

# AROUND THE GROUNDS

VENUE RESULTS FOR MARCH 2019



**Pam Mews competing at the VMA 3000m Championship**

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

**ABERFELDIE 6 MARCH 2019****100 m Track Run Age Graded**

	Age	Time	Age %
Anthony Bradford	79	19.3	72.48
Don McLaren	49	14.28	76.36
Justin McLaren	23	11.12	88.04
Joe Dilworth	67	15.03	81.19
Robin Coyne	60	19.8	68.41
Levi Draper	Inv	17.75	68.28
Graham Eadie	67	17.98	67.87
Margaret Armstrong	56	20	57.05
Bill Ristevski	39	16.75	60.79
John Papworth	50	13.14	83.55
Michael Orelli	75	26.25	50.28
reji daniel	39	17.5	58.18

**1500 m Track Run**

Justin McLaren	23	05:32.0
Michael Ennis	65	07:21.0
Andrea Draper	41	07:54.0
Heath Beveridge	Inv	05:30.0
Pat Scutella	42	06:07.0
John Bohm	39	05:08.0
John Papworth	50	06:58.0

**300 m Track Run**

Anthony Bradford	79	01:11.6
Don McLaren	49	01:04.0
Justin McLaren	23	53
Margaret Armstrong	56	57.38
John Papworth	50	48.13
John Bohm	39	51.51

**3/5k Track Run**

Graham Eadie	67	28:10.0	5k
Andrea Draper	41	18:50.0	2.7k
Pat Scutella	42	21:37.0	5k
John Bohm	39	20:17.0	5k
David Jones	68	24:40.0	5k
Alfred Lendvai	65		3k
John Vance	39	32:30.0	5k
Stephen Barker	75	32:32.0	5k
Tammy Quinn	46		3k
Danny Hawksworth	40		3k
Trevor Hawksworth	72	29:41.0	5k
Cheryl Beveridge	54	20:10.0	3k
John Dean	74		5k
PETER Black	64	21:34.0	5k
Shane Draper	45	18:34.0	5k

**Javalin**

	Wt	Dist	AG%	
David Jones	68	600g	11.25	20.23
Michael Orelli	74	500g	11.44	22.66
Alfred Lendvai	65	600g	22.36	39.1
Justin McLaren	23	800g	23.34	21.3
Andrea Draper	41	500g	6.58	10.11
Craig Hicks	66	600g	22.36	38.33
Anthony Bradford	79	600g	15.09	35.03
Don McLaren	49	800g	18.61	24.93
Joe Dilworth	67	700g	14.08	24.71

**ABERFELDIE 13 MARCH 2019****80 m Track Run**

Anthony Bradford	79	18.12
Reji Daniel	42	11.38
Marion Cummings	41	10.63

**1000 m Track Run Age Graded**

		Age %	
Michael Orelli	75	05:20.0	60.66
Margaret Armstrong	56	05:22.0	49.44
Andrea Draper	42	04:56.0	47.52
John Bohm	39	03:23.0	67.35
Bill Ristevski	39	03:21.0	68.02

**400 m Track Run**

Reji Daniel	42	01:19.8
Cheryl Beveridge	54	01:28.9
Heath Beveridge	Inv	01:08.1
Margaret Armstrong	56	01:50.4
Andrea Draper	42	02:05.9
Marion Cummings	41	01:03.7
Louise Douglas	49	01:39.1
Ian Newey	59	01:19.6

**2/4 km Track Run**

Michael Orelli	75	12:04.0	2k
John Vance	39	22:30.0	4k
Stephen Barker	75	23:54.0	4k
Doug Stokes	66	22:39.0	4k
John Dean	74	24:08.0	4k
Adrian Wrout	48	14:21.0	4k
Mark Douglas	47	19:26.0	4k
Shane Draper	45	14:15.0	4k
Cheryl Beveridge	54	13:18.0	2k
Heath Beveridge	Inv	25:57.0	4k
Ruby Beveridge	Inv	10:40.0	2k
Trevor Hawksworth	72	23:08.0	4k
Andrea Draper	42	15:20.0	2k
John Bohm	39	14:38.0	4k
Louise Douglas	49	11:02.0	2k
Bill Ristevski	39	29:21.0	4k
Ian Newey	59	06:52.0	2k



**ABERFELDIE 20 MARCH 2019****(Heritage Round)****100 yd Track Run**

Michael Orelli	75	24.66
Cathy Orelli	57	16.24
Anthony Bradford	79	16.47
Justin McLaren	23	13.38
Don McLaren	49	16.03
Debbie Maurer	39	24.9
Marion Cummings	41	11.9
Levi Draper	Inv	15.35
Graham Eadie	67	15.34
Margaret Armstrong	56	18.25

