

AROUND THE GROUNDS

VENUE RESULTS FOR SEPTEMBER 2016, PROGRAM FOR NOVEMBER 2016



Footy fans at East Burwood

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

ABERFELDIE 7 SEPTEMBER 2016**100 Metres**

Gavin WHITE	42	12.34
Jonathan BUCKLEY	26	12.60
Dave CHISHOLM	48	12.68
Adam GREGORY	31	12.70
Richard SHORT	45	12.84
Luke BUCKLEY	29	14.15
Graham EADIE	65	15.68
Jamie PAPWORTH	INV	15.79
John HOWES	80	18.75
Stephen MURPHY	55	20.47
Tony BRADFORD	77	21.34
Imogen PAPWORTH	INV	23.53

1000 Metres Age Graded

			Age %
Levi DRAPER	INV	4.15	76.01
Lisa IERARDO	50	4.16	65.25
Michael ENNIS	63	4.22	64.29
David JONES	65	4.36	62.00
Stephen MURPHY	55	4.19	60.96
Doug STOKES	64	4.39	60.85
Adam GREGORY	31	3.38	59.86
Jonathan BUCKLEY	26	3.42	58.78
Jamie PAPWORTH	INV	4.20	55.28
Daniel IERARDO	INV	4.06	54.10
Andrea DRAPER	39	4.42	53.35
Maggie ARMSTRONG	54	5.30	53.31
Mark SIMMONS	54	5.19	49.08

400 Metres

Dave CHISHOLM	48	59.18
Gavin WHITE	42	60.13
Richard SHORT	45	62.79
Jonathan BUCKLEY	26	70.84
Mark SIMMONS	54	82.75
Luke BUCKLEY	29	83.31
Levi DRAPER	INV	84.93
Doug STOKES	64	93.37
Stephen MURPHY	55	94.91
Maggie ARMSTRONG	54	111.03
Andrea DRAPER	39	121.29

3000 Metres

Shane DRAPER	43	13.36
Ernie STEWART	65	14.06
Stephen MURPHY	55	14.34
Michael ENNIS	63	15.10
Alfred LENDVAI	62	15.28
Trevor HAWKSWORTH	69	15.37
Doug STOKES	64	15.43
Graham EADIE	65	15.46
David JONES	65	16.16
John DEAN	71	16.43

5000 Metres

Adam GREGORY	31	21.46
Peter BLACK	61	25.06

ABERFELDIE 14 SEPTEMBER 2016**100 Metres**

Gavin WHITE	42	19.83	150m
Tony BRADFORD	77	20.51	

1200 Metres

Maggie ARMSTRONG	54	6.49
Michael ORELLI	72	7.37

300 Metres

Gavin WHITE	42	63.90	400m
Maggie ARMSTRONG	54	76.37	
Tony BRADFORD	77	78.12	

4000 Metres

Ash MCDOWELL	45	21.23
Doug STOKES	64	22.10
John DEAN	71	22.10
David JONES	65	22.16
Alfred LENDVAI	62	22.22

ABERFELDIE 21 SEPTEMBER 2016**90 Metres**

Mark SIMMONS	55	15.15
Graham EADIE	65	15.16
Tony BRADFORD	77	17.63
Stephen MURPHY	55	17.81

800 Metres

Stephen MURPHY	55	3.21
Mark SIMMONS	55	4.00
Stephen BARKER	72	4.01
David JONES	65	4.12
Maggie ARMSTRONG	54	4.21
Michael ORELLI	72	4.52
Ron GREGORY	63	4.54
Andrea DRAPER	39	4.54

200 Metres

Mark SIMMONS	55	32.32
Graham EADIE	65	38.54
Stephen MURPHY	55	41.84
Tony BRADFORD	77	43.15
Maggie ARMSTRONG	54	44.87
Michael ORELLI	72	66.21
Stephen BARKER	72	81.84w

4000 Metres

Stephen MURPHY	55	19.04
David JONES	65	21.15
Alfred LENDVAI	62	21.31
Trevor HAWKSWORTH	69	23.00
Graham EADIE	65	23.22
John DEAN	71	24.46
Ron GREGORY	63	24.46

8000 Metres

Stephen BARKER	73	44.13
Doug STOKES	64	44.13

2000 Metres Walk

Brian O'DEA	62	16.54
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ABERFELDIE 28 SEPTEMBER 2016**100 Metres**

Adam GREGORY	31	12.53
Reji DANIEL	39	13.56
Luke BUCKLEY	30	13.74
Richard SHORTT	45	14.35
Mark SIMMONS	55	18.50
Tony BRADFORD	77	18.76
Maggie ARMSTRONG	54	19.29

1200 Metres

Adam GREGORY	31	4.55
Gina DENHOLM	39	5.10
Carolyn BOWEN	55	5.22
Michael ENNIS	63	5.37
Stephen BARKER	73	6.03
David JONES	65	6.51
Michael ORELLI	71	7.09

400 Metres

Adam GREGORY	31	63.25
Richard SHORTT	45	64.59
Reji DANIEL	39	72.71
Stephen RUSSELL	67	79.75
Luke BUCKLEY	30	80.90
Mark SIMMONS	55	88.04
Maggie ARMSTRONG	54	101.19
Stephen BARKER	73	112.94

200 Metres

Tony BRADFORD	77	45.90
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3000 Metres		
Gina DENHOLM	39	15.12
Alfred LENDVAI	62	15.40
Trevor HAWKSWORTH	69	15.58
David JONES	65	16.19
Jamie PAPWORTH	INV	16.19
Doug STOKES	64	16.33
Stephen BARKER	73	16.33
Heath BEVERIDGE(walk)INV		17.42
Michael ENNIS	63	17.50
Cheryl BEVERIDGE	51	20.53
Maggie ARMSTRONG	54	21.05

5000 Metres

Adam GREGORY	31	23.44
Ash MCDOWELL	45	23.44
John DEAN	71	28.38
Peter BLACK	61	28.38
Bill RISTEVSKI	51	31.33

COBURG 1 SEPTEMBER 2016**90m**

Colin HICKIE	32	13.20
Bruce GIBBS	67	15.40
Frank BRADLEY	60	18.40
Bernie LEDDIN	68	20.23
Rob LEWIS	69	21.00
Michelle SPORTON	50	21.35
Ken CARTER	63	35.31

1200m

Carl KENNEDY	50	4.14
Colin HICKIE	32	4.44
Maria BARBETTI	51	5.39
Bernie GOGGIN	79	9.22
Ken CARTER	63	12.28

300m

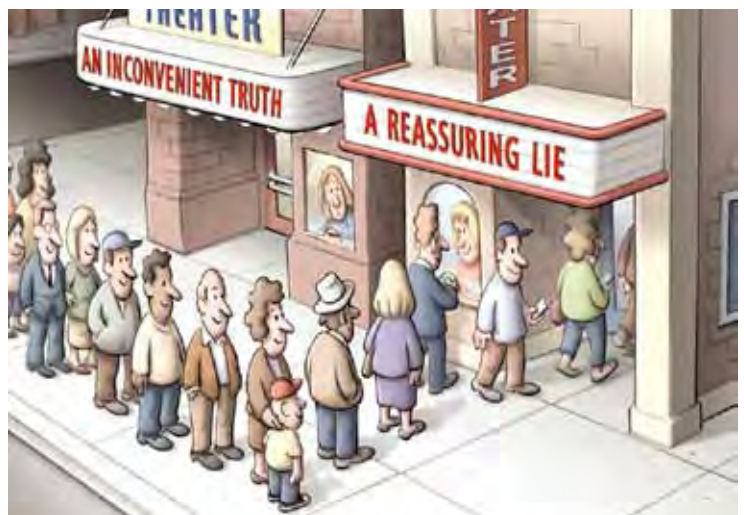
Colin HICKIE	32	51.88
Bernie LEDDIN	68	54.91
Fiona ELY	46	58.66
Bruce GIBBS	67	1.02.9
Frank BRADLEY	60	1.13.5
Michelle SPORTON	50	1.41.1
Ken CARTER	63	2.42.9

2km

Fraser MURRAY	44	7.23
Fiona ELY	46	9.48
Maria BARBETTI	51	9.52
Rob LEWIS	69	11.59
Glenyse BRAIN	70	13.41
Frank BRADLEY	60	13.44
Susan WOOD	62	15.59
Ken CARTER	63	24.13

4km

Carl KENNEDY	50	15.25
Colin HICKIE	32	18.27
Michael MEANEY	61	20.53



COBURG 8 SEPTEMBER 2016**100m****Heat: 1**

Mark HARPER	41	12.22
Paul O'NEILL	51	13.22
Shahir		13.93
Ethan O'NEILL	15	14.11
Colin HICKIE	32	14.53

Heat: 2

Spud HARRAP	14	15.33
Fiona ELY	46	16.97
Frank BRADLEY	60	19.59
Bernie LEDDIN	68	22.83
Rob LEWIS	69	23.13
Michelle SPORTON	50	23.59

1000m Walk

Glenyse BRAIN	70	7.49
Chris HARRAP	56	8.40
Rob DAVEY	76	8.41
Susan WOOD	62	9.27

1500m

Ian WINNEN	54	5.37
Ethan O'NEILL	15	5.43
Colin HICKIE	32	5.48
Spud HARRAP	14	6.03

400m Manager's Challenge**Heat: 1**

Spud HARRAP	14	1.18.0*
Fiona ELY	46	1.21.1*
Maria BARBETTI	51	1.26.7*
Frank BRADLEY	60	1.39.4
Rob DAVEY	76	1.55.2
Rob LEWIS	69	1.55.6

Heat: 2

Mark HARPER	41	55.24
Paul O'NEILL	51	57.49*
Ian WINNEN	54	1.07.6
Colin HICKIE	32	1.08.3*
Carl KENNEDY	50	1.10.9
Nicholas HARRAP	17	1.11.7

15 minute time trial Distance

Carl KENNEDY	50	3700m
Ian WINNEN	54	3120m
Brian DELANEY	62	3100m
Michael MEANEY	61	3040m
Maria BARBETTI	51	2860m
Colin HICKIE	32	2700m
Herbie	64	2550m
Frank BRADLEY	60	2000m
Rob DAVEY (W)	76	1860m
Glenyse BRAIN (W)	70	1700m
Fiona ELY (W)	46	1600m
Susan WOOD (W)	62	1500m

COBURG 15 SEPTEMBER 2016**80m**

Colin HICKIE	32	12.09
Mark HARPER (100m)	41	12.37
Paul O'NEILL (100m)	51	15.12
Bernie LEDDIN	68	15.63
Frank BRADLEY	60	16.54
Rob LEWIS	69	18.04
Michelle SPORTON	50	18.69

COBURG 15 SEPTEMBER 2016 cont**1200m Walk**

Chris HARRAP	56	9.52
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1600m

Colin HICKIE	32	6.43
Stephen RUSSELL	57	7.29
Brian DELANEY	62	7.30

4 x 200m Relay

Rob LEWIS	69	
Colin HICKIE	32	
Bernie LEDDIN	68	
Fraser MURRAY	44	2.40
Stephen RUSSELL	57	
Paul O'NEILL	51	
Michelle SPORTON	50	
Frank BRADLEY	60	2.45

2km

Frank BRADLEY	60	15.10
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4km Manager's Challenge

Fraser MURRAY	44	16.43
Colin HICKIE	32	17.53*
Michael MEANEY	61	20.40

COBURG 22 SEPTEMBER 2016**100m****Heat: 1**

Bruce GIBBS	67	16.54
Bernie LEDDIN	68	22.23
Rob LEWIS	69	22.33
Michelle SPORTON	50	23.00

Heat: 2

Paul O'NEILL	51	12.76
Colin HICKIE	32	14.66
Callum MURRAY	11	19.67
Fraser MURRAY	44	20.08

1000m

Fraser MURRAY	44	3.20
Colin HICKIE	32	3.59
Stephen RUSSELL	57	4.16
Maria BARBETTI	51	4.28
Callum MURRAY	11	4.33
Fiona ELY	47	4.45
Glenyse BRAIN	70	6.39
Susan WOOD	62	6.41
Chris HARRAP (W)	56	7.31

400m Manager's Challenge**Heat: 1**

Callum MURRAY	11	1.34
Bernie LEDDIN	68	1.35
Frank BRADLEY	60	1.38
Fraser MURRAY	44	1.47
Rob LEWIS	69	1.50
Michelle SPORTON	50	2.46

Heat: 2

Colin HICKIE	32	1.10*
Stephen RUSSELL	57	1.22
Brian DELANEY	62	1.23

* Achieved time set by manager.

