

AROUND THE GROUNDS

VENUE RESULTS FOR DECEMBER 2017, PROGRAM FOR FEBRUARY 2018



Ryan Clark wins a trophy at Knox with Peter LeGet looking on

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

ABERFELDIE 6 DECEMBER 2017**110 Metres**

Richard SHORTT	46	15.91
John PAPWORTH	46	17.19
Mark SIMMONS	56	19.12
Alice LE	30	19.50
Ruby BEVERIDGE	INV	19.75
Imogen PAPWORTH	INV	23.53
John HOWES	82	23.72

1000 Metres Age Graded

			Age %
John COOPER	65	3.29	81.87
Daniel IERARDO	20	3.27	63.48
Stephen BARKER	74	5.07	62.21
Doug STOKES	65	4.37	61.77
John PAPWORTH	49	4.05	61.18
Maggie ARMSTRONG	55	5.41	52.29
Andrea DRAPER	40	4.55	51.19
Alice LE	30	4.58	49.16
Heath BEVERIDGE	INV	4.58	48.22
Mark SIMMONS	56	6.18	42.12

200 Metres

Richard SHORTT	46	29.00
John PAPWORTH	49	29.29
John COOPER	65	31.44
Mark SIMMONS	56	32.32
Alice LE	30	39.72
Maggie ARMSTRONG	55	45.35
Stephen BARKER*	74	89.62

3000 Metres

John PAPWORTH	49	13.35
Brian O'DEA	63	14.00
Heath BEVERIDGE	INV	15.00
Ruby BEVERIDGE	INV	18.20
Graham EADIE	66	18.23
John DEAN	73	18.23
Cheryl BEVERIDGE	53	21.13

5000 Metres

Stephen BARKER	74	28.20
Doug STOKES	65	28.20
Peter BLACK	63	20.20

2000 Metres Walk

Lynne O'DEA	62	19.31
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CASEY 4 DECEMBER 2017**60M**

Rhiannon Lester	38	9.63
Mike Hall	79	10.61

1200 Walk

Albin Hess	57	8.05
Penny Hall	77	9.35

200M

Rhiannon Lester	38	31.11
Mike Hall	79	38.11

Road Run/Walk

David Dodson	58	15.54	1 Lap
Penny Hall	77	20.02	1 Lap
Arlene D'Monte	59	20.02	1 Lap
Heather Vueti	46	21.55	1 Lap
Frances Halton	56	30.54	3 Laps
Gary Meyer	62	32.14	3 Laps
Albin Hess	57	34.02	3Laps

CASEY 11 DECEMBER 2017**1000M Run/Walk**

Craig Fairburn	inv	3.08
Pramesh Prasad	43	4.36
Rob Clutterbuck	64	5.08
Albin Hess	57	6.12
Lindsay Beaton	67	9.16

150M

Paul Olsson	60	23.26
Mike Hall	79	26.15

X/C or Road Run/Walk

David Dodson	58	16.14	1 Road
Penny Hall	77	18.45	1 Road
Lindsay Beaton	67	33.28	2 Road
Frances Halton	56	36.31	2 Road
Gary Meyer	62	21.46	1 X/C
Albin Hess	57	24.56	1 X/C
Craig Fairburn	Inv	30.21	2 X/C
Pramesh Prasad	43	30.22	2 X/C

CASEY 18 DECEMBER 2017**120M**

Paul Olsson	60	18.45
Paul Tero		20.16
Mike Hall	79	20.31
Hsien Chiam	46	20.78
Lindsay Beaton	67	26.28

Hybrid or Road

Craig Fairburn	Inv	10.56	1 Road
Frances Halton	56	13.55	1 Road
Judy Farrell		16.34	1 Road
Heather Vueti	46	16.34	1 Road
Penny Hall	77	20.27	1 Road
John Hallo	75	20.27	1 Road
Pramesh Prasad	43	18.42	2 Road
David Dodson	58	22.47	2 Road
Gary Meyer	62	28.11	Hybrid
Lindsay Beaton	67	34.29	Hybrid
Rebekah Lyness	43	36.51	Hybrid
Hsien Chiam	46	36.51	Hybrid
Peter Ellis	66	37.14	Hybrid



COBURG 7 DECEMBER 2017

120m Pudding Gift -

Heat: 1		Hcp.	Time
Gary O'DWYER	58	30m	12.59
Michael CARNEY	54	20m	13.25
Michelle SPORTON	51	60m	14.39
Nicholas HARRAP	18	21m	15.21

Heat: 2		Hcp.	Time
Ethan O'NEILL	17	20m	12.58
Isabelle RAINES	Inv	25m	12.90
Bernie LEDDIN	69	48m	13.33
Jay BLAKE	29	14m	14.66
Bruce GIBBS	69	40m	15.62
Ken CARTER	65	70m	18.41

Heat: 3		Hcp.	Time
David WOODS	48	20m	12.45
James KERR	Inv	17m	12.61
Frank BRADLEY	61	48m	13.08
Geoff WHITEHALL	68	28m	13.48

Final		Hcp.	Time
David WOODS	48	20m	12.30
Ethan O'NEILL	17	20m	12.32
Gary O'DWYER	58	30m	12.57
James KERR	Inv	17m	12.83
Isabelle RAINES	Inv	25m	12.94
Frank BRADLEY	61	48m	13.57

Harold Stevens Pudding Mile

		Clock	Actual
Will CONLON	Inv	13.58	4.48
Carl KENNEDY	51	13.59	5.34
Michael MEANEY	62	14.15	7.15
Edward INGLES		14.18	7.53
Fraser MURRAY	45	14.19	6.09
Javier TABIT	Inv	14.26	6.01
Victoria GILBERT		14.27	10.57
Max INGLES	Inv	14.27	6.42
Maria BARBETTI	52	14.35	8.20
Jackie STEELE		14.35	9.15
Bruce GIBBS	69	14.39	11.39
Frank BRADLEY	61	14.41	10.21
Brian DELANEY	64	15.08	8.18
Bernie LEDDIN	69	16.02	9.22
Ken CARTER	65	17.30	17.30

COBURG 14 DECEMBER 2017

100m

Colin HICKIE	33	14.21
Rob LEWIS	70	18.02
Frank BRADLEY	61	18.42
Bernie LEDDIN	69	18.77
Michelle SPORTON	51	23.04
Ken CARTER	65	41.78

1000m Walk

Frank BRADLEY	61	8.21
Rob DAVEY	77	8.37

1500m

Carl KENNEDY	51	5.25
Colin HICKIE	33	6.01
Brian DELANEY	64	7.00
Michael MEANEY	62	7.21
Maria BARBETTI	52	7.33
Fiona ELY	48	7.35
Ken CARTER	65	15.40

200m

Brian DELANEY	64	36.26
Michelle SPORTON	51	54.94
Ken CARTER	65	2.09.0

2km

Michael MEANEY	62	10.26
Rob LEWIS	70	11.31
Fiona ELY (W)	48	18.50
Ken CARTER	65	24.24

4km

Carl KENNEDY	51	14.53
Colin HICKIE	33	17.29
Maria BARBETTI	52	22.11

COBURG

Christmas break-up 21/12/2017



"I've made a terrible mistake."



"I thought you turned location services off."

COLLINGWOOD 14 NOVEMBER 2017**80 Metres**

		Time	Age G
1	BOYLEN Chris	54 10.9	82.2%
2	GERO Peter	29 11.1	70.0%
3	SCHOLES Ron	64 13.5	73.2%
4	ELY Fiona	48 13.9	69.2%
5	HERBSTREIT Herbie	65 14.6	68.9%
6	LEWIS Rob	70 15.7	67.3%
7	LEDDIN Bernie	69 16.5	63.4%
8	GIBBS Bruce	68 16.9	61.3%

800 Metres

		Time	Age G
1	GERO Peter	29 2:46	60.8%
2	HALLETT Matthew	28 3:03	55.1%
3	SCHOLES Ron	64 3:14	66.3%
4	FABRE Sofie	48 3:42	56.7%

4 Km.

		Time	Age G
1	ELY Fiona	48 22:14	58.7%
2	FABRE Sofie	48 24:12	54.2%
3	HALLETT Len	68 24:52	56.1%
4	LEWIS Rob	70 28:54	49.4%
5	URQUHART Phil	73 29:09	50.6%
6	HERBSTREIT Herbie	65 29:31	46.0%
7	LEDDIN Bernie	69 29:32	48.0%
8	BAN Paul	62 32:54	40.1%
9	BRAIN Glenyse	72 45:10	42.4%
10	WOOD Sue	63 45:10	35.9%

8 Km.

		Time	Age G
1	HEJTMANEK Jim	52 36:57	67.3%
2	SCHOLES Ron	64 37:18	74.7%
3	DUNNING Robert	60 44:17	60.4%
4	HALLETT Matthew	28 45:07	48.4%
5	BAYLEY Rod	71 51:34	58.2%
6	DROSDOWSKY Wasyl	66 51:50	55.0%
7	BELL Gary	63 53:18	51.9%

5 Km (7/11)

		Time	Age G
1	DROSDOWSKY Wasyl	66 33:00	52.7%
2	LEWIS Rob	70 33:50	53.5%

10.1 Km. (7/11)

		Time	Age G
1	HOPKINS Jim	68 55:17	66.9%
2	BELL Gary	63 60:00	59.0%
3	BAYLEY Rod	71 60:00	63.9%

COLLINGWOOD 21 NOVEMBER 2017**90 Metres**

		Time	Age G
1	GERO Peter	29 12.5	69.7%
2	HORN Michael	65 13.5	82.9%
3	SCHOLES Ron	64 15.3	72.7%
4	GIBBS Bruce	68 15.9	73.5%
5	FABRE Sofie	48 15.9	68.6%
6	ELY Fiona	48 16.1	67.3%
7	LEWIS Rob	70 16.3	72.6%
8	HERBSTREIT Herbie	65 16.6	67.8%
9	LEDDIN Bernie	69 17.6	67.1%