**1 mile Track Run**

Michael Orelli	75	09:20.0
Shane Draper	45	05:24.0
Alfred Lendvai	65	08:39.0
Justin McLaren	23	05:59.0
Don McLaren	49	08:59.0
David Jones	68	07:02.0
Michael Ennis	65	08:09.0
Adrian Wrout	48	05:30.0
Mel Hardiman	37	09:33.0
Gavin White	45	07:21.0
Levi Draper	Inv	07:01.0
Bill Ristevski	39	09:33.0
John Dean	74	09:15.0
Cheryl Beveridge	54	09:20.0
Pat Scutella	42	06:36.0

**440 yd Track Run**

Michael Orelli	75	02:24.0
Cathy Orelli	57	01:25.0
Justin McLaren	23	01:16.0
Don McLaren	49	01:58.0
Marion Cummings	41	01:03.0
Gavin White	45	01:20.0
Levi Draper	Inv	01:31.0
Graham Eadie	67	01:41.0
Margaret Armstrong	56	01:45.0

**3 miles Track Run**

John Vance	39	29:38.0
Michael Ennis	65	27:30.0
Stephen Barker	75	30:07.0
Trevor Hawksworth	72	28:50.0
Andrea Draper	42	15:00.0
Graham Eadie	67	28:13.0
Bill Ristevski	39	0
Mel Hardiman	37	0
John Dean	74	30:12.0
Heath Beveridge	Inv	19:20.0
Pat Scutella	42	21:26.0

**Broad Jump**

Justin McLaren	23	11'8"
Levi Draper	Inv	10'2"
Cheryl Beveridge	54	7'4"
Andrea Draper	42	5'9"

6 laps

DNF

DNF

**ABERFELDIE 27 MARCH 2019****100 m Track Run**

Richard Short	47	13.28
Cathy Orelli	57	17.18
Anthony Bradford	79	26.56
Joe Dilworth	67	19.3
Levi Draper	Inv	16.66
John Papworth	50	16.32
Marjorie Absalom	44	18.5
Marion Cummings	41	12.72
Ruby Beveridge	Inv	19.94
Margaret Armstrong	57	19.32

**1200 m Track Run**

Michael Orelli	75	07:12.0
Richard Short	47	04:40.0
Adrian Wrout	48	03:50.0
Levi Draper	Inv	06:07.0
Heath Beveridge	Inv	04:27.0
Shane Draper	45	04:33.0
Cheryl Beveridge	54	06:47.0
John Bohm	39	03:48.0
Andrea Draper	42	06:10.0

**400 m Track Run Age Graded**

%				Age
Cathy Orelli	57	01:22.9	62.57	
Stephen Barker	75	03:57.1	27.41	Walk
Joe Dilworth	67	02:07.2	44.23	
Graham Eadie	67	02:08.2	43.88	
Levi Draper	Inv	01:26.0	64.97	
John Papworth	50	01:15.3	65.77	
Marjorie Absalom	44	01:41.0	54.22	
Marion Cummings	41	01:01.1	86.79	
Margaret Armstrong	57	01:43.2	50.24	

**5 km Track Run**

Doug Stokes	66	28.44	
Stephen Barker	75	28.12	
Graham Eadie	67	27.53	
John Dean	74	30.48	
John Vance	39	27.02	
Andrea Draper	42	18.2	2.3k
Trevor Hawksworth	72	29.38	
John Bohm	39	20.35	
Bill Ristevski	39	30.48	
PETER Black	64	28.44	

**THE ADULT VERSION OF  
'HEAD SHOULDERS,  
KNEES AND TOES'  
IS...  
'WALLET, GLASSES,  
KEYS AND PHONE'**

**Just for Jokes and Fun**  
[www.facebook.com/daily.jokes247](http://www.facebook.com/daily.jokes247)

**CASEY 4 MARCH 2019****100M**

Brett Newman	42	15.41
Magda Maniak	36	17.41
Arlene D'Monte	60	22.05

**1 Lap X/C Run/Walk**

Gary Meyer	64	18.59	
Peter Thorne	70	19.17	
Marnie Grace	44	25.02	walk

**120M**

Brett Newman	42	18.26
Paul Olsson	62	19.85
Magda Maniak	36	20.14
Mike Hall	80	21.11

**1200M Run/Walk**

Peter Thorne	70	6.48	
Kylie Irshad	47	7.03	walk
Arlene D'Monte	60	9.41	walk

**CASEY 11 MARCH 2019****70M**

Paul Olsson	62	11.79
Noel Fairburn	58	12.18
Hsien Chiam	47	12.94
Arlene D'Monte	60	14.35
Lindsay Beaton	69	15.46