COBURG 22 SEPTEMBER 2016 cont**3km**

Gary O'DWYER	57	13.30
Michael MEANEY	61	14.43
Maria BARBETTI	51	15.03
Rob LEWIS	69	18.25
Frank BRADLEY	60	19.24
Bruce GIBBS	67	24.19

5km

Colin HICKIE	32	23.15
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COBURG 29 SEPTEMBER 2016**Sprint**

Bernie LEDDIN (70m)	68	12.48
Ethan O'NEILL (100m)	15	

1500m Estimate Actual Time

		Time	Diff.
Bernie LEDDIN	68	6.26.6	1.4
Fiona ELY	47	7.12.8	2.8
Ethan O'NEILL	15	5.10.8	8.8
Maria BARBETTI	51	8.05.0	10.0
Maegan KERR	44	10.58.0	43.0

300m

Paul O'NEILL	51	40.67
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2km Walk

Fiona ELY	47	18.34
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2.8k

Maria BARBETTI	51	15.18
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4km Manager's Challenge

Michael MEANEY	61	19.41
Maegan KERR	44	29.25

COLLINGWOOD 6 SEPTEMBER 2016**100 Metres**

		Time
1	KAMEME Troy	29 13.0
2	HOWDEN Keith	71 14.4
3	WINNEN Ian	54 14.8
4	GIBBS Bruce	67 16.7
1	SCHOLES Ron	63 15.1
2	LEDDIN Bernie	68 16.7
3	ELY Fiona	46 17.0
4	HERBSTREIT Herbie	64 18.9
5	LEWIS Rob	69 21.5
6	BAYLEY Rod	70 21.7

1000 Metres

		Time
1	GURTLER Markus	45 3:06
2	WINNEN Ian	54 3:27
3	HEJTMANEK Jim	51 3:49
4	ADRIEN Gerard	56 3:49
5	SCHOLES Ron	63 4:00
6	HALLETT Matthew	27 4:14
7	ELY Fiona	46 4:30
8	LEDDIN Bernie	68 4:30
9	HALLETT Len	67 5:06
10	PAUL Graeme	62 5:09
11	HERBSTREIT Herbie	64 5:21
12	LEWIS Rob	69 5:25

300 Metres

		Time
1	HOWDEN Keith	71 0:46
2	GURTLER Markus	45 0:46
3	ADRIEN Gerard	56 0:47
4	WINNEN Ian	54 0:49
5	SCHOLES Ron	63 0:59
6	LEDDIN Bernie	68 1:00
7	LEWIS Rob	69 1:19

3 Km.

		Time
1	SCHOLES Ron	63 13:17
2	ADRIEN Gerard	56 14:12
3	LEDDIN Bernie	68 14:22
4	ELY Fiona	46 14:37
5	HALLETT Matthew	27 14:50
6	PAUL Graeme	62 14:55
7	HOPKINS Jim	66 14:58
8	POCOCK John	73 17:08
9	HALLETT Len	67 17:15
10	HERBSTREIT Herbie	64 18:10
11	LEWIS Rob	69 18:38
12	BRAIN Glenyse	70 24:44
13	WOOD Sue	62 24:50

5 Km.

		Time
1	GURTLER Markus	45 20:44
2	HEJTMANEK Jim	51 21:54
3	WINNEN Ian	54 22:36
4	HOPKINS Jim2	66 22:54
5	LOVELL Scott	51 22:56
6	BAYLEY Rod	70 24:43
7	BELL Gary	62 30:04



COLLINGWOOD 13 SEPTEMBER 2016

200 Metres

			Time
1	WINNEN Ian	54	30.7
2	LEDDIN Bernie	68	42.3
3	HERBSTREIT Herbie	64	44.4
4	BAYLEY Rod	70	45.0
5	LEWIS Rob	69	48.6

800 Metres

			Time
1	WINNEN Ian	54	2:41
2	ADRIEN Gerard	56	2:55
3	HALLETT Matthew	27	3:10
4	LEDDIN Bernie	68	3:19
5	HALLETT Len	67	4:01
6	LEWIS Rob	69	4:13
7	POCOCK John	73	4:28

400 Metres

			Time
1	LEDDIN Bernie	68	1:26
2	HERBSTREIT Herbie	64	1:39
3	LEWIS Rob	69	1:56

2.8 Km.

			Time
1	HALLETT Matthew	27	13:25
2	LEDDIN Bernie	68	13:43
3	BAYLEY Rod	70	13:52
4	POCOCK John	73	15:50
5	HALLETT Len	67	16:17
6	LEWIS Rob	69	17:10
7	JOHNSTONE Heather	72	21:21
8	BRAIN Glenyse	70	22:36
9	WOOD Sue	62	22:57

4.4 Km.

			Time
1	ADRIEN Gerard	56	20:43
2	PAUL Graeme	62	24:22
3	HERBSTREIT Herbie	64	28:49

7.2 Km.

			Time
1	HOPKINS Jim2	66	32:55
2	WINNEN Ian	54	33:07
3	BELL Gary	62	44:23

COLLINGWOOD 20 SEPTEMBER 2016

200 Metres

			Time
1	DELBRIDGE Adam	44	25.9
2	KOKKINOS Alex	41	26.7
3	SKIPPER Paul	48	27.0
4	STUART Will	37	27.3
5	HOWDEN Keith	71	30.3

Heat 1

1	DELBRIDGE Adam	44	25.9
2	KOKKINOS Alex	41	26.7
3	SKIPPER Paul	48	27.0
4	STUART Will	37	27.3
5	HOWDEN Keith	71	30.3

Heat 2

1	GIBBS Bruce	67	34.8
2	LEDDIN Bernie	68	37.4
3	HERBSTREIT Herbie	64	41.6
4	LEWIS Rob	69	44.2

900 Metres

			Time
1	STUART Will	37	3:12
2	ADRIEN Gerard	56	3:18
3	HALLETT Matthew	27	3:43
4	LEDDIN Bernie	68	3:52
5	HALLETT Len	67	4:36
6	LEWIS Rob	69	4:39
7	HERBSTREIT Herbie	64	4:40
8	POCOCK John	73	4:52

500 Metres

			Time
1	SKIPPER Paul	48	1:22
2	DELBRIDGE Adam	44	1:29
3	WINNEN Ian	54	1:30
4	ADRIEN Gerard	56	1:33
5	LOVELL Scott	51	1:33
6	STUART Will	37	1:46
7	HEJTMANEK Jim	51	1:54
8	LEDDIN Bernie	68	1:56
9	LEWIS Rob	69	2:28

3 Km.

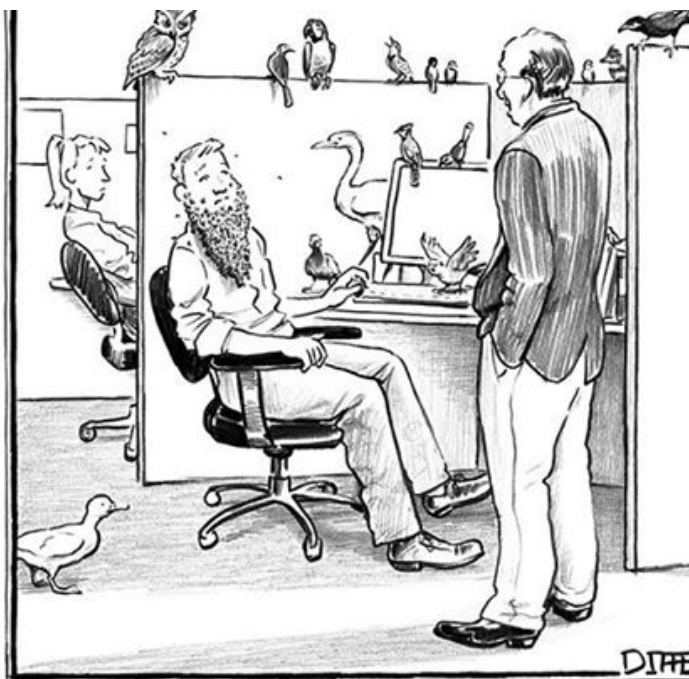
			Time
1	HALLETT Matthew	27	14:15
2	LEDDIN Bernie	68	14:16
3	PARDY Carmel	48	16:21
4	POCOCK John	73	16:28
5	SMITH Donna	44	16:37
6	HALLETT Len	67	16:53
7	HERBSTREIT Herbie	64	18:05
8	LEWIS Rob	69	18:25
9	BRAIN Glenyse	70	24:58
10	WOOD Sue	62	24:59

5 Km.

			Time
1	HEJTMANEK Jim	51	22:35
2	LOVELL Scott	51	22:52
3	ADRIEN Gerard	56	24:33
4	BAYLEY Rod	70	26:24

7 Km.

			Time
1	WINNEN Ian	54	31:56
2	BELL Gary	62	42:34



“Roger, I think it’s time we had a little talk about the birds and the bees.”

COLLINGWOOD 27 SEPTEMBER 2016**100 Metres**

Time

Heat 1

1	KOKKINOS Alex	41	12.9
2	HOWDEN Keith	71	14.6
3	LOVELL Scott	51	14.9
4	WINNEN Ian2	54	15.1
5	HOPKINS Jim	66	21.4

Heat 2

1	GIBBS Bruce	67	16.0
2	LOVELL Sara	Inv	16.3
3	LEDDIN Bernie	68	16.7
4	HERBSTREIT Herbie	64	19.3
5	HOPKINS Jim2	66	25.5

1500 Metres

Time

1	ADRIEN Gerard	56	6:07
2	DELBRIDGE Adam	44	6:23
3	LEDDIN Bernie	68	6:35
4	HOPKINS Jim2	66	6:41
5	FABRE Sofie	47	7:34
6	HERBSTREIT Herbie	64	7:48
7	POCOCK John	73	8:11

400 Metres

Time

Heat 1

1	DELBRIDGE Adam	44	1:02
2	WINNEN Ian2	54	1:08
3	LEDDIN Bernie	68	1:20
4	LOVELL Sara	Inv	1:25

Heat 2

1	FABRE Sofie	47	1:35
2	HOPKINS Jim2	66	1:40
3	POCOCK John	73	1:47
4	PAUL Graeme	62	1:52

2 Km.

Time

1	KOKKINOS Alex	41	8:37
2	LEDDIN Bernie	68	9:14
3	WINDSOR Wes	72	9:54
4	ELY Fiona	47	9:57
5	POCOCK John	73	10:45
6	HERBSTREIT Herbie	64	11:46

4 Km.

Time

1	ADRIEN Gerard	56	18:47
2	LOVELL Scott	51	18:48
3	HALLETT Matthew	27	19:18
4	BAYLEY Rod	70	19:31
5	FIELD Nina	43	20:22
6	PAUL Graeme	62	22:17
7	HALLETT Len	67	24:22

6 Km.

Time

1	WINNEN Ian2	54	26:38
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8 Km.

Time

1	HOPKINS Jim2	66	38:38
2	BELL Gary	62	49:23

CROYDON - 6 SEPTEMBER 2016**3 X 400 METRE WALK**

1	Gary TURNER	63	
	Phyllis GOSBELL	78	
	Karen ARCHER	53	8.37
2	Liz WRIGLEY	60	
	Grant WATSON	68	
	Grant MURFETT	49	8.37

100 METRE SPRINT**Heat 1:**

1	Andrew FRASER	74	18.1
2	Ron SMITH	67	20.3
3	Ros DYER	52	21.1
4	Grant WATSON	68	26.1
5	Karen ARCHER	53	27.9

Heat 2:

1	Grant MURFETT	49	13.4
2	Robert STAGG	49	13.6
3	Michael WILLEY	40	13.9
4	Dennis ASPINALL	69	14.9
5	Andrew EGGINTON	54	15.6
6	Cec McKEOWN	76	19.0

1/2 MILE SELF HANDICAP RUN**DOUG ORR MEM. HEAT 2**

Clock

Actual

	Ron BOYNE (Disq)	82	4.51	4.41
1	Ros DYER	52	4.56	4.01
2	Cec McKEOWN	76	4.57	4.02
3	Gary TURNER	63	5.00	3.40
4	Karen ARCHER	53	5.02	4.02
5	Grant MURFETT	49	5.04	2.44
6	Michael WILLEY	40	5.05	3.05
7	Robert STAGG	49	5.12	3.12
8	Grant WATSON	68	5.50	5.50
9	Ron SMITH	67	6.03	5.28
	Andrew EGGINTON	54	2.19	

400 METRE RUN

1	Grant MURFETT	49	1.02
2	Robert STAGG	49	1.16
3	Dennis ASPINALL	69	1.16
4	Andrew EGGINTON	54	1.29
5	Gary TURNER	63	1.44
6	Cec McKEOWN	76	1.47
7	Karen ARCHER	53	1.59
8	Ros DYER	52	2.00
9	Grant WATSON	68	2.51

5 KM RUN AGE GRADED

Age%

1	Michael WILLEY	40	22.32	59.24
2	Andrew TUNNE	58	26.18	58.62
3	Ros DYER	52	31.26	54.57
4	Karen ARCHER	53	31.31	55.14

1, 2, OR 3 KM RUN/WALK**1 km:**

1	Ron BOYNE (Run)	82	6.25
2	Lyn BATCHELOR (Walk)	67	7.55
3	Gary TURNER (Walk)	63	9.01

2 km:

Phyllis GOSBELL (Walk) 78 17.19

3 km:

1	Cec McKEOWN (Run)	76	17.08
2	Al WILLEY (Run)	77	20.08

CROYDON - 13 SEPTEMBER 2016**3 LAPS WALK**

1	Andrew EGGINTON	54	7.44
2	Karen ARCHER	53	8.08
3	Grant MURFETT	49	8.32
4	Laurie PEARSON	76	8.52
5	Lyn BATCHELOR	67	9.03
6	Ron BOYNE	82	9.39
7	Ron SMITH	67	11.59
8	Colin WILLIAMS	67	11.59
9	Ros DYER	52	12.11
	Tania NEALE (2 laps)	38	12.07

60 METRE SPRINT**Heat 1:**

1	Colin WILLIAMS	67	12.0
2	Ron SMITH	67	12.3
3	Ros DYER	52	12.6
4	Grant WATSON	68	14.7

Heat 2:

1	Michael WILLEY	40	8.5
2	Grant MURFETT	49	9.0
3	Cec McKEOWN	76	13.4
4	Karen ARCHER	53	16.9

1500 METRE HANDICAP RUN

		Clock	Actual	
1	Andrew EGGINTON	54	7.43	5.18
2	Grant MURFETT	49	7.56	5.31
3	Michael WILLEY	40	8.19	5.59
4	Ros DYER	52	8.49	7.49
5	Cec McKEOWN	76	8.54	7.49
6	Tania NEALE	38	9.06	7.46
7	Colin WILLIAMS	67	9.14	7.54
8	Karen ARCHER	53	9.26	8.21
9	Grant WATSON	68	11.24	11.24

200 METRE SPRINT

1	Grant MURFETT	49	27.8
2	Andrew EGGINTON	54	32.2
3	Cec McKEOWN	76	43.4
4	Ron SMITH	67	53.6
5	Karen ARCHER	53	54.5
6	Grant WATSON	68	60.1

WALK/RUN INTERVALS**2 km walk (300M fast/100M easy):**

1	Lyn BATCHELOR	67	17.49
2	Grant WATSON	68	18.51

4 km run (200M Run/100M Walk):

1	Andrew EGGINTON	54	17.48
2	Michael WILLEY	40	18.33
3	Tania NEALE	38	23.56
4	Cec McKEOWN	76	24.25
5	Ros DYER	52	25.15
6	Al WILLEY	77	26.25
7	Karen ARCHER	53	26.26
	Ron BOYNE (7 laps)	82	19.01

CROYDON - 20 SEPTEMBER 2016**1500 METRE WALK**

1	Gunther ILGOUTZ	77	9.39
2	Paul MORITZ	57	9.48
3	Karen ARCHER	53	11.11
4	Phyllis GOSBELL	78	12.40
5	Ros DYER	52	13.53
6	Grant WATSON	68	14.35
7	Gary TURNER	63	14.36

80 METRE SPRINT**Heat 1;**

1	Cec McKEOWN	76	15.5
2	Colin WILLIAMS	67	16.0
3	Ros DYER	52	16.2
4	Allan WOOD	79	17.5
5	Grant WATSON	68	20.4

Heat 2;

1	Robert STAGG	49	10.9
2	Grant MURFETT	49	11.4
3	Dennis ASPINALL	69	11.7
4	Marg TWEEDIE	62	12.1

1/2 MILE SELF HANDICAP RUN**DOUG ORR MEM. HEAT 3**

			Clock	Actual
	Robert STAGG (Disq)	49	4.46	3.46
	Colin WILLIAMS (Disq)	67	4.51	3.51
	Karen ARCHER (Disq)	53	4.52	4.22
1	Ron BOYNE	82	5.00	4.35
2	Grant MURFETT	49	5.01	2.46
3	Cec McKEOWN	76	5.04	3.59
4	Ros DYER	52	5.08	4.03
5	Gary TURNER	63	5.13	3.48
6	Tania NEALE	38	5.14	3.59

500 METRE RUN

1	Grant MURFETT	49	1.32
2	Robert STAGG	49	1.39
3	Dennis ASPINALL	69	1.41
4	Andrew EGGINTON	54	1.43
5	Marg TWEEDIE	62	1.44
6	Tania NEALE	38	2.06
7	Cec McKEOWN	76	2.24
8	Allan WOOD	79	2.44

6 LAPS SPIRAL WALK

1	Paul MORITZ	57	17.24
2	Julie CHALLEN	58	19.12
3	Phyllis GOSBELL	78	21.14

1. 3 OR 5 KM RUN**1 km:**

1	Ron BOYNE	82	5.54
2	Cec McKEOWN	76	5.58

3 km:

1	Andrew EGGINTON	54	13.25
2	Al WILLEY	77	19.12
3	Karen ARCHER	53	20.09

5 km:

1	Andrew TUNNE	58	25.39
2	Mark CHALLEN	59	26.26
	Tania NEALE (4.2 km)	38	25.54
	Ros DYER (4.2 km)	52	25.55

CROYDON - 27 SEPTEMBER 2016**4 LAP WALK**

1	Alison THOMPSON	63	10.05
2	Paul MORITZ	57	10.18
3	Tania NEALE	38	12.04
4	Liz WRIGLEY	60	12.15
5	Lyn BATCHELOR	67	12.30
6	Grant WATSON	68	15.21
7	Gary TURNER	62	15.22
8	Ron SMITH	67	15.36
9	Col WILLIAMS	67	15.37
10	Allan WOOD	79	15.41
11	Barry WICKS	76	16.41
12	Kevin McLAUGHLAN	72	16.41

80 METRES**Heat 1**

1	Ron SMITH	67	18.2
2	Ros DYER	52	18.8
3	Grant WATSON	68	22.2
4	Kevin McLAUGHLAN	72	24.3

Heat 2

1	Arthur KAPOULISTA	68	14.0
2	Marg TWEEDIE	62	14.6
3	Tania NEALE	38	15.0
4	Allan WOOD	79	19.2
5	Col WILLIAMS	67	21.5

Heat 3

1	Michael WILLEY	40	12.0
2	Rob STAGG	49	12.2
3	Andrew EGGINTON	54	14.7
4	Grant MURFETT	49	14.9

DOUG ORR 1/2 MILE SELF HCP VENUE FINAL

		Clock	S.Hcp	Actual	
1	Karen ARCHER	53	4.30.03	0.30	4.00.03
2	Rob STAGG	49	4.44.56	-	4.44.56
3	Grant MURFETT	49	4.52.39	2.00	2.52.39
4	Gary TURNER	62	4.55.46	1.25	3.30.46
5	Col WILLIAMS	67	4.56.59	1.00	3.56.59
6	Ron BOYNE	82	4.58.59	0.30	4.28.59
7	Tania NEALE	38	5.03.5	1.20	3.43.05
8	Ros DYER	52	5.03.93	1.05	3.58.93
9	Ciara WILLEY	INV	5.07.28	-	-
10	Michael WILLEY	40	5.07.65	1.55	3.12.65

600 METRES

1	Michael WILLEY	40	2.05
2	Grant MURFETT	49	2.07
3	Andrew EGGINTON	54	2.10
4	Marg TWEEDIE	62	2.11
5	Rob STAGG	49	2.18
6	Karen ARCHER	53	3.04
7	Col WILLIAMS	67	3.04
8	Tania NEALE	38	3.17
9	Ros DYER	52	3.20
10	Ron SMITH	67	3.51
11	Grant WATSON	68	4.23

DISTANCE

1	Rob STAGG	49	6.30	3 L R
2	Col WILLIAMS	67	6.45	3 L R
3	Ciara WILLEY	INV	9.47	2 K R
4	Michael WILLEY	40	9.48	2 K R
5	Grant MURFETT	49	10.18	2 K R
6	Andrew EGGINTON	54	10.18	2 K R
7	Gary TURNER	62	12.43	3 L W

8	Kevin McLAUGHLAN	72	12.44	3 L W
9	Paul MORITZ	57	13.08	2 K W
10	Julie CHALLEN	59	14.48	2 K W
11	Grant WATSON	68	19.40	2 K W
12	Geoff ARNOTT	68	23.32	4 K R
13	Al WILLEY	77	24.47	4 K R
14	Tania NEALE	38	24.56	4 K R
15	Karen ARCHER	53	24.57	4 K R
16	Alison THOMPSON	63	28.34	4 K R
17	Ros DYER	52	37.56	6 K R

DONCASTER 5 SEPTEMBER 2016**1600 metres**

1	Matt Scholes	46	6.12.0
2	Matt Hughes	41	6.35.1
3	Graham Walter	58	7.24.9
4	Jeffrey Sim	54	8.04.3

1200 metre walk

1	Frank Prowse	62	7.36.3
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400 metres

1	John Aughey	79	1.43.4
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120 metres**heat 1**

1	Jack Trembath	12	17.0	
2	Graham Walter	58	17.3	
3	Marg Tweedie	61	17.8	(venue record)
4	Cooper Trembath	10	18.2	
5	Janine James	69	20.1	
6	Bev Learmont	67	28.4	
7	Gloria De Zwart	80	29.1	(venue record)
8	Marla Trautman	43	NT	

heat 2

1	Phil Rosevear	67	16.6	(venue record)
2	Sheila Fanning	41	16.9	
3	Graham Ford	67	16.9	
4	Jeffrey Sim	54	19.1	
5	Matt Scholes	46	19.5	
6	Tom Leong	74	20.1	
7	Laura McLennan	40	20.4	

heat 3

1	Matt Hughes	41	15.6	
2	Anthony Paige	33	15.9	(125 metres)
3	Ken Bruce	64	16.1	
4	Anthony Gottlieb	36	16.6	

200 metres**heat 1**

1	Graham Walter	58	29.8	30.16
2	Jack Trembath	12	30.8	31.12
3	Marg Tweedie	60	32.3	32.64
4	Cooper Trembath	10	33.1	33.50
5	Jeffrey Sim	54	33.2	33.52
6	Tom Leong	74	35.7	36.08
7	Janine James	69	36.3	36.62
8	Carolyn Aughey	74	48.0	48.72

heat 2

1	Matt Hughes	41	27.2	27.72
2	Anthony Paige	33	27.6	28.15
3	Ken Bruce	64	28.2	28.92
4	Sheila Fanning	41	29.4	30.12
5	Phil Rosevear	67	31.7	32.25
6	Matt Scholes	46	37.0	37.52

DONCASTER 5 SEPTEMBER 2016 cont**600 metres (nominate own start)**

	Hcap	Final time
1 Marla Trautman	0	3.45.5
2 Jeffrey Sim	(-2.30)	4.58.1
3 Bev Learmont	(-2.00)	5.24.45
4 Sheila Fanning	(-3.20)	5.35.85
5 Anthony Gottlieb	(-4.00)	5.55.95
6 Matt Scholes	(-4.20)	5.59.01
7 Anthony Paige	(-4.28)	5.59.55
8 Graham Walter	(-3.40)	6.01.71
9 Matt Hughes	(-3.45)	6.02.43
10 Graham Ford	(-4.00)	6.05.43

2000 metres

1 Matt Scholes	46	8.16.7
2 Matt Hughes	41	9.03.0
3 Kath Gawthorn	41	9.31.7
eq 4 Sheila Fanning	41	11.10.2
eq 4 Graham Walter	58	11.10.2

1600 metre walk

1 Frank Prowse	62	9.32.4
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DONCASTER 12 SEPTEMBER 2016**Doncaster 1000**

	Hcap	Fin time	Act time
1 Graham Walter	58 (-2.30)	6.57.2	(4.27.2)
2 Jeffrey Sim	54 (-2.30)	6.58.0	(4.28.0)
3 Matt Scholes	46 (-3.50)	6.58.1	(3.08.1)
4 Marla Trautman	43 (-0.30)	7.50.9	(7.20.9)

Results of Winter Doncaster 1000m series

1 Matt Scholes	36 points
eq 2 Jeffrey Sim	18 points
eq 2 Elizabeth Grover	18 points

60 metres**heat 1**

	Result	Elect Time
1 Graham Ford	67 8.9	9.28
2 Greg Champion	61 9.3	9.76
3 Jeffrey Sim	54 9.5	10.06
4 Marg Tweedie	61 9.5	10.12
5 Janine James	69 9.8	10.48
6 Marla Trautman	43 16	16.26

heat 2

	Result	Elect Time
1 Anthony Paige	33 8.3	8.62 (62 metres)
2 Antony Gottlieb	36 8.9	9.16
3 Graham Walter	58 9.2	9.56
4 Matt Scholes	46 13.6	13.94

100 metres**heat 1**

	Result	Elect Time
1 Marg Tweedie	61 15.8	16.12
2 Jeffrey Sim	54 16	16.23
3 Tom Leong	74 16.7	17.18
4 Janine James	69 16.7	17.4

heat 2

	Result	Elect Time
1 Antony Gottlieb	36 13.9	14.18
2 Anthony Paige	33 14.1	14.42 (110 metres)
3 Graham Walter	58 14.9	15.24
4 Greg Champion	61 15.2	15.7
5 Matt Scholes	46 22.9	

DONCASTER 12 SEPTEMBER 2016 cont**400 metres**

1 Anthony Paige	33	64.2 (430 metres)
2 Matt Scholes	46	65.6
3 Graham Ford	67	71.4
4 Marg Tweedie	61	76.2
5 Jeffrey Sim	54	86.6
6 Marla Trautman	43	2.34.9

1000 metres

1 Graham Walter	58	4.11.4
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1000 metres walk

1 Frank Prowse	62	5.37.5
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DONCASTER 19 SEPTEMBER 2016**Novelty night**

On a chilly Spring evening 12 enthusiastic runners emerged from their sofas and offices for our novelty night on the oval of Riescheick's Reserve. 3 captains (Matt Scholes, David McConnell and Graham Walter) carefully selected their teams of 4 runners and they turned out to be very evenly matched!

The Bears**The Bulls****The Possums**

Graham Walter (C) Matt Scholes (C) David McConnell(C)
 Anthony Paige Phil Rosevear Antony Gottlieb
 Marla Trautman Jeffrey Sim Sheila Fanning
 Janine James Kath Gawthorn Dorian

Event 1 – 2 x (4x100m) relay

Shuttle relay – everyone runs twice.

1st – Possums (9 points)

2nd – Bulls (6 points)

3rd – Bears (3 points)

Event 2 – 100m 'strategy races'

All members of the team run 100m in 4 separate heats against the other teams. Teams strategize about which team member will complete each heat, unaware of which runners other teams will select for the heat. When the command is given "next runner step forward", only then are runners aware of who they are up against and their chances of winning and scoring top points for their team!

