

AROUND THE GROUNDS

VENUE RESULTS FOR NOVEMBER 2018, PROGRAM FOR JANUARY 2019



**He's probably old enough to be a
Masters member**

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

ABERFELDIE 3 OCTOBER 2018**100 m Track Run**

John Papworth	50	15.56
Wayne Hurst	67	16.13
Graham Eadie	67	17.06
Ruby Beveridge	Inv	17.19
Margaret Armstrong	56	21.28
Anthony Bradford	79	24.78

1500 m Track Run

Heath Beveridge	Inv	05:52.0
John Papworth	50	06:15.0
Alfred Lendvai	64	07:30.0
Stephen Barker	75	08:16.0
Ruby Beveridge	Inv	08:17.0

400 m Track Run

John Papworth	50	01:10.7
Ruby Beveridge	Inv	01:38.9
Margaret Armstrong	56	01:43.5
Bill Ristevski	38	03:07.6

4000 m Track Run

John Papworth	50	17:18.0	4k
Brian O'Dea	64	20:56.0	4k
Graham Eadie	67	22:23.0	4k
Trevor Hawksworth	71	23:14.0	4k
John Dean	73	25:01.0	4k
Stephen Barker	75	25:07.0	4k
Cheryl Beveridge	53	27:02.0	4k
Doug Stokes	66	36:23.0	6k

ABERFELDIE 10 OCTOBER 2018**80 m Track Run**

Rob Hunt	38	11.15
Joe Dilworth	67	12.72
Levi Draper	Inv	14.75
Ruby Beveridge	Inv	15.87
Anthony Bradford	79	19.1

1000 m Track Run Age Graded

			Age %
Shane Draper	45	03:59.0	60.5416
Heath Beveridge	Inv	03:54.0	60.0832
Levi Draper	Inv	04:52.0	58.8205
Doug Stokes	66	04:55.0	58.5614
Cheryl Beveridge	53	05:21.0	48.3518
Margaret Armstrong	56	05:39.0	46.9573
Michael Orelli	74	06:56.0	45.9166
Andrea Draper	41	06:56.0	33.5008

200 m Track Run

Joe Dilworth	67	33.44
Levi Draper	Inv	43.3
Anthony Bradford	79	45.45

3000 m Track Run

Brian O'Dea	64	14:51.0	3k
Michael Ennis	65	16:50.0	3k
Ruby Beveridge	Inv	17:33.0	3k
Andrea Draper	41	19:05.0	3k
Margaret Armstrong	56	20:41.0	3k
Cheryl Beveridge	53	20:41.0	3k
John Dean	73	26:33.0	4k
Trevor Hawksworth	71	28:21.0	5k
Doug Stokes	66	31:30.0	5k

ABERFELDIE 17 OCTOBER 2018**100 m Track Run**

Rob Hunt	38	12.8
Gavin White	45	13.03
Wayne Hurst	67	15.66
Stephen Russell	59	16.37
Levi Draper	Inv	18.19
Ruby Beveridge	Inv	19.62
Anthony Bradford	79	22.22
Bella White	Inv	28.16
Alex White	Inv	33.65

800 m Track Run

Heath Beveridge	Inv	03:44.0
Levi Draper	Inv	03:45.0
Andrea Draper	41	03:51.0
Michael Orelli	74	04:43.0
Stephen Barker	75	04:48.0

400 m Track Run

Gavin White	45	01:09.9	
Wayne Hurst	67	01:29.0	
Levi Draper	Inv	01:40.0	
Andrea Draper	41	01:45.0	
Stephen Barker	75	03:06.1	Walk
Margaret Armstrong	56	03:07.0	Walk

2000 m Track Run

Michael Ennis	65	10:05.0	2k
Alfred Lendvai	64	10:20.0	2k
Stephen Barker	75	11:38.0	2k
Ruby Beveridge	Inv	11:38.0	2k
Cheryl Beveridge	53	12:54.0	2k
Michael Orelli	74	13:37.0	2k
Shane Draper	45	16:08.0	4k
Andrea Draper	41	18:35.0	2.8k
Trevor Hawksworth	71	23:11.0	4k

ABERFELDIE 24 OCTOBER 2018**200 m Track Run**

Stephen Barker	75	01:31.4	Walk
Gavin White	45	28.03	
John Papworth	50	29.1	
John Cooper	66	32.28	
Stephen Russell	59	32.91	
Joe Dilworth	67	33.25	
Wayne Hurst	67	34.4	
Anthony Bradford	79	37.25	
Levi Draper	Inv	44.97	

1200 m Track Run

Heath Beveridge	Inv	04:22.0
John Papworth	50	05:00.0
Danny Hawksworth	39	05:27.0
John Cooper	66	05:41.0
Alfred Lendvai	64	05:48.0
Levi Draper	Inv	06:07.0
Andrea Draper	41	06:08.0
Ruby Beveridge	Inv	06:32.0
Stephen Barker	75	06:39.0

ABERFELDIE 24 OCTOBER 2018 cont.**100 m Track Run**

Gavin White	45	12.75
John Papworth	50	14.69
Joe Dilworth	67	15.57
Wayne Hurst	67	15.69
Levi Draper	Inv	19.13
Margaret Armstrong	56	19.78
Ruby Beveridge	Inv	20.6
Anthony Bradford	79	21.81
Bella White	Inv	36.66
Alex White	Inv	39

4000 m Track Run

Jeff Jones	40	14:29.0
Danny Hawksworth	39	16:43.0
John Papworth	50	17:59.0
Andrea Draper	41	19:01.0
David Jones	67	19:48.0
Michael Ennis	65	21:13.0
Stephen Barker	75	23:19.0
Cheryl Beveridge	53	26:16.0
Margaret Armstrong	56	27:09.0

ABERFELDIE 31 OCTOBER 2018**100 m Grass Track Run**

Gavin White	45	12.94
John Papworth	50	14.81
Wayne Hurst	67	16.79
Levi Draper	Inv	19.31
Margaret Armstrong	56	20.84

1200 m Park Run

John Papworth	50	05:09.0
Gavin White	45	05:21.0
Levi Draper	Inv	06:36.0
Heath Beveridge	Inv	07:00.0
Stephen Barker	75	07:25.0
Andrea Draper	41	07:36.0
Cheryl Beveridge	53	07:36.0
Margaret Armstrong	56	07:49.0
Bill Ristevski	38	08:00.0

3000 m Park Run

John Papworth	50	13:20.0
Cheryl Beveridge	53	13:20.0
Andrea Draper	41	13:32.0
Alfred Lendvai	64	13:32.0
Trevor Hawksworth	71	17:39.0
Stephen Barker	75	17:53.0

ABERFELDIE 1 NOVEMBER 2018**80 m Grass Track Run**

Anthony Bradford	79	17.87
John Holmes	38	19.53
John Papworth	50	14.25
Levi Draper	Inv	13.97
Margaret Armstrong	56	16.47

1 mile Cricket Oval Run

Michael Ennis	65	08:11.0
PETER Black	64	09:09.0
John Papworth	50	06:21.0
Levi Draper	Inv	07:04.0
Andrea Draper	41	09:09.0

400 m Cricket Oval Run

John Papworth	50	01:16.0
Levi Draper	Inv	01:33.3
Margaret Armstrong	56	01:47.1

2500/5000 m Park Run

PETER Black	64	31:58.0	5k
John Papworth	50	23:50.0	5k
Brian O'Dea	64	27:45.0	5k
Trevor Hawksworth	71	30:58.0	5k
Andrea Draper	41	17:20.0	2.5k
Lynne O'dea	63		2.5k
Doug Stokes	66	31:58.0	5k
Bill Ristevski	38	17:20.0	2.5k

ABERFELDIE 7 NOVEMBER 2018**60 m Grass Track Run**

Levi Draper	Inv	10.9
Bella White	Inv	14.6
Alex White	Inv	19.1
Gavin White	45	8.2
Anthony Bradford	79	15.13
Michael Orelli	74	20.9

600 m Park Run

Levi Draper	Inv	02:30.0
Andrea Draper	41	03:03.0
Margaret Armstrong	56	03:11.0
Gavin White	45	02:06.0
John Papworth	50	01:55.0
Stephen Barker	75	03:15.0
Michael Orelli	74	03:46.0

120 m Grass Track Run

John Holmes	38	32.38
Margaret Armstrong	56	26.32
David Jones	67	21.5
John Papworth	50	19.72
Graham Eadie	67	21.25
Anthony Bradford	79	28.84

3200 m Park Run

Andrea Draper	41	19:55.0
Cheryl Beveridge	53	23:12.0
Ruby Beveridge	Inv	22:17.0
Brian O'Dea	64	19:02.0
John Papworth	50	14:37.0
Graham Eadie	67	19:26.0
Stephen Barker	75	19:05.0

ABERFELDIE 14 NOVEMBER 2018**80 m Grass Track Run**

Levi Draper	Inv	13.97
John Papworth	50	14.25
Margaret Armstrong	56	16.47
Anthony Bradford	79	17.87
John Holmes	38	19.53

1609 m Cricket Oval Run

John Papworth	50	06:21.0
Levi Draper	Inv	07:04.0
Michael Ennis	65	08:11.0
PETER Black	64	09:09.0
Andrea Draper	41	09:09.0

400 m Cricket Oval Run

John Papworth	50	01:16.0
Levi Draper	Inv	01:33.3
Margaret Armstrong	56	01:47.1

2500/5000 m Park Run

Andrea Draper	41	17:20.0	2.5k
Lynne O'dea	63		2.5k
Bill Ristevski	38	17:20.0	2.5k
PETER Black	64	31:58.0	5k
John Papworth	50	23:50.0	5k
Brian O'Dea	64	27:45.0	5k
Trevor Hawke	71	30:58.0	5k
Doug Stokes	66	31:58.0	5k

ABERFELDIE 21 NOVEMBER 2018**100 m Grass Track Run**

Levi Draper	Inv	19.6
Margaret Armstrong	56	21.28

800 m Cricket Oval Run

Levi Draper	Inv	04:59.0
Michael Orelli	74	05:40.0
Andrea Draper	41	05:40.0

200 m Cricket Oval Run

Michael Orelli	74	48.51
Andrea Draper	41	48.51
Levi Draper	Inv	41.61
John Papworth	50	41.61
Margaret Armstrong	56	01:24.8

3000/5000 m River Run

PETER Black	64	33:38.0	5k
Michael Ennis	65	26:55.0	5k
Brian O'Dea	64	25:56.0	5k
John Papworth	50	22:59.0	5k
Doug Stokes	66	33:38.0	5k
John Dean	74	30:00.0	5k

ABERFELDIE 28 NOVEMBER 2018**80 m Grass Track Run**

John Papworth	50	13.69
John Cooper	66	16
Robin Coyne	59	16.4
John Dean	74	16.6
Joe Dilworth	67	23.22

600 m Park Run

Levi Draper	Inv	02:30.0
John Papworth	50	02:31.0
Graham Eadie	67	02:45.0
Andrea Draper	41	03:08.0
Bill Ristevski	38	03:19.0
Margaret Armstrong	56	03:20.0
Robin Coyne	59	03:34.0
PETER Black	64	03:41.0
Stephen Barker	75	03:41.0
Michael Orelli	74	03:57.0

300 m Cricket Oval Run

Levi Draper	Inv	01:07.4
Margaret Armstrong	56	01:16.0
Anthony Bradford	79	01:28.0
Michael Orelli	74	01:29.7
Andrea Draper	41	01:34.2
John Papworth	50	51.59

2400/3600 m Park Run

Graham Eadie	67	14:40.0	2.4k
Robin Coyne	59	16:31.0	2.4k
Heath Beveridge	Inv	09:05.0	2.4k
Cheryl Beveridge	53	15:22.0	2.4k
Ruby Beveridge	Inv	13:56.0	2.4k
Lynne O'dea	63	27:19.0	2.4k
Bill Ristevski	38	24:03.0	2.4k
Doug Stokes	66	23:17.0	3.6(4)k
Brian O'dea	64	19:06.0	3.6k
PETER Black	64	23:17.0	3.6k
Stephen Barker	75	23:39.0	3.6k
John Papworth	50	18:02.0	3.6k
Andrea Draper	41	19:28.0	3k