**Hybrid Run/Walk**

Hsien Chiam	47	18.04	1 road
Rekha Edirisinghe	45	19.53	1 X/C
Frances Halton	57	21.11	1 X/C
Marnie Grace	44	25.05	1 X/C w
Gary Meyer	64	26.35	
Peter Thorne	70	28.48	
David Dodson	60	29.12	
Lindsay Beaton	69	43.37	walk

**150M**

Paul Olsson	62	24.53
Noel Fairburn	58	25.44
Mike Hall	80	25.84

**1000M Run/Walk**

Rekha Edirisinghe	45	4.48	
Shelley Vellin	40	5.03	
Briana Briet	Inv	5.12	walk
Gary Meyer	64	5.31	
Kylie Irshad	47	5.49	walk
Peter Thorne	70	6.13	
Frances Halton	57	6.15	
Arlene D'Monte	60	7.46	walk
Lindsay Beaton	69	8.81	walk

**CASEY 18 MARCH 2019****80M**

Paul Olsson	62	12.51
Magda Maniak	36	13.22
Mike Hall	80	13.51
Noel Fairburn	58	13.85
Brett Newman	42	14.25
Hsien Chiam	47	14.87
Nanda Hapuarachchi		15.16
Arlene D'Monte	60	16.83

**600M Run/Walk**

Gary Meyer	64	2.41	
Peter Thorne	70	3.06	
Brett Newman	42	3.46	
Frances Halton	57	4.03	
Magda Maniak	36	4.24	walk
Arlene D'Monte	60	4.43	walk
Lindsay Beaton	69	5.08	

**200M**

Brett Newman	42	32.99
Paul Olsson	62	34.01
Noel Fairburn	58	34.37
Magda Maniak	36	36.51
Mike Hall	80	36.84

**2 Lap Road run/Walk**

Gary Meyer	64	19.44
Peter Thorne	70	21.17
Frances Halton	57	21.19
Lindsay Beaton	69	34.01

**CASEY 25 MARCH 2019****1000m Run/Walk**

Gary Meyer	64	5.08	
Peter Thorne	70	5.42	
Hsien Chiam	47	6.01	
Noel Fairburn	58	6.48	
Rob Clutterbuck	66	8.19	walk
Lindsay Beaton	69	8.49	walk

**3000M Run/Walk**

Albin Hess	59	15.39	
Gary Meyer	64	16.43	
Peter Thorne	70	17.36	
Rob Clutterbuck	66	18.25	5.5 walk
Marnie Grace	44	21.23	walk
Lindsay Beaton	69	28.01	walk

**COBURG 7 MARCH 2019****100m****Heat: 1**

Bruce GIBBS	70	16.58
Len HALLETT	69	19.07
Rob LEWIS	71	21.61
Michelle SPORTON	53	23.17
M. STAPLEHURST	82	47.38
Anne WRIGHT	58	47.38

**Heat: 2**

Alistair GOVIER-COLE	30	12.18
Paul O'NEILL	53	13.25
Isabelle RAINES	16	14.76

**1000m Walk**

Donna-Marie ELMS	57	6.16
Tracy COLBERT	49	6.30
Ken CARTER	66	11.19

**1500m**

Carl KENNEDY	53	5.29
Fraser MURRAY	47	5.31
Michael MEANEY	63	6.55
Fiona ELY	49	7.07
Maria BARBETTI	53	7.35
Iresha O'DONOVAN	33	7.37
Gary O'DWYER	59	7.41

**400m****Heat: 1**

Isabelle RAINES	16	1.10.9
Rob LEWIS	71	1.53.2
Yolanda SHAW	66	2.09.9
Rob DAVEY	79	2.19.8
Michelle SPORTON	53	3.04.0
Anne WRIGHT	58	3.30.6
M. STAPLEHURST	82	3.30.9
Ken CARTER	66	4.12.6

**Heat: 2**

Sierra ASHER	33	1.02.6
Alistair GOVIER-COLE	30	1.03.7
Paul O'NEILL	53	1.11.3

**3km**

Michael MEANEY	63	14.21
Gary O'DWYER	59	14.36
Fiona ELY	49	14.51
Iresha O'DONOVAN	33	16.36
Maria BARBETTI	53	16.37
Rob LEWIS	71	19.32
Ken CARTER (W)	66	36.44

**5km**

Carl KENNEDY	53	19.31
Fraser MURRAY	47	23.42
Len HALLETT	69	27.28

**COBURG 14 MARCH 2019****90m****Heat: 1**

Bruce GIBBS	70	14.72
Frank BRADLEY	63	17.06
Rob LEWIS	71	17.32
Len HALLETT	69	17.95
Michelle SPORTON	53	20.62
Anne WRIGHT	58	41.43
M. STAPLEHURST	82	42.25

