



AROUND THE GROUNDS

VENUE RESULTS FOR JULY 2016, PROGRAM FOR SEPTEMBER 2016



Rob ITALIA with Lavinia PETRIE at The ERIC GREAVES 10k

ABERFELDIE, COBURG, CROYDON, DONCASTER,
EAST BURWOOD, FRANKSTON, GEELONG,
KNOX, MENTONE, SPRINGVALE/ NOBLE PARK

ABERFELDIE 6 JULY 2016**80 Metres**

Gavin WHITE	42	11.10
John PAPWORTH	48	11.69
Richard SHORTT	45	12.50

1000 Metres Age Graded

			Age %
Brian O'DEA	62	3.43	74.93
John PAPWORTH	48	3.20	74.29
Richard SHORTT	45	3.35	67.30
Gavin WHITE	42	3.30	66.98
Stephen BARKER	73	5.09	60.85
Michael ORELLI	72	5.25	56.96
Maggie ARMSTRONG	54	5.23	54.47
Mark SIMMONS	54	4.49	54.17

200 Metres

Gavin WHITE	42	30.01
Richard SHORTT	45	30.04

3000 Metres

Daniel IERARDO	INV	11.54
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5000 Metres

Charles COPLAND	55	22.17
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ABERFELDIE 13 JULY 2016**100 Metres**

Jamie PAPWORTH	INV	15.91
John PAPWORTH	48	16.40
John HOWES	80	18.28
Richard SHORTT	45	19.00
Maggie ARMSTRONG	54	19.57

800 Metres

John PAPWORTH	48	2.26
Shane DRAPER	43	3.03
Carolyn BOWEN	55	3.16
Jamie PAPWORTH	INV	3.23
Alfred LENDVAI	62	3.24
Levi DRAPER	INV	4.00
Stephen BARKER	73	4.22
Peter BLACK	61	4.22
Imogen PAPWORTH	INV	4.53
Michael ORELLI	72	4.59

27 Minutes N.O.D.

	Act.	Est.	Diff.
Doug STOKES	64	4900	5000 100
Michael ORELLI	72	4130	4000 130
Maggie ARMSTRONG	54	3983	4200 217
Stephen BARKER	73	4880	4364 484
Carolyn BOWEN	55	5540	5000 540
Peter BLACK	61	5950	5213 737

ABERFELDIE 20 JULY 2016**100 Metres**

Gavin WHITE	42	12.94
John PAPWORTH	48	16.00
Jamie PAPWORTH	INV	16.53
Maggie ARMSTRONG	54	18.40
Imogen PAPWORTH	INV	23.78

ABERFELDIE 20 JULY 2016 cont**1200 Metres**

John PAPWORTH	48	4.09
Jamie PAPWORTH	INV	5.15
Carolyn BOWEN	55	5.16
Lynne MAUGHAM	44	5.22
Michael ENNIS	63	5.32
Stephen BARKER	73	6.09
Mark SIMMONS	54	6.42

300 Metres

Gavin WHITE	42	43.18
John PAPWORTH	48	63.27
Lynne MAUGHAM	44	69.00
Stephen BARKER	73	85.31
Imogen PAPWORTH	INV	96.69

2000 Metres

Shane DRAPER	44	6.33
Ernie STEWART	65	8.28
John DEAN	71	10.47
Maggie ARMSTRONG	54	12.06

4000 Metres

Carolyn BOWEN	55	18.58
Lynne MAUGHAM	44	19.52
Trevor HAWKSWORTH	69	21.37

ABERFELDIE 27 JULY 2016**100 Metres**

Gavin WHITE	42	13.91
John PAPWORTH	48	16.18
Sam BYRNE	28	16.97
Jamie PAPWORTH	INV	18.82
John HOWES	80	19.44
Maggie ARMSTRONG	54	19.87
Imogen PAPWORTH	INV	25.00

800 Metres

John PAPWORTH	48	2.23
Jamie PAPWORTH	INV	3.34
Danny HAWKSWORTH	36	3.37
Stephen BARKER	73	4.01
Michael ORELLI	72	4.19

600 Metres

Gavin WHITE	42	1.48
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200 Metres

Gavin WHITE	42	29.90
John PAPWORTH	48	35.47
Sam BYRNE	28	40.72
Jamie PAPWORTH	INV	41.03
John HOWES	80	43.16
Stephen BARKER	73	58.01

3000 Metres

Shane DRAPER	44	12.17
Alfred LENDVAI	62	15.43
Brian O'DEA	62	16.06
Stephen BARKER	73	17.17
Maggie ARMSTRONG	54	20.03

5000 Metres

Danny HAWKSWORTH	36	22.30
Lisa GUNN	42	23.31
Doug STOKES	64	28.25
John DEAN	71	29.06

COBURG 7 JULY 2016

100m

Ethan O'NEILL	15	13.79
Colin HICKIE	32	15.40
Bruce GIBBS	67	17.59
Bernie LEDDIN	68	17.85
Rob LEWIS	69	19.61
Michelle SPORTON	50	24.38
Ken CARTER	63	34.00

1000m Walk

Chris HARRAP	55	7.53
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1500m

Ethan O'NEILL	15	5.29
Colin HICKIE	32	6.16
Bernie LEDDIN	68	6.24
Steven COLLYER	25	6.24
Brian DELANEY	62	6.58
Fiona ELY	46	7.15
Ken CARTER	63	12.48

300m

Bruce GIBBS	67	1.07
Rob LEWIS	69	1.15
Michelle SPORTON	50	1.57
Ken CARTER	63	2.10

2km

Bernie GOGGIN	79	17.19
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3km

Bernie LEDDIN	68	13.39
Brian DELANEY	62	14.36
Fiona ELY	46	15.08
Rob LEWIS	69	19.05
Ken CARTER	63	32.17

4.2km

Colin HICKIE	32	20.26
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5km

Ethan O'NEILL	15	22.42
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COBURG 14 JULY 2016

80m

Paul O'NEILL	50	11.21
Colin HICKIE	32	12.53
Bruce GIBBS	67	14.00
Rob LEWIS	69	17.41
Bernie LEDDIN	68	19.86
Ken CARTER	63	29.96

800m

Colin HICKIE	32	3.11
Maria BARBETTI	51	3.37
Rob LEWIS	69	4.32
Ken CARTER	63	6.07
Rob DAVEY	76	6.11

200m

Paul O'NEILL	50	26.64
Colin HICKIE	32	33.94
Bruce GIBBS	67	36.63
Bernie LEDDIN	68	38.90
Rob LEWIS	69	49.75
Ken CARTER	63	1.15.1

2km Walk

Fiona ELY	46	18.38
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2.5km

Michael MEANEY	61	13.42
Rey VILLEGAS	51	15.24
Rob LEWIS	69	16.04
Rob DAVEY	76	22.20
Bernie GOGGIN	79	22.40
Ken CARTER	63	32.30

5km

Fraser MURRAY	44	21.05
Colin HICKIE	32	24.48
Maria BARBETTI	51	26.40

100m Age-Graded Event

Heat: 1			Age %
Rob LEWIS	69	18.41	67.08
Maria BARBETTI	51	19.03	65.11
Michael WHIMPEY	62	20.61	57.46
Michael MEANEY	61	23.00	51.18
Michelle SPORTON	50	23.35	52.54
Ken CARTER	63	36.82	32.36



COBURG 21 JULY 2016

100m Age-Graded Event

Heat: 2		Age %	
Paul O'NEILL	50	12.95	84.78
Ethan O'NEILL	15	14.03	74.27
Colin HICKIE	32	15.06	65.01
Bruce GIBBS	67	16.93	72.08
Fiona ELY	46	17.72	66.32
Bernie LEDDIN	68	20.65	59.45

1600m

Ethan O'NEILL	15	5.42
Colin HICKIE	32	6.41
Brian DELANEY	62	7.28
Maria BARBETTI	51	7.36
Michael WHIMPEY	62	7.38
Fiona ELY	46	7.50
Maegan KERR	44	11.10
Ken CARTER	63	14.35

400m

Michael WHIMPEY	62	1.36.3
Rob LEWIS	69	1.51.2
Bruce GIBBS	67	1.56.2
Michelle SPORTON	50	2.53.1
Ken CARTER	63	3.33.3

Lap Choice Run

Rob LEWIS (5)	69	12.14
Rey VILLEGAS (6)	51	13.42
Fiona ELY (W-5)	46	18.11
Colin HICKIE (10)	32	19.05
Michael MEANEY (10)	61	21.46
Ken CARTER (8)	63	33.23

90m

Heat: 1		
Bruce GIBBS	67	15.66
Bernie LEDDIN	68	15.90
Rob LEWIS	69	18.92
Michael WHIMPEY	62	19.18
Michelle SPORTON	50	20.78
Ken CARTER	63	34.72

COBURG 28 JULY 2016

90m

Heat: 2		
Paul O'NEILL	50	12.03
Colin HICKIE	32	13.80
Jamie MURRAY	9	16.33
Fraser MURRAY	44	16.83

800m Age-graded event

		Age %	
Fraser MURRAY	44	2.53.5	63.58
Colin HICKIE	32	2.58.1	56.77
Bernie LEDDIN	68	3.08.3	71.96
Fiona ELY	46	3.26.3	59.52
Michael WHIMPEY	62	3.31.0	60.76
Maria BARBETTI	51	3.33.9	60.14
Rey VILLEGAS	51	3.53.0	50.33
Michael MEANEY	61	3.58.6	53.32
Rob LEWIS	69	4.10.2	54.75
Bruce GIBBS	67	5.52.6	38.02
Ken CARTER	63	6.21.2	33.89
Chris HARRAP (W)	55	6.39.1	30.39

