

AROUND THE GROUNDS

VENUE RESULTS FOR OCTOBER 2017, PROGRAM FOR DECEMBER 2017



Halloween Night at Croydon.

Ros Dyer, Tania Neale, Karen Archer, Lyn Batchelor and Rob Stagg.

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

ABERFELDIE 4 OCTOBER 2017**100 Metres**

Gavin WHITE	44	12.60
Richard SHORTT	46	13.16
Jamie PAPWORTH	INV	15.38
John PAPWORTH	49	15.40
David JONES	66	23.63
Lachie SHORTT	INV	29.32
Alex WHITE	INV	29.35

1000 Metres Age Graded

			Age %
John COOPER	65	3.32	80.71
Shane DRAPER	44	3.06	77.46
John PAPWORTH	49	3.30	71.38
Brian O'DEA	63	3.55	71.36
Stephen BARKER	74	4.58	64.09
Michael ENNIS	64	4.32	62.43
David JONES	66	4.41	61.49
Richard SHORTT	46	4.09	58.63
Doug STOKES	65	4.58	57.42
Jamie PAPWORTH	INV	4.15	55.14
Maggie ARMSTRONG	55	5.51	50.80
Heath BEVERIDGE	INV	4.46	50.24

200 Metres

Gavin WHITE	44	26.01	
Richard SHORTT	46	27.81	
John COOPER	65	31.59	
Shane DRAPER	44	33.03	
Stephen BARKER*	74	77.18	*Walk

4000 Metres

Shane DRAPER	44	15.52
Michael ENNIS	64	20.33
David JONES	66	21.03
John DEAN	72	23.11
John PAPWORTH	49	23.12
Ruby BEVERIDGE	INV	25.42
Heath BEVERIDGE	INV	25.42
Cheryl BEVERIDGE	52	28.56
Maggie ARMSTRONG	55	33.00

6000 Metres

Lisa GUNN	43	28.17
Doug STOKES	65	32.36
Stephen BARKER	74	34.35

2000 Metres

Brian O'DEA	63	9.45
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ABERFELDIE 11 OCTOBER 2017**80 Metres**

Gavin WHITE	44	10.87
John PAPWORTH	49	13.72
Tony BRADFORD	78	13.59
Bella WHITE	INV	19.87

800 Metres

John PAPWORTH	49	3.18
Doug STOKES	65	3.47
Andrea DRAPER	40	3.54
Michael ORELLI	73	4.30
Stephen BARKER	74	4.37
Peter BLACK	62	4.37

400 Metres

Gavin WHITE	44	65.47	
Levi DRAPER	INV	97.22	
Maggie ARNSTRONG	55	119.39	
Stephen BARKER*	74	202.74	* Walk

ABERFELDIE 11 OCTOBER 2017 cont.**3000 Metres**

Shane DRAPER	44	11.58
John PAPWORTH	49	14.10
Michael ORELLI	73	18.18
John DEAN	72	18.24

5000 Metres

Brian O'DEA	63	25.25
Doug STOKES	65	30.27
Peter BLACK	62	30.27

ABERFELDIE 18 OCTOBER 2017**100 Metres**

Gavin WHITE	44	12.81
Cathy ORELLI	55	16.44
John PAPWORTH	49	17.66
Tony BRADFORD	78	18.87
Levi DRAPER	INV	20.37
Maggie Armstrong	55	21.44
Imogen PAPWORTH	INV	23.19
Bella WHITE	INV	26.35

1500 Metres

Jasmine ORELLI	INV	6.09
David JONES	66	7.01
Peter BLACK	62	8.43
Doug STOKES	65	8.43
Michael ORELLI	73	9.04
Andrea DRAPER	40	9.04

300 Metres

Gavin WHITE	44	44.65
John PAPWORTH	49	48.94
Cathy ORELLI	55	59.31
Jasmine ORELLI	INV	60.47
Levi DRAPER	INV	65.56
Tony BRADFORD	78	76.81
Michael ORELLI	73	80.15
Bella WHITE	INV	117.18

2000 Metres

Michael ORELLI	73	12.05
John DEAN	72	12.14
Andrea DRAPER	40	12.31
Maggie ARMSTRONG	55	15.10
Lynne O'DEA	62	19.01

4000 Metres

Shane DRAPER	44	16.04
Brian O'DEA	63	19.37
Trevor HAWKSWORTH	70	22.50
Doug STOKES	65	24.58
Peter BLACK	62	24.58
Luca McDOWALL	INV	27.36
Ash McDOWALL	46	27.41

ABERFELDIE 25 OCTOBER 2017

100 Metres

John BOHM	35	14.75
Cathy ORELLI	55	17.75
Tony BRADFORD	78	18.63
David JONES	66	20.00
Maggie ARMSTRONG	55	20.32

800 Metres

John BOHM	35	2.40
John COOPER	65	2.44
Jasmine ORELLI	INV	3.11
David JONES	66	3.23
Andrea DRAPER	40	3.42
Stephen BARKER	74	4.04
Michael ORELLI	73	4.46

200 Metres

John BOHM	35	30.82	
John COOPER	65	32.09	
Cathy ORELLI	55	37.57	
David JONES	66	38.44	
Jasmine ORELLI	INV	39.44	
Tony BRADFORD	78	41.82	
Levi DRAPER	INV	42.84	
Michael ORELLI	73	55.75	
Stephen BARKER*	74	78.46	*walk

3000 Metres

John DEAN	72	17.11
Michael ORELLI	73	18.43
Maggie ARMSTRONG	55	22.53

5000 Metres

John BOHM	35	20.14
Brian O'DEA	63	24.36
Stephen BARKER	74	28.46
Trevor HAWKSWORTH	70	28.46
Peter BLACK	62	28.46
Doug STOKES	65	28.46

2500 metres

Lynne O'DEA	62	21.11
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COBURG 5 OCTOBER 2017

90m

Heat: 1

Magenta LICCIARDELLO	Inv	14.37
Bruce GIBBS	68	15.65
Rob LEWIS	70	16.20
Fiona ELY	48	16.67
Michelle SPORTON	51	21.19
Ken CARTER	65	37.64

Heat: 2

Paul O'NEILL	52	13.20
Ethan O'NEILL	16	13.52
Colin HICKIE	33	14.30

1500m Estimate Actual Time

	Actual	Diff.	
Maria BARBETTI	52	7.30.0	0
Ethan O'NEILL	16	5.18.0	2
Fraser MURRAY	45	5.26.0	3
Ken CARTER	65	15.37.0	10
Brian DELANEY	63	6.41.0	19
Colin HICKIE	33	5.51.0	21
Frank BRADLEY	61	8.59.0	62
Rob DAVEY (W)	77	13.12.0	108

300m

Paul O'NEILL	52	43.58
Carl KENNEDY	51	51.84
Bruce GIBBS	68	59.68
Brian DELANEY	63	1.01.0
Rey VILLEGAS	53	1.04.0
Magenta LICCIARDELLO	Inv	1.06.0
Sienna	Inv	1.16.0
Michelle SPORTON	51	1.52.0
Ken CARTER	65	3.05.0

1km

Bernie GOGGIN	80	11.36
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2km

Rob LEWIS	70	12.08
Rob DAVEY (W)	77	19.04

4km Managers Challenge

	Target		
Carl KENNEDY	51	15.07	x
Colin HICKIE	33	17.02	17.09
Fiona ELY	48	19.43	20.00
Fraser MURRAY	45	19.44	x
Maria BARBETTI	52	22.42	x
Frank BRADLEY	61	24.32	24.58
Ken CARTER	65	45.26	x



COBURG 12 OCTOBER 2017**100m**

Colin HICKIE	33	14.20
Keith HOWDEN	72	14.26
Bruce GIBBS	68	18.00
Rob LEWIS	70	18.50
Rey VILLEGAS	53	18.70

800m

Fraser MURRAY	45	2.32
Carl KENNEDY	51	2.57
Colin HICKIE	33	3.07
Michael MEANEY	62	3.29
Gary O'DWYER	58	3.42
Fiona ELY	48	3.43

400m Managers Challenge

			Target
Carl KENNEDY	51	1.09.66	1.11.0
Keith HOWDEN	72	1.10.71	
Colin HICKIE	33	1.14.44	1.11.0
Brian DELANEY	63	1.20.68	1.25.0
Rey VILLEGAS	53	1.28.03	1.36.0
Gary O'DWYER	58	1.28.50	x
Bruce GIBBS	68	1.30.20	1.36.0

2.5km

Gary O'DWYER	58	11.42
Michael MEANEY	62	12.02
Brian DELANEY	63	13.23
Rob LEWIS	70	14.50
Rob DAVEY (W)	77	23.18

5km

Carl KENNEDY	51	18.57
Colin HICKIE	33	22.54
Fraser MURRAY	45	24.20

COBURG 19 OCTOBER 2017**110m****Heat: 1**

Bruce GIBBS	68	19.31
Frank BRADLEY	61	19.71
Rob LEWIS	70	20.00
Michelle SPORTON	51	27.03
Rob DAVEY	77	33.25

Heat: 2

Paul O'NEILL	52	14.26
Ethan O'NEILL	17	14.51

6 lap team event

Maria BARBETTI (1)	52	1.50	
Fraser MURRAY (2)	45	3.01	
Ethan O'NEILL (3)	17	4.15	9.06
Frank BRADLEY (1)	61	1.53	
Paul O'NEILL (2)	52	2.51	
Michael MEANEY (3)	62	5.26	10.10

500m

Bruce GIBBS	68	2.24
Michelle SPORTON	51	3.52

2km

Fiona ELY	48	10.39
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4km Managers Challenge

			Target
Carl KENNEDY	51	16.05	x
Fraser MURRAY	45	16.08	x
Brian DELANEY	63	19.23	19.43
Michael MEANEY	62	19.59	x
Maria BARBETTI	52	23.10	x
Rob LEWIS	70	24.06	x
Rey VILLEGAS	53	25.01	x

COBURG 26 OCTOBER 2017**100m**

Paul O'NEILL	52	12.83
Ethan O'NEILL	17	12.90
Bruce GIBBS	68	17.85
Rob LEWIS	70	19.12
Frank BRADLEY	61	20.51
Michelle SPORTON	51	23.23

1200m

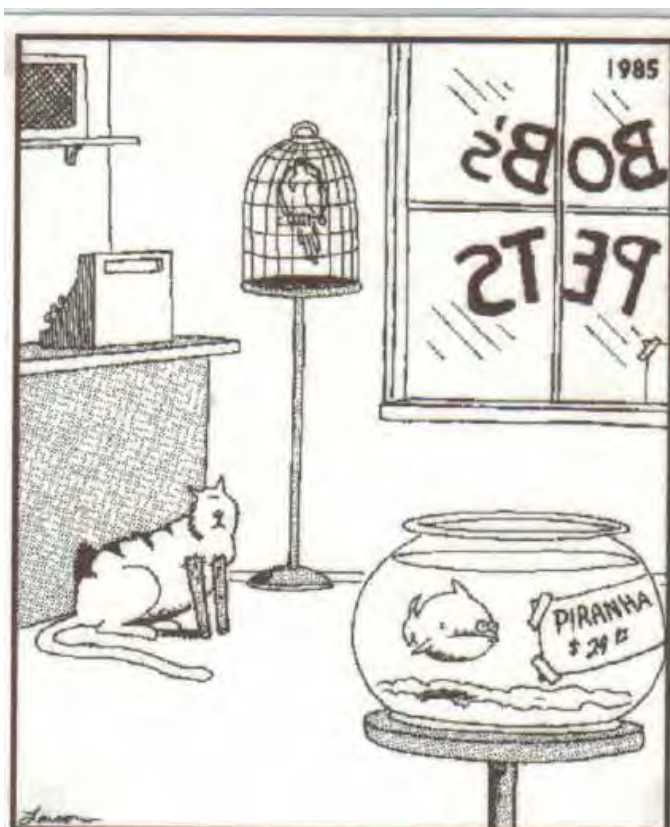
Ethan O'NEILL	17	4.48
Fraser MURRAY	45	5.27
Maria BARBETTI	52	6.11

400m Managers Challenge

			Target
Fraser MURRAY	45	1.16.48	x
Carl KENNEDY	51	1.17.24	x
Michael MEANEY	62	1.17.85	1.18.0
Bruce GIBBS	68	1.34.72	1.36.0
Michelle SPORTON	51	2.25.30	x

3.5km Spiral Handicap

		Clock	Actual
Fraser MURRAY	45	24.57	13.52
Maegan KERR	45	25.00	18.50
Carl KENNEDY	51	25.08	12.58
Maria BARBETTI	52	26.13	20.48
Michael MEANEY	62	26.18	17.28
Rob LEWIS	70	26.22	21.12



COLLINGWOOD 3 OCTOBER 2017**100 Metres**

		Time	Age G
1	HOWDEN Keith	72 14.2	94.9%
2	ADRIEN Gerard	57 14.4	80.3%
3	DELBRIDGE Adam	45 13.7	75.5%
4	GIBBS Bruce	68 17.4	74.7%
5	LEWIS Rob	70 19.0	69.2%
6	FABRE Sofie	48 17.6	68.8%
7	MORRISON Glenn	59 17.1	68.8%
8	HERBSTREIT Herbie	65 19.4	64.6%
9	BAN Paul	62 26.3	46.3%
10	POCOCK John	74 32.0	43.5%