**Heat: 2**

Ethan O'NEILL (100m)	18	12.10
A. GOVIER-COLE (100m)	30	12.15
Isabelle RAINES	16	13.06

**1000m**

Carl KENNEDY	53	3.26
Colin HICKIE	34	3.40
Michael MEANEY	63	4.04
Fraser MURRAY	47	4.15
Fiona ELY	49	4.29
Len HALLETT	69	4.48
Maria BARBETTI	53	4.53
Gary O'DWYER	59	5.29
Yolanda SHAW	66	6.05
Rob DAVEY	79	7.03
Paul O'NEILL (W)	53	9.28
Ken CARTER (W)	66	11.08

**200m****Heat: 1**

Bruce GIBBS	70	36.01
Rob LEWIS	71	41.59
Frank BRADLEY	63	43.76
Michelle SPORTON	53	58.17
Ken CARTER	66	1.28.0
Anne WRIGHT	58	1.41.2
M. STAPLEHURST	82	1.41.5

**Heat: 2**

Ethan O'NEILL	18	24.94
Alistair GOVIER-COLE	30	25.63
Sina GRAY-BABIERO	36	27.50
Isabelle RAINES	16	28.95

**2km**

Fraser MURRAY	47	7.33
Fiona ELY	49	9.39
Brian DELANEY	65	10.40
Rob LEWIS	71	12.36
Maria BARBETTI (W)	53	20.24
Paul O'NEILL (W)	53	20.25
Ken CARTER (W)	66	24.38

**4km**

Carl KENNEDY	53	15.04
Colin HICKIE	34	18.08
Gary O'DWYER	59	19.37
Michael MEANEY	63	19.50
Len HALLETT	69	21.56

**COBURG 21 MARCH 2019****110m**

Alistair GOVIER-COLE	30	13.61
Ethan O'NEILL	18	14.72
Isabelle RAINES	16	15.14
S. QUATROTTONE	Inv	18.70
Rob LEWIS	71	22.00
Len HALLETT	69	22.49
Rob DAVEY	79	30.00

**1200m Walk**

Donna-Marie ELMS	57	7.10
Tracy COLBERT	49	8.01
Frank BRADLEY	63	8.26
Ken CARTER	66	13.44

**1600m**

Carl KENNEDY	53	6.03
Michael MEANEY	63	7.35
Fiona ELY	49	7.38
Len HALLETT	69	8.28
Gary O'DWYER	59	8.37
Yoldanda SHAW	66	10.07

**300m****Heat: 1**

David WOODS	50	45.71
Michael MEANEY	63	53.70
Bruce GIBBS	70	1.03.0
Rob LEWIS	71	1.14.2
Ken CARTER	66	2.57.5

**Heat: 2**

Ethan O'NEILL	18	42.09
Alistair GOVIER-COLE	30	42.59
Paul O'NEILL	53	42.69
David WOODS	50	42.89
Isabelle RAINES	16	48.11

**2.4km**

Fiona ELY	49	11.47
Tracy COLBERT	49	12.04
Michael MEANEY	63	13.15
Len HALLETT	69	16.30
Rob LEWIS	71	16.31
Ken CARTER	66	31.20

**4km**

Carl KENNEDY	53	16.06
Gary O'DWYER	59	19.31

**COBURG 28 MARCH 2019****80m****Heat: 1**

Bruce GIBBS	70	12.98
Sally COLLINS	44	13.51
Fiona ELY	49	14.19
Len HALLETT	69	15.35
Rob LEWIS	71	15.36
Michelle SPORTON	53	19.08
Ken CARTER	66	32.54

**Heat: 2**

Isabelle RAINES	16	11.34
A. GOVIER-COLE (100m)	30	12.26
Ethan O'NEILL (100m)	18	12.35

**1200m**

Fraser MURRAY	47	4.19
Colin HICKIE	34	4.37
Carl KENNEDY	53	4.56
Michael MEANEY	63	5.51
Fiona ELY	49	5.54
Maria BARBETTI	53	6.05
Sally COLLINS	44	7.21
Yolanda SHAW	66	7.35
Ken CARTER (W)	66	13.08

**1500m**

Ethan O'NEILL	18	5.06
---------------	----	------

**3 x 100m Teams Relay**

Ethan O'NEILL	18	
Rob LEWIS	71	
Fiona ELY	49	47.89
Colin HICKIE	34	
Michael MEANEY	63	
Len HALLETT	69	50.42
Carl KENNEDY	53	
Alistair GOVIER-COLE	30	
Yolanda SHAW	66	53.45
Bruce GIBBS	70	
Fraser MURRAY	47	
Tracy COLBERT	49	56.19

