

AROUND THE GROUNDS

VENUE RESULTS FOR AUGUST 2018, PROGRAM FOR OCTOBER 2018



John Graham at Knox displaying his ribbon

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

ABERFELDIE 1 AUGUST 2018**100 m Track Run**

Michael Orelli	74	30.87
John Cooper	65	14.91
John Papworth	50	13.12
Gavin White	44	12.58
Bella White	Inv	26.19
Heath Beveridge	Inv	15.62
Levi Draper	Inv	19.00
Ruby Beveridge	Inv	18.72
Cheryl Beveridge	53	17.56
Margaret Armstrong	56	21.28
Alex White	Inv	27.81

1500 m Track Run

Michael Orelli	74	09:16.0
John Cooper	65	06:41.0
Alfred Lendvai	64	07:52.0
Stephen Barker	75	08:22.0
Heath Beveridge	Inv	07:25.0
Levi Draper	Inv	07:26.0
Andrea Draper	41	09:16.0
John Papworth	50	06:20.0

300 m Track Run

Michael Orelli	74	01:31.1	
John Cooper	65	50.35	
John Papworth	50	47.56	
Stephen Barker	75	02:06.6	Walk
Bella White	Inv	01:50.2	
Gavin White	44	45.5	
Levi Draper	Inv	01:14.8	
Margaret Armstrong	56	01:14.0	
Heath Beveridge	Inv	01:14.3	

4k/6k Track Run

Michael Ennis	65	20:56.0	4k
Brian O'Dea	64	21:00.0	4k
Doug Stokes	66	34:37.0	6k
John Papworth	50	28:26.0	6k
David Jones	67	21:18.0	4k
Stephen Barker	75	34:31.0	6k
Heath Beveridge	Inv	29:46.0	4k
Cheryl Beveridge	53	24:10.0	4k
Ruby Beveridge	Inv	24:10.0	4k
Andrea Draper	41	16:39.0	2.4k
John Dean	73	26:47.0	4k
Bill Ristevski	38	27:21.0	4k

ABERFELDIE 8 AUGUST 2018**100 m Track Run**

Michael Orelli	74	30.72
Rob Hunt	38	14
John Papworth	50	14.56
Graham Eadie	67	16.91
Ruby Beveridge	Inv	19.5

1000 m Track Run Age Graded

			Age %
Michael Orelli	74	05:57.0	53.5
John Cooper	65	03:23.0	84.3
Stephen Barker	75	05:14.0	61.8
David Jones	67	04:43.0	61.6
John Papworth	50	03:52.0	65.2
Margaret Armstrong	56	05:28.0	48.5
Levi Draper	Inv	04:52.0	62.2

ABERFELDIE 8 AUGUST 2018 cont.

Andrea Draper	41	05:11.0	44.8
Heath Beveridge	Inv	04:51.0	49.4
Cheryl Beveridge	53	05:14.0	49.4
Doug Stokes	66	05:09.0	55.9

200 m Track Run

Michael Orelli	74	01:04.8
Rob Hunt	38	28.58
John Cooper	65	31.66
Stephen Barker	75	01:31.0
John Papworth	50	29.19
Margaret Armstrong	56	44.56
Graham Eadie	67	36.56
Levi Draper	Inv	42.18
Heath Beveridge	Inv	32.28

3k/5k Track Run

Brian O'Dea	64	26:02.0	5k
Stephen Barker	75	28:51.0	5k
David Jones	67	15:59.0	3k
Alfred Lendvai	64	17:04.0	3k
PETER Black	63	18:49.0	3k
John Papworth	50	16:25.0	3k
Graham Eadie	67	17:10.0	3k
Andrea Draper	41	17:20.0	3k
Heath Beveridge	Inv	20:58.0	3k
Ruby Beveridge	Inv	19:50.0	3k
Cheryl Beveridge	53	21:39.0	3k
Doug Stokes	66	30:56.0	5k
John Dean	73	30:56.0	5k

ABERFELDIE 15 AUGUST 2018**100 m Track Run**

Gavin White	44	13.65
Bella White	Inv	27.6
Alex White	Inv	31.84
Ruby Beveridge	Inv	19.78
John Papworth	50	16
Levi Draper	Inv	18.55
Heath Beveridge	Inv	15.56

800 m Track Run

John Cooper	65	04:01.0
Stephen Barker	75	04:18.0
Bella White	Inv	06:11.0
Heath Beveridge	Inv	03:32.0
Levi Draper	Inv	03:33.0
Alfred Lendvai	64	02:40.0
Andrea Draper	41	04:03.0
John Papworth	50	03:18.0

400 m Track Run Age Graded

			Age %	
John Cooper	65	01:08.0	80.2	
Stephen Barker	75	02:12.2	49.2	Walk
Margaret Armstrong	56	01:47.9	47.8	
Gavin White	44	01:07.6	80.9	
Bella White	Inv	02:38.7	35.2	
Levi Draper	Inv	01:36.7	61.2	
Pat Scutella	41	01:16.7	60.6	
John Papworth	50	01:06.8	74.2	
Heath Beveridge	Inv	01:35.0	49.6	

ABERFELDIE 15 AUGUST 2018 cont.**5000 m Track Run Dist Hcp (OnTime)**

		Fin Time	Hcp	Act Time
Andrea Draper	3k	41	18.44	
Heath Beveridge	Inv	23:12.0	04:00.0	19:12.0
Stephen Barker	75	30:02.0	1:03	28:59.0 winner
John Papworth	50	30:55.0	11:00	23:38.0 2nd
Trevor Hawksworth	71	32:27.0	2:23	30:04.0
Pat Scutella	41	32:31.0	11:00	21:31.0
David Jones	67	32:36.0	5:00	27:36.0
Ruby Beveridge	Inv	32:36.0	2:27	30:09.0
Cheryl Beveridge	53	32:37.0	0	32:37.0
Margaret Armstrong	56	38:40.0	0	38:40.0

ABERFELDIE 22 AUGUST 2018**100 m Track Run**

John Papworth	50	14.53
Gavin White	44	13.15
Levi Draper	Inv	18.5
Ruby Beveridge	Inv	19

1200 m Track Run

Heath Beveridge	Inv	04:23.0
Pat Scutella	41	04:27.0
John Papworth	50	05:04.0
Levi Draper	Inv	05:50.0
PETER Black	63	07:09.0
Andrea Draper	41	07:09.0
Michael Orelli	74	07:57.0

300 m Track Run

John Papworth	50	44.97
Gavin White	44	45.03
Levi Draper	Inv	01:01.1
Heath Beveridge	Inv	01:01.1

4000 m Track Run Age Graded

		Age %
Andrea Draper	41	15:30.0
Brian O'Dea	64	19:51.0
Pat Scutella	41	16:26.0
Trevor Hawksworth	71	22:50.0
Michael Ennis	65	22:00.0
John Papworth	50	19:42.0
Alfred Lendvai	64	22:38.0
Shane Draper	45	19:27.0
Doug Stokes	66	23:18.0
PETER Black	63	25:43.0
Ruby Beveridge	Inv	23:13.0
Margaret Armstrong	56	28:20.0

ABERFELDIE 29 AUGUST 2018**100 m Track Run Age Graded**

		Age %
John Papworth	50	14.15
Rob Hunt	38	13.97
Margaret Armstrong	56	21.12
Michael Orelli	74	31.91

1500 m Track Run

Heath Beveridge	Inv	05:53.0
Jasmine Orelli	38	05:54.0
John Papworth	50	06:28.0
PETER Black	63	06:42.0
Michael Orelli	74	09:40.0

ABERFELDIE 29 AUGUST 2018 cont.**200 m Track Run**

John Papworth	50	28.31
Rob Hunt	38	28.94
Jasmine Orelli	38	37.75

3k Bill Page Sealed Handicap

(Sealed Time: 16:10)	Hcp(Time)	Diff
John Papworth	50 13:31.0	16:10.0 02:39.0
Brian O'Dea	64 14:20.0	16:10.0 01:50.0
Doug Stokes	66 15:17.0	16:10.0 53 HCP =3rd
PETER Black	63 15:17.0	16:10.0 53 HCP =3rd
David Jones	67 15:43.0	16:10.0 27 HCP 2nd
Alfred Lendvai	64 16:37.0	16:10.0 27 HCP Winner
Ruby Beveridge	Inv 18:12.0	16:10.0 02:02.0
Trevor Hawksworth	71 18:24.0	16:10.0 02:14.0
Cheryl Beveridge	53 19:07.0	16:10.0 02:57.0
Margaret Armstrong	56 20:25.0	16:10.0 04:15.0
Anthony Bradford	79 21:28.0	16:10.0 05:18.0

CASEY 6 AUGUST 2018**5 Lap Spiral Run/Walk**

Pramesh Prasad	44	11.13	walk
Gary Meyer	63	13.00	
Hsien Chiam	47	13.08	
Albin Hess	58	13.43	walk

CASEY 13 AUGUST 2018**800M Run/Walk**

Rhiannon Lester	38	3.31	
Pramesh Prasad	44	3.57	walk
Hsien Chiam	47	4.16	
Summer	inv	4.24	
Gary Meyer	63	4.29	
Albin Hess	58	4.43	walk
Rob Clutterbuck	65	5.07	
Peter Ellis	67	6.14	walk
Lindsay Beaton	68	7.06	walk
Arlene D'Monte	59	7.07	walk
Heather Vueti	46	7.36	walk

120M

Mike Hall	79	21.86
Rhiannon Lester	38	21.86

8 Lap Spiral Run/Walk

Pramesh Prasad	44	17.59	walk
Rob Clutterbuck	65	18.16	
Gary Meyer	63	19.44	
Hsien Chiam	47	21.31	
Frances Halton	56	22.06	
Summer	inv	22.21	
Albin Hess	58	22.53	walk
Peter Ellis	67	25.22	walk
Lindsay Beaton	68	32.14	walk

CASEY 20 AUGUST 2018**800M**

Rob Clutterbuck	65	3.46	
Hsien Chiam	47	4.04	
Summer	inv	4.18	
Pramesh Prasad	44	4.27	walk
Albin Hess	58	4.45	walk
Lindsay Beaton	68	7.00	walk

150M

Mike Hall	79	24.25	
-----------	----	-------	--

10 Lap Spiral Run/Walk

Hsien Chiam	47	18.12	2k walk
Lindsay Beaton	68	19.31	2k walk
Rob Clutterbuck	65	20.39	
Pramesh Prasad	44	25.11	walk
Summer	inv	27.47	
Albin Hess	58	27.58	walk
Marnie Grace	43	29.21	

CASEY 27 AUGUST 2018**1000m Run/Walk**

Paul Olsson	61	3.54	600m
Pramesh Prasad	44	5.39	walk
Albin Hess	58	5.47	walk
Gary Meyer	63	6.08	
Hsien Chiam	47	6.11	
Peter Ellis	67	7.42	walk
Arlene D'Monte	59	7.53	walk
Marnie Grace	43	8.54	walk
Lindsay Beaton	68	8.56	walk

120M

Mike Hall	79	20.48	
Hsien Chiam	47	21.45	
Paul Olsson	61	27.33	

3200M Run/Walk

Hsien Chiam	47	13.32	1600 w
Pramesh Prasad	44	17.22	walk
Albin Hess	58	19.56	walk
Gary Meyer	63	21.34	
Peter Ellis	67	23.26	walk
Marnie Grace	43	27.42	walk
Lindsay Beaton	68	30.01	walk

COBURG 2 AUGUST 2018**60m**

Colin HICKIE	34	8.85
Isabelle RAINES	15	8.90
Rob LEWIS	71	13.10
Michelle SPORTON	52	13.67
Rob DAVEY	78	23.55
Bernie LEDDIN	70	33.46

George + Neville Age-graded 1500m

Carl KENNEDY	52	5.25
Paul O'NEILL	52	5.32
Colin HICKIE	34	5.53
Michael MEANEY	63	6.20
Tracy COLBERT	49	7.00
Maria BARBETTI	53	7.35
Frank BRADLEY	62	8.31
Rob LEWIS	71	8.45
Donna ELMS (W)	57	9.13
Bruce GIBBS	69	11.10

400m

Isabelle RAINES	15	1.12.85
Tracy COLBERT	49	1.38.78
Michelle SPORTON	52	2.46.65

2km

Michael MEANEY	63	10.10
Brian DELANEY	64	10.28
Rob LEWIS	71	12.34

4km

Colin HICKIE	34	17.39
Maria BARBETTI	53	22.08

COBURG 9 AUGUST 2018**George + Neville Age-graded 100m****Heat 1**

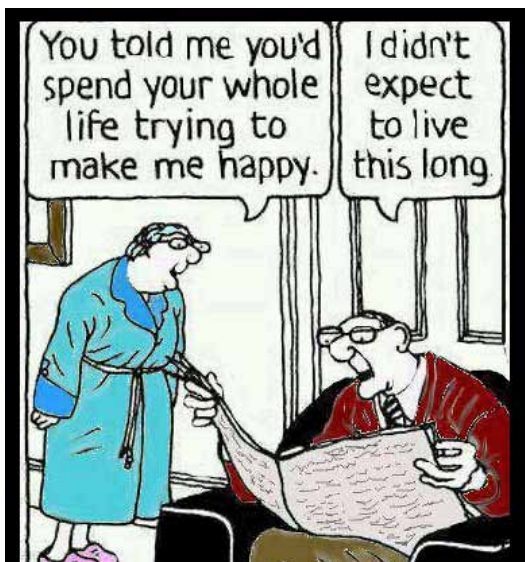
Bruce GIBBS	69	17.92
Frank BRADLEY	62	19.18
Rob LEWIS	71	19.82
Tracy COLBERT	49	20.03
Donna ELMS	57	22.89
Michelle SPORTON	52	24.10
Rob DAVEY	78	42.42

