

AROUND THE GROUNDS

VENUE RESULTS FOR DECEMBER 2018, PROGRAM FOR FEBRUARY 2019



These results are so small I could almost put them on the back of a postage stamp.

Mentone kind of ruined that by having a full month.

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

ABERFELDIE 5 DECEMBER 2018

Our track is still being upgraded, and so we hold events in nearby Aberfeldie Park. Lush grass for sprints and park track and river course for longer runs. We hold a short and long sprint plus a middle and long distance events each week. Events are decided upon on a week to week basis. Hope to be back on the track late January or early February. Will publish annual program when that happens. That will include our Age-Graded competition Feb-May.

Aberfeldie December 05 2018

100 m Cricket Oval Run

Anthony Bradford	79	22.2
Levi Draper	Inv	21.37

600 m Park Run

Michael Orelli	74	04:24.0
Levi Draper	Inv	02:28.0
Andrea Draper	41	03:10.0
Brian O'Dea	64	02:39.0
Cheryl Beveridge	53	03:19.0
Margaret Armstrong	56	03:47.0
Ruby Beveridge	Inv	03:42.0
Bill Ristevski	38	03:20.0
Anthony Bradford	79	04:19.0
John Papworth	50	02:05.0

400 m Cricket Oval Run

Anthony Bradford	79	02:16.0
Levi Draper	Inv	01:55.0
Andrea Draper	41	02:26.0
Michael Orelli	74	02:26.0

4000 m River Run

Doug Stokes	66	23:25.0
Stephen Barker	75	24:72.0
John Dean	74	29:07.0
John Vance	38	23:51.0
Margaret Armstrong	56	29:31.0
Ruby Beveridge	Inv	27:59.0
Cheryl Beveridge	53	29:31.0
Peter Black	64	19:54.0
Brian O'Dea	64	21:24.0
Shane Draper	45	19:54.0
John Papworth	50	21:24.0
Heath Beveridge	Inv	22:23.0 walk
Bill Ristevski	38	27:07.0

ABERFELDIE 12 DECEMBER 2018**2500 m Park Run**

Andrea Draper	41	17:15.0
Levi Draper	Inv	11:42.0
Shane Draper	45	10:49.0
Ruby Beveridge	Inv	16:18.0
Cheryl Beveridge	53	17:15.0
John Papworth	50	14:06.0
Heath Beveridge	Inv	11:37.0
Michael Ennis	65	14:06.0
Margaret Armstrong	56	17:15.0
John Dean	74	17:19.0
Doug Stokes	66	15:41.0
Graham Eadie	67	10:51.0 1.9k
Lynne O'dea	63	1.5k
Bill Ristevski	38	16:11.0
Stephen Barker	75	16:48.0

CASEY 3 DECEMBER 2018**80M**

Paul Olsson	61	14.15
Noel Fairburn	58	15.45
Lindsay Beaton	68	18.44

1000M Run/Walk

Pramesh Prasad	44	4.31
Albin Hess	58	4.33
Gary Meyer	63	5.26
Peter Thorne	70	5.41
Marnie Grace	44	6.43 walk

120M

Paul Olsson	61	19.51
Mike Hall	79	21.23
Albin Hess	58	23.04
Noel Fairburn	58	27.21

2 X Road Run/Walk

Marnie Grace	44	15.47 1X walk
Gary Meyer	63	19.51
Albin Hess	58	21.54
Peter Thorne	70	23.02
Lindsay Beaton	68	33.02 walk

CASEY 10 DECEMBER 2018**80M**

Rhiannon Lester	39	11.58
Brett Newman	42	12.57
Madeline	inv	17.91
Christian	inv	20.75

1600M Run/Walk

Pramesh Prasad	44	6.22
Rob Clutterbuck	65	8.15
Gary Meyer	63	8.37
Caitlin O'Connell	44	8.53
Peter Thorne	70	9.29
Frances Halton	57	10.49
Rhiannon Lester	39	10.49
Albin Hess	58	11.44 walk

120M

Rhiannon Lester	39	17.55
Pramesh Prasad	44	18.02
Brett Newman	42	18.61
Mike Hall	80	21.31
Noel Fairburn	58	22.36
Lindsay Beaton	68	29.94

1 X Road/X/C Run/Walk

Albin Hess	58	17.26 road walk
Rob Clutterbuck	65	17.45 x/c
Marnie Grace	44	17.56 road walk
Peter Thorne	70	20.07 x/c
Gary Meyer	63	20.17 x/c
Lindsay Beaton	68	20.17 road walk
Caitlin O'Connell	44	21.52 x/c
Frances Halton	57	21.53 x/c

CASEY 17 DECEMBER 2018**60M Backwards**

Pramesh Prasad	44	13.09
Magda Maniak	36	13.34
Paul Olsson	61	15.87
Peter Thorne	70	19.39
Hsien Chiam	47	25.03
Arlene D'Monte	60	25.93

150M

Magda Maniak	36	24.18
Mike Hall	80	25.41
Hsien Chiam	47	25.88
Paul Olsson	61	28.67

Hybrid or Road

Pramesh Prasad	44	10.12 1x Road
Marnie Grace	44	16.04 1xRW
Hsien Chiam	47	17.52 1xRoad
John Hallo	76	18.27 1xRW
Arlene D'Monte	60	19.29 1xRW
Peter Thorne	70	21.53 2xRoad
Gary Meyer	63	27.27 1 Hybrid
Caitlin O'Connell	44	27.27 1 Hybrid
Lindsay Beaton	68	33.36 2xRW

I'm going to pray like mom...oh God, oh God, don't stop, oh God, Jesus yes, oh god!

**COBURG 6 DECEMBER 2018****120m Pudding Gift**

Heat: 1		Hcp.
Ethan O'NEILL	18	12m 13.12
Spud HARRAP	16	25m 13.20
Bruce GIBBS	70	47m 14.30
Ken CARTER	66	70m 21.95

Heat: 2

James KERR		12m 13.05
Colin HICKIE	34	27m 13.11
Kevin NJIE	35	16m 13.36
Fran BAILEY		25m 13.50

Heat: 3

Fiona ELY	49	48m 12.37
Rob LEWIS	71	50m 12.70
Daniel QUATTRONE		13m 13.80
Geoff WHITEHALL	69	27m 14.27

Heat: 4

Isabelle RAINES	16	25m 12.85
Alistair GOVIER-COLE	30	13m 13.19
Michelle SPORTON	52	62m 13.36
Gary O'DWYER	59	27m 14.03

Pudding Mile

		Clock	Actual
Gary O'DWYER	59	13.31	6.59
Gabe ABDO		13.43	8.58
Colin HICKIE	34	13.49	5.56
Spud HARRAP	16	13.51	6.01
Olivia SHANAHAN		13.53	6.16
Carl KENNEDY	52	13.57	5.40
Michael MEANEY	63	13.58	7.04
Tracy COLBERT	49	13.59	7.46
Nicholas HARRAP	18	14.01	6.21
Fraser MURRAY	46	14.03	6.03
Maria BARBETTI	53	14.10	8.05
Brennan FITZPATRICK		14.13	6.20
Debbie CANAL		14.28	10.01
Donna ELMS (W)	57	14.44	10.04
Catherine FITZPATRICK		14.45	8.16
Bruce GIBBS	70	15.39	12.39
Ken CARTER	66	18.34	18.34

120m Pudding Gift Final

Fiona ELY	49	48m 12.20
Rob LEWIS	71	50m 12.50
Isabelle RAINES	16	25m 12.83
Ethan O'NEILL	18	12m 12.85
James KERR		12m 13.15
Alistair GOVIER-COLE	30	13m 13.16
Colin HICKIE	34	27m 14.04

2.4km

Carl KENNEDY	52	9.01
Colin HICKIE	34	9.46
Fiona ELY	49	13.05
Gary O'DWYER	59	13.15

COBURG 13 DECEMBER 2018**100m**

Ethan O'NEILL	18	12.20
Alistair GOVIER-COLE	30	12.52
Colin HICKIE	34	14.39
Rob LEWIS	71	18.55
Len HALLETT	69	18.69
Michelle SPORTON	52	23.33

1200m Walk

Ken CARTER	66	13.29
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1500m

Carl KENNEDY	52	5.16
Fraser MURRAY	46	5.33
Colin HICKIE	34	5.59
Michael MEANEY	63	6.58
Fiona ELY	49	7.06
Maria BARBETTI	53	7.38
Len HALLETT	69	8.04
Bruce GIBBS	70	10.46

200m

Ethan O'NEILL	18	25.54
Alistair GOVIER-COLE	30	26.18
Paul O'NEILL	53	26.60
Rob LEWIS	71	41.76
Michelle SPORTON	52	55.96
Rob DAVEY	78	1.00.9

2km

Tracy COLBERT	49	9.44
Len HALLETT	69	10.47
Michael MEANEY	63	10.56
Rob LEWIS	71	12.24
Rob DAVEY (W)	78	17.42
Ken CARTER (W)	66	24.35

4km

Carl KENNEDY	52	15.01
Colin HICKIE	34	18.02
Fraser MURRAY	46	18.37
Brian DELANEY	65	20.49
Maria BARBETTI	53	22.54

COBURG 20 DECEMBER 2018**Christmas Party!**

**I invented a new golf ball
that will automatically
go in the hole if it gets
within four inches.**

**Note to self: Do NOT
carry them in your back
pocket.**

CROYDON 4 DECEMBER 2018**1 KM WALK**

1 Grant MURFETT	51	6.10
2 Paul MORITZ	59	6.36
3 Russ DICKENSON	73	6.39
4 Ron BOYNE	85	8.09
5 Phyllis GOSBELL	80	8.59
6 Brayden WOOLRIDGE	16	10.22
7 Jess DUX	34	10.26
8 Erika BEDYN	56	10.29
9 Barrie WICKS	78	10.41
10 Robert STAGG	52	10.44
11 Allan WOOD	81	10.46
12 Andrew FRASER	76	10.47
13 Ros DYER	54	11.26
14 Ron SMITH	69	11.30