150m

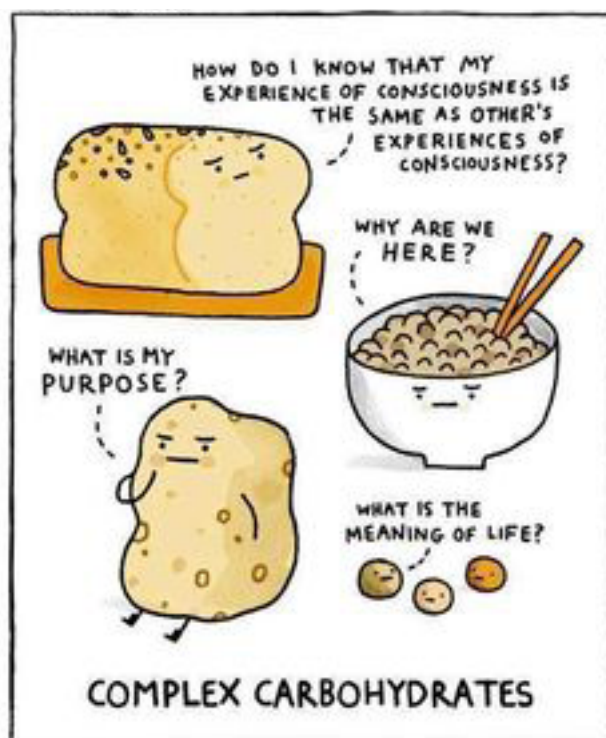
Paul O'NEILL	50	19.69
Jamie MURRAY	9	28.20
Fraser MURRAY	44	28.25
Michael WHIMPEY	62	31.26
Michelle SPORTON	50	37.67
Ken CARTER	63	56.12

2km

Fiona ELY	46	9.43
Maria BARBETTI	51	10.26
Michael MEANEY	61	11.19
Rey VILLEGAS	51	11.37
Rob LEWIS	69	11.46
Ken CARTER	63	23.33

4km

Colin HICKIE	32	18.39
Brian DELANEY	62	19.14



CROYDON - 5 JULY 2016**1000 METRE WALK**

1	Ros DYER	52	7.30
2	Lyn BATCHELOR	67	8.03
3	Ron SMITH	67	10.26

300 METRE SPRINT

1	Andrew EGGINTON	54	46.3
2	Ros DYER	52	77.0
3	Ron SMITH	67	No Time

3 KM RUN

1	Ros DYER	52	18.07
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CROYDON - 12 JULY 2016**1500 METRE HANDICAP WALK**

		Clock	Adjusted
1	Sandra GEISLER	38	7.56 13.16
2	Paul MORITZ	57	9.53 14.33
3	Barrie WICKS	76	12.08 15.03
4	Ron BOYNE **	82	12.09 12.34
5	Phyllis GOSBELL	78	12.35 13.35
6	Sue VAN TWUYVER	50	13.50 13.50
7	Colin WILLIAMS	67	14.25 15.55
8	Ron SMITH	67	14.26 15.26
	Ros DYER (3 laps)	52	13.02

** Winner - Ron Boyne

80 METRE SPRINT

1	Grant MURFETT	49	11.8
2	Andrew EGGINTON	54	12.9
3	Ron SMITH	67	15.8
4	Ros DYER	52	16.2
5	Sue VAN TWUYVER	50	19.1

40 SECONDS N.O.S.P.

1	Ron SMITH	67	28.8
2	Ros DYER	52	30.5
3	Sue VAN TWUYVER	50	31.1
4	Grant MURFETT	49	32.7
5	Ron BOYNE	82	33.3
6	Phyllis GOSBELL	78	35.2
7	Andrew EGGINTON **	54	36.7

** Winner - Andrew Egginton

1 OR 3 KM WALK**1 km:**

1	Phyllis GOSBELL	78	8.19
2	Barrie WICKS	76	8.26

3 km:

1	Paul MORITZ	57	20.26
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1 OR 5 KM RUN**1 km:**

1	Grant MURFETT	49	4.02
2	Ron BOYNE	82	6.18

5 km:

1	Ros DYER	52	29.34
2	Sue VAN TWUYVER	50	29.38

CROYDON - 19 JULY 2016**4 LAPS WALK**

1	Carolyn ROSENBROCK	54	8.48
2	Gunther ILGOUTZ	77	10.15
3	Paul MORITZ	57	10.19
4	Liz WRIGLEY	60	11.58
5	Barrie WICKS	76	12.52
6	James TENNANT	60	13.07
7	Phyllis GOSBELL	78	13.35
8	Grant WATSON	68	13.39
9	Gary TURNER	63	13.54
10	David BATCHELOR	79	15.28
11	Colin WILLIAMS	67	16.14
12	Ron SMITH	67	16.15
13	Tania NEALE	38	16.44
14	Ros DYER	52	16.45

100 METRE SPRINT**Heat 1:**

1	Russell OAKLEY	76	18.0
2	James TENNANT	60	19.2
3	Ron SMITH	67	21.3
4	Ros DYER	52	21.8
5	Tania NEALE	38	22.0

Heat 2:

1	Grant MURFETT	49	14.2
2	Andrew EGGINTON	54	14.7
3	Andrew FRASER	74	17.7
4	Cec McKEOWN	76	18.1

1 MILE RUN

1	Grant MURFETT	49	6.34
2	Tania NEALE	38	8.29
3	Cec McKEOWN	76	8.53
4	Ros DYER	52	8.57

400 METRE RUN

1	Grant MURFETT	49	1.05
2	Andrew EGGINTON	54	1.06
3	Andrew FRASER	74	1.38
4	Cec McKEOWN	76	1.42
5	Tania NEALE	38	1.43
6	Ros DYER	52	1.53
7	Gary TURNER	63	1.58
8	Ron SMITH	67	2.15
9	Grant WATSON	68	2.44

3 KM RUN

1	Geoff ARNOTT	67	18.00
2	Al WILLEY	77	19.44
	Ron BOYNE (11½ laps)	82	31.55

1 OR 3 KM WALK**1 km:**

1	Barrie WICKS	76	8.47
2	Lyn BATCHELOR	67	9.03
3	David BATCHELOR	79	9.31
4	Gary TURNER	63	10.55
5	Cec McKEOWN	76	11.46
6	Grant WATSON	68	11.47

3 km:

1	Paul MORITZ	57	20.58
	Phyllis GOSBELL (2 km)	78	17.25

5 KM SEALED HANDICAP RUN

		Clock	Adj.
1	Grant MURFETT	49	22.54 32.29
2	Andrew TUNNE	57	27.15 32.25
3	Tania NEALE	38	30.10 32.10
4	Ros DYER ** Winner	52	31.55 31.55

CROYDON - 26 JULY 2016**3 X 400 METRE WALK RELAY**

1	Grant MURFETT	49	
	Grant WATSON	68	
	Alison THOMPSON	63	8.16
2	Phyllis GOSBELL	78	
	James TENNANT	60	
	Paul MORITZ	57	8.34

90 METRE SPRINT**Heat 1:**

1	Cec McKEOWN	76	17.0
2	Barry MURLEY	77	18.6
3	Ros DYER	52	19.4
4	Grant WATSON	68	22.3
5	Colin WILLIAMS	67	22.7

Heat 2:

1	Michael WILLEY	40	12.3
2	Grant MURFETT	49	12.8
3	Andrew EGGINTON	54	14.6
4	James TENNANT	60	16.7

200 METRE SPRINT**Heat 1:**

1	Cec McKEOWN	76	38.7
2	Ros DYER	52	48.8
3	Barry MURLEY	77	51.3
4	Grant WATSON	68	66.6

Heat 2:

1	Grant MURFETT	49	28.5
2	Michael WILLEY	40	29.5
3	Andrew EGGINTON	54	32.3
4	James TENNANT	60	44.4

500 METRE RUN

1	Andrew EGGINTON	54	1.29
2	Grant MURFETT	49	1.35
3	Michael WILLEY	40	1.48
4	Ros DYER	52	2.32
5	James TENNANT	60	2.33
6	Cec McKEOWN	76	2.33

2, 4, 8 LAP WALK**2 laps:**

1	Grant WATSON	68	9.46
2	Cec McKEOWN	76	9.47

4 laps:

1	Lyn BATCHELOR	67	13.02
2	Phyllis GOSBELL	78	14.28

8 laps:

1	Paul MORITZ	57	22.08
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2, 5, 8, 12 LAP RUN**2 laps:**

1	Ron BOYNE	82	5.26
2	Colin WILLIAMS	67	9.45

5 laps:

1	Andrew EGGINTON	54	7.59
2	Grant MURFETT	49	8.21
3	Karen ARCHER	53	12.54

8 laps:

1	Ros DYER	52	19.49
2	Al WILLEY	77	20.10

12 laps:

1	Michael WILLEY	40	22.06
2	Alison THOMPSON	63	30.03

DONCASTER 4 JULY 2016**1200m walk/run**

			Result	
1	Elizabeth Grover	52	4.57.0	
2	Jeffrey Sim	54	5.40.6	
3	Katrina Philip	54	6.12.0	
	Gavin Gao	32	4.06.5	(800m)
	Carolyn Aughey	72	6.32.4	(800m walk)

120 metres

			Result	elect time	
1	Gavin Gao	32	15.8	16.54	
2	Anthony Paige	32	15.8	16.64	135m?
3	Ken Bruce	64	15.9	16.76	
4	Sheila Fanning	41	17.0	17.44	
5	Phil Rosevear	66	17.4	17.74	
6	Greg Champion	61	18.2	18.60	
7	Jeffrey Sim	54	19.4	19.90	
8	Janine James	68	20.3	20.64	

We welcomed Gavin Gao, who has fine credentials as a sprinter!