1000 Metres

		Time	Age G
1	WINNEN Ian	55 3:28	73.3%
2	GERO Peter	29 3:36	60.4%
3	HALLETT Matthew	28 3:56	55.2%
4	SCHOLES Ron	64 4:10	66.4%
5	DROSDOWSKY Wasyl	66 4:38	61.2%
6	DUNNING Robert	60 4:50	55.0%
7	HORN Michael	65 4:51	57.5%
8	TAYLER Sally	70 6:11	61.1%

COLLINGWOOD 21 NOVEMBER 2017 cont.**400 Metres**

		Time	Age G
1	GERO Peter	29 66.1	67.2%
2	HALLETT Matthew	28 76.4	58.2%
3	HORN Michael	65 81.2	70.3%
4	SCHOLES Ron	64 81.6	69.4%
5	HOPKINS Jim	68 83.6	70.4%
6	FABRE Sofie	48 86.2	64.4%

2 Km.

		Time	Age G
1	ELY Fiona	48 9:44	63.2%
2	HORN Michael	65 10:38	59.9%
3	DROSDOWSKY Wasyl	66 10:48	59.9%
4	LEDDIN Bernie	69 11:12	59.7%
5	LEWIS Rob	70 11:25	58.9%
6	JOHNSTONE Heather	73 16:31	56.6%

4 Km.

		Time	Age G
1	SCHOLES Ron	64 17:34	76.3%
2	HALLETT Matthew	28 19:48	53.1%
3	PAUL Graeme	63 20:26	65.0%
4	HALLETT Len	68 22:58	60.8%
5	HERBSTREIT Herbie	65 23:07	58.7%
6	TAYLER Sally	70 26:14	69.7%
7	BAN Paul	62 26:28	49.8%
8	BRAIN Glenyse	72 37:40	50.8%
9	WOOD Sue	63 37:40	43.0%

6 Km.

		Time	Age G
1	WINNEN Ian	55 27:00	70.1%
2	HOPKINS Jim	68 31:06	68.8%
3	DUNNING Robert	60 34:02	58.2%
4	BELL Gary	63 37:22	54.8%

8 Km.

		Time	Age G
1	HEJTMANEK Jim	52 36:24	68.4%
2	BAYLEY Rod	71 47:04	63.8%

COLLINGWOOD 28 NOVEMBER 2017**100 Metres**

		Time	Age G
1	GERO Peter	29 13.4	72.2%
2	STUART Will	38 13.7	71.5%
3	HORN Michael	65 15.2	81.9%
4	SCHOLES Ron	64 16.9	73.4%
5	GIBBS Bruce	68 17.4	74.7%
6	HERBSTREIT Herbie	65 18.3	68.5%
7	LEDDIN Bernie	69 19.2	68.3%
8	IOVENITTI Carlo	58 21.9	53.4%

1200 Metres

		Time	Age G
1	WINNEN Ian	55 4:16	73.2%
2	GERO Peter	29 4:33	58.7%
3	HALLETT Matthew	28 4:44	56.4%
4	SCHOLES Ron	64 5:05	66.9%
5	STUART Will	38 5:27	49.3%
6	DROSDOWSKY Wasyl	66 5:51	59.5%

3 Km.

		Time	Age G
1	POCOCK John	74 19:30	56.8%
2	GIBBS Bruce	68 19:34	52.7%
3	JOHNSTONE Peter	81 19:34	63.6%

4 Km.

		Time	Age G
1	WINNEN Ian	55 18:49	65.4%
2	HALLETT Matthew	28 21:11	49.6%
3	ELY Fiona	48 21:52	59.7%
4	HALLETT Len	68 24:23	57.2%
5	HORN Michael	65 24:58	54.1%
6	HERBSTREIT Herbie	65 26:19	51.6%
7	IOVENITTI Carlo	58 26:43	47.5%

COLLINGWOOD 28 NOVEMBER 2017 cont.

8	DROSDOWSKY Wasyl	66	27:02	50.7%
7	LEDDIN Bernie	69	27:54	50.8%
8	BAN Paul	62	28:01	47.1%
9	TAYLER Sally	70	28:01	65.3%

10.2 Km.

			Time	Age G
1	BAYLEY Rod	71	61:47	62.6%
3	BELL Gary	63	70:52	50.4%
3	DUNNING Robert	60	63:43	54.2%
3	HEJTMANEK Jim	52	54:10	59.2%
3	HOPKINS Jim	68	56:11	66.4%
2	SCHOLES Ron	64	51:19	70.0%

COLLINGWOOD 5 DECEMBER 2017**100 Metres**

			Time	Age G
1	GERO Peter	29	15.3	76.2%
2	HORN Michael	65	16.9	88.5%
3	STUART Will	38	18.5	63.5%
4	GIBBS Bruce	68	19.1	81.5%
5	LEWIS Rob	70	20.0	79.1%
6	HERBSTREIT Herbie	65	20.1	74.8%
7	LEDDIN Bernie	69	21.0	74.8%

500 Metres

			Time	Age G
1	WINNEN Ian	55	1:29	76.5%
2	STUART Will	38	1:36	61.0%
3	HALLETT Matthew	28	1:39	58.8%
4	HORN Michael	65	1:50	67.9%
5	DROSDOWSKY Wasyl	66	1:55	66.0%
6	IOVENITTI Carlo	58	2:12	53.2%
7	HOPKINS Jim	68	2:19	55.4%

2 Km.

			Time	Age G
1	LEWIS Rob	70	11:28	55.4%
2	DROSDOWSKY Wasyl	66	12:05	50.5%
3	POCOCK John	74	14:00	48.0%
4	JOHNSTONE Heather	73	19:41	44.8%
5	JOHNSTONE Peter	81	19:41	38.3%

4 Km.

			Time	Age G
1	PAUL Graeme	63	19:33	64.4%
2	WINDSOR Wes	73	20:14	69.2%
3	IOVENITTI Carlo	58	21:58	54.7%
4	HORN Michael	65	22:20	57.2%
5	HERBSTREIT Herbie	65	23:16	55.2%
6	BRAIN Glenyse	72	33:33	54.0%
7	WOOD Sue	63	33:33	45.8%

4 Km.

			Time	Age G
1	WINNEN Ian	55	26:23	67.9%
2	HALLETT Matthew	28	27:46	55.2%
3	HOPKINS Jim	68	29:25	68.9%
4	HALLETT Len	68	34:40	58.7%

8 Km.

			Time	Age G
1	SCHOLES Ron	64	36:14	72.9%
3	HEJTMANEK Jim	52	37:47	62.5%
3	DUNNING Robert	60	43:31	58.3%
4	BAYLEY Rod	71	46:30	61.2%
5	BELL Gary	63	49:07	53.5%

COLLINGWOOD 12 DECEMBER 2017**100 Metres**

			Time	Age G
1	DELBRIDGE Adam	45	14.1	73.7%
2	LOVELL Scott	52	15.4	71.6%
3	GIBBS Bruce	69	17.1	75.7%
4	FABRE Sofie	48	17.5	69.5%
5	LEWIS Rob	70	18.7	70.7%
6	LEDDIN Bernie	69	19.2	68.3%

COLLINGWOOD 12 DECEMBER 2017 cont.**800 Metres**

			Time	Age G
1	DELBRIDGE Adam	45	2:33	70.6%
2	WINNEN Ian	55	2:40	73.8%
3	HEJTMANEK Jim	52	3:03	62.8%
4	FABRE Sofie	48	3:15	64.6%
5	HERTZ John	78	4:03	63.0%
6	TAYLER Sally	70	4:35	63.9%

4 Km.

			Time	Age G
1	PAUL Graeme	63	21:00	59.9%
2	PEEL Brendan	50	21:35	51.3%
3	FABRE Sofie	48	23:40	52.5%
4	LEDDIN Bernie	69	26:55	49.9%
5	LEWIS Rob	70	27:00	50.1%
6	POCOCK John	74	28:49	49.6%
7	TAYLER Sally	70	29:24	58.9%
8	GIBBS Bruce	69	35:10	37.8%
9	JOHNSTONE Peter	81	41:00	39.2%

9.8 Km.

			Time	Age G
1	HEJTMANEK Jim	52	46:46	64.4%
2	WINNEN Ian	55	47:45	64.8%
3	SCHOLES Ron	64	48:41	69.3%
4	IOVENITTI Carlo	58	53:08	60.1%
5	DROSDOWSKY Wasyl	66	55:30	62.2%
6	DUNNING Robert	60	56:50	57.0%
7	ELY Fiona	48	57:00	57.6%
8	HALLETT Matthew	28	58:44	45.1%
9	BAYLEY Rod	71	62:00	58.6%
10	HORN Michael	65	65:52	51.6%
11	HALLETT Len	68	66:48	52.6%
12	BELL Gary	63	68:00	49.3%
13	HERBSTREIT Herbie	65	69:45	49.0%

COLLINGWOOD 19 DECEMBER 2017**110 M Handicap**

			Time	Start
Heat 1				
1	BAYLEY Rod	71	12.4	51m
2	FABRE Sofie	48	13.5	31m
3	GIBBS Bruce	69	14.0	25m
4	GERO Peter	29	14.8	0m
5	GIBNEY Katherine	42	16.2	25m

Heat 2

1	HEJTMANEK Jim	52	12.3	35m
2	HALLETT Matthew	28	13.3	14m
3	GURTLER Markus	46	13.5	16m
4	HOPKINS Jim	68	13.9	30m
5	HERBSTREIT Herbie	65	15.8	29m

Heat 3

1	HORN Michael	65	14.9	13m
2	WINNEN Ian	55	15.5	8m
3	SCHOLES Ron	64	15.9	15m
4	LEWIS Rob	70	17.1	26m
5	LEDDIN Bernie	69	18.1	31m