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

1 Grant MURFETT	51	14.35
2 Ron SMITH	69	15.79
3 Allan WOOD	81	16.10
4 Andrew FRASER	76	16.79

Heat 2:

1 Cec McKEOWN **	79	17.70
2 Jess DUX	34	18.34
3 Robert STAGG	52	18.60
4 Tamara MORITZ	27	18.92
5 Brayden WOOLRIDGE	16	19.38

** Winner - Cec McKeown

2 X 800 METRE WALK/RUN RELAY

1 Brayden WOOLRIDGE	16	
Cec McKEOWN	79	8.02
2 Tamara MORITZ	27	
Grant MURFETT	51	8.03
3 Tania NEALE	40	
Ros DYER	54	8.42
4 Erika BEDYN	56	
Jess DUX	34	8.46

300 METRE SPRINT

1 Grant MURFETT	51	49.5
2 Robert STAGG	52	51.6
3 Jess DUX	34	54.1
4 Cec McKEOWN	79	71.5
5 Allan WOOD	81	73.9
6 Tamara MORITZ	27	90.0

1 KM RUN

1 Colin PAGE	64	4.01
2 Brayden WOOLRIDGE	16	4.17
3 Cec McKEOWN	79	4.38
4 Lee SETTLE	47	6.30

3, 5 OR 10 LAPS WALK**3 laps:**

1 Andrew FRASER	76	13.06
2 Allan WOOD	81	13.07
3 Barrie WICKS	78	13.20

CROYDON 4 DECEMBER 2018 cont.**5 laps:**

1 Paul MORITZ	59	14.02
2 Phyllis GOSBELL	80	17.46
3 Ron BOYNE	85	17.46
4 Tamara MORITZ	27	20.59
5 Lee SETTLE	47	22.34
6 Jess DUX	34	28.21

10 laps:

1 Alison THOMPSON	65	28.29
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2, 4 OR 6 KM RUN**2 km:**

1 Cec McKEOWN	79	14.14
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4 km:

1 Colin PAGE	64	19.05
2 Erika BEDYN	56	22.34

6 km:

1 Tony FREEGARD	62	21.36
2 Ian UREN	67	37.47
3 Ros DYER	54	37.49

CROYDON 11 DECEMBER 2018**1200 METRE WALK**

1 Grant MURFETT	51	7.35
2 Paul MORITZ	59	8.04
3 Carolyn ROSENBROCK	56	8.08
4 Jess DUX	34	9.45
5 Tamara MORITZ	27	10.44
6 Brayden WOOLRIDGE	16	11.05
7 Erika BEDYN	56	11.17
8 Robert STAGG	52	11.51
9 Al WILLEY	79	11.57
10 Allan WOOD	81	11.58
11 Grant WATSON	71	12.08
12 Barrie WICKS	78	12.09
13 Kevin McLAUHLAN	75	12.12
14 Lyn BATCHELOR	69	12.34
15 Ron SMITH	69	13.26
16 David BATCHELOR	81	13.36

2 X 200 METRE RELAY

1 Tamara MORITZ	27	
Jess DUX	34	66.8
2 Brayden WOOLRIDGE	16	
Andrew FRASER	76	68.9
3 Allan WOOD	81	
Grant MURFETT	51	71.9

80 METRE SPRINT**Heat 1:**

1 Andrew FRASER	76	15.5
2 Allan WOOD	81	16.0
3 Ron SMITH	69	18.4
4 Kevin McLAUHLAN	75	21.3

Heat 2:

1 Jess DUX	34	10.8
2 Brayden WOOLRIDGE	16	11.8
3 Tamara MORITZ	27	13.8
4 Cec McKEOWN	79	16.2

CROYDON 11 DECEMBER 2018 cont.**12 LAPS MAXIMUM RUN**

1 Tony FREEGARD (Run)	62	22.47	12
2 Lyn BATCHELOR (Walk)	69	22.58	5
3 Paul MORITZ (Walk)	59	23.32	8
4 Grant WATSON (Walk)	71	23.50	5
5 Cec McKEOWN (Walk)	79	23.52	5

Also:

Robert STAGG (Run)	52	5.49	3
Colin PAGE (Run)	64	7.33	4
Murray HUTCHISON (Run)	69	7.37	3
Lee SETTLE (Run)	47	14.12	5
Julie CHALLEN (Walk)	61	14.59	5
Barrie WICKS (Walk)	78	18.20	4
Kevin McLAUHLAN (Walk)	75	18.21	4
Tamara MORITZ (Run)	59	18.37	6
Al WILLEY (Walk)	79	19.11	5

SHOT PUT

			Metres
Brayden WOOLRIDGE	16	9.81	
Jess DUX	34	8.32	
Tania NEALE	40	8.06	
Grant MURFETT	51	7.35	
Allan WOOD	81	6.62	
Andrew FRASER	76	5.72	
Erika BEDYN	56	5.70	

CROYDON 18 DECEMBER 2018**100 METRE SPRINT N.O.T.****Heat 1:**

		Clock	Nom.
1 Russell OAKLEY	79	17.4	18.0
2 Cec McKEOWN	79	18.6	18.0
3 Allan WOOD	81	19.6	20.5
4 Geoff ARNOTT	70	20.2	
5 Ron SMITH	69	24.6	18.0

Heat 2:

1 Jess DUX **	34	13.1	13.3
2 Michael WILLEY	42	13.8	
3 Grant MURFETT	51	14.5	15.3
4 Robert STAGG	52	15.0	14.1

** Winner - Jess Dux

1500 METRE WALK N.O.T.

		Clock	Nom.
1 Grant MURFETT	51	8.58	9.42
2 Alison THOMPSON	65	9.02	8.30
3 Russ DICKENSON	73	10.24	
4 Jess DUX	34	11.08	10.00
5 Lee SETTLE	47	11.56	
6 Phyllis GOSBELL	80	12.45	14.38
7 Ron BOYNE	85	13.03	13.15
8 Colin WILLIAMS	69	13.29	15.00
9 Al WILLEY **	79	13.32	13.30
10 Cec McKEOWN	79	13.45	14.10
11 Barrie WICKS	78	14.55	13.00
12 Kevin McLAUHLAN	75	14.56	15.10
13 Allan WOOD	81	15.01	15.30
14 Lyn BATCHELOR	69	15.46	
15 Ron SMITH	69	16.34	
16 David BATCHELOR	82	17.12	16.30
17 Ros DYER	54	18.11	15.00
18 Geoff ARNOTT	70	18.11	

** Winner - Al Willey

CROYDON 18 DECEMBER 2018 cont.**1500 METRE RUN N.O.T.**

		Clock	Nom.
1	Michael WILLEY **	42 6.03	6.15
2	Colin PAGE	64 6.08	6.21
3	Tony FREEGARD	62 6.39	6.21
4	Lee SETTLE	47 7.22	8.00
5	Jess DUX	34 7.37	7.15
6	Geoff ARNOTT	70 7.57	14.00
7	Erika BEDYN	56 8.10	7.25
8	Ros DYER	54 8.28	
9	Cec McKEOWN	79 8.52	7.15

** Winner - Michael Willey

400 METRE RUN N.O.T.

		Clock	Nom.
1	Grant MURFETT	51 1.05	1.12
2	Jess DUX	34 1.09	1.10
3	Robert STAGG	52 1.17	1.20
4	Gary TURNER **	65 1.34	1.34
5	Russell OAKLEY	79 1.36	1.50
6	Cec McKEOWN	79 1.49	1.51
7	Colin WILLIAMS	69 1.50	
8	Tania NEALE	40 1.57	1.40
9	Michael WILLEY	42 1.57	
10	Ron SMITH	69 2.05	

** Winner - Gary Turner

5 LAPS RUN/3 LAPS WALK N.O.T.

		Clock	Nom.
1	Grant MURFETT (3Lp Walk)	51 4.41	6.50
2	Michael WILLEY (5Lp Run)	42 8.35	9.20
3	Julie CHALLENGE (3Lp Walk_)	61 8.52	9.00
4	Colin PAGE (5 Lp Run)	64 9.21	
5	Liz WRIGLEY (3 Lp Walk)	63 9.50	10.01
6	Ron BOYNE (3 Lp Walk)**	85 9.58	9.57
7	Tania NEALE (3 Lp Walk)	40 9.58	10.20
8	Gary TURNER (3 Lp Walk)	65 10.05	10.30
9	AI WILLEY (3 Lp Walk)	79 10.15	6.50
10	Phyllis GOSBELL (Lp Walk)	80 10.16	10.52
11	Erika BEDYN (3 Lp Walk)	56 10.42	
12	Mark CHALLENGE (5 Lp Run)	61 10.49	15.00
13	Lee SETTLE (5 Lp Run)	47 11.03	10.30
14	Geoff ARNOTT (3 Lp Walk)	70 11.18	
15	Alison THOMPSON(5LpW)	65 11.24	11.15
16	Murray HUTCHISON(5LR)	69 11.30	12.00
17	Kevin McLAUCHLAN(3LW)	75 11.46	12.14
18	Barrie WICKS (3 Lp Walk)	78 11.47	12.00
19	Ros DYER (5 Lp Run)	54 12.10	11.00
20	Lyn BATCHELOR(3LpWlk)	69 12.38	
21	Grant WATSON (3 Lp Wlk)	71 14.20	
22	Cec McKEOWN (3 Lp Wlk)	79 14.21	

** Winner - Ron Boyne

JAVELIN THROW N.O.D.