Heat 2

Paul O'NEILL	53	12.85
Jasper KELLY	17	13.17
Gary O'DWYER	59	14.23
Isabelle RAINES	15	14.37
Spud HARRAP	15	14.66
Michael MEANEY	63	15.36

7.5 Minute SSP

Michael MEANEY	63	7.11.00	1600
Frank BRADLEY	62	7.11.60	1200
Bruce GIBBS	69	7.15.59	1015
Len HALLETT	69	7.16.90	1300
Gary BLAKE	62	7.22.36	1500
Bernie LEDDIN	70	7.22.94	1200
Fraser MURRAY	46	7.24.30	1700
Rob LEWIS	71	7.27.25	1300
Donna ELMS (W)	57	7.33.15	1250
Gary O'DWYER	59	7.44.20	1609



COBURG 9 AUGUST 2018 cont.**200m**

Jasper KELLY	17	31.00
Spud HARRAP	15	31.68
Isabelle RAINES	15	32.81
Rob LEWIS	71	45.18
Michelle SPORTON	52	55.95

3km

Fraser MURRAY	46	12.14
Gary BLAKE	62	14.30
Michael MEANEY	63	14.42
Tracy COLBERT	49	15.04
Gary O'DWYER	59	15.15
Len HALLETT	69	17.31

COBURG 16 AUGUST 2018**110m****Heat: 1**

Patrick Kelly	39	18.34
Bruce GIBBS	69	20.98
Rob LEWIS	71	24.02
Michelle SPORTON	52	26.54
Bernie LEDDIN	70	28.72
Rob DAVEY	78	43.60

Heat: 2

Paul O'NEILL	53	15.28
Isabelle RAINES	15	15.56
Gary O'DWYER	59	16.49

800m

Fraser MURRAY	46	2.39
Patrick Kelly	39	2.49
Fiona ELY	48	3.21
Gary O'DWYER	59	3.28
Tracy COLBERT	49	3.29
Michael MEANEY	63	4.02
Rob LEWIS	71	4.07

300m Time Challenge

Paul O'NEILL	53	48.00*
Isabelle RAINES	15	48.47
Gary O'DWYER	59	50.65*
Michael MEANEY	63	54.18*
Bruce GIBBS	69	1.01.5*
Frank BRADLEY	62	1.08.1
Rob LEWIS	71	1.08.4*
Len HALLETT	69	1.09.0*

*Achieved the challenge of running quicker than their age.

6 laps

Patrick Kelly	39	10.47
Michael MEANEY	63	11.30
Fiona ELY	48	11.38
Len HALLETT	69	13.23
Maegan KERR	44	16.08
Ken CARTER	65	33.44

9 laps

Gary O'DWYER	59	18.00
--------------	----	-------

12 laps

Fraser MURRAY	46	22.58
---------------	----	-------

COBURG 23 AUGUST 2018**100m Heat: 1**

Bruce GIBBS	69	17.55
Frank BRADLEY	62	19.28
Rob LEWIS	71	20.00
Rob DAVEY	78	31.23

Heat: 2

Paul O'NEILL	53	13.16
Jasper KELLY	17	13.43
Spud HARRAP	15	14.18
Isabelle RAINES	15	14.40

1600m Elimination

Bruce GIBBS (400m)	69	2.18
Maria BARBETTI (800m)	53	4.33
Frank BRADLEY (800m)	62	4.33
Michael MEANEY	63	7.08
Fiona ELY	48	7.16
Donna ELMS	57	8.27

200m

Paul O'NEILL	53	29.49
Isabelle RAINES	15	30.40
Spud HARRAP	15	30.75
Jasper KELLY	17	31.12
Rob LEWIS	71	41.68
Donna ELMS (W)	57	57.26

800m

Rob LEWIS	71	4.18
-----------	----	------

1600m

Ken CARTER	65	22.37
------------	----	-------

2km

Fiona ELY	48	9.11
Maria BARBETTI	53	11.02
Rob DAVEY	78	17.44

3km

Michael MEANEY	63	15.42
----------------	----	-------

5km

Fraser MURRAY	46	22.14
---------------	----	-------

COBURG 30 AUGUST 2018**90m**

Paul O'NEILL	53	12.66
Isabelle RAINES	15	12.68
Bruce GIBBS	69	16.15
Frank BRADLEY	62	17.15
Rob LEWIS	71	17.77
Michelle SPORTON	52	21.68
Rob DAVEY	78	28.51

1000m

Fiona ELY	48	4.32
Maria BARBETTI	53	4.53
Donna ELMS (W)	57	6.20

300m

Paul O'NEILL	53	48.00
Isabelle RAINES	15	48.31
Stephen RUSSELL	59	55.34
Frank BRADLEY	62	1.08.0
Rob LEWIS	71	1.17.2
Donna ELMS (W)	57	1.36.8
Michelle SPORTON	52	1.55.1

1600m

Rob DAVEY	78	12.52
-----------	----	-------

2km

Maria BARBETTI	53	10.47
Rob LEWIS	71	12.08

CROYDON 7 AUGUST 2018**1500 SELF HANDICAP WALK IN 15 MINS**

1	Melanie BISSETT	42	13.35
2	Colin WILLIAMS	69	14.21
3	Grant WATSON	70	14.22
4	Andrew FRASER	76	14.27
5	Grant MURFETT	51	14.29
6	Kevin McLAUHLAN	74	14.49
7	Paul MORITZ **	59	15.09
8	Ros DYER	54	16.43
9	Allan WOOD	81	16.44
10	Tania NEALE	40	17.43
11	Erika BEDYN	56	17.44

** Winner - Paul Moritz

70 METRE SPRINT**Heat 1:**

1	Andrew FRASER	76	13.2
2	Allan WOOD	81	14.9
3	Tony DELL	55	15.2
4	Colin WILLIAMS	69	15.7
5	Ros DYER	54	19.2

Heat 2:

1	Grant MURFETT	51	10.0
2	Melanie BISSETT	42	11.8
3	Cec McKEOWN	78	12.4

1200 METRE RUN

1	Erika BEDYN	56	6.06
2	Colin WILLIAMS	69	6.08
3	Ros DYER	54	6.54
Grant MURFETT (4009 mtrs)	51	3.31	
Cec McKEOWN (800 mtrs)	78	4.36	

200 METRE SPRINT

1	Grant MURFETT	51	29.9
2	Cec McKEOWN	78	37.6
3	Melanie BISSETT	42	38.3
4	Allan WOOD	81	41.6
5	Tony DELL	55	48.8
6	Andrew FRASER	76	52.3

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

1	Erika BEDYN (Run)	56	5.30
2	Tony DELL (Run)	55	5.34
3	Colin WILLIAMS (Run)	69	5.50
4	Melanie BISSETT (Walk)	42	6.48
5	Paul MORITZ (Weak)	59	6.59
6	Kevin McLAUHLAN (Walk)	74	10.49
7	Cec McKEOWN (Walk)	78	10.50

3 km:

1	Ros DYER (Run)	54	17.46
2	Alison THOMPSON (Walk)	65	17.48

CROYDON 14 AUGUST 2018**2, 5 OR 8 LAPS WALK****2 laps:**

1	Grant WATSON	70	8.55
2	Kevin McLAUHLAN	74	8.56

5 laps:

1	Julie CHALLEN	60	15.34
2	Barrie WICKS	78	20.45

8 laps:

1	Alison THOMPSON	65	18.56
2	Paul MORITZ	59	21.26

CROYDON 14 AUGUST 2018 cont.**8 LAPS RUN**

1	Jess DUX	34	18.01
2	Ros DYER	54	19.11
3	Cec McKEOWN	78	20.39
4	Erika BEDYN	56	23.00

800 METRE WALK

1	Paul MORITZ	59	5.12
2	Julie CHALLEN	60	5.44
3	Jess DUX	34	6.35
4	Grant MURFETT	51	6.36
5	Grant WATSON	70	7.37
6	Colin WILLIAMS	69	7.38
7	Andrew FRASER	76	7.47
8	Allan WOOD	81	7.48
9	Barrie WICKS	78	7.50
10	Kevin McLAUHLAN	74	7.51
11	Ros DYER	54	9.49
12	Erika BEDYN	56	9.50
13	Melanie BISSETT	42	10.12
14	Angela EDWARDS	52	10.14

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

		Clock	Nom.
1	Russell OAKLEY	78	14.91
2	Andrew FRASER	76	15.31
3	Allan WOOD **	81	16.07
4	Tony DELL	55	16.43
5	Ros DYER	54	18.32

Heat 2:

1	Jess DUX	34	10.11
2	Grant MURFETT	51	10.47
3	Melanie BISSETT	42	13.71
4	Cec McKEOWN	78	14.04
5	Angela EDWARDS	52	15.48

** Winner - Allan Wood

1600 METRE RUN

1	Jess DUX	34	8.08
2	Erika BEDYN	56	8.40
3	Ros DYER	54	9.18
4	Colin WILLIAMS	69	9.19
Cec McKEOWN (800 mtrs)	78	4.42	
Grant WATSON (1200 mtrs)	70	11.17	

400 METRE RUN

1	Grant MURFETT	51	1.08
2	Jess DUX	34	1.16
3	Melanie BISSETT	42	1.37
4	Cec McKEOWN	78	1.41
5	Russell OAKLEY	78	1.43
6	Colin WILLIAMS	69	1.56
7	Tony DELL	55	1.57
8	Angela EDWARDS	52	1.58
9	Allan WOOD	81	2.02
10	Grant WATSON	70	3.06

CROYDON 21 AUGUST 2018**1500 METRE SELF HANDICAP WALK**

		Clock	Actual
1	Grant MURFETT	51	14.14
2	Jess DUX	34	14.43
3	Paul MORITZ	59	14.51
4	Todd MURFETT	53	15.17
5	Grant WATSON	70	15.28
6	Colin WILLIAMS	69	15.28

CROYDON 21 AUGUST 2018 cont.

7	Ros DYER	54	15.35	14.35
8	Erika BEDYN	56	15.35	14.55
9	Allan WOOD	81	15.41	
10	Andrew FRASER	76	15.41	
11	Kevin McLAUCHLAN	74	15.43	15.43
12	Barrie WICKS	78	15.58	15.58
13	Ron SMITH	69	16.17	16.17
14	Tania NEALE	40	16.25	
15	Angela EDWARDS	52	16.26	15.26
16	Julie CHALLEN	60	16.33	

90 METRE SPRINT**Heat 1:**

1	Cec McKEOWN	78	15.6	
2	Andrew FRASER	76	16.0	
3	Allan WOOD	81	16.3	
4	Todd MURFETT	53	16.6	
5	Ron SMITH	69	20.9	

Heat 2:

1	Jess DUX	34	12.2	
2	Grant MURFETT	51	12.4	
3	Angela EDWARDS	52	16.6	

1500 METRE RUN

1	Jess DUX	34	7.19	
2	Erika BEDYN	56	7.24	
3	Colin WILLIAMS	69	8.03	
4	Ros DYER	54	8.08	
5	Angela EDWARDS	52	8.33	
6	Todd MURFETT	53	8.59	
7	Cec McKEOWN	78	11.06	
8	Grant WATSON	70	16.12	

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

1	Grant MURFETT	51	39.4	40.3
2	Jess DUX	34	41.6	40.0
3	Angela EDWARDS	52	57.3	60.2
4	Erika BEDYN	56	64.7	60.0
5	Tania NEALE	40	65.2	55.0
6	Andrew FRASER **	76	65.6	65.0
7	Allan WOOD	81	66.3	62.2
8	Colin WILLIAMS	69	74.1	
9	Ros DYER	54	75.7	60.0
10	Ron SMITH	69	80.1	50.0

** Winner - Andrew Fraser

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

1	Julie CHALLEN	60	7.42	
2	Todd MURFETT	53	9.10	

3 km:

1	Paul MORITZ	59	21.59	
	Cec McKEOWN (3 laps)	78	13.22	
	Kevin McLAUCHLAN (3 laps)	74	13.24	
	Barrie Wicks (3 laps)	78	13.25	
	Grant WATSON (3 laps)	70	16.01	