Final

			Time	Start
1	HEJTMANEK Jim	52	12.7	28m
2	FABRE Sofie	48	13.8	31m
3	GURTLER Markus	46	14.1	16m
4	HORN Michael	65	14.2	15m
5	HALLETT Matthew	28	14.4	14m
6	BAYLEY Rod	71	14.6	45m
7	HOPKINS Jim	68	14.8	30m
8	WINNEN Ian	55	15.0	12m

CROYDON 5 DECEMBER 2017**1 KM WALK**

1	Alison THOMPSON	64	5.49
2	Russ DICKENSON	72	6.25
3	Melanie BISSETT	42	6.27
4	Grant MURFETT	50	6.56
5	Julie CHALLEN	60	7.10
6	Lyn BATCHELOR	68	7.16
7	Phyllis GOSBELL	79	7.53
8	Dearne WHITELAW	59	7.59
9	Mark CHALLEN	60	8.00
10	Ron BOYNE	84	8.01
11	Barrie WICKS	77	8.45
12	Shirley COPPOCK	81	8.47
13	Grant WATSON	70	8.52
14	Allan WOOD	80	9.42
15	Robert STAGG	51	9.45
16	Pam TINDALL	58	9.45
17	Ron SMITH	68	10.40
18	Ros DYER	53	10.56
19	Tania NEALE	39	10.56

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

1	Ros DYER	53	13.7
2	Ron SMITH	68	14.1
3	Shirley COPPOCK	81	14.4
4	Cec McKEOWN	78	14.7
5	Tania NEALE	39	15.1
6	Colin PAGE	63	15.4
7	Ros DYER	53	18.7

Heat 2:

1	Dennis ASPINALL	70	16.5
2	Melanie BISSETT	42	17.2
3	Grant MURFETT **	50	17.4
4	Russell OAKLEY	78	17.8
5	Jess DUX	33	18.1
6	Andrew FRASER	75	18.7

** Winner - Grant Murfett

300 METRE RUN

1	Grant MURFETT	50	47.3
2	Robert STAGG	51	51.2
3	Dennis ASPINALL	70	52.8
4	Russell OAKLEY	78	61.6
5	Andrew FRASER	75	73.0
6	Ros DYER	53	79.7
7	Ron SMITH	68	91.8

800 METRES WALK/RUN RELAY

1	Ros DYER	53	
	Grant MURFETT	50	7.42
2	Tania NEALE	39	
	Jess DUX	33	7.48
3	Melanie BISSETT	42	
	Colin PAGE	63	8.25
4	Allan WOOD	80	
	Alison THOMPSON	64	8.49

2/4/6 KM RUN/WALK**2 km:**

1	Cec McKEOWN (Run)	78	12.00
2	Lyn BATCHELOR (Run)	68	13.42
3	Julie CHALLEN (Walk)	60	15.12
4	Dearne WHITELAW (Walk)	59	15.55
5	Ron BOYNE (Walk)	84	17.09
6	Phyllis GOSBELL (Walk)	79	17.21
7	Barrie WICKS (Walk)	77	18.03

CROYDON 5 DECEMBER 2017 cont.**4 km:**

1	Mark CHALLEN (Ron)	60	22.47
2	Alison THOMPSON (Walk)	64	26.47

6 km:

1	Colin PAGE (Run)	63	27.15
2	Tania NEALE (Run)	39	36.07
3	Ros DYER (Run)	53	36.10

CROYDON 12 DECEMBER 2017**1200 METRE WALK**

1	Andrew EGGINTON	56	8.03
2	Grant MURFETT	50	8.03
3	Julie CHALLEN	60	8.12
4	Lyn BATCHELOR	68	8.50
5	Barrie WICKS	77	10.15
6	Grant WATSON	70	10.56
7	Ron BOYNE	84	11.06
8	Robert STAGG	51	11.07
9	Colin WILLIAMS	68	12.21
10	Allan WOOD	80	12.23
11	Andrew FRASER	75	12.30
12	Ron SMITH	68	12.37
13	Pam TINDALL	58	12.39
14	Angela EDWARDS	51	12.39
15	Russ DICKENSON	72	12.41
16	David BATCHELOR	80	12.42

SHOT PUT

Metres

1	Andrew EGGINTON	56	8.70
2	George SIMONS	82	6.80
3	Allan WOOD	80	6.66
4	Grant MURFETT	50	6.61
5	Andrew FRASER	75	6.28
6	Angela EDWARDS	51	5.71

80 METRE SPRINT**Heat 1:**

1	Allan WOOD	80	15.5
2	Ron SMITH	68	15.7
3	Ros DYER	53	17.1
4	Grant WATSON	70	21.7
5	Shirley COPPOCK	81	23.2

Heat 2:

1	Russell OAKLEY	78	13.4
	(Broken collarbone)		
2	Angela EDWARDS	51	13.6
3	Andrew FRASER	75	14.2
4	Cec McKEOWN	78	15.3
5	Dearne WHITELAW	59	19.5

Heat 3:

1	Stewart DOBRYZNSKI	43	
2	Robert STAGG	51	No
3	Grant MURFETT	50	
4	Colin WILLIAMS	68	Times
5	Colin PAGE	63	

1 KM RUN

1	Grant MURFETT	50	3.35
2	Colin PAGE	63	3.37
3	Robert STAGG	51	4.18
4	Angela EDWARDS	51	4.50
5	Ros DYER	53	5.12
6	Colin WILLIAMS	68	5.12
7	Grant WATSON	70	8.29
8	Cec McKEOWN	78	8.29

CROYDON 12 DECEMBER 2017 cont.**3 X 200 METRE RELAY**

1	Andrew FRASER	75	
	Robert STAGG	51	
	Colin PAGE	63	1.39
2	Angela EDWARDS	51	
	Colin WILLIAMS	68	
	Stewart DOBRYZNSKI	43	1.40
3	Ron BOYNE	84	
	Allan WOOD	80	
	Grant MURFETT	50	1.59

10 LAPS MAXIMUM RUN

			Laps	
1	Colin PAGE (Run)	63	18.23	10
2	Tania NEALE (Run)	39	18.24	8
3	Julie CHALLEN (Walk)	60	18.44	6
4	Ros DYER (Run)	53	18.47	8
5	Ron BOYNE (Run)	84	19.16	7
6	Cec McKEOWN (Walk)	78	20.59	4
7	Grant WATSON (Walk)	70	20.59	4
8	Lyn BATCHELOR (Walk)	68	21.57	6
	Colin WILLIAMS (Run)	68	10.16	5
	David BATCHELOR (Walk)	80	17.00	4
	Barrie WICKS (Walk)	77	18.09	5

CROYDON 19 DECEMBER 2017

Due to a severe thunder storm and heavy rain at Croydon, no events were held on the track, so we adjourned inside for the Special Christmas Supper and a good time was had by all.

**DONCASTER 4 DECEMBER 2017****800 Metres**

David McConnell	65	2.43.3
Matt Hughes	42	2.59.9
Gary Zuccala	55	3.14.9
Kath Gawthorn	43	3.22.3
Clyde Riddoch	64	4.43.6 (walk)
Carolyn Aughey	75	4.47.3 (venue record)
Frank Prowse	65	6.33.3 (walk)
Marla Trautman	45	6.33.5

100 Metres

Matt Hughes	42	13.54
Ken Bruce	65	14.76
Graham Ford	68	15.12
Janine James	70	17.72
Clyde Riddoch	64	21.34

200 Metres

Matt Hughes	42	28.76
David McConnell	65	28.96
Ken Bruce	65	29.98
Janine James	70	39.26 (venue record)
Clyde Riddoch	64	45.66

600 Metres (NOST)

Clyde Riddoch	(-0.15)	3.12.81	(2.57.81) DQ
Marla Trautman	(-0.15)	4.52.66	(4.37.66) DQ
Frank Prowse	(-0.15)	4.53.26	(4.38.26) DQ
Matt Hughes	(-2.40)	4.55.42	(2.15.42) DQ
Gary Zuccala	(-2.50)	4.59.86	(2.09.86) winner
David McConnell	(-3.00)	5.25.80	(2.25.80)

3000 Metres

Gary Zuccala	55	12.49.4
Matt Hughes	42	13.48.9
Clyde Riddoch	64	15.54.7

400 Metres Walk

Shaun Wright	48	3.43.8	(venue record)
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DONCASTER 11 DECEMBER 2017**800 Metres NOST**

Don McLean	(-1.30)	6.10.62	(4.40.62) DQ
Graham Walter	(-2.30)	6.22.07	(3.52.07) DQ
Elizabeth Grover	(-3.00)	6.22.26	(3.22.26) DQ
Janine James	(-2.30)	6.22.26	(3.52.26) DQ
(venue record)			
Frank Prowse	(-1.00)	6.23.32	(5.23.32) DQ
Marla Trautman	(-0.20)	6.25.19	(6.05.19) DQ
Ken Bruce	(-2.30)	6.26.81	(3.56.81) winner
Matt Scholes	(-3.47)	6.28.25	(2.41.25)
Kath Gawthorn	(-3.10)	6.33.48	(3.23.48)
David McConnell	(-3.47)	6.34.43	(2.47.43)
Graham Ford	(-3.25)	6.36.92	(3.11.92)
Matt Hughes	(-3.40)	6.37.82	(2.57.82)
Carolyn Aughey	(-1.50)	6.41.35	(4.51.35)
Tom Leong	(-1.50)	6.45.91	(4.55.91)

Christmas handicap (10 sec)

Marla Trautman	-30	9.56	DQ
Pauline Shaw	-50	9.58	DQ
Janine James	-55	9.66	DQ
Matt Scholes	-50	9.80	DQ
Bev Learmont	-50	9.94	DQ
Don McLean	-50	10.04	winner
Elizabeth Grover	-54	10.18	
Matt Hughes	-74	10.24	
Graham Ford	-65	10.28	

