



AROUND THE GROUNDS

VENUE RESULTS FOR NOVEMBER 2016, PROGRAM FOR JANUARY 2017



Sheila Fanning finishes for the winning
Croydon 10k Parlouf Relay team.

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

ABERFELDIE 2 NOVEMBER 2016**100 Metres**

Gavin WHITE	43	13.01
Domenic CONDELLO	46	13.10
Stephen MURPHY	55	20.12

1000 Metres Age Graded

			Age %
Heath BEVERIDGE	INV	5.30	74.97
Carolyn BOWEN	55	4.17	69.38
Doug STOKES	64	4.21	65.06
Stephen MURPHY	55	4.26	59.36
Michael ENNIS	63	4.50	58.07
Maggie ARMSTRONG	54	5.23	54.46
Michael ORELLI	72	5.40	54.44
Brian O'DEA	62	5.45	48.43

400 Metres

Gavin WHITE	43	65.32
Domenic CONDELLO	46	65.42
Alfred Lendvai	62	87.31
Stephen MURPHY	55	95.78
Maggie ARMSTRONG	54	112.73

4000 Metres

Ernie STEWART	65	17.07
Heath BEVERIDGE	INV	17.08
Carolyn BOWEN	55	19.17
Stephen MURPHY	55	19.49
Doug STOKES	64	22.07
Trevor HAWKSWORTH	69	22.17
Alfred Lendvai	62	23.00
Brian O'DEA	62	25.30
Cheryl BEVERIDGE	51	27.10

6000 Metres

Peter BLACK	61	31.12
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ABERFELDIE 9 NOVEMBER 2016**100 Metres**

Dave CHISHOLM	48	12.60
Joe DILWORTH	65	15.32
Stephen RUSSELL	67	15.66
Jamie PAPWORTH	INV	16.72
Stephen MURPHY	55	18.59
Tony BRADFORD	77	18.88
Maggie ARMSTRONG	54	19.12
Michael ORELLI	72	21.44
Imogen PAPWORTH	INV	21.97

1500 Metres

Jamie PAPWORTH	INV	6.23
Stephen RUSSELL	67	6.24
Stephen MURPHY	55	6.29
Doug STOKES	64	6.54
Andrea DRPAER	39	7.26
Michael ORELLI	72	8.08
Stephen BARKER	73	8.24
Heath BEVERIDGE	INV	8.27

200 Metres

Dave CHISHOLM	48	25.66
Mark SIMMONS	55	31.22
Joe DILWORTH	65	32.59
Tony BRADFORD	77	41.22
Stephen MURPHY	55	41.25
Michael ORELLI	72	41.68
Maggie ARMSTRONG	54	42.44

4000 Metres

Brian O'DEA	62	20.13
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ABERFELDIE 9 NOVEMBER 2016 cont**3500 Metres River Run**

Heath BEVERIDGE	INV	15.46
Stephen MURPHY	55	17.23
Alfred LENDVAI	62	18.20
Cheryl BEVERIDGE	51	21.54
Maggie ARMSTRONG	54	24.38

5000 Metre River Run

Ernie STEWART	65	21.54
Doug STOKES	64	26.57
Trevor HAWKSWORTH	69	26.57
Stephen BARKER	73	33.05
John DEAN	71	33.07
Peter BLACK	61	33.09

ABERFELDIE 16 NOVEMBER 2016**90 Metres**

Richard SHORTT	45	11.97
Stephen MURPHY	55	16.53
William DENHOLM	INV	17.50
Charles DENHOLM	INV	19.59
Michael ORELLI	73	26.25

800 Park Run

Richard SHORTT	45	2.28
Stephen MURPHY	55	3.04
Stephen BARKER	73	4.10
Justin DENHOLM	36	2.29
Michael ORELLI	73	3.57
Maggie ARMSTRONG	54	4.04
Daniel IERARDO	INV	2.29
Gavin WHITE	42	2.35

3100 Metres Park Run

Justin DENHOLM	36	13.37
Ernie STEWART	65	14.41
Stephen MURPHY	55	14.58
Carolyn BOWEN	55	15.30
Alfred LENDVAI	62	16.44
Michael ENNIS	63	16.55
Stephen BARKER	73	19.30
John DEAN	71	20.07
Cheryl BEVERIDGE	51	21.26

5100 Metres Park Run

Heath BEVERIDGE	INV	23.12
Brian O'DEA	62	28.11
Trevor HAWKSWORTH	69	29.14
Doug STOKES	64	29.53

ABERFELDIE 23 NOVEMBER 2016**100 Metres Treasurers H'cap** H'cap

Tony BRADFORD	77	15.90	19m
Maggie ARMSTRONG	54	15.94	23m
Michael ORELLI	72	20.38	26m

1500 Metres

Michael ENNIS	63	7.10	
Alfred LENDVAI	62	7.11	
Stephen BARKER	73	8.00	
Heath BEVERIDGE	INV	8.45	walk
Michael ORELLI	72	8.53	

200 Metres

Michael ENNIS	63	41.12	
Tony BRADFORD	77	41.97	
Michael ORELLI	72	50.19	
Stephen BARKER	73	82.53	walk

5000 Metres H'cap Clock Actual

Cheryl BEVERIDGE	51	33.21	33.21
Doug STOKES	64	33.58	24.58
Stephen BARKER	73	34.48	26.48
Maggie ARMSTRONG	54	34.58	33.58
Shane DRAPER	43	35.43	19.43
David JONES	65	36.35	29.35
John DEAN	72	36.42	29.42

ABERFELDIE 30 NOVEMBER 2016**100 Metres Age Graded** H'cap

Tony BRADFORD	77	13.00	19m
Richard SHORTT	45	13.12	8m
Stephen RUSSELL	57	13.84	15m
Maggie ARMSTRONG	54	14.72	22m
Michael ORELLI	72	20.38	15m

800 Metres

Richard SHORTT	45	3.17	
Michael ENNIS	63	3.31	
Cheryl BEVERIDGE	51	3.58	
Mark SIMMONS	55	4.09	
Michael ORELLI	72	4.47	

400 Metres

Richard SHORTT	45	76.91	
Michael ORELLI	72	103.66	
Maggie ARMSTRONG	54	106.63	

3500 Metres River Run

Cheryl BEVERIDGE	51	25.20	
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5000 Metres River Run

Shane DRAPER	43	22.39	
Pat SCUTELLA	INV	22.39	
Carolyn BOWEN	55	23.10	
David JONES	65	23.51	
Alfred LENDVAI	62	24.48	
Brian O'DEA	62	24.54	
Michael ENNIS	62	25.14	
Trevor HAWKSWORTH	69	27.03	
John DEAN	71	35.22	
Maggie ARMSTRONG	54	35.22	

7000 Metres River Run

Peter BLACK	62	34.19	
Doug STOKES	64	38.20	

COBURG 3 NOVEMBER 2016**100m****Heat: 1**

Bruce GIBBS	67	16.50
Bernie LEDDIN	68	17.19
Rob LEWIS	69	18.02
Yoldanda SHAW	64	21.50
Michelle SPORTON	50	22.18
Ken CARTER	64	35.19

Heat: 2

Mark HARPER	41	11.88
Ethan O'NEILL	16	13.13
Mehdi		13.20
Colin HICKIE	32	14.57
Spud HARRAP	14	14.92

1200m

Ken CARTER	64	14.48
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1600m

Ethan O'NEILL	16	6.09
Colin HICKIE	32	6.23
Fraser MURRAY	44	6.25
Maria BARBETTI	51	7.51

200m**Heat: 1**

Bernie LEDDIN	68	34.58
Bruce GIBBS	67	36.01
Yoldanda SHAW	64	46.58
Michelle SPORTON	50	52.21
Ken CARTER	64	1.47.0

Heat: 2

Ethan O'NEILL	16	28.78
Stephen RUSSELL	57	31.46
Spud HARRAP	14	31.97
Brian DELANEY	62	36.96
Frank BRADLEY	60	39.99

3200m Melbourne Cup

Fraser MURRAY	44	12.32
Colin HICKIE	32	14.40
Michael MEANEY	61	15.12
Maria BARBETTI	51	16.41
Rob LEWIS	69	19.47
Frank BRADLEY	60	20.21
Bruce GIBBS	67	27.27
Ken CARTER	64	32.27

COBURG 10 NOVEMBER 2016**90m****Heat: 1**

Bernie LEDDIN	68	15.01
Rob LEWIS	69	15.57
Michelle SPORTON	50	20.09
Ken CARTER	64	31.06

Heat: 2

Mark HARPER (100m)	41	11.76
Colin HICKIE	32	13.14

1000m

Fraser MURRAY	44	3.18
Carl KENNEDY	50	3.39
Colin HICKIE	32	3.57
Brian DELANEY	62	4.14
Fiona ELY	47	4.34
Maria BARBETTI	51	4.35
Yoldanda SHAW	64	5.56
Frank BRADLEY	60	5.59
Ken CARTER	64	8.01

400m

Frank BRADLEY	60	2.25
Michelle SPORTON	50	2.37
Ken CARTER	64	3.17

2km

Michael MEANEY	61	9.25
Fiona ELY	47	10.07
Frank BRADLEY	60	15.21
Rob DAVEY	76	15.28

4km

Carl KENNEDY	50	16.02
Colin HICKIE	32	18.12
Fraser MURRAY	44	19.15
Maria BARBETTI	51	20.27
Rob LEWIS	69	23.43
Ken CARTER	64	39.52

COBURG 17 NOVEMBER 2016**100m****Heat: 1**

Bruce GIBBS	67	17.01
Bernie LEDDIN	68	17.11
Rob LEWIS	69	21.54
Michelle SPORTON	50	23.51
Ken CARTER	64	34.65

Heat: 2

Paul O'NEILL	51	13.22
Ethan O'NEILL	16	13.69
Geoff WHITEHALL	67	14.47
Colin HICKIE	32	14.75

800m

Fraser MURRAY	44	2.31
Carl KENNEDY	50	2.38
Colin HICKIE	32	2.52
Stephen RUSSELL	57	2.54
Fiona ELY	47	3.21
Maria BARBETTI	51	3.30
Brian DELANEY	62	3.41
Yoldanda SHAW	64	4.36
Rob DAVEY	76	5.48
Chris HARRAP (W)	56	6.28
Ken CARTER	64	7.25

COBURG 17 NOVEMBER 2016 cont**300m**

Geoff WHITEHALL	67	49.32
Paul O'NEILL	51	50.21
Stephen RUSSELL	57	52.12
Bernie LEDDIN	68	56.49
Frank BRADLEY	60	1.10.1
Michelle SPORTON	50	1.40.6
Ken CARTER	64	2.26.4

3km

Fiona ELY	47	15.13
Maria BARBETTI	51	15.42
Frank BRADLEY	60	18.08
Rob LEWIS	69	18.24
Rob DAVEY	76	25.02

5km

Carl KENNEDY	50	18.48
Colin HICKIE	32	24.27
Michael MEANEY	61	25.28
Ken CARTER	64	51.38

COBURG 24 NOVEMBER 2016**80m****Heat: 1**

Bruce GIBBS	67	13.38
Fiona ELY	47	13.78
Rob LEWIS	69	15.44
Michelle SPORTON	50	17.01
Ken CARTER	64	28.81

Heat: 2

Robert TRIBUZIO	54	10.91
Colin HICKIE	32	11.75
Stephen RUSSELL	57	12.34

1200m Walk

Rob DAVEY	76	9.53
Fiona ELY	47	10.39

1600m

Colin HICKIE	32	6.33
Maria BARBETTI	51	7.49
Yoldanda SHAW	64	9.52
Ken CARTER	64	14.51

400m

Robert TRIBUZIO	54	1.05
Carl KENNEDY	50	1.12
Frank BRADLEY	60	1.40
Michelle SPORTON	50	2.32
Ken CARTER	64	3.40

2km

Frank BRADLEY	60	15.00
Valerio NICA	66	15.09
Rob DAVEY	76	16.13

4km

Carl KENNEDY	50	15.37
Colin HICKIE	32	17.45
Michael MEANEY	61	19.19
Maria BARBETTI	51	20.43
Rob LEWIS	69	24.21
Ken CARTER	64	43.40

COLLINGWOOD 8 NOVEMBER 2016

100 Metres

			Time
1	DELBRIDGE Adam	44	13.2
2	WINNEN Ian	54	14.4
3	HOWDEN Keith	71	15.2
4	SCHOLES Ron	63	16.5
1	HORN Michael	64	15.1
2	BEHRENDORF Peter	38	15.1
3	LEDDIN Bernie	68	16.9
4	LEWIS Rob	69	17.6
5	HERBSTREIT Herbie	64	19.0

4 x 200m Relay

			Time
1	BEHRENDORF Peter	38	2:02
	LEDDIN Bernie	68	
	SKIPPER Paul	48	
2	GURTLER Markus	45	2:05
	SCHOLES Ron	63	
	WINNEN Ian	54	
3	BAYLEY Rod	70	2:15
	DELBRIDGE Adam	44	
	HORN Michael	64	

3.2 Km.

			Time
1	ADRIEN Gerard	56	15:03
2	WINDSOR Wes	72	16:19
3	ELY Fiona	47	16:30
4	PAUL Graeme	62	16:51
5	BEHRENDORF Peter	38	17:24
6	DUXBURY Ken	62	17:39
7	DROSDOWSKY Wasyl	65	19:39
8	LEWIS Rob	69	19:54
9	HORN Michael	64	20:18
10	HERBSTREIT Herbie	64	20:55
11	BAN Paul	61	24:29
12	GIBBS Bruce	67	27:35
13	CATIONS Les	59	36:31