4 KM RUN

1	Erika BEDYN	56	19.42	
2	Ros DYER	54	25.22	
	Colin WILLIAMS (3 laps)	69	6.44	
	Geoff ARNOTT (6 laps)	69	15.22	

CROYDON 28 AUGUST 2018**1200 METRE WALK**

1	Paul MORITZ	59	7.41	
2	Grant MURFETT	51	7.43	
3	Jess DUX	34	9.22	
4	Lyn BATCHELOR	69	9.31	
5	Phyllis GOSBELL	80	9.50	
6	Ron BOYNE	84	9.55	
7	Grant WATSON	70	10.41	
8	Barrie WICKS	78	10.42	
9	Russ DICKENSON	72	11.51	
10	Robert STAGG	51	11.51	
11	Erika BEDYN	56	14.24	
12	Angela EDWARDS	52	14.25	

80 METRE SPRINT**Heat 1:**

1	Cec McKEOWN	78	13.9	
2	Russell OAKLEY	78	14.3	
3	Angela EDWARDS	52	15.7	
4	Allan WOOD	81	16.6	
5	Ros DYER	54	18.2	

Heat 2:

1	Jess DUX	34	10.9	
2	Grant MURFETT	51	11.3	
3	Robert STAGG	51	12.1	

1/2 MILE RUN SELF HANDICAP Clock Actual

1	Cec McKEOWN	78	4.46	3.58
2	Grant MURFETT	51	4.48	2.58
3	Jess DUX	34	4.54	3.09
4	Angela EDWARDS	52	4.58	4.23
5	Erika BEDYN	56	4.58	4.08
6	Robert STAGG	51	5.00	3.15
7	Tania NEALE	40	5.02	5.02
8	Ros DYER	54	5.07	4.17

100/200/100 RELAY

1	Allan WOOD	81		
	Brayden WOOLRIDGE	Inv		
	Jess DUX	34	60.1	
2	Angela EDWARDS	52		
	Ros DYER	54		
	Grant MURFETT	51	66.5	
3	Russell OAKLEY	78		
	Erika BEDYN	56		
	Robert STAGG	51	72.9	

1/2/4/5/6/12 LAPS RUN/WALK**1 lap:**

1	Ron BOYNE (Run)	84	2.48	
---	-----------------	----	------	--

2 laps:

1	Robert STAGG (Run)	51	4.48	
---	--------------------	----	------	--

4 laps:

1	Erika BEDYN (Run)	56	8.45	
2	Phyllis GOSBELL (Walk)	80	13.58	

5 laps:

1	Murray HUTCHISON (Run)	69	10.31	
2	Cec McKEOWN (Run)	78	12.09	
3	Barrie WICKS (Walk)	78	20.17	

6 laps:

1	Paul MORITZ (Walk)	59	16.20	
2	Lyn BATCHELOR (Run)	69	18.39	

12 laps:

1	Ros DYER (Run)	54	30.13	
---	----------------	----	-------	--

DONCASTER 6 AUGUST 2018**No Competition****DONCASTER 13 AUGUST 2018****Discus Throw**

Graham Ford	69	25.20	34.70
David McConnl	66	23.85	30.54
Frank Prowse	66	15.40	19.72
Matt Scholes	48	16.24	18.07
Shaun Wright	48	10.46	11.64

60 Metres

Janine James	70	10.62
Anthony Gottlieb	38	10.98
Matt Scholes	48	12.52

1000 Metres NOST

Kevin Solomon	(-4.55)	8.26.14	(3.31.14)	(venue record)
Katrina Philip	(-4.00)	8.30.76	(4.30.76)	(venue record)
Frank Prowse	(-1.00)	8.33.88	(7.33.88)	
Gary Zuccala	(-4.30)	8.34.56	(4.04.56)	
David McConnell	(-4.25)	8.34.81	(4.09.81)	
Matt Scholes	(-5.10)	8.41.30	(3.31.30)	
Marla Trautman	(scratch)	10.29.46		

100 Metres

Anthony Paige	35	16.20	(110 metres)
Janine James	70	17.54	
Matt Scholes	48	19.38	

400 Metres

Anthony Paige	35	1.08.9	(430 metres)
Matt Scholes	48	1.10.0	
David McConnell	66	1.10.8	
Katrina Philip	56	1.36.5	
Marla Trautman	45	3.18.4	

3000 Metres

Anthony Paige	35	11.53.8	
Kevin Solomon	71	12.17.3	(venue record)
Anthony Gottlieb	38	13.17.8	
Stephen Brennan	66	13.44.7	
Katrina Philip	56	15.56.4	

800 Metres walk

Shaun Wright	48	7.52.6	
--------------	----	--------	--

DONCASTER 20 AUGUST 2018**100 Metres**

Phil Rosevear	68	15.43
Greg Champion	63	15.75
Marg Tweedie	63	16.40
Janine James	70	17.44
Carolyn Aughey	76	23.76

200 Metres

David McConnell	66	29.94
Gary Zuccala	55	31.80
Graham Ford	69	32.55
Phil Rosevear	68	34.43
Marg Tweedie	64	35.22
Janine James	70	37.66
Matt Scholes	48	39.58
Frank Prowse	66	45.16

DONCASTER 20 AUGUST 2018 cont.**400 Metres**

Matt Scholes	48	66.7
Gary Zuccala	55	72.6
Marg Tweedie	63	1.25.6
Phil Rosevear	66	1.32.7
Katrina Philip	56	1.35.1
Carolyn Aughey	76	1.56.6

1500 Metres

Gary Zuccala	55	5.44.8
Anthony Gottlieb	38	5.54.6
Anthony Paige	35	6.14.2
David McConnell	66	6.20.2
Katrina Philip	56	6.54.3

Long Jump

Graham Ford	69	3.89
David McConnell	66	3.84
Matt Scholes	48	3.75

Javelin

Matt Scholes	48	21.71
David McConnell	66	21.22
Graham Ford	69	20.00
Frank Prowse	66	16.96

Discus

Graham Ford	69	25.93
David McConnell	66	25.12
Frank Prowse	66	16.94

DONCASTER 27 AUGUST 2018**300 Metres handicap**

Carolyn Aughey	(-135)	39.00
Graham Ford	(-60)	40.44
Matt Hughes	(-20)	41.45
Janine James	(-80)	42.00
David McConnell	(-27)	42.16
Marg Tweedie	(-50)	44.06
Anthony Paige	(scratch)	47.44
Marla Trautman	(-170)	47.62

80 Metres

Matt Hughes'	43	11.16	
Marg Tweedie	63	13.48	
Janine James	71	14.04	
Matt Scholes	48	14.28	
John Aughey	81	15.41	(venue record)
Pauline Shaw	48	15.70	
Carolyn Aughey	76	18.95	

150 Metres

Matt Hughes	43	21.44
David McConnell	66	22.12
Matt Scholes	48	25.48
Marg Tweedie	63	26.36
Janine James	71	28.00
Pauline Shaw	48	32.86
Carolyn Aughey	76	35.82

500 Metres

Matt Scholes	48	01:23.1
Graham Ford	69	01:41.9
David McConnell	66	01:46.0
Matt Hughes	43	01:49.9
Katrina Philip	56	02:03.6
John Aughey	81	02:46.3

DONCASTER 27 AUGUST 2018 cont.**1600 Metres**

Shane Grund	36	04:53.8	(venue record)
Mike Rennie	36	05:33.0	
Matt Hughes	43	06:50.1	
Elizabeth Grover	55	07:15.6	(venue record)
Katrina Philip	56	07:24.7	
Lavinia Petrie	74	07:29.4	(venue record,)
Kath Gawthorn	73	07:47.8	
Marla Trautman	45	16:42.7	

1600 Metres walk

Shaun Wright	48	07:37.7	(800 metres)
Frank Prowse	66	11:00.2	

FRANKSTON 2 AUGUST 2018**200m**

1	Veronica Sheedy	Inv	28.75
2	David Polichaski	39	30.00
3	Chris Sheedy	50	35.66
3	Mike Hall	79	35.66

800m Walk

1	Pramesh Prasad	44	3.50
2	Barry Jeffs	69	5.13
3	John Sutton	75	6.03
4	John Hallo	76	6.14
5	Lindsay Beaton	68	7.08

800m

1	Chris Sheedy	50	2.39
2	Nonie Chan	33	3.23
3	Gary Meyer	63	4.18
4	Frances Halton	56	4.56

1600m Walk

1	Barry Jeffs	69	10.47
2	John Sutton	75	12.40
3	John Hallo	76	13.00

2000m

1	Chris Sheedy	50	9.38
2	David Polichaski	39	9.58
3	Gary Meyer	63	11.21
4	David Dodson	59	11.59

2800m Walk

1	Pramesh Prasad	44	14.48
2	Lindsay Beaton	68	25.58

3600m

1	Nonie Chan	33	17.45
2	Caitlin O'Connell	43	22.10
3	Frances Halton	56	22.59

FRANKSTON 9 AUGUST 2018**110m**

1	Veronica Sheedy	Inv	14.50
2	Chris Sheedy	50	15.28
3	Rob Taylor	49	16.25

150m

1	David Polchaski	39	19.74
2	Veronica Sheedy	Inv	19.93
3	Chris Sheedy	50	20.75
4	Rob Taylor	49	20.97
5	Mike Hall	79	25.03
6	John Sutton	75	36.55

800m Walk

1	Pramesh Prasad	44	3.52
2	Barry Jeffs	69	4.55
3	Greg Lovejoy	76	5.40
4	John Sutton	75	6.02
5	John Hallo	76	6.09
6	Lindsay Beaton	68	7.05

1000m

1	Rob Taylor	49	4.53
2	Graham Stockdale	76	4.54
3	Caitlin O'Connell	43	5.59
4	Frances Halton	56	6.18

2400 Walk - Estimated Time

		Clock	ET	Diff	
1	John Sutton	75	19.03	19.10	-0.07
2	Barry Jeffs	69	15.12	15.00	0.12
3	Lyn Pimm	57	17.35	18.00	-0.25
4	Lindsay Beaton	68	23.26	23.00	0.26
5	John Hallo	76	19.22	18.40	0.42
6	Greg Lovejoy	76	17.45	18.50	1.05
	Peter Ellis	66	18.24		

2400 - Estimated Time

		Clock	ET	Diff	
1	Chris Sheedy	50	11.09	11.11	-0.02

3200m Walk

1	Pramesh Prasad	44	16.10
---	----------------	----	-------

4000m

1	Rob Taylor	49	17.27
2	Claudio Riga	63	20.28
3	Caitlin O'Connell	43	24.30
4	Frances Halton	56	29.24

FRANKSTON 16 AUGUST 2018**90m**

1	Rob Taylor	49	12.16
2	Veronica Sheedy	Inv	12.19
3	Nonie Chan	33	14.50
4	Chris Sheedy	50	15.17
5	John Sutton	75	19.50
6	Christian Lester	Inv	25.83

250m

1	Veronica Sheedy	Inv	40.00
2	Rob Taylor	49	41.50
3	Chris Sheedy	50	49.06
4	Mike Hall	79	49.53
5	Christian Lester	Inv	65.10
6	Ray O'Connor	80	67.05

FRANKSTON 16 AUGUST 2018 cont.

800m Walk

1	Pramesh Prasad	44	3.51
2	Greg Lovejoy	76	5.56
3	John Sutton	75	6.12
4	Lindsay Beaton	68	7.04

800m

1	Rob Taylor	49	2.59
2	Chris Sheedy	50	3.03
3	Russ Dow	58	3.06
4	Graham Stockdale	76	3.10
5	Nonie Chan	33	3.26
6	Barry Jeffs	69	4.02
7	Caitlin O'Connell	43	4.52
8	David Dodson	59	4.53
9	Frances Halton	56	5.13

5 Lap Walk - Age Graded

			Laps	Age Grade
1	Pramesh Prasad	44	9.36	5 81.32% approx
2	John Sutton	75	15.27	5 70.40% approx
3	Lyn Pimm	57	14.45	5 62.09% approx

7 Lap Walk

			Laps
1	Greg Lovejoy	76	20.14 7
2	Lindsay Beaton	68	27.11 7

5 or 7 Lap Run

			Laps
1	Russ Dow	58	12.35 7
1	Rob Taylor	49	12.35 7
3	Nonie Chan	33	13.38 7
4	Claudio Riga	63	13.57 7
5	Caitlin O'Connell	43	17.11 7
6	Frances Halton	56	17.25 7
1	Barry Jeffs	69	10.33 5
2	Gary Meyer	63	12.12 5
3	David Dodson	59	12.00 5

FRANKSTON 23 AUGUST 2018

100m

1	David Polichaski	39	13.09
2	Nonie Chan	33	16.37

200m

1	Rhiannon Lester	38	33.34
2	Mike Hall	79	35.75
3	Caitlin O'Connell	43	45.25

600m Walk

1	Pramesh Prasad	44	3.02
2	Greg Lovejoy	76	4.27
3	Marnie Grace	43	5.23
3	Lindsay Beaton	68	5.23

600m

1	David Polichaski	39	2.16
2	Nonie Chan	33	2.21
3	Russ Dow	58	2.56
4	Fran Halton	56	3.29
5	David Dodson	59	3.32

2000m Walk

1	Pramesh Prasad	44	9.46
2	Greg Lovejoy	76	14.41
3	Marnie Grace	43	18.06

3200m Walk

1	Peter Ellis	66	22.42
2	Lindsay Beaton	68	29.18

FRANKSTON 23 AUGUST 2018 cont.