DONCASTER 11 DECEMBER 2017 cont.**Christmas handicap (10 sec) cont.**

Ken Bruce	-70	10.42
David McConnell	-74	10.72
John Aughey	-55	10.72
Graham Walter	-55	10.82
Gloria DeZwart	-50	10.99
Shaun Wright	-15	11.14
Carolyn Aughey	-45	11.30
Kay Burnie	-60	11.50

DONCASTER 18 DECEMBER 2017**100 Metres**

Greg Champion	62	16.48	
Janine James	70	17.35	(venue record)
Bev Learmont	69	18.74	
John Aughey	80	19.02	(venue record)
Carolyn Aughey	75	22.94	
Marla Trautman	45	30.44	

200 Metres

Matt Hughes	42	27.95	
David McConnell	65	28.70	
Ken Bruce	65	29.92	
Greg Champion	62	35.24	
Janine James	70	37.11	(venue record)
Frank Prowse	65	38.04	
Tom Leong	76	38.94	

400 Metres

Gary Zuccala	55	75.0
Katrina Philip	56	2.20.5

800 Metres

Katrina Philip	56	3.33.5	
Ken Bruce	65	4.24.5	
Carolyn Aughey	75	4.51.9	
Bev Learmont	69	5.04.7	
Frank Prowse	65	5.20.9	(walk)
Marla Trautman	42	6.53.4	

1500 Metres

Gary Zuccala	55	5.36.0
David McConnell	65	5.58.9
Matt Hughes	42	6.04.2
Kath Gawthorn	43	6.57.9
Katrina Philip	56	7.39.3
Tom Leong	76	9.11.7

Long Jump

Matt Hughes	42	4.81
Ken Bruce	65	4.16
David McConnell	65	3.87
Greg Champion	62	3.45
Bev Learmont	69	2.88
Tom Leong	76	2.67

Javelin

Matt Hughes	42	31.56
David McConnell	65	22.51
Frank Prowse	65	19.29
Tom Leong	75	19.07
Graham Ford	68	18.61
Bev Learmont	69	13.40
Ken Bruce	65	13.26
Marla Trautman	45	6.06

DONCASTER 18 DECEMBER 2017 cont.**Discus**

David McConnell	65	26.30
Graham Ford	68	25.55
Matt Hughes	42	24.83
Ken Bruce	65	20.91
Tom Leong	76	19.36
Frank Prowse	65	18.25

Shot Put

Bev Learmont	69	6.65
Marla Trautman	45	3.45

EAST BURWOOD 7 DECEMBER 2017

Very heavy rain all evening

60 METRE SPRINT

1	Christopher WORSNOP	60	10.4
2	Melanie BISSETT	42	10.9
3	Leo COFFEY	87	12.1
4	Horacio DIAZ	72	17.1
5	Lloyd NICHOLS	76	21.7

1500 METRE RUN

1	Colin PAGE	63	6.30
2	Christopher WORSNOP	60	6.31

1 KM HANDICAP WALK

			Clock	Actual
1	Jack FREDRICKSON	78	9.42	8.52
2	Brian TAIT	76	9.49	7.44
3	Dearne WHITELAW	59	9.50	7.50
4	Colin PAGE	63	9.50	7.50
5	Christopher WORSNOP	60	9.51	6.51
6	Peter BATTRICK	74	9.52	9.52
7	Leo WATSON	76	10.04	7.14
8	Gerald BURKE	77	10.42	9.22

100 METRE HANDICAP SPRINT

				H'capMtrs
1	Melanie BISSETT	42	14.1	22
2	Leo COFFEY	87	14.6	28
3	Horacio DIAZ	72	15.1	41
4	Christopher WORSNOP	60	15.6	14
5	Colin PAGE	63	21.5	17
6	Lloyd NICHOLS	76	22.0	57

3 KM HANDICAP RUN

			Clock	Actual
1	Colin PAGE	63	14.09	12.54
2	Christopher WORSNOP	60	14.36	14.06
3	Annette PELGRIM	63	17.03	17.03



EAST BURWOOD 14 DECEMBER 2017**60 METRE SPRINT****Heat 1:**

1	Leo COFFEY	87	11.5
2	Allan WOOD	80	12.5
3	Horacio DIAZ	72	13.4
4	Gordon ONLEY	82	14.7
5	Lloyd NICHOLS	76	20.6

Heat 2:

1	Ros LORDING	45	10.0
2	Toni MATTERS	49	10.4
3	Melanie BISSETT	42	10.7
4	Jay WRIGHT	58	11.2

Heat 3:

1	Paul DURRANT	56	8.4
2	Geoff WHITEHALL	69	9.1
3	Andrew FRASER	75	10.9
4	Christopher WORSNOP	60	11.2

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

1	Ros LORDING	45	4.49	4.40
2	Christopher WORSNOP	60	5.34	5.25
3	Liz EASTWOOD	48	5.38	5.30
4	Leo WATSON **	76	5.39	5.37
5	Brian TAIT	76	6.19	6.15
6	Grant WATSON	70	7.08	7.00
7	Bob LEWIS	89	7.30	7.10
8	Peter BATTRICK	74	8.03	7.58

** Winner - Leo Watson

100 METRE HANDICAP**Heat 1:**

1	Gordon ONLEY	82	12.1
2	Grant WATSON	70	12.6
3	Lloyd NICHOLS	76	12.8
4	Leo COFFEY	87	13.3
5	Allan WOOD	80	13.5
6	Horacio DIAZ	72	13.7
7	Melanie BISSETT	42	14.1

Heat 2:

1	Andrew FRASER	75	13.5
2	Geoff WHITEHALL	69	13.5
3	Paul DURRANT	56	13.7
4	Ros LORDING	45	13.9
5	Jay WRIGHT	58	14.3
6	Christopher WORSNOP	60	16.7

100 METRE HANDICAP FINAL

1	Gordon ONLEY	82	No
2	Andrew FRASER	75	
3	Geoff WHITEHALL	69	Times

10/15/20 MINUTES RUN/WALK**10 mins:** Laps Met

	Ros LORDING (Run)	45	5	100
	Leo WATSON (Walk)	76	3	95
	Brian TAIT (Walk)	76	3	50

15 mins:

	Bob LEWIS (Walk)	89	3	200
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20 mins:

	Geoff WHEELER (Run)	61	10	200
	Sam DEFANIS (Run)	69	9	10
	Liz EASTWOOD (Run)	48	9	10
	Annette PELGRIM (Run)	63	7	300
	Christopher WORSNOP (Run)	60	6	200
	Grant WATSON (Walk)	70	6	

EAST BURWOOD 21 DECEMBER 2017**60 METRE SPRINT****Heat 1:**

1	Allan WOOD	80	11.1
2	Leo COFFEY	87	11.6
3	Grant WATSON	70	14.5
4	Gordon ONLEY	82	13.3
5	Lloyd NICHOLS	76	21.3

Heat 2:

1	Toni MATTERS	49	9.9
2	Melanie BISSETT	42	10.6
3	Donna CLARKE	64	11.2

Heat 3:

1	Paul DURRANT	56	8.3
2	Grant MURFETT	50	8.5
3	Stephen DAY	47	9.2
4	Christopher WORSNOP	60	9.8
5	Stephen BAIRD	67	11.9

1 MILE RUN N.O.T. Clock Nom.

1	Grant MURFETT	50	6.15	6.45
2	Colin PAGE **	63	6.23	6.35
3	Ros LORDING	45	7.11	6.20
4	Christopher WORSNOP	60	7.15	6.47
5	Liz EASTWOOD	48	7.27	8.01

** Winner - Colin Page

1000 METRE WALK

1	Ros LORDING	45	6.28
2	Christopher WORSNOP	60	6.49
3	Leo WATSON	76	7.04
4	Liz EASTWOOD	48	7.27
5	Leonie GILLIES	60	7.49
6	Brian TAIT	76	7.56
7	Phyllis GOSBELL	79	8.22
8	Grant WATSON	70	8.33
9	Gordon ONLEY	82	8.50
10	Peter BATTRICK	74	10.26

200 METRE SPRINT**Heat 1:**

1	Melanie BISSETT	42	37.7
2	Allan WOOD	80	43.6
3	Lloyd NICHOLS	76	102.2

Heat 2:

1	Grant MURFETT	50	28.1
2	Stephen DAY	47	30.0
3	Andrew FRASER	75	45.7

2 KM WALK

1	Ros LORDING	45	14.40
2	Grant WATSON	70	19.13
	Peter BATTRICK (800 m)	74	8.49

150 METRE SPRINT N.O.T.**Heat 1:** Clock Nom.

1	Andrew FRASER	75	26.9	27.2
2	Donna CLARKE	64	28.8	28.6
3	Leo COFFEY	87	29.2	31.6
4	Allan WOOD	80	30.0	28.4
5	Stephen BAIRD **	67	30.9	31.0
6	Gordon ONLEY	82	39.4	
7	Grant WATSON	70	40.6	46.0
8	Lloyd NICHOLS	76	61.4	48.0

Heat 2:

1	Paul DURRANT	56	20.3	19.9
2	Grant MURFETT	50	20.7	23.1
3	Stephen DAY	47	21.8	24.0
4	Christopher WORSNOP	60	25.3	27.6
5	Melanie BISSETT	42	26.3	27.0

** Winner - Stephen Baird

EAST BURWOOD 21 DECEMBER 2017 cont.

1400 METRES/4 KM RUN

1400 metres:

1	Stephen DAY	47	7.23
2	Janet HOLMES	64	7.51

4 km:

1	Colin PAGE	63	17.19
2	Geoff WHEELER	61	18.42
3	Christopher WORSNOP	60	19.45
4	Annette PELGRIM	63	20.08
5	Michelle QUAN	47	21.00
6	Liz EASTWOOD	48	22.50
7	Leonie GILLIES	60	23.32

DISCUS THROW N.O.D.