		Best	Nom.
	Brayden WOOLRIDGE	16 39.70	41.50
	Jess DUX	34 22.13	20.00
	Grant MURFETT	51 21.80	
	Allan WOOD	81 19.94	18.50
	Sheila FANNING	44 15.90	12.40
	Erika BEDYN **	56 12.65	12.80
	Phyllis GOSBELL	80 7.91	7.50

** Winner - Erica Bedyne

DONCASTER 3 DECEMBER 2018**100 metres**

1	Graham Ford	69	14.88
2	Kristi Usher	39	15.60
3	Darryl Kilmartin	52	15.62
4	Janine James	71	17.46
5	Carolyn Aughey	76	23.04

800 metres

1	Kristi Usher	39	3.06.4
2	Jeffrey Sim	56	3.19.4
3	Katrina Philip	57	3.34.0
4	Kath Gawthorn	44	3.40.7
5	Frank Prowse	66	5.21.7 (walk)
6	Carolyn Aughey	76	6.22.6 (walk, venue record)
7	Shaun Wright(walk)	49	7.29.4 (walk)
8	John Aughey	81	2.20.0 (400 metres)

200 metres

1	Darryl Kilmartin	52	31.46
2	Graham Ford	69	32.47
3	Jeffrey Sim	56	36.72
4	Janine James	71	38.20

600 metres (NOST)

1	Marla Trautman	(-0.20)	5.31.51	(5.11.51)
2	Darryl Kilmartin	(-3.25)	5.31.57	(2.06.57)
3	Katrina Philip	(-3.00)	5.33.88	(2.33.88)

3000 metres

1	Kristi Usher	39	14.39.2
2	Katrina Philip	57	16.48.3

1000 metres

1	Graham Ford	69	5.08.7
2	Marla Trautman	46	9.45.3

Walk 1200m

1	Frank Prowse	66	6.44.5	(venue record)
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Walk 1600m

1	Frank Prowse	66	9.04.5
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Walk 2000m

1	Frank Prowse	66	11.21.7	(venue record)
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DONCASTER 10 DECEMBER 2018**800 metres (NOST)**

1	Jeffrey Sim	(-3.40)	6.51.48	(3.11.48)	(DQ)
2	Katrina Philip	(-3.15)	6.52.71	(3.37.71)	(DQ)
3	Frank Prowse	(-2.40)	6.53.32	(4.13.32)	(DQ)

(walk, venue record)

4	Graham Walter	(-3.00)	6.56.00	(3.56.00)(winner)
5	Kath Gawthorn	(-3.15)	6.56.38	(3.41.38)
6	Gary Zuccala	(-4.00)	6.58.84	(2.58.84)

7	Matt Scholes	(-4.35)	7.01.68	(2.26.68)
8	Graham Ford	(-3.50)	7.05.09	(3.15.09)
9	Angela Edwards	(-3.15)	7.05.99	(3.50.99)

10	Darryl Kilmartin	(-4.25)	7.13.61	(2.48.61)	
11	David McConnell	(-4.10)	7.15.74	(3.05.74)	
12	Christopher Worsnop	(-3.36)	7.16.51	(3.40.51)	(walk, venue record)

13	Laura McLennan	(-2.40)	7.18.33	(4.38.33)
14	Marla Trautman	(-0.40)	8.26.57	(7.46.57)
15	Shaun Wright	(-0.40)	8.27.84	(7.47.84)

DONCASTER 10 DECEMBER 2018 cont.**10 seconds (nominate own starting position)**

1	Graham Ford	69	10.18
2	David McConnell	66	10.42
3	Darryl Kilmartin	52	10.60
4	Laura McLennan	42	10.62
5	Matt Scholes	49	10.86
6	Angela Edwards	52	11.00
7	Graham Walter	60	11.06
8	Janine James	71	11.12
9	Christopher Worsnop	61	11.44
10	Carolyn Aughey	76	12.36
11	Jeffrey Sim	56	12.49

DONCASTER 17 DECEMBER 2018**Long Jump**

1	Matt Scholes	49	4.25	
2	Darryl Kilmartin	52	4.17	
3	Leo Yang	31	4.15	(venue record)
4	Jeffrey Sim	56	3.50	
5	Graham Ford	69	3.29	

100 metres

1	Leo Yang	31	13.00
2	Matt Scholes	49	14.27
3	Jeffrey Sim	56	16.52
4	Janine James	71	17.61
5	Tom Leong	77	19.98
6	Carolyn Aughey	76	23.32

Javelin Throw

1	Leo Yang	31	30.48	(venue record)
2	Darryl Kilmartin	52	25.90	
3	Matt Scholes	49	25.76	
4	Tom Leong	77	17.99	
5	Graham Ford	69	17.02	
6	Bev Learmont	70	12.11	(venue record)

200 metres heat 1

1	Gary Zuccala	56	33.46	
2	Jeffrey Sim	56	33.84	
3	Tom Leong	77	39.63	
4	John Aughey	81	40.26	(venue record)
5	Carolyn Aughey	76	50.06	

200 metres heat 2

1	Leo Yang	31	27.12
2	Matt Scholes	49	28.44
3	David McConnell	66	29.68
4	Darryl Kilmartin	52	30.58

400 metres

1	Matt Scholes	49	64.90
2	Gary Zuccala	56	77.00
3	Katrina Philip	57	92.90

Shot Put

1	Bev Learmont	70	5.54	(venue record)
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800 metres

1	Katrina Philip	57	3.47.1
2	Jeffrey Sim	56	3.47.1

Discus

1	Graham Ford	69	25.12	
2	Leo Yang	31	20.38	
3	Matt Scholes	49	18.82	
4	Darryl Kilmartin	52	18.72	
5	Tom Leong	77	18.01	
6	Bev Learmont	70	14.08	(venue record)

EAST BURWOOD 6 DECEMBER 2018**60 METRE SPRINT**

1	Paul DURRANT	57	8.4
2	Christopher WORSNOP	61	10.5
3	Allan WOOD	81	11.7
4	Leo COFFEY	88	12.1
5	Horacio DIAZ	73	16.9
6	Lloyd NICHOLS	77	21.3

800 METRE WALK N.O.T.

		Clock	Nom.
1	Christopher WORSNOP	61	5.19 5.17
2	Frank PROWSE	66	5.19 5.15
3	Leo WATSON **	77	5.44 5.45
4	Brian TAIT	77	6.10 6.14
5	Phyllis GOSBELL	80	6.26 6.30
6	Allan WOOD	81	7.32 7.50
7	Grant WATSON	71	8.47 8.30
8	Peter BATTRICK	75	9.59 10.20

** Winner - Leo Watson

100 METRE HANDICAP SPRINT

		H'cap	Mtrs
1	Leo COFFEY	88	12.3 36
2	Christopher WORSNOP	61	12.9 19
3	Paul DURRANT	57	13.3 3
4	Andrew FRASER	76	13.4 24
5	Lloyd NICHOLS	77	14.5 56
6	Grant WATSON	71	14.8 43
7	Allan WOOD	81	15.4 25

10 OR 20 MINUTE RUN/WALK

10 Mins:			
Perry BIRKETT (Run)	56	5	360
Brian TAIT (Walk)	77	3	80
Leo WATSON (Walk)	77	3	79

20 Mins:			
Paul EARLE (Run)	54	11	130
Geoff WHEELER (Run)	62	10	100
David CHUNG (Run)	51	10	70
Michelle QUAN (Run)	48	10	
Sam DEFANIS (Run)	70	9	310
Christopher WORSNOP(Run)	61	9	100
Frank PROWSE (Walk)	66	7	200

EAST BURWOOD 13 DECEMBER 2018**60 METRE SPRINT**

1	Jess DUX	34	8.2
2	Paul DURRANT	57	8.6
3	Christopher WORSNOP	61	10.4
4	Melanie BISSETT	43	10.7
5	Leo COFFEY	88	12.0
6	Horacio DIAZ	73	16.0

1500 METRE RUN

1	Perry BIRKETT	56	5.53
2	Christopher WORSNOP	61	7.18
3	Liz EASTWOOD	49	7.28

1000 METRE HANDICAP WALK

		Clock	Actual
1	Stephen DAY	48	10.13 7.13
2	Christopher WORSNOP	61	10.43 6.53
3	Brian TAIT	77	10.44 7.49
4	Gerald BURKE	78	10.49 8.59
5	Bob LEWIS	90	10.50 10.20
6	Liz EASTWOOD	49	11.24 7.44
7	Leo WATSON	77	11.39 8.19
8	Peter BATTRICK	75	11.55 11.55

EAST BURWOOD 13 DECEMBER 2018 cont.**100 METRE HANDICAP SPRINT**

1	Leo COFFEY	88
2	Christopher WORSNOP	61
3	Jess DUX	34
4	Melanie BISSETT	43
5	Jack DURRANT	21
6	Horacio DIAZ	73

300 METRE SPRINT

1	Jess DUX	34	47.1
2	Melanie BISSETT	43	66.3

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

1	Brian TAIT	77	7.58
2	Bob LEWIS	90	10.02

3 km:

1	Stephen DAY	48	21.58
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3 KM HANDICAP RUN

		Clock	Actual	
1	David CHUNG	51	18.19	14.29
2	Sam DEFANIS	70	18.20	14.45
3	Michelle QUAN	48	19.01	14.41
4	Geoff WHEELER	62	19.07	14.17
5	Liz EASTWOOD	49	19.16	15.11
6	Christopher WORSNOP	61	19.45	15.30