2000m Age Graded

				Age Grade %
1	David Dodson	59	10.51	53.63%
2	Gary Meyer	63	12.28	48.34%

3600m

1	Nonie Chan	33	18.41
2	Russ Dow	58	19.50
3	Caitlin O'Connell	43	22.31
4	Frances Halton	56	23.20

FRANKSTON 30 AUGUST 2018

300m

1	Rhiannon Lester	38	52.31
2	Mike Hall	79	61.00

800m Walk

1	John Hallo	76	6.37
2	Graham Stockdale	76	7.29
2	Lindsay Beaton	68	7.29

1200m

1	Nonie Chan	33	5.49
2	Charlie Mallia	69	6.28
3	Claudio Riga	63	7.09
4	Gary Meyer	63	7.11
5	Caitlin O'Connell	43	7.34
6	Frances Halton	56	7.54

8 Lap Maximum Spiral Walk/Run

			Laps	Run/Walk
1	Nonie Chan	33	17.26	8 R
2	Claudio Riga	63	17.29	8 R
3	Charlie Mallia	69	19.37	8 R
4	Gary Meyer	63	17.38	7 R
5	David Dodson	59	17.45	7 R
6	Caitlin O'Connell	43	18.44	7 R
7	Frances Halton	56	19.35	7 R
1	John Hallo	76	18.18	5 W
2	Peter Ellis	66	18.31	6 W
	Lindsay Beaton	68	31.05	8 W



EAST BURWOOD 2 AUGUST 2018**60 METRE SPRINT****Heat 1:**

1	Allan WOOD	81	11.4
2	Leo COFFEY	88	12.2
3	Shirley COPPOCK	82	12.5
4	Horacio DIAZ	73	14.8
5	Gordon ONLEY	83	15.7
6	Lloyd NICHOLS	77	21.4

Heat 2:

1	Jess DUX	34	8.1
2	Paul DURRANT	57	8.5
3	Glenn McLEAN	53	8.9
4	Mark HARRIS	50	9.5

600 METRE RUN

1	Jess DUX	34	2.04
2	Daniel RICCIUTI	46	2.13
3	Liz EASTWOOD	49	2.30
4	Michelle QUAN	48	3.04
Allan WOOD (400 metres)	81	?	

800 METRES WALK

1	Ros LORDING	46	4.43
2	Liz EASTWOOD	49	5.01
3	Melanie BISSETT	42	5.23
4	Gordon ONLEY	83	5.48
5	Brian TAIT	76	6.09
6	Phyllis GOSBELL	80	6.29
7	Gerald BURKE	78	6.51
8	Peter BATTRICK	75	7.46
9	Bob LEWIS	90	7.47

100 METRE HANDICAP SPRINT

			H'cpMtrs	
1	Shirley COPPOCK	82	12.9	37
2	Jess DUX	34	13.2	Minus 1
3	Melanie BISSETT	42	13.8	21
4	Lloyd NICHOLS	77	14.2	57
5	Paul DURRANT	57	14.5	2
6	Glenn McLEAN	53	14.9	5
7	Leo COFFEY	88	15.20	33
8	Allan WOOD	81	17.1	26
9	Horacio DIAZ	73	?	41
10	Andrew FRASER	76	?	23

300 METRE SPRINT

1	Paul DURRANT	57	47.4
2	Jess DUX	34	49.7
3	Glenn McLEAN	53	51.5
4	Shirley COPPOCK	82	1.23
5	Gordon ONLEY	83	1.29
6	Lloyd NICHOLS	77	2.56

4 KM HANDICAP RUN

			Clock	Actual
1	Paul EARLE	54	19.30	17.30
2	Ros LORDING	46	19.43	19.28
3	Michelle QUAN	48	20.06	20.06
4	David CHUNG	50	21.09	20.19
5	Sam DEFANIS	70	21.22	21.22
6	Stephen DAY	48	21.55	20.10
Liz EASTWOOD (2 km)	49	11.53		10.08

EAST BURWOOD 2 AUGUST 2018 cont.**SHOT PUT**

Toni MATTERS	50	9.38
Daniel RICCIUTI	46	7.90
Jess DUX	34	7.52
Allan WOOD	81	6.48
Louise McLEAN	53	6.41
Kaylie GOODRICK	46	6.17
Brian TAIT	76	5.08
Jack FREDRICKSON	79	5.01
Leo COFFEY	88	4.54

EAST BURWOOD 9 AUGUST 2018**60 METRE SPRINT**

1	Jess DUX	34	8.2
2	Christopher WORSNOP	60	10.7
3	Leo COFFEY	88	11.6
4	Shirley COPPOCK	82	12.4
5	Allan WOOD	81	13.5
6	Horacio DIAZ	73	15.1
7	John MATHEW	81	17.3
8	Lloyd NICHOLS	77	23.4

1000 METRE RUN

1	Paul EARLE	54	3.54
2	Ros LORDING	46	4.00
3	Christopher WORSNOP	60	4.21

1200 METRE HANDICAP WALK

			Clock	Actual
1	Brian TAIT	76	11.35	9.15
2	Kevin CASSIDY	57	11.41	5.36
3	Christopher WORSNOP	60	11.43	8.03
4	Bob LEWIS	90	11.45	11.45
5	Peter BATTRICK	75	11.49	11.44
6	Gerald BURKE	78	11.59	10.39
7	John MATHEW	81	12.21	
8	Ros LORDING	46	12.31	7.56
9	Leo WATSON	77	13.09	10.14

150 METRE SPRINT

1	Shirley COPPOCK	82	No
2	Lloyd NICHOLS	77	Times

100 METRE SPRINT**Heat 1:**

1	Leo COFFEY	88	20.6
2	Shirley COPPOCK	82	22.4
3	Horacio DIAZ	73	26.8
4	John MATHEW	81	29.7
5	Lloyd NICHOLS	77	39.9

Heat 2:

1	Jess DUX	34	14.5
2	Ros LORDING	46	17.5
3	Christopher WORSNOP	60	18.3
4	Andrew FRASER	76	20.2
5	Allan WOOD	81	21.8

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

1	Kevin CASSIDY	57	12.02
---	---------------	----	-------

4 km:

1	Paul EARLE	54	17.47
2	Geoff WHEELER	62	19.50
3	Michelle QUAN	48	19.57

6 km:

1	Christopher WORSNOP	60	32.20
---	---------------------	----	-------

EAST BURWOOD 9 AUGUST 2018 cont.

DISCUS THROW N.O.D.			
	Best	Nom.	
Toni MATTERS	50	27.20	29.00
Kaylie GOODRICK	46	12.82	12.00
Brian TAIT	76	12.68	11.50
Allan WOOD	81	10.70	13.50
Jack FREDRICKSON	79	9.70	11.20
Leo COFFEY **	88	8.95	9.30

** Winner - Leo Coffey

EAST BURWOOD 16 AUGUST 2018**60 METRE SPRINT**

1	Paul DURRANT (72 mtrs.)	57	10.7
2	Christopher WORSNOP	60	11.0
3	Leo COFFEY	88	12.3
4	Shirley COPPOCK	82	13.5
5	Horacio DIAZ	73	16.2
6	Lloyd NICHOLS	77	21.2

880 YARDS N.O.T.

		Clock	Nom.
1	Paul EARLE	54	3.10
2	Christopher WORSNOP**	60	3.28
3	Liz EASTWOOD	49	3.42
4	Grant WATSON	70	6.31

** Winner - Christopher Worsnop

1000 METRE WALK

1	Christopher WORSNOP	60	6.48
2	Liz EASTWOOD	49	7.01
3	Grant WATSON	70	8.36
4	Gerald BURKE	78	8.42
5	Bob LEWIS	90	11.02
6	Peter BATTRICK	75	11.05

100 METRE SPRINT

1	Stephen DAY	48	15.3
2	Paul DURRANT (110 mtrs)	57	15.7
3	Christopher WORSNOP	60	17.8
4	Andrew FRASER	76	18.9
5	Leo COFFEY	88	20.9
6	Shirley COPPOCK	82	22.0
7	Horacio DIAZ	73	27.3
8	Lloyd NICHOLS	77	36.6

300 METRE SPRINT

1	Andrew FRASER	76	1.07
2	Shirley COPPOCK	82	1.30
3	Horacio DIAZ	73	1.50
4	Lloyd NICHOLS	77	2.54

2 LAP WALK

1	Bob LEWIS	90	8.30
2	Grant WATSON	70	8.30

3 KM SPIRAL HANDICAP RUN

		Clock	Actual
1	Paul EARLE	54	15.32
2	Michelle QUAN	48	15.39
3	Sam DEFANIS	70	15.41
4	Christopher WORSNOP	60	15.56
5	Liz EASTWOOD	49	17.22
6	Stephen DAY	48	17.23

JAVELIN THROW

		Metres	
Toni MATTERS	50	24.16	
Donna CLARKE	65	12.84	
Leo COFFEY	88	9.00	
Jack FREDRICKSON	79	8.90	

EAST BURWOOD 16 AUGUST 2018 cont.**60 METRE SPRINT****Heat 1:**

1	Arthur KAPOULITSA	70	No
2	Leo COFFEY	88	
3	Horacio DIAZ	73	Times

Heat 2:

1	Paul DURRANT	57	8.5
2	Grant MURFETT	51	8.8
3	Toni MATTERS	50	10.0
4	Christopher WORSNOP	60	10.8

1200 METRE HANDICAP WALK

		Clock	Actual
1	Gordon ONLEY	83	12.12
2	Liz EASTWOOD	49	12.24
3	Bob LEWIS	90	12.40
4	Peter BATTRICK	75	12.40
5	Grant WATSON	70	12.49
6	Gerald BURKE	78	12.51
7	Leonie GILLIES	60	13.02
8	Frank PROWSE	66	13.08
9	Christopher WORSNOP	60	13.09
10	Leo WATSON	77	13.42

200 METRE SPRINT

1	Paul DURRANT	57	28.6
2	Athur KAPOULITSA	70	35.2
3	Christopher WORSNOP	60	37.0
4	Andrew FRASER	76	39.6
5	Leo COFFEY	88	50.7

110 METRE SPRINT

1	Arthur KAPOULITSA(90m)	70	14.9
2	Paul DURRANT	57	15.7

SHOT PUT HANDICAP

		Best	Adjusted
1	Toni MATTERS	50	9.78
2	Jack FREDRICKSON	79	4.77
3	Leo COFFEY	88	4.24
4	Allan WOOD	81	5.94

EAST BURWOOD 23 AUGUST 2018**60 METRE SPRINT****Heat 1:**

1	Arthur KAPOULITSA	70	No
2	Leo COFFEY	88	
3	Horacio DIAZ	73	Times

Heat 2:

1	Paul DURRANT	57	8.5
2	Grant MURFETT	51	8.8
3	Toni MATTERS	50	10.0
4	Christopher WORSNOP	60	10.8

1200 METRE HANDICAP WALK

		Clock	Actual
1	Gordon ONLEY	83	12.12
2	Liz EASTWOOD	49	12.24
3	Bob LEWIS	90	12.40
4	Peter BATTRICK	75	12.40
5	Grant WATSON	70	12.49
6	Gerald BURKE	78	12.51
7	Leonie GILLIES	60	13.02
8	Frank PROWSE	66	13.08
9	Christopher WORSNOP	60	13.09
10	Leo WATSON	77	13.42

EAST BURWOOD 23 AUGUST 2018 cont.**200 METRE SPRINT**

1 Paul DURRANT	57	28.6
2 Athur KAPOULITSA	70	35.2
3 Christopher WORSNOP	60	37.0
4 Andrew FRASER	76	39.6
5 Leo COFFEY	88	50.7

110 METRE SPRINT

1 Arthur KAPOULITSA(90m)	70	14.9
2 Paul DURRANT	57	15.7

SHOT PUT HANDICAP

		Best	Adj
1 Toni MATTERS	50	9.78	10.38
2 Jack FREDRICKSON	79	4.77	10.17
3 Leo COFFEY	88	4.24	9.94
4 Allan WOOD	81	5.94	9.69

EAST BURWOOD 30 AUGUST 2018**60 METRE SPRINT****Heat 1:**

1 Leo COFFEY	88	12.7
2 Shirley COPPOCK	82	13.5
3 Allan WOOD	81	14.9
4 Horacio DIAZ	73	16.4
5 Lloyd NICHOLS	77	21.3

Heat 2:

1 Ros LORDING	46	
2 Toni MATTERS	50	No
3 Donna CLARKE	65	Times
4 Andrew FRASER	76	

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

		Clock	Actual
Michelle QUAN (Disq.)	48	4.52	3.52
1 Ros LORDING	46	4.59	3.11
2 Paul EARLE	54	5.03	2.58
3 Christopher WORSNOP	60	5.04	3.49
4 Stephen DAY	48	1.34	
5 Donna CLARKE	65	5.49	4.39

800 METRE HANDICAP WALK

		Clock	Actual
1 Bob LEWIS	90	7.34	7.34
2 Phyllis GOSBELL	80	7.42	6.27
3 Leo WATSON	77	7.43	6.28
4 Leonie GILLIES	61	7.43	6.03
5 Peter BATTRICK	75	7.46	7.36
6 Christopher WORSNOP	60	7.48	5.23
7 Allan WOOD	81	7.50	6.25
8 Gerald BURKE	78	7.54	7.04
9 Andrew FRASER	76	8.00	7.10
10 Ros LORDING	46	8.06	5.16

110 METRE SPRINT

1 Stephen DAY	48	17.6
2 Christopher WORSNOP	60	18.6
3 Donna CLARKE	65	20.5
4 Andrew FRASER	76	23.7
5 Shirley COPPOCK	82	25.3
6 Horacio DIAZ	73	32.6
7 Lloyd NICHOLS	77	41.6

300 METRE SPRINT N.O.T.

		Clock	Nom.
1 Andrew FRASER **	76	1.08	1.07
2 Leo COFFEY	88	1.43	2.36
3 Shirley COPPOCK	82	1.45	2.16
4 Lloyd NICHOLS	77	2.58	2.40

** Winner - Andrew Fraser

EAST BURWOOD 30 AUGUST 2018 cont.**1 KM WALK**

Bob LEWIS	90	10.35
-----------	----	-------

3 KM SPIRAL HANDICAP RUN

		Clock	Actual
1 Paul EARLE	54	19.02	12.47
2 Sam DEFANIS	70	19.03	15.28
3 Ros LORDING	46	19.12	14.12
4 Christopher WORSNOP	60	19.26	14.36
5 Michelle QUAN	48	19.27	14.52
6 Janet HOLMES	65	19.34	16.09
7 Stephen DAY	48	19.44	14.24
8 Leonie GILLIES	61	20.21	18.51

DISCUS THROW

Toni MATTERS	50	28.85
Paul DURRANT	57	26.40
Donna CLARKE	65	12.74
Jack FREDRICKSON	79	10.45
Leo COFFEY	88	9.26

GEELONG 1 AUGUST 2018**400m**

Michael Barrand	01:04
Mark Boxer	01:12
Russell Jenkins	01:15
Sue Howell	01:18

2800m

Grant Simpson	08:56
David Jenkins	09:12
Russell Jenkins	09:48
Phil Shay	10:45
Cameron White	10:47
Mark Boxer	11:07
Sue Howell	11:46
Jeff Walker	12:50
Peter Lamb	13:15
Erik Bumbers	13:24
Steve Welsh	13:35
Frank Engelsman	14:45
Kath Oliver	14:48
Samuel Wright	15:06
Grant Baensch	15:30
Jill Coyte (W)	15:53
Cate Shay	16:03
Chris Colley	16:42
John Moore	17:03
Fiona Fitzpatrick	18:09
Marie Blood	18:57
Peta Hocking	19:00

1500m

Russell Jenkins	05:18
Cameron White	05:34
Phil Shay	05:37
Jane White	05:59
Alan Jenkins	06:23
Jeff Walker	06:40
Erik Bumbers	07:02
Steve Welsh	07:06
Frank Engelsman	07:49
Grant Baensch	08:10

GEELONG 8 AUGUST 2018**300m**

Michael Barrand	47.55
David Mitchell	48.43
Russell Jenkins	54.00
John Moore	55.01
Mark Boxer	57.83

Mike McAvoy 3000 age graded

Grant Simpson	09:24	87.68%
Tony McRae	11:05	71.57%
Phil Shay	11:33	77.53%
Mark Boxer	11:59	66.67%
Cameron White	11:45	65.99%
Sue Howell	12:09	88.57%
Jane White	12:28	69.10%
Alan Jenkins	13:35	65.39%
Jeff Walker	13:47	73.61%
Robbie Parsons	14:05	52.03%
Steve Welsh	14:32	57.64%
Paul Austin	15:21	62.69%
Kath Oliver	15:50	76.52%
Frank Engelsman	16:04	62.28%
Cate Shay	16:24	64.69%
Grant Baensch	16:41	49.04%
Jill Coyte (W)	17:59	65.33%
Fiona Fitzpatrick	19:10	54.58%

800m

Michael Barrand	02:31
Tony McRae	02:35
Mark Boxer	02:47
Phil Shay	02:52
Alan Jenkins	03:18
Steve Welsh	03:26
Jeff Walker	03:29
Paul Austin	03:55
Grant Baensch	03:57
Frank Engelsman	03:59
Cate Shay	04:17

GEELONG 15 AUGUST 2018**200m**

Nicholas MacDonald	40.60
--------------------	-------

3200m

David Jenkins	10:57
Dave Elward	13:11
Andy Bruschi	13:50
Mark Humphrey	14:13
Alan Jenkins	14:41
Yolanda Russell	15:24
Steve Welsh	15:46
Jeff Walker	16:06
Paul Austin	16:53
Frank Engelsman	18:22
Grant Baensch	18:27

1600m

Sue Howell	06:21
Mark Humphrey	06:45
Andy Bruschi	06:48
Alan Jenkins	07:14
Jeff Walker	07:52
Paul Austin	08:12
Grant Baensch	09:00
Frank Engelsman	09:29

GEELONG 22 AUGUST 2018**100m**

Nicholas MacDonald	15.44
Russell Jenkins	15.80

3000m

Grant Simpson	09:51
Russell Jenkins	10:36
Sue Howell	11:43
Dave Elward	12:00
Alan Jenkins	13:36
Yolanda Russell	13:55
Steve Welsh	14:39
Peter Urban	15:39
Kath Oliver	16:19
Jill Coyte (W)	17:19
Grant Baensch	18:13
Fiona Fitzpatrick	18:35

5000m

Jess Gordon	17:29
Mark Humphrey	21:38
Amanda Emonson	22:41
Jeff Walker	23:35
Daryl Hurst	24:12
Paul Austin	26:40

800m

Alex Jones	02:31
Russell Jenkins	02:43
Mark Humphrey	03:04
Steve Welsh	03:18
Amanda Emonson	03:38
Jeff Walker	03:40
Daryl Hurst	03:42
Nicholas MacDonald	04:42

GEELONG 29 AUGUST 2018**400m**

David Mitchell	01:09
Alan Jenkins	01:23
Nicholas MacDonald	01:35

2400m

David Jenkins	07:54
Tony McRae	08:47
Mark Boxer	09:03
Charlie El-Hage	09:03
Dave Elward	09:23
John Everett	09:51
Andy Bruschi	10:14
Amanda Emonson	10:32
Alan Jenkins	10:36
Jeff Walker	11:04
Steve Welsh	11:14
Daryl Hurst	11:30
Paul Austin	12:14
Grant Baensch	13:33
Jill Coyte (W)	14:15
Fiona Fitzpatrick	14:39

GEE LONG 29 AUGUST 2018 cont.**1500m**

Tony McRae	05:15
Mark Boxer	05:37
Sue Howell	05:39
John Everett	05:51
Mark Humphrey	06:25
Amanda Emonson	06:36
Daryl Hurst	06:55
Jeff Walker	06:57
Paul Austin	07:29
Grant Baensch	08:13
Nicholas MacDonald	08:15

GLEN EIRA 7 AUGUST 2018**70 MTRS E/T**

	Clock	Est	Diff
VIV CASH	66 11.42	11.5	0.30
JUNE TREWEEK	57 11.29	11.0	0.29
CHRIS BROWN	62 10.90	11.2	0.30
BOB WISHART	76 10.49	10.8	0.31
GLAD WISHART	74 13.39	12.25	1.14
LINDA McCAFFREY	39 11.42	14.0	2.58

RAY O'CONNOR (Week 1)

800m H/C (Sealed)	(Points)	Clock	H/C	H/C Time	%
PHIL URQUHART	73	4.13.5	GO	4.13.5	57.2
GRAHAM STOCKDALE	76	3.04.6	1.10	4.14.6	82.4
MIKE CLAPPER	66	2.50.5	1.28	4.18.5	77.8
JIM ROUNTREE	59	3.09.1	1.15	4.24.1	66.2
SYD BONE	61	3.21.0	1.05	4.26.0	63.3

150m H/C (Sealed)

	Clock	H/C	H/C Time
JUNE TREWEEK	57 23.94	14.0	37.94
GLAD WISHART	74 31.06	7.0	38.06
VIV CASH	66 25.27	14.0	39.27
BOB WISHART	76 21.61	17.8	39.41
JIM McLURE	72 24.34	15.2	39.54
JIM ROUNTREE	59 23.77	17.0	40.77
LINDA McCAFFREY	39 25.07		

SANDRA MIDDLETON WALK -**3KM H'CAP - 7.8.2018**

	Clock	H/cap	H/C Time	%
CYNTHIA ELLERY	69 24.37	3.45	28.22	65.2
PETER McGRATH	78 27.40	1.06	28.46	59.2
KARYN O'NEILL	63 20.15	8.45	29.00	73.4
CONRAD HAMANN	66 22.00	7.07	29.07	63.9
TERRY O'NEILL	62 18.42	10.55	29.37	71.9
BARRY JEFFS	69 18.45	10.55	29.40	77.6
DOMENICO MORINA	79 27.31	2.25	29.56	60.4
TONY DORAN	66 21.11	9.05	30.16	66.3

FASTEST TIME TERRY O'NEILL 18.42**RAY KEMP 3KM H/CAP**

	Clock	H/cap	H/C Time	%
ASHLEY PAGE	77 15.04	0.20	15.24	74.2
SYD BONE	61 14.10	1.40	15.50	64.9
CHRIS BROWN	62 14.50	1.00	15.50	62.6
JANE STURZAKER	65 17.24	-1.30	15.54	69.6
JO COCKWILL	65 16.57	-1.00	15.57	71.5
CHRIS GRAFEN	54 12.30	3.30	16.00	69.3
PETE BATTRICK	75 29.14	-13.00	16.14	36.8
KAREN MONOHAN	52 19.53	-3.30	16.23	50.5
LINDA McCAFFREY	39 14.34	2.00	16.34	59.6
PHIL URQUHART	73 18.20	-1.30	16.50	56.9
MERLE WANT	57 19.01	-2.00	17.01	56.6
STEVE STRELECKY	69 16.06	1.30	17.36	61.5

GLEN EIRA 14 AUGUST 2018**100 MTRS H/C (Trophy)**

	Clock	H/C	%
GLAD WISHART	74 12.63	30M	
SARAH LORENTZEN	39 13.31	12M	
BOB WISHART	76 13.52	SCR	99.0
JIM McLURE	72 13.73	11M	
LINDA McCAFFREY	39 13.93	12M	
JUNE TREWEEK	57 14.10	10M	
JACQUELINE TAURO	43 15.93	12M	
MARY HARPER	48 16.14	12M	

RAY O'CONNOR (Week 2)**800m H/C**

	Clock	H/C	H/C Time	%
SYD BONE	61 4.11.0	52	3.19	63.9
MIKE CLAPPER	66 4.11.7	82	2.49.7	78.2
PHIL URQUHART	73 4.13.7	GO	4.13.7	57.2
JIM ROUNTREE	59 4.25.7	65	3.20.7	62.4
GRAHAM STOCKDALE	76 4.38.9	68	3.30.9	72.2
BARRY JEFFS	69 4.42.1	33	4.09.1	55.0

200M H/C

	Clock	H/C	H/C Time	%
JIM McLURE	72 33.5	GO	33.5	79.4
JUNE TREWEEK	57 34.3	GO	34.3	80.0
BOB WISHART	76 34.5	4	30.5	93.0
LINDA McCAFFREY	39 35.67	GO	35.67	62.6
JIM ROUNTREE	59 39.01	2	37.01	64.4
JACQUELINE TAURO	43 41.45	GO	41.45	56.6
MARY HARPER	48 43.62	GO	43.62	57.0

SPIRAL H/C (4 LAPS)

	Clock	Points	Start	H/C	H/C
			Group	TIME	
PETER McGRATH	78 15.08	30	2	0.10	14.58
SARAH LORENTZEN	39 15.48	29	63	8.35	7.13
JIM ROUNTREE	51 15.52	28	51	6.55	8.57
STEVE STRELECKY	69 16.03	27	60	8.10	7.53
JO COCKWILL	65 16.08	26	52	7.00	9.08
ROB JAMIESON	68 16.09	25	1	GO	16.09
MICHAEL HEFFERNAN	83 16.15	24	2	0.10	16.05
LINDA McCAFFREY	39 16.17	23	64	8.45	7.32
BARRY JEFFS	69 16.18	22	40	5.25	10.53
SYD BONE	61 16.19	21	65	8.50	7.29
KARYN O'NEILL	63 16.21	20	40	5.25	10.56
JUNE TREWEEK	57 16.24	19	48	6.30	9.54
CHRIS BROWN	62 16.30	18	63	8.35	7.55
PETE BATTRICK	75 16.33	17	1	GO	16.33
JACQUELINE TAURO	43 16.36	16	60	8.10	8.26
JIM BERRINGTON	62 16.39	15	49	6.35	10.04
PHIL URQUHART	73 16.52	14	52	7.00	9.52
TERRY O'NEILL	62 17.03	13	50	6.45	10.18
TONY DORAN	66 17.04	12	40	5.25	11.39
DOMENICO MORENA	79 17.32	11	14	1.50	15.42
MARY HARPER	48 18.01	10	50	6.45	11.16