		Metres	Nom.
	Toni MATTERS	49	30.70
	Paul DURRANT	56	29.17
	Grant MURFETT	50	24.88
	Louise McLEAN	52	19.96
	Tracey CARPENTER	51	15.65
	Andrew FRASER	75	15.60
	Allan WOOD	80	14.17
	Jack FREDRICKSON	78	13.57
	Donna CLARKE	64	13.19
	Melanie BISSETT	42	12.80
	Leo WATSON **	76	12.70
	Brian TAIT	76	12.27
	Leo COFFEY	87	9.20

** Winner - Leo Watson

FRANKSTON 7 DECEMBER 2017

100m Age Graded

Heat 1		Clock	
1	Ian Walles	41	13.30
2	Rob Taylor	49	13.94
3	Rhiannon Lester	38	14.34
4	Bill Carr	68	14.90

Heat 2		Clock	
1	Paul Olsson	60	14.36
2	Mike Hall	79	16.58
3	Alan Radford	66	19.35
4	Lindsay Beaton	67	20.94

100m Age Graded - Final results

			Clock	AG%
1	Paul Olsson	60	14.36	83.57%
2	Mike Hall	79	16.58	82.29%
3	Bill Carr	68	14.90	81.87%
4	Ian Walles	41	13.30	79.46%
5	Rob Taylor	49	13.94	77.86%
6	Rhiannon Lester	38	14.34	76.57%
7	Alan Radford	66	19.35	63.84%
8	Lindsay Beaton	67	20.94	58.10%

200m

1	Ian Walles	41	28.35
2	Rhiannon Lester	38	30.28
3	Paul Olsson	60	30.55
4	Bill Carr	68	31.74
5	Alan Radford	66	40.29

800m Walk

1	Pramesh Prasad	43	3.29
2	Alan Radford	66	6.06
3	John Hallo	75	6.07
4	John Sutton	74	6.13
5	Lindsay Beaton	67	7.05

800m

1	Rob Taylor	49	2.45
2	Claudio Riga	62	3.27
3	Charlie Mallia	68	3.45
4	Barry Jeffs	69	3.48

5 or 8 Lap Spiral Walk

1	Pramesh Prasad	43	17.21	8
2	Lindsay Beaton	67	30.50	8
1	John Hallo	75	17.20	5
	John Sutton	74	DNF	

5 or 8 Lap Spiral Run

1	Claudio Riga	62	16.35	8
2	Rob Taylor	49	16.36	8
3	Charlie Mallia	68	19.01	8
4	Barry Jeffs	69	20.07	8
5	Caitlin O'Connell	43	20.24	8
1	Gary Meyer	62	11.45	5
2	David Dodson	58	14.42	5

FRANKSTON 14 DECEMBER 2017

80m

1	Ian Walles	41	10.64
2	Bill Carr	68	12.07
3	Michael Lambert	61	12.34
4	Nonie Chan	32	12.72
5	Mike Hall	79	13.34
6	Alan Radford	66	14.58



Who ever thought of the word Mammogram?

Every time I hear it, i think I'm supposed to put my breast in an envelope and send it to someone.



FRANKSTON 14 DECEMBER 2017 cont.**200m**

1	Ian Walles	41	27.70
2	Rob Taylor	49	28.20
3	Bill Carr	68	31.12
4	Michael Lambert	61	31.90
5	Nonie Chan	32	35.95
6	Alan Radford	66	37.43

800m Walk

1	Pramesh Prasad	43	3.33
2	Albin Hess	57	4.47
3	John Sutton	74	6.12
4	Alan Radford	66	6.26
5	John Hallo	75	6.33
6	Graham Kilfoyle	66	6.56
7	Lindsay Beaton	67	7.09

1200m

1	Rob Taylor	49	4.17
2	Nonie Chan	32	5.48
3	Barry Jeffs	69	6.08
4	Fran Halton	56	6.45

2000m Walk

1	John Sutton	74	16.30
2	Graham Kilfoyle	66	17.20
3	Alan Radford	66	17.21
4	Lindsay Beaton	67	19.25

2400m

1	Barry Jeffs	69	13.09
2	Gary Meyer	62	13.56
3	David Dodson	58	15.22

3000m Walk

1	Pramesh Prasad	43	14.44
2	Albin Hess	57	18.38
3	Peter Ellis	65	20.36
4	John Hallo	75	24.34

4000m

1	Rob Taylor	49	17.15
2	Nonie Chan	32	21.42
3	Caitlin O'Connell	43	23.11
4	Fran Halton	56	23.12

FRANKSTON 21 DECEMBER 2017**90m**

1	Rob Taylor	49	12.78
2	Rhiannon Lester	38	12.97
3	Bill Carr	68	13.34
4	Paul Olsson	60	13.69
5	Caitlyn Taylor	Inv	13.88
6	Michael Lambert	61	16.19
7	Alan Radford	66	16.56

Christmas Gift 200m Handicap

Sealed h'cap time adjusted qualifiers

Heat 1		Clock	H'cap secs	Result	
Q	Alan Radford	66	36.16	8.13	28.03
Q	Charlie Mallia	68	37.12	7.6	29.52
Q	Micheal Lambert	61	33.88	3.63	30.25
Q	Rob Taylor	49	30.9	Scratch	30.9
Q	Paul Olsson	60	31.91	0.06	31.85
	Barry Jeffs	69	42.26	9.75	32.51
	Lindsay Beaton	67	50.26	16.97	33.29

Heat 2

Q	Rhiannon Lester	38	30.84	1.86	28.98
Q	Bill Carr	68	31.54	2.56	28.98

FRANKSTON 21 DECEMBER 2017 cont.

Q (Ret)	Mike Hall	79	35.86	6.66	29.2
Q	Chris Sheedy	49	30.28	0.61	29.67
	Nonie Chan	32	41.96	6.54	35.42
	Claudio Riga	62	41.25		

Final Christmas Gift 200m Hcap H'cap mt. Clock

1	Chris Sheedy	49	2.09	28.53
2	Bill Carr	68	8.12	28.91
3	Rhiannon Lester	38	6.05	29.08
4	Rob Taylor	49	Scratch	29.1
5	Paul Olsson	60	0.21	29.15
6	Micheal Lambert	61	11.09	29.2
7	Charlie Mallia	68	20.42	30.38
8	Alan Radford	66	21.52	34.38

5 minute NOSP Walk and Run

1	John Sutton	74
	John Hallo	75
	Bill Carr	68
	Chris Sheedy	49
	Caitlyn Taylor	Inv
	Gary Meyer	62
	Charlie Mallia	68
	Lindsay Beaton	67
	Heather Carr	68
	Nonie Chan	32
	Rob Taylor	49
	Pramesh Prasad	43
	Michael Lambert	61
	John Sutton	74

800m Walk

1	Pramesh Prasad	43	3.35
2	Heather Carr	68	4.41
3	Iwette Paldus	56	5.59
4	John Hallo	75	6.08
5	Penny Hall	77	6.18
6	John Sutton	74	6.37
6	Alan Radford	66	6.37
8	Graham Kilfoyle	66	7.15
8	Viv Kilfoyle		7.15
10	Lindsay Beaton	67	7.29
11	Heather Vueti	46	8.11

800m

1	Chris Sheedy	49	2.48
2	Rob Taylor	49	3.06
3	Caitlyn Taylor	Inv	3.28
4	Nonie Chan	32	3.37
5	Charlie Mallia	68	3.39
6	Barry Jeffs	69	3.50
7	Gary Meyer	62	4.11

1600m Walk

1	Graham Kilfoyle	66	12.46
2	Nonie Chan	32	13.38

2000m Walk ET

		ET	Clock	Diff	
1	Alan Radford	66	16.45	16.48	0.03
2	Pramesh Prasad	43	10.15	9.58	-0.17
3	John Sutton	74	16.30	16.48	0.18
4	Heather Carr	68	12.30	13.02	0.32
5	Lindsay Beaton	67	18.10	18.49	0.39

2000m

1	Gary Meyer	62	10.47
2	Barry Jeffs	69	11.05

3000m ET

		ET	Clock	Diff	
1	Charlie Mallia	68	16.56	16.48	-0.08
2	Claudio Riga	62	15.30	15.20	0.10
3	Rob Taylor	49	13.30	12.08	1.22

GEELONG 6 DECEMBER 2017

800m- Alan Foot Age Graded

Robert Jones	02:21	80.43%
Bree McLennan	02:31	75.00%
Matt Petersen	02:37	68.57%
Tony McRae	02:41	67.47%
Nicholas MacDonald	02:42	63.63%
Peter Lamb	02:46	81.71%
Katie Eisenhauer	02:47	67.95%

800m- Alan Foot Age Graded

Alan Jenkins	03:15	62.83%
Gerry Fitzpatrick	03:16	65.29%
Andrew Fitzpatrick	03:17	53.54%
Daryl Hurst	03:28	62.72%
Jeff Walker	03:32	65.32%
Kath Oliver	03:40	71.65%
Frank Engelsman	03:43	61.30%
Fiona Fitzpatrick	04:46	46.79%
Peta Hocking	04:53	53.88%
Marie Blood	04:54	68.68%

2800m

Matt Petersen	10:44
Tony McRae	10:48
Nicholas MacDonald	11:44
Katie Eisenhauer	11:46
Yolanda Russell	12:35
Jeff Walker	13:04
Daryl Hurst	13:29
Alan Jenkins	14:55
Frank Engelsman	15:40
Jill Coyte	16:52
Peta Hocking	18:19
Marie Blood	18:47

1600m

Tony McRae	05:54
Nicholas MacDonald	06:33
Matt Petersen	07:11
Yolanda Russell	07:15
Jeff Walker	07:21
Daryl Hurst	07:44
Gerry Fitzpatrick	08:15
Kath Oliver	08:18
Frank Engelsman	08:39
Andrew Fitzpatrick	10:19
Fiona Fitzpatrick	10:19
Marie Blood	11:02

