jenkins	14:27
Jeff Walker	14:47
Peter Lamb	15:29
Eric Bumbers	15:33
Andrew Fitzpatrick	17:26
Gerry Fitzpatrick	17:29
Cate Shay	17:33
Mandy Dunstan	17:35
Fiona Fitzpatrick	18:52
Peta Hocking	20:26

1000m

Matt Petersen	03:27
Nicholas MacDonald	03:46
Geoff Anset	03:51
Daimon Mole	04:06
Jeff Walker	04:18
Gerry Fitzpatrick	04:24
Eric Bumbers	04:34
Alan Jenkins	04:52
Mandy Dunstan	05:06
Cate Shay	05:15

GEELONG 12 JULY 2017 cont.

Cheryl DeBeen	05:22
Fiona Fitzpatrick	05:46
Peta Hocking	06:17

GEELONG 19 JULY 2017

300m

David Mitchell	00:49
Alan Jenkins	01:01
Andrew Fitzpatrick	01:03
Gerry Fitzpatrick	01:04
Mandy Dunstan	01:17
Peta Hocking	02:31
Marie Blood	02:31

Mike McAvoy 3000 age graded

Grant Simpson	10:01	81.72%
Matt Petersen	11:05	71.06%
Dave Elward	11:53	81.79% winner
Jeff Walker	13:30	74.24%
Daimon Mole	14:02	56.14%
Alan Jenkins	14:07	62.43%
Daryl Hurst	14:18	66.09%
Gerry Fitzpatrick	15:19	60.61%
Frank Engelsman	15:35	63.53%
Mandy Dunstan	15:45	59.20%
Fiona Fitzpatrick	17:34	58.83%
Cheryl DeBeen	18:28	54.41%
Peta Hocking	19:38	59.85%

800m

Matt Petersen	02:52
Jeff Walker	03:19
Gerry Fitzpatrick	03:40
Frank Engelsman	03:43
Mandy Dunstan	03:48
Andrew Fitzpatrick	04:10
Fiona Fitzpatrick	04:26
Peta Hocking	04:58

600m

Marie Blood	04:29
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GEELONG 26 JULY 2017

100m

Rhys Hamill-Beach	11.81
Nicholas MacDonald	13.18
Fredrerica Barnett	24.48

2400m

Grant Simpson	08:15
Matt Petersen	08:59
Dave Elward	09:09
Charlie El-Hage	09:15
Andrew McNally	09:19
Stephane Vander Bruggen	09:19
Ivan Graljuk	09:19
Nicholas MacDonald	09:42
Alan Jenkins	11:00
Trevor Grenfell	11:07
Kath Oliver	12:09
Gerry Fitzpatrick	12:24
Frank Engelsman	12:56
Cate Shay	13:03
Andrew Fitzpatrick	14:26
Fiona Fitzpatrick	14:26
Fredrerica Barnett	14:27
Peta Hocking	15:43

1600m

Rhys Hamill-Beach	05:16
Grant Simpson	05:19
Nicholas MacDonald	06:01
Matt Petersen	06:45
Alan Jenkins	07:06
Trevor Grenfell	07:20
Gerry Fitzpatrick	07:51
Kath Oliver	08:03
Frank Engelsman	08:23
Cate Shay	08:25
Fiona Fitzpatrick	09:26
Fredrerica Barnett	09:42
Peta Hocking	10:20



*"The tomatoes came from our neighbor's garden.
Please don't tell him."*



GLEN EIRA 6 JUNE 2017

110 MTRS E/T		Clock	Est	Diff
BILL CARR	67	16.42	16.3	0.12
ALAN RADFORD	65	18.24	18.10	0.14
JIM ROUNTREE	58	16.72	16.50	0.22
CHRIS BROWN	61	16.18	16.60	0.42
JUNE TREWEEK	56	17.71	16.50	1.21
JIM SINCLAIR	92	19.40	21.40	2.00

3KM H/C WALK		Clock	H/c	Time
MARK CANT	55	19.19	7.00	26.19
TONY DORAN	65	21.22	5.26	26.48
DOMENICO MORINA	78	26.56	0.20	27.16
TERRY O'NEILL	61	17.39	9.48	27.27
HEATHER CARR	67	17.37	10.00	27.37
CYNTHIA ELLERY	68	24.57	2.42	27.39
KARYN O'NEILL	62	20.37	7.12	27.49
SANDRA MIDDLETON	68	21.45	6.17	28.02
PETER McGRATH	77	28.08	GO	28.08
DES MIDDLETON	70	23.05	7.03	30.08