GLEN EIRA 21 AUGUST 2018**60 MTRS E/T**

		Clock	Est	Diff	%
JIM McLURE	72	9.86	10.15	0.29	84.79
CHRIS BROWN	62	9.16	9.50	0.34	85.48
GLAD WISHART	74	11.45	11.84	0.39	88.82
VIV CASH	66	9.66	10.30	0.64	96.58
BOB WISHART	76	9.00	9.80	0.80	96.00
LINDA McCAFFREY	39	9.92	11.00	1.08	71.47
JO WHITTLE	46	11.56	14.00	2.44	66.35
JUNE TREWEEK	57	9.36			91.67
SIMONE O'BRIEN	46	9.71			78.99
MARY HARPER	48	11.83			66.19

RAY O'CONNOR (Week 3)**800m H/C (Sealed)**

		Clock	H/C	H/C Time	%
GRAHAM STOCKDALE	76	3.05.0	68	4.13.0	82.3
JIM ROUNTREE	59	3.15.6	65	4.20.6	64.0
JO WHITTLE	46	3.38.5	45	4.23.5	56.2
SIMONE O'BRIEN	46	3.40.4	45	4.25.4	55.7

150m H/C

		Clock	H/C	H/C Time
CHELSEA WHITTLE	11	28.04	5	23.04
GLAD WISHART	74	30.34	GO	30.34
BOB WISHART	76	30.96	9	21.96
VIV CASH	66	31.23	6	25.23
LINDA McCAFFREY	39	31.33	6	25.33
CHRIS BROWN	62	31.45	8	23.45
EMILIE LORENTZEN		31.97	5	26.97
JIM McLURE	72	32.03	7	25.03
JIM ROUNTREE	59	32.29	8	24.29
JUNE TREWEEK	57	32.48	7	25.48
JO WHITTLE	46	33.18	5	28.18
SIMONE O'BRIEN	46	33.45	7	26.45
SARAH LORENTZEN	39	33.46	8	25.46
SOPHIE McCAFFREY	7	34.71	5	29.71
MARY HARPER	48	35.69	3	32.69
EMMA McCAFFREY	9	35.99	5	30.99

WALK 3KM OR 1500M E/T

		Clock	Est	Diff	%
ROB JAMIESON	68	3K 29.24	29.30	-6	48.9
CONRAD HAMANN	66	1500 10.29	10.35	-6	65.7
PETE BATTRICK	75	3K 29.51	30.00	-9	52.6
PETER McGRATH	78	1500 14.24	14.47	-23	55.7
MICHAEL HEFFERNAN	83	3K 29.32	30.00	-28	59.9
KARYN O'NEILL	63	3K 19.59	20.50	-51	74.4
CYNTHIA ELLERY	69	3K 24.46	25.44	-58	64.8
DOMENICO MORINA	79	1500 13.42	14.45	-63	59.4
DES MIDDLETON	71	3K 21.22	22.30	-68	69.7
JIM BERRINGTON	62	3K 18.25	20.30	-125	73.0
JO WHITTLE	46	1500 14.57			41.0

4KM E/T

		Clock	Est	Diff	%
LINDA McCAFFREY	39	19.32	19.30	2	60.3
JANET HOLMES	65	22.15	22.40	-25	73.8
JANE STURZAKER	65	24.52	25.30	-38	66.0
MERLE WANT	57	26.19	26.58	-39	55.4
KAREN MONAHAN	52	26.23	27.05	-42	51.6
STEVE STRELECKY	68	19.43	18.59	44	67.6
SARAH LORENTZEN	39	18.59	20.00	-1.01	62.1
CHRIS BROWN	62	21.54	19.59	-1.55	57.6
MARY HARPER	48	28.04	25.00	-3.04	46.1
SIMON LLOYD	63	19.54	24.00	-4.06	64.0
SARAH JOHNSON	35	27.43	38.00	-10.17	41.6

GLEN EIRA 28 AUGUST 2018**80 MTRS E/T**

		Clock	Est	Diff	%
MARY HARPER	48	16.12	16.00	0.12	
BOB WISHART	76	11.98	12.30	0.32	
GLAD WISHART	74	15.58	16.01	0.43	
VIV CASH	66	13.19	13.70	0.51	
JIM McLURE	72	13.02	13.80	0.78	
CHRIS BROWN	62	12.22	13.00	0.78	
SIMONE O'BRIEN	46	14.01	15.00	0.99	
LINDA McCAFFREY	39	12.91	15.00	2.09	
SARAH LORENTZEN	39	12.72	15.00	2.28	

RAY O'CONNOR (Week 4)**800m H/C**

		Clock	H/C	H/C Time	%
SYD BONE	61	4.03.1	54	3.09.1	67.3
PHIL URQUHART	74	4.04.9	GO	4.04.9	60.2
GRAHAM STOCKDALE	76	4.09.9	68	3.01.9	83.7
JIM ROUNTREE	59	4.12.3	63	3.09.3	66.2
SIMONE O'BRIEN	46	4.13.9	33	3.40.9	55.6
LINDA McCAFFREY	39	4.16.0	58	3.18.0	58.3

300 MTRS E/T

		Clock	Est	Diff	%
JIM McLURE	72	56	56.1	0.1	74.9
BOB WISHART	76	53.48	53.2	0.28	84.1
CHRIS BROWN	62	54.14	55	0.86	69.2
SIMONE O'BRIEN	46	66.9	75	8.1	57.0
EMILIE LORENTZEN	9	64.4	75	10.6	65.1
EMMA McCAFFREY	9	65.8	77	11.2	63.7
SOPHIE McCAFFREY	7	65.2	77	11.8	73.5

SPIRAL H/C (4 LAPS)

		Clock	Points	Start	H/C	H/C
			Group			TIME
GREG HUGHES	61	19.19	30	19	3.15	16.04
MARY HARPER	48	20.16	29	40	6.55	13.21
SYD BONE	61	20.30	28	65	11.20	9.10
CONRAD HAMANN	66	20.31	27	34	5.50	14.41
JIM ROUNTREE	59	20.32	26	55	9.35	10.57
KARYN O'NEILL	63	20.35	25	40	6.55	13.40
JIM BERRINGTON	62	20.44	24	48	8.20	12.24
MICHAEL HEFFERNAN	83	20.45	23	3	0.25	20.20
SARAH LORENTZEN	39	20.51	22	67	11.40	9.11
JANET HOLMES	65	20.53	21	58	10.05	10.48
PETE BATTRICK	75	20.54	20	1	GO	20.54
LINDA McCAFFREY	39	20.57	19	65	11.20	9.37
JANINE McKERRON	58	21.02	18	61	10.40	10.22
JANE STURZAKER	65	21.03	17	52	9.05	11.58
SANDRA MIDDLETON	69	21.07	16	37	6.25	14.42
PETER McGRATH	78	21.13	15	10	1.15	19.58
PHIL URQUHART	73	21.29	14	49	8.30	12.59
DES MIDDLETON	71	21.36	13	43	7.25	14.11
SARAH JOHNSON	34	22.00	12	57	9.55	12.05

KNOX 1 AUGUST 2018**800m walk NOT**

Ian U'Ren	67	7.17
Hank Kuys	64	7.18
Glenn Claiden	64	7.19
Paul Twining 2nd	68	7.48
Graham Leticq	63	7.51
Andrea Putting	55	7.59
Maggie Hawkes	62	8.01
Anne McPherson 3rd	61	8.06
David Wear	71	8.07
Glenn Berry	47	8.1
John Graham	67	8.11
Arthur Kapoulitsa	70	8.13
Nicola Van Reenen	46	8.14
Peter Thorne	70	8.15
Avril Tonkin 1st	39	8.16
Donna Clarke	65	8.52
Bob Henderson	71	8.53
Mick Carr	65	8.54
Chris Crennan	46	8.55

60m

Paul Durrant	57	8.42
Glenn Berry	47	8.79
Bec Carpenter	19	9.12
Arthur Kapoulitsa	70	10.03
Chris Crennan	46	10.04
Donna Clarke	65	10.05
Andrea Putting	55	10.06
Avril Tonkin	39	10.07

1500m

John Graham	67	5.43
Dave Black	62	6.44
Stephen Richards	57	7.24
Mick Carr	65	7.24
Nicola Van Reenen	46	7.25
Ian U'Ren	67	7.51
Chris Crennan	46	7.54

110m hcp

Glenn Berry	47	11.82
Avril Tonkin	39	14.79
Bec Carpenter	19	15.81
Andrea Putting	55	16.45
Donna Clarke	65	22.1
Paul Durrant	57	
Mark Harris	50	

80m

Paul Durrant	57	11.8
Donna Clarke	65	14.8
Bec Carpenter	19	15.8
Andrea Putting	55	16.5

Distance**15min**

John Graham	67	8.7laps
David Chung	50	8
Glenn Claiden	64	7.42
Brian Mee	80	5.2

25min

Dave Black	62	13.45laps
David Wear	71	11.75
Peter Thorne	70	10.75
Bob Henderson	71	9.25
Ian U'Ren	67	9.25

KNOX 1 AUGUST 2018 cont.**35min**

Graem Leticq	63	18.75laps
Paul Twining	68	17.5
Mick Carr	65	17.05
Nicola Varn Reenen	46	15.32

21.5min

Maggie Hawkes	62	7laps
---------------	----	-------

23.5min

Shane Grund	36	17laps
-------------	----	--------

KNOX 8 AUGUST 2018**800m walk**

Glenn Claiden	64	7.26
Mick Carr	65	7.26
Hank Kuys	64	7.27
Ian U'Ren	67	7.3
John Graham	67	8.08
Arthur Kapoulitsa	70	9.09
Bob Henderson	71	8.09
Nicola Van Reenen	46	8.12
David Black	62	8.13
Graeme Leticq	63	8.23
Paul Twining	68	8.24
Anne McPherson	61	9.08
Peter LeGet	84	9.09
Amy Haartsen	38	9.14

60m

Arthur Kapoulitsa	70	10.12
Paul Durrant	57	10.68
Donna Clarke	65	10.69

5lap spiral

John Graham	67	8.08
David black	62	9.35
Mick Carr	65	10.03
Ian U'Ren	67	10.36
Bob Henderson	71	10.56
Nicola Van Reenen	46	10.59
Sarah Thorne	38	11.16

100m

Paul Durrant	57	14.68
Mark Harris	50	17.78
Donna Clarke	65	18.27

Distance**2k**

Mark Harris	50	10.56
Amy Haartsen	38	13.49

4k

Graeme Leticq	63	18.49
Glenn Claiden	64	21.29
Sarah Thorne	38	22.32
Peter Thorne	70	23.48
Ian U'Ren	67	24.45

5.8k

Shane Grund	36	20.04
-------------	----	-------

6k

Matt Morris	52	24.47
Paul Twining	68	27.45
David Black	62	28.23
Mick Carr	65	29.52
Nicola Van Reenen	46	33.52

KNOX 15 AUGUST 2018**Walk relay**

Jack Durrant	21	
Maggie Hawkes	62	5.01
Liz Eastwood	49	
Hank Kuys	64	5.03
John Graham	67	
Andrea Putting	55	5.38
Peter LeGet	84	
Kath Gawthorne	43	6.54
Chas McRae	85	
Glenn Berry	47	7.05
Paul Twining	68	
Mick Carr	65	7.17
Mark Stewart	inv	
Tanya Stewart	inv	7.18
Glenn Claiden	64	
Anne McPherson	62	7.29
Donna Clarke	65	
Graeme Leticq	63	7.3

60m

Jack Durrant	21	8.08
Paul Durrant	57	8.43
Glenn Berry	47	8.93
Arthur Kapoulitsa	70	9.78
Donna Clarke	65	10.82
Andrea Putting	55	12.69

1500m NOT

John Graham	3rd	67	6.07
Matt Morris		52	6.11
Mick Carr		65	6.51
Kath Gawthorne		43	7.12
Stephen Richards	2nd	57	7.32
Liz Eastwood	Winner	49	7.49

150m

Paul Durrant	57	21.52
Arthur Kapoulitsa	70	26.61
Donna Clarke	65	28.43

Distance**1k**

Glenn Berry	47	4.47
Bob Henderson	71	4.56
Michelle Quan	49	5.07
Glenn Claiden	49	5.07
Brain Mee	80	5.41
Tom Roleff	inv	6.33