CASEY 5 NOVEMBER 2018**600m Run/Walk**

Pramesh Prasad	44	2.41	walk
Charlie Mallia	69	2.53	
Peter Ellis	67	3.07	walk
Kylie Irshad	46	3.18	walk
Albin Hess	58	3.22	walk
Magda Maniak	36	4.01	walk
Marnie Grace	43	4.11	walk

3200 N.O.T Handicap

	time	Actual	
Rob Clutterbuck	65	17.1	17.07
Gary Meyer	63	17.55	18.05
Pramesh Prasad	44	16.17	16.27
Albin Hess	58	23.3	23.09
Charlie Mallia	69	16.30	17.01
Peter Thorne	70	19.20	18.21
Marnie Grace	43	25.00	26.01
Kylie Irshad	46	19.30	20.4
Magda Maniak	36	20.20	22.12
Lindsay Beaton	68	31.15	28.56

50m

Magda Maniak	36	6.49
Mike Hall	79	9.69

110m

Magda Maniak	36	18.17
Mike Hall	79	18.43
Albin Hess	58	21.86

CASEY 12 NOVEMBER 2018**3.2k Cross Country**

Rob Clutterbuck	65	17.37	
Albin Hess	58	18.21	1 road
Kylie Irshad	46	18.21	1 road
Marnie Grace	43	18.22	1 road
Gary Meyer	63	19.39	
Peter Thorne	70	20.18	
Frances Halton	57	22.26	2 road
Hsien Chiam	47	25.18	
Arlene D'Monte	60	31.11	
Lindsay Beaton	68	32.01	

CASEY 19 NOVEMBER 2018**70M**

Shaun Taylor	32	8.59
Paul Olsson	61	10.93
Magda Maniak	36	11.23
Hsien Chiam	47	12.23
Albin Hess	58	13.38
Mike Hall	79	13.59
Lindsay Beaton	68	14.61
Arlene D'Monte	60	14.85

CASEY 19 NOVEMBER 2018 cont.**Hybrid Run/Walk**

Pramesh Prasad	44	13.13	1 road walk
Hsien Chiam	47	15.04	1 road
Albin Hess	58	16.08	road walk
Marnie Grace	43	16.31	road walk
John Hallo	76	17.55	road walk
Rob Clutterbuck	65	18.06	1 X/C
Arlene D'Monte	60	19.38	road walk
Gary Meyer	63	27.24	Hybrid
Frances Halton	57	30.22	Hybrid
Lindsay Beaton	68	44.56	Hybrid

120M

Shaun Taylor	32	14.59
Paul Olsson	61	18.34
Mike Hall	79	20.05
Albin Hess	58	24.06

CASEY 26 NOVEMBER 2018**90M**

Magda Maniak	36	14.68
Paul Olsson	61	14.92
Noel Fairburn	57	15.21
Arlene D'Monte	60	19.67

1200M Run/Walk

Shaun Taylor	32	4.46	
Pramesh Prasad	44	6.08	walk
Gary Meyer	63	6.22	
Caitlin O'Connell	44	6.48	
Peter Thorne	70	6.49	
Rebekah Lyness	44	7.31	
Albin Hess	58	7.38	walk
Frances Halton	57	8.14	
Marnie Grace	44	8.28	walk

200M

Paul Olsson	61	34.17
Noel Fairburn	57	34.47
Mike Hall	79	36.72
Hsien Chiam	47	38.72
Caitlin O'Connell	44	42.91
Lindsay Beaton	68	57.26

2.2/3.6 Run/Walk

Rob Clutterbuck	65	12.03	2.2k
Hsien Chiam	47	14.41	2.2k
Marnie Grace	44	16.06	2.2k walk
Rebekah Lyness	44	18.48	3.6k
Albin Hess	58	18.54	3.6k
Arlene D'Monte	60	19.06	2.2k walk
Gary Meyer	63	20.00	3.6k
Caitlin O'Connell	44	20.15	3.6k
Peter Thorne	70	20.58	3.6k
Frances Halton	57	23.11	3.6k
Lindsay Beaton	68	32.01	3.6k walk

COBURG 1 NOVEMBER 2018**100m****Heat: 1**

Rob LEWIS	71	18.48
Tracy COLBERT	49	18.95
Michelle SPORTON	52	23.26
Rob DAVEY	78	26.80

Heat: 2

Ethan O'NEILL	18	12.18
Alistair GOVIER-COLE	30	12.46
Paul O'NEILL	53	14.17
Spud HARRAP	16	14.47
Isabelle RAINES	16	14.54
Colin HICKIE	34	15.00

1000m

Carl KENNEDY	52	3.30
Colin HICKIE	34	3.32
Ethan O'NEILL	18	3.55
Michael MEANEY	63	4.16
Fiona ELY	49	4.23
Maria BARBETTI	53	4.50
Donna ELMS (W)	57	5.56
Ken CARTER	66	10.56

400m

Paul O'NEILL	53	1.03.6
Alistair GOVIER-COLE	30	1.08.7
Isabelle RAINES	16	1.09.2
Spud HARRAP	16	1.16.3
Bruce GIBBS	69	1.34.6
Rob LEWIS	71	1.51.2
Michelle SPORTON	52	2.45.8

2km

Paul O'NEILL	53	8.49
Tracy COLBERT	49	9.40
Fiona ELY	49	9.42
Michael MEANEY	63	10.43
Rob LEWIS	71	12.02
Donna ELMS (W)	57	14.01
Ken CARTER	66	25.00

4km

Carl KENNEDY	52	15.20
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COBURG 8 NOVEMBER 2018**90m****Heat: 1**

Sally COLLINS	44	14.65
Matthew HALLAM	7	15.61
Rob LEWIS	71	17.35
Anna HALLAM	7	19.65
Michelle SPORTON	52	20.86

Heat: 2

Alistair GOVIER-COLE	30	11.16
Spud HARRAP	16	12.73
Colin HICKIE	34	12.73
Isabelle RAINES	16	13.01
Gary O'DWYER	59	13.72

COBURG 8 NOVEMBER 2018 cont.**1200m**

Fiona ELY	49	5.36
Donna ELMS (W)	57	6.57
Frank BRADLEY	62	6.57
Ken CARTER	66	13.33

1600m

Colin HICKIE	34	6.12
Michael MEANEY	63	7.32
Gary O'DWYER	59	7.45

200m**Heat: 1**

Sally COLLINS	44	35.65
Matthew HALLAM	7	38.47
Tracy COLBERT	49	39.18
Rob LEWIS	71	40.15
Anna HALLAM	7	49.91
Michelle SPORTON	52	54.52
Rob DAVEY	78	58.24

Heat: 2

Alistair GOVIER-COLE	30	26.39
Isabelle RAINES	16	29.52
Spud HARRAP	16	31.21
Gary O'DWYER	59	31.62
Michael MEANEY	63	34.18

Melbourne Cup 3200m

Carl KENNEDY	52	12.04
Fraser MURRAY	46	12.55
Colin HICKIE	34	13.20
Michael MEANEY	63	15.28
Tracy COLBERT	49	15.42
Gary O'DWYER	59	15.51
Brian DELANEY	64	17.24
Rob LEWIS	71	20.19
Ken CARTER	66	36.56

COBURG 15 NOVEMBER 2018**100m****Heat: 1**

Sally COLLINS	44	16.14
Matthew HALLAM	7	18.16
Rob LEWIS	71	18.69
Michelle SPORTON	52	23.05
Anna HALLAM	7	24.64

Heat: 2

Ethan O'NEILL	18	11.75
Alistair GOVIER-COLE	30	11.95
Paul O'NEILL	53	12.73
Spud HARRAP	16	13.85
Isabelle RAINES	16	14.05
Gary O'DWYER	59	14.20

800m

Carl KENNEDY	52	2.39
Matthew HALLAM	7	3.32
Gary O'DWYER	59	3.34
Maria BARBETTI	53	3.45
Donna ELMS (W)	57	4.55
Anna HALLAM	7	5.18
Sally COLLINS	44	5.18
Ken CARTER	66	8.30

COBURG 15 NOVEMBER 2018 cont.**300m****Heat: 1**

Bruce GIBBS	69	1.02
Matthew HALLAM	7	1.05
Rob LEWIS	71	1.11
Donna ELMS (W)	57	1.32
Rob DAVEY	78	1.38
Michelle SPORTON	52	1.52

Heat: 2

Paul O'NEILL	53	44.40
Isabelle RAINES	16	48.55
Spud HARRAP	16	51.09
Gary O'DWYER	59	54.36

2km

Tracy COLBERT	49	10.51
Rob LEWIS	71	11.49
Fiona ELY (W)	49	18.23

3km

Michael MEANEY	63	15.49
Maria BARBETTI	53	16.35
Ken CARTER	66	34.51

5km

Carl KENNEDY	52	19.13
Gary O'DWYER	59	25.05

COBURG 22 NOVEMBER 2018**80m****Heat: 1**

Tess LAWRENCE	19	12.91
Margaret LAWRENCE	53	14.22
Michelle SPORTON	52	18.65

Heat: 2

Sierra ASHER	33	10.38
Paul O'NEILL	53	10.97
Isabelle RAINES	16	11.45
Spud HARRAP	16	11.67
Gary O'DWYER	59	11.95

1200m Walk

Rob DAVEY	78	10.11
Margaret LAWRENCE	53	10.57
Tess LAWRENCE	19	10.57
Ken CARTER	66	13.01

1600m

Carl KENNEDY	52	5.48
Michael MEANEY	63	7.11
Gary O'DWYER	59	7.34
Brian DELANEY	65	7.37
Fiona ELY	49	7.39
Maria BARBETTI	53	7.59

400m**Heat: 1**

Tess LAWRENCE	19	1.21.8
Margaret LAWRENCE	53	1.36.1
Bruce GIBBS	69	1.54.8
Donna ELMS (W)	57	2.16.8
Michelle SPORTON	52	2.50.2

COBURG 22 NOVEMBER 2018**Heat: 2**

Paul O'NEILL	53	1.04.2
Spud HARRAP	16	1.11.3
Isabelle RAINES	16	1.11.9
Gary O'DWYER	59	1.17.3

2km

Michael MEANEY	63	10.17
Ken CARTER	66	23.30

4km

Carl KENNEDY	52	15.21
Maria BARBETTI	53	22.07
Tess LAWRENCE	19	22.41
Margaret LAWRENCE	53	22.55
Donna ELMS (W)	57	27.09
Anna DAVIS	36	27.09

COBURG 22 NOVEMBER 2018**110m**

Alistair GOVIER-COLE	30	13.87
Isabelle RAINES	16	15.17
Colin HICKIE	34	15.59
Gary O'DWYER	59	16.23
Rob DAVEY	78	27.39

800m

Carl KENNEDY	52	2.41
Colin HICKIE	34	2.52
Michael MEANEY	63	3.20
Gary O'DWYER	59	3.25
Brian DELANEY	65	3.27
Fiona ELY	49	3.28
Len HALLETT	69	3.49
Maria BARBETTI	53	3.51
Donna ELMS (W)	57	4.46
Bruce GIBBS	69	5.16
Ken CARTER	66	9.06

300m

Paul O'NEILL	53	46.42
Isabelle RAINES	16	46.83
Kevin NJIE	35	52.03
Gary O'DWYER	59	52.34
Alistair GOVIER-COLE	30	56.01
Michael MEANEY	63	58.40
Donna ELMS (W)	57	1.33.3

2km Walk

Fiona ELY	49	18.29
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3km

Michael MEANEY	63	14.56
Tracy COLBERT	49	15.18
Len HALLETT	69	17.21
Ken CARTER	66	37.06

5km

Carl KENNEDY	52	19.22
Colin HICKIE	34	22.51
Gary O'DWYER	59	24.25
Maria BARBETTI	53	28.56

CROYDON 13 NOVEMBER 2018

1 KM WALK

1	Grant MURFETT	51	6.22
2	Paul MORITZ	59	6.48
3	Jess DUX	34	7.12
4	Lyn BATCHELOR	69	7.27
5	Phyllis GOSBELL	80	8.36
6	Karen ARCHER	55	9.53
7	Allan WOOD	81	10.14
8	Grant WATSON	71	10.17
9	Colin WILLIAMS	69	10.17
10	Barrie WICKS	78	10.50
11	Robert STAGG	52	10.53
12	Erika BEDYN	56	10.54
13	Andrew EGGINTON	57	10.55
14	Ron SMITH	69	11.22

90 METRE SPRINT

Heat 1:

1	Cec McKEOWN	79	16.0
2	Allan WOOD	81	17.2
3	Barry MURLEY	79	18.9
4	Ron SMITH	69	22.2
5	Grant WATSON	71	28.1

Heat 2:

1	Jess DUX	34	11.6
2	Michael WILLEY	42	12.1
3	Braydon WOODRIDGE	16	12.5

1200 METRE RUN

1	Andrew EGGINTON	57	4.04
2	Michael WILLEY	42	4.29
3	Lee SETTLE	47	4.34
4	Braydon WOODRIDGE	16	5.09
5	Colin WILLIAMS	69	5.58
6	Erika BEDYN	56	6.02
7	Ros DYER	54	6.30

200 METRE SPRINT

Heat 1:

1	Cec McKEOWN	79	40.1
2	Allan WOOD	81	46.8
3	Colin WILLIAMS	69	67.2
4	Grant WATSON	71	78.2

Heat 2:

1	Jess DUX	34	27.0
2	Robert STAGG	52	30.7
3	Michael WILLEY	42	31.1
4	Grant MURFETT	51	31.4
5	Lee SETTLE	47	35.4

5 LAPS WALK

1	Paul MORITZ	59	14.55
2	Phyllis GOSBELL	80	16.38 (Wlk/Run)

8 LAPS SPIRAL RUN

1	Michael WILLEY	42	15.01
2	Lee SETTLE	47	15.53
3	Erika BEDYN	56	18.21
4	Braydon WOODRIDGE	16	18.42
5	Geoff ARNOTT	70	19.29
6	Ros DYER	54	19.35
7	Cec McKEOWN	79	20.58
8	Lyn BATCHELOR	69	23.30
Colin WILLIAMS (2 laps)	69	4.55	

CROYDON 20 NOVEMBER 2018

1500 METRE WALK

1	Paul MORITZ	59	9.43
2	Grant MURFETT	51	9.44
3	Jess DUX	34	12.21
4	Ron BOYNE	85	12.37
5	Grant WATSON	71	14.27
6	Barrie WICKS	78	14.32
7	Allan WOOD	81	14.45
8	Ron SMITH	69	16.19

60 METRE SPRINT

1	Jess DUX	34	8.3
2	Cec McKEOWN	79	11.0
3	Allan WOOD	81	11.2
4	Andrew FRASER	76	11.6
5	Ron SMITH	69	13.7

800 METRE RUN

1	Jess DUX	34	3.09
2	Colin PAGE	64	3.16
3	Robert STAGG	52	3.22
4	Cec McKEOWN	79	4.06
Grant WATSON	71	3.08 (400 metres)	

500 METRE RUN

1	Jess DUX	34	1.44
2	Cec McKEOWN	79	2.56
3	Allan WOOD	81	2.57
4	Andrew FRASER	76	3.40

1/3/5 KM RUN

1 km:

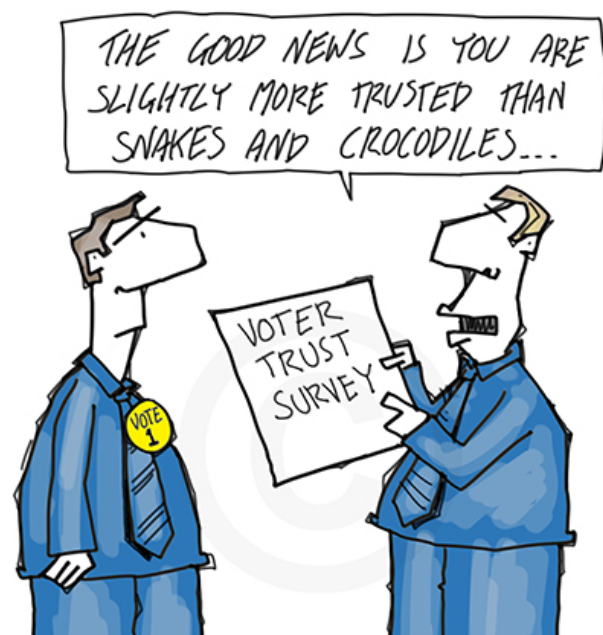
1	Robert STAGG	52	4.53
2	Colin PAGE	64	5.01
3	Ron BOYNE	85	6.32

3 km:

1	Murray HUTCHISON	69	18.39
2	Paul MORITZ (Walk)	59	22.11

5 km:

1	Geoff ARNOTT	70	24.56
Cec McKEOWN	79	17.35 (4½ lps Walk)	
Grant WATSON	71	17.36 (4½ lps Walk)	



CROYDON 27 NOVEMBER 2018**800 METRE WALK**

1	Paul MORITZ	59	5.01
2	Grant MURFETT	51	5.04
3	Lyn BATCHELOR	69	5.57
4	Lee SETTLE	47	6.12
5	Colin WILLIAMS	69	7.07
6	Grant WATSON	71	7.08
7	Barrie WICKS	78	7.11
8	Pam TINDALL	58	7.34
9	Sheila FANNING	44	7.35
10	Brayden WOOLRIDGE	16	8.05
11	Erika BEDYN	56	8.07
12	Graeme WOOLRIDGE	52	8.08
13	Robert STAGG	52	8.10
14	Terry DUNN	81	8.10
15	Kevin McLAUCHLAN	75	8.12
16	Cec McKEOWN	79	8.15
17	Ros DYER	54	8.25
18	Tania NEALE	40	8.25
19	Ron SMITH	69	8.27

100 METRE SPRINT

1	Jess DUX	34	16.8
2	Russell OAKLEY	79	17.8
3	Cec McKEOWN	79	18.9
4	Ron SMITH	69	23.4

10 KM CHALLENGE PARLOUF RELAY

1	Mt. Lilydale 1	27.19
2	Croydon 1	27.21
3	Mt. Lilydale 2	28.05
4	Mt. Lilydale 9	28.15
5	Mt. Lilydale 6	30.40
6	Mt. Lilydale 7	30.48
7	Mt. Lilydale 10	31.06
8	Mt. Lilydale 5	31.22
9	Mt. Lilydale 8	32.40
10	Mt. Lilydale 3	32.51
11	Croydon 2	33.50
12	Mt. Lilydale 4	35.46

DONCASTER 5 NOVEMBER 2018**100 Metres**

Matt Hughes	43	13.26
David McConnell	66	14.25
Gary Zuccala	56	14.70
Janine James	71	17.08 (venue record)
Graham Walter	60	17.08

1200 Metres

Matt Hughes	43	5.01.0
Graham Walter	60	5.17.4

800 Metres walk

Frank Prowse	66	6.02.2
Shaun Wright	48	7.32.3

200 Metres

Matt Hughes	43	28.64
David McConnell	66	29.29
Graham Walter	60	31.00
Daryl Kilmartin	52	31.55
Gary Zuccala	56	35.50
Janine James	71	37.50
Felicity Trautman	9	44.40
Marla Trautman	46	76.10

600 Metres NOST

Leo Yang	(-2.45)	4.35.68	(1.50.68)	(DQ)
Graham Walter	(-2.25)	4.49.69	(2.24.69)	(DQ)
Graham Ford	(-2.40)	4.50.39	(2.10.39)	(DQ)
Gary Zuccala	(-2.40)	4.51.46	(2.11.46)	(DQ)
Matt Hughes	(-2.40)	4.53.24	(2.13.24)	(DQ)
Daryl Kilmartin	(-2.55)	4.55.07	(2.00.07)	(DQ)
Felicity Trautman	(-2.40)	5.17.27	(2.37.27)	(winner)
David McConnell	(-2.05)	5.18.35	(2.23.35)	
Marla Trautman	(-0.30)	6.05.40	(5.35.40)	

1000 Metres

Felicity Trautman	9	4.36.0
Graham Walter	60	4.37.0

3000 Metres

Gary Zuccala	56	12.39.3
Daryl Kilmartin	52	13.33.6
Matt Hughes	43	14.22.0

2000 Metres walk

Frank Prowse	66	14.15.1
Shaun Wright	48	7.30.6 (venue record)

DONCASTER 12 NOVEMBER 2018**800 Metres NOST**

Katrina Philip	(-2.20)	5.56.9	(3.36.9)
Kath Gawthorn	(-2.20)	5.57.4	(3.37.4)
Graham Walter	(-2.45)	5.59.4	(3.14.4)
Elizabeth Grover	(-2.30)	6.02.2	(3.32.2)
Graham Ford	(-2.50)	NT	
Matt Hughes	(-3.10)	NT	
Daryl Kilmartin	(-3.20)	NT	
Matt Scholes	(-3.30)	NT	
Marla Trautman	(-0.50)	NT	



DONCASTER 12 NOVEMBER 2018 cont.**80 Metres**

Matt Hughes	43	10.77	
Matt Scholes	48	11.88	
Graham Walter	60	12.32	
Daryl Kilmartin	52	14.10	
Kathy Skultety	76	16.50	(venue record)
Greg Champion	63	16.58	

150 Metres

Matt Hughes	43	20.76	
Matt Scholes	48	21.58	
Graham Walter	60	23.34	
Daryl Kilmartin	52	33.02	
Kathy Skultety	76	34.58	(venue record)
Carolyn Aughey	76	35.78	

300 Metres

Matt Scholes	48	46.28	
Graham Ford	69	52.58	
Matt Hughes	43	60.08	
Katrina Philip	57	68.50	
Graham Walter	60	69.16	
Marla Trautman	46	2.06.46	

2000 Metres

Matt Hughes	43	8.58.3	
Elizabeth Grover	55	9.12.2	
Graham Walter	60	9.59.8	
Katrina Philip	57	10.44.0	

DONCASTER 19 NOVEMBER 2018**Long Jump**

Matt Scholes	48	4.36	
Darryl Kilmartin	52	4.11	
Gary Zuccala	56	3.45	
Greg Champion	63	3.33	
Jeffrey Sim	56	3.23	
Clyde Riddoch	65	2.73	

100 Metres

Matt Scholes	48	14.50	
Greg Champion	63	15.94	
Jeffrey Sim	56	16.42	
Carolyn Aughey	76	23.06	

200 Metres

Matt Scholes	48	28.20	
Darryl Kilmartin	52	31.38	
Gary Zuccala	56	33.60	
Frank Prowse	66	39.82	
Clyde Riddoch	65	41.28	
Carolyn Aughey	76	48.22	

400 Metres

Matt Scholes	48	65.9	
Jeffrey Sim	56	1.51.8	

800 Metres

Elizabeth Grover	55	3.30.4	
Katrina Philip	56	3.33.5	
Jeffrey Sim	56	4.00.4	

DONCASTER 19 NOVEMBER 2018 cont.**1500 Metres**

Darryl Kilmartin	52	5.41.4	
Gary Zuccala	56	5.44.2	
Frank Prowse	66	6.53.6	
Elizabeth Grover	55	6.57.6	(venue record)
Clyde Riddoch	65	7.18.1	
Katrina Philip	56	7.27.7	
Matt Scholes	48	7.27.7	

Javelin

Matt Scholes	48	26.37	
Darryl Kilmartin	52	23.16	
Clyde Riddoch	65	22.03	
Frank Prowse	66	18.47	

Discus

Clyde Riddoch	65	26.57	
Graham Ford	69	25.10	
Matt Scholes	48	18.30	
Darryl Kilmartin	52	17.54	
Frank Prowse	66	16.68	

DONCASTER 26 NOVEMBER 2018**120 Metres handicap**

Graham Ford	(-19)	15.20	
Matt Scholes	(-10)	15.21	
Janine James	(-32)	15.26	
Greg Champion	(-22)	15.42	
Carolyn Aughey	(-51)	15.82	
Jeffrey Sim	(-27)	18.28	

1 mile

Elizabeth Grover	55	7.12.3	(Venue record)
Katrina Philip	57	7.42.8	
Jeffrey Sim	56	8.17.9	
Frank Prowse	66	9.05.7	(Venue walk record)

200 Metres

Matt Scholes	48	28.94	
David McConnell	66	29.94	
Janine James	71	38.18	
Jeffrey Sim	56	39.22	

500 Metres

Matt Scholes	48	1.27.4	
Graham Ford	69	1.44.2	
David McConnell	66	1.55.8	
Jeffrey Sim	56	2.04.5	
Katrina Philip	57	2.06.1	