200 metres

			Result	elect time	
1	Anthony Paige	32	29.4	30.16 (220m)	
2	Ken Bruce	64	29.4	30.22	
3	Sheila Fanning	41	30.4	31.10	
4	Phil Rosevear	66	31.8	32.43	
5	Greg Champion	61	34.5	35.30	
6	Janine James	68	36.9	37.50	
7	John Aughey	78	39.7	40.36	
8	Carolyn Aughey	73	48.5	49.12	

600m

			ET	Hcp	Finish time	Act
1	Jeffrey Sim	53	2.45	0.15	2.24.0	2.09.0
2	Sheila Fanning	41	2.30	0.30	2.44.3	2.14.3
3	Katrina Philip	54	3.00	0	2.51.3	2.51.3
4	Anthony Paige	32	1.35	1.20	2.57.0	1.37.0

2000m

			ET	Result	
1	Elizabeth Grover	51	8.50.0	8.56.7	
2	Sheila Fanning	41	10.00.0	9.55.0	
3	Katrina Philip	54	10.27.0	10.22.7	
	Anthony Paige	32	NT	NT (1200m)	

Congratulations to Katrina Philip for winning the ET!

DONCASTER 11 JULY 2016**Doncaster 1000**

			HCP	Finish	Actual
1	Katrina Philip	54	(scr)	4.48.1	4.48.1 DQ
2	David McConnell	63	(-1.20)	5.21.3	4.01.3

60 metres

			Time	Elect time	
1	Ken Bruce	64	8.2	8.58	
2	Anthony Paige	32	8.3	8.62 (65 metres)	
3	Phil Rosevear	66	8.5	8.94	
4	Sheila Fanning	41	9.0	9.06	
5	Greg Champion	61	9.4	9.60	
6	Janine James	68	10.1	10.46 (venue rec)	

100 metres

			Time	Electronic time	
1	Ken Bruce	64	13.5	13.96	
2	Phil Rosevear	66	13.9	14.40	
3	Sheila Fanning	41	14.3	14.54	
4	Anthony Paige	32	14.4	14.60 (110 metres)	
5	Greg Champion	61	14.9	15.20	
6	David McConnell	63	16.3	16.76	
7	Janine James	68	16.9	17.30	

DONCASTER 11 JULY 2016 cont.

400 metres				Time
1	Anthony Paige	32	67.7	(430 metres)
2	David McConnell	63	71.2	
3	Sheila Fanning	41	74.1	
4	Graham Ford	67	78.6	
5	Phil Rosevear	66	89.9	
6	Katrina Philip	54	107.0	

1000 metres				Time
1	Sheila Fanning	41	4.54.4	
2	David McConnell	63	4.54.8	

3000 metres				Time
1	Kath Gawthorn	41	14.40.1	
2	Katrina Philip	54	16.18.4	

DONCASTER 18 JULY 2016

Long Jump			Age	Result (m)
1	Sheila Fanning	41	3.96	
2	David McConnell	63	3.77	
3	Greg Champion	61	3.63	
4	Graham Walter	58	3.49	
5	Graham Ford	67	3.39	

Javelin Throw			Age	Result (m)
1	Graham Walter	58	25.06	
2	David McConnell	63	23.66	
3	Graham Ford	67	22.89	
4	Sheila Fanning	41	16.18	
5	Sudarshan Pakerla	94	15.14	(venue record)

100 metres				Age	Time	Elect Time
1	Sheila Fanning	41	13.8	14.14		
2	Phil Rosevear	66	14.2	14.54		
3	Greg Champion	61	14.8	15.22		
4	Jeffrey Sim	53	15.2	15.44		
5	Janine James	68	16.4	16.82		

200 metres heat 1				Age	Time	Elect time
1	Phil Rosevear	66	30.6	31.06		
2	Greg Champion	61	32.2	32.72		
3	Jeffrey Sim	53	32.6	33.20		
4	Janine James	68	36.8	37.28		
5	Carolyn Aughey	74	47.9	48.40		

200 metres heat 2			
Place	Name	Age	Time (sec)
Electronic time (sec)			
1	David McConnell	63	28.7 29.34
2	Sheila Fanning	41	29.2 29.96
3	Graham Walter	58	29.7 30.42
4	Graham Ford	67	31.9 32.60

Shot Put			
Place	Name	Age	Result (m)
1	Sheila Fanning	41	7.90 (venue record)
2	Sudarshan Pakerla	94	6.60 (venue record)

400 metres			
Place	Name	Age	Time (min:sec)
1	Phil Rosevear	66	1.30.8
2	Katrina Philip	54	1.48.9

DONCASTER 27 JUNE 2016

300m Handicap (Doncaster Gift)				
		Age	Hcp(m)	Time
1	Jeffrey Sim	54	-68	38.2
2	Elizabeth Grover	52	-100	38.5
3	Phil Rosevear	66	-43	41.2
4	Anthony Paige	32	scr	42.3
eq 5	David McConnell	63	-10	42.8
eq 5	Janine James	68	-78	42.8
7	Graham Walter	58	-20	43.8
8	Ken Bruce	64	-20	44.5
9	Jeff Zhang	43	-40	45.1
10	Carolyn Aughey	73	-110	46.1
11	Matt Scholes	46	-20	54.2

Jeffrey Sim, Elizabeth Grover and Anthony Paige all share the lead on 17 points for the series!!!

2000m run			Age	Result (min:sec)
1	Matt Scholes	46	7.24.7	
2	Graham Walter	58	8.36.2	
3	Elizabeth Grover	52	8.43.0	
4	Jeff Zhang	43	8.47.3	

1200m			Age	Result (min:sec)
	Kath Gawthorn	41	5.27.2	

80m Heat 1			Age	Result (sec)
1	Graham Walter	58	11.8	
2	Greg Champion	61	12.2	
3	Jeffrey Sim	54	12.6	
4	Janine James	68	13.5	
5	Matt Scholes	46	16.6	

80m Heat 2			Age	Result (sec)
1	Ken Bruce	64	11.1	
2	Anthony Paige	32	11.2	(85m)
3	Antony Gottlieb	36	11.3	
4	Phil Rosevear	66	11.5	
5	David McConnell	63	12.3	

150 metres			Age	Result (sec)
1	Anthony Paige	32	21.5	(165m)
2	Ken Bruce	64	21.5	
3	Graham Walter	58	22.5	
4	Phil Rosevear	66	23.3	
5	Jeffrey Sim	54	25.0	
6	Janine James	68	26.5	
7	Matt Scholes	46	32.7	

800 metres estimated time (ET)				
	Age	Result	ET	Diff
1	Anthony Paige	32	2.32.5	2.15 17.5
2	Matt Scholes	46	2.34.5	2.30 4.5
3	David McConnell	63	3.04.3	2.45 19.3
4	Graham Walter	58	3.41.9	3.15 27.1
5	Elizabeth Grover	51	3.42.0	3.20 22.0
(400m)	Jeffrey Sim	54	1.41.1	

EAST BURWOOD 7 JULY 2016

70 METRE SPRINT

Heat 1:

1	Gary TURNER	62	12.2
2	Leo COFFEY	86	14.0
3	Gordon ONLEY	81	15.6
4	Lloyd NICHOLS	75	25.8

Heat 2:

1	Greg BRUCE	39	8.8
2	Paul DURRANT	55	10.5
3	Tracey CARPENTER	49	11.1
4	Toni MATTERS	48	11.9
5	Christopher WORSNOP	58	13.0

1000 METRE RUN

1	Christopher WORSNOP	58	4.27
2	Trevor O'BRIEN	58	5.10
3	Helen VANDERNAGEL	59	5.35

800 METRE HANDICAP WALK

		Clock	Actual	
1	Toni MATTERS	48	6.15	5.30
2	Liz WRIGLEY	60	6.51	5.36
3	Gary TURNER	62	6.53	5.53
4	Bob LEWIS	88	6.54	6.54
5	Leonie GILLIES	58	6.54	5.49
6	Peter BATTRICK	72	6.58	6.38
7	Grant WATSON	68	7.01	5.36
8	Christopher WORSNOP	58	7.08	5.13
9	Allan WOOD	79	7.15	6.30
10	Phyllis GOSBELL	78	7.21	6.36
11	Grant WATSON	68	7.25	6.40
12	Eddy STACK	82	7.28	7.23
13	Trevor O'BRIEN	58	7.44	6.59

200 METRE SPRINT N.O.T.

1	Andrew FRASER **	74	36.7	36.2
2	Leo COFFEY	86	37.0	38.1
3	Gordon ONLEY	81	52.2	45.0
4	Allan WOOD	79	54.0	50.0

** Winner - Andrew Fraser

100 METRE SPRINT HANDICAP

		H'cpMtrs	
1	Greg BRUCE	39	6
2	Andrew FRASER	74	22
3	Tracey CARPENTER	49	13
4	Leo COFFEY	86	28
5	Grant WATSON	68	38
6	Paul DURRANT	55	2
7	Lloyd NICHOLS	75	55
8	Gordon ONLEY	81	39
9	Christopher WORSNOP	58	13

1 KM WALK

1	Leo WATSON	75	7.34
2	Bob LEWIS	88	8.59
	Chris JOSEPH (4½ laps)	48	11.33

1/3/5/ KM RUN

1 km:

1	Peter BATTRICK	72	7.35
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3 km:

1	Stephen DAY	46	14.05
2	Janet HOLMES	63	14.42
3	Helen VANDERNAGEL	59	16.57
4	Leonie GILLIES	58	17.50

5 km:

1	Adam McCANN	39	21.42
2	Christopher WORSNOP	58	26.10
3	Trevor O'BRIEN	58	31.58

SHOT PUT

	Paul DURRANT	55	8.85
	Toni MATTERS	48	8.21
	Tracey CARPENTER	49	6.43
	Andrew FRASER	74	6.30
	Allan WOOD	79	6.05
	Jack FREDRICKSON	77	5.42
	Leo COFFEY	86	5.04

EAST BURWOOD 14 JULY 2016

80 METRE SPRINT

1	Donna CLARKE	63	13.6
2	Leo COFFEY	86	15.4
3	Shirley COPPOCK	80	16.8
4	Gerald BURKE	76	18.2
5	Gordon ONLEY	81	21.1
6	Lloyd NICHOLS	75	29.8

800 METRE RUN N.O.T.

		Clock	Nom.	
1	Richard TREMBATH	74	3.14	3.17
2	Michael RICHARDS **	64	3.15	3.18
3	Marg TWEEDIE	61	3.16	3.25
4	Janet HOLMES	63	3.16	3.25
5	Trevor O'BRIEN	58	3.37	3.58
6	Michelle QUAN	46	3.42	4.20
7	Chris JOSEPH	48	3.52	2.15
8	Grant WATSON	68	5.24	5.00

** Winner - Michael Richards

1000 METRE WALK

1	Toni MATTERS	48	6.44
2	Liz WRIGLEY	60	7.24
3	Brian TAIT	74	8.00
4	Grant WATSON	68	8.15
5	Gerald BURKE	76	8.16
6	Bob LEWIS	88	8.38
7	Peter BATTRICK	73	8.53

110 METRE SPRINT

1	Toni MATTERS	48	18.8
2	Donna CLARKE	63	19.7
3	Leo COFFEY	86	21.0
4	Shirley COPPOCK	80	22.2
5	Gordon ONLEY	81	25.6
6	Grant WATSON	68	28.6
7	Lloyd NICHOLS	75	55.8

150 METRE SPRINT

1	Donna CLARKE	63	28.0
2	Shirley COPPOCK	80	32.3
3	Gordon ONLEY	81	35.7

2 KM WALK

1	Liz WRIGLEY	60	15.46
2	Hawley THOMAS	77	19.06
3	Bob LEWIS	88	19.53
4	Grant WATSON	68	19.54

4 KM HANDICAP RUN

		Clock	Actual	
1	Peter DODGSHUN	64	22.31	18.21
2	Rob BAULCH	68	22.59	21.49
3	Michelle QUAN	46	23.08	19.23
4	Trevor O'BRIEN	58	23.23	24.13
5	Stephen DAY	46	24.11	19.01
6	Michael RICHARDS	64	24.24	18.49

EAST BURWOOD 14 JULY 2016 cont.**JAVELIN THROW**

Toni MATTERS	48	23.55
Peter DODGSHUN	64	16.54
Jack FREDRICKSON	77	13.26
Donna CLARKE	63	12.28
Brian TAIT	74	11.51

EAST BURWOOD 21 JULY 2016**60 METRE SPRINT****Heat 1:**

1 Jack DURRANT	19	7.9
2 Toni MATTERS	48	9.6
3 Gordon ONLEY	81	13.5
4 Lloyd NICHOLS	75	19.6

Heat 2:

1 Tracey CARPENTER	49	9.3
2 Christopher WORSNOP	58	10.1
3 Donna CLARKE	63	10.5
4 Leo COFFEY	86	11.7
5 Shirley COPPOCK	80	12.4

40 SECONDS N.O.S.P.

1 Donna CLARKE	63
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400 METRE HANDICAP RUN

1 Richard TREMBATH	74	2.31	1.19
2 Marg TWEEDIE	61	2.32	1.16
3 Paul DURRANT **	55	2.32	1.04
4 Janet HOLMES	63	2.36	1.25
5 Shirley COPPOCK	80	2.38	2.00
6 Bob HENDERSON	69	2.39	1.31
7 Andrew FRASER	74	2.41	1.34
8 Michelle QUAN	46	2.42	1.34
9 Grant WATSON	68	2.44	2.17
10 Christopher WORSNOP	58	2.45	1.28
11 Donna CLARKE	63	2.54	1.46

** Winner - Paul Durrant

1200 METRE WALK

1 Toni MATTERS	48	7.53
2 Christopher WORSNOP	58	7.54
3 Brian TAIT	74	9.51
4 Phyllis GOSBELL	78	10.05
5 Gary TURNER	63	10.09
6 Bob LEWIS	88	10.38
7 Grant WATSON	68	10.39
Eddy STACK (800 metres)	82	7.27

100 METRE SPRINT N.O.T. Clock Nom.

1 Paul DURRANT **	55	13.6	13.6
2 Tracey CARPENTER	49	14.5	15.5
3 Marg TWEEDIE	61	15.3	
4 Toni MATTERS	48	16.2	17.1
5 Christopher WORSNOP	58	16.7	16.1
6 Donna CLARKE	63	17.5	17.2
7 Leo COFFEY	86	19.0	17.4
8 Shirley COPPOCK	80	20.8	21.7
9 Gordon ONLEY	81	23.4	21.2
10 Lloyd NICHOLS	75	35.9	40.0

** Winner - Paul Durrant

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

1 Bob HENDERSON	69	4.55
2 Bob LEWIS (Walk)	88	9.17

3 km:

1 Rob BAULCH	68	15.51
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EAST BURWOOD 21 JULY 2016 cont.**5 km:**

1 Christopher WORSNOP	58	24.23
2 Sam DEFANIS	68	24.27
3 Michelle QUAN	46	25.14

DISCUS THROW

Paul DURRANT	55	32.99
Toni MATTERS	48	28.10
Jack DURRANT	19	18.82
Peter DODGSHUN	64	17.08
Andrew FRASER	74	15.38
Tracey CARPENTER	49	14.80
Allan WOOD	79	14.70
Brian TAIT	74	13.03
Jack FREDRICKSON	77	12.75
Donna CLARKE	63	12.49
Leo COFFEY	86	10.90

EAST BURWOOD 28 JULY 2016**70 METRE SPRINT**

1 Tracey CARPENTER	49	
2 Paul DURRANT	55	No
3 Toni MATTERS	48	
4 Donna CLARKE	63	Times
5 Leo COFFEY	86	
6 Shirley COPPOCK	80	
7 Horacio DIAZ	71	Available
8 Lloyd NICHOLS	75	

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

1 Marg TWEEDIE	61	3.20	3.19
2 Richard TREMBATH	74	3.21	3.20
3 Janet HOLMES	63	3.23	3.21
4 Bob HENDERSON **	69	3.31	3.31
5 Trevor O'BRIEN	58	3.44	3.58
6 Rob BAULCH	68	4.02	4.10

** Winner - Bob Henderson

100 METRE SPRINT**Heat 1:**

1 Andrew FRASER	74	16.8
2 Leo COFFEY	86	19.2
3 Shirley COPPOCK	80	20.7
4 Horacio DIAZ	71	22.9
5 Lloyd NICHOLS	75	42.4

Heat 2:

1 Stephen DAY	46	14.4
2 Tracey CARPENTER	49	15.1
3 Paul DURRANT(115 m)	55	15.6
4 Toni MATTERS	48	16.4
5 Donna CLARKE	63	17.2

10/15/20 MINUTE RUN/WALK**10 mins:**

		Laps	Metres
Michelle QUAN (Run)	46	5	100
Bob HENDERSON (Run)	69	5	20
Rob BAULCH (Run)	68	4	360
Bob LEWIS (Walk)	88	2	295
Peter BATTRICK (Walk)	73	2	294

15 mins:

		Laps	Metres
Gary TURNER (Run)	63	5	370
Liz WRIGLEY (Walk)	60	4	330

20 mins:

Sam DEFANIS (Run)	68	10	86
Stephen DAY (Run)	46	9	300
Leonie GILLIES (Run)	58	8	100
Trevor O'BRIEN (Run)	58	8	86

EAST BURWOOD 28 JULY 2016 cont.

800 METRE HANDICAP WALK

		Clock	Actual
1	Phyllis GOSBELL	78	6.39
2	Gerald BURKE	76	6.42
3	Bob LEWIS	88	6.45
4	Toni MATTERS	48	6.46
5	Peter BATTRICK	73	6.50
6	Hawley THOMAS	77	6.51
7	Brian TAIT	74	6.51
8	Grant WATSON	68	6.55
9	Leonie GILLIES	58	6.56
10	Liz WRIGLEY	60	6.59
11	Gary TURNER	63	7.12
12	Trevor O'BRIEN	58	8.01

200 METRE SPRINT N.O.T.

		Clock	Nom.
1	Marg TWEEDIE	61	31.5
2	Tracey CARPENTER	49	32.3
3	Paul DURRANT(230 m)	55	33.6
4	Andrew FRASER	74	34.6
5	Toni MATTERS	48	36.9
6	Donna CLARKE	63	37.7
7	Richard TREMBATH	74	39.1
8	Leo COFFEY	86	44.0
9	Shirley COPPOCK	80	46.0
10	Allan WOOD	79	51.1
11	Hawley THOMAS **	77	61.8

** Winner - Hawley Thomas

JAVELIN THROW N.O.D.