800 MTRS E/T		Clock	Est	Diff
DES MIDDLETON	70	3.59.4	4.00	0.60
MIKE CLAPPER	65	2.48.4	2.50	1.60
JO COCKWILL	64	4.15.6	4.20	4.40
JANET HOLMES	63	3.20.5	3.25	5.50
GREG HUGHES	58	3.14.0	4.04	0.50

RAY KEMP 5KM RUN		Clock	H/c	Time
ASHLEY PAGE	76	24.38	1.40	26.18
CHRIS BROWN	61	24.49	2.40	27.29
STEVE STRELECKY	67	27.17	3.40	30.57
JANE STURZAKER	64	28.16	+ 3.00	25.16
PHIL URQUHART	72	29.03	+1.00	28.03
MERLE WANT	56	29.51	+1.30	28.21
JOHN ZELEZNIKOW	67	30.59	+15.00	45.59

200 MTRS E/T		Clock	Est	Diff
JUNE TREWEEK	56	35.01	34.90	0.11
JIM ROUNTREE	58	31.34	31	0.34
BILL CARR	67	31.16	30.5	0.66
ALAN RADFORD	65	35.72	36.5	0.78

GLEN EIRA 13 JUNE 2017

WALK - 1500 MTRS E/T		Clock	E/T	Diff
CYNTHIA ELLERY	68	12.23	12.21	0.02
TERRY O'NEILL	68	9.02	9.00	0.02
KARYN O'NEILL	62	10.06	10.00	0.06
TONY DORAN	65	10.25	10.38	0.13
SANDRA MIDDLETON	68	10.33	10.53	0.20
PETER McGRATH	77	13.42	14.06	0.24
DES MIDDLETON	70	11.26	11.00	0.26
GREG HUGHES	58	11.26	12.00	0.34
JIM BERRINGTON	60	9.45	10.20	0.35
DOMENICO MORINA	78	13.37	12.58	0.39
BARRY JEFFS	68	19.08	15.00	4.08

60 MTRS E/T		Clock	Est	Diff
ALAN RADFORD	65	11.20	11.20	0.00
JUNE TREWEEK	56	9.85	9.90	0.05
JIM ROUNTREE	58	9.30	9.50	0.20
MIKE CLAPPER	65	8.80	9.05	0.25
JIM McLURE	71	10.50	10.25	0.25
BILL CARR	67	8.93	9.20	0.27
GLAD WISHART	73	11.60	11.30	0.30
BOB WISHART	75	8.56	8.93	0.42

GLEN EIRA 13 JUNE 2017 cont.

4KM RUN		Clock
JEFF BOOT	61	17.55
JANE STURZAKER	64	22.20
MERLE WANT	56	22.41
PHIL UQUHART	72	25.04

6KM RUN		Clock
ANDREW EDWARDS	63	27.28
ASHLEY PAGE	76	30.28
JOHN ZELEZNIKOW	67	57.46

100 MTRS E/T		Clock	Est	Diff
JUNE TREWEEK	56	16.10	16.00	0.10
JIM ROUNTREE	58	15.23	15.05	0.18
JIM McLURE	71	16.85	17.25	0.40

800 MTRS H/C		Actual	Clock	H/c
DES MIDDLETON	70	3.36.7	3.36.7	Go
JANET HOLMES	63	3.20.0	3.40.0	20
DOUG ADENEY	73	3.43.8	4.03.8	20

200 MTRS H/C		Actual	Clock	H/c
JIM McLURE	71	34.75	34.75	GO
JIM ROUNTREE	58	31.49	35.49	4.0
JUNE TREWEEK	56	34.71	35.71	1.0

GLEN EIRA 20 JUNE 2017

60 MTRS E/T		Clock	Est	Diff
ALAN RADFORD	65	11.20	11.20	0.00
JUNE TREWEEK	56	9.85	9.90	0.05
JIM ROUNTREE	58	9.30	9.50	0.20
MIKE CLAPPER	65	8.80	9.05	0.25
JIM McLURE	71	10.50	10.25	0.25
BILL CARR	67	8.93	9.20	0.27
GLAD WISHART	73	11.60	11.30	0.30
BOB WISHART	75	8.56	8.93	0.42