3000 Metres

Elizabeth Grover	55	14.21.5	
Katrina Philip	57	16.30.9	

EAST BURWOOD 1 NOVEMBER 2018**60 METRE SPRINT****Heat 1:**

1	Don McLEAN	84	11.3
2	Horacio DIAZ	73	14.5
3	Grant WATSON	71	16.8
4	Lloyd NICHOLS	77	18.5
5	Jack FREDRICKSON	79	21.2

Heat 2:

1	Greg FERGUS	49	9.2
2	Toni MATTERS	50	9.9
3	Christopher WORSNOP	61	10.6

600 METRE RUN

1	Paul DURRANT	57	2.10
2	Christopher WORSNOP	61	2.28
3	Liz EASTWOOD	49	2.58
4	Grant WATSON	71	4.48

800 METRE WALK

1	Frank PROWSE	66	5.18
2	Liz EASTWOOD	49	5.19
3	Christopher WORSNOP	61	5.41
4	Leo WATSON	77	6.00
5	Phyllis GOSBELL	80	6.43
6	Grant WATSON	71	6.48
7	Gerald BURKE	78	6.58
8	Jack FREDRICKSON	79	7.36
9	Peter BATTRICK	75	8.14

100 METRE HANDICAP SPRINT

		H'cap	Mtrs
1	Glenn McLEAN	54	5
2	Greg FERGUS	49	10
3	Christopher WORSNOP	61	19
4	Don McLEAN	84	28
5	Lloyd NICHOLS	77	56
6	Andrew FRASER	76	23
7	Horacio DIAZ	73	42

300 METRE SPRINT

1	Paul DURRANT	57	47.2
2	Glenn McLEAN	54	47.7
3	Andrew FRASER	76	76.3
4	Horacio DIAZ	73	108.8
5	Lloyd NICHOLS	77	182.3

3 KM HANDICAP RUN

		Clock	Actual	
1	Liz EASTWOOD	49	18.37	14.42
2	Christopher WORSNOP	61	18.50	14.45
3	Michelle QUAN	48	19.11	14.46
4	Frank PROWSE (Walk)	66	19.41	19.41
5	Geoff WHEELER	62	19.53	15.13
6	David CHUNG	51	21.08	17.18

1 KM WALK

1	Leo WATSON	77	8.04
2	Grant WATSON	71	9.13

JAVELIN THROW HANDICAP

		Best	Adjusted	
1	Jack FREDRICKSON	79	10.70	40.85
2	Louise McLEAN	53	12.08	40.13
3	Toni MATTERS	50	24.25	40.00
4	Andrew FRASER	76	12.95	38.12

EAST BURWOOD 8 NOVEMBER 2018**60 METRE SPRINT****Heat 1:**

1	Don McLEAN	84	12.0
2	Lew JENKINS	73	12.4
3	Leo COFFEY	88	13.1
4	Grant WATSON	71	17.5
5	Lloyd NICHOLS	77	21.8

Heat 2:

1	Toni MATTERS	50	9.9
2	Paul DURRANT (72 mtrs.)	57	10.4
3	Allan WOOD	81	12.4

1500 METRE RUN

1	Perry BIRKETT	56	5.52
2	Paul EARLE	54	6.06
3	Grant WATSON	71	12.16

1000 METRE HANDICAP WALK

		Clock	Actual	
1	Allan WOOD	81	9.34	7.59
2	Leo WATSON	77	9.42	7.22
3	Brian TAIT	76	9.43	7.43
4	Leonie GILLIES	61	9.55	7.35
5	Bob LEWIS	90	10.03	10.03
6	Peter BATTRICK	75	10.06	10.06
7	Jack FREDRICKSON	79	10.15	9.35
8	Grant WATSON	71	10.22	8.57

400 METRE RUN

1	Paul DURRANT	57	66.7
2	Glenn McLEAN	54	67.4
3	Perry BIRKETT	56	68.4

100 METRE SPRINT

1	Paul DURRANT	57	14.1
2	Melanie BISSETT	42	16.9
3	Allan WOOD	81	19.4
4	Lew JENKINS	73	20.8
5	Leo COFFEY	88	23.4
6	Lloyd NICHOLS	77	54.1

2 KM WALK

1	Bob LEWIS	90	19.08
2	Grant WATSON	71	19.09

2 OR 4 KM RUN**2 km:**

1	Paul EARLE	54	8.17
2	Leonie GILLIES	61	12.19

4 km:

1	Geoff WHEELER	62	19.47
2	Sam DEFANIS	70	20.39

SHOT PUT

		Metres	
	Toni MATTERS	50	10.14
	Lew JENKINS	73	8.09
	Louise McLEAN	53	6.90
	Allan WOOD	81	6.53
	Kaylie GOODRICK	47	6.31
	Brian TAIT	76	5.41
	Leo COFFEY	88	4.48
	Jack FREDRICKSON	79	4.32

EAST BURWOOD 15 NOVEMBER 2018**60 METRE SPRINT****Heat 1:**

1	Don McLEAN	84	11.9
2	Leo COFFEY	88	12.4
3	Horacio DIAZ	73	16.3
4	Grant WATSON	71	16.9
5	Lloyd NICHOLS	77	21.7

Heat 2:

1	Paul DURRANT	57	8.7
2	Sonya POLLARD	52	8.9
3	Greg FERGUS	49	9.4
4	Geoff WHITEHALL	69	9.4
5	Toni MATTERS	50	10.1
6	Christopher WORSNOP	61	11.0

800 METRE RUN N.O.T.

		Clock	Nom.	
1	Perry BIRKETT **	56	2.47	2.45
2	Christopher WORSNOP	61	3.26	3.38
3	Jack DURRANT	21	3.34	3.00
4	Liz EASTWOOD	49	3.44	3.38

** Winner - Perry Birkett

300 METRE RUN N.O.T.

		Clock	Nom.	
1	Paul DURRANT **	57	47.2	46.9
2	Perry BIRKETT	56	48.3	49.0
3	Christopher WORSNOP	61	60.2	56.5
4	Janet HOLMES	65	63.6	61.0
5	Leo COFFEY	88	86.9	68.5
6	Horacio DIAZ	73	108.1	69.0
7	Lloyd NICHOLS	77	176.1	170.0

** Winner - Paul Durrant

150 METRE SPRINT

1	Leo COFFEY	88	40.1
2	Lloyd NICHOLS	77	67.0

800 METRE WALK N.O.T.

		Clock	Nom.	
1	Christopher WORSNOP	61	5.31	5.39
2	Frank PROWSE	66	5.32	5.45
3	Liz EASTWOOD	49	5.40	5.45
4	Leo WATSON **	77	5.51	5.50
5	Leonie GILLIES	61	6.03	6.15
6	Brian TAIT	76	6.11	6.15
7	Phyllis GOSBELL	80	6.33	6.50
8	Gerald BURKE	78	6.42	7.00
9	Jack DURRANT	21	7.15	8.00
10	Grant WATSON	71	7.48	8.40
11	Bob LEWIS	90	8.12	7.30
12	Peter BATTRICK	75	8.13	8.15

** Winner - Leo Watson

1 KM WALK

1	Brian TAIT	76	7.51
2	Leo WATSON	77	8.05
3	Grant WATSON	71	11.03
4	Bob LEWIS	90	11.04

5 KM HANDICAP RUN

		Clock	Actual	
1	Paul EARLE	54	30.59	22.09
2	Liz EASTWOOD	49	31.25	25.05
3	Geoff WHEELER	62	31.42	24.32
4	Michelle QUAN	48	32.21	25.21
5	Sam DEFANIS	70	32.39	26.29
6	Christopher WORSNOP	61	34.35	28.10
	Leonie GILLIES (3 km run)	61	8.27	
	Frank PROWSE (Walk)	66	19.54	

EAST BURWOOD 15 NOVEMBER 2018 cont**DISCUS THROW N.O.D.**

		Best	Nom.	
	Toni MATTERS	50	31.13	31.00
	Paul DURRANT	57	28.71	29.00
	Jack DURRANT	21	18.75	22.50
	Frank PROWSE **	66	16.40	16.50
	Brian TAIT	76	13.60	13.30
	Greg FERGUS	49	13.23	13.00
	Donna CLARKE	65	12.78	12.20
	Allan WOOD	81	12.28	14.25
	Jack FREDRICKSON	79	11.59	11.00
	Leo COFFEY	88	8.63	9.30

** Winner - Frank Prowse

EAST BURWOOD 22 NOVEMBER 2018**2 X 200 METRE RELAY**

1	Chloe DUX	Inv	
	Jess DUX	34	1.13
2	Andrew FRASER	76	
	Ros LORDING	46	1.14
3	Zac MATTERS	Inv	
	Allan WOOD	81	1.15

60 METRE SPRINT**Heat 1:**

1	Allan WOOD	81	No
2	Horacio DIAZ	73	
3	Grant WATSON	71	Times

Heat 2:

1	Jess DUX	34	8.6
2	Christopher WORSNOP	61	10.7
3	Andrew FRASER	76	11.8
4	Leo COFFEY	88	12.4
5	Lloyd NICHOLS	77	20.9

1000 METRE RUN

1	Ros LORDING	46	4.10
2	Christopher WORSNOP	61	4.21
3	Paul EARLE	54	4.55
4	Liz EASTWOOD	49	5.43
5	Grant WATSON	71	9.16

1000 METRE HANDICAP WALK

		Clock	Actual	
1	Phyllis GOSBELL	80	9.44	7.54
2	Andrew FRASER	76	9.45	8.45
3	Frank PROWSE	66	9.47	6.27
4	Christopher WORSNOP	61	9.48	6.43
5	Leonie GILLIES	61	9.49	7.24
6	Brian TAIT	76	9.51	7.41
7	Bob LEWIS	90	9.55	9.55
8	Jack FREDRICKSON	79	9.55	9.20
9	Gerald BURKE	78	9.57	8.42
10	Ros LORDING	46	9.57	6.27
11	Stephen DAY	48	10.22	7.37
12	Allan WOOD	81	10.23	8.23
13	Leo WATSON	77		
14	John MATHEW	82		
15	Grant WATSON	71		
16	Liz EASTWOOD	49		

100 METRE SPRINT

1	Jess DUX	34	14.2
2	Andrew FRASER	76	19.2
3	Allan WOOD	81	19.5
4	Lloyd NICHOLS	77	39.6

EAST BURWOOD 22 NOVEMBER 2018 cont.

1 OR 3 KM WALK

1 km:

1	Frank PROWSE	66	7.15
2	Stephen DAY	48	7.20
3	Leo WATSON	77	7.41
4	Brian TAIT	76	7.53
5	John MATHEW	82	11.42

3 km:

1	Frank PROWSE	66	20.22
2	Stephen DAY	48	22.23

3 KM HANDICAP RUN

	Clock	Actual	
1	Geoff WHEELER	62	18.29 14.09
2	Christopher WORSNOP	61	18.30 14.50
3	Paul EARLE	54	18.40 13.10
4	Sam DEFANIS	70	18.52 15.12
5	Leonie GILLIES	61	18.55 18.55
6	Ros LORDING	46	19.00 14.55
7	Michelle QUAN	48	19.26 15.16

LONG JUMP N.O.D.

	Best	Nom.	
Jess DUX	34	4.24	4.35
Allan WOOD **	81	2.42	2.40
Leo COFFEY	88	2.08	2.35

** Winner - Allan Wood

EAST BURWOOD 29 NOVEMBER 2018

60 METRE SPRINT

Heat 1:

1	Don McLEAN	84	11.6
2	Kaylie GOODRICK	47	12.1
3	Leo COFFEY	88	12.5
4	Allan WOOD	81	13.3
5	Horacio DIAZ	73	14.6
6	Grant WATSON	71	16.7
7	Lloyd NICHOLS	77	22.2

Heat 2:

1	Jess DUX	34	No
2	Toni MATTERS	50	
3	Christopher WORSNOP	61	Times

600 METRE RUN

1	Perry BIRKETT	56	1.59
2	Christopher WORSNOP	61	2.22
3	Janet HOLMES	65	2.29

800 METRE WALK N.O.T.

	Clock	Nom.	
1	Christopher WORSNOP	61	5.15 5.17
2	Frank PROWSE **	66	5.15 5.15
3	Stephen DAY	48	5.41 6.06
4	Leo WATSON	77	5.46 5.49
5	Brian TAIT	76	6.16 6.13
6	Phyllis GOSBELL	80	6.24 6.39
7	Grant WATSON	71	6.52 8.30
8	Gerald BURKE	78	6.58 6.50
9	Allan WOOD	81	7.23 7.10
10	Jack FREDRICKSON	79	7.24 7.26

** Winner - Frank Prowse

200 METRE SPRINT

1	Andrew FRASER	76	39.2
2	Leo COFFEY	88	51.7
3	Grant WATSON	71	74.9
4	Lloyd NICHOLS	77	103.5

EAST BURWOOD 29 NOVEMBER 2018 cont.