SHOT PUT HANDICAP

		Best	Adjusted	
1	Paul DURRANT	57	8.79	10.54
2	Jess DUX	34	8.12	10.52
3	Jack FREDRICKSON	79	4.70	10.40
4	Brian TAIT	77	5.48	10.13
5	Allan WOOD	81	6.20	10.10
6	Leo COFFEY	88	4.39	10.09

EAST BURWOOD 20 DECEMBER 2018**60 METRE SPRINT****Heat 1:**

1	Andrew FRASER	76	11.5
2	Allan WOOD	81	11.9
3	Don McLEAN	84	12.3
4	Leo COFFEY	88	12.6
5	Lloyd NICHOLS	77	22.3

Heat 2:

1	Jess DUX	34	8.4
2	Paul DURRANT	57	8.8
3	Christopher WORSNOP	61	10.7
4	Melanie BISSETT	43	10.9
5	Chris ROBINSON	59	11.2

800 METRE WALK N.O.T.

		Clock	Nom.	
1	Christopher WORSNOP	61	5.20	5.16
2	Stephen DAY	48	5.42	6.00
3	Liz WRIGLEY	63	6.07	6.13
4	Leonie GILLIES	61	6.08	6.10
5	Brian TAIT **	77	6.15	6.14
6	Phyllis GOSBELL	80	6.31	6.43
7	Gerald BURKE	78	6.54	7.00
8	Allan WOOD	81	7.37	7.20
9	Melanie BISSETT	43	7.50	6.00
10	Jess DUX	34	7.51	6.00
11	Grant WATSON	71	8.18	9.00
12	Bob LEWIS	90	8.29	7.50
13	Peter BATTRICK	75	9.36	9.50

** Winner - Brian Tait

EAST BURWOOD 20 DECEMBER 2018 cont.**150 METRE SPRINT N.O.T.**

		Clock	Nom.	
Heat 1:				
1	Chris ROBINSON	59	27.7	33.0
2	Andrew FRASER	76	28.4	27.3
3	Don McLEAN	84	31.7	34.0
4	Leo COFFEY	88	32.8	29.2
5	Grant WATSON	71	62.8	
6	Lloyd NICHOLS	77	66.5	60.0

Heat 2:

1	Jess DUX	34	19.9	19.0
2	Paul DURRANT	57	21.4	21.0
3	Christopher WORSNOP	61	25.5	24.2
4	Melanie BISSETT	43	27.5	28.0
5	Donna CLARKE	65	32.3	
6	Allan WOOD **	81	32.5	31.0

** Winner - Allan Wood

200 METRE SPRINT

1	Jess DUX	34	27.7
2	Melanie BISSETT	43	36.0
3	Andrew FRASER	76	41.4
4	Lloyd NICHOLS	77	64.7

800 METRE RUN N.O.T.

		Clock	Nom.	
1	Jess DUX	34	3.16	3.15
2	Christopher WORSNOP**	61	3.27	3.28
3	Chris ROBINSON	59	3.55	
4	Melanie BISSETT	43	4.27	5.00

** Winner - Christopher Worsnop

1 MILE RUN/WALK SELF H'CAP

		Clock	Actual	
	Grant WATSON - Disq.	71	16.04	14.44
	Sam DEFANIS - Disq.	70	16.10	7.50
	Stephen DAY - Disq.	48	16.17	11.47
1	Geoff WHEELER	62	16.26	7.16
2	Brian TAIT	77	16.33	12.48
3	Michelle QUAN	48	16.34	7.44
4	Chris ROBINSON	59	16.37	8.27
5	Leonie GILLIES	61	16.40	9.30
6	Christopher WORSNOP	61	16.49	7.29
7	Bob LEWIS	90	17.10	17.10
8	Gerald BURKE	78	17.19	15.49
9	David CHUNG	51	17.59	9.29

DISCUS HANDICAP

		Best	Adjusted	
1	Paul DURRANT	57	27.81	36.06
2	Jack FREDRICKSON	79	11.60	34.95
3	Andrew FRASER	76	16.60	34.90
4	Melanie BISSETT	43	14.15	34.80
5	Allan WOOD	81	12.09	34.69
6	Brian TAIT	77	13.30	34.40
7	Leo COFFEY	88	8.65	33.35
8	Donna CLARKE	65	11.76	32.91

FRANKSTON 6 DECEMBER 2018**100m Age graded**

1	Bill Carr	69	14.67	82.33%
2	Paul Olsson	61	15.09	78.47%
3	Chris Sheedy	50	13.53	78.43%
4	Clementine Sheedy Inv - 5		24.57	73.28%
5	Pramesh Prasad	44	14.35	70.27%
6	Henry Sheedy Inv - 8	20.21	63.75%	

200m Christmas Gift Qualifier**Heat 1**

1	Chris Sheedy	50	28.44
2	Bill Carr	69	30.78
3	Pramesh Prasad	44	32.00
4	Paul Olsson	61	34.84
5	Mike Hall	80	35.47
6	Henry Sheedy Inv - 8	8	59.30
7	Clementine Sheedy Inv - 5	5	59.45

Heat 2

1	Gary Meyer	63	40.06
2	Charlie Mallia	69	44.12
3	Graham Stockdale	76	44.54
4	Lindsay Beaton	68	53.17

800m Walk

1	Graham Stockdale	76	5.00
2	Paul Olsson	61	6.17
3	John Hallo	76	6.18
4	Lindsay Beaton	68	7.00

800m

1	Caitlin O'Connell	44	4.25
2	Charlie Mallia	69	4.55
3	Frances Halton	57	4.54

5 or 8 Lap Walk

			Laps	
1	Lindsay Beaton	68	32.28	8
1	John Hallo	76	16.51	5
1	Graham Stockdale	76	16.51	5

5 or 8 Lap Run

			Laps	
1	Caitlin O'Connell	44	21.21	8
2	Frances Halton	57	22.34	8
2	Charlie Mallia	69	22.34	8
1	Pramesh Prasad	44	9.08	5
2	Gary Meyer	63	12.21	5
3	Henry Sheedy Inv - 8	13.36	5	
4	Bill Carr	69	13.37	5

**FRANKSTON 13 DECEMBER 2018****100m Age graded**

1	Mike Hall	80	16.87	83.53%
2	Veronica Sheedy Inv - 13	13	13.67	80.64%
3	Bill Carr	69	15.69	77.19%
4	Graham Stockdale	76	20.53	63.76%

150m

1	Veronica Sheedy	Inv	20.31
2	Bill Carr	69	22.11
3	Chris Sheedy	50	25.31

800m Walk

1	Greg Lovejoy	76	6.00
2	John Hallo	76	6.12
3	Lindsay Beaton	68	6.56

1200m

1	Russ Dow	59	4.24
2	Chris Sheedy	50	4.25
3	Barry Jeffs	70	5.32
4	Charlie Mallia	69	5.35
5	Caitlin O'Connell	44	5.52
6	Gary Meyer	63	6.54
7	Frances Halton	57	7.18
8	David Dodson	59	7.50

2000m Walk

1	Lyn Pimm	58	15.15
2	John Hallo	76	16.01

2000m

1	Bill Carr	69	11.13
2	Chris Sheedy	50	11.14
3	Gary Meyer	63	11.51

3000m Walk

1	Claudio Riga	63	21.32
2	Greg Lovejoy	76	22.29
3	Lindsay Beaton	68	29.25

4000m

1	Russ Dow	59	17.18
2	Barry Jeffs	70	20.59
3	Charlie Mallia	69	22.40
4	Caitlin O'Connell	44	22.55
5	Frances Halton	57	25.55

FRANKSTON 20 DECEMBER 2018**90m**

1	Rob Taylor	50	13.35
2	Nonie Chan	33	14.18
3	Bill Carr	69	14.25
4	Caitlyn Taylor	Inv	14.29
5	Greg Lovejoy	76	17.10

200m Christmas Gift

	Main event 200m	H'cap (metres)	Clock	
1	Paul Olsson	61	15.24	27.81
2	Rob Taylor	50	3.89	27.97
3	Bill Carr	69	13.07	28.84
4	Chris Sheedy	50	Scratch	29.05
5	Mike Hall	80	31.95	29.08
6	Gary Meyer	63	45.26	29.09
7	Caitlin O'Connell	44	49.62	29.12
8	Pramesh Prasad	44	2.63	32.78

FRANKSTON 20 DECEMBER 2018 cont.