GEELONG 13 DECEMBER 2017

3km Cross Country

Nicholas MacDonald	12:02
Phil Shay	12:55
Yolanda Russell	13:37
Daryl Hurst	14:06
Alan Jenkins	14:19
Jeff Walker	14:29
Frank Engelsman	16:54
Gerry Fitzpatrick	17:20
Cate Shay	20:04
Marie Blood	20:51
Peta Hocking	23:05

6km Cross Country

Cancelled due to temperature

GEELONG 20 DECEMBER 2017

300m

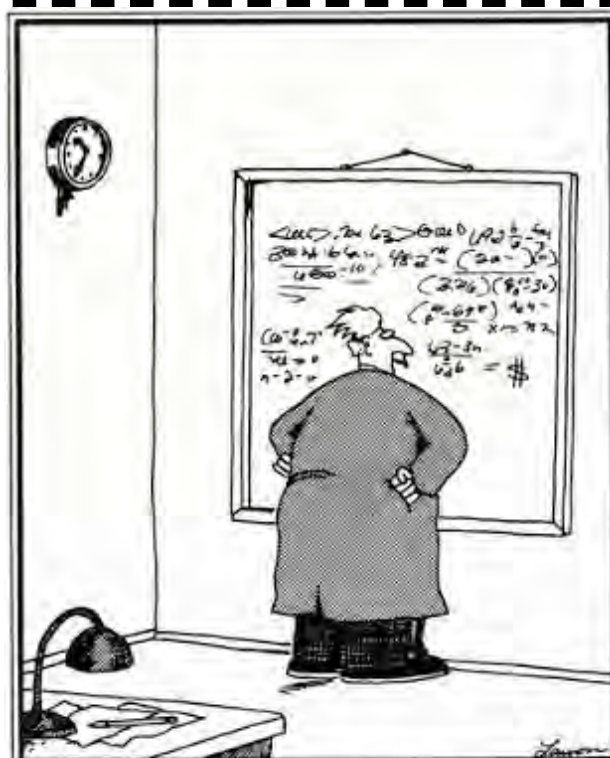
Nicholas MacDonald	49.11
Traci Dekleva	52.07
Russell Jenkins	52.45
Alan Jenkins	01:04
Peta Hocking	01:29
Marie Blood	01:30

3000m

Russell Jenkins	10:30
Traci Dekleva	11:21
Charlie El-Hage	11:43
Phil Shay	11:46
Nicholas MacDonald	11:50
Yolanda Russell	13:18
Alan Jenkins	13:45
Jeff Walker	13:55
Peter Lamb	14:00
Gerry Fitzpatrick	14:32
Daryl Hurst	14:59
Kath Oliver	15:46
Grant Baensch	16:26
Paul Austin	16:56
Fiona Fitzpatrick	19:30
Peta Hocking	20:28
Marie Blood	20:39

800m

Alex Hamilton-Jones	02:24
Bree McLennan	02:31
Traci Dekleva	02:48
Nicholas MacDonald	02:53
Phil Shay	03:02
Yolanda Russell	03:23
Daryl Hurst	03:28
Jeff Walker	03:36
Alan Jenkins	03:49
Grant Baensch	03:52
Paul Austin	03:57
Marie Blood	05:22



Einstein discovers that time is actually money.

GLEN EIRA 5 DECEMBER 2017

ALL EVENTS HELD ON THE GRASS

70 MTRS E/T				
		Clock	Est	Diff
CHRIS BROWN	62	11.22	11.00	0.22
BOB WISHART	75	10.74	10.98	0.24
BILL CARR	68	11.55	11.00	0.55
JIM ROUNTREE	58	11.86	11.00	0.86
VIVIENNE CASH	65	13.20	12.00	1.20

WALK 2 PER TEAM - 2 KM EST TIME				
		Clock	Est	Diff
JIM BERRINGTON	61	12.30	13.00	0.30
TONY DORAN	65	14.19	13.48	0.33
DOMENIC MORINA	79	18.00	18.05	0.05
PETE BATTRICK	74	21.45	21.50	0.05
TERRY O'NEILL	61	12.43	12.45	0.02
KAREN O'NEILL	62	13.44	13.30	0.14
DES MIDDLETON		14.29	13.45	0.44
PETER McGRATH		19.05	18.40	0.25

BOB WISHART 200 MTRS H/C				
FINAL - WEEK				
		Clock	Secs	Actual
VIVIENNE CASH	65	35.64	GO	35.64
BILL CARR	68	35.89	4	31.89
BOB WISHART	76	36.15	6	30.15
JIM ROUNTREE	58	36.64	4	32.64
JIM McLURE	71	36.86	1.00	35.86

7 LAPS E/T RUN				
		Clock	Est	Diff
MIKE CLAPPER	65	14.01	14.00	0.01
ASHLEY PAGE	77	14.25	14.28	0.03
JOHN ZELEZNIKOW	67	27.06	26.50	0.16
CHRIS GRAFEN	53	12.02	12.30	0.28
JO COCKWILL	65	16.27	17.00	0.33
CHRIS BROWN	62	14.05	15.0	0.55
BARRY JEFFS	69	15.45	17.0	1.15

400 MTRS H/C				
		H/cap	Clock	Actual
MIKE CLAPPER		20	91.20	71.20
BARRY JEFFS		GO	96.20	96.2
GRAHAM STOCKDALE	75	12	100.4	88.4
DES MIDDLETON	70	GO	100.9	100.9

GLEN EIRA 12 DECEMBER 2017

70 METRES E/T				
		Clock	Est	Diff
JIM ROUNTREE	58	11.21	11.40	0.19
VIVIENNE CASH	65	11.92	12.20	0.28
CHRIS BROWN	62	10.91	11.20	0.28
JIM McLURE	71	11.69	12.35	0.66
BOB WISHART	76	10.19	10.98	0.79
GLAD WISHART	73	14.48	13.58	0.90

S.MIDDLETON 3KM H/C WALK				
		Clock	H/cap	Actual
JIM BERRINGTON	61	27.47	9	18.47
DOMENICO MORINA	78	28.05	0.33	27.32
SANDRA MIDDLETON	69	28.10	6.4	21.3
PETER McGRATH	78	28.21	GO	28.21
TERRY O'NEILL	61	28.3	10.12	18.18
TONY DORAN	65	28.31	6.51	21.40
KARYN O'NEILL	62	28.35	8.17	20.18
CYNTHIA ELLERY	68	29.31	3.00	26.31
DES MIDDLETON	70	30.49	7.36	23.13
GREG HUGHES	59	32.27	7.51	24.36

VERY FAST TIME FOR TERRY O'NEILL 18.18

GLEN EIRA 12 DECEMBER 2017 cont.

150 METRES H/C				
		Clock	H/c	Actual
JIM McLURE	71	33.41	7.0	26.41
BOB WISHART	76	33.72	10.0	23.72
GLAD WISHART	73	34.02	GO	34.02
JIM ROUNTREE	58	34.56	9	25.56
VIVIENNE CASH	65	35.76	7	28.76

700 METRES E/T				
		Clock	Est	Diff
MIKE CLAPPER	65	2.26.3	2.27	0.70
JANET HOLMES	64	2.56.1	3.01	4.90
GREG HUGHES	59	4.21.7	4.41	19.30
BARRY JEFFS	69	3.05	3.30	25.00
DES MIDDLETON	70	3.00.6	3.30	29.4

RAY KEMP 5KM H/C				
		Clock	H/c	Time
BARRY JEFFS	69	28.55	+ 5.30	23.25
CHRIS BROWN	62	24.47	1.2	26.07
CHRIS GRAFEN	53	21.41	4.3	26.11
ASHLEY PAGE	77	25.51	1.3	27.20
JO COCKWELL	65	30.29	+ 3	27.29
MIKE CLAPPER	65	30.29	2.50	33.19
PETE BATTRICK	74	58.28	+ 24	34.28



"The online version just doesn't offer as much coverage as printed media."



KNOX 6 DECEMBER 2017**800 walk**

Liz Eastwood	48	6.15
Bob Henderson	71	7.38
Paul Twining	68	7.4
Graeme Leticq	62	7.46
Glenn Claiden	63	7.47
Ian Urten	66	7.51
Anne McPherson	61	8.19
Pauline Paine	39	8.2
Mat Morris	52	8.21
Arthur Kapoulitsa	69	8.22
Maggie Hawkes	61	8.24
Jock Cravana	79	8.3
Chris Crennan	45	8.3
Peter LeGet	83	10.17
Chas McRae	85	10.19

60m

Paul Durrant	54	8.37
Chris Crennan	45	8.68
Geoff Whitehall	68	9.14
Alyssa Carpenter	20	9.79
Jack Durrant	20	10.04
Andrea Putting	54	11.96

1mile

Matt Morris	52	6
Chris Crennan	45	7.16
Bob Henderson	71	7.27
Mick Carr	64	7.36
Ian Uren	66	8.27
Jock Cravana	79	9.31
Arthur Kapoulitsa	69	10.31

400m handicap

Paul Durrant	54	
Geoff Whitehall	68	
Mick Carr	64	
Brian Mee	80	

3k/5k team – nom. combined time**3k**

Bob Henderson	71	14.06
Liz Eastwood	49	15.23
Glenn Claiden	63	16.33
Brian Mee	80	17.17
Pauline Paine	39	17.55
Jock Cravana	79	19.49

5k

Matt Morris	52	20.56
Graeme Leticq	62	21.16
Paul Twining	68	22.05
Ian Uren	66	25.06
Mick Carr	64	25.14
Peter Thorne	69	28.06

Team closest to nom. time:

Glenn and Mick

KNOX 20 DECEMBER 2017**2 by 400 metre walk relay**

Jack Durrant	20	5.2
Maggie Hawkes	61	
Liz Eastwood	48	5.21
Shane Grund	36	
Chris Crennan	45	5.42
David Wear	71	
Hank Kuys	63	5.48
Anne McPherson	61	
Bob Henderson	71	5.49
Mick Carr	64	
Evelyn Kuys	60	5.57
Andrea Putting	54	
Ian U'Ren	66	6.25
Glenn Claiden	64	
Graeme Leticq	63	6.31
Sarah Thorne	38	
Peter Thorne	69	6.31
Allysa Carpenter	20	
Cha McRae	85	7.22
Paul Twining	68	

80m

Paul Durrant	56	10.79
Geoff Whitehall	69	11.83
Alyssa Carpenter	20	12.25
Andrea Putting	54	15.09
Tracey Carpenter	51	15.09

600m

Liz Eastwood	48	2.42
Stephen Richards	56	2.47
Hank Kuys	63	2.47
David Wear	71	2.48
Mick Carr	64	2.48
Glenn Claiden	63	2.5
Bob Henderson	71	2.51
Danielle Grund	35	2.52
Brian Mee	80	2.56
Evelyn Kuys	60	2.57

110m handicap

Andrea Putting	1st	54	14.05
Alyssa Carpenter	2nd	20	14.39
Sarah Thorne	2nd	38	14.39
Geoff Whitehall	3rd	69	14.66
Paul Durrant		56	14.95
Mick Carr		64	15.29
Jack Durrant		20	15.64
Chris Crennan		45	16.92

Annual "dog loop" relay

Helen Stanley	62	24.02
Paul Twining	68	
Glenn Claiden	63	
Bob Henderson	71	
Ian U'Ren	66	25.16
Matt Morris	52	
Michelle Quan	48	
Brian Mee	80	
Sarah Thorne	38	25.22
Graeme Leticq	63	
Mick Carr	64	
Chris Crennan	45	
Shane Grund	36	26.24
Peter Thorne	69	
Liz Eastwood	48	
David Wear	71	

KNOX 27 DECEMBER 2017**800m walk**

Maggie Hawkes	61	7.53
Liz Eastwood	48	7.55
Glenn Claiden	63	8.04
Ian U'Ren	66	8.05
Paul Twining	68	8.08
Mick Carr	64	8.09
Shane Grund	36	8.1
Peter Thorne	69	8.13
David Wear	71	8.15
Chris Crennan	45	8.18
Chas McRae	85	9.17

150m

Cody Andrews	inv	17
Paul Durrant	56	20.2
Chris Crennan	45	23.51

70m handicap

Alyssa Carpenter	20	9.01
Paul Durrant	56	9.26
Cody Andrews	inv	9.55
Jack Durrant	20	9.81
Rebecca Carpenter	18	10.5

800m handicap

Colin page	63	4.21
Brian Mee	80	4.32
Chris Crennan	45	4.45
Mick Carr	64	4.47
Ian U'Ren	66	4.47
David Wear	71	4.49
David Cheung	50	4.51
Danielle Grund	35	4.51
Sarah Thorne	38	4.53
Ryan Clark 1st	41	4.59
Michelle Quan	48	5.99
Peter Thorne	69	5.01
Liz Eastwood	48	5.22

Distance**2k**

Maggie Hawkes	61	16.48
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3k

Glenn Claiden	63	18.43
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4k

David Wear	71	22.1
Peter Thorne	69	22.16
Sarah Thorne	38	22.18
Brian Mee	80	24.08

6k

Shane Grund	36	21.31
Paul Twining	68	26.4
Colin Page	63	26.43
David Cheung	50	30.44
Mick Carr	64	31.29
Michelle Quan	48	32.5
Ian U'Ren	66	32.51
Ryan Clark	41	36.24

MENTONE 6 DECEMBER 2017**600m Walk E.T.**

		Clock	Diff.	
1	Sylvia Machin	76	4.25	0
2	Ian Beaumont	81	5.28	0.03
3=	Greg Hughes	59	4.26	-0.04
3=	Maureen Seedsman	80	4.36	-0.04
5	Sonya McLennan	65	3.50	-0.07
6	Margaret Beaumont	79	5.16	-0.12
7	Pam Mews	82	5.58	1.08

1 Mile E.T.

		Clock	Diff.	
1	Ashley Page	77	7.54.1	-2.9 @
2	Sandra Wynne	66	8.20.6	-4.4
3	Avril Britter	59	8.28.1	-25.9
4	Col Waring	71	7.32.5	32.5

200m E.T.

		Clock	Diff.	
1	Avril Britter	59	40.09	-0.08 @
2	Bob Wishart	75	30.12	-0.88
3	Glad Wishart	73	46.22	1.22

5 Km Road E.T.

		Clock	Diff.	
1	John Zeleznikow	67	50.17	0.17
2	Ashley Page	77	26.32	-0.55
3	Sonya McLennan	65	27.52	-1.04
4	John Kneen	75	50.17	1.17
5	Avril Britter	58	31.16	1.21

3 Laps/ 5 laps Road Walk E.T.

		Clock	Diff.
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3 Laps (2.5 Km)

1	Sylvia Machin	76	18.47	-0.03
2	Sandra Wynne	66	18.32	-0.13
3	Ian Beaumont	81	24.07	0.22
4	Greg Hughes	59	20.23	0.23
5	Margaret Beaumont	79	23.50	-0.32
6	Joan Clarke	82	25.04	-0.36
7	Ian Cassell	64	20.11	1.11
8	Maureen Seedsman	80	21.24	1.24
9	Glennis McPherson	71	21.24	2.09
10	Pam Mews	82	25.04	

5 Laps (4.2 Km)

1	Gwen Steed	75	29.16	-1.16
2	Geoff Barrow	68	29.45	-2.25

MENTONE 13 DECEMBER 2017**800m Walk E.T.**

		Clock	Diff.	
1	Sonya McLennan	65	5.19	-0.01
2	Ian Beaumont	81	7.40	0.05
3	Kevin Cassidy	57	4.16	0.06
4	Margaret Beaumont	79	7.16	0.09
5	Sylvia Machin	76	6.12	0.12

600m E.T.

		Clock	Diff.	
1	Sandra Wynne	66	2.49.6	-0.4
2	Col Waring	71	2.23.1	3.1
3	Avril Britter	59	2.53.1	6.1
4	Ashley Page	77	2.44.7	-7.3
5	Martin Griffin	55	2.44.4	-25.6

100m E.T.

		Clock	Diff.	
1	Bob Wishart	75	15.09	-0.21
2	Vivienne Cash	65	16.85	0.65
3	Avril Britter	59	18.48	-0.76
4	Glad Wishart	73	20.75	1.22

2 Miles E.T.

		Clock	Diff.	
1	Ashley Page	77	16.56	0.08
2	Martin Griffin	55	19.46	-0.14
3	Sonya McLennan	65	18.46	0.28
4	Avril Britter	58	19.49	-0.53
5	John Zeleznikow	67	32.32	1.32
6	Sandra Wynne	66	21.31	3.33

MENTONE 13 DECEMBER 2017 cont.

1500m Walk E.T.			Clock	Diff.
1	Margaret Beaumont	79	13.52	-0.16
2	Sylvia Machin	76	11.53	0.53
3	Kevin Cassidy	57	8.09	-1.21

MENTONE 20 DECEMBER 2017

400m Walk E.T.			Clock	Diff.
1	Jim Machin	87	3.31	0.01
2=	Maureen Seedsman	80	2.58	-0.02
2=	Bev Hugo	77	3.13	-0.02
4=	Ian Beaumont	81	3.32	-0.03
4=	Greg Hughes	59	2.57	-0.03
6	Sylvia Machin	76	2.55	-0.05
7	Kevin Cassidy	57	1.53	-0.07
8	John Zeleznikow	67	3.1	-0.10
9	Ralph Bennett	75	2.09	-0.11
10	Emma Hugo	Inv	2.57	-0.13
11=	Lisa Hugo	Inv	2.40	-0.18
11=	Rupert Van Dongen	43	2.02	-0.18
13	Gwen Steed	75	2.23	-0.27
14	Joanna Hugo	Inv	2.37	-0.28

1500m Self H/cap			Clock	Actual
1	Kuni Bowden	51	7.39.0	6.22.0
2	Martin Griffin	55	7.40.9	7.33.9
3	Sandra Wynne	66	7.47.6	7.30.6
4	Avril Britter	59	7.49.7	7.49.7
DQ	Col Waring	72		6.36.2
DQ	Ashley Page	77		7.13.1

250m E.T.			Clock	Diff.
1	Avril Britter	59	50.90	-0.40
2	Bob Wishart	75	40.40	-1.60
3	Glad Wishart	73	61.30	1.90
4	Sam Hugo	Inv	60.97	5.97
5	Kuni Bowden	51	53.30	-6.70
6	Emma Hugo	Inv	57.30	-8.70
7	Joanna Hugo	Inv	45.40	-9.60

4 Laps Road (3.336Km) Self H/cap			Clock	Actual
1	Sandra Wynne	66	33.57	18.32
2	Avril Britter	59	34.30	20.36
3	Pook Machin	Inv	36.20	19.20
DQ	Kuni Bowden	51		15.17
DQ	Martin Griffin	55		19.18
DQ	Ashley Page	77		17.10
DQ	John Zeleznikow	67		33.07
DQ	John Kneen	75		26.13
DQ	Lisa Hugo	Inv		20.29

Walk Relay 2x 400m			Clock
1	Rupert Van Dongen	43	9.55
	Maureen Seedsman	80	
2	Geoff Barrow	68	10.25
	Sylvia Machin	76	
3	Gwen Steed	75	10.38
	Greg Hughes	59	
4	Kevin Cassidy	57	11.04
	Jim Machin	87	
5	Ralph Bennett	75	11.33
	Joan Clarke	82	
6	Ian Cassell	64	12.17
	Ian Beaumont	81	