100 METRE HANDICAP SPRINT

			H'cp Mtrs.
1	Jess DUX	34	13.3 Minus 1
2	Leo COFFEY	88	13.7 35
3	Christopher WORSNOP	61	14.3 19
4	Lloyd NICHOLS	77	14.7 56
5	Horacio DIAZ	73	15.1 42
6	Andrew FRASER	76	15.5 23
7	Allan WOOD	81	15.8 25
8	Don McLEAN	84	16.0 20

1 OR 3 KM WALK

1 km:

1	Stephen DAY	48	7.43
2	Grant WATSON	71	9.20

3 km:

1	Stephen DAY	48	23.08
2	Frank PROWSE (3.8 km)	66	27.54

5 KM HANDICAP RUN

	Clock	Actual	
1	David CHUNG	51	25.51 25.51
2	Christopher WORSNOP	61	26.24 25.04
3	Geoff WHEELER	62	26.39 24.14
4	Sam DEFANIS	70	27.26 26.11

JAVELIN THROW

		Metres
Toni MATTERS	50	23.62
Jess DUX	34	21.61
Allan WOOD	81	17.14
Andrew FRASER	76	14.87
Kaylie GOODRICK	47	12.81
Leo COFFEY	88	10.15
Jack FREDRICKSON	79	9.10



FRANKSTON 4 NOVEMBER 2018**90m**

1	Graham Kilfoyle	67	13.34
2	Bill Carr	69	13.76

150m

1	Bill Carr	69	21.85
2	Graham Kilfoyle	67	22.05
3	Mike Hall	79	24.64

800m Walk

1	Pramesh Prasad	44	3.24
2	Marnie Grace	43	5.31
3	John Hallo	76	6.17
4	Greg Lovejoy	76	6.40
5	Lindsay Beaton	68	6.51
6	David Dodson	59	7.08

800m

1	Russ Dow	59	2.54
2	Barry Jeffs	70	3.26
3	Nonie Chan	33	3.38
4	Caitlin O'Connell	44	3.56
5	Gary Meyer	63	4.29

10 Lap Maximum Spiral Walk/Run

Laps		Run/Walk		
1	Russ Dow	59	17.35	10R
2	Barry Jeffs	70	18.52	9 R
3	Nonie Chan	33	17.52	8 R
4	Gary Meyer	63	18.20	8 R
5	Caitlin O'Connell	44	18.55	8 R
1	Pramesh Prasad	44	18.40	9 W
2	Marnie Grace	43	18.43	6 W
3	Greg Lovejoy	76	20.02	6 W
4	Graham Kilfoyle	67	18.12	5 W
5	John Hallo	76	18.43	5 W
	Lindsay Beaton	68	31.04	8 W
	Peter Ellis	67		

FRANKSTON 8 NOVEMBER 2018**100m**

1	Peter Biggs	53	13.52
2	Graham Kilfoyle	67	13.98
3	Rob Taylor	49	14.58
4	Mike Hall	79	17.06

200m

1	Peter Biggs	53	27.61
2	Rob Taylor	49	30.11

800m Walk

1	John Hallo	76	6.03
2	Chris Sheedy	50	6.04
3	Greg Lovejoy	76	6.12
4	Graham Kilfoyle	67	6.36
5	Lindsay Beaton	68	6.49

1000m

1	Rob Taylor	49	3.50
2	Barry Jeffs	70	4.25
3	Caitlin O'Connell	44	4.58
4	Gary Meyer	63	5.18
5	David Dodson	59	5.48
	Charlie Mallia	69	DNF

FRANKSTON 8 NOVEMBER 2018 cont.**2000m**

1	Gary Meyer	63	10.46
2	David Dodson	59	13.20
	Charlie Mallia	69	DNF

3000m**Kees Zwynenburg Memorial Age Graded Walk/Run**

		Clock	A/G %	W/R
1	Barry Jeffs	70	14.29	69.16% R
2	John Hallo	76	24.18	65.50% W
3	Rob Taylor	49	13.10	63.16% R
4	Greg Lovejoy	76	17.50	61.50% R
5	Graham Kilfoyle	67	24.29	58.00% W
6	Lindsay Beaton	68	25.42	55.90% W
7	Caitlin O'Connell	44	17.16	52.72% R
8	Marie Burns	56	22.12	47.82% R
9	Chris Sheedy	50	23.32	51.20% W
10	John Zwynenburg	32	22.12	33.30% R
	Jen Caddie	58		W

FRANKSTON 15 NOVEMBER 2018**80m**

1	Lindsay Beaton	68	19.80
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250m

1	Rob Taylor	49	45.00
2	Bill Carr	69	48.51

600m Walk

1	Greg Lovejoy	76	4.31
2	John Hallo	76	4.34
3	Lindsay Beaton	68	5.25

600m

1	Rob Taylor	49	2.11
2	Bill Carr	69	2.21
3	Charlie Mallia	69	2.38
4	Chris Sheedy	50	2.45
4	Caitlin O'Connell	44	2.45
6	Barry Jeffs	70	2.57
7	Gary Meyer	63	3.10
8	David Dodson	59	3.25

1 lap Walk in the Park

1	John Hallo	76	15.02
2	Lindsay Beaton	68	23.12

1 lap Run in the Park

1	Barry Jeffs	70	12.51
2	David Dodson	59	14.29

2 lap Run in the Park

1	Rob Taylor	49	18.06
2	Charlie Mallia	69	22.14
3	Chris Sheedy	50	22.15
4	Greg Lovejoy	76	22.35
5	Gary Meyer	63	24.10
6	Caitlin O'Connell	44	26.51
6	Frances Halton	57	26.51

FRANKSTON 22 NOVEMBER 2018**110m**

1	Chris Sheedy	50	16.62
2	Paul Olsson	61	17.81

200m Sealed Handicap - Xmas Qualifier**Heat 1**

1	Rob Taylor	50	30.16
2	Paul Olsson	61	33.90
3	Mike Hall	79	35.51
4	Charlie Mallia	69	49.38

Heat 2

1	Graham Stockdale	76	40.70
2	Caitlin O'Connell	44	41.42
3	Greg Lovejoy	76	43.78
4	Lindsay Beaton	68	52.85

5 minute NOSP

1	John Hallo	76	5.00
2	Gary Meyer	63	5.01
3	David Dodson	59	5.50
	Russ Dow	59	
	Greg Lovejoy	76	
	Barry Jeffs	70	
	Lindsay Beaton	68	
	Rob Taylor	50	
	Chris Sheedy	50	
	Graham Stockdale	76	
	Caitlin O'Connell	44	
	Charlie Mallia	69	

2000m Walk

1	John Hallo	76	16.08
1	Graham Stockdale	76	16.08
3	Lindsay Beaton	68	19.14

2400m

1	David Dodson	59	15.17
7 lap spiral			
1	Rob Taylor	50	12.50
2	Russ Dow	59	13.05
3	Chris Sheedy	50	13.06
4	Barry Jeffs	70	14.43
5	Greg Lovejoy	76	15.45
6	Gary Meyer	63	17.02
7	Caitlin O'Connell	44	17.27
	DNF Charlie Mallia	69	

FRANKSTON 29 NOVEMBER 2018**Stairs run - Frankston foreshore**

Various distances	Time
Rob Taylor	44.00
Caitlin O'Connell	48.35
Fran Halton	44.00
Gary Meyer	48.34
Graham Stockdale	28.35
Greg Lovejoy	45.10
Lindsay Beaton	23.00
Lyn Pimm	44.00
Sally Taylor	44.25
Emily Taylor	44.25
Chris Sheedy	40.31
Russ Dow	40.31
Barry Jeffs	40.52

GEELONG 7 NOVEMBER 2018**3km Cross Country**

Tony McRae	12:17
Noah Jones	13:22
Thom Stewart	14:36
Peter Lamb	14:42
Erik Bumbers	14:51
Gerry Fitzpatrick	15:26
Jill Coyte (W)	18:09
Fiona Fitzpatrick	19:04
James Wright	20:45
Chris Colley	20:46

7km Cross Country

David Jenkins	27:42
Dave Elward	29:23
Sharon Pedersen	31:25
Jeff Walker	34:06
Yolanda Russell	34:51
Steve Welsh	37:27
Paul Austin	37:30
Frank Engelsman	39:02
Kath Oliver	39:34
Grant Baensch	40:51

GEELONG 14 NOVEMBER 2018**100m**

Rhys Hamill-Beach	11.73
Sharon Pedersen	15.57
Noah Jones	16.14

3200m

Phil Shay	12:12
Cameron White	12:36
Dave Elward	12:49
Sharon Pedersen	14:35
Alan Jenkins	14:45
Jeff Walker	14:58
Erik Bumbers	15:43
Paul Austin	16:20
Kath Oliver	16:52
Jeanette Austin	17:10
Grant Baensch	17:41
Jill Coyte (W)	19:37

3x400m Relay

Gbaensch/ Ebumbers/ Rhamill-Beach	04:00
Gfitzpatrick/Ajenkins/Plamb	04:01
Paustin/Njones/Spedersen	04:10

GEELONG 21 NOVEMBER 2018**3km Cross Country**

Jess Gordon	10:33
Rhys Hamill-Beach	11:34
Peter Lamb	14:42
Thom Stewart	14:57
Erik Bumbers	15:00
Nicholas MacDonald	16:47
Jill Coyte (W)	18:00
Fiona Fitzpatrick	18:58
Chris Colley	19:10

GEELONG 21 NOVEMBER 2018 cont.**5km Cross Country**

Kath Oliver 27:39

6km Cross Country

Mark Humphrey 26:39

8km Cross Country

Daryl Burns 29:41

Phil Shay 32:48

Dave Elward 33:13

Cameron White 33:21

Tim Henry 34:15

Mark Jeffrey 34:29

Jane White 34:36

Sam Elliott 36:34

Aaron Herbert 37:41

Alan Jenkins 39:12

Jeff Walker 39:27

Daryl Hurst 40:58

Steve Welsh 42:30

Paul Austin 45:47

Jeanette Austin 45:47

Grant Baensch 46:20

Marie Blood 59:12

GEELONG 28 NOVEMBER 2018**400m**

Rhys Hamill-Beach 54.88

Mark Boxer 01:08

David Mitchell 01:09

2400m

David Jenkins 07:59

Jess Gordon 08:18

Mark Boxer 09:07

Louis Rowan 09:21

Dave Elward 09:26

Mark Humphrey 10:20

Robbie Parsons 10:53

Alan Jenkins 10:54

Erik Bumbers 11:18

Grant Baensch 12:36

Kath Oliver 12:36

Jill Coyte (W) 13:41

1500m

Louis Rowan 05:39

Rhys Hamill-Beach 05:40

Mark Humphrey 06:04

Noah Jones 06:26

Alan Jenkins 06:35

Erik Bumbers 07:03

Grant Baensch 07:36

Kath Oliver 07:47

Robbie Parsons 07:48

GLEN EIRA 6 NOVEMBER 2018**70m E/T**

		Clock	Est	Diff
VIVIENNE CASH	66	12.02	12.0	0.02
JAMES HARPER	14	10.71	10.0	0.71
JIM McLURE	72	11.24	12.1	0.81
GLAD WISHART	74	13.62	12.8	0.82
BOB WISHART	76	10.18	9.0	1.18
MARY HARPER	49	13.81	15.6	1.69
LINDA McCAFFREY	40	11.75	14.0	2.25

500m E/T

		Clock	Est	Diff	%
MIKE CLAPPER	66	1.33.3	1.32.5	0.8	79.7
JAMES HARPER	14	1.45	1.40	5	63.1
JANET HOLMES	65	1.54.9	2.00	5.1	77.9
NICKY GRAFEN	7	2.21.4	2.29	7.6	60.2
GREG HUGHES	60	1.51.1	2.00	8.9	63.9
LINDA McCAFFREY	40	1.54	2.05	11	60.5