Paul DURRANT	55	25.27	25.00
Toni MATTERS	48	25.10	24.00
Allan WOOD	79	19.14	21.00
Frank PROWSE	64	16.94	
Andrew FRASER	74	14.31	16.00
Donna CLARKE	63	12.87	13.10
Jack FREDRICKSON	77	12.40	13.00
Tracey CARPENTER	49	12.15	15.00
Brian TAIT	74	11.12	11.90
Leo COFFEY **	86	9.24	9.29

FRANKSTON 7 JULY 2016

80m

1	Chris Sheedy	48	11.26
2	Graham Kilfoyle	64	12.19
3	John Steward	57	12.70
4	Alan Radford	65	15.45

200m

1	Chris Sheedy	48	28.90
2	Graham Kilfoyle	64	32.27
3	John Steward	57	36.14
4	Alan Radford	65	38.11

800m Self Handicap

	Est	Start	Clock	Diff
(no faster than 4 sec of estimate)				
1	David Dodson	57	3.40	1.50 5.32 0.02
2	John Steward	57	3.06	2.30 5.37 0.01
DQ	Frances Halton	54	5.30	Go 5.16 -0.14

800m Walk Self Handicap

	Est	Start	Clock	Diff
(no faster than 6 sec of estimate)				
1	Kees Zwynenburg	87	8.00	0.00 7.56 -0.04
1	Alan Radford	65	6.30	1.30 7.56 -0.04
2	John Hallo	74	6.06	1.54 8.00 0.00

1600m Walk

1	John Hallo	74	12.31
2	Alan Radford	65	12.45
3	Graham Kilfoyle	64	12.58

2800m Walk

1	John Steward	57	19.38
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2000m

1	David Dodson	57	9.25
2	Ray O'Connor	78	12.12

3000m

1	Chris Sheedy	48	15.45
2	Frances Halton	54	19.35

FRANKSTON 14 JULY 2016

110m

1	Bill Carr	67	16.39
2	Graham Kilfoyle	64	16.45
3	Ronnie Sheedy	INV	17.22
4	John Steward	57	19.02
5	Alan Radford	65	19.92

150m

1	Chris Sheedy	48	20.24
2	Bill Carr	67	21.92
3	Graham Kilfoyle	64	22.17
4	Ronnie Sheedy	INV	24.29
5	John Steward	57	24.39
6	Alan Radford	65	25.17

1000m

1	Mike Thomas	44	3.15
2	Ian Walles	40	3.29
3	John Steward	57	4.03
4	David Dodson	57	5.14
5	Caitlin O'Connell	41	5.46
6	Frances Halton	54	6.13

800m Walk

1	Chris Sheedy	48	5.31
2	John Hallo	74	6.17
3	Alan Radford	65	6.32
4	Barry Jeffs	67	7.00
4	Lindsay Beaton	66	7.00
5	Kees Zwynenburg	87	7.35



FRANKSTON 14 JULY 2016 cont.**9 lap maximum**

			R or W	Laps	
1	Mike Thomas	44	R	9	13.33
2	Ian Walles	40	R	9	14.58
3	Caitlin O'Connell	41	R	6	13.58
4	Nonie Chan	30	R	6	14.08
5	Bill Carr	67	R	6	14.48
6	Frances Halton	54	R	6	14.58
6	Chris Sheedy	48	R	6	14.58
7	Ray O'Connor	78	R	6	15.35
DNF	David Dodson	57	R	5	
1	John Steward	57	W	5	13.55
2	John Hallo	74	W	5	16.03
3	Barry Jeffs	67	W	4	16.00
3	Alan Radford	65	W	4	16.00
4	Graham Kilfoyle	64	W	4	16.33

FRANKSTON 21 JULY 2016**90m**

1	Chris Sheedy	48	12.56
2	Bill Carr	67	13.87
3	Graham Kilfoyle	64	14.00
1	Alan Radford	65	15.09

250m

1	Bill Carr	67	42.63
2	Barry Jeffs	67	48.01
3	Alan Radford	65	48.43

800m Walk

1	Graham Kilfoyle	64	6.16
2	David Dodson	57	6.51
3	Lindsay Beaton	66	7.05

800m

1	Mike Thomas	44	2.27
2	Ian Walles	40	2.33
3	Chris Sheedy	48	2.45
4	Barry Jeffs	67	3.29
5	Caitlin O'Connell	41	4.07
6	Gary Meyer	61	4.15
7	Alan Radford	65	4.23
8	Frances Halton	54	4.44

2000m Walk

1	Chris Sheedy	48	13.22
2	Peter Ellis	65	13.23
3	Lyn Pimm	55	14.07
4	Graham Kilfoyle	64	16.00
5	Alan Radford	65	17.06
6	David Dodson	57	18.18

2400m

1	Mike Thomas	44	8.46
2	Gary Meyer	61	14.01
3	Ray O'Connor	78	14.31
4	Bill Carr	67	DNF

4000m

1	Ian Walles	40	16.39
2	Barry Jeffs	67	21.21
3	Caitlin O'Connell	41	24.05
4	Frances Halton	54	24.45

FRANKSTON 28 JULY 2016**100m**

1	Chris Sheedy	48	13.36
2	Veronica Sheedy	Inv	15.13
3	Graham Kilfoyle	64	15.16
4	Nonie Chan	30	16.14
5	Mike Hall	78	16.74

200m

1	Chris Sheedy	48	31.34
2	Graham Kilfoyle	64	31.88
3	Veronica Sheedy	Inv	37.07

600m walk

1	Chris Sheedy	48	4.03
2	John Hallo	74	4.31
3	Lindsay Beaton	66	5.30

600m

1	Ian Walles	40	1.47
2	Ray O'Connor	78	2.44
3	Caitlin O'Connell	41	2.57
4	Veronica Sheedy	Inv	2.59
5	Nonie Chan	30	3.00
6	Gary Meyer	61	3.05
7	David Dodson	57	3.18
8	Frances Halton	54	3.42

2000m walk - Estimated time

		Est	Clock	Diff	
1	Lyn Pimm	55	14.00	13.49	-11
2	Graham Kilfoyle	64	16.11	16.34	24
3	Chris Sheedy	48	13.45	13.19	-26
4	Lindsay Beaton	66	19.57	20.30	33
5	John Hallo	74	15.20	15.57	37
6	Kees Zwynenburg	87	19.30	20.29	59
7	Veronica Sheedy	Inv	20.00	18.05	-1.55

2000m - Estimated Time

		Est	Clock	Diff	
1	Gary Meyer	61	11.45	11.38	-7.00
2	David Dodson	57	10.10	9.57	-13.00

3200m walk

1	Peter Ellis	65	23.01
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3600m

1	Ian Walles	40	14.34	
2	Caitlin O'Connell	41	21.15	
3	Frances Halton	54	22.39	
	Nonie Chan	30	17.41	8 laps

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GEELONG 6 JULY 2016

400m

Peter Lamb	01:05
Michael Barrand	01:07
Andy Bruschi	01:09

2000m

Rhys Hamill-Beach	06:52
Dan Wright	07:13
Andy Bruschi	10:03
Kath Oliver	10:15
Jill Coyte	10:51
Fiona Fitzpatrick	11:20
Joanna MacCarthy	12:09
Dianne Shiells	12:32
Jill Gillies	13:29
Isabelle Engelsman	15:13

4000m

Josh Dew	15:32
Phil Shay	15:41
David Harbison	16:45
Stephane Vander Bruggon	17:47
Steve Welsh	18:23
Gerry Fitzpatrick	18:37
Grant Baensch	22:11

6000m

Craig Scott	20:43
David Bartlett	24:12
Sam Bennett	24:42
Nicole Roberson	26:15
Mick Kearney	26:35
Jeff Walker	27:06
Yolanda Russell	27:12
Paul Stewart	27:19
Paul Austin	31:10
Frank Engelsman	31:29

1500m

Rhys Hamill-Beach	05:00
Dan Wright	05:16
Andy Bruschi	05:35
Michael Barrand	05:39
Jake Stevanja	05:51
Peter Lamb	06:17
Gerry Fitzpatrick	06:24
Steve Welsh	06:43
Jeff Walker	06:48
Kath Oliver	07:27
Grant Baensch	07:27
Frank Engelsman	07:48
Fiona Fitzpatrick	08:20
Joanna MacCarthy	08:23
Isabelle Engelsman	11:43

GEELONG 13 JULY 2016

300m Heat 1

Michael Barrand	46.63
Matt Petersen	46.99

Mike McAvoy 3000m age graded

David Jenkins	10:24	70.51%
George Felluer	10:29	70.50%
Matt Petersen	11:01	70.43%
Allira Kluever	11:03	75.63%
Kate Bramley	11:12	74.62%
Andrew McNally	11:15	66.60%
Phil Shay	11:34	76.17%
David Bartlett	11:45	62.90%
Stephane Vander Bruggon	11:50	65.57%
Sam Bennett	11:51	70.52%
Nicole Roberson	12:34	67.44%
Andrew Merriman	12:55	58.76%
Jeff Walker	13:09	75.34%
Jo Foran	13:16	65.94%
Steve Welsh	13:17	62.11%
Craig Fagan	13:18	65.14%
Peter Lamb	14:07	68.17%
Eric Bumbers	14:30	60.24%
Gerry Fitzpatrick	14:48	62.15%
Frank Engelsman	14:54	65.81%
Paul Austin	14:58	63.13%
Grant Baensch	16:05	50.11%
John Moore	16:18	58.50%
Jill Coyte	16:49	67.49%
Diane Shiells	19:14	53.70%
Isabelle Engelsman	22:48	37.05%