**300m**

Paul O'NEILL	53	44.49
Isabelle RAINES	16	47.28
Sina GRAY-BABIERO	36	52.39

**3km**

Carl KENNEDY	53	11.26
Colin HICKIE	34	13.19
Michael MEANEY	63	14.40
Tracy COLBERT	49	14.58
Fiona ELY	49	15.26
Maria BARBETTI	53	17.12
Len HALLETT	69	19.59
Rob LEWIS	71	20.01
Ken CARTER (W)	66	37.14

**5km**

Fraser MURRAY	47	22.47
---------------	----	-------



## CROYDON 5 MARCH 2019

### 1500 METRE WALK

1	Paul VAN KOPPLEN	51	6.54
2	Pam TINDALL	59	7.42
3	Alison THOMPSON	65	8.42
4	Paul MORITZ	59	9.39
5	Grant MURFETT	51	9.46
6	Carolyn PAUL	52	13.10
7	Al WILLEY	79	13.29
8	Barrie WICKS	78	14.34
9	Grant WATSON	71	17.16
10	Kevin McLAUHLAN	75	17.17
11	Colin WILLIAMS	69	17.28

### 60 METRE SPRINT

#### Heat 1:

1	Russell OAKLEY	79	10.6
2	Allan WOOD	81	11.4
3	Kevin McLAUHLAN	75	14.6

#### Heat 2:

1	Jess DUX	34	No
2	Grant MURFETT	51	
3	Robert STAGG	52	

### 3 LAPS N.O.T.

		Clock	Nom.
1	Colin PAGE **	65	4.30
2	Lee SETTLE	47	4.44
3	Karen ARCHER	56	5.22
4	Murray HUTCHISON	69	6.05

\*\* Winner - Colin Page

### 500 METRE RUN

1	Grant MURFETT	51	1.28
2	Lee SETTLE	47	1.48
3	Robert STAGG	52	1.49
4	Gerry ROBINSON	80	2.14
5	Russell OAKLEY	79	2.37
6	Carolyn PAUL	52	2.38
7	Allan WOOD	81	2.58

### OWN DISTANCE

Laps

1	Barrie WICKS (Walk)	78	12.28	3
2	Kevin McLAUHLAN(Walk)	75	15.56	4
3	Al WILLEY (Walk)	79	17.35	5
4	Lee SETTLE (Run)	47	19.08	8
5	Colin PAGE (Run)	65	19.15	10
6	Alison THOMPSON (Run)	65	22.07	10
7	Paul MORITZ (Walk)	59	22.50	8

## CROYDON 12 MARCH 2019

### 300 METRE SPRINT

1	Grant MURFETT	51	43.4
2	Jess DUX	34	52.3
3	Robert STAGG	52	53.0
4	Lee SETTLE	47	62.1

### 4 LAPS WALK

1	Paul VAN KOPPLEN	51	7.30
2	Pam TINDALL	59	8.42
3	Alison THOMPSON	65	9.34
4	Gunther ILGOUTZ	80	10.42
5	Paul MORITZ	59	10.42
6	Ros DYER	54	12.33
7	Jenny JAMES	64	13.02
8	Barrie WICKS	78	15.27
9	Kevin McLAUHLAN	75	15.28
10	Ron SMITH	70	17.10