RUN - EST DISTANCE IN 20 MINS		Laps	Laps	
LAPS & MTRS	Diff	Actual	Est	
MERLE WANT	56	5	8.305	8.3
KAREN MONOHAN	50	10	7.290	7.300
EWEN WILSON	64	15	12.185	12.200
JO COCKWILL	64	35	8.235	8.200
JOHN ZELEZNIKOW	62	60	5.340	6.000
CHRIS GRAFEN	53	70	11.070	11.000
PHIL URQUHART	83	150	8.250	8.100
JANE STURZAKER	64	150	8.250	8.100
CHRIS BROWN	61	173	9.227	10.040

400 MTRS H/C		Clock	H/c	Actual
JIM McLURE	71	1.26.7	6	80.7
MIKE CLAPPER	65	1.27.5	19	19.0
BOB WISHART	75	1.27.8	17	70.8
JIM ROUNTREE	58	1.28.1	19	69.1
BILL CARR	67	1.28.3	15	73.3
ALAN RADFORD	65	1.36.7	4	92.7
DOUG ADENEY	73	1.38.5	6	92.5
DES MIDDLETON	70	1.43.9	GO	103.9

1500 MTRS E/T		Clock	E/T	Diff
JANET HOLMES	64	7.0	6.40	11.0
CHRIS BROWN	61	7.15	6.39	35.4

GLEN EIRA 20 JUNE 2017 cont.**2000 MTR WALK**

		Est	Clock	Diff
DES MIDDLETON	70	14.55	14.54	0.01
ALAN RADFORD	65	16.55	16.50	0.05
SANDRA MIDDLETON	68	14.30	14.20	0.10
DOMENICO MORINA	77	17.55	18.12	0.17
PETER McGRATH	77	18.40	18.23	0.17
MARK CANT	55	12.55	12.34	0.21
G.HASTIE	56	10.40	10.14	0.26
GREG HUGHES	58	15.40	15.13	0.27
KARYN O'NEILL	62	13.55	13.27	0.28
CYNTHIA ELLERY	68	17.13	16.27	0.46
TONY DORAN	65	13.57	14.54	0.57
BARRY JEFFS	68.0	18.50	17.13	1.37

GLEN EIRA 27 JUNE 2017**3 OR 5KM**

		Actual
LIZ EASTWOOD (3KM)	48	14.17
CHRIS BROWN (3KM)	61	14.49
JANET HOLMES (3KM)	64	15.22
MERLE WANT (3KM)	56	16.48
JANE SURZAKER	64	17.06
KAREN MONOHAN	50	19.23
ANDREW EDWARDS (5KM)	63	23.39
ASHLEY PAGE (5KM)	76	26.05

80 METRES E/T

		Actual	Est	Diff
VIVIENNE CASH	65	13.69	13.70	0.01
JIM ROUNTREE	58	12.32	12.90	0.42
BOB WISHART	75	11.51	11.98	0.47
JIM McLURE	71	15.62	14.75	0.87
JUNE TREWEEK	56	12.67	13.60	0.93
CHRIS BROWN	61	11.79	12.80	1.01
JIM SINCLAIR	92	19.11	16.20	2.91
GLAD WISHART	73	18.11	14.90	3.21

WALK - 2 OR 4KM**2KM**

BARRY JEFFS	68	15.50
CYNTHIA ELLERY	68	17.12
PETER McGRATH	77	18.09

4KM

TERRY O'NEILL	61	23.33
KARYN O'NEILL	62	27.14
SANDRA MIDDLETON	68	29.59
DES MIDDLETON	70	32.06
GREG HUGHES	58	30.07
TONY DORAN	65	32.06

500 METRES E/T

		Actual	Est	Diff
BILL CARR	68	1.41.7	1.42	0.03
CHRIS BROWN	61	2.00.3	2.00	0.03
JIM McLURE	71	2.04.3	2.10	5.70
DES MIDDLETON	70	2.09.0	2.15	15.00

150 MTRS E/T

		Actual	Est	Diff
VIVIENNE CASH	65	25.0	25.10	0.10
JIM ROUNTREE	58	22.5	22.10	0.37
JIM McLURE	71	26.2	27.10	0.94
BILL CARR	68	23.20	24.30	1.10
JUNE TREWEEK	56	23.36	24.50	1.14
GLAD WISHART	73	31.32	33.1	1.73
JIM SINCLAIR	92	36.79	34.10	2.69

KNOX 5 JULY 2017**800m walk NOT**

Matt Morris	51	7.29
Paul Twining winner	67	7.42
Andrea Putting	54	7.44
Pete Thorne	69	7.44
Pete LeGet	83	7.45
Robert Henderson	70	7.48
Chas McRae	84	8.22
David Wear	70	8.23