8.9 Km.

			Time
1	GURTLER Markus	45	42:11
2	WINNEN Ian	54	42:13
3	HOPKINS Jim	67	45:51
4	Mc.MAHON Tim	59	46:05
5	SCHOLES Ron	63	46:19
6	BAYLEY Rod	70	49:08
7	POCOCK John	73	53:24
8	FIELD Nina	43	53:52
9	PARDY Carmel	48	53:52
10	BELL Gary	62	61:00

COLLINGWOOD 15 NOVEMBER 2016

80 Metres

			Time
1	KOKKINOS Alex	41	10.2
2	BEHRENDORF Peter	39	11.1
3	HOWDEN Keith	71	11.7
4	SCHOLES Ron	63	12.9
1	GIBBS Bruce	67	13.2
2	LEDDIN Bernie	68	13.6
3	LEWIS Rob	69	14.6
4	HERBSTREIT Herbie	64	15.1
5	WINDSOR Wes	72	15.7

1200 Metres

			Time
1	VandeWATER Melissa	38	4:11
2	HEJTMANEK Jim	51	4:44
3	ROBSON Bill	40	4:52
4	BEHRENDORF Peter	39	4:55
5	SCHOLES Ron	63	4:56
6	HALLETT Matthew	27	5:16
7	Mc.MAHON Tim	59	5:26
8	WINDSOR Wes	72	5:28
9	BAYLEY Rod	70	5:46

4.0 Km.

			Time
1	PAUL Graeme	62	20:42
2	LEDDIN Bernie	68	20:43
3	HALLETT Matthew	27	21:08
4	WINDSOR Wes	72	21:34
5	ROBSON Bill	40	23:33
6	DUXBURY Ken	62	23:41
7	DUNNING Robert	59	23:48
8	ROBSON Lindal	37	24:06
9	DROSDOWSKY Wasyl	65	24:12
10	LEWIS Rob	69	24:47
11	HALLETT Len	67	25:22
12	HERBSTREIT Herbie	64	25:22
13	GIBBS Bruce	67	33:58
14	CATIONS Les	59	48:19

8.0 Km.

			Time
1	HEJTMANEK Jim	51	36:41
2	SCHOLES Ron	63	38:20
3	ADRIEN Gerard	56	40:42
4	HOPKINS Jim	67	41:51
5	Mc.MAHON Tim	59	43:33
6	BAYLEY Rod	70	43:39
7	FIELD Nina	43	44:01
8	PARDY Carmel	48	47:41
9	POCOCK John	73	48:29
10	HORN Michael	64	50:18
11	BELL Gary	62	52:39



COLLINGWOOD 22 NOVEMBER 2016**90 Metres**

			Time
1	BISHOP Ben	32	11.7
2	BEHRENDORF Peter	39	12.5
3	HOWDEN Keith	71	13.8
1	KOKKINOS Alex	41	12.8
2	GIBBS Bruce	67	15.3
3	LEDDIN Bernie	68	15.8
4	LEWIS Rob	69	17.3

1000 Metres

			Time
1	WINNEN Ian	54	3:27
2	HEJTMANEK Jim	51	3:38
3	ADRIEN Gerard	56	3:43
4	BEHRENDORF Peter	39	3:56
5	ROBSON Bill	40	4:05
6	HALLETT Matthew	27	4:15
7	HORN Michael	64	4:44

400 Metres

			Time
1	WINNEN Ian	54	1:09.8
2	ADRIEN Gerard	56	1:12.7
3	LEDDIN Bernie	68	1:18.9
4	HALLETT Matthew	27	1:23.1
1	BEHRENDORF Peter	39	1:16.3
2	ROBSON Bill	40	1:23.0
3	HORN Michael	64	1:25.4
4	FREEMAN Geoff	67	1:41.2

2.0 Km.

			Time
1	ADRIEN Gerard	56	9:16
2	HORN Michael	64	10:55
3	ROBSON Lindal	38	11:53
4	FREEMAN Geoff	67	12:50

4.0 Km.

			Time
1	WINNEN Ian	54	18:15
2	PAUL Graeme	62	19:47
3	HALLETT Matthew	27	20:34
4	DUNNING Robert	59	21:09
5	POCOCK John	73	22:07
6	HALLETT Len	67	22:58
7	LEWIS Rob	69	23:45

6.0 Km.

			Time
1	HEJTMANEK Jim	51	25:54
2	HOPKINS Jim	67	28:58
3	ROBSON Bill	40	29:32
4	BAYLEY Rod	70	30:47
5	BELL Gary	62	36:05

COLLINGWOOD 29 NOVEMBER 2016**100 Metres**

			Time
1	KOKKINOS Alex	41	12.6
2	DELBRIDGE Adam	44	13.4
3	WINNEN Ian	54	14.7
4	SCHOLES Ron	63	16.8

HEAT 2

1	HORN Michael	64	14.9
2	LEDDIN Bernie	68	16.3
3	GIBBS Bruce	67	16.6
4	DELBRIDGE Xavier	7	17.2
5	HERBSTREIT Herbie	64	18.5

800 Metres

			Time
1	WINNEN Ian	54	2:34
2	ADRIEN Gerard	56	2:48
3	HEJTMANEK Jim	51	2:56
4	SCHOLES Ron	63	3:10
5	ELY Fiona	47	3:21
6	DELBRIDGE Xavier	7	3:37
7	DELBRIDGE Adam	44	3:38
8	HORN Michael	64	3:55

190 Metres

			Time
1	DELBRIDGE Adam	44	0:25.0
2	KOKKINOS Alex	41	0:25.2
3	SCHOLES Ron	63	0:32.4
4	LEDDIN Bernie	68	0:33.2
5	DELBRIDGE Xavier	7	0:36.0

4.2 Km.

			Time	Hcp.	Net T
1	DROSDOWSKY Wasyl	65	25:25	14:10	11:15
2	DUNNING Robert	59	21:44	10:20	11:24
3	ELY Fiona	47	23:01	11:00	12:01
4	PAUL Graeme	62	21:49	9:25	12:24
5	SCHOLES Ron	63	19:44	6:35	13:09
6	ADRIEN Gerard	56	21:22	8:00	13:22
7	LEDDIN Bernie	68	22:08	8:10	13:58
8	HERBSTREIT Herbie	64	28:01	13:55	14:06
9	HORN Michael	64	26:07	12:00	14:07
10	WOOD Sue	62	35:25	20:25	15:00
11	BRAIN Glenyse	71	35:26	20:25	15:01
12	GIBBS Bruce	67	35:53	20:25	15:28
13	CATIONS Les	59	49:21	20:25	28:56
14	JOHNSTONE Peter	80	49:21	20:25	28:56

8.4 Km.

			Time	Hcp.	Net T
1	WINNEN Ian	54	39:58	15:20	24:38
2	HEJTMANEK Jim	51	38:34	13:50	24:44
3	HOPKINS Jim	67	44:05	18:05	26:00
4	BAYLEY Rod	70	47:35	20:50	26:45
5	POCOCK John	73	49:45	21:15	28:30
6	BELL Gary	62	56:18	25:55	30:23

CROYDON - 8 NOVEMBER 2016**1500 METRE HANDICAP WALK**

			Clock	Actual
1	Ron BOYNE	83	12.50	12.05
2	Paul MORITZ	57	13.29	9.44
3	Carolyn ROSENBROCK	54	13.45	9.15
4	Gunther ILGOUTZ	78	13.57	9.42
5	Colin WILLIAMS	67	14.12	13.12
6	Phyllis GOSBELL	78	14.12	13.12
7	Ros DYER	52	14.13	13.13
8	Pam TINDALL	56	14.14	9.44
9	Russ DICKENSON	70	14.15	9.45

110 METRE SPRINT

1	Robert STAGG	50	14.8
2	Grant MURFETT	49	15.0
3	Russell OAKLEY	76	19.1
4	Andrew FRASER	74	19.3
5	Russ DICKENSON	70	20.3
6	Cec McKEOWN	76	21.3
7	Karen ARCHER	53	28.4

1600 METRE RUN

1	Grant MURFETT	49	7.10
2	Pam TINDALL	56	7.13
3	Andrew EGGINTON	55	7.13
4	Colin WILLIAMS	67	7.38
5	Robert STAGG	50	8.08
6	Ros DYER	52	8.39
7	Karen ARCHER	53	8.43

400 METRE RUN AGE GRADED

			Age %	
1	Grant MURFETT	49	1.06	74.53
2	Andrew EGGINTON	55	1.06	77.58
3	Pam TINDALL	56	1.21	75.96
4	Karen ARCHER	53	1.46	56.43
5	Colin WILLIAMS	67	1.49	51.61
6	Ros DYER	52	1.52	52.91
7	Ron BOYNE	83	1.56	66.57

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

1	Colin WILLIAMS	67	5.31
2	Ron BOYNE	83	6.04
3	Cec McKEOWN	76	6.05

3 km:

1	Andrew EGGINTON	55	13.06
2	Grant MURFETT	49	16.13
3	Geoff ARNOTT	68	16.29

5 km:

1	Andrew TUNNE	58	26.09
2	Karen ARCHER	53	29.58
3	Ros DYER	52	30.27
Robert STAGG (6½ laps)	50	13.26	

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

1	Russ DICKENSON	70	6.00
2	Phyllis GOSBELL	78	8.41
3	Lyn BATCHELOR	67	10.08

3 km:

1	Paul MORITZ	57	19.47
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CROYDON 15 NOVEMBER 2016**1000 KM WALK**

1	Pam TINDALL	56	5.33
2	Gunther ILGOUTZ	78	6.06
3	Paul MORITZ	57	6.12
4	Liz WRIGLEY	61	7.30
5	Colin WILLIAMS	67	8.06
6	Ron BOYNE	83	8.09
7	Lyn BATCHELOR	67	8.19
8	Ros DYER	52	8.27
9	Kevin McLAUCHLAN	73	9.05
10	Gary TURNER	63	9.12
11	Colin THOMPSON	68	9.13

90 METRE SPRINT**Heat 1:**

1	Cec McKEOWN	77	17.2
2	Ros DYER	52	18.0
3	Colin WILLIAMS	67	18.4
4	Gary TURNER	63	19.4
5	Kevin McLAUCHLAN	73	24.8

Heat 2:

1	Michael WILLEY	40	12.3
2	Todd MURFETT	51	13.4
3	Grant MURFETT	49	13.9
4	Andrew FRASER	74	17.5

1200 METRE RUN

1	Grant MURFETT	49	4.30
2	Andrew EGGINTON	55	4.46
3	Michael WILLEY	40	4.49
4	Pam TINDALL	56	5.17
5	Colin WILLIAMS	67	5.32
6	Todd MURFETT	51	5.33
7	Ros DYER	52	6.19
8	Colin PAGE	62	6.31
9	Cec McKEOWN	77	6.35

200 METRE SPRINT**Heat 1;**

1	Andrew FRASER	74	35.9
2	Gary TURNER	63	36.4
3	Pam TINDALL	56	36.8
4	Cec McKEOWN	77	39.4
5	Colin WILLIAMS	67	43.3
6	Kevin McLAUCHLAN	73	62.3

Heat 2;

1	Grant MURFETT	49	28.2
2	Andrew EGGINTON	55	31.1
3	Michael WILLEY	40	31.4
4	Todd MURFETT	51	32.8

5 LAPS WALK

1	Paul MORITZ	57	13.00
2	Lyn BATCHELOR	67	18.12

8 LAPS SPIRAL HANDICAP RUN

			Clock	Actual
1	Colin PAGE	62	19.35	16.35
2	Michael WILLEY	40	19.37	14.37
3	Grant MURFETT	49	19.39	14.29
4	Andrew EGGINTON	55	19.42	14.22
5	Todd MURFETT	51	19.43	17.38
6	Ros DYER	52	20.15	18.25
7	Andrew TUNNE	58	20.20	16.20
8	Geoff ARNOTT	68	21.36	18.06
9	Cec McKEOWN	77	22.19	19.49
10	Karen ARCHER	53	22.41	20.36
Colin WILLIAMS (4 laps)	67	11.14		

CROYDON - 22 NOVEMBER 2016

1500 METRE HANDICAP WALK

			Clock	Actual
1	Grant WATSON	69	12.49	12.49
2	Paul MORITZ	57	13.15	9.45
3	Andrew EGGINTON	55	13.16	9.46
4	Colin WILLIAMS	67	13.29	12.29
5	Ron BOYNE	83	13.37	12.07
6	Ros DYER	52	13.38	12.08

60 METRE SPRINT

1	Grant MURFETT	49	9.3
2	Cec McKEOWN	77	11.4
3	Ros DYER	52	12.0
4	Colin WILLIAMS	67	12.2
5	Grant WATSON	69	15.0

800 METRE RUN

1	Grant MURFETT	49	2.51
2	Andrew EGGINTON	55	2.51

500 METRE RUN

1	Grant MURFETT	49	1.29
2	Sheila FANNING	42	1.43
3	Colin WILLIAMS	67	2.14
4	Ros DYER	52	2.26
5	Cec McKEOWN	77	2.26
6	Grant WATSON	69	3.30

LONGER RUN

Colin WILLIAMS (1 km)	67	5.07
Grant MURFETT (3 km)	49	14.19
Ros DYER (5 km)	52	29.05

3 KM MEMORIAL WALK N.O.T.

			Clock	Nom.
1	Paul MORITZ **	57	19.54	19.50
2	Laurie PEARSON	77	23.05	24.20
3	Ron BOYNE	83	24.03	24.07
4	Alison THOMPSON	63	24.05	23.00
5	Phyllis GOSBELL	78	26.02	27.15
6	Grant WATSON	69	30.56	30.00
7	Cec McKEOWN	77	30.57	24.10