Bears**Bulls****Possums**

Race 1 3rd Marla Trautman – 1 pt 1st Phil Rosevear – 3 pts
 2nd Dorian – 2 pts

Race 2 1st Graham Walter – 3 pts 3rd Jeffrey Sim – 1 pts
 2nd Sheila Fanning – 2 pts

Race 3 3rd Janine James – 1 pt 2nd Kath Gawthorn – 2 pts
 1st David McConnell – 3pts

Race 4 1st Anthony Paige – 3pts 2nd Matt Scholes – 2pts
 3rd Antony Gottlieb – 1 pt

TOTAL 8 points 8 points 8 points

Event 3 – 4 x1 lap relay (approx. 300m, some uphill!)

Each runner completes 1 lap, but again, strategy is involved about the running order. The placing past the change-over area on each lap scores points, rather than the finish order of the entire race! Not all teams were aware of this strategy by the adjudicator/race official (John Browne). However, it appeared that Graham Walter's Bears were aware and used it to their advantage!

DONCASTER 19 SEPTEMBER 2016 cont

	Bears	Bulls	Possums
Lap 1	1st Anthony Paige – 3pts	3rd Phil Rosevear – 1pt	
Lap 2	2nd Sheila Fanning – 2 pts		
Lap 2	1st Graham Walter – 3 pts	3rd Kath Gawthorn – 1 pt	
Lap 3	2nd Dorian – 2pts		
Lap 3	1st Janine James – 3 pts	3rd Jeffrey Sim – 1 pt	
Lap 4	2nd Antony Gottlieb – 2 pts		
Lap 4	3rd Marla Trautman – 1 pt	1st Matt Scholes – 3 pts	
Lap 4	2nd David McConnell – 2 pts		
TOTAL	10 points	6 points	8 points

Final scores

So after 3 events the final team scores were as follows:

1st Possums – 25 points

2nd Bears – 21 points

3rd Bulls – 20 points

A special thank-you to Matt Scholes who organised this event, and to John Browne for keeping us all fair and honest with our scoring!

DONCASTER 26 SEPTEMBER 2016

The Sixty Minutes - run as far as possible in 60 minutes

		Distance
1	David Featherston	42 13,758.50
2	Gary Zucala	54 12,605.20
3	Graham Walter	58 12,158.60
4	Chris Worsnop	59 11,671
5	Kath Gawthorn	42 10,949.90



“Anytime I’ve ever been asked ‘What do you want, a medal?’ I’ve said yes.”

DONCASTER 29 AUGUST 2016

400 metres

1	John Aughey	79	1.48.8
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800 metre walk

1	Bev Learmont	67	6.37.6
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1200 metre walk

1	Frank Prowse	63	7.23.7
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1600 metres

1	Matt Hughes	40	6.40.8
2	Graham Walter	58	6.58.4
3	Matt Scholes	46	7.01.3
4	Jeffrey Sim	54	8.14.2

120 metres

heat 1

1	Sheila Fanning	41	17.1
2	Graham Walter	58	17.4
3	Phil Rosevear	66	18.0
4	Jeffrey Sim	54	19.3
5	Janine James	69	19.8
6	Tom Leong	74	20.3
7	Gloria De Zwart	80	22.0

(60 m - venue record)

heat 2

1	Warren Hattwich	43	15.4
2	Matt Hughes	41	15.9
3	Anthony Paige	33	15.9 (130 metres)
4	Paul Rawady	52	16.4
5	Antony Gottlieb	36	16.8
6	Graham Ford	67	17.1

DONCASTER 29 AUGUST 2016 cont.

200 metres

heat 1

1	Phil Rosevear	66	33.1
2	Jeffrey Sim	54	33.6
3	Tom Leong	74	36.7
4	Janine James	69	37.3
5	Matt Scholes	46	37.9

heat 2

1	Warren Hattwich	43	27.2
2	Anthony Paige	33	28.2 (220 metres)
3	Matt Hughes	41	29.1
4	Graham Walter	58	29.8
5	Sheila Fanning	41	30.0
6	Paul Rawady	53	31.5

600 metres - nominate own start time

		Fin. time	Act time
1	Antony Gottlieb	36	2.40.6 (2.00.6) (DQ)
2	Graham Ford	67	2.52.4 (2.02.4) (DQ)
3	Anthony Paige	33	3.00.0 (1.36.0) winner
4	Matt Scholes	46	3.01.3 (1.41.3)
5	Matt Hughes	41	3.11.1 (2.21.1)
6	Graham Walter	58	3.20.9 (3.30.9)

2000 metres

1	Matt Scholes	46	8.24.3
2	Matt Hughes	41	9.09.1
3	Graham Walter	58	9.38.4
4	Sheila Fanning	41	9.46.0

1600 metres walk

1	Frank Prowse	62	9.39.0
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EAST BURWOOD 1 SEPTEMBER 2016**60 METRE SPRINT****Heat 1:**

1	Gerald BURKE	76	12.7
2	Horacio DIAZ	71	13.1
3	Grant WATSON	68	14.3
4	Lloyd NICHOLS	75	20.6

Heat 2:

1	Paul FOSTER	55	7.7
2	Tracey CARPENTER	50	9.5
3	Toni MATTERS	48	10.1
4	Melanie BISSET	40	11.7

880 YARDS SELF HANDICAP**DOUG ORR MEMORIAL HEAT 1**

		Clock	Actual
	Paul DURRANT (Disq)	55	4.53
1	Liz EASTWOOD	47	4.57
2	Janet HOLMES	63	4.58
3	Christopher WORSNOP	58	5.09

200 METRE SPRINT

1	Tracey CARPENTER	50	32.9
2	Toni MATTERS	48	35.5
3	Andrew FRASER	74	39.3
4	Leo WATSON	75	43.9
5	Melanie BISSET	40	44.9
6	Allan WOOD	79	46.3
7	Grant WATSON	68	58.8
8	Hawley THOMAS	77	71.6
9	Lloyd NICHOLS	75	96.5

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

Jesse TABONE	No
Bob LEWIS	88 times

3km:

Frank PROWSE	64	18.45
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3 KM HANDICAP RUN

		Actual	Clock
1	Liz EASTWOOD	47	16.42
2	Christopher WORSNOP	58	17.18
3	Leonie GILLIES	59	17.30
4	Annette PELGRIM	62	17.47
5	Sam DEFANIS	68	18.09
6	Peter BATTRICK	73	19.32

SHOT PUT

Paul DURRANT	55	9.36
Toni MATTERS	48	8.30
Tracey CARPENTER	50	7.39
Allan WOOD	79	5.80
Melanie BISSETT	40	5.30

100 METRE HANDICAP SPRINT

1	Horacio DIAZ	71	No
2	Tracey CARPENTER	50	times
3	Paul DURRANT	55	
4	Toni MATTERS	48	
5	Lloyd NICHOLS	75	
6	Allan WOOD	79	
7	Grant WATSON	68	
8	Andrew FRASER	74	
9	Melanie BISSET	40	

EAST BURWOOD 1 SEPTEMBER 2016 cont**800 METRE HANDICAP WALK**

		Clock	Actual
1	Melanie BISSETT	40	6.40
2	Leonie GILLIES	59	6.52
3	Toni MATTERS	48	6.54
4	Christopher WORSNOP	58	6.56
5	Grant WATSON	68	6.58
6	Leo WATSON	75	6.59
7	Bob LEWIS	88	7.02
8	Peter BATTRICK	73	7.03
9	Gerald BURKE	76	7.15
10	Liz EASTWOOD	47	7.25
11	Hawley THOMAS	77	7.41

EAST BURWOOD 9 SEPTEMBER 2016**45 SECONDS N.O.S.P**

Melanie BISSETT	40
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70 METRE SPRINT**Heat 1:**

1	Donna CLARKE	63	11.9
2	Leo COFFEY	86	12.4
3	Gerald BURKE	76	14.3
4	Horacio DIAZ	71	14.7
5	Lloyd NICHOLS	75	22.9

Heat 2:

1	Paul DURRANT	19	8.9
2	Andrea VIENET	42	9.5
3	Marg TWEEDIE	62	9.9
4	Tracey CARPENTER	50	10.5
5	Lain TAYLER	42	11.1
6	Melanie BISSETT	40	13.3

600 METRE HANDICAP RUN

		Clock	Actual
1	Michelle QUAN	46	3.28
2	Wayne JAMES	52	3.29
3	Marg TWEEDIE	62	3.30
4	Paul DURRANT	55	3.38
5	Gary TURNER	63	3.47
6	Lain TAYLER	42	3.52
7	Trevor O'BRIEN	58	3.53
8	Melanie BISSETT	40	4.14
9	Andrew FRASER	74	4.53

600 METRE WALK

1	Leo WATSON	75	4.08
2	Melanie BISSETT	40	4.10
3	Phyllis GOSBELL	78	4.38
4	Gerald BURKE	76	4.38
5	Gary TURNER	63	4.52
6	Trevor O'BRIEN	58	4.55
7	Hawley THOMAS	77	5.10
8	Peter BATTRICK	73	5.13
9	Bob LEWIS	88	5.15
10	Eddy STACK	82	5.26

110 METRE SPRINT**Heat 1:**

1	Andrew FRASER	74	18.9
2	Leo COFFEY	86	20.3
3	Melanie BISSETT	40	21.0
4	Allan WOOD	79	22.6
5	Horacio DIAZ	71	25.1
6	Lloyd NICHOLS	75	36.9

EAST BURWOOD 9 SEPTEMBER 2016 cont**Heat 2:**

1	Jack DURRANT	19	13.8
2	Paul DURRANT	55	14.4
3	Andrea VIENET	42	15.1
4	Stephen DAY	46	15.8
5	Lain TAYLER	42	17.3
6	Trevor O'BRIEN	58	17.6
7	Donna CLARKE	63	20.0

2 OR 4 KM WALK**2 km:**

1	Peter BATTRICK	73	18.28
2	Bob LEWIS	88	18.30

4 km:

Frank PROWSE	64	24.20
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1600 METRES/2/4/6KM RUN**1600 metres:**

1	Janet HOLMES	63	7.36
2	Annette PELGRIM	62	8.23

2 km:

Stephen DAY	46	9.51
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4 km:

1	Michelle QUAN	46	20.01
2	Trevor O'BRIEN	58	24.38

6 km:

Sam DEFANIS	68	29.33
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JAVELIN THROW HANDICAP

	Metres	Adjusted
1	Paul DURRANT	55 27.87 39.62
2	Leo COFFEY	86 9.78 37.18
3	Tracey CARPENTER	50 15.38 36.38
4	Allan WOOD	79 18.89 35.54
5	Donna CLARKE	63 12.45 35.25
6	Andrew FRASER	74 13.86 34.26
7	Toni MATTERS	48 22.05 33.75
8	Jack DURRANT	19 29.68 33.68

EAST BURWOOD 15 SEPTEMBER 2016 cont**1000 METRE SEALED H'CAP WALK**

		Clock	Adjusted
1	Toni MATTERS	48 6.48	9.33
2	Christopher WORSNOP	59 6.52	9.27
3	Leo WATSON **	75 7.19	8.54
4	Liz EASTWOOD	47 7.21	9.41
5	Leonie GILLIES	59 7.39	9.14
6	Brian TAIT	74 8.04	9.04
7	Gerald BURKE	76 8.09	8.59
8	Hawley THOMAS	77 8.31	9.11
9	Allan WOOD	79 8.53	9.48
10	Eddy STACK	82 9.37	9.37

** Winner - Leo Watson

100 METRE SPRINT

1	Jack DURRANT	19	12.5
2	Paul DURRANT	55	13.6
3	Marg TWEEDIE	62	14.9
4	Toni MATTERS	48	16.2
5	Christopher WORSNOP	59	17.7
6	Melanie BISSETT	40	20.1
7	Lloyd NICHOLS	75	31.9

4 KM AGE GRADED CHAMPIONSHIP

		Age %
1	Gabor JAKUS	41 16.59 62.56
2	Christopher WORSNOP**	59 18.54 72.33
3	Sam DEFANIS	68 19.35 68.05
4	Stephen DAY	46 19.43 56.43
5	Annette PELGRIM	62 21.45 72.03
6	Rob BAULCH	68 22.17 59.80
7	Leonie GILLIES	59 23.26 63.97

** Winner - Christopher Worsnop

Also:

Bob HENDERSON (2 km)	69	9.31
Liz EASTWOOD (2 km)	47	13.10
Frank PROWSE(8 laps Walk)	64	19.51

SHOT PUT HANDICAP

	Metres	Adjusted
1	Tracey CARPENTER	50 7.55 10.43
2	Melanie BISSETT	40 5.12 10.22
3	Allan WOOD	79 6.23 10.05
4	Paul DURRANT	55 8.78 10.02
5	Toni MATTERS	48 8.25 9.64
6	Jack DURRANT	19 7.24

EAST BURWOOD 15 SEPTEMBER 2016**200 METRE SPRINT**

1	Toni MATTERS	48	36.2
2	Andrew FRASER	74	37.5
3	Melanie BISSETT	40	42.1
4	Leo WATSON	75	44.4
5	Allan WOOD	79	47.2
6	Lloyd NICHOLS	75	83.2