### 80 METRE SPRINT

#### Heat 1:

1	Erika BEDYN	56	15.5
2	Andrew FRASER	77	16.0
3	Ron SMITH	70	18.7
4	Kevin McLAUHLAN	75	19.5
5	Jenny JAMES	64	20.2

#### Heat 2:

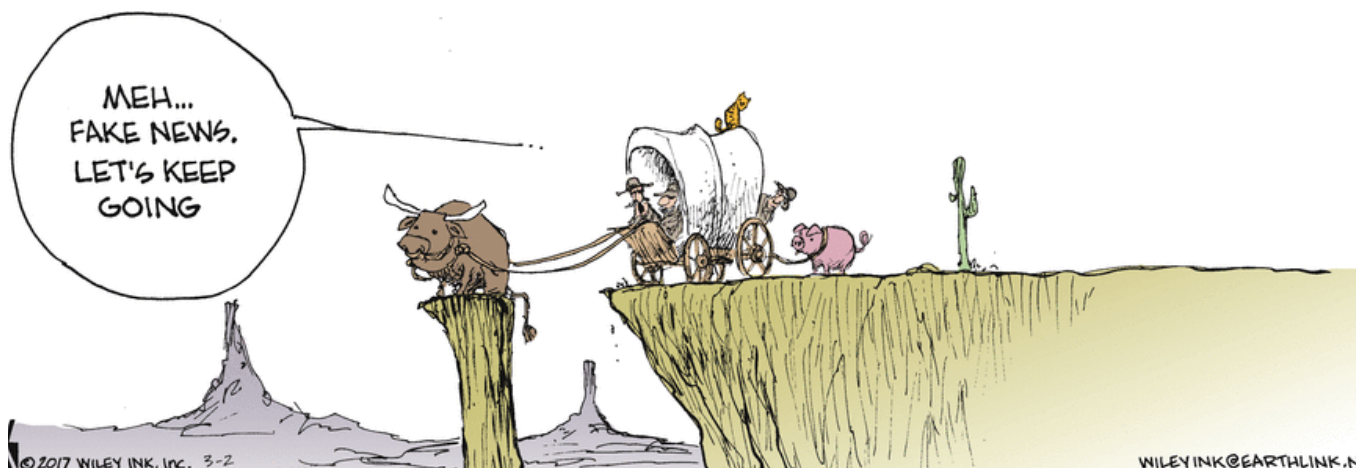
1	Jess DUX	34	11.1
2	Grant MURFETT	51	11.4
3	Robert STAGG	52	13.3

### 1 MILE RUN

1	Lee SETTLE	47	6.19
2	Erika BEDYN	56	7.34
3	Colin PAGE	65	7.39
4	Murray HUTCHISON	69	8.20
5	Ros DYER	54	8.56
6	Jenny JAMES	64	10.45

### RUN/WALK

			Laps	
1	Erika BEDYN (Run)	56	10.27	5
2	Paul MORITZ (Walk)	59	14.40	5
3	Barrie WICKS (Walk)	78	17.21	4
4	Kevin McLAUHLAN(Walk)	75	17.22	4
5	Lee SETTLE (Run)	47	20.38	10
6	Geoff ARNOTT (Run)	70	23.44	10
7	Colin PAGE (Run)	65	28.11	14
8	Alison THOMPSON (Walk)	65	29.38	11



**CROYDON 19 MARCH 2019****100 METRE SPRINT****Heat 1:**

1	Gerry ROBINSON	80	17.0
2	Ron CRACKNELL	72	17.9
3	Allan WOOD	81	18.7
4	Ros DYER	54	20.1
5	Jenny JAMES	64	22.4

**Heat 2:**

1	Jess DUX	34	11.8
2	Grant MURFETT	51	13.0

**3 LAPS WALK**

1	Grant MURFETT	51	7.15
2	Paul MORITZ	59	8.08
3	Russ DICKENSON	73	8.14
4	Jenny JAMES	64	9.21
5	Terry DUNN	81	9.56
6	Ron BOYNE	85	10.14
7	AI WILLEY	80	10.15
8	Allan WOOD	81	11.44
9	Barrie WICKS	78	12.22
10	Colin WILLIAMS	69	12.23
11	Ros DYER	54	13.22
12	Erika BEDYN	56	13.23
13	David BATCHELOR	82	13.30

**1500 METRE RUN**

1	Lee SETTLE	47	6.02
2	Erika BEDYN	56	7.23
3	Ron CRACKNELL	72	7.25
4	Ros DYER	54	8.15
5	Jenny JAMES	64	9.44

**400 METRE RUN**

1	Grant MURFETT	51	1.04
2	Andrew EGGINTON	57	1.06
3	Lee SETTLE	47	1.20
4	Murray HUTCHISON	69	1.40
5	Andrew FRASER	77	2.15
6	Allan WOOD	81	2.17

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

1	Ron BOYNE (Run/Walk)	85	7.27
2	Barrie WICKS (Walk)	78	10.51

**3 km:**

1	Lee SETTLE (Run)	47	15.37
2	Ron CRACKNELL (Run)	72	16.02
3	Geoff ARNOTT (Run)	70	17.19
4	Paul MORITZ (Walk)	59	22.11
5	AI WILLEY (Walk)	80	26.52

**5 km:**

1	Colin PAGE (Run)	65	22.20
2	Ros DYER (Run)	54	31.20

**CROYDON 26 MARCH 2019****800 METRE RUN**

1	Colin PAGE	65	2.52
2	Paul DURRANT	57	3.24
3	Erika BEDYN	56	3.41
4	Jess DUX	34	3.52
5	Tania NEALE	40	4.09
6	Angela EDWARDS	52	4.10
7	Ros DYER	54	4.13