** Winner - Paul Moritz

CROYDON - 29 NOVEMBER 2016

800 METRE WALK

1	Gunther ILGOUTZ	78	4.54
2	Paul MORITZ	57	4.57
3	Liz WRIGLEY	61	5.49
4	Colin WILLIAMS	67	5.50
5	Phyllis GOSBELL	78	6.52
6	Ron BOYNE	83	7.21
7	Allan WOOD	79	7.23
8	Cec McKEOWN	77	7.41
9	Gary TURNER	63	7.42
10	Grant WATSON	69	7.42
11	David BATCHELOR	79	8.13
12	Lyn BATCHELOR	67	8.13

100 METRE SPRINT

Heat 1:

1	Robert STAGG	50	13.9
2	Todd MURFETT	51	15.4
3	Carli FORBES	Inv	15.7
4	Cec McKEOWN	77	18.9
5	Allan WOOD	79	19.3

Heat 2:

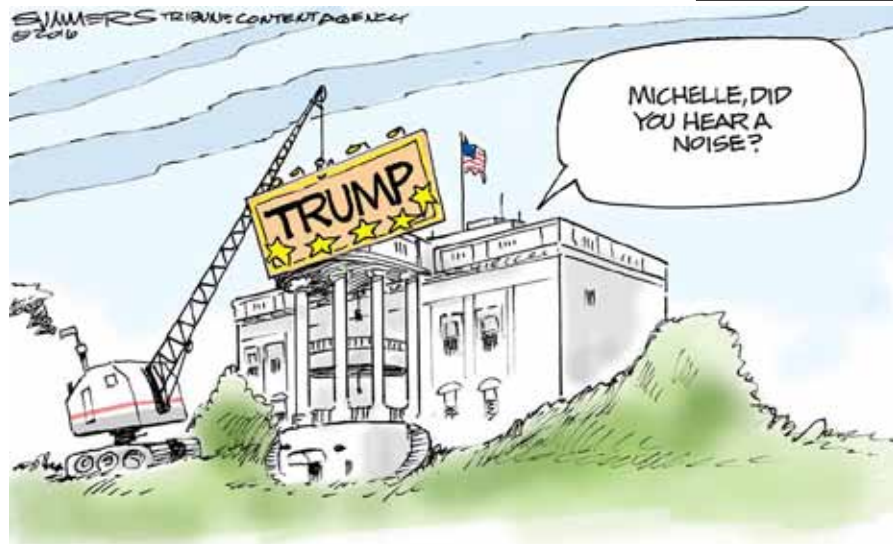
1	C.J. Williams	Inv	13.5
2	Bailey FORBES	Inv	13.8
3	Josh POVEY	Inv	14.8
4	Grant MURFETT	49	15.3

Heat 3:

1	Jack MURFETT	Inv	14.7
2	Andrew EGGINTON	55	15.6
3	Tom POVEY	Inv	17.0
4	Andrew PARKER	51	19.5

10 KM CHALLENGE PARLOUF RELAY

1	Croydon Junior 1	25.19
2	Croydon 1	27.19
3	Croydon Junior 2	28.40
4	Mt. Lilydale 5	29.33
5	Mt. Lilydale 2	30.09
6	Mt Lilydale	30.15
7	Croydon 2	31.03
8	Mt. Lilydale	31.36
9	Croydon 3	31.40
10	Croydon 4	32.04
11	Mt. Lilydale	32.04
12	Mt. Lilydale	34.58
13	Mt. Lilydale	41.32



DONCASTER 7 NOVEMBER 2016**1600 metres**

1	Mitch Chamberlain	16	6.12.7
2	Elizabeth Grover	52	7.01.4
3	Scott Chamberlain	51	7.03.3
4	Jeffrey Sim	54	7.38.4
5	Marla Trautman	44	12.23.6

800 metres

1	Tom Leong	75	4.30.8
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400 metres

eq 1	John Aughey	79	1.59.0
eq 1	Carolyn Aughey	74	1.59.0

800 metres walk

1	Frank Prowse	62	5.27.6
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120 metres

		Result	Elect time
1	Anthony Paige	33	14.9 15.64
2	Warren Hattwich	43	15.1 15.74
3	Phil Rosevear	67	18.1 18.60
4	Jeffrey Sim	54	18.3 19.93
5	Janine James	69	19.4 20.90

200 metres

		Result	Elect time
1	Anthony Paige	33	31.0 31.30 (220m)
2	Phil Rosevear	67	32.7 33.07
3	Jeffrey Sim	54	34.2 34.60

600 metres ET

		ET	Result	ET diff
1	Anthony Paige	33	1.35.0	1.38.2 3.2
(winner)				
2	Warren Hattwich	43	1.45.0	2.08.7 23.7
3	Marla Trautman	44	7.14.0	4.21.5 2.52

2000 metres

		Result
1	Elizabeth Grover	52 9.01.8

400 metres

		Result
1	Jeffrey Sim	54 1.45.4

1200 metres walk

		Result
1	Frank Prowse	62 6.39.9 (venue record)

DONCASTER 14 NOVEMBER 2016**800 metres Nominate Own Starting Position**

		ET	Result	Act
1	Gary Zuccala DQ (53)	-1.20	4.32.8	3.12.8
2	Joseph Yeo DQ (62)	-1.00	4.47.7	3.47.7
3	Elizabeth Grover DQ (51)	-1.30	4.50.8	3.20.8
4	Frank Prowse DQ (62)	scratch	4.51.0	4.51.0
5	Warren Hattwich (43)	-2.05	5.01.4	2.56.4
Winner				
6	Marg Tweedie (62)	-1.50	5.05.2	3.15.2
7	Jeffrey Sim (53)	-1.55	5.09.9	3.14.9
8	Graham Walter (58)	-2.00	5.11.9	3.11.9
9	David McConnell (63)	-2.00	5.15.0	3.15.0
10	Marla Trautman (43)	scratch	5.43.0	5.43.0

80 metres heat 1

		Result	Elect time
1	Marg Tweedie (62)	12.4	12.98
2	Jeffrey Sim (53)	12.8	13.25
3	Janine James (69)	13.6	14.11
4	Graham Walter (58)	13.9	14.51
5	Joseph Yeo (62)	15.5	16.01
6	Nick Hattwich (77)	22.0	22.37
7	Marla Trautman (43)	23.2	23.47

80 metres heat 2

		Result
1	Warren Hattwich (43)	10.6

DONCASTER 14 NOVEMBER 2016 cont

2	Ken Bruce	(64)	11.2
3	Phil Rosevear	(67)	12.1

100 metres

		Result
1	Phil Rosevear (67)	14.9
2	Marg Tweedie (62)	15.4
3	Jeffrey Sim (53)	16.0
4	Graham Walter (58)	16.6
5	Tom Leong (75)	17.0

100 metres hurdles

		Result
1	Greg Champion (61)	21.3
2	David McConnell (63)	22.5

300 metres heat 1

		Result
1	Graham Walter (58)	54.5
2	Marg Tweedie (62)	57.1
3	Greg Champion (61)	63.8
4	Carolyn Aughey (74)	79.2
5	Marla Trautman (43)	1.49.3

300 metres heat 2

		Result
1	David McConnell (63)	45.3
2	Anthony Paige (33)	45.4 (330 metres)
3	Ken Bruce (64)	48.6
4	Phil Rosevear (67)	54.2

1km

		Result
1	Jeffrey Sim (54)	4.53.3

3km

1	Gary Zuccala (54)	12.37.8
2	Graham Walter (58)	13.12.1
3	Elizabeth Grover (52)	14.02.9
4	Joseph Yeo (62)	16.23.5

1km walk

1	Kath Gawthorn (42)	7.02.5
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2200 metres walk

1	Frank Prowse (62)	12.37.8
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DONCASTER 21 NOVEMBER 2016**Long Jump**

1	Greg Champion	61	3.46
2	Graham Walter	58	3.34
3	Graham Ford	67	3.31
4	Bev Learmont	68	2.85 (venue record)
5	Tom Leong	75	2.56

100 metres

1	Anthony Paige	33	13.96
2	Phil Rosevear	67	14.26
3	Antony Gottlieb	36	14.78
4	Steph		15.40
5	Greg Champion	61	15.96
6	Bev Learmont	68	20.26

200 metres

1	Anthony Paige	33	29.36 (210 metres)
2	Phil Rosevear	67	29.60
3	Graham Ford	67	30.08
4	Graham Walter	58	30.56
5	Greg Champion	61	33.54
6	Tom Leong	75	35.58 (venue record)
7	Matt Scholes	46	39.76

Javelin

1	Matt Scholes	46	25.90
2	Graham Walter	58	23.13
3	Graham Ford	67	21.15

DONCASTER 21 NOVEMBER 2016cont

4	Tom Leong	75	18.38
5	Bev Learmont	68	12.28

Shot put

1	Bev Learmont	68	5.55
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Discus

1	Graham Ford	67	26.67
2	Graham Walter	58	22.73
3	Matt Scholes	46	19.04
4	Tom Leong	75	17.87 (venue record)

400 metres

1	Matt Scholes	46	67.9
2	Anthony Paige	33	69.5 (430 metres)
3	Phil Rosevear	67	88.0

800 metres

1	Anthony Paige	33	2.23.3
eq 2	Bev Learmont	68	4.55.0
eq 2	Kath Gawthorn	42	4.55.0

1500 metres

1	Matt Scholes	46	5.35.4
2	Gary Zuccala	54	5.46.5
3	David McConnell	65	5.56.3
4	Graham Walter	58	6.01.8
eq 5	Graham Ford	67	7.07.5
eq 5	Kath Gawthorn	42	7.07.5
7	Frank Prowse	63	8.20.1 (walk) (venue rec)
8	Tom Leong	75	9.57.4 (venue record)

DONCASTER 28 NOVEMBER 2016**120 metres handicap**

		Hcap (m)	Result
1	Kay Burnie	64 41	14.32
2	Gary Zuccala	53 22	14.44
3	Carolyn Aughey	74 54	14.70
4	Matt Scholes	46 13	14.84
5	Graham Ford	67 17	14.90
6	Greg Champion	61 22	15.04
7	Marg Tweedie	62 25	15.08

1000 metres

1	Matt Scholes	46	3.10.5
2	Mitch Chamberlain	16	3.33.7
3	Gary Zuccala	54	3.42.2
4	Scott Chamberlain	51	3.59.5

1000 metres walk

1	Frank Prowse	62	5.24.4 (venue record)
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150 metres

1	Greg Champion	61	24.12
2	Marg Tweedie	62	25.12
3	Matt Scholes	46	29.16
4	Kay Burnie	64	30.78
5	Carolyn Aughey	74	34.60

300 metres

1	Graham Ford	67	50.02
2	Marg Tweedie	62	52.98
3	Tom Leong	75	60.08

1500 metres

1	Gary Zuccala	54	5.42.3
2	Mitch Chamberlain	16	6.39.2
3	Scott Chamberlain	51	6.39.3

EAST BURWOOD 3 NOVEMBER 2016**60 METRE SPRINT****Heat 1:**

1	Louise McLEAN	51	10.0
2	Christopher WORSNOP	59	10.3
3	Melanie BISSETT	40	10.9
4	Gerald BURKE	76	13.1

Heat 2:

1	Jack DURRANT	19	7.7
2	Paul DURRANT	55	8.3
3	Glenn McLEAN	52	8.7
4	Trevor O'BRIEN	58	9.0
5	Tracey CARPENTER	50	9.7
6	Lloyd NICHOLS	75	16.8

600 METRE RUN

1	Glenn McLEAN	52	2.14
2	Christopher WORSNOP	59	2.15
3	Michelle QUAN	46	2.30
4	Trevor O'BRIEN	58	2.33
5	Melanie BISSETT	40	2.52
6	Rob BAULCH	68	2.53

1500 METRE HANDICAP WALK Clock Actual

1	Frank PROWSE	64	14.16	9.06
2	Brian TAIT	74	14.19	11.54
3	Melanie BISSETT	40	14.19	11.14
4	Leo WATSON	75	14.23	10.58
5	Gerald BURKE	76	14.26	12.26
6	Peter BATTRICK	73	14.28	12.48
7	Christopher WORSNOP	59	14.31	10.01
8	Trevor O'BRIEN	58	15.34	12.54
9	Phyllis GOSBELL	78	15.55	13.10
10	Liz EASTWOOD	47	19.28	14.58
Jack FREDRICKSON (2 laps)	77	7.54		

100 METRE HANDICAP SPRINT H'cpMtrs

1	Lloyd NICHOLS	75	12.3	56
2	Paul DURRANT	55	12.8	1
3	Andrew FRASER	74	13.2	22
4	Louise McLEAN	51	13.5	16
5	Glenn McLEAN	52	13.7	11
6	Jack DURRANT	19	14.0	Plus 8
7	Tracey CARPENTER	50	14.3	13
8	Christopher WORSNOP	59	15.0	13
9	Melanie BISSETT	40	18.3	36

300 METRE SPRINT

1	Andrew FRASER	74	59.5
2	Louise McLEAN	51	63.3
3	Melanie BISSETT	40	71.1
4	Lloyd NICHOLS	75	160.3

3200 METRE HANDICAP RUN Clock Actual

1	Trevor O'BRIEN	58	17.11	18.11
2	Christopher WORSNOP	59	17.37	14.32
3	Michelle QUAN	46	17.51	15.16
4	Janet HOLMES	63	17.56	15.56
5	Rob BAULCH	68	18.12	17.32
6	Frank PROWSE (Walk)	64	19.19	20.19

SHOT PUT N.O.D.