1300 Metres

		Time	Age G
1	HEJTMANEK Jim	52 5:15	62.6%
2	MORRISON Glenn	59 5:37	62.4%
3	ADRIEN Gerard	57 5:34	61.7%
4	ELY Fiona	48 6:07	58.6%
5	HERBSTREIT Herbie	65 7:00	53.3%
6	HALLETT Matthew	28 5:28	52.9%
7	DUNNING Robert	60 6:48	52.0%
8	BRAIN Glenyse	71 10:13	51.4%
9	WOOD Sue	63 10:13	43.6%

200 Metres

		Time	Age G
1	HOWDEN Keith	72 29.0	93.2%
2	ADRIEN Gerard	57 29.3	79.2%
3	DELBRIDGE Adam	45 27.6	75.5%
4	GIBBS Bruce	68 35.8	72.7%
5	MORRISON Glenn	59 35.5	66.7%
6	FABRE Sofie	48 38.0	64.1%
7	HEJTMANEK Jim	52 37.1	59.8%

6 Laps

		Time	Age G
1	SENIOR Ken	71 12:15	64.7%
2	TAYLER Sally	69 15:28	64.7%
3	LEWIS Rob	70 12:05	64.7%
4	ELY Fiona	48 11:36	61.6%
5	HALLETT Len	68 13:15	57.7%
6	BRAIN Glenyse	71 18:52	55.5%
3	HALLETT Matthew	28 10:26	55.2%
4	POCOCK John	74 15:43	52.6%
5	WOOD Sue	63 18:52	47.1%
6	JOHNSTONE Peter	80 26:06	35.6%
7	BROWN Mal	76 26:06	32.8%

8 Laps

		Time	Age G
1	BAN Paul	62 21:20	46.2%
8	HERBSTREIT Herbie	65 23:11	43.8%

10 Laps

		Time	Age G
1	HOPKINS Jim	67 19:10	69.0%
2	BAYLEY Rod	71 20:38	66.5%
3	PAUL Graeme	63 19:27	65.0%
4	MORRISON Glenn	59 18:55	64.1%
5	HEJTMANEK Jim	52 17:47	64.0%
6	FABRE Sofie	48 21:34	57.9%
7	DUNNING Robert	60 21:46	56.2%
8	BELL Gary	63 27:33	46.0%

12 Laps

		Time	Age G
1	IOVENITTI Carlo	58 26:33	55.2%

COLLINGWOOD 10 OCTOBER 2017**80 Metres**

		Time	Age G
1	GIBBS Bruce	68 13.2	78.2%
2	SCHOLES Ron	64 13.0	76.1%
3	LEWIS Rob	70 14.5	72.9%
4	ELY Fiona	48 14.0	68.9%
5	HERBSTREIT Herbie	65 14.8	67.6%
6	DELBRIDGE Adam	45 13.6	60.9%

800 Metres

		Time	Age G
1	DELBRIDGE Adam	45 2:29	72.4%
2	SCHOLES Ron	64 3:13	66.5%
3	HEJTMANEK Jim	52 2:58	64.5%
4	WINDSOR Wes	73 3:41	64.1%
5	FABRE Sofie	48 3:20	62.9%
6	BAYLEY Rod	71 3:47	60.9%
7	RUSSO Chris	51 3:14	58.6%
8	STUART Will	38 3:08	54.1%

Park-Run

		Time	Km.
1	LEWIS Rob	70 12:48	2.1
2	DROSDOWSKY Wasyl	66 12:45	2.1
3	GIBBS Bruce	68 16:05	2.1
4	JOHNSTONE Peter	80 20:04	2.1
5	CATIONS Les	59 23:59	2.1
6	HEJTMANEK Jim	52 16:45	3.8
7	BAYLEY Rod	71 20:19	3.8
8	TAYLER Sally	69 27:57	4.2
9	WINDSOR Wes	73 23:28	4.2
10	PAUL Graeme	63 21:24	4.2
11	ADRIEN Gerard	57 21:32	4.2
12	HERBSTREIT Herbie	65 23:33	4.2
13	FABRE Sofie	48 23:13	4.2
14	BRAIN Glenyse	72 35:43	4.2
15	HALLETT Len	68 26:04	4.2
16	ELY Fiona	48 24:33	4.2
17	PIRAS Gavin	38 20:57	4.2
18	WOOD Sue	63 35:43	4.2
19	STUART Will	38 23:28	4.2
20	BAN Paul	62 32:12	4.2
21	HALLETT Matthew	28 26:04	4.2
22	BELL Gary	63 28:52	5.4
23	SCHOLES Ron	64 25:24	6.3
24	GURTLER Markus	46 24:17	6.3
25	DUNNING Robert	60 30:19	6.3
26	RUSSO Chris	51 28:54	6.3

COLLINGWOOD 17 OCTOBER 2017**70 Metres**

		Time	Age G
1	HORN Michael	65 11.2	78.4%
2	GIBBS Bruce	68 11.7	78.1%
3	GERO Peter	29 9.5	72.4%
4	ELY Fiona	48 12.2	69.8%
5	HERBSTREIT Herbie	65 12.7	69.5%
6	STUART Will	38 10.0	68.7%
7	LEWIS Rob	70 14.0	66.1%

1200 Metres

		Time	Age G
1	HEJTMANEK Jim	52 4:25	68.7%
2	TAYLER Sally	69 7:02	65.9%
3	RUSSO Chris	51 4:51	62.1%
4	HORN Michael	65 5:38	60.8%
5	GERO Peter	29 4:29	59.5%
6	STUART Will	38 4:43	57.0%
7	HALLETT Matthew	28 4:46	56.0%
8	PIRAS Gavin	38 5:12	51.8%

COLLINGWOOD 17 OCTOBER 2017 cont.**Spiral Handicap.**

			Clock	Net T
1	TAYLER Sally	69	27:51	26:59
2	RUSSO Chris	51	27:59	19:19
3	DUNNING Robert	60	28:07	21:51
4	HALLETT Matthew	28	28:13	19:45
5	STUART Will	38	28:27	19:03
6	HEJTMANEK Jim	52	28:36	18:08
7	ELY Fiona	48	28:46	21:22
8	DROSDOWSKY Wasyl	66	29:04	25:56
9	FABRE Sofie	48	29:12	22:12
10	ADRIEN Gerard	57	29:39	20:39
11	PAUL Graeme	63	29:55	21:47
12	HORN Michael	65	30:00	24:36
13	HERBSTREIT Herbie	65	30:10	25:26
14	PIRAS Gavin	38	30:17	22:09
15	BAN Paul	62	31:07	27:23
16	BELL Gary	63	31:24	25:52
17	HOPKINS Jim	68	31:47	22:43
18	LEWIS Rob	70	31:56	27:56
19	HALLETT Len	68	32:02	25:30
20	BAYLEY Rod	71	33:30	25:58

COLLINGWOOD 24 OCTOBER 2017**120 Metres**

			Time	Age G
1	GIBBS Bruce	68	21.2	73.4%
2	LEWIS Rob	70	25.1	63.0%
3	GURTLER Markus	46	27.7	45.1%

800 Metres

			Time	Age G
1	HEJTMANEK Jim	52	2:52	66.7%
2	FABRE Sofie	48	3:17	63.9%
3	GURTLER Markus	46	3:06	58.3%
4	HALLETT Matthew	28	2:56	57.3%

3.8 Km.

			Time	Age G
1	WINDSOR Wes	73	21:09	66.1%
2	ADRIEN Gerard	57		62.0%
3	HALLETT Len	68	23:36	55.9%
4	PAUL Graeme	63	22:49	55.1%
5	DROSDOWSKY Wasyl	66	23:47	54.5%
6	BRAIN Glenyse	72	33:14	54.5%
7	LEWIS Rob	70	25:12	53.6%
8	FABRE Sofie	48	25:11	49.3%
9	HALLETT Matthew	28	20:54	47.6%
10	WOOD Sue	63	33:14	46.2%
11	BAN Paul	62	27:07	46.0%

5.7 Km.

			Time	Age G
13	BAYLEY Rod	71	33:06	63.4%
14	HEJTMANEK Jim	52	27:33	63.2%
15	DUNNING Robert	60	30:33	61.3%
16	HOPKINS Jim	68	33:30	60.5%
16	GURTLER Markus	46	27:39	59.5%
16	HERBSTREIT Herbie	65	36:21	54.3%
17	BELL Gary	63	36:21	53.3%

9.5 Km.

			Time	Age G
19	HEJTMANEK Jim	52	45:56	64.7%
20	GURTLER Markus	46	46:42	60.1%

COLLINGWOOD 31 OCTOBER 2017**100 Metres**

			Time	Age G
1	GERO Peter	29	13.2	73.4%
2	HORN Michael	65	16.4	76.1%
3	FABRE Sofie	48	17.6	69.1%
4	LEWIS Rob	70	18.5	71.4%
5	HERBSTREIT Herbie	65	19.2	65.2%
6	PIRAS Gavin	38	19.6	50.1%

1500 Metres

			Net T	Clock
1	HALLETT Matthew	28	6:04	8:34
2	FABRE Sofie	48	6:38	9:02
3	TAYLER Sally	69	8:35	9:07
4	ELY Fiona	48	7:16	9:22
5	HORN Michael	65	7:13	9:25
6	HERBSTREIT Herbie	65	8:10	9:26
7	HEJTMANEK Jim	52	5:59	9:29
8	PIRAS Gavin	38	6:34	9:32
9	HOPKINS Jim	68	7:03	9:41
10	DUNNING Robert	60	8:04	9:42
11	ADRIEN Gerard	57	6:33	9:49
12	GERO Peter	29	6:27	10:01
13	LEWIS Rob	70	8:34	10:20

200 Metres

			Time	Age G
1	GERO Peter	29	28.6	68.3%
2	PIRAS Gavin	38	29.1	67.7%
3	STUART Will	38	31.2	62.9%
4	HORN Michael	65	34.5	72.6%
5	FABRE Sofie	48	41.8	58.3%

2 Km.

			Time	Age G
1	ADRIEN Gerard	57	9:08	64.5%
2	HOPKINS Jim	68	9:28	69.3%
3	ELY Fiona	48	10:20	59.5%
4	STUART Will	38	10:26	47.8%
5	HORN Michael	65	10:40	59.6%
6	LEWIS Rob	70	11:42	57.5%

4 Km.

			Time	Age G
1	HALLETT Matthew	28	18:29	56.8%
2	FABRE Sofie	48	21:41	60.5%
3	BAYLEY Rod	71	21:53	65.9%
4	DUNNING Robert	60	22:20	57.6%
5	HALLETT Len	68	23:04	60.5%
6	DROSDOWSKY Wasyl	66	23:18	58.8%
7	HERBSTREIT Herbie	65	24:07	56.2%
8	TAYLER Sally	69	26:38	68.5%
9	BAN Paul	62	26:51	49.1%
10	BRAIN Glenyse	72	30:40	62.4%
11	WOOD Sue	63	30:40	52.8%

6 Km.

			Time	Age G
1	BELL Gary	63	35:54	57.0%

8 Km.

			Time	Age G
1	HEJTMANEK Jim	52	36:38	67.9%

CASEY 2 OCTOBER 2017**150m**

Paul Tero	55	23.83
Mike Hall	79	24.94

1500m Walk

Pramesh Prasad	43	7.02
Penny Hall	77	11.52

3000m

Paul Tero	55	15.00
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CASEY 9 OCTOBER 2017**90m**

Rhiannon Lester	37	13.08
Paul Olsson	60	13.66
Paul Tero	55	13.72
Mike Hall	79	18.61

1200m Run/Walk

Paul Tero	55	5.26	
Pramesh Prasad	43	5.35	w
Rob Clutterbuck	64	5.46	
Albin Hess	57	7.02	w
Frances Halton	55	7.47	
Peter Ellis	66	8.41	w
Penny Hall	77	9.45	w
Lindsay Beaton	67	10.28	w

150m

Rhiannon Lester	37	17.75
Paul Olsson	60	18.43
Paul Tero	55	19.63
Mike Hall	79	20.40

1 Lap Road/XC

Frances Halton	55	13.54	road
Paul Tero	55	16.35	x/c
Penny Hall	77	18.18	road
Lindsay Beaton	67	20.43	road
David Dodson	58	21.05	x/c
Gary Meyer	62	21.20	x/c
Judy Farrell		21.45	road
Albin Hess	57	22.45	x/c
Peter Ellis	66	28.51	x/c

CASEY 16 OCTOBER 2017**2 Lap Road Run**

Gary Meyer	62	23.17
Hsien Chiam	46	24.01
Lindsay Beaton	67	33.40

CASEY 23 OCTOBER 2017**80M**

Rhiannon Lester	37	11.38
Paul Olsson	60	12.62

1000M Run/Walk

Gary Meyer	62	5.24
Albin Hess	57	6.20
Lindsay Beaton	67	8.58

200M

Rhiannon Lester	37	30.54
Paul Olsson	60	34.66

2 Lap Road Run/Walk

Gary Meyer	62	20.43
David Dodson	58	21.41
Albin Hess	57	22.33
Judy Farrell		22.43
Heather		22.43
Frances Halton	55	27.47
Lindsay Beaton	67	33.15

CASEY 30 OCTOBER 2017**1/2 Laps X/C**

Rob Clutterbuck	64	17.55	1
Hsien Chiam	46	23.51	1
Gary Meyer	62	28.26	H
Frances Halton	56	39.09	2
Peter Ellis	66	47.55	2

CROYDON 3 OCTOBER 2017**1 KM WALK**

1	Taylor RILEY	22	6.36
2	Julie CHALLEN	59	7.43
3	Jess DUX	33	7.44
4	Lyn BATCHELOR	68	7.51
5	Ron BOYNE	83	8.02
6	Robert STAGG	51	8.28
7	Grant WATSON	69	9.23
8	Colin WILLIAMS	68	9.24
9	Ron SMITH	68	10.39
10	David BATCHELOR	80	10.39

100 METRE SPRINT**Heat 1:**

1	Andrew FRASER	75	18.1
2	Cec McKEOWN	77	18.5
3	Ron SMITH	68	21.2
4	?? ??		21.5
5	Tracey DRYDEN	42	22.1

Heat 2:

1	Jess DUX	33	13.7
2	Grant MURFETT	50	14.1
3	Robert STAGG	51	14.4
4	Taylor RILEY	22	14.8

2 LAPS TURN-AROUND

1	Colin WILLIAMS	68	5.59
2	Ron BOYNE	83	6.06
3	Cec McKEOWN	77	6.16
4	Tania NEALE	39	6.21
5	Tracey DRYDEN	42	6.24
6	Grant WATSON	69	6.25
7	Grant MURFETT	50	6.36
8	Robert STAGG	51	6.48
9	Ron SMITH	68	7.01

WHAT DO YOU CALL
A PILE OF CATS?