80 METRE SPRINT

1	Jack DURRANT	19	9.8
2	Marg TWEEDIE	62	11.8
3	Toni MATTERS	48	12.6
4	Christopher WORSNOP	59	13.2
5	Melanie BISSETT	40	14.7
6	Michelle QUAN	46	15.4
7	Gerald BURKE	76	17.2
8	Lloyd NICHOLS	75	25.7

880 YARDS SELF HANDICAP**DOUG ORR MEMORIAL HEAT 2**

	Clock	Actual
Michelle QUAN (DISQ)	46 4.30	3.25
Gabor JAKUS (DISQ)	41 4.49	2.49
Paul DURRANT (DISQ)	55 4.53	2.54
1	Bob HENDERSON	69 4.56 3.21
2	Liz EASTWOOD	47 4.57 3.07
3	Christopher WORSNOP	59 5.00 3.18
4	Melanie BISSETT	40 5.04 4.14

EAST BURWOOD 22 SEPTEMBER 2016**60 METRE SPRINT****Heat 1:**

1	Leo COFFEY	86	12.5
2	Lloyd NICHOLS	75	19.6

Heat 2:

1	Trevor O'BRIEN	58	8.6
2	Marg TWEEDIE	62	8.9
3	Stephen DAY	46	9.3
4	Toni MATTERS	48	9.5
5	Tracey CARPENTER	50	9.8
6	Christopher WORSNOP	59	10.1

EAST BURWOOD 22 SEPTEMBER 2016 cont**880 YARDS SELF HANDICAP**

DOUG ORR MEMORIAL HEAT 3			Clock	Actual
	Michelle QUAN (Disq)	46	4.51	3.23
	Rob BAULCH (Disq)	68	4.55	3.55
1	Gary TURNER	63	4.57	3.37
2	Bob HENDERSON	70	4.58	3.20
3	Christopher WORSNOP	59	4.59	3.18
4	Gabor JAKUS	41	5.01	2.47
5	Paul DURRANT	55	5.06	3.00
6	Stephen DAY	46	5.07	3.12
7	Trevor O'BRIEN	58	5.15	3.55

800 METRE HANDICAP WALK

		Clock	Actual
1	Trevor O'BRIEN	58	6.41 6.06
2	Allan WOOD	79	7.03 6.13
3	Phyllis GOSBELL	78	7.06 6.01
4	Gerald BURKE	76	7.07 6.17
5	Christopher WORSNOP	59	7.08 4.58
6	Brian TAIT	74	7.09 6.14
7	Peter BATTRICK	73	7.11 6.36
8	Toni MATTERS	48	7.13 4.48
9	Bob LEWIS	88	7.15 6.55
10	Eddy STACK	82	7.45 7.45

100 METRE HANDICAP SPRINT

			H'cp	Mtrs
1	Lloyd NICHOLS	75	12.7	56
2	Stephen DAY	46	13.3	9
3	Paul DURRANT	55	13.6	1
4	Allan WOOD	79	14.0	25
5	Leo COFFEY	86	14.3	28
6	Christopher WORSNOP	59	14.6	13
7	Marg TWEEDIE	62	14.8	0

150 METRE SPRINT

1	Marg TWEEDIE	62	22.3
2	Allan WOOD	79	29.7
3	Leo COFFEY	86	34.4
4	Lloyd NICHOLS	75	55.0

10 OR 20 MINUTE TIME TRIAL

10 mins:		Laps	Metres
	Rob BAULCH (Run)	68	4 330
	Annette PELGRIM (Run)	62	4 320
	Liz WRIGLEY (Walk)	60	2 350
	Gary TURNER (Walk)	63	2 350
	Bob LEWIS (Walk)	88	2 270
	Peter BATTRICK (Walk)	73	2 270

20 mins:		Laps	Metres
	Christopher WORSNOP (Run)	59	10 300
	Stephen DAY (Run)	46	10 200
	Gabor JAKUS (Run)	41	10 200
	Frank PROWSE (Walk)	64	8

DISCUS HANDICAP

		Metres	Adjusted
1	Toni MATTERS	48	29.90 32.20
2	Brian TAIT	74	12.75 31.25
3	Jack FREDRICKSON	77	12.06 30.46
4	Leo COFFEY	86	8.81 30.21
5	Paul DURRANT	55	28.49 28.84

EAST BURWOOD 29 SEPTEMBER 2016**70 METRE SPRINT**

1	Toni MATTERS	48	10.6
2	Glenn MCLEAN	52	11.0
3	Christopher WORSNOP	59	11.4
4	Louise MCLEAN	51	11.7
5	Horatio DIAZ	71	15.5
6	Lloyd NICHOLS	75	21.2

880 YARDS SELF HANDICAP

DOUG ORR MEMORIAL HEAT 3			Clock	Actual
	Glenn MCLEAN	52	4.35	Disq
1	Rob BAULCH	68	4.56	3.51
2	Liz EASTWOOD	47	4.57	3.02
3	Bob HENDERSON	70	4.59	3.16
4	Paul DURRANT	55	5.01	2.53
5	Christopher WORSNOP	59	5.03	3.23
6	Graham FORD	67	5.07	3.07

800 METRE WALK

1	Toni MATTERS	48	5.05
2	Liz EASTWOOD	47	5.17
3	Christopher WORSNOP	59	5.18
4	Leo WATSON	75	5.45
5	Leonie GILLIES	59	5.55
6	John CUTAJAR	48	5.57
7	Gerald BURKE	76	6.25
8	Hawley THOMAS	77	6.37
9	Bob HENDERSON	70	7.01
10	Gordon ONLEY	82	7.02
11	Rob BAULCH	68	7.11
12	Bob LEWIS	88	7.26

90 METRE NOT

1	Graham FORD	67	12.7
2	Marg TWEEDIE	62	13.0
3	Glenn MCLEAN	52	13.4
4	Stephen DAY	46	14.0
5	Christopher WORSNOP	59	15.1
6	Louise MCLEAN	51	16.2
7	Lloyd NICHOLS	75	28.0

200 METRE SPRINT NOT

1	Toni MATTERS	48	35.0
2	Hawley THOMAS	77	67.6 *
3	Lloyd NICHOLS	75	78.1

* winner

3 OR 5 K Run, 2k Walk

2K Walk			
	Bob LEWIS (Walk)	88	18.20

3K Run			
1	Bob HENDERSON	70	14.14
2	Rob BAULCH	68	16.22
3	Annette PELGRIM	62	16.50
4	Leonie GILLIES	59	16.50

5K Run			
1	Liz EASTWOOD	47	23.26
2	Sam DEFANIS	68	24.35
3	Christopher WORSNOP	59	24.52

SHOT PUT HANDICAP

		Metres	Adjusted
1	Paul DURRANT	55	8.87 9.87
2	Peter DODGSHUN	64	6.79 9.79
3	Toni MATTERS	48	8.22 9.69
4	Donna CLARKE	63	5.38 9.53
5	Tracey CARPENTER	50	6.78 9.38
6	Jack FREDRICKSON	77	4.65 9.35

FRANKSTON 1 SEPTEMBER 2016**80m**

1	Graham Kilfoyle	64	12.01
2	Bill Carr	67	13.25
3	Mike Hall	78	13.47
4	Barry Jeffs	68	14.91
5	Jason Dodson	Inv	15.42

300m

1	Bill Carr	67	54.59
2	Barry Jeffs	67	59.68
3	Jason Dodson	Inv	65.99

800m

1	Mike Thomas	44	2.26
2	Charlie Mallia	67	3.46
3	Caitlin O'Connell	41	3.59
4	David Dodson	57	4.30
5	Frances Halton	54	4.37

800m walk

1	Penny Hall	75	5.47
2	Graham Kilfoyle	64	5.50
3	John Sutton	73	6.00
4	John Hallo	74	6.18
5	Judy Farrell	71	6.58
6	Lindsay Beaton	66	7.02
7	Kees Zwynenberg	87	7.35
7	Jason Dodson	Inv	7.35

1600m Walk

1	Graham Kilfoyle	64	12.08
2	John Sutton	73	12.30
3	Lindsay Beaton	66	14.07

2000m Walk

1	John Hallo	74	15.44
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3000m Walk

1	Peter Ellis	65	20.55
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2000m

1	Mike Thomas	44	7.04
2	David Dodson	57	10.51
3	Gary Meyer	61	11.41
4	Ray O'Connor	78	12.16

3000m

1	Barry Jeffs	68	14.53
2	Charlie Mallia	67	16.50
3	Caitlin O'Connell	41	17.04
4	Frances Halton	54	18.13

FRANKSTON 8 SEPTEMBER 2016**110m****Heat 1**

1	Peter Biggs	51	13.52
2	Chris Sheedy	48	14.44
3	Bill Carr	67	16.44
4	Graham Kilfoyle	64	16.59

Heat 2

1	Veronica Sheedy	Inv	16.00
2	Nonie Chan	31	17.24
3	Alan Radford	65	17.74
4	Mike Hall	78	18.00
5	Barry Jeffs	68	18.65

200m

1	Peter Biggs	51	26.29
2	Ian Walles	40	26.51
3	Chris Sheedy	48	28.09
4	Graham Kilfoyle	64	31.35
5	Bill Carr	67	31.97
6	Alan Radford	65	34.86
7	Veronica Sheedy	Inv	35.25

1000m

1	Ian Walles	40	3.31
2	Barry Jeffs	68	4.19
3	Charlie Mallia	67	4.24
4	David Dodson	57	5.06
5	Caitlin O'Connell	41	5.14
6	Nonie Chan	31	5.17
7	Gary Meyer	61	5.31
8	Frances Halton	54	5.37
9	Veronica Sheedy	Inv	5.57

800m Walk

1	Penny Hall	76	5.52
2	John Sutton	73	5.58
3	John Hallo	74	6.01
4	Alan Radford	65	6.38
5	Judy Farrell	72	6.49
6	Lindsay Beaton	66	7.01
7	Kees Zwynenberg	87	7.37

7 lap spiral - Self Handicap

(no faster than 14 sec of estimate)				Est	Clock	Diff
1	Barry Jeffs	68	15.00	14.47	-0.13	
2	Frances Halton	57	17.00	16.48	-0.12	
3	David Dodson	57	16.20	16.14	-0.06	
4	Ian Walles	40	12.42	12.54	0.12	
5	Caitlin O'Connell	41	16.30	16.47	0.17	
6	Gary Meyer	61	17.00	17.42	0.42	
7	Chris Sheedy	48	13.30	14.14	0.44	
8	Charlie Mallia	67	14.30	15.35	1.05	
9	Nonie Chan	31	15.30	17.22	1.52	

7 Lap Walk - Self Handicap

(no faster than 14 sec of estimate)				Est	Clock	Diff
1	Alan Radford	65	23.30	23.25	-0.05	
2	Penny Hall	76	21.36	21.29	-0.07	
3	John Hallo	74	21.35	22.11	0.36	
4	Peter Ellis	65	19.25	21.35	2.10	
DQ	Graham Kilfoyle	64	24.44	24.07	-0.37	
DNF	John Sutton	73	23.00			



FRANKSTON 15 SEPTEMBER 2016**100m**

1	Graham Kilfoyle	64	15.74
2	Bill Carr	67	15.81
3	Mike Hall	78	17.08
4	Barry Jeffs	68	17.65

150m

1	Bill Carr	67	22.27
2	Graham Kilfoyle	64	22.41

800m Walk

1	Penny Hall	76	5.43
2	Judy Farrell	72	6.57
3	Lindsay Beaton	66	7.50

800m

1	Barry Jeffs	68	3.27
2	Charlie Mallia	67	3.45
3	Caitlin O'Connell	42	4.12
4	Frances Halton	54	5.00
5	David Dodson	57	5.01

2000m Walk

1	Penny Hall	76	14.50
2	Graham Kilfoyle	64	16.49

3000m Walk

1	Peter Ellis	65	20.07
2	John Hallo	74	24.00

2400m

1	Gary Meyer	61	14.00
2	Ray O'Connor	78	17.13

4000m

1	Barry Jeffs	68	20.37
2	Charlie Mallia	67	22.00
3	David Dodson	57	22.52
4	Caitlin O'Connell	41	23.52
5	Frances Halton	54	24.14

FRANKSTON 22 SEPTEMBER 2016**90m****Heat 1**

1	Chris Sheedy	48	12.65
2	Bill Carr	67	13.90
3	Graham Kilfoyle	65	14.20

Heat 2

1	Veronica Sheedy	Inv	14.05
2	Alan Radford	65	16.25
3	Caitlin O'Connell	42	16.65
4	Henry Sheedy	Inv	22.27
5	Clementine Sheedy	Inv	34.27

200m

1	Chris Sheedy	48	36.20
2	Bill Carr	67	41.17
3	Alan Radford	65	49.75

800m Walk

1	Graham Kilfoyle	65	5.55
2	John Sutton	73	6.05
3	Alan Radford	65	6.48
4	Lindsay Beaton	66	7.00

800m

1	Mike Thomas	44	2.28
2	Charlie Mallia	67	3.44
3	David Dodson	57	3.52
4	Caitlin O'Connell	42	3.57
5	Frances Halton	54	4.37