		Mtrs.	Nom.
1	Paul DURRANT	55	8.93 9.10
2	Jack DURRANT	19	7.60 7.50
3	Tracey CARPENTER	50	7.08 7.40
4	Brian TAIT **	74	5.50 5.45
5	Melanie BISSETT	40	5.22 5.50
6	Jack FREDRICKSON	77	4.61 5.00

** Winner - Brian Tait

EAST BURWOOD 11 NOVEMBER 2016**60 METRE SPRINT****Heat 1:**

1	Melanie BISSETT	40	10.5
2	Karen AARSMAN	60	11.3
3	Horacio DIAZ	71	12.8
4	Lloyd NICHOLS	75	16.7

Heat 2:

1	Jack DURRANT	19	8.2
2	Paul DURRANT	55	8.5
3	Louise McLEAN	51	9.6
4	Tracey CARPENTER	50	10.1
5	Shirley COPPOCK	80	16.0

1500 METRE RUN

1	Michelle QUAN	46	6.45
2	Rob BAULCH	68	8.16
3	Melanie BISSETT	40	8.34
4	Ian WILLETT	50	8.48

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

1	Leo WATSON	75	5.48	5.36
2	Frank PROWSE	64	5.49	5.00
3	Liz WRIGLEY **	61	5.57	5.58
4	Leonie GILLIES	59	5.59	6.10
5	Gary TURNER	63	6.01	6.06
6	Melanie BISSETT	40	6.05	5.50
7	Brian TAIT	74	6.19	6.24
8	Gerald BURKE	76	6.25	6.24
9	Phyllis GOSBELL	78	6.46	6.48
10	Peter BATTRICK	73	6.50	6.50
11	Jack FREDRICKSON	77	7.31	7.42
12	Andrew WILCOX	50	7.39	6.30

** Winner - Liz Wrigley

400 METRE RUN

1	Gary TURNER	63	1.27
2	Michelle QUAN	46	1.32
3	Karen AARSMAN	53	1.41
4	Melanie BISSETT	40	1.42
5	Paul DURRANT	55	1.44
6	Leo WATSON	75	1.51
7	Tracey CARPENTER	50	1.54

100 METRE SPRINT

1	Jack DURRANT(110 mtrs)	19	13.9
2	Paul DURRANT(110 mtrs)	55	15.4
3	Louise McLEAN	51	16.4
4	Ian WILLETT	50	17.2
5	Melanie BISSETT	40	18.6
6	Karen AARSMAN	53	19.7
7	Lloyd NICHOLS	75	27.6
8	Scott TEMPANY	50	28.3

1 OR 3 KM RUN/WALK

1 km:	Peter BATTRICK (Run)	73	9.00
3 km:	Leonie GILLIES (Run)	59	17.18
	Frank PROWSE (Walk)	64	19.33

LONG JUMP

			Metres
	Jack DURRANT	19	4.63
	Paul DURRANT	55	3.89
	Tracey CARPENTER	50	2.92
	Ian WILLETT	50	2.89
	Karen AARSMAN	53	2.64
	Melanie BISSETT	40	2.34
	Louise McLEAN	51	2.25
	Leo COFFEY	86	2.11
	Scott TEMPANY	50	1.96

EAST BURWOOD 17 NOVEMBER 2016**60 METRE SPRINT****Heat 1:**

1	Andrew FRASER	74	10.9
2	Leo COFFEY	86	11.9
3	Horacio DIAZ	71	12.6
4	Grant WATSON	69	13.9
5	Shirley COPPOCK	80	14.1
6	Lloyd NICHOLS	75	17.1

Heat 2:

1	Paul DURRANT	55	8.3
2	Phil ROSEVEAR	67	8.6
3	Jack DURRANT	19	9.3
4	Louise McLEAN	51	9.5
5	Tracey CARPENTER	50	9.8
6	Christopher WORSNOP	59	10.1

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

1	Christopher WORSNOP**	59	3.19	3.20
2	Richard TREMBATH	74	3.26	3.10
3	Michelle QUAN	46	3.29	3.40
4	Bob HENDERSON	70	3.38	3.34
5	Victoria CARMODY	44	3.39	3.20
6	Gary TURNER	63	3.42	3.30

** Winner - Christopher Worsnop

150 METRE SPRINT

1	Phil ROSEVEAR	67	22.2
2	Andrew FRASER	74	27.0
3	Janet HOLMES	63	28.1
4	Leo WATSON	75	32.5
5	Shirley COPPOCK	80	37.4
6	Horacio DIAZ	71	40.1
7	Lloyd NICHOLS	75	54.4

1500 METRE HANDICAP WALK Clock Actual

1	Bob LEWIS	88	14.30	14.10
2	Christopher WORSNOP	59	14.33	10.08
3	Leo WATSON	75	14.34	11.04
4	Peter BATTRICK	73	14.37	12.57
5	Liz WRIGLEY	61	14.38	11.18
6	Victoria CARMODY	44	14.40	12.00
7	Phyllis GOSBELL	78	14.50	12.40
8	Brian TAIT	74	14.51	12.11
9	Grant WATSON	69	14.58	13.08
10	Gerald BURKE	76	15.13	13.13
11	Frank PROWSE	64	15.24	9.44
	Jack FREDRICKSON (3 laps)	77	11.42	

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

1	Paul DURRANT	55	46.2	45.5
2	Phil ROSEVEAR	67	52.3	53.7
3	Tracey CARPENTER	50	53.7	54.0
4	Christopher WORSNOP	59	55.5	58.0
5	Richard TREMBATH **	74	57.1	57.0
6	Janet HOLMES	63	60.3	61.2
7	Louise McLEAN	51	61.8	62.0
8	Horacio DIAZ	71	91.6	59.0
9	Grant WATSON	69	120.5	
10	Lloyd NICHOLS	75	147.7	180.0

** Winner - Richard Trembath

1 KM WALK

1	Melanie BISSETT	40	7.17
2	Hawley THOMAS	78	9.28
3	Bob LEWIS	88	9.30

EAST BURWOOD NOVEMBER 2016 cont

5 KM HANDICAP RUN/WALK		Clock	Actual
1	Christopher WORSNOP	59 29.01	23.11
2	Sam DEFANIS	68 29.10	24.10
3	Peter DODGSHUN	64 29.14	23.49
4	Michelle QUAN	46 30.10	25.15
5	Bob HENDERSON	70 30.51	25.06
6	Rob BAULCH	68 30.53	29.18
7	Frank PROWSE (Walk)	64 31.58	33.13
	Bob LEWIS (1 km)	88 10.00	

DISCUS THROW

Toni MATTERS	48	29.14
Paul DURRANT	55	26.98
Jack DURRANT	19	19.89
Peter DODGSHUN	64	19.23
Tracey CARPENTER	50	14.26
Leo WATSON	75	13.36
Jack FREDRICKSON	77	11.88
Brian TAIT	74	11.81
Leo COFFEY	86	10.75

EAST BURWOOD 24 NOVEMBER 2016**60 METRE SPRINT****Heat 1:**

1	Leo COFFEY	86	11.9
2	Gerald BURKE	76	13.3
3	Shirley COPPOCK	80	15.9
4	Lloyd NICHOLS	75	17.7

Heat 2:

1	Trevor O'BRIEN	58	9.5
2	Louise McLEAN	51	9.9
3	Christopher WORSNOP	59	10.5
4	Melanie BISSETT	40	11.3
5	Gary TURNER	63	12.1

1000 METRE RUN

1	Christopher WORSNOP	59	4.10
2	Janet HOLMES	63	4.19
3	Michelle QUAN	46	4.26
4	Trevor O'BRIEN	58	4.46
5	Rob BAULCH	68	5.14
6	Melanie BISSETT	40	5.23
7	Ian WILLETT	50	5.28
	Bob HENDERSON (600 mtrs)	70	2.32

100 METRE SPRINT

1	Graham FORD	67	14.7
2	Louise McLEAN	51	17.3
3	Ian WILLETT	50	17.8
4	Melanie BISSETT	40	18.5
5	Allan WOOD	79	22.6
6	Lloyd NICHOLS	75	31.4

4 X 200 METRE RELAY

1	Ian WILLETT	50	
	Louise McLEAN	51	
	Zac MATTERS	Inv	
	Paul DURRANT	55	2.21
2	Michelle QUAN	46	
	Melanie BISSETT	40	
	Christopher WORSNOP	59	
	Tracey CARPENTER	50	2.30
3	Graham FORD	67	
	Peter DODGSHUN	64	
	Leo COFFEY	86	
	Janet HOLMES	63	2.32

EAST BURWOOD 24 NOVEMBER 2016 cont

800 METRE WALK N.O.T.		Clock	Nom.
1	Christopher WORSNOP**	59 5.15	5.16
2	Melanie BISSETT	40 5.41	5.50
3	Leo WATSON	75 5.44	5.36
4	Frank PROWSE	64 5.44	5.40
5	Leonie GILLIES	59 5.45	6.10
6	Liz WRIGLEY	61 5.51	5.58
7	Gary TURNER	63 5.57	6.04
8	Gerald BURKE	76 6.42	6.35
9	Phyllis GOSBELL	78 6.44	6.38
10	Peter BATTRICK	73 6.48	6.50
11	Hawley THOMAS	78 7.04	7.30
12	Bob HENDERSON	70 7.06	7.30
13	Ian WILLETT	50 7.07	7.30
14	Bob LEWIS	88 7.15	7.30
15	Jack FREDRICKSON	77 7.19	7.30

** Winner - Christopher Worsnop

3 KM HANDICAP RUN

		Clock	Actual
1	Rob BAULCH	68 17.35	16.10
2	Christopher WORSNOP	59 17.48	13.18
3	Peter DODGSHUN	64 17.49	13.39
4	Sam DEFANIS	68 17.58	14.08
5	Leonie GILLIES	59 17.59	16.54
6	Frank PROWSE (Walk)	64 19.11	19.11
	Bob HENDERSON (2.2 km)	70 14.14	10.14

JAVELIN HANDICAP

		Best	Adjusted
	Allan WOOD **	79 21.30	38.40
	Glenn McLEAN	52 16.37	37.87
	Graham FORD	67 21.19	36.94
	Leo COFFEY	86 10.80	36.70
	Louise McLEAN	51 12.23	35.73
	Ian WILLETT	50 19.59	35.59
	Jack FREDRICKSON	77 12.23	35.28
	Toni MATTERS	48 20.51	33.46

** Winner - Allan Wood



"To be honest, I'm less troubled by the alien invaders than I am by the leader we're taking them to."

FRANKSTON 3 NOVEMBER 2016**80m**

1	Veronica Sheedy	Inv	12.29
2	Graham Kilfoyle	65	12.41
3	Caitlin O'Connell	42	14.99
4	Jason Dodson	Inv	16.74
5	Henry Sheedy	Inv	18.49
6	Clementine Sheedy	Inv	29.02

300m

1	Veronica Sheedy	Inv	57.25
2	Charlie Mallia	67	60.00
3	Jason Dodson	Inv	60.46
4	Lindsay Beaton	66	94.61
5	Henry Sheedy	Inv	97.11
6	Clementine Sheedy	Inv	140.14

1000m

1	Caitlin O'Connell	42	5.01
2	Charlie Mallia	67	5.02
3	Chris Sheedy	48	5.03
4	Ray O'Connor	79	5.04
5	Frances Halton	55	5.42

800m walk

1	John Hallo	74	6.01
2	Jason Dodson	Inv	6.17
3	Graham Kilfoyle	65	6.29
4	Lindsay Beaton	66	6.54
5	Kees Zwynenburg	87	7.37

1600m Walk

1	John Hallo	74	12.22
2	Sheridan Sheedy	44	14.44
3	Kees Zwynenburg	87	16.16

2000m

1	Gary Meyer	61	12.06
DNF	Chris Sheedy	48	DNF

3200m Walk

1	Graham Kilfoyle	65	27.06
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3200m

1	David Dodson	57	16.30
2	Caitlin O'Connell	42	18.10
3	Charlie Mallia	67	18.11
4	Frances Halton	55	20.08

FRANKSTON 10 NOVEMBER 2016**100m****Heat 1**

1	Bobby Ram	39	14.18
2	Bill Carr	67	14.70
3	Veronica Sheedy	Inv	15.40
3	Graham Kilfoyle	65	15.40
4	Mike Hall	78	16.52

100m**Heat 2**

1	Alan Radford	65	20.40
2	Chris Sheedy	48	20.55
3	Lindsay Beaton	66	20.83

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

				Team time
1	John Sutton	73	W	5.35
	Chris Sheedy	48	R	
	Alan Radford	65	S	
2	John Hallo	74	W	5.42
	Charlie Mallia	67	R	
	Veronica Sheedy	Inv	S	

FRANKSTON 10 NOVEMBER 2016 cont

3	Graham Kilfoyle	65	W	5.46
	Ray O'Connor	79	R	
	Bobby Ram	39	S	
4	Nonie Chan	31	W	6.12
	David Dodson	57	R	
	Bill Carr	67	S	
5	Kees Zwynenburg	87	W	7.04
	Gary Meyer	61	R	
	Mike Thomas	44	S	

5 or 7 lap spiral - Walk

Laps

1	Peter Ellis	65	20.13	7
2	John Hallo	74	23.24	7
3	Graham Kilfoyle	65	24.58	7
4	Lindsay Beaton	66	28.00	7
5	Kees Zwynenburg	87	32.50	7
1	Iwetta Paldus	55	13.38	5
2	John Sutton	73	16.39	5

5 or 7 lap spiral - Run

Laps

1	Mike Thomas	44	10.38	7
2	Charlie Mallia	67	15.13	7
3	David Dodson	57	15.41	7
4	Nonie Chan	31	16.10	7
5	Gary Meyer	61	17.21	7
1	Alan Radford	65	13.41	5