A MEOWTAIN

CROYDON 3 OCTOBER 2017 cont.**400 METRE RUN**

1	Grant MURFETT	50	1.07
2	Jess DUX	33	1.09
3	Cec McKEOWN	77	1.57
4	Colin WILLIAMS	68	2.00
5	Ron BOYNE	83	2.02
6	Grant WATSON	69	2.50

2 KM WALK

1	Cec McKEOWN	77	17.15
2	Grant WATSON	69	17.16
3	Jess DUX	33	18.37
4	Barrie WICKS	77	19.53
5	Lyn BATCHELOR	68	19.54
	David BATCHELOR (3 laps)	80	12.31

2, 4 OR 6 KM RUN**2 km:**

1	Tracey DRYDEN	42	11.32
2	Ron BOYNE	83	13.11

4 km:

1	Ros DYER	53	26.13
2	Tania NEALE	39	26.40

6 km:

1	Colin PAGE	63	29.15
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JAVELIN THROW

			Metres
1	Andrew EGGINTON	55	23.23
2	Allan WOOD	80	19.63
3	Grant MURFETT	50	18.70
4	Jess DUX	33	18.22
5	Pam TINDALL	57	16.40
6	Tania NEALE	39	15.20
7	Andrew FRASER	75	15.15
8	Taylor RILEY	22	14.40

CROYDON 10 OCTOBER 2017**7 MINS 12 SECS WALK N.O.S.P.**

1	Robert STAGG	51	5.55
2	Al WILLEY	78	5.58
3	Allan WOOD	80	6.08
4	Taylor RILEY	22	6.38
5	Grant MURFETT	50	6.55
6	Lyn BATCHELOR	68	6.58
7	David BATCHELOR	80	7.00
8	Ron BOYNE	83	7.07
9	Todd MURFETT **	52	7.14
10	Barrie WICKS	77	7.30
11	Grant WATSON	69	7.58
12	Ron SMITH	68	8.58
13	Pam TINDALL	57	8.59
14	Andrew EGGINTON	55	9.02
15	Jess DUX	33	9.03
16	Tania NEALE	39	9.04
17	Ros DYER	53	9.04

** Winner - Todd Murfett

1 MILE RUN

1	Grant MURFETT	50	6.41
2	Colin WILLIAMS	68	7.47
3	Jess DUX	33	8.18
4	Ros DYER	53	8.21
5	Todd MURFETT	52	9.48
6	Cec McKEOWN	77	12.50
7	Grant WATSON	69	12.52

CROYDON 10 OCTOBER 2017 cont.**120 METRE SPRINT****Heat 1:**

1	Cec McKEOWN	77	22.7
2	Allan WOOD	80	23.5
3	Colin WILLIAMS	68	23.7
4	Ron SMITH	68	25.7
5	Shirley COPPOCK	81	26.5
6	Grant WATSON	69	35.9

Heat 2:

1	Jess DUX	33	16.3
2	Grant MURFETT	50	17.0
3	Robert STAGG	51	17.3
4	Taylor RILEY	22	18.2
5	Dennis ASPINALL	70	18.5
6	Todd MURFETT	52	19.9

RELAY - 100/100/200/400 METRES

1	Allan WOOD	80	
	Taylor RILEY	22	
	Tom MURFETT	Inv	
	Grant MURFETT	50	2.11
2	Cec McKEOWN	77	
	Robert STAGG	51	
	Taylah DUX	Inv	
	Jess DUX	33	2.21

DISCUS THROW

			Metres
1	Dennis ASPINALL	70	27.50
2	Andrew EGGINTON	55	21.94
3	Tania NEALE	39	20.43
4	Jess DUX	33	16.46
5	Taylor RILEY	22	15.25
6	George SIMONS	82	14.85
7	Allan WOOD	80	13.19

20 OR 40 MINUTE RUN/WALK**20 minutes:**

		Laps	Metres	
	Todd MURFETT (Run)	52	8	230
	Dennis ASPINALL (Run)	70	8	180
	Lyn BATCHELOR (Walk)	68	6	280
	Ron BOYNE (Walk)	83	6	70
	Jess DUX (Walk)	33	5	320
	Colin WILLIAMS (Run)	68	5	
	Barrie WICKS (Walk)	77	5	
	Cec McKEOWN (Walk)	77	3	350
	Grant WATSON (Walk)	69	3	350

40 minutes:

	Colin PAGE (Run)	63	15	160
	Tania NEALE (Run)	39	12	200
	Ros DYER (Run)	53	12	170

CROYDON 17 OCTOBER 2017**1200 METRE WALK**

1	Grant MURFETT	50	8.06
2	Paul MORITZ	58	8.27
3	Lyn BATCHELOR	68	8.57
4	Todd MURFETT	52	10.17
5	Phyllis GOSBELL	79	10.22
6	Grant WATSON	70	10.30
7	Colin WILLIAMS	68	10.30
8	Barrie WICKS	77	10.40
9	Kevin McLAUCHLAN	73	11.45
10	Ron BOYNE	83	11.45
11	Ron SMITH	68	12.53
12	David BATCHELOR	80	12.54

CROYDON 17 OCTOBER 2017 cont.**60 METRE SPRINT N.O.T.****Heat 1:**

1	Colin WILLIAMS	68	11.6	12.0
2	Ron SMITH	68	11.8	12.5
3	Ros DYER	53	12.1	13.1
4	Shirley COPPOCK	81	18.9	13.0
5	Grant WATSON	70	14.4	17.2
6	Kevin McLAUHLAN	73	14.7	19.8
7	Lyn BATCHELOR	68	15.4	17.0

Heat 2:

1	Grant MURFETT	50	8.6	10.1
2	Todd MURFETT	52	9.4	12.0
3	Cec McKEOWN **	77	12.1	12.1

** Winner - Cec McKeown

1200 METRE RUN

1	Grant MURFETT	50	4.28
2	Todd MURFETT	52	6.03
3	Colin WILLIAMS	68	6.12
4	Ros DYER	53	6.13
5	Cec McKEOWN	77	6.47
6	Grant WATSON	70	8.54

400 METRE RUN

1	Grant MURFETT	50	1.07
2	Todd MURFETT	52	1.27
3	Colin WILLIAMS	68	1.37
4	Cec McKEOWN	77	1.48
5	Ros DYER	53	1.56
6	Grant WATSON	70	3.43

SHOT PUT

				Metres
1	Andrew EGGINTON	6k	56	8.35
2	Grant MURFETT	6k	50	8.23
3	Allan WOOD	3k	80	6.78
4	Pam TINDALL	3k	57	6.32
5	Phyllis GOSBELL	2k	79	5.13

DISTANCE RUN/WALK

				Laps
1	Colin WILLIAMS (Run)	68	6.26	3
2	Cec McKEOWN (Run)	77	12.05	4
3	Allan WOOD (Walk)	80	12.57	3
4	Kevin McLAUHLAN (Walk)	73	12.59	3
5	Grant WATSON (Walk)	70	16.01	5
6	Phyllis GOSBELL (Walk)	79	17.34	5
7	Andrew TUNNE (Run)	59	25.36	10
8	Todd MURFETT (Run)	52	25.35	11
9	Ros DYER (Run)	53	26.09	10
10	Ron BOYNE (Run)	83	27.06	10
11	Lyn BATCHELOR (Run)	68	28.00	10

CROYDON 24 OCTOBER 2017**1200 METRE WALK**

1	Russ DICKENSON	71	7.52
2	Grant MURFETT	50	8.11
3	Lyn BATCHELOR	68	8.46
4	Phyllis GOSBELL	79	10.16
5	Barrie WICKS	77	10.28
6	Ron BOYNE	84	10.29
7	Andrew EGGINTON	56	10.59
8	Todd MURFETT	52	11.01
9	Robert STAGG	51	11.02
10	Tom MURFETT	14	11.03
11	Grant WATSON	70	11.51
12	Colin WILLIAMS	68	11.52
13	Ron SMITH	68	13.20

CROYDON 24 OCTOBER 2017 cont.**100 METRE SPRINT****Heat 1:**

1	Andrew FRASER	75	15.7
2	Cec McKEOWN	77	17.9
3	Ron SMITH	68	18.8
4	Ros DYER	53	19.8
5	Lyn BATCHELOR	68	26.3

Heat 2:

1	Jess DUX	33	13.3
2	Tom MURFETT	14	13.7
3	Robert STAGG	51	14.0
4	Grant MURFETT	50	15.0
5	Dennis ASPINALL	70	No
6	Todd MURFETT	52	Time

1500 METRE RUN AGE GRADED

				Age %
1	Grant MURFETT	50	5.37	69.82
2	Tom MURFETT	14	6.12	60.86
3	Jess DUX	33	7.17	53.66
4	Todd MURFETT	52	7.18	54.59
5	Ros DYER	53	7.49	61.32
6	Colin WILLIAMS	68	7.49	58.68

300 METRE SPRINT

1	Grant MURFETT	50	45.6
2	Tom MURFETT	14	46.5
3	Robert STAGG	51	48.9
4	Dennis ASPINALL	70	53.0
5	Jess DUX	33	54.4
6	Todd MURFETT	52	56.7
7	Andrew FRASER	75	69.3
8	Colin WILLIAMS	68	72.7
9	Ron SMITH	68	95.2

2/5/9/10 LAPS RUN/WALK**2 laps:**

1	Colin WILLIAMS (Run)	68	4.16
2	Dennis ASPINALL (Run)	70	4.16

5 laps:

1	Russ DICKENSON (Walk)	71	13.19
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9 laps:

1	Geoff ARNOTT	69	20.10
2	Ros DYER	53	20.31

10 laps:

1	Tom MURFETT	14	19.57
2	Todd MURFETT	52	22.06

CROYDON 31 OCTOBER 2017**Clockwise Halloween Night****1350 METRE WALK**

			Clock	Est.
1	Alison THOMPSON	64	8.13	-
2.	Lyn BATCHELOR	68	9.57	10.45
3.	Grant WATSON	70	11.35	12.00
4.	Barrie WIX	77	11.43	11.30
5.	Ron BOYNE	84	12.06	11.45
6.	Andrew EGGINTON	56	12.20	11.15
7	Todd MURFETT	52	12.25	-
8.	Colin THOMPSON	69	12.27	9.00
9.	Rob STAGG	51	12.41	-
10.	Jess DUCKS	33	12.42	11.00
11.	Colin WILLIAMS	68	13.41	11.30
12.	Kevin McLAUGHLIN	74	13.41	12.10
13.	Tom MURFETT	INV	13.41	-
14.	Ros DYER	53	14.05	-
15.	Allan WOOD	80	14.12	-
16.	Ron SMITH	68	14.23	13.00

WINNER - Barrie WICKS

CROYDON 31 OCTOBER 2017 cont.**115 METRE**

Heat 1.		Clock	Est
1. Dennis ASPINALL	70	21.60	-
2. Allan WOOD	80	23.00	-
3. Colin WILLIAMS	68	25.70	20.00
4. Ron SMITH	68	29.00	23.00

Heat 2.