**1200 METRE WALK**

1	Alison THOMPSON	66	6.40
2	Grant MURFETT	51	6.49
3	Paul MORITZ	59	8.05
4	Russ DICKENSON	73	8.27
5	Jess DUX	34	9.16
6	Phyllis GOSBELL	80	9.45
7	Ron BOYNE	85	10.48
8	Barrie WICKS	78	11.23
9	Grant WATSON	71	12.06
10	Colin WILLIAMS	69	12.07
11	Ron SMITH	70	12.59
12	Allan WOOD	81	13.01
13	Andrew FRASER	77	13.02
14	David BATCHELOR	82	13.23
15	Pam TINDALL	59	13.35
16	Erika BEDYN	56	13.36
17	Angela EDWARDS	52	14.23
18	Ros DYER	54	16.49

**110 METRE SPRINT****Heat 1:**

1	Allan WOOD	81	21.5
2	Ron SMITH	70	24.2
3	Andrew FRASER	77	27.1

**Heat 2:**

1	Jess DUX	34	14.2
2	Iqbal SINGH	40	14.6
3	Grant MURFETT	51	15.2
4	Robert STAGG	52	16.2
5	Angela EDWARDS	52	20.3

**200 METRE SPRINT****Heat 1:**

1	Andrew FRASER	77	39.6
2	Angela EDWARDS	52	40.5
3	Allan WOOD	81	43.3
4	Phyllis GOSBELL	80	62.9
5	Grant WATSON	71	84.7

**Heat 2:**

1	Iqbal SINGH	40	27.3
2	Grant MURFETT	51	27.9
3	Jess DUX	34	30.4
4	Robert STAGG	52	31.3

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

1	Andrew EGGINTON (Run)	57	8.19
2	Colin PAGE (Run)	65	9.40
3	Paul DURRANT (Run)	57	10.54
4	Paul MORITZ (Walk)	59	13.40
5	Ron BOYNE (Run)	85	16.03
6	Julie CHALLEN (Walk)	61	17.35
7	Phyllis GOSBELL (Walk)	80	17.36
8	Barrie WICKS (Walk)	78	21.47

**4 km:**

1	Alison THOMPSON (Run)	66	20.15
2	Mark CHALLEN (Run)	61	22.15
3	Geoff ARNOTT (Run)	70	22.43



**DONCASTER 4 MARCH 2019****1200 metres**

Matt Scholes	(49)	04:17.2	
Matt Hughes	(43)	04:40.7	
Ian McCormack	(60)	04:47.3	
Helen Stanley	(63)	06:06.9	(new venue record)
Laura McLennan	(42)	05:29.1	
Katrina Philip	(57)	05:48.7	
Simon Evans	(58)	06:37.3	(new walk record)
Russ Dickinson	(73)	11:10.7	(new walk record)
Mary Mihalopoulos	(90)	13:30.7	(new walk record)

**100 metres heat 1**

	Age		
Greg Champion	(64)	16.12	
Jeffrey Sim	(56)	16.36	
Laura McLennan	(42)	17.10	
Janine James	(71)	17.56	
Don McLean	(85)	19.68	(new venue record)

**100 metres heat 2**

	Age		
Matt Hughes	(43)	13.46	
Daryl Kilmartin	(52)	14.86	
Graham Ford	(69)	15.48	
Ian McCormack	(60)	15.72	
Matt Scholes	(49)	19.28	

**600 metres (NOST)**

Katrina Philip	(-0.05)	02:46.48	02:41.48DQ
00:05.0			(venue record)
Matt Hughes	(-0.40)	02:51.26	02:11.26DQ
00:40.0			
Helen Stanley	(-0.32)	02:53.29	02:21.29DQ
00:32.0			(venue record)
Laura McLennan	(-0.30)	02:54.34	02:24.34DQ
00:30.0			
Daryl Kilmartin	(-1.00)	02:55.85	01:55.85DQ
01:00.0			
Jeffrey Sim	(-0.45)	03:00.10	02:15.10winner
00:45.0			

**200 metres heat 1**

Jeffrey Sim	(56)	36.28	
Janine James	(71)	37.98	
Laura McLennan	(42)	39.48	
Don McLean	(85)	45.44	

**200 metres heat 2**

Matt Hughes	(43)	27.84	
Mike Rennie	(37)	29.30	
Daryl Kilmartin	(52)	32.14	
Ian McCormack	(60)	32.90	
Graham Ford	(69)	34.60	

**2000 metres**

Matt Hughes	(43)	09:18.0	
Helen Stanley	(63)	09:33.8	(venue record)
Katrina Philip	(57)	10:02.6	
Kath Gawthorn	(44)	10:06.7	
Tom Leong	(77)	10:03.1	(1500 metres)