FRANKSTON 22 SEPTEMBER 2016 cont

6	Gary Meyer	61	4.49
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9 lap maximum - Run and Walk

				Laps	Run/Walk
1	Mike Thomas	44	13.06	9	Run
2	Charlie Mallia	67	13.15	6	Run
3	David Dodson	57	13.45	6	Run
4	Gary Meyer	61	14.15	6	Run
9	Frances Halton	54	13.18	5	Run
10	Caitin O'Connell	42	13.18	4	Run
DNF	Chris Sheedy	48	DNF		Run
DNF	Ray O'Connor		DNF		Run
1	Peter Ellis	65	13.58	5	Walk
2	Lyn Pimm	55	14.38	5	Walk
3	Graham Kilfoyle	65	16.00	5	Walk

FRANKSTON 29 SEPTEMBER 2016**100m****Heat 1**

1	Veronica Sheedy	Inv	14.81
2	Will Thomas	Inv	17.01
3	Henry Sheedy	Inv	23.00
4	Clementyne Sheedy	Inv	37.32

Heat 2

1	Chris Sheedy	48	13.78
2	Bill Carr	67	15.4
3	Nonie Chan	31	16.19
4	Mike Hall	78	16.8
5	Caitlin O'Connell	42	17.37

200mEst time

		Clock	Est time	Diff
1	Bill Carr	67	31.35	31.20 0.15
2	Veronica Sheedy	Inv	39.23	38.00 1.23
3	Charlie Mallia	67	42.26	40.00 2.26

800m Walk

1	John Sutton	73	6.22
2	Lindsay Beaton	66	7.08

600m

1	Mike Thomas	44	1.44
2	Charlie Mallia	67	2.23
3	David Dodson	57	2.49
4	Caitlin O'Connell	42	2.55
5	Veronica Sheedy	Inv	3.17
6	Nonie Chan	31	3.10
7	Frances Halton	55	3.43
	Chris Sheedy	48	1.08 (400m)

2000m Walk

1	Peter Ellis	65	13.20
2	Lyn Pimm	55	13.50
3	John Sutton	73	16.02

2000m

1	Mike Thomas	44	7.12
2	Veronica Sheedy	Inv	DNF

3200m walk

1	John Hallo	74	25.37
	Ray O'Connor	78	DNF

3600m

1	David Dodson	57	19.30
2	Charlie Mallia	67	20.13
3	Caitlin O'Connell	42	20.42
4	Nonie Chan	31	20.51
5	Frances Halton	54	21.40

GEELONG 7 SEPTEMBER 2016**300m**

Callum Ward	41.98
Peter Lamb	44.91
John Everett	45.76
Bella O'Neil	49.00
Bray O'Neil	49.58
Andy Bruschi	50.66
Taylor Ward	51.27
Sharon Pedersen	52.18
Selina Kania	55.93
Noah Jones	01:06

2000m

Robert Jones	06:35
Charlie El-Hage	07:28
Dave Elward	07:29
Mick Varker	07:50
Sharon Pedersen	08:32
Selina Kania	09:06
Trevor Grenfell	09:49
Kath Oliver	10:16
Joanna MacCarthy	10:27
Jill Coyte	11:06
Fiona Fitzpatrick	11:38
Clare Harbison	13:47

4000m

Craig Scott	13:34
David Jenkins	14:46
Louis Rowan	14:50
Tony McRae	15:14
Phil Shay	16:22
John Everett	16:35
Alan Jenkins	17:40
Jeff Walker	17:43
John Mackie	19:37
Grant Baensch	20:41
Frank Engelsman	20:44

800m

Tony McRae	02:36
Sharon Pedersen	02:37
Dave Elward	02:38
Phil Shay	02:44
Andy Bruschi	02:45
John Everett	02:58
Noah Jones	03:17
Callum Ward	03:17
Jeff Walker	03:18
Bray O'Neil	03:29
Bella O'Neil	03:37
Taylor Ward	03:42
Kath Oliver	03:46
Grant Baensch	03:51
Joanna MacCarthy	03:52
Frank Engelsman	03:53
Fiona Fitzpatrick	04:22
Clare Harbison	04:53

GEELONG 14 SEPTEMBER 2016**200m**

Peter Lamb	28.50
Andy Bruschi	30.89
John Everett	31.35

2800m

Grant Simpson	09:33
David Jenkins	09:41
Sharon Pedersen	11:47
John Everett	12:16
Jeff Walker	12:17
Alan Jenkins	13:21
Gerry Fitzpatrick	13:44
Trevor Grenfell	13:51
Paul Austin	14:10
Grant Baensch	14:39
Jill Coyte	15:39
Fiona Fitzpatrick	16:35

1000m

Sharon Pedersen	03:25
Andy Bruschi	03:27
Grant Simpson	03:28
John Everett	03:43
Sue Howell	03:43
Jeff Walker	04:17
Paul Austin	04:38
Grant Baensch	04:46

GEELONG 21 SEPTEMBER 2016**100m**

Rhys Hamill-Beach	11.59
Craig Fagan	13.81
John Everett	14.20
Andy Bruschi	14.85

2400m

Craig Scott	08:06
Dominic Godfrey	08:35
Tony McRae	08:46
Aaron Bird	08:54
Stephane Vander Bruggen	08:57
Jane White	09:28
Sue Howell	09:46
John Everett	09:48
Robbie Parsons	10:28
Jeff Walker	10:35
Craig Fagan	11:35
Grant Baensch	11:59
Kath Oliver	12:14
Jill Coyte	13:39

1600m

Rhys Hamill-Beach	05:32
Tony McRae	05:38
Aaron Bird	05:48
Andy Bruschi	05:54
John Everett	06:43
Alan Jenkins	06:47
Craig Fagan	06:52
Jeff Walker	06:55
Grant Baensch	07:57
Louis McRae	10:46

GEELONG 28 SEPTEMBER 2016

400m

Peter Lamb	63.65
Matt Petersen	68.55
David Mitchell	01:11
John Everett	01:12
Helen Stanley	01:35

2000m

Rhys Hamill-Beach	06:44
Matt Petersen	07:19
Jane White	07:55
Helen Stanley	08:32
Eric Bumbers	09:01
Kath Oliver	10:23
Frank Engelsman	10:50
Jill Coyte	11:27
Fiona Fitzpatrick	11:51

4000m

Cameron Simon	13:29
Craig Scott	13:36
Grant Simpson	13:47
Tony McRae	15:07
Sue Howell	16:40
John Everett	17:40
Jeff Walker	18:00
Craig Fagan	18:51
Alan Jenkins	19:17
Grant Baensch	21:19

800m

Tony McRae	02:36
Grant Simpson	02:38
Matt Petersen	02:53
Helen Stanley	03:04
John Everett	03:08
Craig Fagan	03:16
Jeff Walker	03:23
Eric Bumbers	03:24
Grant Baensch	04:06
Frank Engelsman	04:12

GLEN EIRA 6 SEPTEMBER 2016

3KM EST TIME RUN

		Clock	Est	Diff
DOUG ADENEY	72	17.03	17.00	0.03
SYD BONE	59	12.38	12.30	0.08
CYNTHIA ELLERY	67	19.22	19.01	0.21
CHRIS BROWN	60	15.36	15.00	0.36
CHRIS GRAFEN	52	18.02	17.00	1.02
MERLE WANT	55	16.39	17.45	1.06
BARRY JEFFS	68	15.26	-	0.00

3KM WALK

		Clock
DES MIDDLETON	69	25.45
MIZUKI KORITARA (INV)	34	25.52
PETE BATTRICK		26.35
EDDY STACK (2 LAPS)	82	8.23

6KM WALK

		Clock
JIM BERRINGTON	60	38.47
SANDRA MIDDLETON	67	45.37
JOHN ZELEZNIKOW	66	50.30

300 MTRS E/T

		Est	Clock	Diff
BILL CARR	67	53.00	52.07	0.3
BOB WISHART	74	50.50	51.60	1.10
JIM McLURE	70	56.30	58.40	2.10
ALAN RADFORD	65	50.00	60.1	10.07
BARRY JEFFS	68	58.00	61.3	3.3

RAY O'CONNOR 800 MTRS H/C

			Clock	Adj Time
FINAL		H/c		
DES MIDDLETON	69	23	3.47.6	3.24.6
JANET HOLMES	63	34	3.48.8	3.14.8
RAY O'CONNOR	78	GO	4.03.6	3.24.6

80 MTRS E/T

		Est	Clock	Diff
ALAN RADFORD	65	13.80	13.80	0.00
BARRY JEFFS	68	14.00	13.56	0.04
JIM McLURE	70	14.20	14.02	0.18
BILL CARR	67	13.00	12.74	0.26
CHRIS BROWN	60	13.50	13.14	0.36
GLAD WISHART	72	15.30	16.03	0.73
JIM SINCLAIR	92	17.10	18.31	1.21
BOB WISHART	74	13.90	12.49	1.41



GLEN EIRA 13 SEPTEMBER 2016

WALK - 1500 MTRS E/T				
		Est	Clock	Diff
JOHN ZELEZNIKOW	66	11.50	11.51	0.01
SANDRA MIDDLETON	67	11.09	10.39	0.30
DES MIDDLETON	69	11.30	10.58	0.32
PETER McGRATH	76	14.30	13.57	0.33
DOMENICO MORINA	77	14.25	13.52	0.33
JIM BERRINGTON	60	9.55	9.15	0.40

100 MTRS H/C

		H/c	Mtrs	Clock
BOB WISHART	74	Scr		13.09
JIM McLURE	70	18		14.02
JIM ROUNTREE	57	8		14.37
JIM SINCLAIR	92	32		14.61
GLAD WISHART	72	26		15.02

5KM RUN

		Clock
CHRIS GRAFEN	52	25.29
ASHLEY PAGE	75	28.33
PHIL URQUHART	72	31.08

500 MTRS H/C

		H/c	Clock
RAY O'CONNOR	79	GO	2.07.9
DES MIDDLETON	69	17	2.19.0

150 MTRS H/C

		Mtrs	Clock
JIM McLURE	70	6	32.25
BOB WISHART	74	12	32.89
JIM ROUNTREE	57	11	33.77
RAY O'CONNOR	78	4	34.28
JIM SINCLAIR	92	GO	34.64

GLEN EIRA 27 SEPTEMBER 2016**WALK - EST DIST 15 MINS**

		Est	Actual	Diff
OR 25 MINS				
		Mtrs	Mtrs	Mtrs
JOHN ZELEZNIKOW	66	3000	2995	5
JIM BERRINGTON	60	4100	4112	12
HEATHER CARR	67	2600	2625	25
PETER MCGRATH	76	6200	6295	95
PETE BATTRICK	73	2700	2815	115
TONY DORAN	64	2250	2080	170
GREG HUGHES	58	1250	1440	190
ALAN RADFORD	65	1300	1536	236
DOMENICO MORINA	17	2000	1680	320
JIM CRAWFORD	73	1500	1310	190

5KM RUN

		Clock
EWEN WILSON	63	21.58
CHRIS GRAFEN	52	23.03
ASHLEY PAGE	76	27.34
GRAHAM STOCKDALE	74	28.06
JANE STURZAKER	63	29.23
CYNTHIA ELLERY	67	32.23

500 MTRS E/T

		E/T	Clock	Diff
JIM McLURE	70	2.04	2.04.6	0.06
RAY O'CONNOR	78	2.08	2.09.5	1.05

150 MTRS E/T

		E/T	Clock	Diff
BILL CARR	67	22.40	22.54	0.14
JIM McLURE	70	27.50	27.70	0.20
RAY O'CONNOR	78	31.00	31.40	0.40
CHRIS BROWN	61	22.00	22.44	0.44
GLAD WISHART	72	33.00	32.32	1.08
JIM SINCLAIR	92	35.00	34.00	1.00
LEANNE MONK	60	25.00	24.00	1.00

GLEN EIRA 20 SEPTEMBER 2016**JUDY WINES 6KM S. H/C**

			Adj	H/c Time
JANE STURZAKER	63	34.22	Plus 1.00	33.22
PHIL URQUHART	72	35.05	Plus 1.20	33.45
ASHLEY PAGE	76	33.52	1.20	35.12
MERLE WANT	55	36.18	1.00	35.18
CYNTHIA ELLERY	67	39.34	Plus 3.00	36.34
CHRIS GRAFEN	52	29.09	8.00	37.09

60 MTRS E/T

		Est	Clock	Diff
HEATHER CARR	67	12.1	12.18	0.08
JIM SINCLAIR	92	12.32	12.23	0.09
BILL CARR	67	9.3	9.40	0.10
MARK CANT	55	10.2	10.09	0.11
BOB WISHART	74	9.60	9.30	0.30
JIM ROUNTREE	57	9.70	9.35	0.35
ALAN RADFORD	65	10.30	11.43	1.13

400 MTRS E/T

		Est	Clock	Diff
JIM ROUNTREE	57	69.00	69.0	0
BOB WISHART	74	74.30	73.9	0.04
JIM McLURE	70	82	84.0	2.0
BILL CARR	67	73.40	75.4	2.0
ALAN RADFORD (INJURED)				

800 MTR H/C

		Clock
RAY O'CONNOR	78	3.58

(THE TROPHY WINNER!)**2KM H/C WALK**

		H/cap	Clock
PETE BATTRICK	73	1.44	19.01
HEATHER CARR	67	8.10	19.05
MARK CANT	55	5.04	19.21
TONY DORAN	64	6.11	19.25
JIM BERRINGTON	60	8.00	19.43

KNOX 7 SEPTEMBER 2016**800m walk**

John Graham	65	4.54
Liz Eastwood	47	5.03
Jack Durrant	19	6.43
Peter Thorne	65	7.45
Graeme Leticq	61	7.53
Paul Twining	67	7.53
Sarah Thorne	37	7.58
Matt Morris	50	7.59
Chas McCrae	83	8.33
Louisa Knight	51	8.34