1. Tom MURFETT	INV	15.50	-
2. Jess DUX	33	16.00	15.00
3. Rob STAGG	51	17.30	17.00
4. Todd MURFETT	52	20.5	-

WINNER - Rob STAGG

1350 METRE

		Clock	Est
1. Tom MURFETT	INV	5.35	-
2. Colin PAGE	63	5.45	6.15
3. Todd MURFETT	52	6.39	7.00
4. Ros DYER	53	7.06	-
5. Colin WILLIAMS	68	7.06	7.00

380 METRE

		Clock	Est
1. Tom MURFETT	INV	67.9	62.0
2. Andrew EGGINTON	56	68.00	-
3. Jess DUX	33	69.10	65.00
4. Colin PAGE	63	69.40	90.00
5. Rob STAGG	51	69.80	78.00
6. Denis ASPINALL	70	70.00	-
7. Todd MURFETT	52	70.30	75.00
8. Colin WILLIAMS	68	75.00	90.00
9. Allan WOOD	80	107.40	-
10. Ron SMITH	68	108.30	-
11. Ron BOYNE	84	109.30	123.00
12. Grant WATSON	70	111.10	-

WINNER - Jess DUX

3,6,9,12 LAP RUN/WALK

1. Colin WILLIAMS	3LR	68	6.30	6.30
2. Tom MURFETT	3LR	INV	7.15	-
3. Todd MURFETT	3LR	52	9.02	-
4. Lyn BATCHELOR	3LW	68	9.12	8.48
5. Barrie WICKS	3LW	77	12.44	-
6. Kevin McLAUGHLIN	3LW	74	12.44	11.48
7. Andrew EGGINTON	6LR	56	12.53	-
8. Ron BOYNE	6LR	84	12.54	16.02
9. Colin PAGE	12LR	63	24.32	24.00
10. Alison THOMPSON	12LW	64	26.46	28.30
11. Geoff ARNOTT	12LR	69	28.13	-
12. Ros DYER	12LR	53	28.58	-

DONCASTER 2 OCTOBER 2017**300 Metres handicap**

Phil Rosevear	-50	38.52
Graham Ford	-50	39.38
Jeffrey Sim	-65	39.72
David McConnell	-25	40.66
Greg Champion	-65	40.70
Gary Zuccala	-50	41.96
John Aughey	-105	62.30

1600 Metres

Gary Zuccala	55	6.47.5
Katrina Philip	55	7.42.5

1200 Metres Walk

Frank Prowse	65	7.58.9
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80 Metres

Greg Champion	62	12.78
Graham Ford	68	13.42 (90 Metres)
Phil Rosevear	68	13.49 (90 Metres)
Jeffrey Sim	55	14.22
Janine James	70	14.26 (venue record)
Gloria De Zwart	81	19.14

800 Metres

Anthony Paige	34	2.20.7
Katrina Philip	55	3.37.8
Jeffrey Sim	55	3.37.9

1000 Metres

Gary Zuccala	55	4.00.3
Katrina Philip	55	5.17.1
Frank Prowse	65	5.40.4 (walk)

DONCASTER 9 OCTOBER 2017**800 Metres handicap**

Jeffrey Sim	(-1.45)	4.56.0	(3.11.0)
David McConnell	(-2.10)	4.57.8	(2.47.8)
Graham Ford	(-1.55)	4.58.1	(3.03.1)
Frank Prowse	(-0.34)	4.59.2	(4.25.2)(venue rec)
Ethan Tang	(-1.45)	5.52.4	(4.07.4)

60 Metres

Phil Rosevear	68	9.50
Jeffrey Sim	55	10.30
Janine James	70	10.92 (venue record)
Gloria DeZwart	81	13.86
Carolyn Aughey	75	14.20

100 Metres

Phil Rosevear	68	16.24
Janine James	70	18.14 (venue record)
Gloria DeZwart	81	24.10

300 Metres

David McConnell	65	45.8
Graham Ford	68	51.4
Phil Rosevear	68	51.9
Greg Champion	62	55.6
Jeffrey Sim	55	55.8
Carolyn Aughey	75	86.7 (venue record)



"Say ... what's a mountain goat doing way up here in a cloud bank?"

DONCASTER 16 OCTOBER 2017**Long Jump**

Ken Bruce	65	4.67	(venue record)
Matt Scholes	47	3.99	
Greg Champion	62	3.73	
David McConnell	65	3.63	
Graham Ford	68	3.39	
Clyde Riddoch	64	2.83	

Javelin

Matt Scholes	47	23.77	
David McConnell	65	22.69	
Graham Ford	68	20.30	
Clyde Riddoch	64	20.14	
Frank Prowse	65	18.36	

Discus

Clyde Riddoch	64	28.41	
Graham Ford	68	26.88	
David McConnell	65	24.45	
Ken Bruce	65	20.38	
Matt Scholes	47	20.09	
Frank Prowse	65	15.14	
Mel Bissett	41	11.23	

100 Metres

Ken Bruce	65	13.96	
Phil Rosevear	68	14.76	
Jeffrey Sim	55	16.22	
Mel Bissett	41	17.48	
Carolyn Aughey	75	22.78	(venue record)

200 Metres heat 1

Phil Rosevear	68	33.90	
Mel Bissett	41	37.20	
Frank Prowse	65	41.00	
Clyde Riddoch	64	45.90	

200 Metres heat 2

Matt Scholes	47	28.05	
Ken Bruce	65	28.12	(venue record)
David McConnell	65	30.18	
Graham Ford	68	31.64	
Greg Champion	62	32.50	
Jeffrey Sim	55	33.42	

400 Metres

Phil Rosevear	68	80.4	
Jeffrey Sim	55	82.0	
Mel Bissett	41	1.41.5	
Carolyn Aughey	75	2.01.6	(venue record)
Katrina Philip	55	2.01.7	

800 Metres

Katrina Philip	55	4.17.8	
Marla Trautman	45	6.06.5	

1500 Metres

David McConnell	65	6.06.0	
Kath Gawthorn	43	7.02.4	
Graham Ford	68	7.24.4	
Clive Riddoch	64	7.40.7	
Frank Prowse	65	8.35.1	(venue walk rec)
Marla Trautman	45	12.54.7	

DONCASTER 23 OCTOBER 2017**120 Metres handicap**

Phil Rosevear	(-19)	14.46	
Janine James	(-36)	14.58	
Greg Champion	(-25)	14.64	
David McConnell	(-14)	14.74	
Gary Zuccala	(-22)	14.76	
Matt Hughes	(-10)	15.14	

DONCASTER 23 OCTOBER 2017 cont.

Jeffrey Sim	(-27)	15.19	
Carolyn Aughey	(-54)	15.34	
Gloria DeZwart	(-50)	15.52	(venue record)
John Aughey	(-41)	16.23	
Pauline Shaw	(-38)	16.32	
Elizabeth Grover	(-38)	16.33	

80 Metres

Matt Hughes	42	11.15	
Phil Rosevear	68	11.94	
Greg Champion	62	12.46	
Jeffrey Sim	55	13.11	
Janine James	70	14.12	(venue record)
Pauline Shaw	47	15.72	
Gloria DeZwart	81	18.02	

150 Metres

Matt Hughes	42	21.98	
Gary Zuccala	55	23.58	
Greg Champion	62	24.24	
Jeffrey Sim	55	25.26	
Carolyn Aughey	75	35.14	(venue record)

400 Metres

David McConnell	65	66.3	
Phil Rosevear	68	80.3	
Matt Hughes	42	82.1	
Jeffrey Sim	55	83.0	
Katrina Philip	55	103.5	
John Aughey	80	153.9	

3000 Metres

Gary Zuccala	55	12.24.3	
Elizabeth Grover	55	13.56.5	
Matt Hughes	42	14.12.8	
Katrina Philip	55	15.26.5	
Graham Ford	68	17.29.8	

DONCASTER 30 OCTOBER 2017**1500 Metres**

Gary Zuccala	55	5.38.9	
Jeffrey Sim	55	7.08.2	
Katrina Philip	55	7.08.2	
Phil Urquhart	73	11.09.2	(walk)

400 Metres

John Aughey	80	1.49.6	
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60 Metres

Ken Bruce	65	8.88	
Phil Rosevear	68	9.12	
Greg Champion	62	9.84	
Jeffrey Sim	55	10.34	
Pauline Shaw	47	11.31	
Gloria DeZwart	81	13.07	
Carolyn Aughey	75	14.00	(venue record)

800 Metres

David McConnell	65	2.45.4	
Gary Zuccala	55	2.56.1	
Graham Ford	68	3.13.7	
Jeffrey Sim	55	3.27.8	
Katrina Philip	55	3.28.3	
Shaun Wright	46	4.22.0(400m W - ven rec)	

2 x 200 Metres

Greg Champion & David McConnell	61.8
Gary Zuccala & Phil Rosevear	61.9
Pauline Sham & Ken Bruce	69.2

EAST BURWOOD 5 OCTOBER 2017**60 METRE SPRINT****Heat 1:**

1	Allan WOOD	80	11.7
2	Leo COFFEY	87	12.0
3	Brian HOLCOMBE	72	13.1
4	Horacio DIAZ	72	14.0

Heat 2:

1	Jess DUX	33	8.5
2	Paul DURRANT	56	9.0
3	Glenn McLEAN	53	9.3
4	Christopher WORSNOP	60	9.7
5	Melanie BISSETT	41	10.7

880 YARDS SELF HANDICAP RUN**DOUG ORR MEMORIAL VENUE FINAL**

		Clock	Actual	
	Melanie BISSETT (Disq.)	41	5.15	4.15
	Grant WATSON (Disq.)	70	5.25	5.14
1	Liz EASTWOOD	48	5.30	4.00
2	Christopher WORSNOP	60	5.32	3.12
3	Bob HENDERSON	71	5.36	3.34
4	Stephen DAY	47	5.40	3.30
5	Michelle QUAN	47	5.49	4.09

600 METRE WALK

1	Christopher WORSNOP	60	3.59
2	Leo WATSON	76	4.07
3	Leonie GILLIES	60	4.18
4	Brian TAIT	75	4.36
5	Grant WATSON	70	4.58
6	Gordon ONLEY	82	4.59
7	Phyllis GOSBELL	79	5.02
8	Bob LEWIS	89	6.00
9	Melanie BISSETT	41	6.17
10	Peter BATTRICK	74	7.31
	Liz EASTWOOD (400 metres)	48	3.11

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

1	Jess DUX	33	29.9	29.0
2	Janet HOLMES	64	38.7	39.5
3	Andrew FRASER	75	41.1	39.2
4	Allan WOOD	80	44.0	40.0
5	Leo COFFEY	87	46.0	42.0
6	Brian HOLCOMBE	72	47.3	46.0
7	Horacio DIAZ	72	52.2	40.0

Heat 2:

1	Paul DURRANT	56	29.7	28.0
2	Glenn McLEAN	53	31.3	30.0
3	Christopher WORSNOP**	60	35.3	35.0
4	Melanie BISSETT	41	38.3	30.0
5	Grant WATSON	70	69.6	52.0

** Winner - Christopher Worsnop

100 METRE SPRINT

1	Jess DUX	33	
2	Paul DURRANT	56	No
3	Melanie BISSETT	41	
4	Andrew FRASER	75	Times
5	Leo COFFEY	87	
6	Horacio DIAZ	72	

1 KM WALK

1	Grant WATSON	70	10.34
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3 KM RUN

1	Bob HENDERSON	71	15.04
2	Liz EASTWOOD	48	15.08
3	Leonie GILLIES	60	17.34

EAST BURWOOD 5 OCTOBER 2017 cont.**5 KM SEALED HANDICAP**

		Clock	Adjusted	
1	Christopher WORSNOP	60	24.52	30.52
2	Michelle QUAN	47	27.32	31.22
3	Sam DEFANIS	69	28.11	33.16

JAVELIN THROW

	Paul DURRANT	56	24.63
	Jess DUX	33	19.10
	Allan WOOD	80	18.70
	Andrew FRASER	75	14.33
	Louise McLEAN	52	12.70
	Jack FREDRICKSON	78	12.23
	Brian TAIT	75	11.10
	Leo COFFEY	87	8.18

EAST BURWOOD 12 OCTOBER 2017**60 METRE SPRINT****Heat 1:**

1	Donna CLARKE	64	10.6
2	Allan WOOD	80	11.2
3	Leo COFFEY	87	11.5
4	Brian HOLCOMBE	72	12.3
5	Shirley COPPOCK	81	12.8
6	Lloyd NICHOLS	76	13.7

Heat 2:

1	Rob STAGG	51	8.8
2	Christopher WORSNOP	60	9.8
3	Ros LORDING	45	11.4
4	Melanie BISSETT	41	10.7

Heat 3:

1	Jack DURRANT	20	8.0
2	Jess DUX	33	8.3
3	Glenn McLEAN	53	8.9
4	Paul DURRANT	56	8.6
5	Geoff WHITEHALL	68	9.4
6	Grant MURFETT	50	9.6

800 METRE HANDICAP WALK

		Clock	Actual	
1	Gordon ONLEY	82	8.31	6.26
2	Russ DICKENSON	71	8.32	4.52
3	Jack DURRANT	20	8.33	4.08
4	Leo WATSON	76	8.38	5.33
5	Bob LEWIS	89	8.39	7.39
6	Christopher WORSNOP	60	8.40	5.20
7	Grant WATSON	70	8.42	6.42
8	Ros LORDING	45	8.50	4.55
9	Allan WOOD	80	8.51	6.31
10	Peter BATTRICK	74	9.07	9.07
11	Liz EASTWOOD	48	9.53	6.08

100 METRE SPRINT**Heat 1:**

1	Janet HOLMES	64	17.8
2	Leo COFFEY	87	18.5
3	Brian HOLCOMBE	72	19.4
4	Shirley COPPOCK	81	22.2
5	Lloyd NICHOLS	76	37.5

Heat 2:

1	Stephen DAY	47	14.4
2	Christopher WORSNOP	60	15.8
3	Ros LORDING	45	16.9
4	Melanie BISSETT	41	17.4
5	Allan WOOD	80	18.6

Heat 3:

1	Jack DURRANT	20	13.2
2	Paul DURRANT	56	13.6
3	Jess DUX	33	13.9
4	David McCONNELL	65	14.2
5	Graeme FORD	68	14.6
6	Rob STAGG	51	14.9