150m E/T

		Clock	Est	Diff
BOB WISHART	76	22.17	22.2	0.03
JIM McLURE	72	24.49	24.6	0.11
VIVIENNE CASH	66	25.14	25.0	0.14
GLAD WISHART	74	31.33	32.0	0.69
EMILIE LORENTZEN	9	29.89	30.6	0.71
JAMES HARPER	14	23.08	25.0	1.92
SOPHIE McCAFFREY	7	29.15	31.75	2.6
EMMA McCAFFREY	9	30.08	32.75	2.67

3.2K (Melbourne Cup) Spiral H/C**WALKERS**

		Clock	H/cap	H/C Time
JOHN ZELEZNIKOW	68	32.14	3.30	28.44
JIM BERRINGTON	62	32.54	13.20	19.34
PETE BATTRICK	75	32.51	GO	32.51
SANDRA MIDDLETON	69	33.40	10.00	23.40
TONY DORAN	66	33.59	10.00	23.59
DES MIDDLETON	71	34.11	10.50	23.21
ROB JAMIESON	68	34.18	0.20	33.58
MICHAEL HEFFERNAN	83	34.28	1.10	33.18
PETER McGRATH	79	36.11	3.30	32.41

RUNNERS

GREG HUGHES	60	30.54	15.10	15.44
OSCAR LORENTZEN	7	31.09	15.30	15.39
JO COCKWILL	66	32.52	14.40	18.12
CHRIS GRAFEN	54	33.13	19.00	14.13
LINDA McCAFFREY	40	33.22	17.55	15.27
STEVE STRELECKY	68	33.25	18.15	15.10
SIMON LLOYD	63	33.30	17.20	16.10
MIKE CLAPPER	66	33.50	17.35	16.15
SARAH LORENTZEN	39	34.43	19.00	15.43
NICKY GRAFEN	7	34.18	14.40	19.38

GLEN EIRA 13 NOVEMBER 2018

LIVING LEGENDS RELAYS

LEG 1 - 3.55k, LEG 2 - 3k, LEG 3 - 2K WALK, LEG 4 - 1K

	Clock	Age	%	Result
GLEN EIRA OPEN	38.48			1st Open
DAVID PAGE 47	12.47			
BEN WILD	10.55			
JIM BERRINGTON 62	11.33			
SARAH LORENTZEN 40	3.33	71.31		
MENTONE OPEN	38.56			2nd Open
COREY LAWSON 41	12.42			
DAVID SHORT 41	12.00	65.15		
RUPERT VAN DONGEN	10.33			
SUSAN SHORT 44	3.41	71.36		
MENTONE 50+	39.22			1st 50+
MICHAEL URE 52	13.20			
DEREK URE	11.43			
KEVIN CASSIDY 58	10.21			
KUNI BOWDEN 52	3.58	72.02		
MENTONE 60+	44.44			1st 60+
JAMES O'BRIEN 65	14.55			
MARLENE GOURLAY 67	13.57	89.7		
RALPH BENNETT 76	11.48			
COL WARING 72	4.04	75.86		
SPRINGVALE/FRANKS'N OPEN	45.08			3rd Open
ROB TAYLOR	15.02			
PRAMESH PRASAD 44	11.37	68.85		
TONY DORAN 66	13.44			
CAITLIN O'CONNELL 44	4.45	55.33		
GLEN EIRA 50+	45.19			2nd 50+
CHRIS GRAFEN 54	14.50			
SIMON LLOYD 63	14.40	63.84		
TERRY O'NEILL 62	11.17			
JANET HOLMES 65	4.32	77.35		
GLEN EIRA 60+	45.53			2nd 60+
ANDREW EDWARDS 65	14.32			
SYD BONE 61	14.18	64.32		
KARYN O'NEILL 63	13.10			
MIKE CLAPPER 66	3.53	74.16		
FUN TEAM 5 (GLEN EIRA)	48.39			1st Fun
IAN DUNN	16.57			
GREG HUGHES 60	14.30	62.89		
DES MIDDLETON 71	12.54			
BILL CARR 69	4.18	68.91		
SPRINGVALE/FRANKSTON 60+	50.04			3rd 60+
ROB CLUTTERBUCK 65	17.26			
LINDSAY OXENHAM 69	12.44	77.80		
CELIA JOHNSON 71	15.40			
DAVE TALBOT 64	4.14	66.85		
FUN TEAM 6 (MENTONE)	51.42			2nd Fun
ASHLEY BIRRELL 73	17.26			
SANDRA WYNNE 67	15.50	79.05		
SONYA McLENNAN 66	13.38			
BOB WISHART 76	4.48	68.44		
FUN TEAM 1 (GLEN EIRA)	52.00			3rd Fun
LINDA McCAFFREY 40	17.40			
JANINE McKERRON 58	15.22	71.04		
SANDRA MIDDLETON 69	13.52			
JUNE TREWEEK 57	5.06	59.93		

GLEN EIRA 13 NOVEMBER 2018 CONT.

FUN TEAM 2 (GLEN EIRA)	53.40			4th Fun
CHRIS BROWN 63	17.38			
JAY WRIGHT 59	17.54	61.82		
CONRAD HAMANN 66	13.30			
GRAHAM STOCKDALE 76	4.38	70.90		
SPRINGVALE/FRANKSTON 50+	58.18			
3rd 50+				
BRONWYN HANNS	19.22			
FRANCES HALTON 57	18.02	59.70		
MICK COLGAN 67	15.29			
DAVID DOBSON	5.25			
FUN TEAM 7 (GLEN EIRA)	60.25			5th
Fun				
BARRY JEFFS 70	18.30			
MERLE WANT 57	18.24	58.51		
DOMENIC MORENA 78	17.37			
PAUL LYNCH 69	5.54	50.23		
FUN TEAM 3 (GLEN EIRA)	62.16			6th
Fun				
JANE STURZAKER 65	20.56			
JO COCKWILL 66	16.54	72.88		
ROB JAMIESON 68	19.40			
JIM ROUNTREE 59	4.46	57.06		
FUN TEAM 4 (GLEN EIRA)	62.35			7th
Fun				
CHRIS CAMPBELL 70	17.48			
PHIL URQUHART 74	17.23	60.98		
MICHAEL HEFFERNAN 83	19.48			
JUDY WINES 80	7.36	64.12		
4 x 100 RELAY	Clock			
MENTONE (Viv Cash, Bob Wishart, Dave Short, Susan Short)	56.7			
GLEN EIRA (June Treweek, Jim Rountree, Mike Clapper, Bill Carr)	59.5			
GLEN EIRA JUNIORS (Sophie McCaffrey, Emma McCaffrey, Chelsea Whittle, Linda McCaffrey)	1.11.4			
SPRINGVALE/FRANKSTON (Tony Doran, Caitlin O'Connell, Lindsay Oxenham, Dave Talbot)	1.16.32			



GLEN EIRA 20 NOVEMBER 2018**80m E/T**

		Clock	Est	Diff
JUNE TREWEEK	57	12.32	12.3	0.02
BILL CARR	69	12.10	12.2	0.10
GLAD WISHART	74	15.71	15.57	0.14
VIVIENNE CASH	66	13.24	13.0	0.24
BOB WISHART	76	11.39	11.78	0.39 ven rec
JIM McLURE	72	12.81	12.4	0.41
PAUL LYNCH	69	14.60	14.0	0.60
JIM ROUNTREE	59	11.90	10.0	1.90
JOHN MATHEW	82	21.05	23.0	1.95

1200m H/C

		Clock	H/C	H/C Time
GREG HUGHES	60	5.12.4	GO	5.12.4
CHRIS BROWN	63	5.21.5	10	5.11.5
MIKE CLAPPER	66	5.24.9	40	4.44.9
CHRIS CAMPBELL	70	5.36.5	GO	5.36.5

BOB WISHART 200m H/C (Week 1)

		Clock	H/C	H/C Time%
BILL CARR	69	43.50	12	31.50 81.24
JIM ROUNTREE	59	43.81	12	31.81 74.9
JIM McLURE	72	44.06	10	33.06 80.5
VIVIENNE CASH	66	44.25	9	35.25 85.1
SARAH LORENTZEN	40	44.46	9	35.46 63.8
GLAD WISHART	74	44.66	GO	44.66 72.26
JUNE TREWEEK	57	45.05	10	35.05 78.3
BOB WISHART (INELIGIBLE)	76	43.25	13	30.25 93.8

2KM WALK (Sealed H/C)

		Clock	H/C	H/C Time
DES MIDDLETON	71	12.50	6.55	19.45 ven rec
MICHAEL HEFFERNAN	84	19.45	GO	19.45
KARYN O'NEILL	63	13.16	6.34	19.50
JIM BERRINGTON	62	11.43	8.15	19.58
CONRAD HAMANN	66	13.43	6.18	20.01
DOMENICO MORENA	79	18.07	2.11	20.12
SANDRA MIDDLETON	69	14.25	5.56	20.21
CYNTHIA ELLERY	69	16.48	3.34	20.22
PAUL LYNCH	69	15.31	5.00	20.31
TERRY O'NEILL	62	12.23	8.31	20.54
JOHN ZELEZNIKOW	68	18.05	3.00	21.05
PETER McGRATH	79	19.46	1.32	21.18
JOHN MATHEW	82	22.38	-1.00	21.38

MARK BENJAMIN 3K AGE GRADED

		Clock	AGE %
ANDREW EDWARDS	65	11.59	79.57
JO COCKWILL	66	16.41	73.83
STEVE STRELECKY	69	14.20	69.12
ASHLEY PAGE	78	16:37	68.71
JANE STURZAKER	65	18.04	67.07
CHRIS CAMPBELL	70	15.28	64.76
CHRIS BROWN	63	14.46	63.41
SIMON LLOYD	63	14.52	62.98
SARAH LORENTZEN	40	13.58	62.64
GREG HUGHES	60	14.56	61.06
MIKE CLAPPER	66	16.41	57.68
MERLE WANT	57	18.49	57.22
SOPHIE VOLPERT	9	12.48	
OSCAR LORENTZEN	7	13.58	

GLEN EIRA 27 NOVEMBER 2018**4 x 100m RELAY**

		Clock
JIM McLURE	72	
LINDA McCAFFREY	40	
VIVIENNE CASH	66	
BILL CARR	69	62.7
GLAD WISHART	74	
PAUL LYNCH	69	
JIM ROUNTREE	59	
BOB WISHART	77	68.6
EMMA McCAFFREY	9	
SOPHIE McCAFFREY	7	
EMILIE LORENTZEN	9	
OSCAR LORENTZEN	7	73.6

600M H/C

		Clock	H/C	H/C Time %
MIKE CLAPPER	66	2.39.4	40	1.59.4 78.37
JANET HOLMES	65	2.46.1	15	2.31.1 74.72
PAUL LYNCH	69	3.42.0	GO	3.42.0 54.57

BOB WISHART 200m H/C (Week 1)

		Clock	H/C	H/C Time %
BILL CARR	69	41.97	12	29.97
JIM ROUNTREE	59	42.55	12	30.55
JIM McLURE	72	42.9	10	30.9
VIVIENNE CASH	66	43.63	9.0	34.63
GLAD WISHART	74	43.63	GO	43.63
LINDA McCAFFREY	40	44.79	8.0	36.79
BOB WISHART	77	43.24	14.0	29.24

		Clock	E/T	Diff	%
GREG LOVEJOY	76	22.00	22.00	0	66.89
KARYN O'NEILL	63	20.14	20.15	-1	73.48
SANDRA MIDDLETON	70	22.38	22.35	3	71.87
CONRAD HAMANN	66	21.46	21.15	31	66.12
CYNTHIA ELLERY	69	24.36	25.24	-48	65.24
DOMENICO MORENA	79	26.51	27.40	-49	61.89
DES MIDDLETON	71	19.34	20.30	-56	76.15
MICHAEL HEFFERNAN	84	31.14	30.00	74	57.58
TONY DORAN	66	25.56	27.15	-79	54.18
TERRY O'NEILL	62	19.11			70.11