3k

Matt Morris	52	12.11
Stephen Richards	57	15.3
Liz Eastwood	49	15.31
Mark Stewart	inv	15.4
Peter Thorne	70	18.01
Paul Twining	68	18.03

5k

Shane Grund	36	17.33
John Graham	67	21.15
Mick Carr	67	24.39
Graeme Leticq	63	24.47
David Chung	50	27.57

KNOX 22 AUGUST 2018**800m walk**

liz Eastwood	49	6.38
Jack Durrant	21	7.19
Hank Kuys	64	7.19
Anne McPherson	62	7.31
Mick Carr	65	7.32
Graeme Leticq	63	7.44
Paul Twining	68	8.02
Bob Henderson	71	8.06
Glenn Berry	47	8.13
Andrea Putting	55	8.14
Maggie Hawkes	62	8.14
Steve Duckworth	65	8.14
Arthur Kapoulitsa	70	8.16
Matt Morris	52	8.17
John Graham	67	8.19
David Wear	71	8.2
Peter Thorne	70	8.22

60m

Jack Durrant	21	7.8
Paul Durrant	57	8.41
Glenn Berry	47	8.74
Matt Morris	52	9.07
Arthur Kapoulitsa	70	10.07
Andrea Putting	55	12.74

1600m NOT

Bob Henderson	800m	71	3.43
Matt Morris		52	5.55
John Graham		67	6.14
liz Eastwood		49	7.21
Mick Carr		65	7.22
David Wear		71	7.51
Nicola Van Reenen		46	8.02

500m NOT

Matt Morris	52	1.39	
John Graham	Winner	67	1.44
Glenn Berry	47	1.57	

Distance**2k**

John Graham	67	8.33
Peter Thorne	70	11.38
Bob Henderson	71	12.49

4k

Paul Twining	68	20
Sarah Thorne	38	21.04
David Wear	71	21.05

6k

Shane Grund	36	20.47
Matt Morris	52	25.19
Mick Carr	65	28.56
Graeme Leticq	63	28.57
Michelle Quan	49	30.32
Nicola Van Reenen	46	33.23

KNOX 29 AUGUST 2018

2by 600m relay

Matt Morris	52	
Andrea Putting	55	9.1
Bob Henderson	71	
Anne McPherson	62	9.14
Evelyn Kuys	61	
Paul Twining	68	9.21
Mick Carr	65	
Sienna Hammond	12	9.25
Jack Durrant	21	
Chas McRae	85	10.08
Pete Thorne	70	
Pauline Paine	40	10.1
Peter LeGet	84	
Glenn Claiden	64	11

70m

Jack Durrant	21	9.33
Paul Durrant	57	10.03
Matt Morris	52	10.62
Sienna Hammond	12	11.82
Arthur Kapoulitsa	70	12.03
Andrea Putting	55	14.08

800m

Matt Morris	52	2.46
Sienna Hammond	12	2.59
Paul Twining	68	3.15
Mick Carr	65	3.23
Bob Henderson	71	3.46

110m

Jack Durrant	21	14.09
Paul Durrant	57	15.56

Distance

1k

Bob Henderson	71	4.58
---------------	----	------

3k

Sienna Hammond	12	13.19
Michelle Quan	49	14.43
Brian Mee	80	17.19
Mark Harris	50	17.54

5k

Matt Morris	52	20.17
Paul Twining	68	22.4
Mick Carr	65	24.11



MENTONE 1 AUGUST 2018

800m Walk E.T.

		Clock	Diff.
1	Greg Hughes	59	6.01 -0.03
2	Maureen Seedsman	80	6.04 -0.04
3	Sylvia Machin	77	5.49 -0.06
4	Bev Hugo	78	6.38 -0.10
5	Jan Morrey	78	6.38 0.23
6	John Mathew	81	8.45 -1.15

1 Mile E.T.

		Clock	Diff.
1	Sandra Wynne	66	8.03.3 0.3 @
2	Ashley Page	77	7.54.4 -2.6
3	Susan Short	44	6.39.2 -5.8
4	David Short	41	5.50.5 -9.5
5	Avril Britter	59	8.28.2 21.2
6	Ashley Birrell	73	8.32.0 24.0

70m E.T.

		Clock	Diff.
1	David Short	41	9.11 0.11
2=	John Mathew	81	19.07 0.17
2=	Vivienne Cash	66	11.77 0.17
4	Jan Morrey	78	15.18 0.18 ***
5	Avril Britter	59	12.91 0.28
6	Sandra Wynne	66	12.59 -0.34
7	Susan Short	44	10.54 -0.46
8	Ross Kent	76	14.54 0.54
9	Bob Wishart	76	10.15 -0.68
10	Glad Wishart	74	13.77 0.75

3.336 Km E.T. Terry Harrison Trophy 3

		Clock	Diff.
1	Avril Britter	59	18.43 -0.04
2	Sandra Wynne	66	18.22 0.10
3	James O'Brien	65	15.12 0.12
4	Ashley Page	77	17.49 -0.47
5	John Kneen	75	23.38 0.48
6	Ashley Birrell	73	18.28 -1.25
7	Col Waring	72	17.10 -1.50

1 Mile/ 2 Miles Walk E.T.

		Clock	Diff.
1	Bev Hugo	78	13.41 0.04
2	Maureen Seedsman	80	12.40 -0.11
3	Glennis McPherson	72	11.15 -0.15
4	Joan Clarke	83	15.22 -0.23
5	John Zeleznikow	68	17.13 -0.47
6	John Mathew	81	19.50 -4.10

2 miles

1	Greg Hughes	59	25.44 -0.03
2	Geoff Barrow	69	22.59 0.14
3	Sylvia Machin	77	24.24 1.24

MENTONE 8 AUGUST 2018

500m Walk E.T.

		Clock	Diff.
1	Bev Hugo	78	3.57 0.04
2	Sylvia Machin	77	3.33 -0.07
3	Sharon Carr	53	4.20 -0.10
4	Jill Mannering	82	4.26 0.11
5=	Pam Mews	83	5.35 0.35
5=	Debbie Thomson	60	5.35 0.35

800 m Self H/cap

		Clock	Actual
1	Eddie Gamble Trophy 3		
1	Col Waring	72	5.58.5 3.13.5
2=	Avril Britter	59	6.02.1 3.58.1
2=	Ashley Page	77	6.02.1 3.47.1
4	Susan Short	44	6.06.5 2.55.5
5	Sandra Wynne	67	6.11.6 3.53.6
6	David Short	41	6.13.7 2.43.7
7	Darryl Carr	55	7.46.5 4.31.5
DQ	Sharon Carr	53	5.27.8
DQ	Ashley Birrell	73	3.40.7

MENTONE 8 AUGUST 2018 cont.

150m E.T.		Clock	Diff
1	Sandra Wynne	67 29.12	-0.03
2	Glad Wishart	74 32.49	-0.08
3	Vivienne Cash	66 25.68	0.18
4	Bob Wishart	76 22.32	0.22
5	David Short	41 20.62	0.32
6	Susan Short	44 23.71	0.41
7	Avril Britter	59 28.70	-0.66
8	Ron Arthur	78 24.48	0.68

2 Km Self H/cap		Clock	Actual
1	Ashley Birrell	73 13.40	10.25
2	Susan Short	44 13.50	9.05
3	Sandra Wynne	67 13.54	10.47
4	Ashley Page	77 14.02	10.16
5	David Short	41 14.06	8.21
DQ	Darryl Carr	55	11.21
DQ	John Kneen	75	12.55
DQ	James O'Brien	65	8.17
DQ	Avril Britter	59	10.53

1000m/ 3000m Walk E.T.		Clock	Diff.
1000m			
1	Sharon Carr	53 8.30	0.00
2	John Zeleznikow	68 11.03	0.03
3	Glennis McPherson	71 6.45	-0.13
4	Jill Mannering	82 9.02	-0.38

3000m		Clock	Diff.
1	Bev Hugo	78 25.03	0.04
2=	Geoff Barrow	69 20.57	-0.23
2=	Sylvia Machin	77 22.17	-0.23
4	Gwen Steed	76 20.48	-0.41

MENTONE 15 AUGUST 2018

600m Walk E.T.		Clock	Diff.
1	Bev Hugo	78 4.45	0.00
2	John Mathew	81 5.56	-0.04
3	Maureen Seedsman	80 4.30	-0.05
4	Sylvia Machin	77 4.13	-0.12
5	Jan Morrey	78 4.35	-0.15
6	Pam Mews	83 5.42	0.22
7	Jill Mannering	82 5.17	-0.23

1000m Self H/cap		Clock	Actual
1	Col Waring	72 4.55.6	4.08.6
2	David Short	41 4.57.6	3.30.6
3	Susan Short	44 5.00.4	3.50.4
4	Sandra Wynne	67 5.02.7	4.58.7
5	Avril Britter	59 5.05.5	5.01.5
DQ	Ashley Birrell	73	4.38.2
DQ	Ashley Page	77	4.49.4

100m E.T. *Agg Event*		Clock	Diff	Pts
1	Susan Short	44 15.29	-0.01	7
2	Avril Britter	59 18.07	0.25	5
3	David Short	41 12.78	-0.32	4
4	Bob Wishart	76 14.41	-0.34	3
5	Vivienne Cash	66 16.54	-0.36	2
6	Glad Wishart	74 19.50	0.40	1
7	John Mathew	81 27.57	-0.43	1
8	Ron Arthur	78 16.17	0.47	1
9	Jan Morrey ***	78 21.76	0.76	1
10	Ross Kent	76 20.77	1.77	1

MENTONE 15 AUGUST 2018 cont.

2.5 Km Road*Agg Event* E.T.		Clock	Diff.	Pts
1	Avril Britter	59 13.51	0.00	7
2	John Kneen	75 17.32	0.02	5
3	Sandra Wynne	67 13.38	0.03	4
4	Ashley Page	77 13.22	-0.04	3
5	James O'Brien	65 11.25	0.13	2
6	Ashley Birrell	73 12.36	-0.34	1

3000m Walk E.T. *Agg Event*-

3000m Walk E.T. *Agg Event*-		Clock	Diff.	Pts
1	Sylvia Machin	77 22.15	-0.02	7
2	Maureen Seedsman	80 24.05	-0.15	5
3	Joan Clarke	83 29.46	0.16	4
4	Bev Hugo	78 25.19	0.20	3
5	Ian Cassell	65 23.25	0.25	3
6	Gwen Steed	76 22.15	1.10	1
7	Pam Mews	83 29.46	-2.14	1

MENTONE 22 AUGUST 2018

800m Walk E.T.		Clock	Diff.
1	Maureen Seedsman	80 6.04	0.00
2	Ian Beaumont	82 7.08	-0.08
3	Sharon Carr	53 6.48	-0.12
4	Jill Mannering	82 7.10	-0.20

1600 m E.T. *Agg Event		Clock	Diff.	Pts
1	Sandra Wynne	67 8.11.2	1.2	7
2	Avril Britter	59 8.16.7	-1.3	5
3	David Short	41 6.02.5	2.5	4
4	Darryl Carr	55 8.55.4	-4.6	3
5	Susan Short	44 6.39.1	-5.9	2
6	Ashley Birrell	73 7.29.2	-10.8	1
7	Martin Griffin	57 8.56.6	26.6	1
8	Sharon Carr	53 11.15.0	30.0	1

110m E.T.		Clock	Diff
1	David Short	41 14.30	0.10
2	Susan Short	44 17.12	0.12
3	Sandra Wynne	66 20.76	-0.24
4	Ross Kent	76 23.37	0.37
5	Vivienne Cash	66 18.54	0.44
6	Ron Arthur	78 17.96	0.56
7	Avril Britter	59 20.00	-0.66
8	Bob Wishart	76 16.00	-0.80
9	Glad Wishart	74 22.20	-0.90

4 Km E.T.		Clock	Diff.
1	Sandra Wynne	67 22.00	0.05
2	Avril Britter	59 22.35	0.08
3	David Dodson	59 21.29	-0.11
4	James O'Brien	65 17.02	-0.18
5	Ashley Birrell	73 20.57	0.35
6	Martin Griffin	57 23.23	-0.37
7	John Kneen	75 27.11	-0.54

2000m Walk E.T.		Clock	Diff.
1	Maureen Seedsman	80 15.56	-0.04
2	Geoff Barrow	69 14.14	0.14
3	Ian Beaumont	82 18.45	0.15
4	Glennis McPherson	71 14.16	0.16
5	Jill Mannering	82 18.34	0.24
6	Joan Clarke	83 19.27	0.27
7	Darryl Carr	55 18.16	-0.44
8	Sharon Carr	53 17.15	-1.45
9	John Zeleznikow	68 19.28	-2.32

MENTONE 29 AUGUST 2018**400m Walk E.T.**

			Clock	Diff.
1	Maureen Seedsman	80	2.56	0.02
2	Sylvia Machin	77	2.46	-0.04
3	Ian Beaumont	82	3.23	-0.07
4	John Mathew	81	3.49	-0.11
5	Lew Jenkins	73	2.47	-0.13

600m E.T.