EAST BURWOOD 12 OCTOBER 2017 cont.**300 METRE SPRINT N.O.T.**

		Clock	Nom.
1	Stephen DAY	47	49.2
2	Geoff WHITEHALL	68	50.2
3	Janet HOLMES **	64	60.8
4	Brian HOLCOMBE	72	62.1
5	Ros LORDING	45	63.4
6	Allan WOOD	80	77.6
7	Shirley COPPOCK	81	86.5
8	Grant MURFETT	50	90.3
9	Lloyd NICHOLS	76	175.0

** Winner - Janet Holmes

880 YARDS SELF HANDICAP RUN**DOUG ORR MEMORIAL INTER-VENUE FINAL**

			Clock	Actual
	Cec McKEOWN	Croy (DQ.)	77	5.17
	Bob HENDERSON	Knox (DQ)	71	5.19
	Geoff WHITEHALL	Knox (DQ)	68	5.10
	Liz EASTWOOD	Knox (DQ)	48	5.20
	Christopher WORSNOP	E.B.(DQ)	60	5.21
	Tim LOVEDAY	Knox (DQ)	53	5.23
	Grant MURFETT	Croy (DQ)	50	5.25
1	Rob STAGG	Croy	51	5.26
2	Stephen DAY	E.B.	47	5.29
3	Greme FORD	Don.	68	5.30
4	Colin PAGE		63	5.31
5	Ros LORDING	E.B.	45	5.54
6	David McCONNELL	Don.	65	5.35
7	Grant WATSON	E.B.	70	5.36
8	Jess DUX	Croy	33	5.36
9	Kath GAWTHORNE	Don	43	5.37

Go is for a nominated time of 5.30 mins

4 second margin so anyone under 5.26 is disqualified

Winning Team - East Burwood

Fastest Male - David McConnell (Doncaster)

Fastest Female - Ros Lording (East Burwood)

2 OR 5 LAPS WALK**2 laps:**

1	Geoff WHEELER	61	10.15
2	Bob LEWIS	89	10.18
3	Grant WATSON	70	10.19

5 laps:

1	Russ DICKENSON	71	13.38
2	Leo WATSON	76	15.00

2 OR 4 KM RUN**2 km:**

1	Christopher WORSNOP	60	8.26
2	Bob HENDERSON	71	9.36
3	Annette PELGRIM	63	9.41
4	Sam DEFANIS	69	10.00

4 km:

1	Adam McCANN	41	17.29
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EAST BURWOOD 19 OCTOBER 2017**60 METRE SPRINT****Heat 1:**

1	Leo COFFEY	87	11.7
2	Shirley COPPOCK	81	13.2
3	Brian HOLCOMBE	72	13.9
4	Horacio DIAZ	72	14.4
5	Lloyd NICHOLS	76	21.1

EAST BURWOOD 19 OCTOBER 2017 cont.**Heat 2:**

1	Jack DURRANT	20	8.4
2	Stephen DAY	47	9.3
3	Ros LORDING	45	10.5
4	Paul DURRANT	56	10.8
5	Donna CLARKE	64	11.1
6	Trish CARLIN	45	3.3

600 METRE RUN

1	Stephen DAY	47	2.20
2	Ros LORDING	45	2.24
3	Bob HENDERSON	71	2.44
4	Rob BAULCH	69	3.07
5	Liz EASTWOOD	48	3.21
6	Trish CARLIN	45	3.34

1000 METRE HANDICAP WALK

		Clock	Actual
1	Bob LEWIS	89	10.42
2	Leonie GILLIES	60	10.50
3	Ros LORDING	45	10.52
4	Grant WATSON	70	10.53
5	Leo WATSON	76	10.59
6	Brian TAIT	75	11.00
7	Gordon ONLEY	82	11.05
8	Trish CARLIN	45	11.13
9	Phyllis GOSBELL	79	11.14
10	Peter BATTRICK	74	11.14
11	Gerald BURKE	77	11.34
12	Liz EASTWOOD	48	13.59

2 X 200 METRE RELAY

1	Paul DURRANT	56	
	Trish CARLIN	45	1.11
2	Ros LORDING	45	
	Zoe PANDEY	Inv	1.14
3	Leo COFFEY	87	
	Donna CLARKE	64	1.25
4	Stephen DAY	47	
	Gordon ONLEY	82	1.29
5	Brian HOLCOMBE	72	
	Janet HOLMES	64	1.30

2 KM WALK

1	Brian TAIT	75	8.06
2	Bob LEWIS	89	9.47

3 KM HANDICAP RUN

		Clock	Actual
1	Annette PELGRIM	63	17.28
2	Stephen DAY	47	17.32
3	Adam McCANN	41	17.37
4	Sam DEFANIS	69	17.42
5	Leonie GILLIES	60	18.17
6	Rob BAULCH	69	18.28
7	Bob HENDERSON	71	21.01

100 METRE SPRINT

1	Ros LORDING	45	14.9
2	Janet HOLMES	64	16.9
3	Trish CARLIN	45	17.4
4	Brian HOLCOMBE	72	18.4
5	Leo COFFEY	87	19.4
6	Shirley COPPOCK	81	20.6
7	Horacio DIAZ	72	24.7
8	Lloyd NICHOLS	76	39.3

DISCUS THROW N.O.D.

		Best	Nom.
	Paul DURRANT	56	28.10
	Tracey CARPENTER	51	14.65
	Brian TAIT **	75	13.05
	Donna CLARKE	64	12.28
	Leo COFFEY	87	10.02

** Winner - Brian Tait

EAST BURWOOD 26 OCTOBER 2017**60 METRE SPRINT****Heat 1:**

1	Leo COFFEY	87	11.9
2	Brian HOLCOMBE	72	12.4
3	Horacio DIAZ	72	13.2
4	Gordon ONLEY	82	15.4
5	Lloyd NICHOLS	76	20.1

Heat 2:

1	Paul DURRANT	56	8.4
2	Melanie BISSETT	41	10.4
3	Tracey CARPENTER	51	10.9
4	Donna CLARKE	64	11.1
5	Andrew FRASER	75	15.0

1000 METRE RUN

1	Donna CLARKE	64	6.09
2	Michelle QUAN	47	6.09
3	Bob HENDERSON	71	6.12

800 METRE WALK N.O.T.

		Clock	Nom.	
1	Ros LORDING	45	4.36	4.50
2	Melanie BISSETT	41	5.24	5.15
3	Leo WATSON	76	5.36	5.33
4	Leonie GILLIES	60	6.01	6.10
5	Brian TAIT	75	6.11	6.13
6	Grant WATSON	70	6.36	6.50
7	Phyllis GOSBELL **	79	6.39.1	6.40
8	Gordon ONLEY	82	6.45	6.37
9	Gerald BURKE	77	6.54	7.00
10	Jack FREDRICKSON	78	7.16.6	7.15
11	Bob LEWIS	89	7.17	7.10
12	Bob HENDERSON	71	7.20	7.45
13	Peter BATTRICK	74	8.40	9.00

** Winner - Phyllis Gosbell

200 METRE HANDICAP SPRINT**Heat 1:**

			H'cap	Mtrs
1	Lloyd NICHOLS	76	24.6	120
2	Andrew FRASER	75	29.2	42
3	Grant WATSON	70	30.3	80
4	Donna CLARKE	64	30.9	40
5	Leo COFFEY	87	32.1	50
6	Michelle QUAN	47	323.0	40
7	Horacio DIAZ	72	34.3	64
8	Gordon ONLEY	82	36.7	64
9	Brian HOLCOMBE	72	37.5	50

Heat 2:

1	Paul DURRANT	56	28.6	0
2	Ros LORDING	45	29.8	32
3	Tracey CARPENTER	51	30.4	30
4	Melanie BISSETT	41	31.0	32

100 METRE SPRINT**Heat 1:**

1	Andrew FRASER	75	17.2
2	Donna CLARKE	64	18.2
3	Leo COFFEY	87	19.5
4	Horacio DIAZ	72	23.6
5	Lloyd NICHOLS	76	37.9

Heat 2:

1	Paul DURRANT (110 Mtrs)	56	15.0
2	Ros LORDING	45	17.2
3	Melanie BISSETT	41	17.6
4	Brian HOLCOMBE	72	21.1

1 KM WALK

1	Bob LEWIS	89	10.08
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EAST BURWOOD 26 OCTOBER 2017 cont.**3 OR 5 KM HANDICAP RUN****3 km:**

		Clock	Actual	
1	Leonie GILLIES	60	18.14	17.29
2	Bob HENDERSON	71	20.54	14.39

5 km:

1	Annette PELGRIM	63	29.,23	24.23
2	Sam DEFANIS	69	29.45	24.45
3	Paul EARLE	53	30.01	22.31
4	Michelle QUAN	47	30.21	26.11
5	Rob BAULCH	69	31.41	31.41

LONG JUMP

		Metres	
	Paul DURRANT	56	4.13
	Ros LORDING	45	3.21
	Tracey CARPENTER	51	2.85
	Melanie BISSETT	41	2.75
	Donna CLARKE	64	2.49
	Leo COFFEY	87	2.17

FRANKSTON 5 OCTOBER 2017**100m**

1	Peter Biggs	52	13.10
2	Chris Sheedy	49	13.89
3	Rhiannon Lester	37	13.95
4	Veronica Sheedy	Inv	15.53
5	Michael Lambert	61	16.20
6	Bill Carr	68	16.34

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

			Team time	
1	Mike Hall	79	S	5.14
	Gary Meyer	62	R	
	Pramesh Prasad	43	W	
2	Veronica Sheedy	Inv	S	5.34
	Russ Dow	57	R	
	Alan Radford	66	W	
3	Michael Lambert	61	S	5.57
	Charlie Mallia	68	R	
	Penny Hall	77	W	
4	Bill Carr	68	S	5.58
	Caitlin O'Connell	43	R	
	Chris Sheedy	49	W	
5	Rhiannon Lester	37	S	6.01
	Claudio Riga	62	R	
	John Hallo	75	W	

2000m

1	David Dodson	58	10.49
2	Claudio Riga	62	12.03
3	Gary Meyer	62	12.34
4	Alan Radford	66	13.26

1600m Walk

1	John Hallo	75	13.00
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2800m Walk

1	Pramesh Prasad	43	13.58
2	Albin Hess	57	18.50
3	Lindsay Beaton	67	26.16
?	Peter Ellis	65	?

3600m

1	Russ Dow	57	15.00
2	Chris Sheedy	49	16.00
3	Charlie Mallia	68	20.54
4	Caitlin O'Connell	42	22.18

FRANKSTON 12 OCTOBER 2017

80m

1	Chris Sheedy	49	10.69
2	Rhiannon Lester	37	10.88
3	Michael Lambert	61	11.69
4	Russ Dow	58	11.98
5	Veronica Sheedy	Inv	12.17
6	Mike Hall	79	12.86

250m

1	Rob Taylor	48	37.19
2	Chris Sheedy	49	37.62
3	Rhiannon Lester	37	41.28
4	Barry Jeffs	69	55.03
5	Alan Radford	66	55.06

800m Walk

1	Pramesh Prasad	43	3.35
2	Penny Hall	77	6.10
3	Alan Radford	66	6.12
4	John Sutton	74	6.15
5	John Hallo	75	6.17
6	Lindsay Beaton	67	6.54

1000m Walk

1	Albin Hess	57	5.52
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1000m

1	Rob Taylor	48	3.20
2	Russ Dow	58	3.37
3	Charlie Mallia	68	4.59
4	Barry Jeffs	69	5.30
5	Caitlin O'Connell	43	6.07
6	Frances Halton	56	6.12

2400m Walk - Self Handicap

		ET	Start	Clock	Diff
(no faster than 3 sec per lap estimate)					
1	John Sutton	74	21.00	GO	20.50 -0.10
2	Alan Radford	66	20.20	0.40	21.00 0.00
3	Pramesh Prasad	43	11.35	9.25	21.09 0.09
4	Penny Hall	77	19.00	2.00	21.42 0.42
4	John Hallo	75	19.00	2.00	21.42 0.42
DQ	Albin Hess	57	15.00	6.00	20.28 -0.32

2400m - Self Handicap

		ET	Start	Clock	Diff
(no faster than 2 sec per lap estimate)					
1	Chris Sheedy	49	10.45	4.15	15.11 0.11
2	David Dodson	58	13.00	2.00	15.20 0.20
3	Gary Meyer	62	13.45	1.15	15.30 0.30
DQ	Barry Jeffs	69	15.00	GO	14.42 -0.18

3200m Walk

1	Lindsay Beaton	67	30.06
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4000m

1	Rob Taylor	48	16.16
2	Russ Dow	58	16.17
3	Charlie Mallia	68	22.18
4	Caitlin O'Connell	43	24.52
5	Frances Halton	56	25.30

FRANKSTON 19 OCTOBER 2017

90m

1	Chris Sheedy	49	12.65
2	Russ Dow	58	13.50
3	Michael Lambert	61	13.69
4	Bill Carr	68	14.19

200m

			Time
1	Chris Sheedy	49	28.75
2	Bill Carr	68	31.15
3	Michael Lambert	61	31.68
4	Nonie Chan	32	38.87
5	Barry Jeffs	69	42.92

