

AROUND THE GROUNDS

VENUE RESULTS FOR JANUARY 2019, PROGRAM FOR MARCH 2019



The Knox team of Shane Grund, Matthew Morris, Helen Stanley and John Graham won the Andy Salter Relay

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

ABERFELDIE 9 JANUARY 2019

3/5/6k River Run

	Age	Time	
David Jones	67	20:20.0	3.75k
John Dean	74		6k
Stephen Barker	75		6k
Michael Orelli	74	31:50.0	5k
John Papworth	50	24:08.0	5k
Margaret Armstrong	56	22:55.0	3.2k
John Bohm	39	23:23.0	3k

ABERFELDIE 23 JANUARY 2019 cont

2.5km

Cheryl Beveridge	53	17.08
Heath Beveridge	INV	11.13
Ruby Beveridge	INV	15.47
John Dean	74	17.08
Michael Ennis	65	15.15
Trevor Hawksworth	72	15.35
Maggie Armstrong	56	17.44

ABERFELDIE 16 JANUARY 2019

50m

John Papworth	50	9.05
Maggie Armstrong	56	11.75
Ruby Beveridge	INV	12.30
Tony Bradford	79	15.10
Michael Orelli	74	16.00

12.5km

Stephen Barker	75
John Vance	70

600m

John Papworth	50	2:09
Shane Draper	45	2:35
Andrea Draper	41	3:47
Michael Orelli	74	3:47

ABERFELDIE 30 JANUARY 2019

50m

Maggie Armstrong	56	10.00
Tony Bradford	79	9.50
Michael Orelli	74	15.00
John Papworth	50	9.50

300m

John Papworth	50	51.13
Heath Beveridge	INV	51.13
Tony Bradford		85.25
Maggie Armstrong	56	77.13
Michael Orelli	74	85.25

1500m

Shane Draper	45	5:52
John Papworth	50	6:10
David Jones	68	7:11
Michael Ennis	65	7:55
Andrea Draper	41	9:47
Michael Orelli	74	9:47

2.5k

Cheryl Beveridge	53	17:38
Maggie Armstrong	56	18:07
Ruby Armstrong	INV	17:02
Shane Draper	45	11:44

200m

John Papworth	50	35.36
Michael Ennis	65	42.00
Maggie Armstrong	56	44.00
Tony Bradford	79	51.00
Michael Orelli	74	63.00

5k

Heath Beveridge	INV	23:17
John Dean	74	34:28
John Papworth	50	23:17
Bill Ristevski		34:28

4km

John Dean	74	34:20
Shane Draper	45	17:29
Michael Ennis	65	DNS
Maggie Armstrong	56	31:39
Bill Ristevski		34:20
David Jones	68	21:48
John Papworth	50	17:30

3.3k

Andrea Draper	41	21:23
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7k

Stephen Barker	75	43:51
John Vance	70	43:51

8km

Doug Stokes	66	50:46
Stephen Barker	75	50:46
John Vance	70	50:46

ABERFELDIE 23 JANUARY 2019

100m

Maggie Armstrong	56	22.97
Michael Orelli	74	30.51
Tony Bradford	79	23.21
Ruby Beveridge	INV	23.36

1200m

Michael Orelli	74	
Heath Beveridge	INV	5:58
Michael Ennis	65	6:15

400m

Maggie Armstrong	56	1:42
Michael Orelli	74	1:34
Michael Ennis	65	1:38
Tony Bradford	79	1:58

Casey are looking to hold a Pentathlon evening on the 25th February as a lead up to the VMA Track Multi's in March. Not planning anything special, normal entry fee, \$3, more information call Paul 0408340151.

CASEY 7 JANUARY 2019

80M

Rhiannon Lester	39	11.88
Brett Newman	42	12.01
Noel Fairburn	58	14.25
Paul Olsson	61	15.71
Arlene D'Monte	60	16.98

800M Run/Walk

Pramesh Prasad	44	3.15	
Albin Hess	58	3.43	
Caitlin O'Connell	44	4.05	
Gary Meyer	63	4.28	
Peter Thorne	70	4.34	
Paul Olsson	61	4.39	
Marnie Grace	44	5.16	walk
Lindsay Beaton	68	7.12	walk

120M

Rhiannon Lester	39	18.15
Brett Newman	42	19.81
Noel Fairburn	58	20.77
Paul Olsson	61	21.01
Handa Hap	57	21.69
Mike Hall	80	22.22
Arlene D'Monte	60	23.88

1/2 Laps X/C Run/Walk

Pramesh Prasad	44	15.33	1 lap
Albin Hess	58	19.18	1 lap
Arlene D'Monte	60	20.07	1 road w
Peter Thorne	70	20.32	1 lap
Gary Meyer	63	20.44	1 lap
Caitlin O'Connell	44	20.44	1 lap
Marnie Grace	44	25.38	1 lap walk
Lindsay Beaton	68	58.44	2 lap walk

CASEY 21 JANUARY 2019

90m

Brett Newman	42	14.06
Paul Olsson	61	14.94
Magda Maniak	36	15.31
Noel Fairburn	58	15.39
Nanda	59	16.71
Arlene D'Monte	60	20.41
Lindsay Beaton	69	20.74

1000M Run/Walk

Rika Ediris	40	5.12	
Caitlin O'Connell	44	5.29	
Gary Meyer	64	5.41	
Peter Thorne	70	5.56	
Pramesh Prasad	44	6.28	walk
Arlene D'Monte	60	8.11	walk
Lindsay Beaton	69	9.04	walk

120M

Rhiannon Lester	39	18.38
Brett Newman	42	18.51
Sanyda Perera	inv	18.71
Paul Olsson	61	19.78
Noel Fairburn	58	20.13
Magda Maniak	36	20.46
Mike Hall	80	21.72
Rekha Edirvsggh	45	22.08

Hybrid Run/Walk

Marnie Grace	44	16.11	1 r walk
Sanyda Perera	inv	19.33	1 X/C
Gary Meyer	64	27.04	
Caitlin O'Connell	44	28.19	
Peter Thorne	70	28.38	
Lindsay Beaton	69	32.02	1 X/C walk

CASEY 14 JANUARY 2019

60M

Magda Maniak	36	10.01
Nanda Hap	57	10.57
Lindsay Beaton	68	12.48
Robert Robinson	72	12.73
Arlene D'Monte	60	13.18

800M Run/Walk

Rekha Edirvish	44	3.47	
Pramesh Prasad	44	3.47	walk
Caitlin O'Connell	44	4.15	
Gary Meyer	63	4.35	
Robert Robinson	72	6.18	walk
Arlene D'Monte	60	6.21	
Lindsay Beaton	68	7.25	walk

110m

Magda Maniak	36	18.41
Mike Hall	80	19.18
Robert Robinson	72	23.41
Lindsay Beaton	68	34.88

2000M Run/Walk

Pramesh Prasad	44	10.36	walk
Gary Meyer	63	10.57	
Rob Clutterbuck	65	11.19	
Caitlin O'Connell	44	11.34	
Nanda	60	11.42	
David Dodson	59	11.49	
Dagan	inv	11.51	
Peter Thorne	70	12.19	
Lindsay Beaton	68	18.42	

CASEY 28 JANUARY 2019

70M

Noel Fairburn	58	12.36
Paul Olsson	61	14.22
Lindsay Beaton	69	19.16

1200m Run/Walk

Rheka Damaynthis		6.12	
Gary Meyer	64	6.41	
Summer Hsia	30	6.56	
Rob Clutterbuck	65	7.12	
Frances Halton	57	8.01	
Lindsay Beaton	69	10.57	walk

150M

Paul Olsson	61	24.41
Noel Fairburn	58	25.03
Mike Hall	80	26.06

1/2 Laps Road Run/Walk

Rob Clutterbuck	65	15.08	1 lap
Summer Hsia	30	15.14	1 lap
Frances Halton	57	15.25	1 lap
Gary Meyer	64	20.23	2 laps
Lindsay Beaton	69	34.54	2 laps

COBURG 3 JANUARY 2019**3km Lake Run**

Maria BARBETTI	53	17.52
Fiona ELY	49	17.53
Tracy COLBERT	49	18.06
Rob LEWIS	71	20.03
Frank BRADLEY	63	21.08
Rob DAVEY (W)	78	29.12
Ken CARTER (W)	66	38.55

COBURG 10 JANUARY 2019**100m****Heat: 1**

Jamie MURRAY	10	15.74
Callum MURRAY	13	17.70
Rob LEWIS	71	17.87
Len HALLETT	69	18.26
Herbie HERBSTREIT	66	19.06
Michelle SPORTON	53	23.96

Heat: 2

Ethan O'NEILL	18	12.02
Gary O'DWYER	59	13.80
Isabelle RAINES	16	13.93
Colin HICKIE	34	14.02

1000m

Fraser MURRAY	46	3.23
Carl KENNEDY	52	3.25
Colin HICKIE	34	3.54
Michael MEANEY	63	4.31
Brian DELANEY	65	4.31
Fiona ELY	49	4.40
Maria BARBETTI	53	4.53
Len HALLETT	69	4.59
Bruce GIBBS	70	6.55
Tracy COLBERT (W)	49	7.13
Rob DAVEY (W)	78	8.38
Ken CARTER (W)	66	11.17

200m**Heat: 1**

Jamie MURRAY	10	34.95
Callum MURRAY	13	39.54
Rob LEWIS	71	41.77
Rob DAVEY	78	57.42
Michelle SPORTON	53	57.48

200m**Heat: 2**

Ethan O'NEILL	18	24.67
Isabelle RAINES	16	29.40
Gary O'DWYER	59	29.77
Michael MEANEY	63	33.36

2.4km Cross Country

Rob LEWIS	71	20.20
Ken CARTER (W)	66	28.53
Herbie HERBSTREIT	66	20.20
Len HALLETT	69	14.19
Tracy COLBERT	49	14.15
Gary O'DWYER	59	12.07
Brian DELANEY	65	16.23
Bernie GOGGIN	81	27.40
Rob DAVEY	78	24.07

COBURG 10 JANUARY 2019 cont.**4.4km Cross Country**

Colin HICKIE	34	21.07
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4.8km Cross Country

Fiona ELY	49	27.11
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6.4km Cross Country

Carl KENNEDY	52	27.50
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7.2km Cross Country

Maria BARBETTI	53	44.27
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COBURG 17 JANUARY 2019**60m****Heat: 1**

Alistair GOVIER-COLE	30	7.75
Gary BLAKE	62	10.48
Frank BRADLEY	63	11.50
Len HALLETT	69	11.55
Herbie HERBSTREIT	66	11.56
Rob LEWIS	71	13.94
Michelle SPORTON	53	14.04

Heat: 2

Alistair GOVIER-COLE	30	7.83
Paul O'NEILL	53	8.44
Gary O'DWYER	59	8.68
Isabelle RAINES	16	8.84
Ethan O'NEILL (100m)	18	12.38

1000m Walk

Bruce GIBBS (Run)	70	6.47
Frank BRADLEY	63	8.41
Maria BARBETTI	53	8.41
Fiona ELY	49	9.29
Ken CARTER	66	11.41

1500m

Ethan O'NEILL	18	5.02
Carl KENNEDY	52	5.27
Gary BLAKE	62	6.29
Michael MEANEY	63	6.40
Brian DELANEY	65	7.14
Len HALLETT	69	7.56
Rob DAVEY	78	11.24