Consolation event 200m		H'cap	Clock	
		(metres)		
1	Graham Stockdale	76	47.08	27.29
2	Veronica Sheedy	Inv	Scratch	29.50
3	Rhiannon Lester	39	0.85	29.53
4	Russ Dow	59	3.61	30.74
5	Lindsay Beaton	68	64.77	31.21
6	Alan Radford	67	38.78	31.25
7	Nonie Chan	33	30.94	31.27
8	Charlie Mallia	69	39.07	40.53

800m Walk

1	Heather Carr	69	5.39
2	Greg Lovejoy	76	5.56
3	John Hallo	76	6.10
4	Alan Radford	67	6.29
5	Lindsay Beaton	68	7.01

800m

1	Russ Dow	59	2.56
2	Rob Taylor	50	2.57
3	Nonie Chan	33	3.28
4	Caitlyn Taylor	Inv	3.53
5	Gary Meyer	63	4.34
6	Barry Jeffs	70	4.37
7	David Dodson	59	4.52
8	Charlie Mallia	69	4.54

1600m Walk

1	Heather Carr	69	11.02
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2000m

1	Caitlyn Taylor	Inv	11.53
1	Chris Sheedy	50	11.53
3	Gary Meyer	63	12.13

2000 Walk - Estimated Time

		Clock	ET	Diff	
1	Greg Lovejoy	76	15.11	15.20	-0.09
2	John Hallo	76	16.09	15.50	0.19
3	Lyn Pimm	58	14.18	15.00	-0.42
4	Lindsay Beaton	68	17.57	17.14	0.43

3000 - Estimated Time

		Clock	ET	Diff	
1	Caitlin O'Connell	44	17.16	17.20	-0.04
2	Alan Radford	67	21.05	21.10	-0.05
3	Pramesh Prasad	44	11.52	12.00	-0.08
4	Nonie Chan	33	15.20	15.30	-0.10
5	Russ Dow	59	12.24	12.40	-0.16
6	Charlie Mallia	69	17.15	17.33	-0.18
7	Rob Taylor	50	12.25	13.00	-0.35
8	Bill Carr	69	17.01	18.00	-0.59
9	Graham Stockdale	76	18.01	16.00	2.01

2 minute NOSP

1	Chris Sheedy	50	2.10
2	Russ Dow	59	
3	Caitlin O'Connell	44	
	John Sutton	75	
	Nonie Chan	33	
	Alan Radford	67	
	Lindsay Beaton	60	
	Lyn Pimm	58	
	Heather Carr	69	
	Charlie Mallia	69	
	Greg Lovejoy	76	
	Veronica Sheedy	Inv	
	Marnie Grace	44	
	Barry Jeffs	70	

GEELONG 5 DECEMBER 2018**3km Cross Country**

Russell Jenkins	10:20
Adam Ruggero	10:25
Rhys Hamill-Beach	11:23
Phil Shay	11:55
Thom Stewart	15:51
Nicholas MacDonald	15:52
Kath Oliver	15:53
Jill Coyte (W)	17:34
Fred Barnett	19:35

5km Cross Country

David Jenkins	17:58
Jess Gordon	18:52
Louis Rowan	20:30
Dave Elward	20:34
Jane White	20:44
Mark Humphrey	21:45
Michael Panckridge	22:07
Alan Jenkins	23:55
Erik Bumbers	24:27
Steve Welsh	26:35
Paul Austin	26:37
Frank Engelsman	27:42
Grant Baensch	27:53

GEELONG 12 DECEMBER 2018**800m- Alan Foot Age Graded**

Rhys Hamill-Beach	02:10	77.50%	
Phil Shay	02:47	74.80%	
Peter Lamb	02:54	78.40%	Winner
Alan Jenkins	03:15	63.20%	
Nicholas MacDonald	03:26	49.10%	
Frank Engelsman	03:31	65.60%	
Erik Bumbers	03:32	58.60%	
Annick Beryl	03:34	52.90%	
Jeff Walker	03:48	61.70%	
Kath Oliver	03:48	70.40%	
Daryl Hurst	03:54	56.70%	
Paul Austin	04:18	51.40%	
Fred Barnett	04:57	60.00%	
Marie Blood	05:14	66.00%	

2800m

Phil Shay	11:32
Jane White	11:57
Alan Jenkins	13:11
Daryl Hurst	13:17
Erik Bumbers	13:22
Annick Beryl	14:23
Nicholas MacDonald	14:23
Paul Austin	15:10
Frank Engelsman	15:35
Jill Coyte (W)	16:39

1600m

Cancelled - electrical storm

GEELONG 17 DECEMBER 2018**3km Cross Country**

Phil Shay	11:44
Jane White	11:59
Robbie Parsons	13:21
Nicholas MacDonald	14:27
Jill Coyte (W)	17:21
Fiona Fitzpatrick	19:14
Fred Barnett	19:34

5km Cross Country

Steve Welsh	27:04
Kath Oliver	27:06

6km Cross Country

David Jenkins	22:27
Matt Petersen	25:00
Dave Elward	25:14
Mark Humphrey	26:06
Louis Rowan	26:22
Chris Hayes	26:43
Cameron White	27:32
John Everett	26:15
Alan Jenkins	29:00
Erik Bumbers	29:38
Jeff Walker	29:38
Daryl Hurst	30:06
Jeanette Austin	31:27
Paul Austin	32:17
Grant Baensch	33:00
Frank Engelsman	33:52

GLEN EIRA 4 DECEMBER 2018**100m E/T**

	Clock	Est	Diff	
JIM McLURE	72	17.06	17.10	0.04
VIVIENNE CASH	66	16.21	16.00	0.21
BILL CARR	69	15.37	15.10	0.27
BOB WISHART	77	14.47	14.85	0.38
JIM ROUNTREE	59	15.61	15.15	0.46
GLAD WISHART	74	20.02	19.55	0.47
JUNE TREWEEK	57	15.95	15.35	0.60
LINDA McCAFFREY	40	16.73	16.00	0.73

800m H/C

	Clock	H/C	H/CTime %		
GREG HUGHES	60	3.43	33	3.10	66.45
CHRIS CAMPBELL	70	4.01.9	30	3.31.9	65.4
MIKE CLAPPER	66	4.09.1	85	2.44.1	80.8
CHELSEA WHITTLE	11	4.13.7	90	2.43.7	80.4
PHIL URQUHART	74	4.19.6	GO	4.19.6	56.8
BARRY JEFFS	70	4.38.4	34	4.04.4	56.7

BOB WISHART 200m H/C (Week 3)

	Clock	H/C	H/C Time %		
VIVIENNE CASH	66	33.74	1.2	34.94	88.9
JUNE TREWEEK	57	34.11	1.2	35.31	80.42
BILL CARR	69	30.89	4.7	35.59	82.8
BOB WISHART	77	30.4	5.8	36.15	94.9
JIM ROUNTREE	59	31.82	4.5	36.32	74.9
LINDA McCAFFREY	40	37.11	SCR	37.11	61.0
GLAD WISHART	74	45.48	-8.0	37.48	70.8
JIM McLURE	72	35.01	2.5	37.51	76.0
JO WHITTLE	47	49.86	-4.0	45.86	49.3
CHELSEA WHITTLE	11	36.34			67.7
EMILIE LORENTZEN	9	39.52			67.0
SOPHIE McCAFFREY	7	41.38			72.9
EMMA McCAFFREY	9	43.66			60.6

GLEN EIRA 4 DECEMBER 2018 cont.**SANDRA MIDDLETON 3K H/C WALK**

	Clock	H/cap	H/CTime %		
CONRAD HAMANN	67	28.35	8.16	20.19	69.9
DES MIDDLETON	71	29.11	9.56	19.15	77.4
JIM BERRINGTON	62	29.14	11.21	17.53	75.2
JOHN ZELEZNIKOW	68	29.18	3.00	26.18	54.6
SANDRA MIDDLETON	70	29.22	8.00	21.22	76.1
DOMENICO MORENA	79	29.30	2.39	26.51	61.9
JO WHITTLE	47	29.32	8.07	21.25	59.5
KARYN O'NEILL	63	29.34	9.30	20.04	74.1
CYNTHIA ELLERY	69	29.36	5.13	24.23	65.8
PETER McGRATH	79	29.43	2.06	27.37	60.2
TONY DORAN	66	30.18	8.16	22.02	63.8
MICHAEL HEFFERNAN	84	30.42	GO	30.42	58.6
ROB JAMIESON	68	32.07	1.22	30.45	45.3

RAY KEMP 3K H/C

	Clock	H/cap	H/C Time %		
MERLE WANT	57	14.46	3.30	18.16	58.9
SARAH JOHNSON	35	14.48	4.00	18.48	45.1
KAREN MONOHAN	52	14.50	4.00	18.50	53.4
BARRY JEFFS	70	14.54	GO	14.54	67.2
MIKE CLAPPER	66	15.15	-1.00	14.15	67.5
SARAH LORENTZEN	40	15.19	-2.00	13.19	65.7
GREG HUGHES	60	15.21	-1.00	14.21	63.5
JANE STURZAKER	65	15.22	2.00	17.22	69.8
CHRIS CAMPBELL	70	15.27	-0.30	14.57	67.0
STEVE STRELECKY	69	15.35	-1.40	13.55	71.2
CHRIS GRAFEN	54	15.48	-3.00	12.48	67.7
SYD BONE	61	15.50	-1.40	14.10	64.9
JO COCKWILL	66	15.54	1.00	16.54	72.9
LINDA McCAFFREY	40	16.47	-1.00	15.47	55.43
CHRIS BROWN	63	17.32	-1.40	15.52	58.4
OSCAR LORENTZEN	7	18.21	-2.00	16.21	61.9
NICKY GRAFEN	7	18.23	GO	18.23	55.0
PHIL URQUHART	74	18.59	GO	18.59	55.8
LISA HUNT			22.02		

GLEN EIRA 11 DECEMBER 2018**60m E/T**

	Clock	Est	Diff	%	
VIVIENNE CASH	66	10.05	10.10	0.05	91.9
JIM McLURE	72	10.18	10.05	0.13	82.1
BOB WISHART	77	9.16	9.00	0.16	95.2
CHRIS BROWN	63	9.32	9.50	0.18	84.55
BILL CARR	69	9.48	9.20	0.28	86.4
JUNE TREWEEK	57	9.69	10.00	0.31	88.54
GLAD WISHART	74	11.39	11.74	0.35	89.29
JIM ROUNTREE	59	9.50	9.90	0.40	80.84
PAUL LYNCH	69	11.07	11.50	0.43	74.0
IVAN DODIN	58	8.39	8.90	0.51	90.94
JO WHITTLE	47	12.16	14.20	2.04	63.73
LINDA McCAFFREY	40	10.90	13.80	2.90	65.87