FRANKSTON 17 NOVEMBER 2016**200m Heat 1**

1	Chris Sheedy	48	29.02
2	Bill Carr	67	30.44
3	Graham Kilfoyle	65	31.31
4	Mike Hall	78	38.00

200m Heat 2

1	Veronica Sheedy	Inv	33.87
2	Charlie Mallia	67	34.17
3	Ray O'Connor	79	46.84
4	Lindsay Beaton	66	48.59

5 min - NOSP Run and Walk

1	John Sutton	73	
	John Hallo	74	
	Veronica Sheedy	Inv	
	Barry Jeffs	68	
	Charlie Mallia	67	
	Lindsay Beaton	66	
	Mike Thomas	44	
	Graham Kilfoyle	65	
	Chris Sheedy	48	
	Kees Zwynenburg	87	
	Frances Halton	55	
	Caitlin O'Connell	42	
	David Dodson	57	

2 lap Walk or Run in the Park

1	Charlie Mallia	67	21.35	R
2	David Dodson	57	21.55	R
3	Bill Carr	67	24.20	R
4	Caitlin O'Connell	42	25.20	R
4	Chris Sheedy	48	25.20	R

1 lap Walk or Run in the Park

1	Mike Thomas	44	9.13	R
2	Frances Halton	55	15.28	R
1	John Hallo	74	17.55	W
2	Penny Hall	76	19.50	W
3	Barry Jeffs	68	20.50	W

FRANKSTON 17 NOVEMBER 2016 cont

4	Graham Kilfoyle	65	20.50	W
5	John Sutton	73	21.36	W
6	Gary Meyer	61	21.37	W
7	Kees Zwynenburg	87	26.07	W

FRANKSTON 24 NOVEMBER 2016**90m Heat 1**

1	Chris Sheedy	48	13.08
2	Bill Carr	67	13.80
3	Veronica Sheedy	Inv	13.97
4	Graham Kilfoyle	65	14.00

90m Heat 2

1	Nonie Chan	31	15.22
2	Alan Radford	65	18.09
DNF	Mike Hall	78	DNF

200m Handicap - Heat 1

			H'cap (metres)
1	Caitlin O'Connell	42	36.20 25.00
2	Alan Radford	65	36.37 18.30
3	Ray O'Connor	79	37.05 37.00
4	Lindsay Beaton	66	39.11 35.40
5	Diane Reynolds	Inv	73.17 0.00(first time)

200m Handicap - Heat 2

1	Veronica Sheedy	Inv	28.13	13.70
2	Graham Kilfoyle	65	30.10	8.00
3	Nonie Chan	31	30.20	16.00
4	Bill Carr	67	30.58	7.00
5	Charlie Mallia	67	32.05	20.20
6	Chris Sheedy	48	33.49	0.00

800m

1	Mike Thomas	44	2.29	
2	Chris Sheedy	48	2.43	
3	Charlie Mallia	67	3.34	
4	Caitlin O'Connell	42	3.46	
5	David Dodson	57	4.07	
6	Gary Meyer	61	4.26	
7	Diane Reynolds	59	6.01	
DNF	Veronica Sheedy	Inv	1.54	1 lap

800m walk

1	Iwetta Paldus	55	5.45
2	John Hallo	74	6.01
3	Barry Jeffs	68	6.15
4	Nonie Chan	31	6.38
5	Alan Radford	65	6.44
6	Lindsay Beaton	66	7.00
7	Kees Zwynenburg	87	7.58

9 lap maximum - Run and Walk

			Laps	R/W
1	Charlie Mallia	57	17.54	9 Run
2	David Dodson	57	19.41	9 Run
3	Nonie Chan	31	18.16	8 Run
4	Chris Sheedy	48	18.17	8 Run
5	Caitin O'Connell	42	18.24	8 Run
6	Gary Meyer	61	19.05	8 Run
7	Mike Thomas	44	7.33	5 Run
8	Diane Reynolds	59	6.22	2 Run
1	Peter Ellis	65	19.17	7 Walk
2	John Hallo	74	19.08	6 Walk
3	Graham Kilfoyle	65	20.33	6 Walk
3	Barry Jeffs	68	20.33	6 Walk
4	Kees Zwynenburg	87	21.37	5 Walk

GEELONG 2 NOVEMBER 2016**3km Cross Country**

Trevor Grenfell	14:49
Kath Oliver	15:16
Joanna MacCarthy	16:10
Jill Coyte	17:03
Fiona Fitzpatrick	17:25
Shane Murphy	18:27
Diane Shiells	18:31
Peta Hocking	19:00
Janelle Hodgson	22:48
John Caulfield	22:49

7km Cross Country

Matt Lyon	25:15
Daryl Burns	27:16
Dominic Godfrey	27:31
Tim Murphy	27:42
Addison Ogilve	28:34
Dave Elward	29:28
John Everett	31:09
David Harbison	32:08
Eric Bumbers	33:27
Steve Welsh	34:54
Daryl Hurst	35:52
Gerry Fitzpatrick	36:34
Grant Baensch	37:41
Frank Engelsman	38:32

GEELONG 9 NOVEMBER 2016**100m**

Peter Lamb	13.57
Shane Murphy	16.45
Zytel Hircoe	16.92
Ashton Dickens	21.13

3200m

David Jenkins	10:57
Daryl Burns	11:24
Addison Ogilve	11:42
Dave Elward	12:43
John Everett	13:23
Jeff Walker	14:10
Robbie Parsons	14:22
Steve Welsh	14:32
Gerry Fitzpatrick	14:41
Zytel Hircoe	15:40
Daryl Hurst	16:15
Grant Baensch	16:27
Kath Oliver	16:32
Frank Engelsman	16:50
Jill Coyte	18:22
Diane Shiells	18:36
Kate Shay	19:13
Vanice Kelly	19:53
Di Porter	25:56

800m

Peter Lamb	02:36
John Everett	02:50
Alan Jenkins	03:10
Gerry Fitzpatrick	03:13
Daryl Hurst	03:22
Jeff Walker	03:26
Grant Baensch	03:33
Shane Murphy	03:43
Frank Engelsman	04:04
Zytel Hircoe	04:40
Ashton Dickens	04:40

GEELONG 16 NOVEMBER 2016

3km Cross Country

Alan Jenkins	14:25
Laura Johnsey	14:44
Jill Coyte	17:55
Janelle Hodgson	19:24

6km Cross Country

John Caulfield	47:34
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8km Cross Country

David Jenkins	32:37
Dave Elward	32:45
Ivan Graljuk	34:12
John Everett	35:50
Michael Panckridge	37:09
David Harbison	37:35
Jeff Walker	38:36
Paul Stewart	39:30
Gerry Fitzpatrick	41:06
Matt Holmes	41:36
Paul Austin	45:30
Grant Baensch	46:32
Daryl Hurst	46:32
Marie Blood	49:30
Kath Oliver	51:08
Fiona Fitzpatrick	51:08

GEELONG 23 NOVEMBER 2016

400m

Peter Lamb	01:05
Tim Murphy	01:06
Matt Petersen	01:07
Dan Wright	01:13
Gerry Fitzpatrick	01:28
Kate Shay	01:48
Peta Hocking	02:00

2400m

Scott McPherson	08:27
Dan Wright	08:40
Tony McRae	08:56
Dave Elward	09:19
Tim Murphy	09:37
Matt Petersen	10:23
Steve Welsh	10:26
Alan Jenkins	10:45
Jeff Walker	10:53
Gerry Fitzpatrick	11:54
Frank Engelsman	12:01
Kath Oliver	12:02
Paul Austin	12:40
Jill Coyte	13:17
Fiona Fitzpatrick	14:06
Vanice Kelly	14:26
Kate Shay	14:42
Peta Hocking	15:09
Marie Blood	15:32

GEELONG 23 NOVEMBER 2016 cont

1500m

Scott McPherson	04:49
Dan Wright	04:57
Matt Petersen	05:10
Tony McRae	05:16
Tim Murphy	05:20
Jeff Walker	06:34
Gerry Fitzpatrick	06:44
Steve Welsh	07:00
Frank Engelsman	07:31
Paul Austin	07:38
Kath Oliver	07:44
Fiona Fitzpatrick	08:43
Kate Shay	09:02
Peta Hocking	09:37
Marie Blood	09:38
Dianne Porter	11:19

GEELONG 30 NOVEMBER 2016

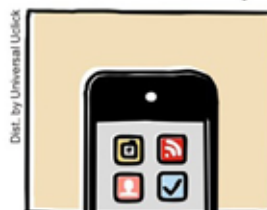
3km Cross Country

Rhys Hamill-Beach	11:33
Robbie Parsons	13:18
Jill Coyte	17:00
Kate Shay	18:03
John Caulfield	18:42
Vanice Kelly	18:52
Ian Holliday	19:09
Janelle Hodgson	19:09
Peta Hocking	19:30
Dianne Porter	23:50

5km Cross Country

David Jenkins	17:59
Tony McRae	19:12
Phil Shay	19:29
Dave Elward	20:30
John Everett	21:51
Michael Panckridge	22:30
Alan Jenkins	22:52
Jeff Walker	22:54
Steve Welsh	23:42
Peter Lamb	23:59
Daryl Hurst	24:03
Zytel Hircoe	24:35
Kath Oliver	26:11
Fiona Fitzpatrick	31:38

smart phone vs. dog



answers if called
plays games
sleeps when inactive
handy alarm



answers if called
plays games
sleeps when inactive
handy alarm

GLEN EIRA 1 NOVEMBER 2016

2KM E/T WALK

	Est	Clock	Diff	
PETER McGRATH	76	18.52	18.58	0.06
JOHN ZELEZNIKOW	66	16.40	16.47	0.07
DES MIDDLETON	69	14.10	13.55	0.15
PETER BATTRICK	73	17.50	17.31	0.19
JIM BERRINGTON	60	12.28	12.01	0.27
SANDRA MIDDLETON	67	14.25	13.56	0.29
GREG HUGHES	58	13.30	15.43	2.13

3.2KM E/T RUN

	Est	Clock	Diff	
CHRIS GRAFEN	52	14.30	14.19	0.11
PHIL URQUHART	72	17.10	17.51	0.41

700 MTRS E/T

	Est	Clock	Diff	
JANET HOLMES	63	2.5	2.52.3	3.3
GRAHAM STOCKDALE	74	2.30	2.49.1	19.1
PHIL URQUHART	72	3.51	3.31.5	19.5

150 MTRS E/T

	Est	Clock	Diff	
BOB WISHART	74	20.80	22.09	1.29
JIM ROUNTREE	57	22.20	23.28	1.08
JIM McLURE	70	25.50	26.77	1.27

110 MTRS E/T

	Est	Clock	Diff	
BOB WISHART	74	16.04	16.29	0.25
JIM ROUNTREE	57	16.30	17.00	0.70
JIM McLURE	70	18.02	19.12	1.10
GLAD WISHART	72	20.80	22.39	1.59

GLEN EIRA 8 NOVEMBER 2016

LIVING LEGENDS NIGHT

1. MENTONE OPEN	TEAM NAME	Time	Total Time
1st Leg – 3.6 Km	Michael Bishop	13.27	
2nd Leg – 3.0 Km	Mike Thomas	10.34	24.01
3rd Leg – 5 lap Walk	Ralph Bennett	12.09	36.10
4th Leg – 1,000 Mtrs	Julie Aylward	3.25	39.35

2. GLEN EIRA OPEN

1st Leg – 3.5 Km	Janet Holmes	17.46	
2nd Leg – 3.0 Km	Megan Gooley	15.24	33.10
3rd Leg – 5 lap Walk	Des Middleton	12.91	46.01
4th Leg – 1,000 Mtrs	Bill Carr	4.26	50.27

3. SPRINGVALE OPEN

1st Leg – 3.5 Km	Howard Rees	16.43	
2nd Leg – 3.0 Km	Claudio Riva	14.46	31.29
3rd Leg – 5 lap Walk	Anthony Doran	13.12	44.41
4th Leg – 1,000 Mtrs	Celia Johnson	5.58	50.39

1. MENTONE 50+

1st Leg – 3.5 Km	Derek Couper	14.10	
2nd Leg – 3.0 Km	Kuni Bowden	12.46	26.56
3rd Leg – 5 lap Walk	Gwen Steed	13.01	39.57
4th Leg – 1,000 Mtrs	Matt Bowden	3.34	43.31

2. GLEN EIRA 50+

1st Leg – 3.5 Km	Syd Bone	15.07	
2nd Leg – 3.0 Km	Joseph Campesi	12.59	28.06
3rd Leg – 5 lap Walk	Sand. Middleton	13.41	41.47
4th Leg – 1,000 Mtrs	Chris Grafen	3.48	45.35

SPRINGVALE 50+

1st Leg – 3.5 Km	Chris Murphy	16.27	
2nd Leg – 3.0 Km	Lindsay Oxenham	14.36	31.03
3rd Leg – 5 lap Walk	Tony Johnson	13.46	44.49
4th Leg – 1,000 Mtrs	Natalie Irvine	8.35	53.24

GLEN EIRA 8 NOVEMBER 2016 cont

1. GLEN EIRA 60+

1st Leg – 3.5 Km	Peter Bence	14.45	
2nd Leg – 3.0 Km	Jim Berrington	13.30	28.15
3rd Leg – 5 lap Walk	Heather Carr	11.15	39.30
4th Leg – 1,000 Mtrs	Grah Stockdale	4.27	43.57

2. MENTONE 60+

TEAM NAME	TIME	Total Time	
1st Leg – 3.5 Km	Ashley Birrell	15.59	
2nd Leg – 3.0 Km	Sonya McLennan	15.33	31.32
3rd Leg – 5 lap Walk	John Morrison	15.55	47.27
4th Leg – 1,000 Mtrs	Col Waring	4.10	51.37