300m**Heat: 1**

Michael MEANEY	63	54.25
Gary BLAKE	62	56.15
Brian DELANEY	65	1.06.0
Frank BRADLEY	63	1.08.1
Rob LEWIS	71	1.13.6
Michelle SPORTON	53	1.49.9

Heat: 2

Ethan O'NEILL	18	44.38
Paul O'NEILL	53	47.09
Gary O'DWYER	59	47.40
Alistair GOVIER-COLE	30	49.29
Isabelle RAINES	16	49.60

3km Lake Run

Gary O'DWYER	59	14.53
Fiona ELY	49	15.30
Len HALLETT	69	17.05
Michael MEANEY	63	18.39
Frank BRADLEY	63	19.54
Rob LEWIS	71	20.37
Herbie HERBSTREIT	66	23.54
Bruce GIBBS	70	23.56
Ken CARTER (W)	66	36.20

COBURG 17 JANUARY 2019 cont.**6km Lake Run**

Carl KENNEDY	52	26.20
Gary BLAKE	62	31.02
Tracy COLBERT	49	35.21
90m - 24/01/2019		
Ethan O'NEILL (100m)	18	12.01
Gary O'DWYER	59	12.45
Colin HICKIE	34	15.86
Herbie HERBSTREIT	66	17.71
Rob DAVEY	79	23.35

COBURG 24 JANUARY 2019**600m**

Bruce GIBBS	70	3.52
Rob DAVEY	79	4.04
Herbie HERBSTREIT (W)	66	5.41
Fiona ELY (W)	49	5.49
Bernie LEDDIN	70	5.56
Ken CARTER (W)	66	7.15

1000m

Carl KENNEDY	52	3.45
Colin HICKIE	34	4.22
Tracy COLBERT	49	4.48
Michael MEANEY	63	5.12
Maria BARBETTI	53	5.31

200m

Ethan O'NEILL	18	26.20
Paul O'NEILL	53	27.34
Gary O'DWYER	59	29.25
Michael MEANEY	63	36.25
Rob DAVEY	79	54.81
Neville WILSON	89	1.40.0

2.07km track

Colin HICKIE	34	9.45
Herbie HERBSTREIT	66	16.21

2.4km Cross Country

Gary O'DWYER	59	12.36
Fiona ELY	49	13.13
Maria BARBETTI	53	14.40

4.8km Cross Country

Carl KENNEDY	52	21.55
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100m**Heat: 1**

Rob LEWIS	71	18.29
Herbie HERBSTREIT	66	18.59
Len HALLETT	69	19.41
Michelle SPORTON	53	23.35
Margaret STAPLEHURST	82	56.00
Anne WRIGHT	58	56.20

100m**Heat: 2**

Alistair GOVIER-COLE	30	12.44
Gary O'DWYER	59	13.87
Isabelle RAINES	16	14.59
Sally COLLINS	44	16.05

COBURG 24 JANUARY 2019 cont.**1200m**

Carl KENNEDY	52	4.12
Fraser MURRAY	46	4.18
Michael MEANEY	63	5.27
Maria BARBETTI	53	5.57
Len HALLETT	69	6.14
Iresha O'DONOVAN	33	6.25
Sally COLLINS	44	7.43
Rob DAVEY	79	8.39
Ken CARTER (W)	66	13.00

500m

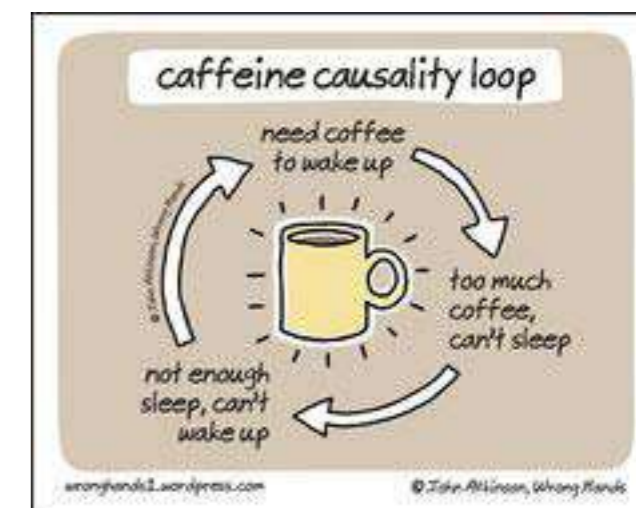
Paul O'NEILL	53	1.22
Alistair GOVIER-COLE	30	1.33
Gary O'DWYER	59	1.34
Isabelle RAINES	16	1.39
Fiona ELY	49	2.01
Len HALLETT	69	2.09
Bruce GIBBS	70	2.24
Iresha O'DONOVAN	33	2.28
Michelle SPORTON	53	4.10
Anne WRIGHT	58	4.42
Margaret STAPLEHURST	82	4.43

COBURG 31 JANUARY 2019**3km Lake Run**

Fraser MURRAY	46	12.44
Paul O'NEILL	53	14.35
Gary O'DWYER	59	14.44
Michael MEANEY	63	14.50
Tracy COLBERT	49	14.59
Fiona ELY	49	15.15
Len HALLETT	69	17.10
Iresha O'DONOVAN	33	17.17
Frank BRADLEY	63	19.49
Rob LEWIS	71	20.09
Ken CARTER (W)	66	34.15

6km Lake Run

Carl KENNEDY	52	23.50
Maria BARBETTI	53	34.41



CROYDON 8 JANUARY 2019**1 KM WALK**

1	Alison THOMPSON	65	6.00
2	Pam TINDALL	59	6.01
3	Brayden WOOLRIDGE	16	6.35
4	Paul MORITZ	59	6.46
5	Jess DUX	34	7.35
6	Lyn BATCHELOR	69	7.46
7	Phyllis GOSBELL	80	8.13
8	Tamara MORITZ	27	8.29
9	Ron BOYNE	85	8.40
10	Barrie WICKS	78	9.44
11	Andrew FRASER	76	10.26
12	Grant WATSON	71	10.27
13	Allan WOOD	81	10.27
14	Erika BEDYN	56	10.32
15	Robert STAGG	52	10.35
16	Ros DYER	54	10.44
17	Kevin McLAUHLAN	75	10.46

11.6 SECONDS N.O.S.P.

1	Tamara MORITZ **	27	11.37
2	Jess DUX	34	11.93
3	Melanie BISSETT	43	12.43
4	Robert STAGG	52	12.93
5	Andrew FRASER	76	13.49
6	Brayden WOOLRIDGE	16	14.54
7	Barry MURLEY	79	15.09
8	Kevin McLAUHLAN	75	15.98
9	Allan WOOD	81	17.79

** Winner - Tamara Moritz

800 METRE RUN

1	Colin PAGE	64	3.07
2	Brayden WOOLRIDGE	16	3.28
3	Erika BEDYN	56	4.02
4	Melanie BISSETT	43	4.11

200 METRE SPRINT

1	Jess DUX	34	27.7
2	Robert STAGG	52	32.9
3	Tamara MORITZ	27	37.7
4	Andrew FRASER	76	39.7
5	Melanie BISSETT	43	42.8
6	Allan WOOD	81	32.4

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

1	Ros DYER	54	11.29
2	Lyn BATCHELOR	69	23.00

5 km:

1	Colin PAGE	64	20.51
2	Mark CHALLEN	61	23.19
3	Alison THOMPSON	65	28.49

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

1	Phyllis GOSBELL	80	9.00
2	Ron BOYNE	85	9.35
3	Kevin McLAUHLAN	75	10.15
4	Barrie WICKS	78	10.16
5	Andrew FRASER	76	11.27
6	Allan WOOD	81	11.27

3 km:

1	Paul MORITZ	59	18.42
2	Tamara MORITZ	27	28.09
3	Jess DUX	34	28.48

CROYDON 15 JANUARY 2019**1 MILE WALK**

1	Grant MURFETT	51	9.47
2	Russ DICKENSON	73	10.59
3	Julie CHALLEN	61	11.27
4	Lyn BATCHELOR	69	11.58
5	Jess DUX	34	13.42
6	Lee SETTLE	47	13.43
7	Mark CHALLEN	61	13.46
8	Erika BEDYN	56	13.53
9	Phyllis GOSBELL	80	13.55
10	Ron BOYNE	85	14.20
11	Brayden WOOLRIDGE	16	15.08
12	Graeme WOOLRIDGE	52	16.30
13	Ros DYER	54	16.31
14	Andrew FRASER	77	16.57
15	Barrie WICKS	78	16.57
16	Robert STAGG	52	16.58
17	Ron SMITH	69	17.37

60 METRE SPRINT**Heat 1:**

1	Russell OAKLEY	79	10.5
2	Andrew FRASER	77	11.2
3	Ron SMITH	69	13.5

Heat 2:

1	Jess DUX	34	8.2
2	Robert STAGG	52	9.4
3	Nathan DUX	33	11.1

1500 METRE RUN

1	Colin PAGE	64	6.29
2	Brayden WOOLRIDGE	16	6.40
3	Lee SETTLE	47	7.24

400 METRE RUN

1	Jess DUX	34	1.17
2	Robert STAGG	52	1.18
3	Brayden WOOLRIDGE	16	1.29
4	Nathan DUX	33	1.35
5	Russell OAKLEY	79	1.37
6	Andrew FRASER	77	2.19
7	Lyn BATCHELOR	69	2.21

10, 20 OR 30 MINUTE RUN/WALK**10 mins:**

	Laps	Metres
1	Lee SETTLE (Run)	47 4 300
2	Cec McKEOWN(Run/Walk)	79 3 190
3	Julie CHALLEN (Walk)	61 3 150
4	Phyllis GOSBELL(Walk)	80 2 300
5	Ron BOYNE (Walk)	85 2 290
6	Barrie WICKS (Walk)	78 2 190

20 mins:

1	Colin PAGE (Run)	64	10	250
2	Mark CHALLEN (Run)	61	8	350
3	Murray HUTCHISON (Run)	69	8	

30 mins:

1	Lyn BATCHELOR (Run)	69	9	320
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SHOT PUT

1	Brayden WOOLRIDGE	16	10.50
2	Tania NEALE	40	8.10
3	Jess DUX	34	7.71
4	Graeme WOOLRIDGE	52	7.36
5	Russ DICKENSON	73	6.42
6	Allan WOOD	81	6.20
7	Erika BEDYN	56	5.86
8	Andrew FRASER	77	5.79

CROYDON 22 JANUARY 2019**1500 METRE WALK**

1	Alison THOMPSON	65	9.59
2	Julie CHALLEN	61	10.57
3	Jess DUX	34	12.20
4	Erika BEDYN	56	13.01
5	Ros DYER	54	14.05
6	Ron BOYNE	85	14.07
7	Graeme WOOLRIDGE	52	15.46
8	Allan WOOD	81	15.46
9	Brayden WOOLRIDGE	16	15.50
10	Ron SMITH	69	16.30

100 METRE SPRINT

1	Jess DUX	34	13.3
2	Melanie BISSETT	43	16.8
3	Russell OAKLEY	79	18.0
4	Andrew FRASER	77	20.0
5	Allan WOOD	81	21.0
6	Ron SMITH	69	22.2