800m

Michael Barrand	02:41
Phil Shay	02:54
Matt Petersen	02:57
Andrew Merriman	02:59
David Jenkins	03:00
Graig Fagan	03:02
Alan Jenkins	03:04
Craig Fagan	03:11
Steve Welsh	03:19
Jeff Walker	03:26
Eric Bumbers	03:39
Frank Engelsman	03:44
Grant Baensch	03:45
Isabelle Engelsman	05:59



GEELONG 20 JULY 2016**200m**

Montana Jones	29:91
Andy Bruschi	30:66

3000m

Craig Scott	09:58
David Jenkins	10:36
Cameron Spalding	10:40
Aaron Bird	10:41
Tony McRae	10:41
Allira Kluver	10:42
Josh Dew	10:54
Charlie El-Hage	11:02
Andrew McNally	11:15
Sharon Pedersen	11:18
David Bartlett	11:24
Louis Rowan	11:30
Sam Bennett	11:31
Stephane Vander Bruggen	11:32
Dave Elward	11:50
James Foran	11:54
Ally Duff	12:01
David Harbison	12:17
Andrew Merriman	12:24
Alan Jenkins	12:47
Steve Welsh	12:56
Jeff Walker	13:06
Gerry Fitzpatrick	13:21
Craig Fagan	13:24
Montana Jones	13:38
Paul Austin	14:41
Grant Baensch	15:46
Jill Coyte	16:34
Fiona Fitzpatrick	16:52
Joanna MacCarthy	17:05

1000m

David Jenkins	03:16
Tony McRae	03:18
Aaron Bird	03:20
Cameron Spalding	03:24
Peter Lamb	03:29
Sharon Pedersen	03:36
Andrew Merriman	03:41
Montana Jones	03:43
Andy Bruschi	03:44
Craig Fagan	03:56
Gerry Fitzpatrick	04:04
Robbie Parsons	04:06
Jeff Walker	04:16
Grant Baensch	04:38
Paul Austin	04:41
Joanna MacCarthy	05:47
Fiona Fitzpatrick	05:47

GEELONG 27 JULY 2016**2400m**

Craig Scott	08:06
Dominic Godfrey	08:19
Louis Rowan	08:22
Cameron Spalding	08:33
Tony McRae	08:35
Aaron Bird	08:37
Charlie El-Hage	08:40
Andrew McNally	09:00
David Bartlett	09:01
Dave Elward	09:06
Sam Bennett	09:12
Stephane Vander Bruggen	09:12
Mick Varker	09:31
Andrew Merriman	09:41
Sue Howell	09:45
David Jenkins	09:49
Jeff Walker	10:21
Gerry Fitzpatrick	10:28
Frank Engelsman	10:39
Paul Austin	10:57
Lauren Fleetwood	12:21
Jill Coyte	13:08
Joanna MacCarthy	13:22
Fiona Fitzpatrick	13:59
Diane Shiells	14:36

800m

Dave Elward	02:46
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1600m

Dominic Godfrey	05:25
Cameron Spalding	05:34
Tony McRae	05:35
Aaron Bird	05:42
David Jenkins	06:15
Andrew Merriman	06:18
Sue Howell	06:22
Gerry Fitzpatrick	06:54
Jeff Walker	06:58
Peter Lamb	06:59
Paul Austin	07:47
Frank Engelsman	07:50
Lauren Fleetwood	07:53
Joanna MacCarthy	08:49

KNOX 6 JULY 2016**800m walk NOT**

Mike Rennie	34	4.58	
Hank Kuys	61	5.03	
Liz Eastwood	47	5.11	
Karl Piatek	40	6.01	
Nicola Van Reenan	44	6.08	
Chas McCrae 400m	83	3.42	
Peter Thorne	68	7.09	
Glenn Claiden	62	7.32	
Ryan Clark	40	7.33	
Pauline Paine	38	7.35	2nd
Tiffany Nanfra	45	7.36	3rd
Annie Young	47	7.37	
Jaman Young	23	7.38	
Anne McPherson	59	7.41	
Peter LeGet	82	7.43	
Paul Twining	66	7.44	1st
David Wear	69	7.46	

60m

Tracey Carpenter	49	9.64
Donna Clarke	63	11.23

1000m

Mike Rennie	34	3.19
Jaman Young	23	3.2
Graeme Leticq	61	3.48
Ryan Clark	40	3.57
Craig McCormack	50	3.59
Tiffany Nanfra	45	4.05
Helen Stanley	60	4.09
Liz Eartwood	47	4.16
Nicola van Reenan	44	4.37
Glenn Claiden	62	4.38
Karl Piatek	40	5.17
Pauline Paine	38	5.39
Anne Young	47	5.47
Peter LeGet	82	5.56
Chas McCrae 2laps	83	7.12

500m

Ryan Clark	40	1.48
Liz Eastwood	47	1.49

KNOX 13 JULY 2016**Distance event****1k**

Glenn Claiden	62	4.59
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3k

Anne Young	47	19.45
Pauline Paine	38	19.49
David Wear	69	19.52

5k

Graeme Leticq	61	21.15
Jaman Young	23	21.17
Tiffany Nanfra	45	23.15
Mike Rennie	34	23.16
Liz Eartwood	47	24.13
Toscha Stopar	46	25.36
Ryan Clark	40	25.48
Nicola van Reenan	44	26.51
Peter Thorne	68	28.07

7k

Paul Twining	66	29.58
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Discus

Paul Durrant	55	28.7
Stephen Richards	55	21.29
Jack Durrant	19	17.25
Andrea Putting	53	11.56

800m walk

Liz Eastwood	47	5.54
Peter Thorne	68	7.22
Jack Durrant	19	7.47
Pauline Paine	38	7.51
Chas McCrae	83	7.54
Andrea Putting	53	7.56
Helen Stanley	60	8.21
Ian Uren	65	8.22
Paul Twining	66	8.25
Peter LeGet	82	8.27
David Wear	69	8.41
Geoff Whitehall	67	8.43

80m

Paul Durrant	55	10.44
Andrea Putting 60m	53	5

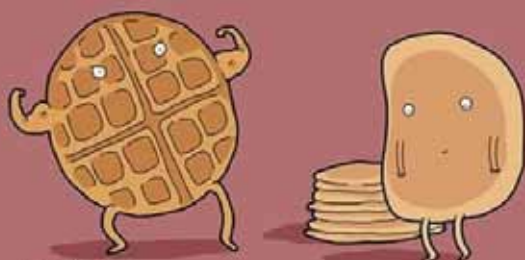
5 lap spiral

Graem Leticq	61	8.07min
Liz Eastwood	47	10.09
Nicola Van Reenan	44	10.16
Ian Uren	65	11.04
Peter Thorne	68	11.14
Chas McCrae	83	11.39
David Wear	69	12.09
Pauline Paine	38	12.33
Peter LeGet	82	13.05

Team event -6/12/18min

David Wear	69	1150m
Liz Eastwood	47	2400
Paul Twining	66	4410
Pauline Paine	38	1080
Ian Uren	65	
Graem Leticq	61	4410
Stephen Richards	55	1230
Peter Thorne	68	2225
Nicola Van Reenan	44	3480

Waffles are just
pancakes with abs



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KNOX 13 JULY 2016 cont.**300m**

Andrea Putting	53	42sec
Paul Durrant	55	45

KNOX 20 JULY 2016**2 by 400m walk relay**

Peter Leget	82	5.37
Liz Eastwood	47	
Jack Durrant	19	5.44
Peter Thorne	68	
Glenn Claiden	62	5.45
Karl Piatek	40	
Bob Henderson	69	6.19
Chas Mccrae	83	
Ryan Clark	40	7.00
Mick Carr	63	
Ian Uren	65	7.00
Anne McPherson	59	

150m

Paul Durrant	55	21.18
Tracey Carpenter	49	24.42
Donna Clarke	63	28.81
Liz Eastwood	47	34.42
Stephen Richards	55	35.62

15 sec run

Ryan Clark

600m

Paul Durrant	55	1.58
Helen Stanley	60	2.19
Bob Henderson	69	2.28
Geoff Whitehall	67	2.47
Michelle Quan	46	2.54

1200m

Ryan Clark	40	5.1
Liz Eastwood	47	5.13
Glenn Claiden	62	6.03
Peter Thorne	68	6.09
Mick Carr	63	6.13
Karl Piatek	40	6.18
Ian Uren	65	6.22
Peter Leget	82	6.44

Distance event**1k**

Bob Henderson	69	4.55
Glenn Claiden	62	5.04
David Wear	69	6.16

3k

Helen Stanley	60	14.36
Stephen Richards	55	15.2
Peter Thorne	68	16.31
Mick Carr	63	17.47
Ian Uren	65	17.47

5k

Graeme Leticq	61	20.18
Mike Rennie	34	20.19
Liz Eastwood	47	24.34
Michelle Quan	47	24.42
Ryan Clark	40	28

KNOX 27 JULY 2016**Javelin**

Jack Durrant	19	26.78
Paul Durrant	55	25.47
Tracey Carpenter	49	12.82
Andrea Putting	53	10.39

70m handicap

Paul Durrant	80m	55	10.7
Tracey Carpenter	70m	49	10.7
Jack Durrant	85m	19	11.2
Hank Kuys	70m	62	11.6
Andrea Putting	60m	53	11.6