700m E/T

	Clock	Est	Diff	
SYD BONE	61	2.51.2	2.50	1.2
MIKE CLAPPER	66	2.17.3	2.22	4.7
CHRIS CAMPBELL	70	3.13.7	3.20	6.3
NICKY GRAFEN	7	3.33.2	3.40	6.8
GREG HUGHES	60	2.39.6	2.48	8.4
OSCAR LORENTZEN	7	2.47.9	3.00	12.1
CHRIS GRAFEN	54	2.33.3	2.47	13.7
BARRY JEFFS	70	2.47.9	3.10	22.1
IVAN DODIN	58	2.23.9	3.00	36.1

GLEN EIRA 11 DECEMBER 2018 cont.
BOB WISHART 200m H/C (Week 4)

		Clock	H/C	H/C Time %
EMMA McCAFFREY	9	39.81	1	38.81 68.2
EMILIE LORENTZEN	9	41.92	3	38.92 68.0
JUNE TREWEEK	57	42.48	10	32.28 85.0
SOPHIE McCAFFREY	7	42.62	4	38.62 78.1
JIM McLURE	72	42.91	10	32.91 80.8
BILL CARR	69	43.11	13	30.11 85.0
VIVIENNE CASH	10	43.35	10	33.35 90.0
LINDA McCAFFREY	40	43.47	7	36.47 62.0
BOB WISHART	77	43.61	15	28.61 100.8
JIM ROUNTREE	59	43.99	13	30.99 76.9
JO WHITTLE	47	44.55	4	40.55 60.6
GLAD WISHART	74	44.79	GO	44.79 72.1

SANDRA MIDDLETON 3K H/C WALK

		Clock	H/cap	H/C Time %
JOHN ZELEZNIKOW	68	29.08	3.12	25.56 55.4
CYNTHIA ELLERY	69	29.18	5.13	24.05 66.6
DOMENICO MORENA	80	29.23	2.39	26.44 63.1
SANDRA MIDDLETON	70	29.28	8.05	21.23 76.1
TONY DORAN	66	29.30	8.05	21.25 65.6
KARYN O'NEILL	63	29.32	9.26	20.06 74.0
JIM BERRINGTON	61	29.41	11.37	18.04 73.7
JO WHITTLE	47	29.42	8.05	21.37 58.9
PETER McGRATH	79	29.47	2.06	27.41 60.0
DES MIDDLETON	71	30.00	10.30	19.30 76.4
MICHAEL HEFFERNAN	84	30.27	GO	30.27 59.1
TERRY O'NEILL	62	30.59	11.21	19.38 68.5
ROBERT JAMIESON	68	31.04	1.22	29.42 48.4
CONRAD HAMANN	67	31.07	10.11	20.56 67.8
MARY HARPER	49	33.43	6.30	27.13 47.6
JOHN ALLAN	66	34.05	8.05	26.00 54.0
GEORGIE WHITTLE (INV)	18	28.15	8.35	19.40 59.6

FASTEST TIME - JIM BERRINGTON - 18.04

RAY KEMP 3K H/C

		Clock	H/cap	H/C Time %
MERLE WANT	57	15.32	2.00	17.32 61.4
SARAH LORENTZEN	40	15.39	-2.40	12.59 67.4
ASHLEY PAGE	78	15.44	GO	15.44 72.6
GREG HUGHES	60	15.45	-1.40	14.05 64.8
JO COCKWILL	66	15.45	1.00	16.45 73.5
BARRY JEFFS	70	15.46	-1.00	14.46 67.8
JANINE McKERRON	58	15.53	-0.30	15.23 71.0
CHRIS BROWN	63	15.59	-1.30	14.29 64.7
STEVE STRELECKY	68	16.03	-2.00	14.03 69.8
JANE STURZAKER	65	16.03	1.30	17.33 69.0
SYD BONE	61	16.15	-1.50	14.25 63.8
CHRIS CAMPBELL	70	16.24	-1.00	15.24 65.0
NICKY GRAFEN	7	16.53	2.00	18.53 53.6
CHRIS GRAFEN	54	16.59	-3.10	13.49 62.7
SARAH JOHNSON	35	17.16	2.00	19.16 44.0
PHIL URQUHART	74	17.20	GO	17.20 61.2
MIKE CLAPPER	66	17.41	-1.50	15.51 60.7
PETE BATTRICK	75	22.12	16.00	38.12 28.18
TED FERRERAS	31	14.47	GO	14.47 49.8

GLEN EIRA 18 DECEMBER 2018
PLUM PUDDING FAMILY FEUD
2 X 200M H/C RELAY
Heat 1

LEISA HUNT/CHARLIE THOMAS	1st
PETER McGRATH/JOE	2nd

Heat 2

MIKE CLAPPER/JO COCKWILL	1st
BOB WISHART/GLAD WISHART	2nd
JIM ROUNTREE/JUNE TREWEEK	3rd

Final

PETER McGRATH/JOE	1st
LEISA HUNT/CHARLIE THOMAS	2nd
MIKE CLAPPER/JO COCKWILL	3rd
JIM ROUNTREE/JUNE TREWEEK	4th

CHRISTMAS CHEERS 2 X 400M
(1 RUN 1 WALK) E/T

		Clock	Est	Diff
B CARR/H CARR	69/69	4.09	3.58	11
D MIDDLETON/S MIDDLETON	12/70	4.14	4.00	14
M CLAPPER/V CASH	66/66	4.33	4.15	18
J HOLMES/P McGRATH	65/79	5.06	5.24	18
C BROWN/J ZELEZNIKOW	63/68	4.31	4.50	19
O LORENTZEN/S McCAFFREY	7/7	4.15	4.35	20
J BOOT/J BERRINGTON	62/62	3.49	4.10	21
L McCAFFREY/E McCAFFREY	40/9	4.05	4.30	25
G HUGHES/D MORENA	60/80	4.43	5.10	27
T O'NEILL/K O'NEILL	62/63	3.55	4.25	30
S LORENTZEN/E LORENTZEN	40/9	3.52	4.30	38
B WISHART/G WISHART	77/74	4.54	4.05	49
C CAMPBELL/P URQUHART	70/74	4.54	4.05	49

TURKEY LEG WALK
(4 LAPS - LANE 4) E/T

		Clock	Est	Diff
ROB JAMIESON	68	15.58	16.00	-2
SANDRA MIDDLETON	70	12.10	12.15	-5
JOHN ZELEZNIKOW	68	14.50	15.00	-10
KARYN O'NEILL	63	11.11	11.25	-14
JOHN ALLAN	66	15.42	16.00	-18
TERRY O'NEILL	62	10.25	10.50	-25
JIM BERRINGTON	62	10.06	10.45	-39
CONRAD HAMANN	67	11.27	12.10	-43
MICHAEL HEFFERNAN	84	16.04	17.00	-56
DES MIDDLETON	72	10.37	11.40	-63
TONY DORAN	66	13.32	15.10	-98
PETER BATTRICK	75	20.00	22.00	120
HEATHER CARR	69	13.32	11.20	132

FASTEST TIME - JIM BERRINGTON 10.06

SANTA'S RUN (5 LAPS - LANE 7) E/T

		Clock	Est	Diff
JANE STURZAKER	65	13.02	13.05	3
TED FERRERAS	31	10.10	10.00	10
LISA MIDDLETON	43	11.56	11.40	16
JEFF BOOT	62	10.30	10.08	22
GREG HUGHES	60	10.14	10.38	24
CHRIS GRAFEN	54	9.14	9.40	26
CHRIS CAMPBELL	70	11.26	11.00	26
SARAH LORENTZEN	40	9.33	10.00	27
SARAH JOHNSON	35	14.25	15.00	35
STEVE STRELECKY	69	11.10	10.30	40
LINDA McCAFFREY	40	11.33	10.30	63
PHIL URQUHART	74	12.38	13.30	68
CHRIS BROWN	63	11.40	10.30	70
BARRY JEFFS	70	11.27	13.00	93
NICKY GRAFEN	7	14.26	12.20	116
KAREN MONOHAN	52	14.56	17.30	154

KNOX 5 DECEMBER 2018
800m walk

Chloe Grund	6	6.56
Liz Eastwood	49	7.01
Anne McPherson	62	7.33
Mick Carr	65	7.34
Graeme Leticq	63	7.39
Jack Durrant	21	7.43
Bob Henderson	72	8.24
Matt Morris	53	8.24
Peter LeGet	84	8.25
Pauline Paine	40	8.32
Andrea Putting	55	8.33
Shane Grund	36	8.36
Peter Thorne	70	8.37

60m

Mark Harris	50	10.26
Mel Bissett	43	10.6
Andrea Putting	55	12.17
Chloe Grund	6	15.47

1mile

Matt Morris	53	6.03
John Graham	68	6.33
Mick Carr	65	7.35
Liz Eastwood	49	8.49
Brian Mee	81	9.35

400m hcp

Mel Bissett	43
Mick Carr	65
Mark Harris	50

80metres

Mark Harris	50	13.68
Mel Bissett	43	
Andrea Putting		16.91

3k/5k Teams

Brian Mee	81	17.43
Shane Grund	36	16.18
Peter Thorne	70	16.59
Graeme Leticq	63	21.15
Matt Morris	53	12.08
Stephen Richards	57	26.29
John Graham	68	13.17
Michelle Quan	49	25.54
Pauline Paine	40	18.37
Mick Carr	65	26.07

KNOX 12 DECEMBER 2018
2 by 400m walk relay

Liz Eastwood	49	
Paul Twining	69	5.38
Chloe Grund	6	
Nicola Van Reenan	46	5.59
Bob Henderson	72	
Ian Uren	67	6.02
John Graham	68	
Sarah Thorne	39	6.16
Mick Carr	65	
Anne McPherson	62	6.36
Glenn Berry	48	
Arthur Kapoulitsa	71	6.48
Peter Thorne	70	
Pauline Paine	40	7.22
Matt Morris	53	
Shane Grund	37	7.23