MENTONE 27 DECEMBER 2017

500m Walk E.T.			Clock	Diff.
1	Margaret Beaumont	79	4.30	0.01
2	Maureen Seedsman	80	3.48	-0.02
3	Ian Beaumont	81	4.29	-0.16

1000m E.T.			Clock	Diff.
1	Graham Stockdale	75	4.29.9	-0.1
2	Col Waring	72	4.34.1	4.1
3	Ashley Page	77	4.56.7	-8.3
4	Ralph Bennett	76	4.53.2	-36.8

120m E.T.			Clock	Diff.
1	Glad Wishart	73	26.10	-0.40
2	Bob Wishart	75	17.87	-0.43
3	Ralph Bennett	76	21.71	-5.29

2 Km Self H/cap			Clock	Actual
1	Ashley Page	77	14.01	10.11
2	John Kneen	75	15.05	15.05

2000m Walk E.T.			Clock	Diff.
1=	Margaret Beaumont	79	18.28	-0.02
1=	Geoff Barrow	68	13.52	0.02
3	Maureen Seedsman	80	16.24	-0.04
4	Ralph Bennett	76	12.35	0.23
5	Ian Beaumont	81	18.30	-0.30

SPRINGVALE 6 DECEMBER 2017

50 metres			
	Juan PEREZ	78	9.44
	Claudio RIGA	62	9.66
	Lou BUCCIERI	62	10.61
	Lindsay OXENHAM	68	12.01
	Tony DORAN	65	12.19
	Celia JOHNSON	70	11.83
	Dominique RUELOT	60	12.40
	Alan BENNIE	70	12.79
	Bill IRVINE	69	14.10
	Howard REES	70	24.40

150 metres			
	Mike HALL	78	24.37
	Juan PEREZ	78	26.87
	Claudio RIGA	62	27.14
	Lou BUCCIERI	62	30.59
	Lindsay OXENHAM	68	34.48
	Alan BENNIE	70	36.29
	Celia JOHNSON	70	37.75
	Bill IRVINE	69	38.38
	Dominique RUELOT	60	38.90
	Brian LYNCH	81	73.29
	Howard REES	70	76.67

2000 metres walk			
	Tony JOHNSON	77	15.30
	Celia JOHNSON	70	15.55
	Dennis PHILLIPS	75	16.03
	Penny HALL	77	16.37
	Brian LYNCH	81	19.48
	John ABEL	67	20.01
	Steve SELICK	42	20.03
	Howard REES	70	20.24
	Ian TREGGAR	67	21.06
	Trevor JUPP	77	21.07
	Eric NEGROS	54	21.09

SPRINGVALE 6 DECEMBER 2017 cont.**3100 metres road run**

Alan BENNIE	70	14.06
Will SELICK	45	15.08
Rob CLUTTERBUCK	64	15.22
Claudio RIGA	62	15.29
Lou BUCCIERI	62	15.49
Lindsay OXENHAM	68	17.01
Paul WINTERTON	63	18.16
Juan PEREZ	78	19.22
Dominique RUELOT	60	21.25
John MANNING	71	21.29

SPRINGVALE 13 DECEMBER 2017**150 metres**

Mike HALL	79	25.40
Mick COLGAN	66	27.80
Lindsay OXENHAM	68	31.20
Juan PEREZ	78	32.50
Dominique RUELOT	66	40.20
Kevin ONLEY	84	44.40

600 metres

Dave TALBOT	63	2.10.3
Paul MULLINS	77	2.19.8
Alan BENNIE	70	2.28.4
Lindsay OXENHAM	68	2.49.3
Paul WINTERTON	63	2.52.2
Lou BUCCIERI	62	2.52.3
Juan PEREZ	78	3.18.5
Dominique RUELOT	66	3.38.2

1000 metres

Alan BENNIE	70	4.08
Claudio RIGA	62	4.31
Bill IRVINE	69	4.33

3100 metres road run

Rob CLUTTERBUCK	64	15.14
Mick COLGAN	66	16.44
Juan PEREZ	78	22.01
Kevin ONLEY	84	22.04
Dominique RUELOT	66	22.40
Paul MULLINS	77	22.47

5000 metre road run

Claudio RIGA	62	26.30
Howard REES	70	27.42
Lou BUCCIERI	62	27.58
Lindsay OXENHAM	68	28.13

road walk

Peter ELLIS	66	21.38
Tony JOHNSON	77	23.27
Celia JOHNSON	70	23.57
Tony DORAN	65	24.06
Dennis PHILLIPS	75	24.09
Frank ALLEN	72	24.41
Jim SMITH	77	24.42
John ABEL	67	28.59
Trevor JUPP	77	29.09
Eric NEGROS	54	30.58
Ian TREGEAR	67	31.11
Brian LYNCH	81	31.15
Will SELICK one lap		17.13

SPRINGVALE 20 DECEMBER 2017**100 metres**

Graham KILFOYLE	65	14.90
Mike HALL	79	16.20
Mick COLGAN	66	19.90
Lindsay OXENHAM	68	20.90
Juan PEREZ	78	21.20
Dominique RUELOT	66	25.90

400 metres

		clock	hcp	actual
Juan PEREZ	78	2.06.7	19 sec	1.47.7
Celia JOHNSON	70	2.07.2	2.00	2.05.2
Tony JOHNSON	77	2.12.0	19.00	1.53.0
Paul MULLINS	77	2.13.7	46.00	1.27.7
Dominique RUELOT	66	2.15.0	0.00	2.15.0
Dave TALBOT	63	2.17.6	55.00	1.22.6
Mick COLGAN	66	2.18.6	46.00	1.32.6
Kevin ONLEY	84	2.20.0	1.00	2.19.0
Paul WINTERTON	63	2.20.5	44.00	1.36.5
Lindsay OXENHAM	68	2.24.9	46.00	1.38.9
Claudio RIGA	62	2.30.0	49.00	1.41.0

3000 metres run

Shane Davin	32	12.35
Judy DAVISON	81	14.02
Chris MURPHY	59	14.39
Rob CLUTTERBUCK	64	14.53
Claudio RIGA	62	15.25
Will SELICK	45	14.52
Howard REES	70	15.54
Lindsay OXENHAM	68	16.24
Alison DEVINE	61	18.08
Juan PEREZ	78	18.11
Dominique RUELOT	66	19.57

2000 metres walk

Peter ELLIS	66	12.23
Tony DORAN	65	13.00
Tony JOHNSON	77	13.03
Dennis PHILLIPS	75	13.45
Frank ALLEN	72	14.53
Jim SMITH	77	14.44
Mick COLGAN	66	15.35
Graham KILFOYLE	65	15.37
Mick DAVIN	67	15.53
Brian LYNCH	81	16.19
Jenny FIELD	59	17.54
Peter FIELD	59	17.54
Anand THILLAISUNDARAM	41	17.54
Eric NEGROS	54	20.29
Ian TREGEAR	67	20.29
Trevor JUPP	77	20.29
John MANNING	71	20.29
Peter BATTRICK	74	21.03
Steve SELICK		20.29

FEBRUARY PROGRAMS 2018

THURS FEB 1	COBURG					
	EAST BURWOOD					
	FRANKSTON	WALK & RUN AT	OLIVERS HILL	FOLLOWED BY BBQ	OR ALT. MEAL	
MON FEB 5	DONCASTER					
	CASEY					
TUES FEB 6	COLLINGWOOD					
	CROYDON					
	GLEN EIRA	100M SEALED HCP	600M ET	150M ET	3K HCP WALK	4K HCP
WEDS FEB 7	ABERFELDIE					
	GEELONG					
	MENTONE	1000M ET	60M ET	4K S/HCP	10R2 MILES ET	
	KNOX					
	SPRINGVALE	ANDY SALTER RELAY	100M	3000M		
THURS FEB 8	COBURG					
	EAST BURWOOD					
	FRANKSTON	800M WALK	90M	800M	200M AG%	2/3.6K 1.6/2.8K WALK
MON FEB 12	DONCASTER					
	CASEY					
TUES FEB 13	COLLINGWOOD					
	CROYDON					
	GLEN EIRA	100M HCP	1500M ET	200M ET	3K HCP WALK	3K HCP
WEDS FEB 14	ABERFELDIE					
	GEELONG					
	MENTONE	100M HCP	70M ET	6 LAPS ROAD ET	600M ET WALK	800M S/HCP
	KNOX					
	SPRINGVALE	2 MIN & 22 SEC	1500M HCP	3K WALK	3K RUN	
THURS FEB 15	COBURG					
	EAST BURWOOD					
	FRANKSTON	800M WALK	100M	800M	250M	1,2,3 LAP R/W IN PARK
MON FEB 19	DONCASTER					
	CASEY					
TUES FEB 20	COLLINGWOOD					
	CROYDON					
	GLEN EIRA	100M SLD HCP	800M HCP	150M HCP	5.5 LAPS SPIRAL WALK	RELAY 2X1200/800/400
WEDS FEB 21	ABERFELDIE					
	GEELONG					
	MENTONE	150M ET	60M ET	2 MILES ET	3 LAPS ROAD	800M ET WALK
	KNOX					
	SPRINGVALE	80/120M	1000M	2500M WALK	6000M X COUNTRY	
THURS FEB 22	COBURG					
	EAST BURWOOD					
	FRANKSTON	600M WALK	80M	600M	150M	2.4 R/W 5000M R/W
MON FEB 26	DONCASTER					
	CASEY					
TUES FEB 27	COLLINGWOOD					
	CROYDON					
	GLEN EIRA	100M HCP	1200M ET	200M SLD HCP	2X1200M RELAY WALK	4/6K
WEDS FEB 28	ABERFELDIE					
	GEELONG					
	MENTONE	200M HCP	800M ET	70M ET	4 LAPS ROAD ET	400M ET WALK
	KNOX					
	SPRINGVALE	100M HCP	1200M HCP	2/3K WALK	3100/5000M RUN	