Doug Orr half mile handicap heat 1

Matt Morris	DQ	50	2.36	
Brain Mee	DQ	78	3.53	
Nicola Van Reenan		44	3.46	1st
David Wear		70	3.46	
Liz Eastwood		50	3.07	
Pate Thorne		68	3.53	
Helen Stanley		60	3.07	
Ryan Clark		40	3.31	
John Graham		66	2.56	
Lavinia Petrie		72	3.17	
Mick Carr		63	3.37	
Paul Durrant		55	3.01	
Michelle Quan		47	3.44	
Glenn Claiden		62	3.45	
Mark Harris		48	3.1	
Sarah Thorne		37	4.3	

3 by 200m Relay

Jack Durrant	19	1.33
Tracey Carpenter	50	
John Graham	65	
Paul Durrant	55	1.33
Geoff Whitehall	67	
Shawn Flynn	38	

80m

Jack Durrant	19	10.26
Adrian Flynn	33	10.76
Geoff Whitehall	67	11.94
Shawn Flynn	38	12.3
Tracey Carpenter	50	12.65
Arthur Kapoulitsa	68	13.72
Mark Harris	48	14.76

Distance event**1K**

Geoff Whitehall	67	5.11
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3K

John Graham	65	12.12
Michelle Quan	47	14.3
Lavinia Petrie	72	14.32
David Wear	70	14.34
Glenn Claiden	62	14.57

KNOX 7 SEPTEMBER 2016 cont**5K**

Mattt Morris	50	21.1
Graeme Leticq	61	21.5
Dave Black	60	23.12
Helen Stanley	60	23.17
Liz Eastwood	50	23.27
Ryan Clark	40	24.22
Mick Carr	63	24.32
Nicola Van Reenen	44	25.26
Peter Thorne	68	27.42
Brian Mee	78	27.43
Paul Twining	67	27.45
Toscha Stopar	47	28.42

KNOX 14 SEPTEMBER 2016**800m walk handicap**

John Graham	66	DQ
Bob Henderson	69	
Paul Twining	67	
Peter Thorne	68	
Tim Loveday	52	
Ryan Clark	40	
Chas McCrae	83	
Hank Kuys	62	

70m

Evan Thomson	41	9.44
Arthur Kapoulitsa	68	11.87

10lap spiral

Graeme Leticq	61	17.29
Helen Stanley	60	18.57
Paul Twining	67	19.35
Ryan Clark	40	20.29
Ian Uren	65	20.55
Peter Thorne	68	22.3
Stephen Richards	55	22.31
Nicola Van Reenan	44	22.46
Sarah Thorne	37	24.37
Peter LeGet	82	28

Half mile hcap heat 2

Sarah Thorne	DQ	37	4.22
Nicola Van Reenan	DQ	44	3.23
Stephen Richards	DQ	55	3.34
Paul Durrant	DQ	55	3.01
Bob Henderson	DQ	69	3.19
Tim Loveday	DQ	52	3.19
Brian Mee	DQ	78	3.46
Annie Young	DQ	48	4.52
Pauline Paine	DQ	38	4.52
Hank Kuys	DQ	62	3.53
Glenn Claiden	1st	62	3.45
Ryan Clark		40	3.32
John Graham		66	2.53
Peter Thorne		68	3.54
Helen Stanley		60	3.11
Lavinia Petrie		73	3.23
David Wear		70	3.49
Toscha Stopar		46	4.1

400m

Evan Thomson	41	1.09
Paul Durrant	55	1.12
Stephen Richards	55	1.22
Ryan Clark	40	1.27

KNOX 21 SEPTEMBER 2016**Shot Put**

Paul Durrant	55	8.91
Mark Harris	48	8.47
Jack Durrant	19	8.07
David Simmons	53	7.57
Tracey Carpenter	50	7.3

800m walk

Liz Eastwood	47	5.34
Jack Durrant	19	6.5
Chas McCrae	84	7.53
Sarah Thorne	37	7.53
Ryan Clark	40	7.58
Peter LeGet	82	8.03
Peter Thorne	68	8.04
Arthur Kapoulitsa	68	8.15
Bob Henderson	70	8.16
Anne McPherson	60	8.19
Paul Twining	67	8.21

60m

Jack Durrant	19	8.15
Shawn Flynn	38	9.8
Arthur Kapoulitsa	68	10.21
David Simmons	53	11.02

Doug Orr half mile hcp heat 3

Bob Henderson	70	3.18
Brian Mee	78	3.48
Sarah Thorne	37	4.14
Liz Eastwood	47	3.09
Paul Durrant	55	2.55
David Wear	70	3.52
Peter Thorne	68	3.53
Nicola Van Reenan	44	3.44
Ryan Clark	40	3.35
Michelle quan	47	3.36
Peter Leget	82	4.26

500m

Paul Durrant	55	1.38
Stephen Richards	55	1.48
Ryan Clark	40	1.51
Bob Henderson	70	2.12

Distance event

Bob Henderson	2.2k	70	10.37
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3K

Dave Black	60	13.58
Nicola Van Reenan	44	15.27
Brian Mee	78	16.11
David Wear	70	17.17

5K

Graham Leticq	61	20.36
Paul twining	67	21.04
Michellle Quan	47	24.3
Ryan Clark	40	25.03
Stephen Richards	55	27.19
Sarah Thorne	37	28.34

KNOX 28 SEPTEMBER 2016**Javelin**

Jack Durrant	19	29.4
Evan Thomson	42	27.54
Paul Durrant	55	24.57
Mark Harris	45	22.18
Glenn Claiden	62	15.19
Toscha Stopar	46	14.6
Tracey Carpenter	50	13.81
Rebecca Carpenter	17	12.94
Melissa Butler	inv	12.2

800m walk

Melissa Butler	12	7.47
Melanie Bissett	40	7.49
Liz Eastwood	47	7.53
Bob Henderson	70	8.07
Chas McCrae	84	8.09
Paul Twining	67	8.1
Anne McPherson	60	8.18
Glenn Claiden	62	8.19
Steve Richards	55	8.22
Sarah Thorne	37	8.33
Pauline Paine	38	8.34
Jack Durrant	19	9.1
Matt Morris	50	9.12

80m

Jack Durrant	19	9.58
Evan Thomson	42	10
Rebecca Carpenter	17	11.18
Geoff Whitehall	67	11.48
Tracey Carpenter	50	12.36
Arthur Kapoulitsa	50	13.07
Melissa Butler	12	13.62
Melanie Bissett	40	14.52

Doug Orr half mile hcp heat 4

Jock Cravana	DQ	78	4.19
Pauline Paine	DQ	38	4.12
Toscha Stopar	DQ	46	3.56
Sarah Thorne	DQ	37	4.02
Nicola Van Reenan	DQ	44	3.18
Steve Richards	DQ	55	3.09
Hank Kuys	DQ	62	3.5
Ryan Clark	DQ	40	3.11
Bob Henderson	DQ	70	3.11
Liz Eastwood	DQ	47	3.02
Michelle Quan	DQ	47	3.21
Mark Harris	1st	45	3.27
Paul Durrant		55	2.52
Paul Connor		53	2.51
Glenn Claiden		62	3.37
David Wear		70	3.39
Melanie Bissett		40	4.26

150m

Jack Durrant	19	19.23
Evan Thomson	42	19.52
Paul Durrant	55	20.81
Steve Richards	55	22.87
Geoff Whitehall	67	23.12
Rebecca Carpenter	17	23.32
Tracey Carpenter	50	24.62
Arthur Kapoulitsa	50	27.31
Melanie Bissett	40	30.4

KNOX 28 SEPTEMBER 2016 cont**110 m**

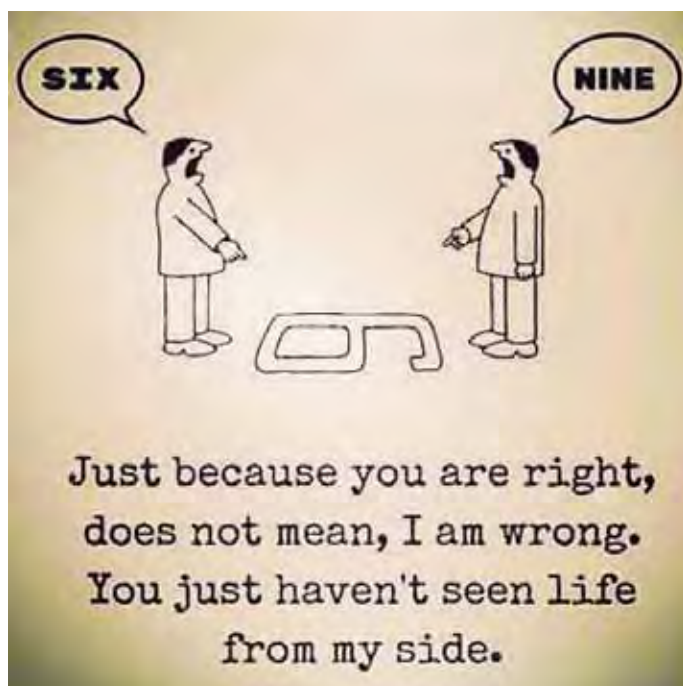
Evan Thomson	42
Rebecca Carpenter	17
Geoff Whitehall	67
Arthur Kapoulitsa	50
Tracey Carpenter	50

2/4k**2K**

Bob Henderson	70	10.06
Steve Richards	55	11.03
Jock Cravana	78	11.26
Melanie Bissett	40	12.56
Louisa Knight	51	13.55
Pauline Paine	6laps 38	14.16
Paul Connor	9laps 53	14.55
Matt Morris	9laps 50	14.57

4K

Paul Twining	67	17.02
Liz Eastwood	47	18.15
Dave Black	60	18.27
Michelle Quan	47	19.23
Nicola Van Reenan	44	20.21
Ryan Clark	40	20.33
Sarah Thorne	37	22.26

**MENTONE 7 SEPTEMBER 2016****800m Walk E.T.**

			Clock	Diff
1	Sylvia Machin	75	5.38	-0.02
2	Gwen Steed	73	4.58	-0.03
3	Ian Cassell	63	5.16	-0.04
4	John Morrison	76	5.36	-0.14
5	Tahlia Corbin	Inv	6.33	0.33
6	Mizuki Kurihara	Inv	5.56	-0.34
7	John Mathew	79	8.17	0.47

1 Mile E.T. *Agg Event*

			Clock	Diff	Pts
1	Col Waring	70	7.00.04	0.00.04	7
2	Avril Britter	57	8.14.15	-7.85	5
3	Matt Bowden	49	6.25.10	-9.90	4
4	Kuni Bowden	50	6.39.73	-10.27	3
5	Sandra Wynne	65	8.11.10	-33.90	2
6	David Dodson	57	7.53.51	-54.49	1

200m E.T.

			Clock	Diff
1	Bob Wishart	74	29.43	-0.27
2	Glad Wishart	72	45.24	0.49
3	Ross Kent	74	29.43	-0.27
4	John Mathew	79	52.16	2.16
5	Avril Britter	57	36.36	-3.07
6	Sandra Wynne	65	42.36	-3.24

4 Km Self H/cap

			Clock	Actual
1	David Dodson	57	26.52	21.52
2	Avril Britter	57	26.55	22.26
3	John Kneen	73	27.20	27.20
4	Mizuki Kurihara	Inv	31.55	28.55
DQ	Matt Bowden	49		17.18
DQ	Sandra Wynne	65		21.57
DQ	Kuni Bowden	50		17.35

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

			Clock	Diff	Pts
1	John Zeleznikow	66	16.56	0.01	7
2	Geoff Barrow	67	13.53	-0.02	5
3	Janette Atkins	63	17.04	0.09	4
4	Ian Cassell	63	14.27	0.31	3
5	Sylvia Machin	75	15.32	0.32	2
6	John Morrison	76	15.55	0.50	0.5
7	Pam Mews	81	21.00	1.05	1
8=	Tahlia Corbin	Inv	18.10	1.10	1
8=	Joan Clarke	81	21.00	1.10	1
8=	John Mathew	79	25.10	1.10	1

MENTONE 14 SEPTEMBER 2016**400m Walk E.T.**

			Clock	Diff
1	Bev Hugo	76	3.01	0.01
2	John Morrison	76	2.57	0.02
3=	Sylvia Machin	75	2.42	-0.03
3=	Janette Atkins	63	3.07	0.03
5	John Zeleznikow	66	3.14	-0.16
6	Natalie King	74	3.41	1.01

400m H/cap *Agg Event*

			Clock	Metres	Pts
1	Bob Wishart	74	69.00	20	7
2	Ross Kent	74	76.00	86	5

800m Self H/cap

			Clock	Actual
1	Avril Britter	57	4.04	3.55
2=	Ashley Page	76	4.06	4.06
2=	Matt Bowden	49	4.06	2.54
4	David Dodson	57	4.10	3.51
5	Col Waring	70	4.13	3.11
DQ	Kuni Bowden	50		3.18
DQ	Sandra Wynne	65		3.52

MENTONE 14 SEPTEMBER 2016 cont**60m E.T.**

			Clock	Diff
1	Sandra Wynne	65	11.70	0.40
2	Avril Britter	57	11.19	0.49
3	Bob Wishart	74	10.71	0.71
4	John Mathew	79	15.55	1.10
5	Ross Kent	74	10.93	-1.07

3.336 Km E.T. *Agg Event*

			Clock	Diff	Pts
1=	David Dodson	57	17.58	0.03	7
1=	Ashley Page	76	18.33	-0.03	7
3	Sandra Wynne	65	18.32	0.04	5
4	Matt Bowden	49	14.37	-0.08	4
5	Kuni Bowden	50	14.28	-0.17	3
6	Avril Britter	57	18.45	0.21	2
7	Ashley Birrell	71	16.00	-0.40	1
8	John Zeleznikow	66	30.03	1.33	1

2000m/ 4000m Walk E.T.**2000m**

			Clock	Diff
1	John Morrison	76	14.53	-0.07
2	Janette Atkins	63	16.44	0.14
3	John Mathew	79	24.08	1.38

4000m

1	Gwen Steed	74	26.41	-0.07
2=	Geoff Barrow	67	28.04	0.24

MENTONE 21 SEPTEMBER 2016**500m Walk E.T.**

			Clock	Diff
1	John Mathew	79	5.00	0.00
2	Bev Hugo	76	3.51	0.01
3	Mizuki Kurihara	Inv	3.42	0.12
4	Janette Atkins	63	3.53	0.22
5	Sylvia Machin	75	3.24	0.24

1600m E.T.