1 MILE RUN

1	Colin PAGE	64	6.51
2	Brayden WOOLRIDGE	16	6.56
3	Graeme WOOLRIDGE	56	7.03
4	Erika BEDYN	56	7.13
5	Ros DYER	54	8.14
Cec McKEOWN (2 laps)	79	4.14	

300 METRE SPRINT

1	Jess DUX	34	46.4
2	Grant MURFETT	51	47.2
3	Brayden WOOLRIDGE	16	53.9
4	Russell OAKLEY	79	62.9
5	Melanie BISSETT	43	63.9
6	Graeme WOOLRIDGE	56	70.6
7	Allan WOOD	81	77.1

RUN/WALK**Run:**

Colin PAGE (3 km)	64	13.22
Mark CHALLEN (8 laps)	61	17.00

Walk:

Alison THOMPSON (3 km)	65	18.38
Murray HUTCHISON (6½ Laps)	69	16.24
Julie CHALLEN (6½ Laps)	61	19.40
Ron BOYNE (5½ Laps)	85	20.43

**CROYDON 27 JANUARY 2019****800 METRE WALK**

1	Paul VAN KOPPLEN	51	3.37
2	Grant MURFETT	51	4.18
3	Paul MORITZ	59	5.03
4	Alison THOMPSON	65	5.19
5	Jess DUX	34	6.46
6	Phyllis GOSBELL	80	6.51
7	Ron BOYNE	85	7.16
8	Robert STAGG	52	7.17
9	Barrie WICKS	78	7.28
10	Cec McKEOWN	79	7.29
11	Ron SMITH	70	8.43
12	Andrew FRASER	77	9.18
13	Ros DYER	54	9.18

90 METRE SPRINT**Heat 1:**

1	Cec McKEOWN	79	16.7
2	Andrew FRASER	77	17.8
3	Ron SMITH	70	20.2

Heat 2:

1	Jess DUX	34	12.9
2	Brayden WOOLRIDGE	16	13.1
3	Robert STAGG	52	13.5
4	Nathan DUX	33	14.5

1 KM RUN

1	Erika BEDYN	56	4.46
2	Brayden WOOLRIDGE	16	4.47
3	Murray HUTCHISON	69	5.24
4	Cec McKEOWN	79	5.31
5	Ros DYER	54	5.54

4 X 100 METRE RELAY

1	Nathan DUX	33	
	Chloe DUX	Inv	
	Taylah DUX	Inv	
	Jess DUX	34	1.07
2	Robert STAGG	52	
	Brayden WOOLRIDGE	16	
	Andrew FRASER	77	
	Grant MURFETT	51	1.10

RUN/WALK**Run:**

Robert STAGG (2 km)	52	9.53
Erika BEDYN (2 km)	56	10.32

Walk:

Phyllis GOSBELL (2 km)	80	17.02
Ron BOYNE (2 km)	85	18.50
Barrie WICKS (2 km)	78	21.27
Cec McKEOWN (2 km)	79	21.29
Alison THOMPSON (4 km)	65	27.50
Paul MORITZ (4 km)	59	28.58
Julie CHALLEN (4 km)	61	29.50
Mark CHALLEN(8LpRun2LpWalk) 61		23.51

DONCASTER 7 JANUARY 2019**120 metres GIFT (handicap)**

	Age		
Marla Trautman	(-70)	13.12	
Tony Mihalopoulos	(-40)	14.30	
Emily Scholes	(-38)	14.78	
Daryl Kilmartin	(-20)	14.90	
David McConnell	(-13)	15.04	
Jeffrey Sim	(-27)	15.10	
Matt Hughes	(-8)	15.26	
Graham Ford	(-19)	15.46	
Graham Walter	(-22)	15.50	
Janine James	(-32)	15.66	
Greg Champion	(-24)	16.04	

1600 metres

Matt Hughes	(43)	06:52.2	
Graham Walter	(60)	07:36.5	
Katrina Philip	(57)	07:51.3	

200 metres heat 1

Jeffrey Sim	(56)	33.81	
Janine James	(71)	38.06	
Tom Leong	(77)	39.88	
Emily Scholes	(11)	40.40	

200 metres heat 2

Matt Hughes	(43)	28.66	
David McConnell	(66)	29.62	
Daryl Kilmartin	(52)	31.62	
Graham Ford	(69)	33.06	
Graham Walter	(60)	35.62	

800 metres (NOST)

Marla Trautman	(-0.10)	07:01.32	06:51.32	DQ
Katrina Philip	(-4.20)	07:52.02	03:32.02	DQ
Kath Gawthorn	(-4.20)	07:55.77	03:35.77	DQ
Jeffrey Sim	(-4.45)	08:07.12	03:22.12	
Matt Hughes	(-5.10)	08:11.68	03:01.68	
Richard Trembath	(-4.30)	08:14.69	03:44.69	
Daryl Kilmartin	(-5.15)	08:15.11	03:00.11	
David McConnell	(-5.10)	08:15.42	03:05.42	
Graham Walter	(-4.45)	08:30.60	03:45.60	

1000 metres

Matt Hughes	(43)	04:40.4	
Katrina Philip	(57)	04:47.5	
Shaun Wright	(49)	07:47.4	800m walk

DONCASTER 14 JANUARY 2019**Doncaster 800 metres (handicap)**

Gary Zuccala	(Scratch)	03:43.70	03:43.70	DQ
Katrina Philip	(Scratch)	03:46.60	03:46.60	DQ
Graham Walter	(-0.48)	03:54.20	03:06.20	DQ
Jeffrey Sim	(-0.45)	03:56.40	03:11.40	Winner
Matt Hughes	(-1.10)	04:06.30	02:56.30	

60 metres

Matt Hughes	(43)	8.3	
Greg Champion	(63)	9.7	
Jeffrey Sim	(56)	9.8	
Graham Walter	(60)	9.9	
Janine James	(71)	10.6	
Carolyn Aughey	(76)	14.0	

DONCASTER 14 JANUARY 2019 cont.**100 metres**

Matt Hughes	(43)	13.3	
Greg Champion	(63)	15.2	
Graham Walter	(60)	15.4	
Janine James	(71)	17.1	
Carolyn Aughey	(76)	22.5	

300 metres

Graham Ford	(69)	51.8	
Graham Walter	(60)	53.9	
Jeffrey Sim	(56)	54.3	
Matt Hughes	(43)	61.2	
Katrina Philip	(57)	71.9	

2000 metres

Antony Gottlieb	(38)	08:34.0	
Matt Hughes	(43)	09:20.4	
Katrina Philip	(57)	09:59.3	
Gary Zuccala	(56)	09:59.6	
Graham Walter	(60)	10:04.9	

DONCASTER 21 JANUARY 2019**Long Jump**

	Age		
Daryl Kilmartin	(52)	4.11	
Matt Scholes	(49)	4.11	
David McConnell	(66)	3.94	

100 metres

Graham Walter	(60)	15.74	
Jeffrey Sim	(56)	15.99	
Janine James	(71)	17.89	
Matt Scholes	(49)	18.08	

Javelin Throw

Matt Scholes	(49)	23.88	
Daryl Kilmartin	(52)	23.03	
David McConnell	(66)	22.69	
Graham Ford	(69)	22.08	
Tony Mihalopoulos	(61)	20.93	
Frank Prowse	(66)	17.71	

200 metres heat 1

Graham Walter	(60)	32.10	
Jeffrey Sim	(56)	32.80	
Janine James	(71)	38.56	

200 metres heat 2

Matt Scholes	(49)	28.06	
Caleb Williams	(25)	28.42	
David McConnell	(66)	29.28	
Max Wu	(30)	30.46	
Rex Cheng	(33)	30.76	
Daryl Kilmartin	(52)	31.16	

400 metres

Matt Scholes	(49)	61.5	
Caleb Williams	(25)	63.0	
Rex Cheng	(33)	73.8	

800 metres

Graham Walter	(60)	03:24.9	
Katrina Philip	(57)	03:33.7	

DONCASTER 21 JANUARY 2019 cont.**Discus**

Graham Ford	(69)	26.68	
David McConnell	(66)	24.88	
Tony Mihalopoulos	(61)	19.44	
Daryl Kilmartin	(52)	18.77	
Matt Scholes	(49)	18.27	
Frank Prowse	(66)	14.96	

Walk

Shaun Wright	(49)	04:13.6	400 m	
Tony Mihalopoulos	(61)	09:38.8	800 m	
Mary Mihalopoulos	(90)	09:38.8	800 m	(Venue record)

1500 metres

Daryl Kilmartin	(52)	05:47.3	
David McConnell	(66)	06:31.0	
Graham Walter	(60)	07:09.3	
Katrina Philip	(57)	07:14.0	
Kath Gawthorn	(44)	07:38.0	
Graham Ford	(69)	09:01.7	

DONCASTER 28 JANUARY 2019**120 metres GIFT (handicap)**

Greg Champion	(-29)	14.31	
Carolyn Aughey	(-56)	14.66	
Matt Hughes	(-9)	14.79	
Janine James	(-35)	14.96	
Jeffrey Sim	(-27)	15.09	
Matt Scholes	(-10)	19.04	

1200 metres

Matt Hughes	(43)	04:57.6	
Elizabeth Grover	(55)	05:15.1	(New Ven Rec)
Matt Scholes	(49)	05:24.0	

150 metres

Matt Hughes	(43)	21.36	
Matt Scholes	(49)	22.50	
Jeffrey Sim	(56)	24.46	
Janine James	(71)	27.54	
Greg Champion	(63)	27.80	

600 metres (NOST)

Matt Hughes	(-0.35)	02:50.2	02:15.2	(DQ)
Elizabeth Grover	(-0.20)	02:52.4	02:32.4	(DQ)
Matt Scholes	(-1.15)	03:01.8	01:46.8	winner

3000 metres

Alastair Christy	(21)	08:51.5	
Shane Grund	(37)	08:56.4	(Venue Record)
Antony Gottlieb	(38)	11:38.1	
Matt Hughes	(43)	14:40.0	

EAST BURWOOD 3 JANUARY 2019**60 METRE SPRINT**

1	Chris ROBINSON	59	10.9	
2	Jay WRIGHT	59	11.3	
3	Andrew FRASER	76	11.9	
4	Leo COFFEY	88	12.3	
5	Allan WOOD	81	12.7	
6	John MATHEW	82	16.2	
7	Jack FREDRICKSON	79	21.6	

600 METRE RUN N.O.T.

		Clock	Nom.	
1	Paul DURRANT	57	2.11	2.10
2	Janet HOLMES **	65	2.34	2.35
3	Jay WRIGHT	59	2.47	3.02
4	Chris ROBINSON	59	2.50	3.00

** Winner - Janet Holmes

800 METRE WALK

1	Phyllis GOSBELL	80	6.17	
2	Grant WATSON	71	7.16	
3	Gerald BURKE	78	7.18	
4	John MATHEW	82	8.12	
5	Bob LEWIS	90	8.15	
6	Jack FREDRICKSON	79	8.39	
7	Shirley COPPOCK	82	9.47	
8	Allan WOOD	81	9.49	
9	Peter BATTRICK	75	9.50	

200 METRE SPRINT N.O.T.

		Clock	Nom.	
1	Jay WRIGHT	59	37.5	39.0
2	Andrew FRASER	76	38.6	44.0
3	Allan WOOD **	81	47.9	48.0
4	Grant WATSON	71	90.0	52.0