60m

Glenn Berry	46	9.38
Andrea Putting	54	11.32
Peter Thorne	69	11.66

1000m

Matt Morris	51	3.16
Paul Connor	54	3.22
Graeme Leticq	62	3.52
Robert Henderson	70	4.14
Michelle Quan	48	4.38
Toscha Stopar	47	4.55
Brian Mee	79	4.59
Danielle Grund	35	5.11
David Wear	70	5.19

500m NOT

Paul Connor winner	54	1.35
Stephen Richards	56	1.43
Glenn Berry	46	1.44
Toscha Stopar	47	2.02
Daniele Grund	35	2.08

Distance event**3k**

Matt Morris	51	12.08
Paul Connor	54	13.47
Robert Henderson	70	14.46
Michelle Quan	48	14.58
Brian Mee	79	17.08
Toscha Stopar	47	17.09
David Wear	70	18.2

5k

Peter Thorne	69	28.53
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7k

Graeme Leticq	62	31.13
Paul Twining	67	31.14



"I just want to say that I appreciate the way you're blamed for everything."

KNOX 12 JULY 2017**Discus**

Paul Durrant	56	26.48
Jack Durrant	20	19.45
Dylan Hamilton-Thomson	18.9	17
Rebecca Carpenter	18	18.2
Alyssa Carpenter	20	16.84
Melissa Butler	13	14.5
Kyle Clarkson	20	14.28
Donna Clarke	64	11.66

800m walk

Maggie Hawkes	61	7.3
Jack Durrant	20	7.31
Chas McRae	84	7.48
Bob Henderson	70	7.52
Mick Carr	64	7.53
Glenn Claiden	63	7.53
Peter Thorne	69	7.56
Peter LeGet	83	7.59
Matt Morris	51	8.01
Shane Grund	35	8.02
David Wear	67	8.25
Paul Twining	67	8.26

80m

Jack Durrant	20	9.99
Dylan Hamilton-Thomson	17	10.28
Kyle Clarkson	20	10.66
Paul Durrant	56	11.13
Geoff Whitehall	68	11.57
Rebecca Carpenter	18	11.97
Alyssa Carpenter	20	12.79
Melissa Butler	13	13.28

5 lap spiral

Shane Grund	35	6.28
Matt Morris	51	7.38
Graeme Leticq	62	8.16
Bob Henderson	70	9.52
Helen Stanley	61	10.16
Nicola Van Reenan	45	10.49
Peter Thorne	69	11.06
Brian Mee	79	11.13
Stephen Richards	56	11.15
Danielle Grund	35	11.36
David Wear	70	11.56

300m

Paul Durrant	56	46.52
Geoff Whitehall	68	51.94
Lavinia Petrie	73	103.18

Team event 6/12/18 Nominate distance

Peter Thorne	69	8.19k
Shane Grund	35	
Nicola Van Reenan	45	
David Wear	70	7.908k
Bob Henderson	70	
Paul Twining	67	
Brain Mee	79	8.510k
Matt Morris	51	
Graeme Leticq	62	

KNOX 19 JULY 2017**Shot Put**

Paul Durrant	56	8.93
Jack Durrant	20	8.08
Tracey Carpenter	50	6.55
Andrea Putting	54	5.66

2by 400m walk relay

Bob Henderson	70	
Tim Loveday	52	4.58
Evelyn Kuys	60	
Maggie Hawkes	61	5.25
Jack Durrant	20	
Chas McRae	84	5.53
Peter LeGet	83	
Matt Morris	51	6.11
Peter Thorne	69	
Paul Durrant	56	6.12
Paul Twining	67	
David Wear	70	6.32
Sarah Thorne	37	
Andrea Putting	54	6.47
Shane Grund	41	
Glenn Claiden	63	6.53
Ryan Clark	41	
Ian Uren	66	6.54

60m

Jack Durrant	20	8.67
Andre Putting	54	12

600m

Matt Morris	51	1.49
Paul Durrant	56	1.52
Ryan Clark	41	2.08
Helen Stanley	61	2.15
Bob Henderson	70	2.16
Evelyn Kuys	60	2.31
Michelle Quan	48	2.4
Glenn Claiden	63	2.42

150m

Paul Durrant	56	21.47
Matt Morris	51	26.18

Distance

2.2k		
Bob Henderson	70	10.29
3k		
Michelle Quan	48	15.27
David Wear	70	15.4
Sarah Thorne	37	16.35
Helen Stanley	61	16.59
Maggie Hawkes	61	18.08
5k		
Shane Grund	35	15.4
Matt Morris	51	20.07
Paul Twining	67	20.51
Graeme Leticq	62	21.1
Tim Loveday	52	23.32
Ryan Clark	41	24.38
Ian Uren	66	27.18
Peter Thorne	69	28.13