3. SPRINGVALE 60+

TEAM NAME	Time	Total Time	
1st Leg – 3.5 Km	Bill Irvine	18.21	
2nd Leg – 3.0 Km	Paul Mullins	18.00	36.21
3rd Leg – 5 lap Walk	Nat Irvine	18.37	54.58
4th Leg – 1,000 Mtrs	Tony Johnson	5.28	60.26

FUN TEAMS

GLEN EIRA (Team 2)

1st Leg – 3.5 Km	Alan Radford	22.15	
2nd Leg – 3.0 Km	Steve Strelecky	13.36	35.51
3rd Leg – 5 lap Walk	Greg Hughes	13.54	49.45
4th Leg – 1,000 Mtrs	Ray O'Connor	5.06	54.51

GLEN EIRA (Team 2)

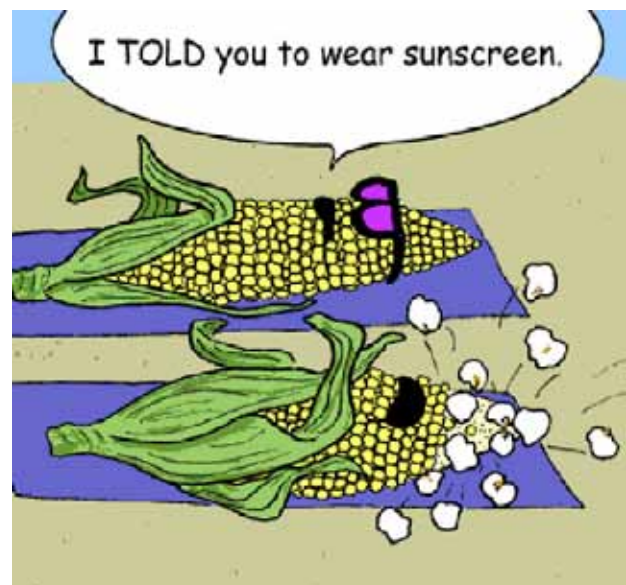
1st Leg – 3.5 Km	Merle Want	19.38	
2nd Leg – 3.0 Km	Phil Urquhart	16.20	35.58
3rd Leg – 5 lap Walk	Jim Rountree	13.37	49.55
4th Leg – 1,000 Mtrs	Karen Monohan	5.38	55.53

MENTONE (Fun Team)

1st Leg – 3.5 Km	Sandra Wynne	18.52	
2nd Leg – 3.0 Km	Avril Britten	35.01	53.53
3rd Leg – 5 lap Walk	Glad Wishart		51.19
4th Leg – 1,000 Mtrs			56.12

DETAILS OVERALL ARE:

Open	Over 50	Over 60	Total Points
Mentone 8	Mentone 8	Glen Eira 8	Mentone 21
Glen Eira 5	Glen Eira 5	Mentone 5	Glen Eira 18
Springvale 3	Springvale 3	Springvale 3	Springvale 9
Fun Teams	Glen Eira – 2 teams		



GLEN EIRA 15 NOVEMBER 2016**100 METRES H/C**

		H/cap (Secs)	Clock
VIVIENNE CASH	64	20	13.60
JIM McLURE	70	18	13.75
BOB WISHART	74	Scr	14.00
BILL CARR	67	5	14.41
GLAD WISHART	72	25	17.14
ALAN RADFORD	65	14	19.40

WALK 2400 MTRS SELF H/C

	Est Time	Actual	Clock	
TONY DORAN	64	16.35	16.21	22.31
SANDRA MIDDLETON	67	17.15	17.05	22.35
PETER McGRATH	77	22.45	22.42	22.42
DES MIDDLETON	69	16.05	16.15	22.55
BARRY JEFFS	68	21.00	21.27	23.12
JIM BERRINGTON	60	13.05	14.46	24.26
GREG HUGHES	58	19.12	18.16	21.49
JOHN ZEZEZENKINOW	66	20.30	19.38	21.53
PETE BATTRICK	73	21.15	20.59	22.29
DOMENIC MORINA	77	21.50	21.14	22.09

BOB WISHART 200 MTR

	H/cap (Sld)	Clock	Adj Time	
WEEK 1				
JIM McLURE	70	11.05	36.06	47.11
BILL CARR	67	17.00	30.87	47.87
JIM ROUNTREE	57	16.50	31.49	47.99
GLAD WISHART	73	3.75	45.78	49.53
ALAN RADFORD	65	13.40	41.80	55.20

MARK BENJAMIN AGE GRADED 3KM RUN

		Clock	A /G%
JANE STURZAKER	63	16.59	69.17
STEVE STRELECKY	67	14.11	68.48
CHRIS GRAFEN	52	12.3	68.17
KAREN MONOHAN	50	19.27	50.39
CYNTHIA ELLERY	50	DNF	

600 MTRS E/T

	E/T	Clock	Diff	
JANET HOLMES	63	2.20	2.20.3	0.30
GRAHAM STOCKDALE	74	1.58	2.13.1	15.10
RAY O'CONNOR	79	3.16	2.43.9	32.10
ALAN RADFORD	65	3.20	2.44.8	35.20

GLEN EIRA 22 NOVEMBER 2016**BOB WISHART 200 MTR**

	H/cap Secs	Clock	Adj Time	
WEEK 2				
GLAD WISHART	72	GO	44.13	44.13
JIM McLURE	70	9	44.87	35.86
BILL CARR	67	15	45.24	30.24
JIM ROUNTREE	57	14	45.69	31.69
BOB WISHART	74	16	46.08	30.08
LEANNE MONK		13	46.49	33.49
ALAN RADFORD	65	10	51.20	41.20

1200 METRES H/C

	H/c Secs	Clock	
JANET HOLMES	63	40	6.00
PHIL URQUHART	72	GO	6.11
RAY O'CONNOR	79	GO	6.41

3KM E/T RUN

	E/T	Clock	Diff	
PHIL URQUHART	72	16.45	16.44	0.01
STEVE STRELECKY	66	13.55	13.53	0.02
CHRIS GRAFEN	52	13.00	12.54	0.06
JANE STURZAKER	63	17.49	17.43	0.06
MERLE WANT	55	16.48	17.03	0.15

GLEN EIRA 22 NOVEMBER 2016 copy**80 MTRS E/T**

		Est	Clock	Diff
BILL CARR	67	12.00	12.05	0.05
ALAN RADFORD	65	16.00	15.82	0.18
JIM ROUNTREE	57	12.30	12.52	0.22
GLAD WISHART	72	15.80	15.47	0.31
HEATHER CARR	67	16.00	16.43	0.43
BOB WISHART	74	12.60	11.85	0.75

2KM H/CAP WALK

		Clock	H/cap	Actual
HEATHER CARR	67	11.12	8.39	19.51
ALAN RADFORD	65	16.28	3.24	19.52
PETE BATTRICK	73	17.24	2.37	20.01
JIM BERRINGTON	60	11.50	8.14	20.04
PAUL LYNCH		15.25	4.40	20.05
SANDRA MIDDLETON	67	14.07	6.13	20.20
GREG HUGHES	58	14.57	6.20	21.17
TONY DORAN	64	15.35	6.42	22.11
BARRY JEFFS	68	15.43	6.30	22.13
DES MIDDLETON	69	15.14	7.03	22.17

GLEN EIRA 29 NOVEMBER 2016**70 MTRS E/T**

		Est	Clock	Diff
GLAD WISHART	72	13.50	13.65	0.15
ALAN RADFORD	65	14.00	13.85	0.15
JIM ROUNTREE	57	10.9	11.14	0.24
CHRIS BROWN	61	10.7	10.46	0.24
BILL CARR	67	11.05	11.05	0.45
BOB WISHART	75	11.00	10.40	0.60
HEATHER CARR	67	14.30	14.98	0.68
JIM SINCLAIR	92	14.10	15.70	1.60

3KM H/CAP WALK

		H/cap	Clock	Actual
GREG HUGHES	58	5.15	26.44	21.29
SANDRA MIDDLETON	67	5.50	26.45	20.55
ALAN RADFORD	65	3.00	27.02	24.02
TONY DORAN	64	6.40	27.32	20.52
DOMENICO MORINA	77	1.32	27.41	26.09
HEATHER CARR	67	11.00	28.13	17.13
JOHN ZELEZNIKOW	66	3.00	28.59	25.59
DES MIDDLETON	69	5.15	30.15	25.00

BOB WISHART 200 MTR

		H/cap	Clock	Adj Time
WEEK 3				
BOB WISHART	75	17.95	47.85	29.90
JIM McLURE	70	12.00	47.40	35.40
ALAN RADFORD	65	9.05	48.45	39.40
BILL CARR	67	17.75	49.20	31.45
GLAD WISHART	72	3.50	49.30	45.80

RAY KEMP 5KM H/C RUN

		Clock	H/cap	Actual
ASHLEY PAGE	76	26.33	GO	26.33
MEGAN GOOEY	39	28.01	+ 1.00	27.01
CHRIS BROWN	61	24.48	2.30	27.18
PHIL URQUHART	72	29.30	+ 1.30	28.00
PETE BATTRICK	73	43.19	+ 15.00	28.19
KAREN MONOHAN	50	32.50	+ 3.00	29.50

800 MTRS H/C

		H/C	Clock	Actual
PHIL URQUHART	72	GO	3.54	3.54
JANET HOLMES	63	41	4.01	3.20
RAY O'CONNOR	79	GO	4.09	4.09
GREG HUGHES	58	40	5.23	4.43

KNOX 2 NOVEMBER 2016**600m**

Jack Durrant	19	7.94
Paul Durrant	55	8.38
Geoff Whitehall	67	8.85
Tracey carpenter	50	9.64

80m

Jack Durrant	19	
Pauline Paine	38	
Paul Durrant	55	
Geoff Whitehall	67	

1500m

Mike Rennie	34	4.51
Matt Morris	50	5.22
Tim Loveday	52	5.23
Paul Connor	53	5.32
Paul Twining	67	5.39
Graeme Leticq	61	5.41
Hank Kuys	62	6.43
David Wear	70	6.56
Ryan Clark	40	7.03
Michelle Quan	47	7.15
Chas McCrae	84	7.17
Nicola Van Reenen	44	7.17
Navid Rashid	47	7.18
Ian Uren	65	7.24
Pauline Paine	38	7.37
Louisa Knight	51	7.59

110m handicap

Jack Durrant	19	
Pauline Paine	38	
Geoff Whitehall	67	
Paul Durrant	55	
Tracey carpenter	50	
Sarah Thorne	37	

10 lap spiral

Mike Rennie	34	15.21
Paul Connor	53	17.15
Matt Morris	50	17.2
Paul Twining	67	17.29
Tim Loveday	52	17.35
Graeme Leticq	61	17.46
Michelle Quan	47	20.43
Ryan Clark	40	21.32
Nicola Van Reenen	44	21.54
Glenn Claiden	62	21.59
Ian Uren	65	22
Stephen Richards	55	22.01
Sarah Thorne	37	22.15
Peter Thorne	68	23.03
Hank Kuys	62	23.19
Louisa Knight	51	24
Navid Rashid	47	24.45
Maggie Hawkes	60	31.27

KNOX 9 NOVEMBER 2016**Discus**

Paul Durrant	55	30.96
Hank Kuys	62	25.49
Jack Durrant	19	23.75
Evan Thomson	42	22.62
Chris Pritchard	53	12.81
Andrea Putting	53	11.33

70m

Jack Durrant	19	9.18
Evan Thomson	42	9.65
Paul Durrant	55	10.07
Geoff Whitehall	67	10.9
Andrea Putting	53	13.4

1mile

Paul Twining	67	6.32
Mark Harris	48	7.27
Mick Carr	63	7.38
Ian Uren	65	7.39
Anne McPherson	60	8.33
Graeme Leticq	61	8.36
Louisa Knight	51	9.21
Michelle Quan	47	9.4

300m

Evan Thomson	42	43.9
Paul Durrant	55	45.8
Geoff Whitehall	67	51.1

5000m

Brian Mee	79	26.25
Sarah Thorne	37	26.41
Maggie Hawkes	60	30.22
Michelle Quan	47	24.34
Mick Carr	63	24.54
Ian Uren	65	26.21
Lavinia Petrie	73	26.23
Peter Thorne	68	30.1
Paul Twining	67	25.11

KNOX 16 NOVEMBER 2016**Lyrebird track approx 2.1k**

Paul Connor	53	16.43
Matt Morris	50	17.29
Julie Norney	58	17.43
Graeme Leticq	61	17.48
John Graham	61	18.13
Paul Twining	67	18.44
Peter Seymour	52	18.56
John Signorini	62	19.06
Lavinia Petrie	73	19.33
Tim Loveday	52	20.04
Ryan Clark	40	20.56
David Black	60	21.22
Michelle Quan	47	21.33
Liz Eastwood	47	21.52
Bob Henderson	70	21.55
Mark Harris	48	22.08
Mick Carr	63	22.31
Ian Uren	65	22.47
Paul Durrant	55	23.48
Jack Durrant	19	24.01
Tracey Carpenter	50	24.39
Stephen Richards	55	24.42
Toscha Stopar	46	25.28
Nicola Van Reenan	44	25.35
Peter Thorne	68	25.47
Heath Scott	36	26.09
Sarah Thorne	37	26.28
Brian Mee	79	26.29

KNOX 23 NOVEMBER 2016**Shot-put**

Stephen Richards	55	9.25
Paul Durrant	55	8.99
Jack Durrant	19	8.85
Tracey Carpenter	50	9.25
Glenn Claiden	62	6.59
Andrea Putting	53	5.62