Fastest time - TERRY O'NEILL 19.11

4KM

		Clock	%
SARAH LORENTZEN	40	18.23	64.6
TERRY O'NEILL	62	19.17	65.4
GREG HUGHES	60	20.08	61.6
CHRIS BROWN	63	20.14	62.9
BARRY JEFFS	70	21.26	63.5
JO COCKWILL	66	22.42	73.4
ASHLEY PAGE	78	22.46	68.2
MERLE WANT	57	25.07	58.0
KAREN MONOHAN	52	26.05	52.2
SARAH JOHNSON	35	31.28	36.7
SOPHIE VOLPERT	9	18.23	73.4

		Clock	%
ANDREW EDWARDS	65	44.00	77.8 venue record
CHRIS GRAFEN	54	45.38	68.2
STEVE STRELECKY	69	50.53	69.9
SYD BONE	61	51.24	64.3
JIM BERRINGTON	62	51.48	64.3
JOHN ZELEZNIKOW	68	103.20	34.1

KNOX 7 NOVEMBER 2018**800 walk**

Chloe Grund	6	6.46
Liz Eastwood	49	6.49
Peter Thorne	70	8.02
Anne McPherson	62	8.14
Ian U'Ren	67	8.15
Peter LeGet	84	8.17
Mick Carr	65	8.19
Glenn Berry	48	8.2
Bob Henderson	72	8.21
Shane Grund	36	8.22
David Wear	72	8.25
Graeme Leticq	63	8.27

70m

Geoff Whitehall	69	11.15
Paul Durrant 80m	57	11.69
Chloe Grund	6	15.9

1500m NOT

Shane Grund 3rd	36	4.24
Graeme Leticq	63	6.26
Glenn Berry 2nd	48	6.59
Stephen Richards	57	7.02
Mick Carr Winner	65	7.39
Liz Eastwood	49	7.58
Ian U'Ren	67	8.4
David Wear	72	8.4

300m hcp

Peter Thorne 200	70	42.06
Paul Durrant	57	47.24
Stephen Richards	57	57.95

Distance**2k**

David Wear	72	10.52
Ian U'Ren	67	11.41
Pauline Paine	40	13.24
Liz Eastwood	49	13.25
Maggie Hawkes	62	14.35

4k

Shane Grund	36	13
Mick Carr	65	21.01
Peter Thorne	70	23.33
Bob Henderson 3laps	72	6.54

KNOX 14 NOVEMBER 2018**The Thousand Steps**

Shane Grund	36	13.17
John Graham	68	18.55
Graeme Leticq	63	19.14
Liz Eastwood	49	22.51
Mick Carr	65	23.3
Mark Harris	50	23.45
Michelle Quan	49	23.52
Ian U'Ren	67	24.18
Paul Durrant	57	25.44
Jack Durrant	21	26.36
Bob Henderson	72	27.11
Tracey Carpenter	52	28.06
Peter Thorne	70	28.52
Brian Mee	81	29.41
David Wear	72	29.42
Pauline Paine	40	31.4
Sarah Thorne	39	31.41

KNOX 21 NOVEMBER 2018**800m walk**

Liz Eastwood	49	5.57
Chloe Grund	6	6.16
John Graham	68	6.17
Ian U'Ren	67	7.57
Anne McPherson	62	7.58
Mick Carr	65	7.59
Bob Henderson	72	8
Andrea Putting	55	8.31
Shane Grund	36	8.32
Stephen Richards	57	8.32
Pete LeGet	84	8.334
Paul Twining	69	8.34
Pete Thorne	70	8.36

60m

Geoff Whitehall	57	9.02
Paul Durrant 666m	57	9.34
Andrea Putting	55	11.89
Chloe Grund	6	12.64
Peter LeGet	84	23.83

1000m

Shane Grund	36	2.59
John Graham	68	3.39
Graeme Leticq	63	3.53
Jack Durrant	21	4.19
Stephen Richards	57	4.25
Paul Twining	69	4.26
Michelle Quan	49	4.35
Ian U'Ren	67	4.37
Mick Carr	65	4.39
David Chung	51	4.57
Bob Henderson	72	4.59
Liz Eastwood	49	5.1
Ros Dyer	54	5.16

500m NOT

Paul Durrant 1st	57	1.3
John Graham 3rd	68	1.45
Jack Durrant 2nd	21	2
Michelle Quan	49	2.05
Liz Eastwood	49	2.3
Chloe Grund	6	2.3

110m

Chloe Grund	6	25.41
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Distance**14min**

Shane Grund	36	4.06k
Graeme Leticq	63	3.2k
Paul Twining	69	2.8k
Stephen Richards	57	2.61k
Liz Eastwood	49	2.3k
Jack Durrant	21	1.6k
Bob Henderson	72	1.2k

23min

Michelle Quan	49	4.5k
Anne McPherson	62	4.46k
Ian U'Ren	67	4.15k

KNOX 28 NOVEMBER 2018**800m NOT walk**

Liz Eastwood	49	5.32	
Chloe Grund	6	7.26	
Anne McPherson	62	7.3	Winner
Paul Twining	69	7.33	
Graeme Leticq	63	7.34	
Mick Carr	65	7.49	
Pauline Paine	40	7.5	
John Graham	60	7.54	
Matt Morris	52	7.55	
Andrea Putting	55	7.57	

70m

Geoff Whitehall	69	11.13
Andrea Putting	55	12.21
Chloe Grund	6	14.7

800m

John Graham	68	3
Graeme Leticq	63	3.11
Paul Twining	69	3.41
Pauline Paine	40	4.13

1600m

Matt Morris	52	6.14
Mick Carr	65	7.33
Liz Eastwood	49	7.55

100m

Geoff Whitehall	69	
Chloe Grund	6	23.28
Andrea Putting	55	23.6

30min run/walk - bikepath**Fast**

Graeme Leticq	63
Paul Twining	69
Matt Morris	52
Michelle Quan	49

Casual

John Graham	68
Pauline Paine	40
Liz Eastwood	49
Stephen Richards	57
Tracey Carpenter	52
Peter Thorne	70

Walkers

Mark Harris	50
Anne McPherson	62
Andrea Putting	55
Paul Durrant	57
Geoff Whitehall	69

MENTONE 7 NOVEMBER 2018**600m Walk E.T.**

			Clock	Diff.
1	Sharon Carr	53	5.00	0.00
2	Sylvia Machin	77	4.29	-0.01
3	John Mathew	81	6.08	0.08
4	Jill Mannering	82	5.3	0.15

800m Self H/cap

			Clock	Actual	
1	Ralph Bennett	76	5.12.5	3.32.5	@
2	Sandra Wynne	67	5.12.6	3.36.6	@
3	John Kneen	75	5.12.8	4.32.8	
4	Avril Britter	59	5.19.6	3.52.6	
5	Col Waring	72	5.20.3	3.15.3	
6	Sharon Carr	53	5.21.1	5.21.1	
7	Susan Short	44	5.25.3	3.00.3	
DQ	Ashley Page	78		4.06.1	
DQ	Sonya McLennan	66		3.55.4	
DQ	Peter Weeks	Inv		3.46.4	

100m E.T. *Agg Event*-

			Clock	Diff	Pts
1=	Avril Britter	59	18.63	0.03	7
1=	Ron Arthur	78	15.87	-0.03	7
3	Susan Short	44	15.59	0.29	4
4	Glad Wishart	74	19.77	-0.33	3
5	Vivienne Cash	66	16.50	0.40	2
6	Ross Kent	76	20.57	0.57	1
7	Bob Wishart	76	15.00	-0.80	1
8	John Mathew	81	29.65	2.65	1

3.336 Km E.T. *Agg Event*-

			Clock	Diff.	Pts	
1	Avril Britter	@	59	19.02	0.11	7
2	James O'Brien		65	15.14	0.14	5
3	Sonya McLennan		66	17.59	-0.33	4
4	Sandra Wynne		67	17.35	-0.45	3
5	John Kneen		75	22.37	1.02	2
6	Peter Weeks	Inv		18.50	3.40	

2000m Walk Self H/cap

			Clock	Actual
1	Ralph Bennett	76	21.53	12.23
2	Sylvia Machin	77	22.16	15.21
3	John Zeleznikow	68	22.42	18.37
4	Geoff Barrow	69	22.58	16.33
5	John Mathew	81	23.37	23.37
DQ	Sharon Carr	53		17.19

MENTONE 14 NOVEMBER 2018**800m Walk E.T.**

			Clock	Diff.
1=	Sonya McLennan	66	5.20	0.00
1=	Sylvia Machin	77	6.00	0.00
3	Maureen Seedsman	81	6.02	-0.03
4	Ralph Bennett	76	4.55	0.05
5	Jill Mannering	82	7.08	-0.12
6	Sharon Carr	53	6.43	-0.17
7	Debbie Thomson	61	8.30	-1.30

1 Mile E.T. *Agg Event*

			Clock	Diff	Pts
1	Avril Britter	59	8.27.5	-0.5	7
2	David Short	41	6.10.8	0.8	5
3	John Kneen	75	10.07.7	-2.3	4
4	Susan Short	44	6.40.0	-5.0	3
5	Greg Hughes	60	7.42.7	-5.3	2
6	Ashley Page	78	8.54.4	6.4	1
7	Sandra Wynne	67	7.57.6	-10.4	1

MENTONE 14 NOVEMBER 2018**250m E.T.**

		Clock	Diff
1	Susan Short	44 42.85	-0.15
2	Vivienne Cash	66 45.63	0.63
3	David Short	41 35.26	-0.74
4	Bob Wishart	76 40.89	-1.11
5	Ron Arthur	78 45.20	1.40
6	Glad Wishart	74 61.10	6.10

5 Km E.T. *Agg Event*-**Point Score Series 2**

		Clock	Diff.	Pts
1	Sonya McLennan	66 27.36	0.06	7
2	Sandra Wynne	67 27.20	-0.30	5
3	Avril Britter	59 28.44	0.39	4
4	John Kneen	75 35.11	1.51	3

2500m Walk E.T. *Agg Event***Frank Kealy Trophy 2**

		Clock	Diff.	Pts
1	Sylvia Machin	77 19.00	-0.15	7
2	Bev Hugo	78 23.13	-0.17	5
3	Greg Hughes	60 18.27	-0.23	4
4	Sharon Carr	53 21.10	-0.30	3
5	Maureen Seedsman	81 20.17	-0.43	2
6	Joan Clarke	83 25.02	-0.48	1
7	Geoff Barrow	69 25.02	1.02	1
8	Jill Mannering	82 23.36	-1.54	1

MENTONE 21 NOVEMBER 2018 cont.**140m E.T.**

		Clock	Diff
1	Bill Carr	69 21.23	0.03
2	Susan Short	44 21.45	0.25
3	Vivienne Cash	66 23.21	-0.49
4	Bob Wishart	76 20.20	0.50
5	Mike Clapper	66 21.35	-0.65
6	Ron Arthur	78 23.23	0.73
7	David Short	41 18.16	-1.04
8	Jim McLure	72 22.00	-1.10
9	Glad Wishart	74 29.27	-1.13
10	Ross Kent	76 29.54	-4.46

3.336 Km 4 Laps Road E.T.

		Clock	Diff.
1	Syd Bone	61 16.30	0.00
2	Derek Couper	52 13.15	0.05
3=	Phil Urquhart	74 20.24	0.14
3=	Bill Carr	69 19.14	0.14
5=	Janine McKerron	58 17.20	0.20
5=	Sandra Wynne	67 18.02	-0.20
7	Ashley Birrell	74 16.21	0.21
8	Sonya McLennan	66 18.45	0.27
9	Avril Britter	59 18.55	0.29
10	Mike Clapper	66 17.55	0.35
11	Andrew Edwards	65 14.25	-0.55
12	Kuni Bowden	52 15.48	0.58
13	James O'Brien	65 14.42	1.02
14	David Dodson	59 19.26	-1.14
15	Michael Ure	52 12.49	-2.11

1400m Walk E.T.

		Clock	Diff.
Frank Kealy Trophy 3			
1=	Ralph Bennett	76 8.25	-0.05
1=	Sharon Carr	53 11.55	-0.05
1=	Greg Hughes	60 10.07	0.05
4=	Sylvia Machin	77 10.45	-0.10
4=	Maureen Seedsman	81 11.10	0.10
6	Bev Hugo	78 12.44	-0.20
7	Debbie Thomson	61 14.29	-0.31
8	Margaret Beaumont	80 12.13	-0.37
9	Gwen Steed	76 11.27	0.52
10	Jan Morrey	79 11.17	1.12
11	Jill Mannering	82 12.13	-1.27
12	Peter McGrath	79 12.51	-3.21
13	Jim Machin	88 14.07	-4.43
14	Natalie King	76 13.39	-5.21

MENTONE 21 NOVEMBER 2018**4 Minutes E.D.**

1	Joan Clarke
2	Maureen Seedsman
3	Glad Wishart

1040m E.T.