800m Walk

1	Albin Hess	57	4.52
2	John Hallo	75	6.12
3	John Sutton	74	6.42
4	Lindsay Beaton	67	6.58

800m

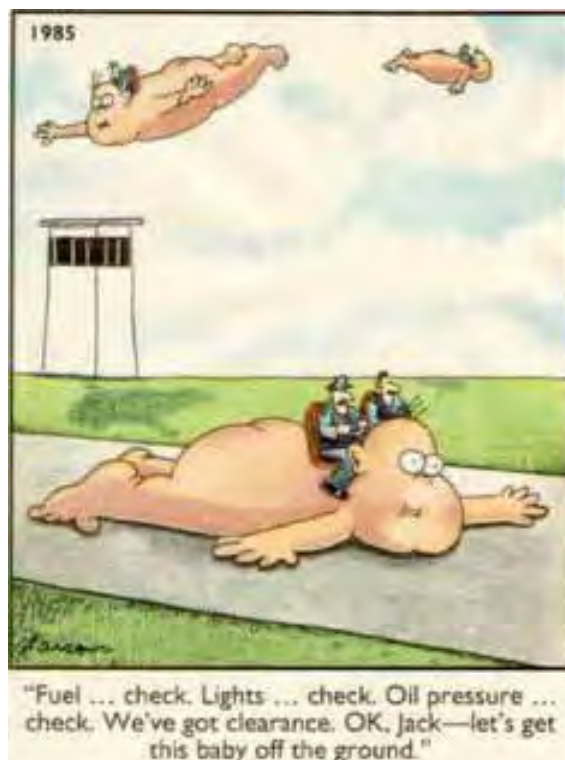
1	Russ Dow	58	2.57
2	Nonie Chan	32	3.42
3	Charlie Mallia	68	3.52
4	Barry Jeffs	69	4.14
5	Fran Halton	56	4.57

5 or 8 lap Walk

1	Albin Hess	57	13.30	5 laps
2	John Hallo	75	15.58	5 laps
3	John Sutton	74	19.23	5 laps
1	Lindsay Beaton	67	30.06	8 laps

5 or 8 lap Run

1	Michael Lambert	61	11.31	5 laps
2	David Dodson	58	11.46	5 laps
3	Gary Meyer	62	11.48	5 laps
4	Barry Jeffs	69	11.56	5 laps
1	Rob Taylor	48	12.30	8 laps
2	Russ Dow	58	13.39	8 laps
3	Charlie Mallia	68	17.29	8 laps
4	Chris Sheedy	49	17.30	8 laps
5	Nonie Chan	32	18.55	8 laps
6	Fran Halton	56	20.07	8 laps



FRANKSTON 26 OCTOBER 2017**100m - Age Graded**

(Heat 1)		Time	A/G %
1	Peter Biggs	52 13.12	85.54%
2	Bill Carr	68 15.08	81.87%
3	Rhiannon Lester	38 14.37	76.57%
4	Michael Lambert	61 16.54	73.56%

(Heat 2)		Time	A/G %
1	Chris Sheedy	49 14.10	77.86%
2	Russ Dow	58 14.78	77.00%
3	Veronica Sheedy	Inv 15.96	73.44%
4	Nonie Chan	32 17.28	61.71%

150m (timing gear failed)

1	Rhiannon Lester	38
2	Bill Carr	68
3	Michael Lambert	79

600m Walk

1	Albin Hess	57	3.51
2	John Sutton	74	4.43
3	Alan Radford	66	4.43
4	Lindsay Beaton	67	5.11

600m

1	Rob Taylor	48	1.57
2	Chris Sheedy	49	1.58
3	Russ Dow	58	2.04
4	Michael Lambert	61	2.29
5	Charlie Mallia	68	2.55
6	Nonie Chan	32	3.16
7	Caitlin O'Connell	43	3.25
8	Fran Halton	56	3.55

Walk in the park (walkers did varying tracks)

John Sutton	74	19.50	W
Lindsay Beaton	67	22.38	W
Albin Hess	57	25.10	W
John Hallo	75	29.55	W

1 lap Run in the Park

1	Veronica Sheedy	Inv	15.09	R
2	Alan Radford	66	16.35	R

2 lap Run in the Park

1	Rob Taylor	48	16.30	R
2	Russ Dow	58	17.46	R
3	Chris Sheedy	49	21.33	R
3	Bronwyn Hanns	54	21.33	R
5	Charlie Mallia	68	22.56	R
6	David Dodson	58	24.19	R
7	Gary Meyer	62	24.53	R
8	Caitlin O'Connell	43	25.44	R
8	Fran Halton	56	25.44	R
10	Nonie Chan	32	26.45	R

GEELONG 4 OCTOBER 2017**3000m - Jeff Walker Handicap**

Rhys Hamill-Beach	11:57
Kath Oliver	15:17
Jill Coyte	15:19
R Farrell	17:58
Anne Devereaux	19:11

5000m Jeff Walker Handicap

T Dekleva	19:10
Nicholas MacDonald	19:41
Phil Shay	20:16
Tim Murphy	20:48
Aaron Bird	21:04
Tony McRae	21:09
Yolanda Russell	23:07
Jeff Walker	23:10
Gerry Fitzpatrick	24:59
Steve Welsh	25:26
Peter Lamb	25:45
Frank Engelsman	26:12
C Bridgland	27:06
Andrew Fitzpatrick	30:38
Grant Baensch	31:48

GEELONG 11 OCTOBER 2017**300m**

Nicholas MacDonald	00:50
Andrew Fitzpatrick	00:57
Alan Jenkins	00:58
Gerry Fitzpatrick	01:08

1600m

Peter Lamb	06:49
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2400m

Charlie El-Hage	09:07
Jackson Burke	09:40
Nicholas MacDonald	10:21
David Matthews	10:32
Ben Evans	10:35
Jeff Walker	11:03
Daryl Hurst	11:18
Brad Jinkinson	11:26
Gerry Fitzpatrick	12:20
Frank Engelsman	13:09
Grant Baensch	13:37
Andrew Fitzpatrick	14:29

1600m

Jackson Burke	06:15
David Matthews	06:20
Nicholas MacDonald	06:40
Ben Evans	06:41
Alan Jenkins	07:01
Jeff Walker	07:05
Daryl Hurst	07:45
Brad Jinkinson	08:11
Frank Engelsman	08:52
Grant Baensch	09:10

GEELONG 18 OCTOBER 2017**3000m Cross Country**

Rhys Hamill-Beach	13:36
Peter Lamb	15:06
Jill Coyte	18:17

6000m Cross Country

Nicholas MacDonald	27:01
Jeff Walker	28:22
Yolanda Russell	28:41
Alan Jenkins	30:06
Coral Bridgland	33:53
Frank Engelsman	35:11
Grant Baensch	39:20
Cheryl DeBeen	40:26

GEELONG 25 OCTOBER 2017**200m**

Rhys Hamill-Beach	24.10
Dylan Syres	26.27
Brenton Systemans	30.18
Ray Farrel	34.18
Katie Eisenhauer	35.23

2800m

Brenton Systemans	10:05
Charlie El-Hage	10:20
Tony McRae	10:43
Katie Eisenhauer	10:54
Nicholas MacDonald	11:30
Jeff Walker	13:03
Alan Jenkins	13:07
Gerry Fitzpatrick	14:09
Kath Oliver	14:12
Andrew Fitzpatrick	14:20
Mandy Dunstan	14:25
Grant Baensch	15:21
Peter Urban	15:53
Jill Coyte	15:57
Cheryl DeBeen	16:42
Anne Devereaux	17:52

1000m

Rhys Hamill-Beach	02:59
Brenton Systemans	03:14
Tony McRae	03:33
Nicholas MacDonald	03:38
Katie Eisenhauer	03:49
Alan Jenkins	03:59
Peter Lamb	04:05
Jeff Walker	04:17
Gerry Fitzpatrick	04:21
Kath Oliver	04:47
Mandy Dunstan	04:50
Grant Baensch	05:08
Peter Urban	05:24
Fiona Fitzpatrick	06:09

GLEN EIRA 3 OCTOBER 2017**RAY KEMP 5KM SEALED H/C RUN**

		Clock	H'cap	Actual
BARRY JEFFS	69	33.31	+ 7.00	26.31
CHRIS BROWN	62	24.38	2.00	26.38
ASHLEY PAGE	77	24.31	2.15	26.46
JANE STURZAKER	64	29.32	+ 2.30	27.02
JOHN ZELEZNIKOW	67	44.20	+ 17.15	27.05
JO COCKWILL	65	29.09	+ 2.00	27.09
PETER BENICE	68	24.32	3.00	27.32
KAREN MONOHAN	51	33.37	+ 6.00	27.37

300 MTRS E/T - WK 1

		Clock	E/T	Diff
JIM ROUNTREE	58	48.40	49.00	0.60
JIM McLURE	71	55.62	56.25	0.63
BILL CARR	58	51.90	50.80	1.10
VIVIENNE CASH		56.64	58.00	1.36
BOB WISHART	75	49.10	51.75	2.65
JUNE TREWEEK	56	59.90	56.80	3.10

3KM SEALED H/C WALK

		Clock	Actual	H/c
KARYN O'NEIL	62	27.09	19.34	7.35
JIM BERRINGTON	61	27.38	19.05	8.31
CYNTHIA ELLERY	68	27.45	24.48	2.57
SANDRA MIDDLETON	68	28.06	21.26	6.40
TONY DORAN	65	28.21	21.30	6.51
PETER McGRATH	77	28.32	28.32	GO
TERRY O'NEILL	61	29.27	19.15	10.12
DES MIDDLETON	70	30.2	22.45	7.35

800 METRES H/C

		Clock	Actual	H/c
GREG HUGHES	42	3.51.1	3.09.1	42
JANET HOLMES	64	3.59.3	3.26.3	33
MIKE CLAPPER	65	4.08.1	2.49.1	79
BARRY JEFFS	69	4.35.4	4.35.4	GO
JACK EMMERSON	(INV)	4.03.2	3.00.2	63

70 METRES E/T

		Clock	E/T	Diff
BILL CARR	68	10.59	10.80	21.0
JIM ROUNTREE	58	10.78	11.00	22.0
CHRIS BROWN	62	10.39	10.70	0.31
JUNE TREWEEK	56	11.45	11.00	0.45
BOB WISHART	75	10.12	10.77	0.65
GLAD WISHART	73	14.33	13.45	0.88
JIM SINCLAIR	93	17.17	14.30	2.87
BARRY MANTELL	48	11.24	0.00	

GLEN EIRA 10 OCTOBER 2017**300 MTRS E/T - WK 2**

		Clock	Actual	H/cap
JIM McLURE	71	57.81	55.81	2
JUNE TREWEEK	56	58.01	58.01	GO
BOB WISHART	75	59.19	48.19	11
JIM ROUNTREE	58	59.36	48.36	11
BILL CARR	68	60.13	51.13	9

1600 MTRS E/T WALK

		Clock	E/t	Diff
KARYN O'NEILL	62	10.23	10.20	3
JIM BERRINGTON	61	9.58	10.07	9
TERRY O'NEILL	61	9.54	10.05	11
PETER McGRATH	78	15.12	15.24	12
SANDRA MIDDLETON	68	11.32	11.19	13
TONY DORAN	65	12.18	11.25	53
DES MIDDLETON	70	12.18	11.20	58
GRAHAM STOCKDALE	75	15.13	11.15	3.58

GLEN EIRA 10 OCTOBER 2017 cont.

700 METRES E/T		Clock	E/T	Diff
GRAHAM STOCKDALE	75	2.56.8	2.58	1.2
BARRY JEFFS	69	3.47.8	3.50	2.2
JANET HOLMES	64	2.54.1	3.00	5.9
KEVIN BROWNE 4KM H/C RUN			Adj	
WEEK 1		Clock	H/c	Time
CHRIS GRAFEN	53	16.13	4.0	20.13
BARRY JEFFS	69	25.35	Plus 5	20.35
BRUCE CAMPBELL	69	19.35	2.0	21.35
ASHLEY PAGE	77	21.25	2.0	23.25
SYD BONE	60	20.30	3.20	23.50
JUDY WINES	79	28.58	Plus 6	22.58

GLEN EIRA 17 OCTOBER 2017

80 METRES E/T		Clock	E/T	Diff
GLAD WISHART	73	15.35	15.25	0.10
BILL CARR	68	11.75	12.00	0.25
JUNE TREWEEK	56	12.29	12.58	0.29
JIM ROUNTREE	58	11.95	12.30	0.35
CHRIS BROWN	62	11.64	12.10	0.46
BOB WISHART	75	11.47	11.97	0.50
JIM SINCLAIR	93	18.05	17.00	1.05
RAY KEMP	90	29.11	18.10	11.01
1,000 METRES H/C		Clock	Actual	H/cap
GRAHAM STOCKDALE	75	4.45.6	4.10	35
JANET HOLMES	64	4.52.0	4.22	30
BARRY JEFFS	69	5.30.2	5.30	GO
KEVIN BROWNE 3KM H/C RUN			Adj	
WEEK 2		Clock	H/c	Time
ANDREW EDWARDS	64	12.16	2.30	14.46
PETER BENCE	68	12.36	3.00	15.36
BARRY JEFFS	69	18.09	Plus 2.30	15.39
ASHLEY PAGE	77	16.13	GO	16.13
GERRY O'DONNELL	63	16.14	GO	16.14
KAREN MONOHAN	51	19.20	Plus 3.00	16.20
JANE STURZAKER	64	17.55	Plus 1.30	16.25
CHRIS BROWN	62	16.00	1.30	17.30
JOHN ZELEZNIKOW	67	27.34	Plus 9.00	18.34
PHIL URQUHART	73	20.21	Plus 1.30	18.51
4KM WALK		Clock		
TERRY O'NEILL	61	24.54		
JIM BERRINGTON	61	25.54		
KARYN O'NEILL	62	26.53		
DES MIDDLETON	70	29.10		
SANDRA MIDDLETON (2KM)	68	14.35		
PETER McGRATH (2KM)	78	19.07		
300 MTRS				
JIM McLURE	71	56.59		
IVAN DODIN (INV)		56.66		
BILL CARR	68	56.71		
BOB WISHART	75	57.95		
JIM ROWNTREE	58	58.16		
JUNE TREWEEK	56	60.99		
CHRIS BROWN	62	62.06		