60m

Jack Durrant	19	8.09
Paul Durrant	55	8.44
Matt Morris	50	9.1
Tracey Carpenter	50	10.08
Andrea Putting	53	11.59

1000m

Matt Morris	50	3.22
Tim Loveday	52	3.25
John Graham	66	3.36
Paul Twining	67	3.45
Jack Durrant	19	3.57
Liz Eastwood	47	3.58
Helen Stanley	55	4
Stephen Richards	55	4.09
Lavinia Petrie	73	4.14
Ryan Clark	40	4.24
Ian Uren	65	4.47
Glenn Claiden	62	4.49
Sarah Thorne	37	4.49
Pauline Paine	38	4.57
David Wear	70	5.13

500m NOT

Paul Durrant	55	1.28	1st
Matt Morris	50	1.35	3rd
Jack Durrant	19	1.5	
Stephen Richards	55	1.54	
Ryan Clark	40	1.56	
Michelle Quan	47	2.03	
Bob Henderson	70	2.1	2nd

KNOX 30 NOVEMBER 2016**Javelin**

Jack Durrant	19	30.82	metres
Evan Thomson	42	28.00	
Paul Durrant	55	24.89	
Ian Willett	50	20.97	
Chris Pritchard	53	18.47	
Karl Piatek	42	15.67	
Andrea Putting	53	10.20	

800metre walk - NOT

John Graham	66	5.15	min
Karl Piatek	42	6.13	
Hank Kuys	62	6.46	
Chris Pritchard	53	7.05	
Jack Durrant	19	7.26	
Glenn Claiden	62	7.26	- Winner
Tim Loveday	52	7.37	
Pauline Paine	38	7.37	
Bob Henderson	70	7.40	- 3rd
Mick Carr	63	7.41	- 2nd
Chas McCrae	84	7.44	
Ian Uren	65	7.50	
Ryan Clark	40	7.51	
Anne McPherson	60	7.56	

KNOX 30 NOVEMBER 2016 cont

Peter LeGet	82	7.57
Paul Twining	67	7.59
Graeme Leticq	61	8.00
Andrea Putting	53	8.33
Maggie Hawkes	60	8.34
Ian Willett	50	8.35

80metre sprint

Jack Durrant	19	9.98	sec
Evan Thomson	42	10.23	
Paul Durrant	55	10.57	
Tracey Carpenter	50	12.66	
Ian Willett	50	14.19	
Andrea Putting	53	14.67	

800metres

Tim Loveday	52	2.43	min
Paul Twining	67	2.58	
Helen Stanley	61	3.10	
John Signorini	62	3.10	
Bob Henderson	70	3.20	
Pauline Paine	38	4.00	
Glenn Claiden	62	4.01	
Karl Piatek	42	4.18	
David Wear	70	4.21	
Ian Willett	50	4.36	
Peter LeGet	82	5.31	
Chas McCrae	84	7.24	- walk

1600metres

John Graham	66	6.03	min
Ryan Clark	40	7.24	
Mick Carr	63	8.15	
Ian Uren	65	8.15	

Relay 4 by 200m

Jack Durrant	19
Tracey Carpenter	50
Peter Thorne	68
Tim Loveday	52

Evan Thomson team**Paul Durrant team****Distance event****2k**

Pauline Paine	38	12.13
Maggie Hawkes	60	14.06
Chas McCrae	84	22.47
Arthur Kapoulitsa	68	22.48

3k

John Graham	66	12.04
Bob Henderson	70	14.27
Brian Mee	79	17.25
David Wear	70	17.34

4k

Tim Loveday	52	17.14
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5k

John Signorini	62	21.24
Graeme Leticq	61	21.4
Helen Stanley	61	26.05
Glenn Claiden		26.49

6k

Paul Twining	67	26.05
Ian Uren	65	29.53
Mick Carr	63	29.56
Anne McPherson	60	30.17
Ryan Clark	40	32.35
Peter Thorne	68	35.32

MENTONE 2 NOVEMBER 2016

400m Walk E.T.		Clock	Diff
1	Geoff Barrow	67 2.41	-0.09
2	John Zeleznikow	66 2.47	-0.13
3	Greg Hughes	58 2.51	-0.14

800m Self H/cap -

Rob Jennings Memorial Trophy		Clock	Actual
1	Col Waring	70 4.00.8	3.06.8
2	David Dodson	57 4.03.9	3.35.9
3	Sandra Wynne	65 4.04.7	3.40.7
DQ	Matt Bowden	50	2.41.2
DQ	Kuni Bowden	50	3.03.9
DQ	Ashley Page	76	3.51.5
DQ	Avril Britter	57	3.46.9
	Trophy Winners	Col Waring	@
		Sandra Wynne	@

150m E.T.		Clock	Diff
1	Bob Wishart	74 21.79	0.79
2	Avril Britter	57 27.76	-0.32
3	Glad Wishart	72 31.28	-1.17
4	Kuni Bowden	50 28.52	-2.48

5 Km E.T. *Agg Event*		Clock	Diff	Pts
1	Kuni Bowden	50 21.44	0.04	7
2	Sonya McLennan	64 28.03	-0.25	5
3	Matt Bowden	50 23.03	-0.27	4
4	Avril Britter	57 28.46	-0.36	3
5	Ashley Page	76 27.29	-0.59	2
6	Sandra Wynne	65 27.18	-1.02	1
7	David Dodson	57 26.42	-1.18	1

2000m Walk Self H/cap *Agg Event*		Clock	Actual	Pts
1	Geoff Barrow	67 16.45	13.31	7
2	Greg Hughes	58 17.17	16.02	5
DQ	Glennis McPherson	70	14.47	4
DQ	John Zeleznikow	66	16.22	4

MENTONE 9 NOVEMBER 2016

800m Walk E.T.		Clock	Diff
1	Janette Atkins	63 6.33	-0.02
2	Sonya McLennan	64 5.29	-0.06
3	John Mathew	80 8.04	0.14
4	John Morrison	77 6.06	0.16
5	Ian Beaumont	80 6.47	1.47

1600m E.T. *Agg Event*		Clock	Diff	Pts
1	Col Waring	70 7.03.8	2.80	7
2	Katie Gibson	Inv 8.05.2	3.20	
3	Ashley Page	76 8.34.7	6.70	5
4	Sonya McLennan	64 8.10.4	-7.60	4
5	Kuni Bowden	50 6.35.0	-10.00	3
6	Avril Britter	57 8.19.9	-12.10	2
7	Helen Bryan	46 8.08.4	23.40	1
8	Sandra Wynne	65 8.02.4	-27.60	1
9	Ralph Bennett ***	74 7.28.9	-31.10	1

80m E.T. *Agg Event*		Clock	Diff	Pts
1	Avril Britter	57 15.22	-0.09	7
2	Sandra Wynne	65 15.25	-0.10	5
3	Kuni Bowden	50 17.26	0.26	4
4	Glad Wishart	72 15.97	-0.42	3
5	Bob Wishart	74 11.48	0.43	2
6	Helen Bryan	46 13.15	0.45	1
7	Katie Gibson	Inv 12.49	-0.51	
8	John Mathew	80 19.86	0.66	1
9	Ross Kent	74 14.17	-1.33	1
	Vivienne Cash	64 13.83		

2.5 Km Road Self H/cap

Point Score Series 1		Clock	Actual
1	Sonya McLennan	64 17.56	12.56
2	Sandra Wynne	65 17.59	13.50
3	Avril Britter	57 18.20	14.11
DQ	Kuni Bowden	50	11.34
DQ	John Kneen	74	17.31

2.5Km Road Walk E.T.

Frank Kealy Trophy 2		Clock	Diff
1	Gwen Steed	74 19.41	-0.09
2	Janette Atkins	63 22.20	0.20
3	John Mathew	80 29.39	-0.21
4	Greg Hughes	58 21.21	0.31

MENTONE 16 NOVEMBER 2016

500m Walk E.T.		Clock	Diff
1=	John Mathew	80 6.33	-0.02
1=	John Morrison	77 5.29	-0.06
3	Greg Hughes	58 8.04	0.14
4	Margaret Beaumont	78 6.06	0.16

1000m E.T.		Clock	Diff
1	Avril Britter	57 4.51.2	0.20
2	Katie Gibson	Inv 4.39.3	-0.70
3	Kuni Bowden	50 3.58.8	-1.20
4	Jeanne Bryan	74 5.17.6	-2.40
5	Ralph Bennett	74 4.26.8	-3.20
6	Helen Bryan	46 4.44.8	5.80
7	Sandra Wynne	65 4.47.8	-8.00
8	Col Waring	70 4.13.6	8.60
9	David Dodson	57 4.30.9	-9.10
10	Matt Bowden	50 3.30.3	-9.70

250m E.T.		Clock	Diff
1	Ross Kent	74 49.81	0.81
2	Katie Gibson	Inv 46.21	1.21
3	Bob Wishart	74 38.83	-1.23
4	Kuni Bowden	50 52.15	2.15
5	Glad Wishart	72 60.91	6.40
6	John Kneen	74 70.09	10.09
7	John Mathew	79 84.68	19.68

2 Miles Self H/cap

Point Score Series 2		Clock	Actual
1	David Dodson	57 19.46	16.16
2	Matt Bowden	50 20.00	13.50 ***
3	Kuni Bowden	50 20.07	14.07
4	John Kneen	74 21.54	21.54
DQ	Jeanne Bryan	74	18.55
DQ	Ashley Birrell	71	14.50 ***
DQ	Sandra Wynne	65	16.57 ***
DQ	Avril Britter	57	17.19 ***

Series Winner Kuni Bowden**5 Lap Spiral Walk E.T.**

Frank Kealy Trophy 3		Clock	Diff
1	Joan Clarke	81 20.06	0.01
2	Greg Hughes	58 18.20	0.10
3	Bev Hugo	75 17.49	0.19
4	John Zeleznikow	66 17.21	-0.24
5	Gwen Steed	74 13.23	-0.42
6	Sylvia Machin	75 15.33	0.48
7	Margaret Beaumont	78 18.09	-0.51
8	Geoff Barrow	67 13.37	-1.21
9	Pam Mews	81 22.55	-1.53
10	John Mathew	80 26.15	2.15

Trophy Winner Greg Hughes

MENTONE 23 NOVEMBER 2016

800m Walk E.T.		Clock	Diff
1	John Morrison	77 6.16	0.01
2	Sylvia Machin	75 5.43	0.03
3	Greg Hughes	58 5.57	0.07
4	Janette Atkins	63 6.36	-0.08
5	Bev Hugo	76 6.47	0.12
6	Ian Beaumont	80 6.55	0.15
7	Margaret Beaumont	78 7.08	0.20

300m H/cap *Agg Event*		Clock	Metres
1	Glad Wishart	72 41.93	103
2	Ross Kent	74 42.48	85
3	Bob Wishart	74 43.91	22
4	John Mathew	80 44.59	137
5	Kuni Bowden	50 46.93	72

600m E.T.		Clock	Diff
1	Matt Bowden	50 1.56.8	-1.20
2	Avril Britter	57 2.47.6	-3.40
3	Helen Bryan	46 2.44.2	4.20
4	Ashley Page	76 2.58.7	-4.30
5	John Kneen	74 3.39.6	4.60
6	Sandra Wynne	65 2.39.7	-5.30
7	Katie Gibson	Inv 2.44.0	11.00
8	David Dodson	57 2.33.7	-16.30
9	Kuni Bowden	50 2.21.7	21.70

70m E.T.		Clock	Diff
1	Glad Wishart	72 14.08	-0.32
2	Katie Gibson	Inv 11.66	-0.34
3	Sandra Wynne	65 12.77	-0.38
4	Avril Britter	57 12.59	-0.54
5	Bob Wishart	74 10.15	0.55
6	John Mathew	80 17.67	0.87
7	Geoff Barrow	67 13.03	-2.97

2x 4 Laps Road 3.336 Km Relay		Clock	Diff
1	Ashley Birrell	72 15.30	33.26
	Ashley Page	76 17.56	
2	Sandra Wynne	65 17.48	34.50
	David Dodson	57 17.02	
3	Kuni Bowden	50 14.28	35.09
	Avril Britter	57 18.41	
4	Matt Bowden	50 14.15	45.12
	John Zeleznikow	66 31.57	

2x 800m Relay Walk		Clock	Diff
1	Geoff Barrow	67 23.59	
	Keely Milliken	Inv	
2	Sylvia Machin	75 24.10	
	Glad Wishart	72	
3	Greg Hughes	58 24.44	
	Ian Beaumont	80	
4	Gwen Steed	74 25.49	
	John Morrison	77	
5	Janette Atkins	63 26.32	
	Bev Hugo	76	

MENTONE 30 NOVEMBER 2016

400m Walk E.T.		Clock	Diff
1	Ian Beaumont	80 3.18	0.00
2	Sylvia Machin	75 2.42	0.01
3	Bev Hugo	76 3.24	0.04
4=	Janette Atkins	63 3.10	0.05
4=	Pam Mews	81 3.30	-0.05
6	Margaret Beaumont	78 3.22	-0.08
7	Sonya McLennan	64 2.27	-0.09
8	Greg Hughes	58 2.34	-0.11
9	John Mathew	80 3.46	-0.14

900m E.T. *Agg Event*		Clock	Diff	Pts
1	Kuni Bowden	50 3.41.3	-3.70	7
2	Avril Britter	57 4.21.8	-4.20	5
3	Sandra Wynne	65 4.09.6	-5.40	4
4	David Dodson	57 3.57.8	-7.20	3
5	Katie Gibson	Inv 3.50.9	-9.10	
6	Col Waring	71 3.32.9	-11.10	2
7	Helen Bryan	46 3.53.2	-11.80	1
8	Ashley Page	76 4.40.8	-15.20	1
9	Jeanne Bryan	74 4.31.7	31.70	1