** Winner - Allan Wood

100 METRE SPRINT

1	Paul DURRANT (110 mtrs)	57	17.1	
2	Andrew FRASER	76	17.6	
3	Chris ROBINSON	59	17.8	
4	Allan WOOD	81	18.9	
5	Leo COFFEY	88	22.8	
6	John MATHEW	82	27.2	

LONG JUMP

Paul DURRANT	57	3.83	
Jay WRIGHT	59	2.84	
Chris ROBINSON	59	2.54	
Allan WOOD	81	2.28	
Leo COFFEY	88	2.17	
Andrew FRASER	76	2.03	
Gerald BURKE	78	1.35	

2 KM WALK

1	Bob LEWIS	90	25.08	
2	Grant WATSON	71	25.09	

4 KM RUN

1	Frank PROWSE	66	20.49	
2	Sam DEFANIS	70	20.56	

EAST BURWOOD 10 JANUARY 2019**60 METRE SPRINT**

1	Greg FERGUS	50	9.4
2	Jay WRIGHT	59	10.9
3	Donna CLARKE	65	11.2
4	Chris ROBINSON	59	11.4
5	Don McLEAN	84	12.1
6	Leo COFFEY	88	12.4
7	Horacio DIAZ	73	17.1
8	Lloyd NICHOLS	77	20.1

800 METRE RUN

1	Perry BIRKETT	56	2.45
2	Ros LORDING	46	3.11
3	Paul DURRANT	57	3.41
4	Chris ROBINSON	59	3.50
5	Jay WRIGHT	59	4.25
6	Michelle QUAN	49	4.48

1000 METRE WALK N.O.T.

		Clock	Nom.
1	Ros LORDING	46	7.13
2	Stephen DAY	48	6.51
3	Leonie GILLIES	61	8.00
4	Gerald BURKE **	78	8.43
5	Jack FREDRICKSON	79	9.38
6	Jay WRIGHT	59	9.46
7	Bob LEWIS	90	10.14

** Winner - Gerald Burke

35 SECONDS N.O.S.P.

Zoe PANDY	Inv
Donna CLARKE	65

110 METRE SPRINT

1	Greg FERGUS	50	17.5
2	Jay WRIGHT	59	20.0
3	Chris ROBINSON	59	20.4
4	Donna CLARKE	65	20.9
5	Andrew FRASER	77	21.6
6	Don McLEAN	84	22.4
7	Leo COFFEY	88	26.1
8	Horacio DIAZ	73	32.6
9	Lloyd NICHOLS	77	43.8

1 OR 3 KM WALK

1 km:			
1	Bob LEWIS	90	11.16

3 km:			
1	Phil URQUHART	74	23.33

1, 3 OR 5 KM RUN

1 km:			
1	Chris ROBINSON	59	5.32

3 km:			
1	Michelle QUAN	49	15.19
2	Perry BIRKETT (3.8 km)	56	16.23
Paul DURRANT (2.2 km)	57	13.28	

5 km:			
1	Geoff WHEELER	63	24.30
2	David CHUNG	51	24.39
3	Stephen DAY	48	24.47
4	Sam DEFANIS	70	25.53
5	Ros LORDING	46	25.57

EAST BURWOOD 10 JANUARY 2019 cont.**JAVELIN THROW N.O.D.**

		Best	Nom.
Paul DURRANT	57	21.62	24.00
Allan WOOD	81	16.78	16.10
Andrew FRASER	77	14.55	13.25
Donna CLARKE **	65	11.57	11.50
Leo COFFEY	88	10.54	9.00
Jay WRIGHT	59	10.35	12.00
Jack FREDRICKSON	79	9.27	9.45
Greg FERGUS	50	8.75	11.00

** Winner - Donna Clarke

EAST BURWOOD 17 JANUARY 2019**60 METRE SPRINT****Heat 1:**

1	Louise McLEAN	53	9.6
2	Arthur KAPAOLITSA	71	9.8
3	Chris ROBINSON	59	10.3
4	Don McLEAN	84	10.7
5	Leo COFFEY	88	11.2
6	Lloyd NICHOLS	77	12.8
7	Jack FREDRICKSON	79	18.1
8	Shirley COPPOCK	82	19.2

Heat 2:

1	Glenn McLEAN	54	8.6
2	Paul DURRANT	57	8.9
3	Glenn BERRY	48	9.3
4	Greg FERGUS	50	9.6
5	Andrew FRASER	77	11.7

200 METRE SPRINT

1	Perry BIRKETT	56	35.3
2	Greg FERGUS	49	36.0
3	Chris ROBINSON	59	37.5
4	Janet HOLMES	65	38.3
5	Andrew FRASER	77	41.1
6	Don McLEAN	84	45.4
7	Lloyd NICHOLS	77	52.5

1000 METRE RUN

1	Perry BIRKETT	56	3.40
2	Zac MATTERS	Inv	4.24

800 METRE HANDICAP WALK

		Clock	Actual
1	Shirley COPPOCK	82	8.15
2	Jack FREDRICKSON	79	8.34
3	Bob LEWIS	90	8.34
4	Phyllis GOSBELL	80	8.58
5	Peter BATTRICK	75	9.02
6	Allan WOOD	81	9.06
7	Gerald BURKE	79	9.25

100 METRE HANDICAP SPRINT**GWEN DAVIDSON MEMORIAL HEAT 1**

			H'cp	Mtrs
1	Arthur KAPAOLITSA	71	12.4	24
2	Leo COFFEY	88	12.8	35
3	Glenn McLEAN	54	13.5	5
4	Lloyd NICHOLS	77	13.6	56
5	Glenn BERRY	48	14.2	10
6	Chris ROBINSON	59	14.6	21
7	Donna CLARKE	65	14.9	23

EAST BURWOOD 17 JANUARY 2019 cont.**Heat 2:**

1	Andrew FRASER	77	13.5	24
2	Greg FERGUS	49	13.8	10
3	Louise McLEAN	53	14.0	13
4	Allan WOOD	81	14.2	25
5	Shirley COPPOCK	82	14.8	36
6	Don McLEAN	84	16.00	21

800 METRE WALK

1	Bob LEWIS	90	8.28
2	Shirley COPPOCK	82	9.35

3 KM SPIRAL HAMDICAP RUN

		Clock	Actual
1	Perry BIRKETT	56	15.15
2	David CHUNG	51	18.27
3	Paul EARLE	55	18.50
4	Paul DURRANT	57	18.51
5	Sam DEFANIS	70	18.52
6	Stephen DAY	48	19.09
7	Geoff WHEELER	63	19.30
8	Michelle QUAN	49	20.05

SHOT PUT

Toni MATTERS	51	9.20
Paul DURRANT	57	8.28
Louise McLEAN	53	7.53
Greg FERGUS	49	7.12
Allan WOOD	81	6.63
Donna CLARKE	65	5.05
Jack FREDRICKSON	79	4.75
Leo COFFEY	88	4.41

EAST BURWOOD 24 JANUARY 2019**60 METRE SPRINT****Heat 1:**

1	Kaylie GOODRICK	47	12.0
2	Leo COFFEY	88	12.5
3	Lloyd NICHOLS	77	18.3
4	Jack FREDRICKSON	79	18.5

Heat 2:

1	Glenn McLEAN	54	8.9
2	Christopher WORSNOP	61	10.2
3	Andrew FRASER	77	13.5

400 METRE RUN

1	Christopher WORSNOP	61	1.27
2	Michelle QUAN	49	1.46

800/1200 METRE WALK**800 Mtrs:**

1	Jack FREDRICKSON	79	8.05
2	Bob LEWIS	90	8.10

1200 Mtrs:

1	Christopher WORSNOP	61	8.19
2	Liz EASTWOOD	49	11.10
3	Leo WATSON	77	11.12

150 METRE SPRINT

1	Glenn McLEAN	54	22.6
2	Christopher WORSNOP	61	25.9
3	Andrew FRASER	77	28.9
4	Janet HOLMES	65	30.2
5	Leo COFFEY	88	36.9
6	Lloyd NICHOLS	77	70.6

EAST BURWOOD 24 JANUARY 2019 cont.**100 METRE SPRINT**

1	Janet HOLMES	65	No
2	Lloyd NICHOLS	77	Times

10/15/20 MINUTE RUN

10 mins:	Laps	Metres	
Paul EARLE	55	5	140
Liz EASTWOOD	49	3	140

15 mins:

Michelle QUAN	49	7	50
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20 mins:

Geoff WHEELER	63	10	
Sam DEFANIS	70	9	200
Christopher WORSNOP	61	8	320

DISCUS THROW N.O.D.

		Best	Nom.
Toni MATTERS	51	28.68	28.35
Louise McLEAN	53	19.42	20.00
Andrew FRASER	77	16.00	15.00
Kaylie GOODRICK	47	13.66	11.00
Allan WOOD	81	12.44	13.00
Jack FREDRICKSON	79	11.13	10.70
Leo COFFEY **	88	9.72	10.00

** Winner - Leo Coffey

EAST BURWOOD 31 JANUARY 2019**60 METRE SPRINT****Heat 1:**

1	Allan WOOD	81	11.2
2	Don McLEAN	84	11.9
3	Leo COFFEY	88	12.6
4	Shirley COPPOCK	82	14.3
5	Lloyd NICHOLS	77	19.0
6	Jack FREDRICKSON	80	19.4

Heat 2:

1	Paul DURRANT	57	8.5
1	Glenn McLEAN	54	8.5
3	Glenn BERRY	48	9.3
4	Christopher WORSNOP	61	10.1
5	Chris ROBINSON	59	10.4
6	Fred BISSETT	36	10.6

800 METRE HANDICAP RUN

		Clock	Actual
1	Paul EARLE	55	4.58
2	Perry BIRKETT	56	5.02
3	Christopher WORSNOP	61	5.04
4	Melanie BISSETT	43	5.20

1200 METRE HANDICAP WALK

		Clock	Actual
1	Christopher WORSNOP	61	12.39
2	Gerald BURKE	79	12.40
3	Leonie GILLIES	61	12.41
4	Brian TAIT	77	12.49
5	Stephen DAY	48	13.04
6	Leo WATSON	77	13.22
7	Bob LEWIS	90	13.23
8	Peter BATTRICK	75	13.45

EAST BURWOOD 31 JANUARY 2019 cont.