			Clock	Diff
1	Avril Britter	57	8.32.7	4.7
2	Ashley Page	76	8.29.4	-8.6
3	Sandra Wynne	65	8.11.7	-18.3
4	David Dodson	57	7.56.8	-23.2

250m E.T.

			Clock	Diff
1	Bob Wishart	74	41.08	-0.02
2	Sandra Wynne	65	51.93	-1.55
3	Avril Britter	57	50.17	-2.03
4	Ross Kent	74	55.57	4.57
5	John Mathew	79	77.79	9.79

3 Km E.T.

			Clock	Diff
1	Avril Britter	57	17.25	-0.04
2	Ashley Page	76	16.26	-0.06
3	John Kneen	73	20.42	0.12
4	Ashley Birrell	71	14.44	-0.16
5	David Dodson	57	15.44	-0.36
6	Sandra Wynne	65	16.14	-0.56

3000m Walk E.T.

			Clock	Diff
1	Geoff Barrow	67	20.26	-0.04
2	Bev Hugo	76	24.33	-0.05
3	Janette Atkins	63	24.45	-0.15
4	Sylvia Machin	75	21.21	0.21
5	Joan Clarke	81	29.29	-0.31
6	John Zeleznikow	66	24.21	-0.39
7	Pam Mews	81	29.29	-0.41
8	Ian Cassell	63	21.17	0.42
9	John Mathew	79	38.13	4.13

MENTONE 28 SEPTEMBER 2016**600m Walk E.T.**

			Clock	Diff
1	John Mathew	79	5.58	-0.02
2=	John Morrison	76	4.23	-0.07
2=	Janette Atkins	63	4.47	0.07
2=	Sonya McLennan	64	4.00	0.07

1000m Self H/cap

			Clock	Actual
1	David Dodson	57	5.00.0	4.45.0
2	Matt Bowden	49	5.01.7	3.36.7
3	Sandra Wynne	65	5.06.2	4.51.2
4	Col Waring	70	5.09.4	4.04.4
DQ	Kuni Bowden	50		3.57.8
DQ	Ashley Page	76		4.51.3
DQ	Ashley Birrell	71		4.17.2
DQ	Avril Britter	57		4.51.4

100m E.T.

			Clock	Diff
1	Bob Wishart	74	14.37	-0.48 @
2	Ross Kent	74	18.20	1.00
3	Glad Wishart	72	20.78	1.33
4	John Mathew	79	25.62	1.62
5	Avril Britter	57	18.20	4.60
6	Sandra Wynne	65	18.85	4.75

5 Km E.T.

			Clock	Diff
1	Avril Britter	57	29.22	0.13
2	Sandra Wynne	65	27.59	-0.26
3	Matt Bowden	49	23.18	0.28
4	David Dodson	57	27.33	0.33
5	Kuni Bowden	50	22.37	0.37
6=	Sonya McLennan	64	28.34	1.07
6=	Ashley Page	76	28.34	1.07

1 Mile/ 2 Miles Walk E.T.**1 Mile**

			Clock	Diff
1	Janette Atkins	63	13.12	-0.01
2	Joan Clarke	81	15.54	0.09
3	John Morrison	76	12.15	-0.15
4	Pam Mews	81	15.23	-0.27
5	John Mathew	79	19.06	1.06

2 Miles

1	Geoff Barrow	67	22.37	0.07
2	John Zeleznikow	66	27.28	0.38
3	Mizuki Kurihara	Inv	27.34	4.04

5 Km

	Sylvia Machin	75	36.00	
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SPRINGVALE 7 SEPTEMBER 2016**70 metres**

Les WILLIAMS	60	10.60
Mike HALL	77	11.70
Mick COLGAN	65	13.50
Juan PEREZ	77	13.60

800 metres

		actual	hcp
Lou BUCCIERI	61	3.19.4	31 sec
Les WILLIAMS	60	2.28.2	89.00
Paul WINTERTON	62	3.21.4	36.00
Neil GRAY	68	2.57.8	61.00
Bill IRVINE	68	3.19.2	40.00
Ray O~CONNOR	79	3.57.8	7.00
Mick COLGAN	65	3.48.3	22.00
Juan PEREZ	77	4.21.1	0.00
Claudio RIGA	61	3.34.3	47.00

2000 metre run

Alan BENNIE	69	9.52
Mick COLGAN	65	10.36
Ian TREGEAR	66	10.51
John ABEL	66	13.22

4000 metre run

Mark VELLIN	42	13.47
Claudio RIGA	61	19.58
Howard REES	69	20.02
Lou BUCCIERI	61	21.09
Juan PEREZ	77	25.52

walk

Paul MULLINS	76	14.29
Frank ALLEN	71	16.19
Dennis PHILLIPS	74	16.19
Pam THOMAS	66	16.20
Judy DAVISON	80	16.20
Tom DAVISON	83	17.40
Peter BATTRICK	73	18.02
Natalie IRVINE	69	19.20
Bill IRVINE	68	19.20
Eric NEGROS	53	25.57
Anand THILLAISUNDARAM	40	25.57

SPRINGVALE 14 SEPTEMBER 2016**No events due to heavy rain****SPRINGVALE 21 SEPTEMBER 2016****200 metres**

		actual	hcp
Jim SINCLAIR	92	46.20	13 sec
Lindsay OXENHAM	67	42.00	18.00
Lew JENKINS	71	44.00	18.00
Les WILLIAMS	60	29.90	33.00
Juan PEREZ	77	46.20	18.00
Mick COLGAN	65	48.30	22.00

800 metres

		actual	hcp
Ray O~CONNOR	79	3.52.1	6 sec
Lindsay OXENHAM	67	3.32.2	27.00
Paul WINTERTON	62	3.25.2	40.00
Bill IRVINE	68	3.24.0	42.00
Alan BENNIE	69	3.12.8	57.00
Lou BUCCIERI	61	3.22.4	48.00
Les WILLIAMS	60	2.41.0	94.00
Claudio RIGA	61	3.26.7	50.00
Mick COLGAN	65	3.59.0	18.00

SPRINGVALE 21 SEPTEMBER 2016 cont**3000 metre walk**

Tony DORAN	64	21.47
Tony JOHNSON	76	22.54
Celia JOHNSON	68	22.55
Frank ALLEN	71	24.00
Pam THOMAS	66	25.00
Dennis PHILLIPS	74	25.31
Ernie JEFFS	71	26.55
Peter BATTRICK	73	27.09
Ian TREGEAR	66	28.28

5000 metres

		actual	hcp
Chris MURPHY	58	22.19	7m30s
Howard REES	69	24.04	5 35
Lou BUCCIERI	61	24.49	4 30
Claudio RIGA	61	25.29	4 40
Lindsay OXENHAM	67	25.36	4 25
Mick COLGAN	65	27.28	2 20
Juan PEREZ	77	33.37	0 00

SPRINGVALE 28 SEPTEMBER 2016**200 metres**

		actual	hcp
Lew JENKINS	71	43.40	17 sec
Juan PEREZ	77	44.20	17.00
Mike HALL	77	35.00	27.00
Jim SINCLAIR	92	48.00	15.00
Lindsay OXENHAM	67	45.40	18.00
Mick COLGAN	65	49.00	21.00

400 metres**team 1**

Ray O~CONNOR	79	1.38.4	
Claudio RIGA	61	1.32.0	
Lou BUCCIERI	61	1.31.2	4.41.6

team 2

Lindsay OXENHAM	67	1.33.1	
Mick COLGAN	65	1.38.8	
Alan BENNIE	69	1.21.9	4.33.8

5000 metres run

		actual	hcp
Mick COLGAN	65	26.21	2m30s
Lindsay OXENHAM	67	25.17	4.35
Lou BUCCIERI	61	25.07	5.00
Claudio RIGA	61	25.04	5.10
Howard REES	69	25.21	6.00
Juan PEREZ	77	33.42	0.00
Paul WINTERTON 3km	62	21.22	

1800 metres walk

		clock	
Ernie JEFFS	71	30.17	
Dennis PHILLIPS	74	30.22	
Frank ALLEN	71	30.22	
Celia JOHNSON	68	30.26	
Pam THOMAS	66	30.34	
Ian TREGEAR	66	31.46	
Graham KILFOYLE	64	31.55	
Paul MULLINS	76	32.14	
Tony DORAN	64	32.14	
Natalie IRVINE	69	32.55	
John MANNING	70	32.58	
Mick DAVIN	66	34.58	

NOVEMBER PROGRAMS

TUES NOV 1	COLLINGWOOD	MELBOURNE CUP	DAY	-	-	-
	CROYDON	VENUE CLOSED	CUP	LONG WEEKEND		
	GLEN EIRA	CUP DAY	110H/C 700M ET	150M ET	2K WALK ET	3.2K ET
WEDS NOV 2	ABERFELDIE	110M	1000M AG	400M	4/6K	
	GEELONG	7K	3M	CROSS COUNTRY		
	MENTONE	400M WALK ET	800M S HCP	150M ET	AE 5K ET	AE 2K SHCP
	KNOX					
	SPRINGVALE	120M	1000M	2000M ROAD	4000M ROAD	
THURS NOV 3	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON NOV 7	DONCASTER					
	CASEY					
TUES NOV 8	COLLINGWOOD	PARKRUN 2	100M	4X200M 3 RUNNERS		
	CROYDON	PIZZA	H2 1500 WALK HCP	110M/ DISC	PARLOUF RELAY VS	MT LILYDALE COLLEGE
	GLEN EIRA	LIVING LEGENDS NIGHT	GLEN EIRA	SPRINGVALE	MENTONE	
WEDS NOV 9	ABERFELDIE	100 HCP	1500M	200M	3.5/5K RIVER	
	GEELONG	100M	3200M	800M		
	MENTONE	800M WALK ET	AE 1600 ET	AE 80M ET	3 LAPS SHCP	3 LAPS ROAD ET
	KNOX					
	SPRINGVALE	70/200M	400M	2500M ROAD	4000M ROAD	
THURS NOV 10	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON NOV 14	DONCASTER					
	CASEY					
TUES NOV 15	COLLINGWOOD	PARKRUN 3	80M	1200M		
	CROYDON	SP/ 1K WALK	90M	1200M	200M	8L SPIRAL 5L WALK
	GLEN EIRA	100M HCP	600M ET	200M SHCP	2400MW SELF HCP	3K AG
WEDS NOV 16	ABERFELDIE	90M	800M	400M	3.1/5.1K PARK	
	GEELONG	8K	3K	CROSS COUNTRY		
	MENTONE	500M WALK ET	1000M ET	250M ET	2 MILES ET SHCP	5 LAP SPIRAL ET
	KNOX					
	SPRINGVALE	200M	800M	3000M ROAD	5000M ROAD	
THURS NOV 17	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON NOV 21	DONCASTER					
	CASEY					
TUES NOV 22	COLLINGWOOD	TRACK NIGHT	90M	1000M	400M	2/4/6K
	CROYDON	JAV/ H3 1500M HCP	60M	2X800M	500M	3K ANN MEMOR. WALK
	GLEN EIRA	80M ET	1200M HCP	200M HCP	2K W HCP	RELAY 1200/800/400
WEDS NOV 23	ABERFELDIE	100M	1500M	200M	5K HCP	
	GEELONG	400M	2400	1500M		
	MENTONE	800M WALK ET	600M ET	70M ET	RELAY 2X4 LAPS	RELAY 2X800M
	KNOX					
	SPRINGVALE	100M HCP	400M	2100/3700M ROAD	3100/6200M ROAD	
THURS NOV 24	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON NOV 28	DONCASTER					
	CASEY					
TUES NOV 29	COLLINGWOOD	PARKRUN 4 HCP	100M	800M	200M	
	CROYDON	JAV/ 800M WALK	100M	1600M	400 AGE%	3/5KR 1/3KW
	GLEN EIRA	70M ET	800M HCP	300M ET	3K W HCP	5K HCP
WEDS NOV 30	ABERFELDIE	100M AG HCP	800M	400M	5/7K RIVER	
	GEELONG	5K	3K	CROSS COUNTRY		
	MENTONE	400M WALK ET	AE 900M ET	100M HCP	AE 4K ET	AE 3K ET
	KNOX					
	SPRINGVALE	50M	150M	4000M	6000M CC	