80m

Paul Durrant	57	13.32
Chloe Grund	6	16.59
Andrea Putting	55	17.28
Shane Grund	37	17.7
Arthur Kapoulitsa	71	20.1

600m

Shane Grund	37	1.37
Matt Morris	53	1.5
John Graham	68	2.1
Glenn Berry	48	2.32
Mick Carr	65	2.38
Graeme Leticq	64	2.38
Nicola Van Reenan	46	2.39
Paul Twining	69	2.44
Bob Henderson	72	3.12

110m hcp

Glenn Berry	48	14.3
Paul Durrant	57	14.67
Andrea Putting	55	15.23
Chloe Grund	6	16.05
Arthur Kapoulitsa	71	17.58

Chas's Dog Loop Relay

Michelle Quan	49	
Nicola Van Reenan	46	
Shane Grund	37	
Peter Thorne	70	25.34
Sarah Thorne	39	
Brian Mee	81	
John Graham	68	
Mick Carr	65	25.48
Bob Henderson	72	
Paul Twining	69	
Anne McPherson	62	
Matt Morris	53	26.03
Graeme Leticq	64	
Ian Uren	67	
Liz Eastwood	49	
Pauline Paine	40	27.26

MENTONE 5 DECEMBER 2018

600m Walk E.T.			
		Clock	Diff.
1	Sylvia Machin	77 4.34	0.04
2	Sonya McLennan	66 4.02	0.05
3	John Mathew	81 5.54	-0.06
4	Sharon Carr	53 4.52	-0.08
5	Jan Morrey	79 4.34	-0.11
6	Greg Hughes	60 4.08	-0.13
7	Julian Boland	55 3.44	-0.16
8	Jim Machin	88 6.25	0.25
9	Margaret Beaumont	80 5.48	0.33
10	Bev Hugo	78 4.08	-0.42
11	Ian Beaumont	82 5.49	0.44
12	Helen Castel	55 4.47	-1.13

1668m Self H/cap			
		Clock	Actual
1	John Kneen	76 11.03	11.03
2	Ashley Birrell	73 ?	?
3	Sandra Wynne	67 ?	?
DQ	Col Waring	72	7.40
DQ	Ashley Page	78	9.10
DQ	Susan Short	45	?

200m E.T.			
		Clock	Diff.
1	Bob Wishart	76 30.93	-0.07
2	Vivienne Cash	66 34.50	0.20
3	Susan Short	45 33.50	1.20
4	Glad Wishart	74 47.30	2.28

2.5 Km E.T.			
		Clock	Diff.
1	Ashley Birrell	73 12.06	-0.04
2	John Kneen	76 16.55	-0.05
3	Sandra Wynne	67 14.07	0.07
4	Ashley Page	78 13.57	-0.17
5	James O'Brien	66 11.31	0.20
6	Sonya McLennan	66 13.29	-0.45

1668m Walk E.T.			
		Clock	Diff.
1	Glennis McPherson	72 12.00	0.00
2	Greg Hughes	60 11.59	-0.04
3	Ralph Bennett	76 10.41	-0.19
4	Jim Machin	88 17.36	0.26
5	John Zeleznikow	68 15.27	0.27
6	Bev Hugo	78 14.49	0.29
7	Geoff Barrow	69 12.17	-0.43
8	Ian Beaumont	82 16.48	-1.01
9	Margaret Beaumont	80 16.48	-1.02
10	Helen Castel	55 12.51	-1.03
11	Sharon Carr	53 14.06	-1.24
12	Sylvia Machin	77 14.49	1.49
13=	John Mathew	82 18.43	-2.17
13=	Pam Mews	83 18.42	-2.17
15	Julian Boland	55 10.41	-2.19
16	Debbie Thomson	61 19.23	5.23

MENTONE 12 DECEMBER 2018

800m Walk E.T.			
		Clock	Diff.
1=	Kevin Cassidy	58 3.59	-0.01
1=	Ian Beaumont	82 7.21	0.01
3=	John Mathew	82 8.25	-0.05
3=	Maureen Seedsman	81 6.15	0.05
3=	Helen Castel	55 6.05	0.05
6	Sharon Carr	53 6.42	-0.06
7	Sonya McLennan	66 5.22	-0.08
8	Margaret Beaumont	80 7.10	0.09
9	Jan Morrey	79 6.14	-0.16
10	Bev Hugo	78 7.04	0.24
11	Joan Clarke	83 7.40	-0.25

1000m E.T.			
		Clock	Diff.
1	David Short	42 3.28.6	-1.4
2	Ashley Page	78 5.12.2	-2.8
3	Susan Short	45 3.51.2	-3.8
4	Ashley Birrell	74 4.11.1	-3.9
5	Sandra Wynne	67 4.55.5	-4.1
6	Greg Hughes	60 4.02.8	7.8
7	Col Waring	72 4.21.6	19.6
8	John Kneen	76 6.06.7	-33.3
9	Sharon Carr	53 6.30.1	-59.9

100m H/cap			
		Clock	Metres
1	Vivienne Cash	66 11.46	30
2	Bob Wishart	76 12.79	9
3	David Short	42 12.90	0
4	Susan Short	45 13.10	15
5	Ross Kent	76 13.23	34
6	Glad Wishart	74 13.60	32
7	John Mathew	82 13.79	43

2 Miles E.T.			
		Clock	Diff.
1	James O'Brien	66 13.37	0.04
2	Ashley Page	78 18.29	0.20
3	Sandra Wynne	67 17.39	-0.31
4	Ashley Birrell	73 17.39	1.39
5	John Kneen	76 21.19	-1.41
6	Sonya McLennan	66 21.19	3.19

3 Laps/ 5 Laps Road E.T. Walk			
		Clock	Diff.
3 Laps - 2500m			
1	Bev Hugo	78 23.14	0.04
2	Natalie King	76 26.54	-0.06
3	Sharon Carr	53 20.50	-0.10
4	Greg Hughes	60 18.28	-0.14
5	John Mathew	82 30.45	-0.15
6	Margaret Beaumont	80 26.54	0.25
7	Sylvia Machin	77 19.51	0.36
8	Geoff Barrow	69 18.23	-0.37
9	Helen Castel	55 19.17	-0.50
10	Ian Beaumont	82 25.29	-1.01

5 Laps - 4200m			
		Clock	Diff.
1	Kevin Cassidy	58 24.15	0.15

MENTONE 19 DECEMBER 2018

400m Walk E.T.			
		Clock	Diff.
1	Maureen Seedsman	81 2.58	-0.02
2=	Sonya McLennan	66 2.29	-0.03
2=	Helen Castel	55 2.48	0.03
4	Julian Boland	55 2.19	0.04
5	Bev Hugo	78 3.20	0.08
6	Ian Beaumont	82 3.34	0.09
7	Margaret Beaumont	80 3.33	0.10
8	Kevin Cassidy	58 1.49	-0.11
9	Sharon Carr	53 3.13	-0.12
10	Jill Mannering	82 3.35	0.15
11	Debbie Thomson	61 4.02	-0.28

1200m Self H/cap			
		Clock	Actual
1	Sharon Carr	53 7.41.0	7.41.0
2	Sandra Wynne	67 7.42.6	6.01.6
3	David Short	42 7.46.7	4.16.7
4	Ashley Birrell	74 7.49.0	5.04.0
5	Greg Hughes	60 7.54.2	5.02.2
6	John Kneen	76 7.59.0	7.34.0
DQ	Avril Britter	60	5.53.3
DQ	Sonya McLennan	66	7.06.5
DQ	Ashley Page	78	6.07.3
DQ	Col Waring	72	5.06.8

150m E.T.			
		Clock	Diff.
1	Glad Wishart	74 32.00	-0.01
2	Bob Wishart	76 21.67	-0.08
3	Avril Britter	60 28.50	-0.16
4	Ross Kent	76 33.39	0.39
5	Vivienne Cash	66 24.95	0.45
6	Ron Arthur	78 24.70	0.60
7	David Short	42 19.76	-1.24
8	Julian Boland	55 23.76	1.76
9	John Mathew	82 43.10	5.10

2.5 Km Self H/cap			
		Clock	Actual
1	David Short	42 14.10	10.45
2	Avril Britter	60 14.17	13.53
DQ	John Kneen	76	17.22
DQ	Sonya McLennan	66	13.50
DQ	James O'Brien	65	10.36
DQ	Sandra Wynne	67	13.19
DQ	Ashley Page	78	13.35
DQ	John Zeleznikow	68	24.13
DQ	Ashley Birrell	73	11.59
DQ	Susan Short	45	11.19

2 x 400m Walk Relay			
		Clock	
1	Julian Boland	55	11.41
	Joan Clarke	83	
2	Maureen Seedsman	81	11.59
	Glad Wishart	74	
3	Greg Hughes	60	12.02
	Ian Beaumont	82	
4	Glennis McPherson	72	12.16
	Jim Machin	88	
5	John Mathew	82	12.20
	Kevin Cassidy	58	
6	Sylvia Machin	77	12.27
	Sharon Carr	53	
7	Geoff Barrow	69	12.46
	Jill Mannering	82	
8	Helen Castel	55	13.06
	Margaret Beaumont	80	

MENTONE 26 DECEMBER 2018

1000m E.T.			
		Clock	Diff.
1	Col Waring	72 4.16.2	1.2
2	David Short	42 3.32.6	2.6
3	Ashley Page	78 5.09.6	-4.4
4	Ralph Bennett	77 4.41.6	-8.4
5	Susan Short	45 3.54.7	9.7
6	Daniel Short	Inv 4.24.1	-15.9
7	John Kneen	76 6.13.2	23.2