100 METRE HANDICAP SPRINT

GWEN DAVIDSON MEMORIAL HEAT 2

1	Shirley COPPOCK	82	13.0
2	Glenn BERRY	48	13.5
3	Melanie BISSETT	43	13.8
4	Leo COFFEY	88	14.1
5	Glenn McLEAN	54	14.3
6	Chris ROBINSON	59	14.5
7	Christopher WORSNOP	61	14.7
8	Andrew FRASER	77	15.0
9	Leo WATSON	77	15.2
10	Lloyd NICHOLS	77	15.9
11	Don McLEAN	84	16.2

LONG JUMP

Melanie BISSETT	43	2.86
Chris ROBINSON	59	2.60
Leo COFFEY	88	1.70

200 METRE SPRINT

1	Perry BIRKETT	56	33.7
2	Andrew FRASER	77	40.6
3	Don McLEAN	84	46.2
4	Shirley COPPOCK	82	58.2
5	Lloyd NICHOLS	77	110.8

800 METRE WALK

Bob LEWIS	90	8.34
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2 KM HANDICAP RUN

TERRIFIC 2 KM TETRA HEAT 1

		Clock	Actual
1	Janet HOLMES	65	10.53 10.23
2	Paul DURRANT	57	11.06 11.06
3	Chris ROBINSON	59	11.13 11.13
4	Perry BIRKETT	56	11.14 7.54
5	Paul EARLE	55	11.18 8.18
6	Leonie GILLIES	61	11.27 11.27
7	Stephen DAY	48	11.29 8.59
8	Sam DEFANIS	70	11.36 9.46
9	Michelle QUAN	49	11.45 9.40
10	Geoff WHEELER	63	11.47 9.22
11	Christopher WORSNOP	61	11.51 9.31



FRANKSTON 10 JANUARY 2019

100m

1	Rob Taylor	50	13.96
2	Bill Carr	69	15.65
3	Russ Dow	59	15.66

150m

1	Rob Taylor	50	21.86
2	Bill Carr	69	22.58

800m Walk

1	Albin Hess	59	4.37
2	Heather Carr	69	5.00
3	Marnie Grace	44	5.01
4	Graham Kilfoyle	67	6.38
5	Nonie Chan	33	6.53
6	John Sutton	75	6.57
7	Lindsay Beaton	68	7.07

800m

1	Chris Sheedy	50	2.46
2	Pramesh Prasad	44	2.49
3	Rob Taylor	50	2.50
4	Russ Dow	59	2.54
5	Barry Jeffs	70	3.54
6	Gary Meyer	63	4.05
7	David Dodson	59	4.38
8	Claudio Riga	63	4.48
9	Fran Halton	57	5.04
10	John Hallo	76	5.41
10	Lyn Pimm	58	5.41

4, 6 or 8 Lap Spiral Walk

			Laps
1	Albin Hess	59	21.08 8
2	Heather Carr	69	22.05 8
3	Marnie Grace	44	23.04 8
4	Lindsay Beaton	69	32.00 8
1	Lyn Pimm	58	18.07 6
2	John Hallo	76	20.38 6
3	Graham Kilfoyle	67	21.47 6

4, 6 or 8 Lap Spiral

			Laps
1	Pramesh Prasad	44	13.41 8
2	Russ Dow	59	14.13 8
3	Rob Taylor	50	14.22 8
4	Barry Jeffs	70	16.49 8
5	Nonie Chan	33	16.53 8
6	Caitlin O'Connell	44	19.04 8
7	Fran Halton	57	21.17 8
8	Claudio Riga	63	21.44 8
1	Gary Meyer	63	13.44 6
2	Chris Sheedy	50	13.45 6
3	David Dodson	59	14.39 6
1	Bill Carr	69	9.28 4
2	Henry Sheedy	Inv	11.44 4

FRANKSTON 17 JANUARY 2019

80m Heat 1

1	Rob Taylor	50	11.69
2	Bill Carr	69	12.19
3	Chris Sheedy	50	13.36
4	Mike Hall	80	13.55

80m Heat 2

1	Henry Sheedy	Inv	15.18
2	Ashley Grace	Inv	15.47
3	Clementine Sheedy	Inv	19.26

FRANKSTON 17 JANUARY 2019 cont.

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

			Team time
1	Heather Carr	69	W 4.48
	Chris Sheedy	50	R
	Mike Hall	80	S
2	Lyn Pimm	58	W 5.05
	Rob Taylor	50	R
	Graham Stockdale	76	S
3	Marnie Grace	44	W 5.45
	Nonie Chan	33	R
	Bill Carr	69	S
4	Ashley Grace	Inv	W 6.52
	Henry Sheedy	Inv	R
	Clementine Sheedy	Inv	S
5	Zoe Calvo	Inv	W 6.58
	Caitlin O'Connell	44	R
	Rhys Calvo	Inv	S

2000m Walk

1	Marnie Grace	44	13.45
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2400m

1	Bill Carr	69	12.55
2	Chris Sheedy	50	12.56
3	David Dodson	59	13.56
4	Graham Stockdale	76	16.07

3000 Walk - Estimated Time

		Clock	ET	Diff
1	Greg Lovejoy	76	22.13 22.30	-0.17
2	Lyn Pimm	58	22.21 23.00	-0.39
3	John Hallo	76	24.35 23.45	0.50
4	Heather Carr	69	19.30 20.30	-1.00
5	Lindsay Beaton	68	27.11 24.40	2.31

4000 - Estimated Time

		Clock	ET	Diff
1	Caitlin O'Connell	44	23.42 23.45	-0.03
2	Rob Taylor	50	17.04 17.00	0.04
3	Nonie Chan	33	25.39 23.00	2.39
	Fran Halton	57	25.33 27.00	9 laps

FRANKSTON 24 JANUARY 2019

100m

1	Veronica Sheedy	Inv	14.40
2	Bill Carr	69	15.00
3	Mike Hall	80	16.84
4	Henry Sheedy	Inv	21.03
5	Lindsay Beaton	60	25.30
6	Clementine Sheedy	Inv	25.30

200m

1	Veronica Sheedy	Inv	30.30
2	Bill Carr	69	30.72

800m Walk

1	Heather Carr	69	5.37
2	Greg Lovejoy	76	6.19
3	Lindsay Beaton	69	7.20
3	Henry Sheedy	Inv	7.20

800m

1	Graham Stockdale	76	3.46
2	Claudio Riga	63	4.04
3	Barry Jeffs	70	4.10
4	Nonie Chan	33	4.22
5	John Hallo	76	5.34

FRANKSTON 24 JANUARY 2019 cont.

1 or 2 laps Walk in the park

1	Heather Carr	69	13.21	1
2	John Hallo	76	14.50	1
3	John Sutton	75	16.41	1

1 or 2 laps Run in the park

1	Claudio Riga	63	22.54	2
2	Barry Jeffs	70	22.57	2
1	Greg Lovejoy	76	12.56	1
2	Bill Carr	69	13.18	1
3	David Dodson	60	14.38	1
4	Caitlin O'Connell	44	26.06	1
5	Nonie Chan	33	26.07	1
6	Fran Halton	57	26.22	1
6	Henry Sheedy	Inv	26.22	1

FRANKSTON 31 JANUARY 2019

90m

1	Rob Taylor	50	13.06
2	Russ Dow	59	13.66
3	Bill Carr	69	14.00
4	Claudio Riga	63	17.71

250m

1	Rob Taylor	50	41.94
2	Bill Carr	69	43.13
3	Mike Hall	80	53.72

800m Walk - Age Graded

		Clock	A/G %
1	Heather Carr	69	4.47 86.25%
2	Greg Lovejoy	76	5.49 72.11%
3	John Sutton	75	6.32 63.33%
4	Lindsay Beaton	68	7.05 53.52%
5	Charlie Mallia	69	8.14 46.58%

1000m

1	Rob Taylor	50	3.40
2	Russ Dow	59	3.54
3	Barry Jeffs	70	4.30
4	Caitlin O'Connell	44	5.03
5	Gary Meyer	64	5.30

1600m Walk

1	Charlie Mallia	69	15.40
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2000m

1	Bill Carr	69	10.45
2	David Dodson	60	11.08

3200m Walk - Paul Curran Memorial Self Handicap

		Clock time	Mod Time	Diff
*DQ if faster than 24 sec of Self handicap time				
1	Greg Lovejoy	76	25.54 23.09	-0.21
2	John Sutton	75	28.28 28.13	2.13
3	Lindsay Beaton	68	31.12 31.12	4.57
	DQ Heather Carr	69	25.22 20.07	-0.53
	DQ Lyn Pimm	58	25.46 23.31	-0.29
	Donna Curran	Inv	2 laps	0.00
	Kayla Curran	Inv	2 laps	0.00

3600m

1	Rob Taylor	50	15.03
2	Russ Dow	59	15.04
3	Barry Jeffs	70	17.59
4	Claudio Riga	63	18.32
5	Nonie Chan	33	19.15
6	Gary Meyer	64	19.49
7	Graham Stockdale	76	20.36
8	Caitlin O'Connell	44	20.50

GEELONG 9 JANUARY 2019**3km Cross Country**

Rhys Hamill-Beach	11:48
Nicholas MacDonald	12:20
Yolanda Russell	14:02
Carol Crawford	14:58
Kath Oliver	16:08
Jill Coyte (W)	17:49

5km Cross Country

Marcus Curyoko	17:10
Darren Riviere	19:28
Dave Elward	21:35
Mark Humphrey	22:48
Robbie Parsons	23:30
Alan Jenkins	23:54
Jeff Walker	24:10
Louis Rowan	24:45
Erik Bumbers	24:58
Louis Rowan	24:45
Erik Bumbers	24:58
Jeanette Austin	25:58
Steve Welsh	26:05
Paul Austin	26:47
Frank Engelsman	27:38

GEELONG 16 JANUARY 2019**200m**

Rhys Hamill-Beach	21.10
Andrew Beach	30.90
Andy Bruschi	31.00
Noah Jones	35.40
Sharon Pedersen	35.40
Fred Barnett	59.12

2800m

Louis Rowan	11:29
Andy Bruschi	12:09
Alan Jenkins	12:21
Noah Jones	12:36
Sharon Pedersen	12:44
Yolanda Russell	12:54
Erik Bumbers	13:30
Steve Welsh	13:42
Daryl Hurst	14:29
Frank Engelsman	14:31
Thom Stewart	14:41
Jeanette Austin	14:45
Kath Oliver	14:47
Paul Austin	15:15
Jill Coyte (W)	15:45
Fred Barnett	18:55

1500m

Rhys Hamill-Beach	05:04
Darren Riviere	05:10
Amy Carrig	05:15
Robbie Parsons	05:52
Andy Bruschi	06:18
Alan Jenkins	06:36
Erik Bumbers	07:03
Daryl Hurst	07:09
Yolanda Russell	07:24

GEELONG 16 JANUARY 2019 - 1500m cont.