GLEN EIRA 24 OCTOBER 2017

60 METRES E/T		Clock	Est	Diff
BILL CARR	68	9.21	9.25	4
BOB WISHART	75	9.19	9.30	11
GLAD WISHART	73	12.25	12.01	24
JIM McLURE	71	10.45	10.09	34
VIVIANNE CASH	65	10.00	9.55	45
JIM SINCLAIR	93	13.40	14.70	63
KEVIN BROWNE 5KM H/C RUN			Adj	
WEEK 3 FINAL		Clock	H/c	Time
KAREN MONOHAN	51	33.08	Plus 6	27.08
JOHN ZELEZNIKOW	67	48.15	Plus 11	27.15
EWEN WILSON	64	20.19	7.00	27.19
JANE STURZAKER	64	30.25	3.00	27.25
GERRY O'DONNELL	63	26.05	2	28
400 MTRS E/T		Clock	Est	Diff
JANET HOLMES	64	87.9	88	0.1
JIM McLURE	71	82.6	80.50	2.1
BOB WISHART	75	76.9	73	3.9
BILL CARR	68	77.10	73	4.11
5 LAPS SPIRAL WALK E/T		Clock	Est	Diff
TERRY O'NEIL	61	12.54	13.03	0
DES MIDDLETON	70	14.14	14.26	12
JIM BERRINGTON	61	12.57	13.10	13
PETER McGRATH	78	19.37	19.20	17
KARYN O'NEILL	62	13.42	14.04	22
CYNTHIA ELLERY	68	17.29	17.06	23
SANDRA MIDDLETON	68	16.32	17.00	28
TONY DORAN	65	15.14	14.25	51

GLEN EIRA 31 OCTOBER 2017

Living Legends Night.
Results in December Footprints



KNOX 4 OCTOBER 2017**800m walk**

■ Melissa Butler	13	5.44
■ Liz Eastwood	48	6.47
■ Anne McPherson	61	8.09
■ Glenn Claiden	63	8.1
■ Sarah Thorne	38	8.15
■ Nicola Van Reenan	45	8.17
■ Peter Thorne	69	8.18
■ Andrea Putting	54	8.26
■ Maggie Hawkes	61	8.28
■ Danielle Grund	35	8.3
■ Paul Twining	68	8.34
■ Mick Carr	64	8.35
■ Chas McRae	85	9.1
■ Bob Henderson	71	9.12
■ David Wear	71	9.13

80m

■ Cody Andrews 95m	inv	10.84
■ Paul Durrant	56	11.01
■ Geoff Whitehall	68	11.52
■ Melissa Butler	13	13.52
■ Rebecca carpenter	18	13.67
■ Donna Clarke	64	14.4
■ Andrea Putting	54	15.41

Doug Orr half mile handicap

■ Brian Mee	DQ	80	3.48
■ Sarah Thorne	DQ	38	4.04
■ Shane Grund	1st	35	2.14
■ Bob Henderson		71	3.27
■ Tim Loveday		53	3.53
■ Liz Eastwood		48	3.41
■ Geoff Whitehall		68	3.15
■ Pauline Paine		39	3.56
■ Stephen Richards		56	3.25
■ Peter Thorne		69	4.13

4by200m relay

■ Michelle Quan	48	2.1
■ Melissa Butler	13	
■ Geoff Whitehall	68	
■ Cody Andrews	inv	
■ Pauline Paine	39	2.22
■ Stephen Richards	56	
■ Paul Durrant	56	
■ Rebecca Carpenter	18	

Distance

■ 1k		
■ Geoff Whitehall	68	
■ Danielle Grund	35	
■ Peter Thorne	69	
■ 3k		
■ Bob Henderson	71	
■ Mick Carr	64	
■ Michelle Quan	48	
■ Brian Mee	80	
■ Liz Eastwood	48	
■ David Wear	71	
■ 5k		
■ Shane Grund	35	
■ Paul Twining	68	
■ Nicola Vvan Reenan	45	
■ Sarah Thorne	38	
■ 6.2k		
■ Helen Stanley	62	
■ Tiffany Nanfra	46	

KNOX 11 OCTOBER 2017**800 walk NOT**

■ Liz Eastwood	48	5.38	Winner
■ Maggie Hawkes	61	6.35	
■ Paul Twining	68	7.24	
■ Mick Carr	64	7.24	
■ David Wear	71	8.1	
■ Bob Henderson	71	7.35	
■ Shane Grund	35	8.03	
■ Matt Morris	51	7.51	
■ Chas McRae	85	8.28	

60m

■ Paul Durrant	56	8.35
■ Geoff Whitehall	68	9.72
■ Donna Clarke	64	10.85

4lap spiral

■ Matt Morris	51	6.35
■ Paul Twining	68	7.51
■ Bob Henderson	71	8.11
■ Liz Eastwood	48	8.47
■ Mick Carr	64	8.48
■ David Wear	71	9.17
■ Brian Mee	80	9.19

100m hcp

■ Paul Durrant - 92m Draw	56	12.4
■ Bec Carpenter - 82m Draw	18	12.55
■ Dylan - 100m	inv	12.93
■ Donna Clarke	64	13.2

Distance event**2k**

■ Bob Henderson	71	10.14
■ Liz Eastwood	48	11.28
■ Brian Mee	80	12.51
■ David Wear	71	12.53
■ Maggie Hawkes	61	14.09

3.2k

■ Helen Stanley	62	15.28
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4k

■ Paul Twining	68	19.51
■ Mick Carr	64	21.1

6k

■ Shane Grund	35	22
■ Matt Morris	51	26.24



KNOX 18 OCTOBER 2017**Shot put**

Paul Durrant	56	9.07
Jack Durrant	20	8.4
Mark Harris	49	8.05
Tracey Carpenter	51	6.71
Karl Piatek	41	6.31
Glenn Claiden	63	6.17
Donna Clarke	64	5.37

800m walk

Jack Durrant	20	7.36
Maggie Hawkes	61	7.37
Glenn Claiden	63	7.39
Anne McPherson	61	7.51
Sarah Thorne	38	7.56
Graeme Leticq	62	7.59
Paul Twining	68	8
Bob Henderson	71	8.04
Ian Uren	66	8.04
Karl Piatek	41	8.22
David Wear	71	8.24
Paul Connor	54	8.25
Danielle Grund	35	8.28
John Graham	67	8.32
Chas McRae	85	8.46

70m hcp

Cody Andrews	70	inv	9.2
Geoff Whitehall	64	68	
Karl Piatek	60	41	
Paul Durrant	69	56	9.69
Jack Durrant	64	20	
Tracey Carpenter	58	51	
Donna Clarke	56	64	10.06

600m

Paul Connor	54	2.07
Bob Henderson	71	2.2
Ian Uren	66	2.35
Danielle Grund	35	2.45
Brian Mee	80	2.53
Michelle Quan	48	3.01

400m

Geoff Whitehall	68	1.1
Mark Harris	49	1.22
Stephen Richards	56	1.33
Danielle Grund	35	1.34
Karl Piatek	41	2
Sarah Thorne	38	2
Donna Clarke	64	2.02

5k hcp

Paul Connor	54	19.52
Ian Uren	66	26.31
Nicola Van Reenan	45	27.54
Graeme Leticq	62	22.47
Stephen Richards	56	26.41
Sarah Thorne	38	28.31
Paul Twining	68	24.41
Maggie Hawkes - 2k	61	11.45
Bob Henderson - 3k	71	14.51
Michelle Quan - 3k	48	20.14
Brian Mee - 4.6k	80	25.15

KNOX 25 OCTOBER 2017**3 by 400m walk**

Matt Morris	51	7.49
Bob Henderson	71	
Ryan Clark	41	
Shane Grund	35	7.56
Karl Piatek	42	
Glenn Berry	46	
Jack Durrant	20	9.06
Stephen Richards	56	
Chas McRae	85	
Mick Carr	64	9.45
Glenn Claiden	63	
Paul Twining	68	
David Wear	71	10.2
Anne McPherson	61	
Donna Clarke	64	

60m

Cody Andrews	inv	7.23
Jack Durrant	20	8.21
Paul Durrant	56	8.67
Geoff Whitehall	68	9.07
Donn Clarke	64	11.1

1500m

Ryan Clark	41	7.05
Matt Morris	51	7.06
Bob Henderson	71	7.08
Mick Carr	64	7.11
Stephen Richards	56	7.27

200m

Cody Andrews	inv	23.41
Paul Durrant	56	28.93
Geoff Whitehall	68	31.77
Ryan Clark	41	37.61
Karl Piatek	42	38.9
Donna Clarke	64	38.9
Brian Mee	80	42.6

10lap spiral

Shane Grund	35	15.15
Matt Morris	51	16.47
Graeme Leticq	62	18.29
Mick Carr	64	21.05
Anne McPherson	61	21.07
Michelle quan	48	21.42
Ryan Clark	41	22.25
Sarah Thorne	38	22.29
David Wear	71	24.12
Peter Thorne	69	24.3
Slaps		
Bob Henderson	71	9.56
Stephen Richards	56	12.36

90m

Cody Andrews	inv	
Paul Durrant	56	
Geoff Whitehall	68	
Tracey Carpenter	51	
Donna Clarke	64	

MENTONE 4 OCTOBER 2017

500m Walk E.T.				
			Clock	Diff.
1	Bev Hugo	77	3.59	-0.02
2	Maureen Seedsman	80	3.48	-0.07
3	Ian Beaumont	81	4.27	0.11
4	Margaret Beaumont	79	4.26	0.12
1500m E.T.				
			Clock	Diff.
1	Susan Short	43	6.36.7	1.7
2	Avril Britter	58	7.47.4	4.4
3	Greg Hughes	59	7.25.4	-4.6
4	Jeanne Bryan	75	7.51.4	11.4 ***
5	Matt Bowden	50	5.35.9	-14.1
6	Sandra Wynne	66	7.24.5	-15.5
7	David Short	40	5.35.3	-24.7
8	Ashley Page	77	7.21.5	-25.5
9	Joegen Zhao	Inv.	7.15.2	1.04.2

200m E.T. *Agg Event*					
			Clock	Diff.	Pts
1	Vivienne Cash	65	34.24	0.04	7
2	Bob Wishart	75	30.54	-0.56	5
3	Avril Britter	58	40.17	0.99	4
4	Susan Short	43	32.98	-1.02	3
5	Glad Wishart	73	44.02	6.02	2
6	Jeanne Bryan	75	46.48	6.18	1

2 Miles E.T.*Agg Event*					
			Clock	Diff.	Pts
1	Ashley Page	77	16.31	-0.01	7
2	Jeanne Bryan	75	18.45	-0.05	5
3	David Short	40	14.06	-0.14	4
4	Susan Short ***	43	15.37	-0.23	3
5	Sandra Wynne ***	66	17.13	-0.32	2
6	Avril Britter	58	18.42	0.44	1
7	David Dodson	58	18.18	0.48	1
8	Joegen Zhao	Inv.	18.13	2.43	

2000m Walk Self H/cap *Agg Event*					
			Clock	Actual	Pts
1	Sylvia Machin	76	19.40	17.45	7
2	Ian Beaumont	81	19.47	18.37	5
3	Greg Hughes	58	19.55	15.00	4
4	Bev Hugo	77	19.58	16.52	3
5	Gwen Steed ***	75	20.01	13.26	2
6	Margaret Beaumont	79	20.15	18.57	1
DQ	Glennis McPherson	71		15.09	1
DQ	Joan Clarke	82		19.31	1
DQ	Maureen Seedsman	80		16.16	1

MENTONE 11 OCTOBER 2017

600m Walk E.T.				
			Clock	Diff.
1	Bev Hugo	77	4.55	-0.01
2=	Maureen Seedsman	80	4.40	-0.05
2=	Sylvia Machin	76	4.35	-0.05

800m E.T.				
Point Score Series 1				
			Clock	Diff.
1	Ashley Page	77	3.54.0	1.0
2	Greg Hughes	59	3.26.2	2.2
3	Ashley Birrell	72	3.34.8	4.8
4	David Short	40	2.45.6	5.6
5	Susan Short	43	3.06.8	6.8
6	Sandra Wynne	66	3.56.4	-18.6

110m E.T.				
			Clock	Diff.
1	Susan Short	43	17.96	-0.04
2	Bob Wishart	75	16.45	0.30
3	David Short	40	16.03	-0.47
4	Sandra Wynne	66	21.97	1.62
5	Glad Wishart	73	23.53	-5.99

MENTONE 11 OCTOBER 2017 cont.