800m walk

Bob Henderson	69	6.45
Glenn Claiden	62	7.01
Peter Thorne	68	7.03
Ian Uren	65	7.11
Hank Kuys	62	7.12
Pauline Paine	38	7.14
Ryan Clark	40	7.15
Jack Durrant	19	7.16
Andrea Putting	53	7.38
Peter LeGet	82	7.47
Paul Twining	66	7.49
Chas McCrae	83	7.52
David Wear	69	7.54
Matt Morris	50	7.55

800m

Hank Kuys	62	3.07
Helen Stanley	60	3.09
Ryan Clark	40	3.2
Nicola Van Reenan	44	3.25
Bob Henderson	69	3.26
Geoff Whitehall	67	3.28
Glenn Claiden	62	3.5
Michelle Quan	47	3.55
Pauline Paine	38	4.07
Peter LeGet	82	4.28

400m relay

Tracey Carpenter	49	2.45
Michelle Quan	47	
Geoff Whitehall	67	2.51
Ryan Clark	40	
Pauline Paine	38	2.54
Paul Durrant	55	

10 lap spiral handicap

Hank Kuys	5laps	62	11.26
Mike Rennie		34	15.4
Graham Leticq	2nd	61	17.04
Paul Twining		62	19.1
Helen Stanley		60	19.23
Ryan Clark		40	21.25
Nicola Van Reenan	1st	44	21.29
Michelle Quan		47	21.36
Glenn Claiden		62	21.47
Ian Uren		65	22.42
Peter Thorne	3rd	68	23.31
David Wear		69	23.37
Matthew Morris		50	25.49

MENTONE 6 JULY 2016**800m Walk E.T.**

			Clock	Diff
1	Sylvia Machin	75	5.40	-0.05
2	Janette Atkins	63	6.24	0.08
3	Sonya McLennan	64	5.11	-0.19
4	John Morrison	76	5.47	-0.38

600m E.T.

			Clock	Diff
1	Col Waring	70	2.05.4	0.40
2	Lew Jenkins	71	3.03.5	3.50
3	Sonya McLennan	64	2.46.6	-5.40
4	Ashley Page	75	2.51.3	9.30
5	Bob Wishart	74	2.41.9	31.90

3.336Km Road E.T. Self H/cap

			Clock	Actual	
1	Sonya McLennan	64	17.07	17.10	@
2	Ashley Page	75	18.03	18.03	
DQ	Ashley Birrell	71		16.10	

2 Km Self H/cap Walk

			Clock	Actual	
1	Sylvia Machin	75	21.59	14.24	@
2	Geoff Barrow	67	22.00	13.48	
3	Gwen Steed	73	22.08	13.30	
4=	Ian Cassell	63	22.14	13.34	
4=	John Mathew	79	22.14	22.14	
6	John Morrison	76	22.21	15.41	
DQ	Janette Atkins	63		16.26	

MENTONE 13 JULY 2016**400m Walk E.T.**

			Clock	Diff
1	Sonya McLennan	64	2.24	0.00
2	Sylvia Machin	75	2.42	-0.03
3=	Ian Beaumont	80	3.16	-0.04
3=	Janette Atkins	63	3.06	-0.04
5	Margaret Beaumont	78	3.18	0.06
6	John Mathew	79	3.30	0.10
7	Ian Cassell	63	2.21	-0.18

900m E.T.

			Clock	Diff
1	Sandra Wynne	64	4.16.0	1.00
2	Avril Britter	57	4.26.9	-2.10
3	Matt Bowden	49	3.18.7	3.70
4	Kuni Bowden	50	3.43.7	-6.30
5	Ashley Page	75	4.32.4	-32.60

150m E.T. *Agg Event*

			Clock	Diff	Pts
1	Bob Wishart	74	22.82	-0.18	7
2	Avril Britter	57	28.59	0.42	5
3	Ross Kent	74	27.75	0.75	4
4	Sandra Wynne	64	30.18	0.80	3
5	Kuni Bowden	50	31.15	-0.85	2
6	John Mathew	79	37.12	-0.88	1

5 Km E.T. *Agg Event*

			Clock	Diff	Pts
1	Matt Bowden	49	23.48	0.03	7
2	Sonya McLennan	64	25.34	-0.16	5
3	Sandra Wynne	64	28.06	-0.24	4
4	David Dodson	57	26.09	-0.31	3
5	Ashley Page	75	28.00	0.33	2
6	Kuni Bowden	50	21.43	-0.37	1
7	Avril Britter	57	28.10	-0.59	1
8	Ashley Birrell	71	23.53	-1.37	1
9	John Kneen	73	34.38	2.08	1

3000m Walk E.T.

			Clock	Diff
1	John Zeleznikow	66	24.45	0.00
2	Sylvia Machin	75	21.26	-0.04
3	Marlene Gourlay	64	18.18	0.18
4	Ian Cassell	63	20.22	0.24
5	Margaret Beaumont	78	26.37	0.26
6	Joan Clarke	81	29.15	0.35
7	Geoff Barrow	67	20.26	-0.44
8	Gwen Steed	73	20.02	-0.48
9	Pam Mews	81	29.53	1.13
10	Marie Brandeggen	37	25.31	-1.29
11	Janette Atkins	63	24.50	1.35
12	John Mathew	79	36.52	4.52



MENTONE 20 JULY 2016

600m Walk E.T.				
		Clock	Diff	
1	Sonya McLennan	64	3.44	-0.01
2	Sylvia Machin	75	4.08	-0.02
3	John Morrison	76	4.24	-0.06
4	Bev Hugo	76	4.29	-0.11
5=	Geoff Barrow	67	3.42	-0.13
5=	Janette Atkins	63	4.49	0.13
7	John Mathew	79	5.45	0.25

1 Mile Self H/cap

Point Score Series 2				
		Clock	Actual	
1	Col Waring	70	9.23	6.58
2	Kuni Bowden	50	9.40	6.40
3	Matt Bowden	49	9.42	6.27
4	Sandra Wynne	64	9.43	8.29
5	David Dodson	57	10.35	10.35
DQ	Ashley Page	75		8.16
DQ	Avril Britter	57		8.22
DQ	Sonya McLennan	64		7.45
	Series Winner	Sandra Wynne		

100m E.T.				
		Clock	Diff	
1	Bob Wishart	74	15.08	0.08
2	Avril Britter	57	18.64	0.11
3	John Mathew	79	26.29	0.29
4	Sandra Wynne	64	19.40	0.70
5	Ross Kent	74	18.46	1.46

2.5 Km /5 Km E.T.

2.5 Km				
		Clock	Diff	
1	Ashley Birrell	71	11.41	0.11
2	John Kneen	73	16.34	0.34
3	Lisa Hugo	Inv	14.46	-2.14

5 Km				
		Clock	Diff	
1	Sonya McLennan	64	26.43	0.17
2	Sandra Wynne	64	28.11	-0.26
3	Avril Britter	57	28.33	-0.36
4	Kuni Bowden	50	22.30	0.40
5	Matt Bowden	49	24.45	0.45
6	John Zeleznikow	66	47.00	2.00

5 Lap Spiral Walk E.T. *Agg Event*

		Clock	Diff	Pts	
1	Bev Hugo	76	16.45	0.00	7
2	John Morrison	76	16.03	0.03	5
3	Janette Atkins	63	17.08	0.08	4
4	Marie Brandeggen	37	18.12	0.12	3
5	Sylvia Machin	75	15.30	-0.20	2
6	Glennis McPherson	69	15.31	0.31	1
7	Ian Cassell	63	14.28	0.38	1
8	Gwen Steed	73	13.36	-1.39	1
9	John Mathew	79	24.34	2.34	1

MENTONE 27 JULY 2016

800m Walk E.T.				
		Clock	Diff	
1	Janette Atkins	63	6.23	0.00
2	John Morrison	76	5.54	0.04

1200m E.T. *Agg Event*

		Clock	Diff	Pts	
1	Kuni Bowden	50	4.53	-0.02	7
2	Col Waring	70	4.59	-0.03	5
3=	Sandra Wynne	64	5.58	0.06	4
3=	Ashley Page	75	6.00	-0.06	4
5=	Avril Britter	57	6.08	-0.07	3
5=	David Dodson	57	5.43	-0.07	3
7	Matt Bowden	49	4.35	-0.10	2

60m E.T.					
		Clock	Diff		
1	Kuni Bowden	50	11.90	-0.10	@
2	Sandra Wynne	64	11.20	0.18	
3	John Mathew	79	14.20	-0.20	
4	Avril Britter	57	10.70	-0.24	

3 Km Self H/cap

		Clock	Actual	
1	Kuni Bowden	50	16.44	12.49
2	Sandra Wynne	64	17.05	16.30
DQ	Ashley Birrell	71		15.35
DQ	Avril Britter	57		16.32
DQ	David Dodson	57		15.38
DQ	Matt Bowden	49		13.04
	Tallulah Morrison	37		24.55

2000m Walk E.T.