			Clock	Diff.
1	Avril Britter	59	2.47.3	1.3
2	Ashley Birrell	73	2.38.0	-2.0
3	Sandra Wynne	67	2.41.1	-3.9
4	Susan Short	44	2.04.0	4.0
5	David Short	41	1.45.7	-4.3
6	Martin Griffin	57	2.36.6	6.6
7	Graham Stockdale	76	2.18.0	8.0

200m E.T.

			Clock	Diff.
1	Bob Wishart	76	30.96	-0.34
2	Vivienne Cash	66	34.54	-0.46
3	David Short	41	26.73	-1.27
4	Martin Griffin	57	34.32	-1.68
5	Jan Morrey	78	51.82	-3.18
6	Glad Wishart	74	43.63	-3.61
7	Lew Jenkins	73	44.55	-5.45
8	Ross Kent	76	47.07	9.07

2.5 Km/ 5 Km Road E.T.**2.5 Km**

1	Ashley Birrell	73	12.07	-0.18
2	David Dodson	59	13.18	-0.22
3	Martin Griffin	57	14.19	0.28

5 Km

1	John Kneen	75	37.02	0.02
2	Sandra Wynne	67	27.48	-0.17
3	James O'Brien	65	22.47	-0.24
4	Avril Britter	59	28.05	-1.42

1500m Walk E.T.

			Clock	Diff.
1	Geoff Barrow	69	10.25	0.00
2	Glennis McPherson	72	10.24	-0.01
3=	Ian Beaumont	82	13.35	0.05
3=	Sylvia Machin	77	11.15	-0.05
5	Maureen Seedsman	80	11.43	-0.15
6	Jan Morrey	78	11.49	-0.21
7	Joan Clarke	83	14.35	0.23
8	John Zeleznikow	68	13.30	-0.30
9	John Mathew	81	16.41	0.41
10	Debbie Thomson	60	16.00	-1.00

@

SPRINGVALE 1 AUGUST 2018**200 metres**

Troy JEFFS	43	36.60
Mike HALL	79	37.10
Mick COLGAN	67	42.30
Juan PEREZ	79	45.60
Ray O'CONNOR	81	62.50
Ernie JEFFS	73	70.40

600 metres

Neil GRAY	70	2.14.3
Claudio RIGA	63	2.28.5
Lou BUCCIERI	63	2.33.7
Paul WINTERTON	63	2.39.7
Troy JEFFS	43	2.46.5
Juan PEREZ	79	3.24.0
Ernie JEFFS	73	3.52.0

SPRINGVALE 1 AUGUST 2018 cont.**1800 metres walk**

			actual	clock
Natalie IRVINE	71	16.39	17.54	
Frank ALLEN	73	14.10	19.10	
Anand THILLAISUNDARAM	42	15.20	19.10	
Pam THOMAS	68	15.29	19.19	
Ernie JEFFS	73	16.22	19.42	
Tony DORAN	66	13.04	19.54	
Dennis PHILLIPS	76	13.53	20.03	
Eric NEGROS	55	21.40	21.40	

3000 metres

Tracey HUTCHINSON	48	19.45	20.40
Gigi THOMAS		13.58	22.03
Cameron THOMAS		11.48	22.08
Alison DEVINE	62	17.59	22.11
Alan BENNIE	71	13.04	22.21
Ian TREGEAR	68	16.5	22.41
Dave TALBOT	63	14.30	22.44
Troy JEFFS	43	15.35	22.50
Claudio RIGA	63	14.17	23.08
Lou BUCCIERI	63	15.25	23.07
Bill IRVINE	70	15.28	23.11
Juan PEREZ	79	22.51	23.29
Howard REES	70	15.19	23.57
Mick COLGAN	67	17.45	24.15
Peter BATTRICK	75	28.23	25.23**

** HCP adjustment

SPRINGVALE 8 AUGUST 2018**150 metres**

Troy JEFFS	43	25.10
Mike HALL	79	25.90
Mick COLGAN	67	29.40
Brian WOODMAN	64	30.80
Juan PEREZ	79	32.30
Tracey HUTCHINSON	48	33.30
Ray O'CONNOR 200mts	81	63.10

600 metres

Paul MULLINS	77	2.29
Paul WINTERTON	63	2.38
Juan PEREZ	79	3.26
Tracey HUTCHINSON	48	3.29
Ernie JEFFS	73	3.49

1000 metres

Dave TALBOT	63	4.09
Neil GRAY	70	4.23
Troy JEFFS	43	4.23
Lou BUCCIERI	63	4.42
Howard REES	70	4.57

1800 metres walk

Anand THILLAISUNDARAM	42	13.25
Brian WOODMAN	64	15.09
Pam THOMAS	68	16.01
Ernie JEFFS	73	16.56
Natalie IRVINE	71	17.44
John MANNING	72	17.45
Eric NEGROS	55	21.35

2000 metres run

Bill IRVINE	70	10.26
Troy JEFFS	43	11.38
Tracey HUTCHINSON	48	14.44

SPRINGVALE 8 AUGUST 2018 cont.**3000 metres walk**

Tony DORAN	66	22.36
Frank ALLEN	73	24.48

4000 metres run

Howard REES	70	20.02
Lou BUCCIERI	63	21.21
Ian TREGEAR	68	22.53
Juan PEREZ	79	25.24
Dominique RUELOT	66	28.33

6000 metres run

Alan BENNIE	71	27.37 #
Claudio RIGA	63	29.50

NEW VENUE AGE RECORD eclipsing Ray O`Connor 2010

SPRINGVALE 15 AUGUST 2018**150 metres**

Troy JEFFS	43	25.40
Mike HALL	79	26.00
Juan PEREZ	79	34.20
Mick COLGAN	67	34.80
Tracey HUTCHINSON	48	40.50
Ray O`CONNOR	81	42.80

600 metres

Juan PEREZ	79	3.23
Summer		3.11

1000 metres

Claudio RIGA	63	4.34
Paul MULLINS	78	4.49
Lou BUCCIERI	63	4.53
Paul WINTERTON	63	4.58

1800 metres walk

Tony DORAN	66	12.43
Tony JOHNSON	78	13.38
Jim SMITH	77	13.43
Frank ALLEN	73	13.58
Celia JOHNSON	70	17.04
Frank MANNING	68	17.25
Ernie JEFFS	73	17.25
Natalie IRVINE	71	17.37
Anand THILLAISUNDARAM	42	17.37

3000 metres handicap

			clock
Juan PEREZ	79	18.15	20.15
Summer		19.19	20.44
Troy JEFFS	43	14.55	20.45
Claudio RIGA	63	14.19	21.18
Alan BENNIE	71	13.09	21.19
Lou BUCCIERI	63	15.30	21.25
Ian TREGEAR	68	16.58	21.28
Bill IRVINE	70	16.01	21.56
Howard REES	71	15.37	22.17
Rob CLUTTERBUCK	65	15.27	23.11
Peter BATTRICK	75	29.10	
Dominique RUELOT	66	20.56	22.12

SPRINGVALE 22 AUGUST 2018**100 metres**

Troy JEFFS	43	15.50
Mike HALL	79	16.50
Juan PEREZ	79	19.80
Tracey HUTCHINSON	48	20.10
Ray O`CONNOR	81	34.40

400 metres

Troy JEFFS	43	1.24
Summer		1.53
Tracey HUTCHINSON	48	2.17
Celia JOHNSON	70	2.32
Tony DORAN	66	2.32
Dominique RUELOT	66	2.33
Ernie JEFFS	73	3.35

800 metres

Dave TALBOT	63	3.16
Paul MULLINS	78	3.34
Paul WINTERTON	64	3.43
Summer		4.24
Juan PEREZ	79	4.24
Tracey HUTCHINSON	48	5.24

1200 metres

Bill IRVINE	70	5.31
Claudio RIGA	63	5.51

1800 metres walk

Tony JOHNSON	78	14.01
Jim SMITH	77	15.55
Natalie IRVINE	71	18.08
Anand THILLAISUNDARAM	42	18.08
Ernie JEFFS	73	18.35
Eric NEGROS	55	20.28
John MANNING	72	20.30

3000 metres walk

Peter ELLIS	67	21.57
Celia JOHNSON	70	24.06
Frank ALLEN	73	24.18

3000 metres run

Bill IRVINE	70	15.55
Troy JEFFS	43	16.39
Juan PEREZ	79	18.58
Dominique RUELOT	66	21.12
Tracey HUTCHINSON	48	7.29??

5000 metres run

Rob CLUTTERBUCK	65	24.37
Claudio RIGA	63	26.08
Summer		27.06

SPRINGVALE 29 AUGUST 2018

100 metres

Troy JEFFS	43	18.00
Brian WOODMAN	64	19.60
Lindsay OXENHAM	69	20.40
Juan PEREZ	79	22.80

200 metres

Megan FISHER		40.60
Lindsay OXENHAM	69	47.50
Ray O'CONNOR	81	64.00

1200 metres

Neil GRAY	70	5.15
Claudio RIGA	63	5.36
Lou BUCCIERI	63	5.43
Lindsay OXENHAM	69	5.51
Paul WINTERTON	64	6.11
Summer		6.37
Juan PEREZ	79	7.03

SPRINGVALE 29 AUGUST 2018 cont

1800 metres walk h/p

		actual	clock
Peter ELLIS	67	12.03	19.43
Brian WOODMAN	64	13.44	19.44
Frank ALLEN	73	13.55	20.20
Natalie IRVINE	71	16.43	20.28
Ernie JEFFS	73	16.10	20.30
Celia JOHNSON	70	14.00	20.35
Pam THOMAS	68	15.17	20.37
John ABEL	68	14.53	20.53
John MANNING	72	18.02	24.02

3000 metres h/cp

		actual	clock
Summer		17.49	18.44
Rob CLUTTERBUCK	65	13.25	18.50
Bill IRVINE	70	15.20	19.15
Troy JEFFS	43	14.06	19.16
Claudio RIGA	63	13.55	19.38
Ian TREGEAR	68	16.45	19.55
Alan BENNIE	71	12.58	19.58
Juan PEREZ	79	18.12	20.07
Tracey HUTCHINSON	48	20.17	20.17
Lindsay OXENHAM	69	15.23	20.18
Lou BUCCIERI	63	16.13	20.38
Paul MULLINS	78	19.24	21.19
Peter BATTRICK	75	28.18	19.54**

** HCP adjustment



OCTOBER PROGRAMS 2018

MON OCT 1	DONCASTER					
	CASEY					
TUES OCT 2	COLLINGWOOD					
	CROYDON					
	GLEN EIRA					
WEDS OCT 3	ABERFELDIE	100M AG	1500M	400M	4/6K	
	GEELONG					
	MENTONE					
	KNOX					
	SPRINGVALE	150M	800M HCP	2K WALK	3/5K RUN	
THURS OCT 4	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON OCT 8	DONCASTER					
	CASEY					
TUES OCT 9	COLLINGWOOD					
	CROYDON					
	GLEN EIRA					
WEDS OCT 10	ABERFELDIE	80M	1000M AG	200M	3/5K	
	GEELONG	3K	J WALKER 5K HCP	CROSS COUNTRY		
	MENTONE					
	KNOX					
	SPRINGVALE	200M HCP	600/1200M			
THURS OCT 11	COBURG		1800/3200M WALK	3200/5200M RUN ET		
	EAST BURWOOD					
	FRANKSTON					
MON OCT 15	DONCASTER					
	CASEY					
TUES OCT 16	COLLINGWOOD					
	CROYDON	SHOT/1200M WALK	60M NOT	1200M	4X400 RELAY	12 LAP RUN/WALK
	GLEN EIRA					
WEDS OCT 17	ABERFELDIE	100M	800M	400M AG	2/4K	
	GEELONG	300M	2400M	1600M		
	MENTONE					
	KNOX					
	SPRINGVALE	100M	800M HCP	1800/3000M WALK	2/4/6K RUN	
THURS OCT 18	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON OCT 22	DONCASTER					
	CASEY					
TUES OCT 23	COLLINGWOOD					
	CROYDON	LJ / 3 LAP WALK	100M	1500M AG	300M	12 LAP R/W
	GLEN EIRA					
WEDS OCT 24	ABERFELDIE	100M	1200M	200M	4K AG	
	GEELONG	6K	3K	CROSS COUNTRY		
	MENTONE					
	KNOX					
	SPRINGVALE	200M	600/1200M	2/4K WALK	2/4/6K RUN	
	COBURG					
THURS OCT 25	EAST BURWOOD					
	FRANKSTON					
MON OCT 29	DONCASTER					
	CASEY					
TUES OCT 30	COLLINGWOOD					
	CROYDON					
	GLEN EIRA					
WEDS OCT 31	ABERFELDIE	110M	1500M	300M	4/6K	
	GEELONG	200M	2800M	1000M		
	MENTONE					
	KNOX					
	SPRINGVALE	300M	600/1200M	2/4K	2/4/6K RUN	