KNOX 26 JULY 2017**Javelin**

Jack Durrant	20	29.01
Paul Durrant	56	23.74
Danielle Grund	35	16.33
Geoff Whitehall	68	13.72
Donna Clark	61	12.43
Andrea Putting	54	10.22

800m walk

Glenn Claiden	63	7.08
Ian Uren	66	7.1
Peter Thorne	69	7.15
Paul Twining	67	7.42
Graeme Leticq	62	7.42
Shane Grund	35	8.21
Bob Henderson	70	8.22
Jack Durrant	20	8.23
David Wear	70	8.26
Ryan Clark	41	8.27
Maggie Hawkes	61	8.29
Andrea Putting	54	8.3
Paul Durrant	56	8.31

70m

Jack Durrant	20	9.49
Geoff Whitehall	68	10.36
Andrea Putting	54	13.58

800m

Matt Morris	51	2.32
Paul Durrant	56	2.58
Ryan Clark	41	3.04
Geoff Whitehall	68	3.13
Bob Henderson	70	3.13
Michelle Quan	48	3.37
Danielle Grund	35	3.47

3 by 400 m relay

Paul Durrant	56	
Sarah Thorne	37	
Bob Henderson	70	4.21
Ryan Clark	41	
Nicola Van Reenan	45	
Peter Thorne	69	4.23
Michelle Quan	48	
Danielle Grund	35	
Geoff Whithall	68	4.31

10lap spiral hcp

David Wear	70	22.15
Ian Uren	66	20.57
Ryan Clark	41	19.55
Shane Grund	35	13.59
Matt Morris	51	16.13
Paul Twining	67	17.56
Peter Thorne	69	23.37
Nicola Van Reenan	45	22.43
Glenn Claiden	63	23.08
Sarah Thorne	37	23.33
Tim Loveday	52	17.59

5 laps

Bob Henderson	70	10.06
Michelle Quan	48	10.09

MENTONE 5 JUNE 2017**800m Walk E.T.**

			Clock	Diff.
1=	Ralph Bennett	75	4.37	-0.03
1=	Sonya McLennan	65	5.12	-0.03
3	Maureen Seedsman	79	6.15	0.05
4	Margaret Beaumont	79	7.14	-0.06
5	Sylvia Machin	76	6.08	-0.07
6	Marley Berntsen	Inv	4.14	-0.16
7	John Mathew	80	8.23	0.23

1000m Self H/cap**Eddie Gamble Trophy 2**

			Clock	Actual
1	Ashley Page	76	5.03.9	4.51.9
2	Jeanne Bryan	75	5.07.3	5.07.3
3	Sandra Wynne	65	5.08.4	4.52.4
4	Avril Britter	58	5.09.8	4.55.8
5	Sonya McLennan	65	5.12.7	5.00.7
DQ	David Dodson	58		4.24.4
DQ	Greg Hughes	58		4.25.9

200m H/cap**Mike Johnston Series 3**

			Clock	Metres
1	Sandra Wynne	65	27.12	58
2	Jeanne Bryan	75	28.26	71
3	Vivienne Cash	65	28.43	30
4	Avril Britter	58	30.03	58
5	Bob Wishart	75	30.45	0
6	John Mathew	80	30.84	83

4 Laps(3.336 Km) Road E.T.

			Clock	Diff.
1	Sonya McLennan	65	17.53	-0.07
2	Ashley Page	76	18.04	0.30
3	Avril Britter	58	19.11	0.41
4	David Dodson	58	16.13	-0.47
5	Sandra Wynne	65	18.49	0.49
6	Jeanne Bryan	75	20.32	2.02

2000m Self H/cap Walk

			Clock	Actual
1	Greg Hughes	58	23.48	14.55
2	Maureen Seedsman	79	23.54	16.14
3	Margaret Beaumont	79	24.10	18.40
4	Glennis McPherson	70	24.12	14.51
5=	Sylvia Machin	75	24.15	15.45
5=	Geoff Barrow	68	24.15	16.15
7	Ian Cassell	64	24.20	14.40
8	John Mathew	80	25.55	25.55
DQ	Joan Clarke	82		19.29

MENTONE 12 JUNE 2017**400m Walk E.T.**

			Clock	Diff.
1	Maureen Seedsman	79	2.58	-0.01
2	Sonya McLennan	65	2.29	-0.03
3	Margaret Beaumont	79	3.30	0.11
4	Ian Beaumont	81	3.27	-0.23
5	Pam Mews	82	3.24	0.24
6	John Mathew	80	3.34	-0.26

1500m E.T.