120m E.T.			
		Clock	Diff.
1	David Short	42 15.71	-0.09
2	Julian Boland	55 19.01	0.36
3	Bob Wishart	76 16.88	-0.75
4	Glad Wishart	74 24.82	0.80
5	Susan Short	45 17.97	-1.03
6	John Mathew	82 32.35	1.35
7	Daniel Short	Inv 25.29	-5.51
8	Ciara Short	Inv 22.65	-7.35

4 Km Self H/cap			
		Clock	Actual
1	James O'Brien	65 25.48	16.48
2	John Kneen	76 28.37	28.37

2000m Walk E.T.			
		Clock	Diff.
1	Maureen Seedsman	81 16.01	0.01
2	Julian Boland	55 12.17	-0.03
3	Glennis McPherson	72 14.32	0.07
4	Geoff Barrow	69 14.11	0.11
5	John Zeleznikow	68 18.17	0.17
6	Natalie King	76 18.57	0.22
7	Glad Wishart	74 17.16	0.26
8	Ralph Bennett	76 12.30	0.30
9	Joan Clarke	83 20.16	-0.34
10	Helen Castel	55 14.27	0.47
11	Greg Hughes	60 13.42	-0.48
12	Margaret Beaumont	80 18.24	0.50
13	Ian Beaumont	82 19.22	0.52
14	Tony Doran	66 14.50	1.00
15	John Mathew	82 22.22	1.22
16	Dawn Bennett	73 18.26	1.31

SPRINGVALE 5 DECEMBER 2018

200 metres

Troy JEFFS	44	35.00
Mike HALL	79	36.80
Lindsay OXENHAM	69	45.00
Tracey HUTCHINSON	48	46.20
Mick COLGAN	67	58.00
Dominique RUELLOT	67	59.20

600 metres

Dave TALBOT	64	2.12.9
Neil GRAY	70	2.14.3
Alan BENNIE	71	2.21.3
Paul MULLINS	78	2.22.2
Howard REES	71	2.37.3
Lou BUCCIERI	63	2.37.8
Troy JEFFS	44	2.46.3
Lindsay OXENHAM	69	2.49.5
Tracey HUTCHINSON	48	3.33.9
Kevin ONLEY	85	3.44.3
Ernie JEFFS	73	3.52.0

3100 metres road run

Rob CLUTTERBUCK	65	15.34
Bill IRVINE	70	16.30
Troy JEFFS	44	18.37
Alison DEVINE	62	19.07
Dominique RUELLOT	67	22.02
Kevin ONLEY	85	22.13
Tracey HUTCHINSON	48	24.24
Paul WINTERTON 2KM	64	12.43
Paul MULLINS 2KM	78	14.18

5000 metres road run

Howard REES	71	24.22
Lindsay OXENHAM	69	27.15
Lou BUCCIERI	63	27.32
Ian TREGAR	68	30.17
Troy JEFFS	44	32.29
Peter FIELD	60	32.29

3000 metres road walk

Peter ELLIS	67	22.30
Tony DORAN	66	22.49
Tony JOHNSON	78	23.34
Dennis PHILLIPS	76	23.52
Celia JOHNSON	71	23.58
Frank ALLEN	73	24.01
John MANNING	72	26.09
Juan PEREZ	79	27.48
Pam THOMAS	68	30.00
Ernie JEFFS	73	30.02
Eric NEGROS	55	33.20
Natalie IRVINE	71	18.40?

SPRINGVALE 12 DECEMBER 2018

400 metres

		actual	clock
Ernie JEFFS	73	2.04.9	2.04.9
Lou BUCCIERI	63	1.31.8	2.06.8
Troy JEFFS	44	1.16.5	2.08.5
Dave TALBOT	64	1.21.2	2.09.2
Kevin ONLEY	85	2.07.8	2.09.8
Sayed KHATAN	68	1.32.2	2.12.2
Lindsay OXENHAM	69	1.40.1	2.13.1
Bill IRVINE	70	1.29.8	2.14.8
Tracey HUTCHINSON	48	1.58.3	2.16.3
Mick COLGAN	67	2.05.2	2.25.2

100 metres

Sayed KHATAN	68	16.30
Mike HALL	80	16.80
Troy JEFFS	44	19.70
Lou BUCCIERI	63	20.50
Tracey HUTCHINSON	48	21.00
Lindsay OXENHAM	69	21.30
Mick COLGAN	67	23.20

600 metres

Paul MULLINS	78	2.25.7
Damien MULLINS		2.26.1
Lindsay OXENHAM	69	2.41.6

1000 metres

Neil GRAY	71	4.08.6
Howard REES	71	4.25.9

2000 metres road walk

Jim SMITH	78	22.35
John MANNING	72	22.35
Tony DORAN	66	25.12
Celia JOHNSON	71	25.12
Pam THOMAS	68	25.35
Ernie JEFFS	73	25.39
Bill IRVINE	70	25.40
Natalie IRVINE	71	25.40
Eric NEGROS	55	25.56

3700 metres road walk

Claudio RIGA	63	27.57
Peter ELLIS	67	28.16
Dennis PHILLIPS	76	30.11
Frank ALLEN	73	34.05
Tony JOHNSON	78	34.05
Juan PEREZ	79	34.05

3100 metres road run

Dave TALBOT	64	16.14
Lindsay OXENHAM	69	16.28
Lou BUCCIERI	63	16.43
Troy JEFFS	44	17.55
Ian TREGAR	68	18.08
Rob CLUTTERBUCK	65	18.22
Peter FIELD	60	19.53
Chris McARDLE	62	20.34
Paul WINTERTON	64	21.02
Paul MULLINS	78	21.05
Kevin ONLEY	85	22.25
Sayed KHATAN	68	23.24
John ABEL	68	23.15
Tracey HUTCHINSON	48	25.20
Will SELICK	46	16.13

SPRINGVALE 12 DECEMBER 2018 cont.

6200 metres road run

Howard REES	71	30.51
Alan BENNIE	71	32.17

SPRINGVALE 19 DECEMBER 2018

150 metres

Troy JEFFS	44	23.90
Sayed KHATAN	68	24.40
Mike HALL	80	25.20
Lindsay OXENHAM	69	33.50
Dominique RUELLOT	67	38.70
Lou BUCCIERI	63	39.50

600 metres

Dave TALBOT	64	2.16
Howard REES	71	2.39
Lindsay OXENHAM	69	2.41
Peter FIELD	60	2.51
Neil GRAY	71	2.52
Tracey HUTCHINSON	48	3.37
Dominique RUELLOT	67	3.38
Ernie JEFFS	73	3.46

2000 metres walk

Claudio RIGA	63	11.28
Dennis PHILLIPS	76	12.20
Tony DORAN	66	13.38
Anand THILLAISUNDARAM	42	13.38
Tony JOHNSON	78	14.04
Jim SMITH	78	14.17
Juan PEREZ	79	14.17
Pam THOMAS	68	14.23
Celia JOHNSON	71	15.36
Natalie IRVINE	71	16.24
Brian LYNCH	82	16.24
Ernie JEFFS	73	16.43
John MANNING	72	16.43
Tracey HUTCHINSONrun	48	14.57
Ian TREGARrun	68	14.02

3200 metres

Jamie DAVIN		14.35
Alan BENNIE	71	14.52
Howard REES	71	15.54
Lindsay OXENHAM	69	16.03
Sayed KHATAN	68	16.43
Will SELICK	46	17.00
Lou BUCCIERI	63	17.02
Bill IRVINE	70	17.05
Troy JEFFS	44	17.52
Paul MULLINS	78	18.23
Peter FIELD	60	19.08
Chris McARDLE	62	21.42
Dominique RUELLOT	67	21.50
Paul WINTERTON	64	24.10



"In case of a loss of cabin pressure, oxygen masks will drop down in front of you for two dollars."

FEBRUARY PROGRAMS 2019

MON FEB 4	DONCASTER					
	CASEY					
TUES FEB 5	COLLINGWOOD					
	CROYDON					
	GLEN EIRA					
WEDS FEB 6	ABERFELDIE					
	GEELONG	7K C.COUNTRY	3K C.COUNTRY			
	MENTONE					
	KNOX					
	SPRINGVALE	ANDY SALTER RELAY	4 X 3100M	3000M TRACK RUN		
THURS FEB 7	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON FEB 11	DONCASTER					
	CASEY					
TUES FEB 12	COLLINGWOOD					
	CROYDON					
	GLEN EIRA					
WEDS FEB 13	ABERFELDIE					
	GEELONG	BRYAN COLE 2000M	300M	2800M		
	MENTONE					
	KNOX					
	SPRINGVALE	200M	700M/1500M	3K ROAD WALK	5K ROAD RUN	
	COBURG					
THURS FEB 14	EAST BURWOOD					
	FRANKSTON					
MON FEB 18	DONCASTER					
	CASEY					
TUES FEB 19	COLLINGWOOD					
	CROYDON					
	GLEN EIRA					
WEDS FEB 20	ABERFELDIE					
	GEELONG	8K C.COUNTRY	3K C.COUNTRY			
	MENTONE					
	KNOX					
	SPRINGVALE	70M/300M	1000M	2/4K ROAD WALK	3.5/6K C. COUNTRY	
THURS FEB 21	EAST BURWOOD					
	FRANKSTON					
MON FEB 25	DONCASTER					
	CASEY					
TUES FEB 26	COLLINGWOOD					
	CROYDON					
	GLEN EIRA					
WEDS FEB 27	ABERFELDIE					
	GEELONG	100M	3000M	800M		
	MENTONE					
	KNOX					
	SPRINGVALE	2MIN 22SEC DASH	1200M	1600M/3K RD WALK	3.1/5K ROAD RUN S/H	
THURS FEB 28	EAST BURWOOD					
	FRANKSTON					