2.5Km Self H/cap				
			Clock	Actual
1	Ashley Page	77	23.14	13.53
2	Ashley Birrell	72	23.33	13.53
3	John Zeleznikow	67	23.47	23.47
2000m/ 4000m Walk E.T.				
			Clock	Diff.
2000m				
1	Greg Hughes	59	15.29	-0.01
2	Bev Hugo	77	16.57	0.07
3	Sylvia Machin	76	15.30	-0.15
4	Maureen Seedsman	80	16.17	-0.23
5=	Joan Clarke	83	20.31	1.19
5=	Pam Mews	82	20.31	1.19
4000m				
1	Geoff Barrow	68	28.25	-0.05
2	Gwen Steed	75	27.51	0.24

MENTONE 18 OCTOBER 2017

800m Walk E.T.				
			Clock	Diff.
1	Sylvia Machin	76	5.54	-0.06
2	John Zeleznikow	67	7.13	-0.07

1 Mile Self H/cap				
Point Score Series 2				
			Clock	Actual
1	Ashley Page	77	9.52	7.49
2	David Short	40	9.55	6.27
3	Greg Hughes	59	10.02	8.09
4	Avril Britter	58	10.22	8.51
5	Ashley Birrell	72	10.36	7.41
DQ	Susan Short	43		6.44
DQ	Jeanne Bryan	75		8.57 ***

Series Winner @ Ashley Page

120m E.T.				
			Clock	Diff.
1	Avril Britter	58	23.47	0.22
2	Glad Wishart	73	25.69	-1.01
3	Susan Short	43	18.66	-1.34
4	David Short	40	16.65	-1.85

3 Km E.T.				
			Clock	Diff.
1	David Short	40	12.32	0.32
2	Jeanne Bryan	75	18.17	-0.33 ***
3	Ashley Page	77	15.42	-0.34
4=	John Kneen	75	26.26	-1.04
4=	John Zeleznikow	67	26.26	-1.04
6	Avril Britter	58	18.20	1.48

1500m Walk E.T.				
			Clock	Diff.
1	Greg Hughes	58	11.17	0.02
2	Ralph Bennett	75	8.57	-0.03
3	Bev Hugo	77	12.23	-0.07
4	Maureen Seedsman	80	12.13	-0.27
5	Sylvia Machin	76	11.18	-0.32
6	Joan Clarke	82	15.41	-0.38
7	Pam Mews	82	15.41	-0.39
8	Sandra Wynne	66	11.51	-1.09

MENTONE 25 OCTOBER 2017**400m Walk E.T.**

			Clock	Diff.
1	Maureen Seedsman	80	2.58	0
2	John Zeleznikow	67	3.23	0.03
3	Sylvia Machin	76	2.53	-0.07
4	Ian Beaumont	81	3.36	0.08
5	Margaret Beaumont	79	3.36	-0.17

300m H/cap

			Clock	Metres
1	Vivienne Cash	65	43.75	55
2	Glad Wishart	73	44.63	103
3	Bob Wishart	75	45.64	22

1000m E.T.*Agg Event*

			Clock	Diff.
1	David Short	40	3.29.9	-0.1
2	Kuni Bowden	51	4.09.6	-0.4
3	Avril Britter	58	4.59.1	4.1
4	Susan Short	43	3.42.7	-7.3
5	Ashley Page	77	4.44.8	-9.2
6	Sandra Wynne	66	4.47.5	-22.5
7	Greg Hughes	59	4.29.9	29.9

70m E.T.

			Clock	Diff.
1	David Short	40	9.71	-0.04
2	Kuni Bowden	51	14.05	0.05
3	Avril Britter	58	13.20	0.10
4	Susan Short	43	10.90	-0.30
5	Glad Wishart	73	13.67	-0.43
6	Bob Wishart	75	10.02	-0.76
7	Ross Kent	75	15.07	2.57

6 Laps 5 Km Road E.T.

			Clock	Diff.
1	Sandra Wynne	66	28.11	-0.09
2=	Ashley Birrell	72	25.31	0.11
2=	Avril Britter	58	29.55	0.11
2=	Kuni Bowden	51	23.31	0.11
5	Ashley Page	77	27.31	1.05
6	John Zeleznikow	67	48.50	1.10

3000m Walk E.T.

			Clock	Diff.
1	Greg Hughes	58	22.27	-0.03
2	Glennis McPherson	71	22.32	-0.18
3	Gwen Steed	75	20.13	-0.25
4	Sylvia Machin	76	23.03	-0.37
5	Maureen Seedsman	80	24.42	-0.38
6	Joan Clarke	82	29.36	-0.44
7	Ralph Bennett	75	19.12	-0.48
8	Ian Beaumont	81	28.53	0.53
9	Geoff Barrow	68	21.38	0.58
10	Pam Mews	82	28.56	1.24
11	Margaret Beaumont	79	28.55	1.36

SPRINGVALE 4 OCTOBER 2017**120 metres**

			actual	hcp.
	Peter BIGGS		15.40	0 mts
	Declan SELLICK	18	18.00	0 mts
	Mick COLGAN	66	18.90	12 mts
	Mike HALL	78	19.60	0 mts
	Lindsay OXENHAM	68	20.80	15 mts
	Dominique RUELLOT	61	23.70	25 mts

800 metres

			actual	clock
	Mick COLGAN	66	3.54.2	4.01.2
	Declan SELLICK	10	2.12.6	4.12.6
	Neil GRAY	69	2.54.7	4.14.7
	Lou BUCCIERI	62	3.22.1	4.16.1
	Paul WINTERTON	63	3.40.3	4.20.3
	Dave Talbot	63	3.08.5	4.24.5
	Lindsay OXENHAM	68	3.33.2	4.28.2
	Claudio RIGA	62	3.32.2	4.37.2

2000 metres walk

			actual	
	Dennis PHILLIPS	75	15	
	Penny HALL	77	16	
	John ABEL	67	17	
	Ernie JEFFS	72	18	
	John MANNING	71	18	
	Pam THOMAS	67	18	
	Jim SMITH	76	18	
	Brian LYNCH	81	19	
	Natalie IRVINE	70	19	
	Eric NEGROS	54	23	

4000 metres run

	Claudio RIGA	62	18	
	Alan BENNIE	70	18.40	
	Lou BUCCIERI	62	21	
	Lindsay OXENHAM	68	21	
	Ian TREGAR	67	22	
	Howard REES	70	23	
	Juan PEREZ	78	27	
	Rob CLUTTERBUCK	64	10	2K
	Declan SELLICK	10	10	2K
	Dominique RUELLOT	61	22	8 lps
	Kevin ONLEY	83	17	6 lps

SPRINGVALE 11 OCTOBER 2017**150 metres**

			actual	hcp.
	Mick COLGAN	66	29.00sec	
	Lindsay OXENHAM	68	31.80sec	

800m Medley Relay

	Alison DEVINE	61	3.32.3	7mt
	Alan BENNIE	70	4.02.3	0
	Lindsay OXENHAM	68	4.03.2	24mt

3000m Walk

	Tony DORAN	65	21.28	
	Mick COLGAN	66	21.44	
	Dennis PHILLIPS	75	23.12	
	Jim SMITH	77	25.45	
	Pam THOMAS	67	27.21	
	Natalie IRVINE	70	30.13	

5000m Run HCP

			actual	hcp.
	Alan BENNIE	70	24.18	6.30min
	Lindsay OXENHAM	68	25.57	4.45min
	Claudio RIGA	62	27.02	6.40min
	Howard REES	70	28.11	5.50min
	Juan PEREZ	78	32.25	0.20min
	Dave TALBOT	63	15.39	3k

SPRINGVALE 18 OCTOBER 2017**200 metres**

		actual	hcp.
Mick COLGAN	66	36.9sec	5sec
Lindsay OXENHAM	68	43.2sec	3sec
Juan PEREZ	78	54.1sec	'0
Brian LYNCH	81	1.23.3mi	'0

800m HCP

Bill IRVINE	69	3.15.2	1.05min
Paul WINTERTON	63	3.35.5	0.45min
Lindsay OXENHAM	68	3.23.3	0.58min
Neil GRAY	69	2.57.9	1.25min
Dave TALBOT	63	3.06.8	1.19min
Juan PEREZ	78	4.,19.9	0.14min
Mick COLGAN	66	4.21.4	0.27min

1800 metres walk

		actual
Tony DORAN	65	13.57
Dennis PHILLIPS	75	14.33
Tony JOHNSON	77	14.49
Celia JOHNSON	70	16.27
John ABEL	67	16.29
Jim SMITH	77	17.44
Bill IRVINE	69	20.09
Brian LYNCH	81	20.12
Ernie JEFFS	72	21.41
John MANNING	71	21.41
Pam THOMAS	67	21.57
Howard REES	70	'21.59
Eric NEGROS	54	22.05

3100 metres Run

Alan BENNIE	70	14.45
Lindsay OXENHAM	68	16.05
Mick COLGAN	66	17.07
Ian TREGEAR	67	17.41
Juan PEREZ	78	19.11
Kevin ONLEY	83	22.27

SPRINGVALE 25 OCTOBER 2017**70 metres**

		actual	hcp.
Terry BIGGS		9.2	
Mick COLGAN	66	12.5	
Juan PEREZ	78	13.2	
Lindsay OXENHAM	68	13.6	

200m

Terry BIGGS		0.44.9
Declan SELICK	10	0.52.5
Alison DEVINE	61	1.07.4
Juan PEREZ	78	1.24.7
Celia JOHNSON	70	1.28.6

700m

Neil GRAY	69	2.35.7
Dave TALBOT	63	2.42.3
Claudio RIGA	62	3.06.2
Paul WINTERTON	63	3.09.0
Lindsay OXENHAM	68	3.10.8

5000 metres Run HCP

		actual	hcp.
Rob CLUTTERBUCK	64	0.25.03	6.15min
Lindsay OXENHAM	68	0.25.13	6.21min
Juan PEREZ	78	0.31.51	0.00
Alan BENNIE	70	0.24.23	7.40min
Claudio RIGA	62	0.24.52	7.34min
Declan SELICK	10	0.15.46	3K

SPRINGVALE 25 OCTOBER 2017 cont.**3000 metres Walk HCP**

Eric NEGROS	54	0.30.43	0.00
Bill IRVINE	69	0.24.30	6.44min
Jim SMITH	77	0.24.30	6.44min
Mick COLGAN	66	0.21.30	10.05min
Pam THOMAS	67	0.25.42	6min
John MANNING	71	0.23.59	8min
Celia JOHNSON	70	0.24.23	9min
Frank ALLEN	72	0.25.33	7.50mim

Whenever I have a panic attack
I put a brown paper bag
over my mouth...



and drink all the bourbon inside.
It seems to help.



"What? ... Another request for 'Old McDonald'?"

DECEMBER PROGRAMS 2017

MON DEC 4	DONCASTER	800M W/R	100M	200M	600M	3000M W/R
	CASEY	80M	600M RUN/WALK	120M	3 LAPS ROAD 4.8K	
TUES DEC 5	COLLINGWOOD					
	CROYDON	DISCUS 1K WALK	17.4 SECONDS	800M W/R RELAY	300M	2/4/6/8K RUN 2/4K WALK
	GLEN EIRA					
WEDS DEC 6	ABERFELDIE	110M	1000 AG`200M	3/5K		
	GEELONG	ALAN FOOT 800M	2800M	1600M		
	MENTONE	600M WALK ET	1 MILE ET	200M ET	5K ETR	3/5 LAPS ROAD ET
	KNOX					
	SPRINGVALE	50M	1500M	2500M ROAD	4000M ROAD	ANY 3 ESTIM TIME
THURS DEC 7	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON DEC 11	DONCASTER	DONCASTER 800M	60M	120M	300M	1,3,5K W/R
	CASEY	70M	1000M RUN/WALK	150M	1 LAP X/C 3.4K	
TUES DEC 12	COLLINGWOOD					
	CROYDON	SHOT 1200M WALK	80M	1K	2X200M	15 LAP MAX R/W NOT
	GLEN EIRA					
WEDS DEC 13	ABERFELDIE	XMAS BREAKUP				
	GEELONG	6K CROSS COUNTRY	3K CROSS COUNTRY			
	MENTONE	800M WALK ET	600M ET	100M ET	2 MILES ET	1500M ET
	KNOX					
	SPRINGVALE	150M	600/1000M	3K ROAD WALK	3100/5000M ROAD	
THURS DEC 14	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON DEC 18	DONCASTER	LJ 100M	JAVELIN	200M SHOT	400M DISCUS	1500M RUN 800M WALK
	CASEY	200M	800M	400M	2 LAPS ROAD	4.4K
TUES DEC 19	COLLINGWOOD					
	CROYDON	JAV 1500M WALK	100M NOT	1500M NOT	400M	RUN / WALK OWN DIST
	GLEN EIRA					
WEDS DEC 20	ABERFELDIE					
	GEELONG	300M	3000M	800M		
	MENTONE	400M WALK ET	1500M S/H	250M ET	4 LAPS (3.336K)	2X400 RELAY
	KNOX					
	SPRINGVALE	1200M	1800M RD. WALK	3K ROAD RUN		
THURS DEC 21	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON DEC 25	DONCASTER	XMAS				
	CASEY					
TUES DEC 26	COLLINGWOOD					
	CROYDON					
	GLEN EIRA					
WEDS DEC 27	ABERFELDIE					
	GEELONG					
	MENTONE	500M WALK ET	1000M ET	120M ET	4K S/H	2000M ET
	KNOX					
	SPRINGVALE					
THURS DEC 28	COBURG					
	EAST BURWOOD					
	FRANKSTON					