			Clock	Diff.	
1	Sandra Wynne	65	7.42.1	0.1	@
2	Avril Britter	58	7.43.8	3.8	
3	Ashley Page	76	7.32.5	-4.5	
4	Joegen Zhao	Inv	6.16.1	5.1	
5	Col Waring	71	6.36.6	-13.4	
6	Greg Hughes	58	6.54.1	14.1	
7	Sonya McLennan	65	7.41.9	-18.1	
8	Jeanne Bryan	75	7.56.1	21.1	***
9	David Dodson	58	7.14.2	-35.8	

MENTONE 12 JUNE 2017 cont.

250m E.T. *Agg Event*					
		Clock	Diff.	Pts	
1	Bob Wishart	75	42.00	0.00	7
2	Sandra Wynne	65	53.90	0.20	5
3	Avril Britter	58	51.81	1.03	4
4	Vivienne Cash	65	45.84	-1.26	3
5	Jeanne Bryan	75	65.46	10.46	2
6	Glad Wishart	73	63.99	12.99	1
7	John Mathew	80	87.68	17.68	1

2 Miles E.T. *Agg Event					
		Clock	Diff.	Pts	
1	Sandra Wynne	65	17.47	0.09	7
2	Sonya McLennan***	65	16.34	-0.11	5
3	Avril Britter	58	17.58	0.14	4
4	Ashley Page ***	76	16.12	-0.36	3
5	David Dodson	58	15.52	-0.38	2
6	John Kneen	74	22.39	1.09	1
7	Joegen Zhao	Inv	19.54	1.14	1
8	Jeanne Bryan ***	75	18.40	-4.10	1

1500m/ 3000m E.T. Walk

1500m					
		Clock	Diff		
1	Maureen Seedsman	79	11.59	-0.11	
2	Ralph Bennett	75	9.08	-0.22	
3	Margaret Beaumont	79	14.05	-0.43	
4	Ian Beaumont	81	14.01	-0.49	
5	Joan Clarke	82	14.21	-1.19	
6	Pam Mews	82	14.21	-1.25	
7	John Mathew	80	19.35	1.35	

3000m					
		Clock	Diff		
1	Ian Cassell	64	21.21	0.51	
2	Geoff Barrow	68	21.23	-1.27	
3	Greg Hughes	58	23.26	2.27	

MENTONE 19 JUNE 2017

500m Walk E.T.			
		Clock	Diff.
1	Sonya McLennan	65	3.11 -0.02
2	Pam Mews	82	4.35 0.15
3	John Mathew	80	4.41 -0.19

800m E.T. *Agg Event			
		Clock	Diff.
1	Susan Short	43	3.00.4 0.4
2	Sandra Wynne	65	3.56.8 1.8
3	Joegen Zhao	Inv	2.57.0 -2.0
4	Ashley Page	76	3.41.6 -3.4
5	Greg Hughes	58	3.19.4 9.4
6	Sonya McLennan	65	3.47.0 -10.0

150m			
		Timing	
1	Bob Wishart	75	Timing
2	Susan Short	43	Malfunction
3	Vivienne Cash	65	
4	Sandra Wynne	65	
5	John Mathew	80	

6 Laps (5 Km) Road E.T.			
		Clock	Diff.
1	Ashley Page	76	26.50 -0.02
2	Sonya McLennan	65	27.21 -0.06
3	Sandra Wynne	65	27.46 -0.14
4	Kuni Bowden	51	23.41 -0.19

2000m Walk E.T. *Agg Event*			
		Clock	Diff.
1=	Joan Clarke	82	20.05 0.02
1=	Pam Mews	82	20.05 0.02
3	Geoff Barrow	68	14.09 -0.06
4	Greg Hughes	58	15.22 -0.18
5	John Mathew	80	25.50 3.50

MENTONE 26 JUNE 2017

600m Walk E.T.			
		Clock	Diff.
1	Margaret Beaumont	79	5.24 2
2	Sonya McLennan	65	3.51 4
3	Pam Mews	82	5.13 -17
4	Ian Beaumont	81	5.12 -18
5	Ralph Bennett	75	3.28
6	Frank Prowse	65	3.16