		Clock	Diff	
1	Janette Atkins	63	16.25	0.00
2	John Zeleznikow	66	16.32	0.02
3	Geoff Barrow	67	13.26	-0.09
4	John Morrison	76	14.59	0.19
5	Ian Cassell	63	13.25	-0.25
6	Glennis McPherson	69	14.11	-0.39
7=	Pam Mews	81	19.05	0.50
7=	Joan Clarke	81	19.05	0.50
9	John Mathew	79	21.55	-1.05

SPRINGVALE 7 JULY 2016**100 yards**

Graham KILFOYLE	64	14.00
Helen		14.10
Juan PEREZ	77	18.00
Mick COLGAN	65	18.10
Alan BENNIE	69	22.70
Ernie JEFFS	71	29.10

one mile run

Alan BENNIE	69	6.49
Dave TALBOT	61	7.10
Claudio RIGA	61	7.46
Helen		7.47
Bill IRVINE	68	7.53
Paul WINTERTON	61	7.56
Paul MULLINS	75	8.33
Juan PEREZ	77	9.29

one mile walk

Tony DORAN	64	11.23
Juan PEREZ	77	11.48
Celia JOHNSON	68	12.02
Graham KILFOYLE	64	13.00
Pam THOMAS	66	13.20
Peter BATTRICK	72	14.20
Eric NEGROS	53	17.08

two mile run

Claudio RIGA	61	15.59
Ian TREGEAR	66	17.31

SPRINGVALE 13 JULY 2016**200 metres**

		actual	hcp
Mick COLGAN	65	40.30	20 sec
Lindsay OXENHAM	66	44.80	20.00
Jim SINCLAIR	91	49.40	16.00
Ernie JEFFS	71	87.90	20.00

1000 metres

Alan BENNIE	69	3.53	1m 20s
Neil GRAY	68	3.53	1 22
Bill IRVINE	68	4.23	1 02
Lindsay OXENHAM	66	4.29	0 56
Paul WINTERTON	61	4.32	1 00
Ray O'CONNOR	79	5.25	0 22
Ernie JEFFS	71	6.44	0 00

5000 metres run

Les WILLIAMS	60	19.48
Howard REES	68	25.44
Lindsay OXENHAM 4.6k	66	24.18
Lou BUCCIERI 4.6k	60	25.18

3000 metres walk

Peter ELLIS	65	20.35
Celia JOHNSON	68	22.12
Tony DORAN	64	22.13
Frank ALLEN	71	24.39
Dennis PHILLIPS	74	24.39
Pam THOMAS	66	25.52
Trevor JUPP	76	25.52
Eric NEGROS	53	30.45

SPRINGVALE 20 JULY 2016**1800 metres walk**

Tony DORAN	64	12.10
Lew JENKINS	71	14.07
Ron LITTLE	73	14.34
Graham KILFOYLE	64	14.35
Pam THOMAS	66	14.44
Frank ALLEN	71	14.47
Trevor JUPP	76	16.42
Dennis PHILLIPS	74	16.42
Kelly DAVIDSON	37	18.04
Natalie IRVINE	69	18.04
Ernie JEFFS	71	20.37

3000 metres run

Alan BENNIE	69	13.13
Claudio RIGA	61	14.38
Howard REES	68	14.42
Lindsay OXENHAM	66	14.56
Lou BUCCIERI	61	14.56
Bill IRVINE	68	15.06
Rob CLUTTERBUCK	63	15.07
Mick COLGAN	65	16.25
Ian TREGEAR	66	16.40
Juan PEREZ	77	19.17
John MANNING	70	20.44
Peter BATTRICK	73	25.57

120 metres

Bill HAINS	53	18.10
Graham KILFOYLE	64	18.40
Mick COLGAN	65	22.60
Lew JENKINS	71	24.10
Lindsay OXENHAM	66	25.40
Jim SINCLAIR	91	26.30
Ernie JEFFS	71	37.20

800 metres

Dave TALBOT	61	3.09
Neil GRAY	68	3.23
Paul WINTERTON	61	3.25
Lou BUCCIERI	61	3.31
Lindsay OXENHAM	66	3.44
Ray O'CONNOR	79	3.59
Mick COLGAN	65	4.05
Ernie JEFFS	71	5.16

SPRINGVALE 27 JULY 2016

2000 metres run

Alison DEVINE 60 12.00

4000 metres run

Mark VELLIN 42 13.52

Alan BENNIE 69 19.29

Howard REES 68 20.06

Rob CLUTTERBUCK 63 20.29

Ian TREGEAR 66 22.09

Juan PEREZ 77 26.10

walk

Peter ELLIS 65 13.13

Tony DORAN 64 13.40

Celia JOHNSON 68 15.04

Frank ALLEN 71 16.00

Graham KILFOYLE 64 16.01

Trevor JUPP 76 17.21

John ABEL 66 17.27

Ernie JEFFS 71 20.40

200 metres

actual hcp

Graham KILFOYLE 64 31.50 28 sec

Bill HAINS 53 30.70 30.00

Les WILLIAMS 60 29.80 32.00

Ernie JEFFS 71 61.60 0.00

Jim SINCLAIR 91 49.80 14.00

Lew JENKINS 71 42.70 21.00

Juan PEREZ 77 47.50 20.00

1500 metres

Ernie JEFFS 71 10.28 0.00

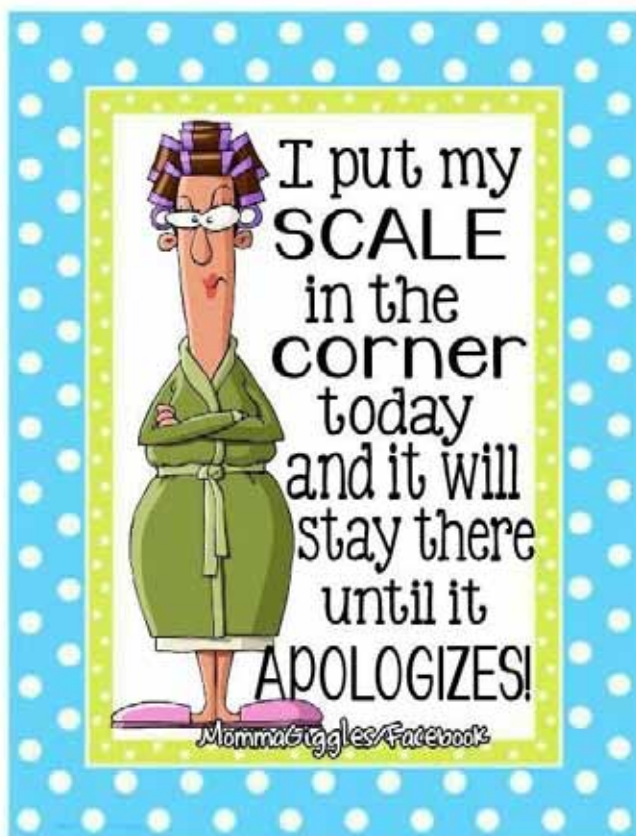
Ray O~CONNOR 79 8.17.0 2.40

Juan PEREZ 77 8.30.5 2.30

Neil GRAY 67 6.27.1 4.40

Paul WINTERTON 61 7.12.3 4.00

Les WILLIAMS 60 5.30.9 5.45



SEPTEMBER PROGRAMS

THURS SEPT 1	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON SEPT 5	DONCASTER					
	CASEY					
TUES SEPT 6	COLLINGWOOD	100M	1000M	300M	3/5/7K	
	CROYDON	3X400M WALK	100M	DOUG ORR HT 2	400M	5K AG% 1/3/5 WALK
	GLEN EIRA	80M ET	800M HCP	300M ET	3/6K WALK	3K ET
WEDS SEPT 7	ABERFELDIE	100M	1000 AG	400M	3/5K	
	GEELONG	300M	2/4K	800M		
	MENTONE					
	KNOX	L J 800M W	80M 100M	4X200M	DOUG ORR 880Y H1	1/3/5K
	SPRINGVALE	70M	800M HCP	2K WALK	2/4K	
THURS SEPT 8	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON SEPT 12	DONCASTER					
	CASEY					
TUES SEPT 13	COLLINGWOOD	200M	800M	400M	7/11/18 LAPS	
	CROYDON	3 LAP WALK	60M	1500M HCP	200M	INTERVALS R/W
	GLEN EIRA	100M HCP	500M HCP	150M HCP	1500M WALK ET	3/5K
WEDS SEPT 14	ABERFELDIE	100M	1200M	300M	4/6K	
	GEELONG	200M	2800M	1000M		
	MENTONE					
	KNOX	DISCUS 800W HCP	70M 400M	110M	DOUG ORR H2	10 LAP SPIRAL
	SPRINGVALE	200M HCP	600M	3K HCP	5K HCP	
THURS SEPT 15	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON SEPT 19	DONCASTER					
	CASEY					
TUES SEPT 20	COLLINGWOOD	200M	900M	500M	3/5/7/9K	
	CROYDON	1500M WALK	80M	DOUG ORR HT 3	500M	1/3/5K 6 LAP SPIRAL W
	GLEN EIRA	60M ET	800M HCP	400M ET	2K HCP WALK	6K SHCP
WEDS SEPT 21	ABERFELDIE	90M	800M	200M	4/8K	
	GEELONG	100M	2400M	1600M		
	MENTONE					
	KNOX	SHOT 800M W	60M	500M NOT 100M	DOUG ORR H3	3/5K
	SPRINGVALE	100M	800M HCP	15/30 MIN WALK	15/30 MIN RUN	
THURS SEPT 22	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON SEPT 26	DONCASTER					
	CASEY					
TUES SEPT 27	COLLINGWOOD	100M	1500M	400M	2/4/6/8K	
	CROYDON	4 LAP WALK	90M	DOUG ORR FINAL	600M	RELAY 2/4/6 MIN
	GLEN EIRA	110M HCP	500M ET	150M ET	15/20 MIN WALK ED	5K
WEDS SEPT 28	ABERFELDIE	100M	1200M	400M	3/5K	
	GEELONG	400M	2/4K	800M		
	MENTONE					
	KNOX	JAV 800M W	80M 150M	110M	DOUG ORR H4	2/4/6K
	SPRINGVALE	200M HCP	3X400M RELAY	3K HCP	5K HCP	
THURS SEPT 29	COBURG					
	EAST BURWOOD					
	FRANKSTON					