100m Handicap		Metres
	Bob Wishart	75 Timing 0
	Matt Bowden	50 Problem 12
	Katie Gibson	Inv 21
	Ross Kent	74 22
	Avril Britter	57 22
	Sandra Wynne	65 25
	Glad Wishart	72 32
	John Mathew	80 44
	Grace Bailey	Inv

4 Km E.T. *Agg Event*		Clock	Diff	Pts
1	Kuni Bowden	50 17.28	0.03	7
2	Ashley Page	76 21.34	-0.08	5
3=	Matt Bowden	50 17.47	-0.13	4
3=	Sonya McLennan	64 20.32	-0.13	4
5	Avril Britter	57 22.06	-0.17	2
6	Sandra Wynne	65 21.25	-0.35	1
7	David Dodson	57 20.09	-0.51	1
8	Jeanne Bryan	74 25.24	4.24	1

3000m E.T. Walk *Agg Event*		Clock	Diff	Pts
1	Joan Clarke	81 29.34	0.04	7
2	Sylvia Machin	75 21.55	0.05	5
3	Pam Mews	81 29.34	-0.16	4
4	Greg Hughes	58 21.54	0.24	3
5	Gwen Steed	74 19.47	-0.28	2
6	Geoff Barrow	67 21.29	0.29	1
7	Bev Hugo	75 25.43	-0.32	1
8	Ian Beaumont	80 27.26	0.36	1
9	Glennis McPherson	70 22.13	-0.37	1
10	John Zeleznikow	66 25.16	-0.44	1
11	Margaret Beaumont	78 27.14	0.51	1
12	John Mathew	80 34.34	2.34	1

SPRINGVALE 2 NOVEMBER 2016**120 mts** 600m/wk 1000m/run

Alison DEVINE	60	21.20	4.07
Claudio RIGA	61	22.80	4.48
Lindsay OXENHAM	67	24.40	2.51
Lou BUCCIERI	61	26.00	4.38
Celia JOHNSON	69	29.50	3.26
Brian LYNCH	80	34.20	4.18
Peter CARMODY	55	24.30	3.11
Tony DORAN	64	26.90	3.58
Howard REES	69	26.90	4.37
Bill IRVINE	68	29.10	4.53
Tony JOHNSON	76	33.00	5.47
Ernie JEFFS	71	41.00	3.58
Bill FOURKIOTIS	74	42.20	5.29
Natalie IRVINE	69	61.80	5.43
Anand THILLAISUNDARAM	40	61.80	5.43
Juan PEREZ	77	22.90	3.14
Dave TALBOT	62		4.27
Paul MULLINS	76		4.28
Ray O~CONNOR	79		5.11
Dennis PHILLIPS	74		5.23

3200 metres run

Howard REES	69	15.17
Claudio RIGA	61	16.08
Lou BUCCIERI	61	16.13
Bill IRVINE	68	16.34
Lindsay OXENHAM	67	17.01
Ian TREGEAR	66	18.21
Alison DEVINE	60	19.23
Juan PEREZ	77	19.43
Alan BENNIE 2.8km	69	13.17

2000 metres walk

Tony DORAN	64	14.26
Celia JOHNSON	69	15.11
Dennis PHILLIPS	74	16.29
Pam THOMAS	66	16.34
Judy DAVISON	80	16.55
Tom DAVISON	80	17.09
Brian LYNCH	80	17.31
Ernie JEFFS	71	18.49
John MANNING	70	18.49
Natalie IRVINE	69	19.11
Bill FOURKIOTIS	74	20.16
Anand THILLAISUNDARAM	40	20.17
Kelly DAVIDSON	37	20.17
Peter BATTRICK	73	20.42

SPRINGVALE 9 NOVEMBER 2016**70 metres**

Les WILLIAMS	60	10.60
Mick COLGAN	65	12.60
Alan BENNIE	69	13.90
Lindsay OXENHAM	67	15.20
Bill FOURKIOTIS	74	22.70

400 metres

		actual	hcp
Bill IRVINE	68	1.27.0	32 sec
Lindsay OXENHAM	67	1.37.1	26.00
Alan BENNIE	69	1.23.1	41.00
Dave TALBOT	62	1.22.8	43.00
Juan PEREZ	77	2.01.5	5.00
Les WILLIAMS	60	1.06.7	62.00
Ray O~CONNOR	79	1.44.8	25.00
Celia JOHNSON	69	2.09.2	3.00

SPRINGVALE 9 NOVEMBER 2016 cont

Mick COLGAN	65	1.52.6	20.00
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2450 metres road wlk

Tony DORAN	64	18.45
Ernie JEFFS	71	18.45
Celia JOHNSON	69	20.29
Tony JOHNSON	76	20.29
Pam THOMAS	66	21.42
Natalie IRVINE	69	25.29
Bill IRVINE	68	25.29
Ron LITTLE	73	25.29
Frank ALLEN	71	25.32
Steve SELICK		25.36
Kelly DAVIDSON	37	30.40
Anand THILLAISUNDARAM	40	30.40

4000 metres road run

Alan BENNIE	69	18.38
Howard REES	69	18.45
Les WILLIAMS	60	20.01
Lindsay OXENHAM	67	21.11
Lou BUCCIERI	61	21.11
Ian TREGEAR	66	22.24
Claudio RIGA	61	22.24
Juan PEREZ	77	26.57

SPRINGVALE 23 NOVEMBER 2016**100 metres**

		actual	hcp
Juan PEREZ	77	14.20	23 mts
Lindsay OXENHAM	67	14.40	27.00
Mick COLGAN	65	14.80	20.00
Jim SINCLAIR	92	15.10	29.00
Bill FOURKIOTIS	74	24.10	26.00

400 metres

			hcp
Celia JOHNSON	69	2.03.7	0.00
Dave TALBOT	62	1.17.5	48 sec
Paul MULLINS	76	1.24.4	42.00
Lindsay OXENHAM	67	1.37.6	32.00
Lou BUCCIERI	61	1.38.2	35.00
Claudio RIGA	61	1.33.2	41.00
Juan PEREZ	77	2.07.5	7.00
Ray O~CONNOR	79	1.48.5	27.00

3100 metre road run

Alison DEVINE	60	17.57
Tony JOHNSON	76	19.42

6200 metre road run

Lou BUCCIERI	61	31.26
Claudio RIGA	61	32.58
Lindsay OXENHAM	67	33.06
Juan PEREZ	77	40.44

2000 metre road walk

Tony DORAN	64	17.21
Dennis PHILLIPS	74	20.24
Peter BATTRICK	73	23.06
Kelly DAVIDSON	37	26.48
Anand THILLAISUNDARAM	40	26.48

3700 metres road walk

Peter ELLIS	65	26.17
Celia JOHNSON	69	31.02
Frank ALLEN	71	32.03

SPRINGVALE 16 NOVEMBER 2016**200 metres**

Les WILLIAMS	60	30.90
Mike HALL	77	31.60
Mick COLGAN		42.30
Lindsay OXENHAM	67	44.50
Juan PEREZ	77	48.60
Bill FOURKIOTIS	74	63.70
Ernie JEFFS	71	76.60

3000 metres road walk

Tony DORAN	64	22.40
Judy DAVISON	80	26.36
Ron LITTLE		26.36
Steve SELICK		26.42
Tom DAVISION	84	27.35
Frank ALLEN	71	29.30
Brian LYNCH	80	29.30
Pam THOMAS	66	29.34
Ernie JEFFS	71	30.25
Natalie IRVINE	69	30.33
Trevor JUPP	76	30.33
Peter BATTRICK	73	30.43
Eric NEGROS	53	30.56
Bill FOURKIOTIS	74	32.18

5000 metres road run

Howard REES	69	24.02
Lou BUCCIERI	61	27.00
Lindsay OXENHAM	67	27.33
Claudio RIGA	61	28.18
Ian TREGEAR	66	29.26
Juan PEREZ	77	34.01

3300 metres road run

Bill IRVINE	68	16.17
Paul WINTERTON	62	20.09
Rob CLUTTERBUCK	63	22.40

800 metres

Les WILLIAMS	60	2.46
Dave TALBOT	62	3.09
Paul MULLINS	76	3.19
Howard REES	69	3.21
Neil GRAY	68	3.21
Lou BUCCIERI	61	3.29
Lindsay OXENHAM	67	3.41
Claudio RIGA	61	3.54
Ray O~CONNOR	79	3.57
Juan PEREZ	77	4.29

SPRINGVALE 30 NOVEMBER 2016

		50 m	150m
Claudio RIGA	61	9.30	27.5
Juan PEREZ	77	9.60	29.5
Lew JENKINS	71	9.90	30.6
Lou BUCCIERI	61	10.90	32.5
Paul MULLINS	76	13.20	36.2
Bill FOURKIOTIS	74	16.20	
Les WILLIAMS	60	8.20	22.8
Ray O~CONNOR	79	10.20	30.1
Lindsay OXENHAM	67	10.60	32.7
Tony DORAN	64	10.90	34.2
Celia JOHNSON	69	11.80	58.2
Alan BENNIE	69	15.40	42.4
Frank ALLEN	71	19.90	64.5

4000 metre road run

Lou BUCCIERI	61	20.39
Claudio RIGA	61	20.51
Alan BENNIE	69	22.03
Lindsay OXENHAM	67	22.07
Ian TREGEAR	66	23.04
Juan PEREZ	77	24.25
Paul MULLINS	76	26.21

2500 metre road walk

Tony DORAN	64	17.56
Celia JOHNSON		18.58
Lew JENKINS	71	19.03
Dennis PHILLIPS	74	20.01
Judy DAVISON	80	21.40
Tom DAVISION	84	22.40
Ernie JEFFS	71	22.40
Eric NEGROS	53	28.08
Peter BATTRICK	73	28.58
Trevor JUPP	76	28.58



JANUARY PROGRAMS 2017

MON JAN 2	DONCASTER	800W 1600R DISC	100M	150M	600M NOT	2000M W/R
	CASEY					
TUES JAN 3	COLLINGWOOD	PARKRUN 6	90M	1000M	200M	
	CROYDON	1K WALK	11.6 SEC	800M	200M	1/3/5K R 1/3K WALK
	GLEN EIRA	80M ET	500M ET	150M ET	NOM DIST FOR 20MIN	3K ET
WEDS JAN 4	ABERFELDIE					
	GEELONG	100M	3200M	1000M		
	MENTONE					
	KNOX					
	SPRINGVALE	100M	600/1000M	2K WALK ROAD	3100M ROAD	6200M ROAD
THURS JAN 5	COBURG					
	EAST BURWOOD					
	FRANKSTON	800M W	100M	800M	150M	4/6/8 LAP SPIRAL R/W
MON JAN 9	DONCASTER	DONC 800M	60M	100M /100MH	300M	1/3/5K W/R
	CASEY					
TUES JAN 10	COLLINGWOOD	PARKRUN 7	100M	800M	300M	
	CROYDON	1 MILE	60M	1500M	400M	10/20/30MIN TT
	GLEN EIRA	70M ET	700M HCP	200M HCP	2/4K WALK	3K ET
WEDS JAN 11	ABERFELDIE					
	GEELONG	CROSS COUNTRY	5K 3K			
	MENTONE					
	KNOX					
	SPRINGVALE	70M	300/700M	3K WALK ROAD	5K ROAD	
THURS JAN 12	COBURG					
	EAST BURWOOD					
	FRANKSTON	800M W	90M 1000M	250M	3K HCP WALK	2K/3600R/1600W
MON JAN 16	DONCASTER	LJ	100M/ JAV	200M/ SHOT PUT	400M/ DISCUS	1500/800M W/R
	CASEY					
TUES JAN 17	COLLINGWOOD	PARKRUN 8 HCP	120M	1200M	250M	
	CROYDON	1500M WALK	100M	1MILE	300M	3K MAX NOT W/R
	GLEN EIRA	60M ET	1600M	300M HCP	3K ET WALK	3/5K
WEDS JAN 18	ABERFELDIE					
	GEELONG	200M	2800M	800M		
	MENTONE					
	KNOX					
	SPRINGVALE	LINDSAY THOMAS	MEMORIAL AT	BRAESIDE		
THURS JAN 19	COBURG					
	EAST BURWOOD					
	FRANKSTON	800M W	100M	800M 200M	1 OR 2 LAP RUN/WALK	IN PARK
MON JAN 23	DONCASTER	120M GIFT	1000M	150M	400M	1500M W/R
	CASEY					
TUES JAN 24	COLLINGWOOD	PARKRUN 9	80M	1600M	200M	
	CROYDON	800M WALK	90M	1K	4X100 MR	5K MAX NOT R/W
	GLEN EIRA	RELAY 100M	SEAL HCP 800M	400/200M S/H	1600M WALK ET	2X1200/800/400M
WEDS JAN 25	ABERFELDIE					
	GEELONG	CROSS COUNTRY	6K 3K			
	MENTONE					
	KNOX					
	SPRINGVALE	100M H/C	2X400M H/C	3K WALK ROAD H/C	5K ROAD H/C	
THURS JAN 26	COBURG					
	EAST BURWOOD					
	FRANKSTON	RELAY	80M	200/600/400 RELAY	2400/4000 ET	2/3K W ET
MON JAN 30	DONCASTER	800M W/R /JAV	100M	200M	400M	1/3/5K W/R
	CASEY					
TUES JAN 31	COLLINGWOOD	TRACK NIGHT	110M	800M	400M	
	CROYDON	1200M WALK	110M	1200M	500M	1/3/5K R 1/3K W
	GLEN EIRA	80M	600M	150M	2X800 WALK ET	3K ET