Steve Welsh	07:24
Frank Engelsman	07:29
Jeanette Austin	07:41
Kath Oliver	07:46
Paul Austin	07:56
Thom Stewart	07:59
John Moore	09:24
Fred Barnett	10:22

GEELONG 23 JANUARY 2019**3km Cross Country**

Russell Jenkins	12:37
Yolanda Russell	14:12
Kath Oliver	16:12
Jill Coyte (W)	18:05
Shane Murphy	18:51
Fiona Fitzpatrick	21:02

6km Cross Country

Ron Thomas	21:36
Darren Riviere	24:48
Dave Elward	26:45
Jeff Walker	29:03
Erik Bumbers	31:16
Steve Welsh	31:46
Daryl Hurst	32:27
Grant Baensch	33:51
Frank Engelsman	35:18

GEELONG 30 JANUARY 2019**400m**

Mark Boxer	01:09
Sharon Pedersen	01:14
Fred Barnett	02:21

2000m

Fred Barnett	13:17
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2400m

Sharon Pedersen	11:50
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3200m

David Jenkins	11:51
Darren Riviere	11:54
Mark Boxer	12:12
Cameron White	12:29
Dave Elward	12:50
Jane White	13:13
Alan Jenkins	13:55
Daryl Hurst	14:45
Paul Stewart	15:22
Jeff Walker	15:30
Erik Bumbers	15:32
Paul Austin	15:44
Jill Coyte (W)	17:43

1000m

Mark Boxer	03:35
Dave Elward	03:51
Darren Riviere	04:19
Alan Jenkins	04:22
Erik Bumbers	04:31
Jeff Walker	04:39
Daryl Hurst	04:42
Fred Barnett	06:46

GLEN EIRA 1 JANUARY 2019**80m E/T**

		Clock	Est	Diff
BOB WISHART	77	11.91	11.95	0.04
VIVIENNE CASH	66	13.40	13.00	0.40
JIM McLURE	72	13.02	12.55	0.47
GLAD WISHART	74	16.23	15.58	0.65
LINDA McCAFFREY	40	13.62	15.00	1.38
PAUL LYNCH	69	15.92	14.00	1.92
JIM SINCLAIR	94	18.74	16.20	2.54
ELI ELMS	5	19.23		
HANNAH ELMS	8	20.84		

150m E/T

		Clock	Est	Diff
BOB WISHART	77	22.28	22.10	0.18
JANET HOLMES	65	29.77	30.00	0.23
LINDA McCAFFREY	40	27.88	27.50	0.38
JIM McLURE	73	24.81	24.35	0.46
VIVIENNE CASH	66	25.29	24.50	0.79
EMILIE LORENTZEN	9	28.79	27.50	1.29
SOPHIE McCAFFREY	7	29.41	28.00	1.41
EMMA McCAFFREY	9	32.41	29.50	2.91
PAUL LYNCH	69	29.12	25.60	3.52
GLAD WISHART	74	34.71	30.20	4.51
JIM SINCLAIR	94	43.57	34	9.47
OSCAR LORENTZEN	7	29.57		

WALK 20 MINUTES NOMINATED DIST

		Actual	No,	Diff
JOHN ZELEZNIKOW	68	5L215	5L220	5
JIM BERRINGTON	62	8L60	8L50	10
PETER McGRATH	79	5L50	5L40	10
KARYN O'NEILL	63	7L125	7L150	25
TONY DORAN	66	6L252	6L220	32
GWEN STEED	76	6L250	6L200	20
SANDRA MIDDLETON	70	6L350	7L10	60
TERRY O'NEILL	62	7L340	8L60	60
CONRAD HAMANN	67	4L310	5L	90
MICHAEL HEFFERNAN	84	4L300	5L	100
DES MIDDLETON	72	7L221	7L100	121
KATHLEEN ELMS	43	6L250	7L	150

3K E/T

		Clock	Est	Diff %
MIKE CLAPPER	66	14.04	14.10	6 68.4
JO COCKWILL	66	17.18	17.10	8 71.2
JEFF BOOT	62	14.11	14.20	11 65.4
JANINE McKERRON	59	15.00	15.15	15 73.8
CHRIS GRAFEN	54	12.50	13.15	25 67.5
SARAH LORENTZEN	40	13.05	14.00	55 66.9

GLEN EIRA 8 JANUARY 2019**70m E/T**

		Clock	Est
JUNE TREWEEK	57	11.10	11.10
JIM McLURE	73	11.50	11.55
JIM ROUNTREE	59	11.08	11.00
PAUL LYNCH	69	12.90	13.10
BILL CARR	69	11.30	10.90
BOB WISHART	76	10.24	10.85
PETER RAWLINGS	48	9.89	10.50
VIVIENNE CASH	66	11.36	12.00
APRIL THOMAS	7	13.96	13.00
LEON SHAPERO	59	12.15	11.00
JO WHITTLE	47	12.72	14.00
GLAD WISHART	74	13.78	12.42
LEISA HUNT	47	14.14	12.40

GLEN EIRA 8 JANUARY 2019**700m H/C (Sealed)**

		Clock	H/C
IVAN DODIN	58	2.20.4	72
CHRIS CAMPBELL	70	3.12.6	25
JANET HOLMES	65	3.04.5	36
SYD BONE	61	2.56.8	45
OSCAR LORENTZEN	7	2.55.2	47

200m H/C

		Clock	H/C
PETER RAWLINGS	48	29.25	1
BOB WISHART	76	31.39	2
JIM ROUNTREE	59	31.64	3
GLAD WISHART	74	32.27	10
BILL CARR	69	32.54	5

WALK 2KM

		Clock
TONY DORAN	66	13.52
KATHLEEN ELMS	43	13.56
GWEN STEED	76	14.06
SANDRA MIDDLETON	70	14.21
CONRAD HAMANN	67	16.30
CYNTHIA ELLERY	69	16.48
PETER McGRATH	79	19.00
MICHAEL HEFFERNAN	84	20.28
ROB JAMIESON	68	21.00
PETE BATTRICK	75	22.55

WALK 4KM

		Clock
JIM BERRINGTON	62	24.27
DES MIDDLETON	72	26.41
KARYN O'NEILL	63	27.40
JO WHITTLE	47	28.01
LEISA HUNT	47	28.01

2KM AGE% (TROPHY)

		Clock	%
ANDREW EDWARDS	65	7.54	77.7
JANINE McKERRON	58	9.49	71.9
JO COCKWILL	66	11.08	71.5
SARAH LORENTZEN	40	8.09	69.2
SIMON LLOYD	63	8.45	68.9
MIKE CLAPPER	66	9.07	68.0
PETER BENCE	69	9.29	67.2
GRAHAM STOCKDALE	76	10.45	65.7
PAUL LYNCH	69	13.26	47.5
SARAH JOHNSON	35	12.30	43.6
CHELSEA WHITTLE	11	8.06	74.4

4KM AGE%

		Clock	%
ASHLEY PAGE	78	21.43	71.5
BARRY JEFFS	70	20.27	66.6
STEVE STRELECKY	69	20.15	66.5
CHRIS GRAFEN	54	17.42	66.5
CHRIS CAMPBELL	70	21.04	64.6
SYD BONE	61	19.25	64.4
MERLE WANT	57	24.16	60.0
KAREN MONOHAN	52	26.35	51.2
JOSH WHITTLE	16	15.18	69.2

KNOX 9 JANUARY 2019**800m walk**

Glenn Claiden	64	7.59
Mick Carr	65	8
John Graham	68	8.21
Bob Henderson	72	8.22
Pauline Paine	40	8.26
Andrea Putting	55	8.27
Arthur Kapoulitsa	71	8.28
Peter LeGet	84	8.29
Graham Leticq	64	8.3
Paul Twining	69	8.3
Anne McPherson	62	8.34
Ian U'Ren	67	8.35
Shane Grund	37	8.49
Glenn Berry	48	8.5

60m

Geoff Whitehall	70	19.63
Arthur Kapoulitsa	71	10.87
Andrea Putting	55	11.69

500m NOT

Paul Durrant	57	1.35
Geoff Whitehall	70	1.55

100m

Geoff Whitehall	70	15.57
Arthur Kapoulitsa	71	17.92
Andrea Putting	55	21.55

1000m

Shane Grund	37	2.49
John Graham	68	3.42
Mick Carr	65	4.4
Bob Henderson	72	4.52
Michelle Quan	49	4.55
Brian Mee	81	5.06
Glenn Berry	48	5.14
Pauline Paine	40	5.2
Ian U'Ren	67	5.21
Peter Thorne	70	5.52
Arthur Kapoulitsa	71	6.27
Peter LeGet	84	6.39

5km self hcp

Shane Grund	37	16.15
Graham Leticq 2nd	64	21.24
John Graham	68	22.24
Mick Carr	65	25.07
Sarah Thorne	39	25.24
Michelle Quan	49	25.59
Paul Twining 1st	69	26.01
Peter Thorne	70	29.13
Brian Mee 3rd	81	31.13

2k

Paul Durrant	57	12.49
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3k

Bob Henderson	72	16.24
Glenn Berry	48	19.13
Pauline Paine	40	19.28

KNOX 16 JANUARY 2019**800m walk**

Chas McRae 1lap	86	5.25
Bob Henderson	72	7.24
Anne McPherson	62	8.05
Glenn Claiden	64	8.05
Arthur Kapoulitsa	71	8.14
Graeme Leticq	64	8.16
Paul Twining	69	8.16
Pete LeGet	84	8.2
Matt Morris	53	8.21

70m

Paul Durrant	57	10.32
Glenn Berry	48	10.54
Stewart Dobrzynska	48	12.06
Arthur Kapoulitsa	71	12.38

1mile sealed hcp

Bob Henderson 800m	72	3.59
Matt Morris	53	6.1
Graeme Leticq	64	6.32
Brian Mee	81	9.21
Pete LeGet	84	10.48

200m

Glenn Berry	48	30.89
Stewart Dobrzynska	48	34.02
Mark Harris	50	35.15
Arthur Kapoulitsa	71	37.46

Distance event**2k**

Brian Mee	81	12.16
Arthur Kapoulitsa	71	13.34

3k

Anne McPherson	62	15.1
Bob Henderson	72	16.3
Paul Durrant	57	19.04
Glenn Berry	48	19.05

4k

Mark Harris	50	32.3
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5k

Graeme Leticq	64	23.44
Paul Twining	69	24.51
Stephen Richards	57	27.05

7k

Matt Morris	53	31.28
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KNOX 23 JANUARY 2019**800m walk**

Bob Henderson	72	7.45
Peter Thorne	70	7.58
Glenn Claiden	64	8.1
Paul Twining	69	8.1
Pauline Paine	40	8.19
David Wear	72	8.19
Pete LeGet	84	8.23
Matt Morris	53	8.23
Maggie Hawkes	62	8.33
Tracey Carpenter	52	8.33
Andrea Putting	55	8.34
Chris Crennan	46	8.35
Glenn Berry	48	8.4

KNOX 23 JANUARY 2019 cont.

Shane Grund	37	8.4
Mick Carr	65	8.51
Jock Cravana	80	8.52

60m

Chris Crennan	46	9.87
Arthur Kapoulitsa	71	10.74
Chloe Grund	inv.	13.1

Bob's relay100/200/300/400m

Matt Morris	53	
Tracey Carpenter	52	
Chris Crennan	46	
Danielle Grund	36	2.56
Mick Carr	65	
Glenn Berry	48	
Jack Durrant	21	
Pauline Paine	40	3.06
John Signorini	65	
Paul Durrant	57	
Michelle Quan	49	
Peter Thorne	70	3.19

300metres

Chris Crennan	46	58.75
Chloe Grund	inv.	1.24
Danielle Grund	36	1.25

Distance**2k**

Jack Durrant	21	9.57
Bob Henderson	72	10.3
Glenn Berry	48	11.44
Pauline Paine	40	12.03
Arthur Kapoulitsa	71	12.3
Paul Durrant	57	12.36

3k

Peter LeGet	84	20.54
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4k

John Signorini	65	17.26
Michelle Quan	49	22.47
David Wear	72	23.34
Brian Mee	81	24.14
Jock Cravana	80	25.13

6k

Shane Grund	37	19.23
Helen Stanley	63	29.13
Paul Twining	69	29.31
Mick Carr	65	39.41
Peter Thorne	70	36.32

8k

Matt Morris	53	36.12
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KNOX 30 JANUARY 2019**800m walk NOT**

Bob Henderson	72	7.25
Mick Carr	65	7.3
Maggie Hawkes 1st	62	7.32
Paul Twining	69	7.37
Peter Thorne 3rd	70	7.37
Shane Grund 2nd	37	8.07
David Wear	72	8.33
Ian U'Ren	67	8.33

70m hcp

Paul Durrant	57	10.13
Glenn Berry	48	10.51

KNOX 30 JANUARY 2019 cont.**800m**

Bob Henderson	72	3.32
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1200metres

Shane Grund	37	3.29
Mick Carr	65	5.32
Michelle Quan	49	5.58
Peter Thorne	70	7.07
Ian U'Ren walk	67	9.05

Distance**2k**

Glenn Berry	48	9.39
Paul Durrant	57	12.02

3k

Bob Henderson	72	15.39
Ian U'Ren walk	67	25.41

5k

Shane Grund	37	17.47
Paul Twining	69	24.31
Mick Carr	65	25.05
Michelle Quan	49	25.5
Sarah Thorne	39	26.55
Peter Thorne	70	29.05
Helen Stanley	63	29.08

MENTONE 2 JANUARY 2019**400m Walk E.T.**

			Clock	Diff.
1=	Maureen Seedsman	81	2.58	0.00
1=	Ciara Short	Inv	3.10	0.00
3	Jim Machin	88	3.48	0.03
4	Sonya McLennan	66	2.24	-0.07
5=	Sylvia Machin	77	2.51	-0.09
5=	Daniel Short	Inv	3.11	-0.09
7	Susan Short	45	2.34	-0.11
8	Julian Boland	55	2.13	-0.12
9	Debbie Thomson	61	4.09	-0.21
10	Geoff Barrow	69	2.23	-0.32
11	Helen Castel	55	2.49	-0.44

800m E.T.