1 Mile E.T.			
		Clock	Diff.
1	Sandra Wynne	65	8.11.1 -3.9
2	Joegen Zhao	Inv	7.02.9 -7.1
3	Avril Britter	58	8.29.9 9.9
4	Greg Hughes	58	8.35.7 10.1

120m E.T.			
Mike Johnston Final Event			
		Clock	Diff.
1	Avril Britter	58	23.20 -0.05 @
2	Sandra Wynne	65	23.42 0.06
3	Bob Wishart	75	17.43 -0.17
4	Vivienne Cash	65	20.53 0.43
5	Glad Wishart	73	17.18 0.46

2 Miles Self H/cap			
		Clock	Actual
1	Sonya McLennan	64	17.47 16.45 @
2	Sandra Wynne	65	17.49 22.53
3	Avril Britter	58	17.52 17.40
DQ	David Dodson	58	17.14 16.00
DQ	John Zeleznicow	67	31.31 31.31

2000m E.T. Walk			
		Clock	Diff
1	Ian Beaumont	81	18.38 3
2	Margaret Beaumont	79	18.37 7
3	Ian Cassell	64	14.19 9
4	Bev Hugo	77	16.50 -10
5	Frank Prowse	65	11.45 -15
6	Glennis McPherson	82	14.43 -32
7	Greg Hughes	58	14.25 -1.15
8	Pam Mews	82	18.34 -1.36



SPRINGVALE 5 JULY 2017**100 yards**

Mike HALL	78	15.50
Bella	10	15.80
Mick COLGAN	66	18.50
Claudio RIGA	62	19.90
One Mile run		
Dave TALBOT	62	7.07
Claudio RIGA	62	7.25
Lou BUCCIERI	61	7.26
Paul WINTERTON	61	8.19
Paul MULLINS	76	8.20

2 Miles Walk

Tony DORAN	65	24.05
Juan PEREZ	78	25.03
John ABEL	67	25.59
Frank ALLEN	72	26.27
Eric NEGROS 2.4 km	54	29.52

3 Miles Run

Claudio RIGA	62	23.43
Ian TREGAR	67	27.22
Will SELICK	45	23.22
Kevin ONLEY 2.4km	83	17.46
Lou BUCCIERI 4km	61	21.21
Tony JOHNSON 4.6km	77	27.13

SPRINGVALE 12 JULY 2017**200 metres**

Declan	12	57.90	actual	hcp
Mick COLGAN	66	59.00		25 sec
Mike HALL	78	60.60		19
Juan PEREZ	78	60.70		25
				14

1000 metres

Juan PEREZ	78	5.36.1	actual	clock
Neil GRAY	69	3.53.2		5.36.1
Claudio RIGA	62	4.09.2		5.41.2
Dave TALBOT	62	4.01.6		5.46.2
Declan	12	4.30.7		5.46.6
Bill IRVINE	69	4.30.8		5.47.7
Lou BUCCIERI	61	4.22.8		5.50.8
				5.51.4

3000 metres walk

Dennis PHILLIPS	75	25.00	actual	clock
Tony DORAN	65	21.22		25.00
Jim SMITH	76	29.16		28.52
Peter ELLIS	66	29.25		29.16
Eric NEGROS 1.8 km	54	22.11		29.25
Steve SELICK 2.6 km		26.32		
Declan 2.6 km	12	26.32		

5000 metres

Chris MURPHY	59	22.45	actual	clock
Claudio RIGA	62	24.11		28.45
Lou BUCCIERI	61	25.59		29.25
Ian TREGAR	67	28.12		29.59
Juan PEREZ	78	31.07		30.12
Rob CLUTTERBUCK 3km	64	15.51		31.07
Will SELICK 3km	45	15.51		
Kevin ONLEY 3km	83	22.17		3km

SPRINGVALE 19 JULY 2017**120 metres**

Mick COLGAN	66	21.30
Lindsay OXENHAM	67	23.60
Juan PEREZ	78	24.80

1600 metres

Claudio RIGA	62	7.27.3
Paul WINTERTON	62	8.27.0

800 metres

Dave TALBOT	62	3.08.9
Neil GRAY	69	3.28.9
Howard REES	69	3.33.3
Lou BUCCIERI	62	3.43.3
Lindsay OXENHAM	67	3.49.2
Juan PEREZ	78	4.35.8

1800 metres walk

Tony DORAN	65	12.49
John MANNING	71	15.40
Natalie IRVINE	70	17.49
Ernie JEFFS	72	18.37