		Clock	Diff
1	Sandra Wynne	67 4.56.0	1.0
2	Susan Short	44 3.56.4	1.4
3	Mike Clapper	66 3.57.2	-2.8
4	Col Waring	72 4.21.8	-3.2
5	Kuni Bowden	52 4.26.0	-4.0
6	Ralph Bennett	76 4.46.0	6.0
7	Derek Couper	52 3.48.0	-7.0
8	Syd Bone	61 4.32.8	17.8
9	Michael Ure	52 3.18.3	-21.7
10	David Short	41 3.34.4	-25.6

Unfortunately the watch was temperamental and didn't record the times of the other finishers.

MENTONE 28 NOVEMBER 2018

834m Walk E.T.		Clock	Diff.
1	Sylvia Machin	77 6.18	-0.02
2	Maureen Seedsman	81 6.32	0.07
3	Sonya McLennan	66 5.34	-0.09
4	Kevin Cassidy	58 4.19	-0.11
5=	Ian Beaumont	82 8.35	-0.15
5=	John Hallo	76 6.35	0.15
7	Julian Boland	55 5.12	-0.18
8	Margaret Beaumont	80 8.35	-0.21
9	Helen Castel	Inv 7.03	-0.57
10	Jan Morrey	79 6.39	-0.58
11	Jill Mannering	82 7.37	1.07
12	Jim Machin	88 8.31	1.41

834m E.T. *Agg Event*		Clock	Diff	Pts
1	Sandra Wynne	67 4.07.9	-1.1	7
2	Ashley Page	78 4.11.6	-2.4	5
3	Greg Hughes	60 3.22.0	-12.0	4
4	Colonel Waring	72 3.30.7	-29.3	3
5	John Kneen	76 5.05.5	-35.5	2

110m E.T. *Agg Event*		Clock	Diff	Pts
1	Vivienne Cash	66 18.16	-0.34	7
2	Ron Arthur	78 17.12	-0.38	5
3	Bob Wishart	76 15.38	-0.57	4
4	Glad Wishart	74 21.50	-0.60	3
5	Ross Kent	76 22.15	1.15	2
6	Duane Gilton	51 19.50	4.50	1

3.336 Km E.T. Self H/cap		Clock	Actual
1	Sonya McLennan	66 18.13	18.13
2	Ashley Birrell	73 18.24	16.26
3	John Kneen	76 23.32	23.32
DQ	Sandra Wynne	67	17.44
DQ	James O'Brien	65	14.09

2500m Walk E.T. *Agg Event*		Clock	Diff.	Pts
1	Ian Beaumont	82 26.29	-0.01	7
2	Margaret Beaumont	80 26.30	0.02	5
3	Sylvia Machin	77 19.04	0.04	4
4	Bev Hugo	78 23.10	-0.05	3
5	Greg Hughes	60 18.30	0.17	2
6	Maureen Seedsman	81 20.35	-0.25	1
7	Julian Boland	55 16.01	0.26	1
8	Colonel Bennett	76 16.00	-0.30	1
9	John Hallo	76 20.09	0.39	1
10	Kevin Cassidy	58 13.56	-1.04	1
11	Jim Machin	88 17.07	1.07	1
12	Joan Clarke	83 26.30	1.28	1
13	Helen Castel	Inv 20.07	-2.03	1
14	Glennis McPherson	72 18.20	-2.18	1
15	Colonel Mannering	82 23.32	-2.58	1

SPRINGVALE 7 NOVEMBER 2018

200 metres	
Mike HALL	79 35.80
Mick COLGAN	67 41.30
Lindsay OXENHAM	69 45.30
Dominique RUELOT	67 58.50

800 metres	
Dave TALBOT	64 3.11
Paul MULLINS	78 3.25
Lindsay OXENHAM	69 3.45
Neil GRAY	70 3.49

3000 metres walk	
Ernie JEFFS	73 26.20
Pam THOMAS	68 24.48
Celia JOHNSON	71 23.37
Frank ALLEN	73 23.39
John ABEL	68 24.53
Tony DORAN	66 21.37
Juan PEREZ	79 31.14
Dominique RUELOT	67 21.54

Eric Greaves 5000 metres	
Memorial Run Final Heat	
Troy JEFFS	43 24.29
Alan BENNIE	71 23.46
Lindsay OXENHAM	69 25.42
Howard REES	71 25.27
Rob CLUTTERBUCK	65 25.08
Bill IRVINE	70 27.31
Tracey HUTCHINSON	48 36.52

Placings after 4th and final heat	
Troy JEFFS	27 points
Bill Sellik	26 points
Lindsay OXENHAM	24 points

SPRINGVALE 14 NOVEMBER 2018

400 metres		actual	clock
Visitor - Thomas	12	1.19.2	2.09.2
Dave TALBOT	64	1.22.6	2.12.6
Bill IRVINE	70	1.31.9	2.15.9
Lou BUCCIERI	63	1.32.7	2.18.7
Dominique RUELOT	67	2.23.5	2.23.5
Lindsay OXENHAM	69	2.46.6	2.24.6
Ernie JEFFS	73	2.25.1	2.25.1
Mick COLGAN	67	2.04.0	2.47.0

600 metres	
Neil GRAY	70 2.33
Lindsay OXENHAM	69 2.46

1000 metres	
Alan BENNIE	71 3.59

3100 metres road run	
Rob CLUTTERBUCK	65 14.53
Dave TALBOT	64 15.47
Bill IRVINE	70 16.05
Paul MULLINS	78 17.26
Ian TREGEAR	68 17.46
Kevin ONLEY	84 22.37
Mick COLGAN	67 22.53
Dominique RUELOT	67 22.53

SPRINGVALE 14 NOVEMBER 2018 cont.**5000 metres road run**

Howard REES	71	25.45
Alan BENNIE	71	27.00
Lindsay OXENHAM	69	27.12
Lou BUCCIERI	63	27.19

3000 metres road walk

Tony DORAN	66	22.53
Frank ALLEN	73	26.46
Celia JOHNSON	71	28.32
Tony JOHNSON	78	28.32
Juan PEREZ	79	28.56
Pam THOMAS	68	30.09
Ernie JEFFS	73	30.12
Eric NEGROS	55	30.30
Peter BATTRICK	75	18.46?

SPRINGVALE 21 NOVEMBER 2018**100 metres**

Troy JEFFS	44	16.50
Mike HALL	79	16.90
Brian WOODMAN	64	19.40
Tracey HUTCHINSON	48	20.00
Mick COLGAN	67	20.70
Lindsay OXENHAM	69	20.90
Dominique RUELOT	67	25.90

700 metres

Neil GRAY	70	2.48
Troy JEFFS	44	3.23
Lou BUCCIERI	63	3.24
Lindsay OXENHAM	69	3.28
Tracey HUTCHINSON	48	4.16
Dominique RUELOT	67	4.20
Ernie JEFFS	73	4.40

1500 metres

Alan BENNIE	71	6.21
Dave TALBOT	64	6.47
Paul MULLINS	78	7.19

2500 metres walk

Mick COLGAN	67	19.37
Frank ALLEN	73	20.37
Juan PEREZ	79	24.43

track runs

Rob CLUTTERBUCK	65	10.37	2k
Lindsay OXENHAM	69	21.14	4k
Ian TREGEAR	68	23.06	4k

SPRINGVALE 28 NOVEMBER 2018**120 metres**

			actual
Troy JEFFS	44	19.30	
Mike HALL	79	19.90	
Lindsay OXENHAM	69	25.60	
Merve		26.10	
Mick COLGAN	67	26.70	

800 metres

			clock
Kevin ONLEY	85	2.08.8	2.08.8
Ernie JEFFS	73	2.12.1	2.12.1
Alan BENNIE	71	1.23.4	2.13.4
Troy JEFFS	44	1.19.7	2.19.7
Dave TALBOT	64	1.20.9	2.20.9
Lou BUCCIERI	63	1.35.1	2.23.1
Lindsay OXENHAM	69	1.40.1	2.28.1
Mick COLGAN	67	2.06.5	2.36.5

1500 metres

Alan BENNIE	71	6.43
Lindsay OXENHAM	69	7.23
Troy JEFFS	44	7.29
Neil GRAY	70	8.04

2000 metres road walk

John ABEL	68	15.58
Mick COLGAN	67	17.01
Juan PEREZ	79	18.39
Tony DORAN	66	18.49
Pam THOMAS	68	19.10
Ernie JEFFS	73	19.11
Eric NEGROS	55	20.15
Tony JOHNSON	78	19.32

4000 metres road walk

Claudio RIGA	63	29.35
Peter ELLIS	67	29.37
Celia JOHNSON	71	32.10
Frank ALLEN	73	32.50

3500 metres cross country

Dave TALBOT	64	19.26
Rob CLUTTERBUCK	65	19.38
Paul MULLINS	78	21.13
Chris McARDLE		25.46
Kevin ONLEY	85	26.01
Troy JEFFS	44	27.35
Tracey HUTCHINSON	48	27.34

6000 metres cross country

Howard REES	71	32.26
Lou BUCCIERI	63	33.43
Lindsay OXENHAM	69	34.16
Ian TREGEAR	68	36.58

JANUARY PROGRAMS 2019

TUES JAN 1	COLLINGWOOD					
	CROYDON					
	GLEN EIRA					
WEDS JAN 2	ABERFELDIE					
	GEELONG	-----				
	MENTONE					
	KNOX					
	SPRINGVALE	100M	600/1000M	2300/3700M ROAD WALK	4000M ROAD RUN	
THURS JAN 3	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON JAN 7	DONCASTER	120M HCP	1600M 200M	800M NOST	1,3,5K	
	CASEY					
TUES JAN 8	COLLINGWOOD					
	CROYDON	JAV/ 1K WALK	11.6 SECS	800M	200M	1/3/5K R OR W
	GLEN EIRA					
WEDS JAN 9	ABERFELDIE					
	GEELONG	5K CROSS COUNTRY	3K CROSS COUNTRY			
	MENTONE					
	KNOX					
	SPRINGVALE	300/700M	3000M ROAD WALK	5000M ROAD RUN		
THURS JAN 10	COBURG					
	EAST BURWOOD					
	FRANKSTON					
MON JAN 14	DONCASTER	800M NOST	60M	100M	300M	2000M
	CASEY					
TUES JAN 15	COLLINGWOOD					
	CROYDON	SHOT/1 MILE WALK	60M	1500M	400M	10/20/30 MIN TT
	GLEN EIRA					
WEDS JAN 16	ABERFELDIE	LINDSAY THOMAS	MEMORIAL RUN	AT BRAESIDE	PARK	
	GEELONG	200M	2800M	1500M		
	MENTONE					
	KNOX					
	SPRINGVALE					
	COBURG					
THURS JAN 17	EAST BURWOOD					
	FRANKSTON					
MON JAN 21	DONCASTER	LONG JUMP	100M/JAV	200M/SHOT	400M/DISCUS	800/1500M
	CASEY					
TUES JAN 22	COLLINGWOOD					
	CROYDON	DISC/1500M WALK	100M	1 MILE	300M	3K WALK/RUN NOT
	GLEN EIRA					
WEDS JAN 23	ABERFELDIE					
	GEELONG	6K CROSS COUNTRY	3K CROSS COUNTRY			
	MENTONE					
	KNOX					
	SPRINGVALE	120M	600/1200M	1600/3200M RD WALK	3100/6100M ROAD RUN	
THURS JAN 24	EAST BURWOOD					
	FRANKSTON					
MON JAN 28	DONCASTER	1200M	150M	600M NOST	3000M	
	CASEY					
TUES JAN 29	COLLINGWOOD					
	CROYDON	L.J./800M WALK	90M	1K	4X100 MR	5K RUN/WALK NOT
	GLEN EIRA					
WEDS JAN 30	ABERFELDIE					
	GEELONG	400M	3200M	1000M		
	MENTONE					
	KNOX					
	SPRINGVALE	150M	4X800M RELAY	2K ROAD WALK	3100/5000M ROAD RUN	
THURS JAN 31	EAST BURWOOD					
	FRANKSTON					