			Clock	Diff.
1	Sonya McLennan	66	3.57.2	0.2
2	Col Waring	72	3.13.8	-2.2
3	Sandra Wynne	67	3.52.9	6.9
4	Avril Britter	60	3.59.2	7.2
5	Michael Ure	52	2.30.0	8.0
6	Ciara Short	Inv	3.48.6	8.6
7	Ashley Page	78	3.55.1	-8.9
8	Susan Short	45	2.59.6	9.6

100m E.T.

			Clock	Diff.
1	Susan Short	45	15.07	-0.03
2	Avril Britter	60	18.46	-0.17
3	Julian Boland	55	16.03	0.23
4	Bob Wishart	76	14.10	-0.68
5=	Daniel Short	Inv	18.94	0.94
5=	Ciara Short	Inv	18.94	0.94
7	Glad Wishart	74	20.03	-0.97
8	Vivienne Cash	66	18.15	1.95

MENTONE 2 JANUARY 2019 cont.

3.336km Road E.T.			
		Clock	Diff.
1	Ashley Birrell	73 16.17	0.02
2	James O'Brien	66 14.49	0.07
3	Sandra Wynne	67 18.39	0.14
4	Sonya McLennan	66 18.20	-0.16
5	Avril Britter	60 18.40	-0.22
6	Ashley Page	78 18.25	-0.54
7	David Dodson	59 18.57	-1.03

2000m Walk E.T.			
		Clock	Diff.
1	Glennis McPherson	72 14.32	0.02
2	Joan Clarke	83 20.05	0.05
3=	Helen Castel	55 14.07	0.11
3=	Julian Boland	55 14.07	0.11
5	John Zeleznikow	68 18.12	0.12
6	Geoff Barrow	69 14.04	0.14
7	Maureen Seedsman	81 16.17	0.17
8	Sylvia Machin	77 15.23	0.23
	Debbie Thomson 4 laps	18.42	
	Jim Machin 3 laps	12.14	
	Nola Finn 2 laps	10.39	

MENTONE 9 JANUARY 2019

600m Walk E.T.			
		Clock	Diff.
1	Jill Mannerling	82 5.23	0.03
2=	Ian Beaumont	82 5.21	-0.04
2=	John Mathew	82 5.56	-0.04
4	Maureen Seedsman	81 4.36	0.06
5	Margaret Beaumont	80 5.22	0.07
6	Bev Hugo	78 4.59	0.14
7	Debbie Thomson	61 6.15	0.15
8	Sylvia Machin	77 4.23	-0.17
9	Kevin Cassidy	58 2.49	0.19
10	Helen Castel	55 4.09	0.22
11	Alison Heneghan	Inv 5.04	-0.26
12	Terry Heneghan	Inv 5.58	0.28
13	Sam Hugo	Inv 4.34	-0.36
14	Julian Boland	55 3.48	0.38
15	Jim Machin	88 5.41	0.41
16=	Ciara Short	Inv 4.40	-0.50
16=	Daniel Short	Inv 4.40	-0.50

300m E.T.			
		Clock	Diff.
1	Bob Wishart	76 49.70	0.70
2	Ron Arthur	78 58.12	-1.98
3	Vivienne Cash	66 56.00	-3.00
4	Julian Boland	55 48.80	-5.40
5	Ciara Short	Inv 69.38	-5.62
6	Daniel Short	Inv 75.23	-9.77

1200m E.T. *Agg Event*				
		Clock	Diff.	Pts
1	Col Waring	72 5.09.4	0.6	7
2	Sonya McLennan	66 5.59.2	3.2	5
3	Sandra Wynne	67 6.00.4	6.4	4
4	Avril Britter	60 6.00.8	7.8	3
5	Ashley Page	78 6.07.1	12.1	2
6	Ashley Birrell	73 5.15.2	15.2	1
7	Susan Short	45 4.51.8	16.8	1
8	John Kneen	76 7.39.0	-31.0	1
9	Greg Hughes	60 6.17.8	-47.2	1

70m E.T. Whoops!
Timing Malfunction

MENTONE 9 JANUARY 2019 cont.

2km E.T.			
		Clock	Diff.
1	Sandra Wynne	67 10.45	-0.03
2	Sonya McLennan	66 10.35	0.05
3	James O'Brien	66 8.22	0.07
4	Avril Britter	60 10.46	-0.18
5	Ashley Birrell	73 9.52	0.37
6	Ashley Page	78 11.23	1.03
7	John Kneen	76 12.55	-1.05

2500m Walk Road E.T.			
		Clock	Diff.
1	Glennis McPherson	72 18.12	-0.08
2	Sylvia Machin	77 19.24	0.09
3=	Helen Castel	55 18.05	-0.10
3=	Julian Boland	55 18.05	-0.10
5	Maureen Seedsman	81 21.21	0.31
6	Bev Hugo	78 22.37	-0.33
7	John Mathew	82 29.12	-0.48
8	Kevin Cassidy	58 13.08	-0.52
9	Sam Hugo	Inv 22.15	-1.11
10	Joan Clarke	83 25.35	-1.25
11	Ian Beaumont	82 24.54	-1.48
12	Margaret Beaumont	80 24.53	-1.49
13	Jim Machin	88 25.51	-2.09
14	Ian Cassell	65 21.21	2.21
15	Jill Mannerling	82 23.57	-2.53
16	Natalie King	76 24.53	-3.07
17	Glad Wishart	74 21.30	-3.30

MENTONE 16 JANUARY 2019

800m Walk E.T.			
		Clock	Diff.
1	Sharon Carr	53 6.47	0.02
2=	Sylvia Machin	77 5.57	-0.03
2=	Joan Clarke	83 7.47	-0.03
2=	Maureen Seedsman	81 6.07	-0.03
5=	Ian Beaumont	82 7.22	0.07
5=	Helen Castel	55 5.24	-0.07
7	John Mathew	82 8.14	0.14
8	Julian Boland	55 5.17	0.17
9=	Kevin Cassidy	58 3.42	-0.18
9=	Nola Finn	82 10.07	-0.18
11	Jim Machin	88 7.50	0.20
12=	Bev Hugo	78 6.43	-0.21
12=	Margaret Beaumont	80 7.22	0.21

1500m Self H/cap.			
		Clock	Actual
1	David Short	42 8.47.5	6.02.5
	DQ Sandra Wynne	67	7.24.8
	DQ Ashley Birrell	74	6.34.2
	DQ Avril Britter	60	7.27.3
	DQ Susan Short	45	6.04.5
	DQ Ashley Page	78	7.51.0
	DQ David Dodson	59	7.56.0

120m H/cap			
		Clock	Metres
1	Bob Wishart	76 15.10	11
2	Susan Short	45 15.15	19
3	Ron Arthur	78 15.18	21
4	Vivienne Cash	66 15.20	25
5	Ross Kent	76 15.38	42
6	Glad Wishart	74 15.40	39
7	Avril Britter	60 15.64	34
8	David Short	42 15.81	0
9	Daniel Short	Inv 15.98	35
10	Ciara Short	Inv 16.57	30
11	Julian Boland	55 16.84	20
12	John Mathew	82 17.03	53

MENTONE 16 JANUARY 2019 cont.

2.5 Km E.T			
		Clock	Diff
1	Ashley Birrell	73 12.53	0.08
2=	Avril Britter	60 13.42	0.11
2=	Sandra Wynne	67 13.24	-0.11
4	James O'Brien	65 11.09	0.33
5	Ashley Page	78 14.08	0.42
6	David Dodson	59 19.25	4.35

2 x 400m Walk Relay			
		Clock	
1	Glennis McPherson	72 10.49	
	Sharon Carr	53	
2	Vivienne Cash	66 10.53	
	Ian Cassell	65	
3	John Mathew	82 10.57	
	Kevin Cassidy	58	
4	Helen Castel	55 11.12	
	Glad Wishart	74	
5	Julian Boland	55 11.39	
	Jim Machin	88	
6	Sylvia Machin	77 11.43	
	Bev Hugo	78	
7	Geoff Barrow	69 11.47	
	Margaret Beaumont	80	
8	Maureen Seedsman	81 13.25	
	Ian Beaumont	82	

MENTONE 23 JANUARY 2019

400m Walk E.T.			
		Clock	Diff.
1	Maureen Seedsman	81 2.58	0.00
2=	Nola Finn	82 4.59	-0.01
2=	Helen Castel	55 2.37	0.01
2=	Ralph Bennett	76 2.19	-0.01
5=	Sonya McLennan	66 2.28	-0.02
5=	Bev Hugo	78 3.13	-0.02
5=	Jill Mannerling	82 3.32	0.02
8	Kevin Cassidy	58 1.41	-0.04
9=	Sylvia Machin	77 2.49	-0.06
9=	Joan Clarke	83 3.54	-0.06
11	Margaret Beaumont	80 3.35	0.11
12	Geoff Barrow	69 2.38	-0.12
13	Ian Beaumont	82 3.30	-0.14
14	Pam Mews	84 4.43	0.43
15	Glad Wishart	74 2.47	-0.45

900m E.T.			
		Clock	Diff
1	Sandra Wynne	67 4.11.0	1.0
2	Avril Britter	60 4.23.1	-4.9
3	John Kneen	76 5.13.4	-6.6
4	Daniel Short	Inv 4.19.2	9.2
5	Col Waring	72 3.47.2	12.2
6	Susan Short	45 3.29.3	14.3
7	Rhett	Inv 3.17.2	17.2
8	Aiden	Inv 3.34.3	19.3

250m E.T.			
		Clock	Diff.
1	Ron Arthur	78 45.14	-0.16
2	Daniel Short	Inv 55.74	0.74
3	Vivienne Cash	66 44.88	-1.12
4	Bob Wishart	76 41.33	-2.03
5	Aiden	Inv 42.95	-2.05
6	Rhett	Inv 42.61	-2.39
7	Susan Short	45 56.03	12.03

MENTONE 23 JANUARY 2019 cont.