3000 metres run hcp

		clock	actual
Lindsay OXENHAM	67	16.55	15.05
Mick COLGAN	66	17.01	16.01
Lou BUCCIERI	62	17.09	14.49
Bill IRVINE	69	17.18	15.03
Claudio RIGA	62	17.30	14.00
Juan PEREZ	78	17.40	17.40
Howard REES	69	17.49	14.19
Dave TALBOT	62	18.00	14.45
Rob CLUTTERBUCK	64	18.09	14.44

SPRINGVALE 26 JULY 2017**200 metres hcp**

Mick COLGAN	66	56.90	18 sec
Juan PEREZ	78	59.90	13.00
Lindsay OXENHAM	67	60.70	18.00
1500 metres		clock	actual
Lou BUCCIERI	62	7.58	6.48
Neil GRAY	69	8.01	6.11
Dave TALBOT	62	8.02	6.34
Bill IRVINE	69	8.02	6.57
Lindsay OXENHAM	67	8.20	7.01
Claudio RIGA	62	8.48	6.45
Paul WINTERTON	62	9.05	8.16
Juan PEREZ	78	8.48	8.48

2000 metres

Rob CLUTTERBUCK	65	9.49
Ian TREGAR	67	11.10
Juan PEREZ	78	11.59
4000 metres		
Claudio RIGA	62	19.17
Lou BUCCIERI	62	20.27
Lindsay OXENHAM	67	20.47

1800 metres walk

Peter ELLIS	66	13.50
Dennis PHILLIPS	75	15.40
Graham KILFOYLE	65	15.40
John ABEL	67	15.53
Frank ALLEN	71	16.27
John MANNING	71	16.27
Natalie IRVINE	70	19.18
Bill IRVINE	69	19.32
Pam THOMAS	67	19.48
Howard REES	69	19.48
Eric NEGROS	54	23.02
Steve Selick	40	23.06

SEPTEMBER PROGRAMS 2017

MON SEPT 4	DONCASTER	800M W/R	100M	200M	600M NOT	3K WALK/RUN
	CASEY	80M	1200M	110M	2000/4000M	
TUES SEPT 5	COLLINGWOOD					
	CROYDON	1500W HCP FINAL	100M	DOUG ORR 1/2 MILE	400M	5K AG 1/3/5K WALK
	GLEN EIRA	100M	700M	200M	3K WALK	5K HCP
WEDS SEPT 6	ABERFELDIE	100M	1000AG 400M	3/5K		
	GEELONG	300M	2000/4000M	800M		
	MENTONE					
	KNOX					
	SPRINGVALE					
THURS SEPT 7	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON SEPT 11	DONCASTER	DONCASTER 1000M	80M	150M	250M	1/3/5K WALK/RUN
	CASEY	70M	600M	150M	15/30 MIN	
TUES SEPT 12	COLLINGWOOD					
	CROYDON	3 LAP WALK	60M			
	GLEN EIRA	100M HCP	500M HCP	150M HCP	1500M	2/4K RUN
WEDS SEPT 13	ABERFELDIE	100M	1200M	300M	4/6K	
	GEELONG	200M	2800M	1000M		
	MENTONE					
	KNOX					
	SPRINGVALE					
THURS SEPT 14	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON SEPT 18	DONCASTER	LONG JUMP 100M	JAVELIN 200M	SHOT PUT 400M	DISCUS	1500/800M W/R
	CASEY	90M	1000M	120M	5/7 LAP SPIRAL	
TUES SEPT 19	COLLINGWOOD					
	CROYDON					
	GLEN EIRA	60M	800M HCP	400M ET	2K HCP WALK	6K SLD HCP
WEDS SEPT 20	ABERFELDIE	90M	800M	200M	4/8K	
	GEELONG	100M	2400M	1600M		
	MENTONE					
	KNOX					
	SPRINGVALE					
THURS SEPT 21	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON SEPT 25	DONCASTER	THE SIXTY MINUTES	300M GIFT	60M	120M	2X200 RELAY
	CASEY	100M	800M	200M	3000/5000M	
TUES SEPT 26	CROYDON					
	GLEN EIRA	110M	500M ET	150M ET	15/25 MIN EST DIST	5K
	ABERFELDIE	100M	1200M	400M	2/4K	
WEDS SEPT 27	GEELONG	400M	2000/4000M	800M		
	MENTONE					
	KNOX					
	SPRINGVALE					
	COBURG					
THURS SEPT 28	EAST BURWOOD					
	FRANKSTON					