3km E.T. *Agg Event*			
		Clock	Diff.
1	Martin O'Malley	64 15.00	0.00
2	David Dodson	60 16.41	-0.09
3	Ashley Birrell	73 13.55	-0.10
4	Avril Britter	60 16.01	-0.17
5	John Kneen	76 19.51	-0.19
6	Susan Short	45 13.40	-0.20
7	Sandra Wynne	67 16.00	-0.25
8	Sonya McLennan	66 15.49	-0.27
9	James O'Brien	66 12.27	-0.39
10	Rhett	Inv 14.21	0.51

2500m Walk E.T. *Agg Event*			
		Clock	Diff.
1	Kevin Cassidy	58 12.56	-0.04
2	Helen Castel	55 17.53	-0.07
3	Margaret Beaumont	80 24.4	-0.12
4	Sylvia Machin	77 19.00	-0.15
5	Glennis McPherson	72 18.01	-0.17
6=	Maureen Seedsman	81 20.55	-0.25
6=	Bev Hugo	78 22.12	-0.25
6=	Greg Hughes	60 20.54	-0.25
9	Ian Cassell	65 19.00	-0.30
10=	Ralph Bennett	76 15.45	-0.31
10=	Geoff Barrow	69 17.59	-0.31
12	Jill Mannerling	82 24.00	1.00
13	Natalie King	76 24.37	-1.23
14	Ian Beaumont	82 23.24	-1.30
15	John Mathew	82 27.46	-2.14
16	Heather Carr	69 16.14	-2.16

MENTONE 30 JANUARY 2019

500m Walk E.T.			
		Clock	Diff.
1	Sonya McLennan	66 3.13	0.00
2	Maureen Seedsman	81 3.52	0.02
3	John Mathew	82 4.55	-0.05
4	John Zeleznikow	68 4.22	-0.08
5	Kevin Cassidy	58 2.30	-0.15
6	Jill Mannerling	82 4.29	0.34
7	Nola Finn	82 6.12	-0.38

800m E.T.			
		Clock	Diff
1	David Short	42 2.39.3	-0.7
2	Avril Britter	60 3.52.2	-0.8
3	Susan Short	45 2.56.1	1.1
4	Ashley Birrell	73 3.17.7	7.7
5	Col Waring	72 3.17.9	-12.1
6	Martin Griffin	56 4.29.9	-21.1

100m E.T. *Agg Event*			
		Clock	Diff.
1	Vivienne Cash	66 16.40	0.11
2	Susan Short	45 15.56	0.26
3=	Bob Wishart	76 14.22	-0.38
3=	David Short	42 13.58	0.38
4	Avril Britter	60 18.97	0.49
6	Ron Arthur	79 16.46	0.84
7	John Mathew	82 27.89	0.89
8	Glad Wishart	74 21.15	1.14
9	Martin Griffin	56 18.64	-1.36

3 Km E.T.-			
		Clock	Diff
1	Avril Britter	60 16.16	-0.02
2	Sonya McLennan	66 16.16	0.10
3	Martin Griffin	56 18.46	0.16
4	Ashley Birrell	73 15.43	1.03

MENTONE 30 JANUARY 2019 cont.

1 Mile/ 2 Miles Walk E.T.		Clock	Diff.
1 Mile			
1	Jill Mannering	82 15.10	0.13
2	Bev Hugo	78 14.22	0.17
3	Maureen Seedsman	81 13.01	-0.39
4	Ian Cassell	65 12.34	1.04
5	John Mathew	82 18.21	1.21
2 Miles			
1	John Zeleznikow	68 30.56	-0.04
2	Geoff Barrow	69 23.25	0.15
3	Glennis McPherson	72 23.49	0.17
4	Kevin Cassidy	58 17.49	0.49
5	Ralph Bennett	76 20.24	1.24

SPRINGVALE 9 JANUARY 2019 cont.

4000 metre road run		
Howard REES	71	19.27
Will SELICK	47	19.23
Lindsay OXENHAM	69	20.08
Troy JEFFS	44	21.02
Alan BENNIE	71	21.59
Lou BUCCIERI	63	22.12
Alison DEVINE	62	23.42
Ian TREGGAR	68	24.43
Claudio RIGA	63	25.25
Peter FIELD	61	25.25
Tracey HUTCHINSON 2.5km	48	19.00

SPRINGVALE 2 JANUARY 2019 cont.

3300 metres road run		
Dominique RUELOT	67	21.20
Claudio RIGA	63	21.22
Tracey HUTCHINSON	48	22.43
5000 metres road run		
Alan BENNIE	71	24.06
Howard REES	71	25.04
Will SELICK	47	25.50
Lou BUCCIERI	63	27.44
Troy JEFFS	44	27.43
Paul MULLINS	78	30.07
Ian TREGGAR	68	31.00

SPRINGVALE 31 JANUARY 2019

150 metres		
Troy JEFFS	44	28.70
Brian WOODMAN	65	31.90
Lindsay OXENHAM	69	33.00
Tracey HUTCHINSON	48	33.30
Mervyn		36.00
Alan BENNIE	72	36.20
800 metres medley relay		
Team 1	total	4.41
Dave TALBOT	64	
Lindsay OXENHAM	69	
Mick COLGAN	68	
Tony DORAN	66	
Team 2	total	4.49
Claudio RIGA	63	
Mervyn		
Tony JOHNSON	78	
Celia JOHNSON	71	
Team 3	total	3.54
Paul WINTERTON	64	
Anand THILLAISUNDARAM	42	
Jim SMITH	78	
Lou BUCCIERI	63	
Team 4	total	4.40
Bill IRVINE	70	
Natalie IRVINE	72	
Pam THOMAS	69	
Howard REES	71	
Team 5	total	4.04
Brian WOODMAN	65	
Ernie JEFFS	74	
Tracey HUTCHINSON	48	
Troy JEFFS	44	
2000 metres road walk		
Anand THILLAISUNDARAM	42	15.35
Tony JOHNSON	78	15.41
Tony DORAN	66	15.47
Celia JOHNSON	71	15.47
Brian WOODMAN	65	15.50
Jim SMITH	78	16.16
Mervyn		18.56
Frank ALLEN	74	19.42
Ernie JEFFS	74	19.42
Pam THOMAS	69	19.44
Natalie IRVINE	72	20.40
Bill IRVINE	70	20.40
3100 metres road run		
Alan BENNIE	72	14.04
Will SELICK	47	15.37
Dave TALBOT	64	15.49
Lindsay OXENHAM	69	16.05
Lou BUCCIERI	63	16.31
Tracey HUTCHINSON	48	17.33
Troy JEFFS	44	17.54
Ian TREGGAR	68	17.58
Rob CLUTTERBUCK	65	18.37
Summer		19.25

SPRINGVALE 9 JANUARY 2019

100 metres		
Troy JEFFS	44	15.80
Mike HALL	80	16.10
Cassie		19.50
Tracey HUTCHINSON	48	19.90
Will SELICK	47	23.20
100 metres heat 2		
Mick COLGAN	67	19.30
Lindsay OXENHAM	69	19.80
Jim SINCLAIR	94	23.40
Ernie JEFFS	73	29.10
600 metres		
Dave TALBOT	64	2.21
Bill IRVINE	70	2.31
Peter FIELD	61	2.42
Tracey HUTCHINSON	48	3.31
Ernie JEFFS	73	3.45
Kevin ONLEY	85	3.57
1000 metres		
Alan BENNIE	71	4.05
Troy JEFFS	44	4.29
Paul MULLINS	78	4.35
Lou BUCCIERI	63	4.36
Lindsay OXENHAM	69	4.48
Paul WINTERTON	64	5.19
2500 metres road walk		
Tony DORAN	66	18.08
Dennis PHILLIPS	76	19.30
Celia JOHNSON	71	19.49
Anand THILLAISUNDARAM	42	19.49
Jim SMITH	78	19.52
Juan PEREZ	79	20.41
Tony JOHNSON	78	21.06
Ernie JEFFS	73	22.09
John MANNING	72	22.09
Mick COLGAN	67	24.19
Cassie		24.19
Natalie IRVINE	72	26.01
Bill IRVINE	70	26.01
Brian LYNCH	83	26.19
Eric NEGROS	55	29.28

SPRINGVALE 2 JANUARY 2019

70 metres HT 1		
Mike HALL	80	11.30
Bill IRVINE	70	16.80
Howard REES	71	17.20
Alan BENNIE	71	19.50
Paul MULLINS	78	20.30
Claudio RIGA	63	20.50
Pam THOMAS	68	28.50
70 metres HT 2		
Troy JEFFS	44	11.40
Tracey HUTCHINSON	48	13.70
Lou BUCCIERI	63	16.50
Tony DORAN	66	16.90
Dominique RUELOT	67	17.50
Ernie JEFFS	73	23.50
Juan PEREZ	79	30.90
300 metres walk		
Tony DORAN	66	2.02
Pam THOMAS	68	2.17
Juan PEREZ	79	2.26
Ernie JEFFS	73	2.32
700 metres		
Bill IRVINE	70	2.57
Paul WINTERTON	64	3.31
Alan BENNIE	71	3.41
Tracey HUTCHINSON	48	4.14
Paul MULLINS	78	4.18
Dominique RUELOT	67	4.22
Kevin ONLEY	85	4.48
700 metres		
Neil GRAY	71	2.49
Dave TALBOT	64	2.57
Troy JEFFS	44	3.01
Howard REES	71	3.09
Lou BUCCIERI	63	3.30
Claudio RIGA	63	4.20
3000 metres road walk		
Peter ELLIS	67	21.20
Tony DORAN	66	22.10
John ABEL	68	24.54
Frank ALLEN	74	25.25
Jim SMITH	78	25.25
Juan PEREZ	79	25.25
Pam THOMAS	69	29.41
Ernie JEFFS	73	29.48
Bill IRVINE	70	31.00
Natalie IRVINE	72	31.32

SPRINGVALE 23 JANUARY 2019

120 metres		
Mike Hall	77	19.80
Lindsay OXENHAM	69	24.30
Jim SINCLAIR	94	29.30
Mick COLGAN	67	32.20
Lambe	58	32.30
600 metres		
Paul MULLINS	78	2.26
Paul WINTERTON	64	2.52
Claudio RIGA	63	3.07
1000 metres		
Neil GRAY	71	4.11
Dave TALBOT	64	4.21
Howard REES	71	4.44
Lou BUCCIERI	63	4.47
Lindsay OXENHAM	69	4.50
2000 metre road walk		
Tony DORAN	66	12.00
Pam THOMAS	69	15.19
Ernie JEFFS	74	15.21
Natalie IRVINE	72	16.17
Frank ALLEN	74	16.19
3000 metres road walk		
Peter ELLIS	67	21.50
Dennis PHILLIPS	76	24.29
Juan PEREZ	79	27.58
Eric NEGROS	55	34.07
3100 metres road run		
Alan BENNIE	72	14.12
Bill IRVINE	70	16.21
Lou BUCCIERI	63	17.22
Paul MULLINS	78	17.28
Ian TREGGAR	68	17.30
Alison DEVINE	62	18.08
Kevin ONLEY	85	23.18
John ABEL	68	23.57
6200 metres road run		
Howard REES	71	30.47
Lindsay OXENHAM	69	32.26
Claudio RIGA	63	37.58
Peter FIELD	61	37.58