**DONCASTER 11 MARCH 2019****Doncaster 800 metres (handicap)**

Matt Hughes	(-6.07)	09:00.51	02:53.51	06:07.0
Kath Gawthorn	(-3.00)	09:06.23	06:06.23	03:00.0
Graham Walter	(-5.50)	09:06.54	03:16.54	05:50.0
Jeffrey Sim	(-5.50)	09:07.55	03:17.55	05:50.0
Gary Zuccala	(-5.50)	09:07.78	03:17.78	05:50.0
Ian McCormack	(-6.00)	09:21.80	03:21.80	06:00.0
Marla Trautman	(scratch)	10:05.89	10:05.89	

**60 metres heat 1**

Janine James	(71)	10.85	
Don McLean	(85)	11.95	
Carolyn Aughey	(76)	14.15	

**60 metres heat 2**

Matt Hughes	(43)	9.00	
Ian McCormack	(60)	9.47	
Graham Walter	(60)	9.58	
Jeffrey Sim	(56)	10.05	

**100 metres heat 1**

Janine James	(71)	17.63	
Graham Walter	(60)	17.82	
Don McLean	(85)	19.72	
Tom Leong	(77)	20.09	
Carolyn Aughey	(76)	23.43	

**100 metres heat 2**

Matt Hughes	(43)	13.42	
David McConnell	(66)	14.78	

**400 metres**

David McConnell	(66)	52.73	(300 hurdles)
Ian McCormack	(60)	71.9	
Graham Walter	(60)	73.3	
Jeffrey Sim	(56)	84.3	
Marla Trautman-Pasquini	(58)	04:02.2	

**3000 metres**

Graham Walter	(60)	04:59.8	(1000 metres)
Shaun Wright	(49)	07:16.5	(800 metres)
walk venue record)			
Gary Zuccala	(56)	13:02.8	
Matt Hughes	(43)	13:42.6	
Elizabeth Grover	(55)	14:26.1	

**DONCASTER 18 MARCH 2019****1000 metres**

Mike Rennie	(37)	03:30.0	
Matt Hughes	(43)	03:36.6	
Gary Zuccala	(56)	03:37.9	
Graham Walter	(60)	04:01.3	
Elizabeth Grover	(55)	04:15.2	(venue record)
Katrina Philip	(57)	05:50.0	

**100 metres heat 1**

Jeffrey Sim	(56)	17.44	
Janine James	(71)	17.50	
Don McLean	(85)	19.16	(venue record)
June Reeves	(73)	19.37	

**100 metres heat 2**

Matt Hughes	(43)	13.50	
Daniel Hionis	(14)	14.30	
David McConnell	(66)	14.30	
Graham Walter	(60)	15.35	
Greg Champion	(64)	15.54	

**DONCASTER 18 MARCH 2019 cont.****200 metres**

Matt Hughes	(43)	31.70
Graham Walter	(60)	33.42
Gary Zuccala	(56)	35.50
Jeffrey Sim	(56)	38.82
Janine James	(71)	38.94
Don McLean	(85)	42.56
June Reeves	(73)	44.10

**400 metres**

David McConnell	(66)	66.3
Graham Walter	(60)	79.9
Jeffrey Sim	(56)	82.5
Matt Hughes	(43)	89.5
Katrina Philip	(57)	02:05.4

**3000 metres**

Gary Zuccala	(56)	13:11.4
Matt Hughes	(43)	14:48.3
Elizabeth Grover	(55)	15:11.8
Graham Walter	(60)	15:26.1
Kath Gawthorn	(44)	15:52.2
Katrina Philip	(57)	15:58.7

**DONCASTER 23 MARCH 2019****120 metres GIFT (handicap)**

Jeffrey Sim	(-35)	13.89
Daryl Kilmartin	(-27)	14.06
Gary Zuccala	(-22)	14.48
David McConnell	(-13)	14.76
Graham Walter	(-24)	14.80
Graham Ford	(-21)	14.89
Janine James	(-33)	15.16
Matt Hughes	(-8)	15.50
Ian McCormack	(-22)	15.51

**800 metres**

Matt Hughes	(43)	02:58.2
Graham Walter	(60)	03:14.6
Daryl Kilmartin	(52)	03:16.3
Jeffrey Sim	(56)	03:29.5
Gary Zuccala	(56)	03:30.5
Katrina Philip	(57)	03:46.2

**60 metres**

Ian McCormack	(60)	9.40
Graham Walter	(60)	9.94
Jeffrey Sim	(56)	10.16
Janine James	(71)	10.78

**300 metres**

David McConnell	(66)	48.18
Daryl Kilmartin	(52)	49.82
Matt Hughes	(43)	50.30
Graham Walter	(60)	52.52
Ian McCormack	(60)	54.91
Graham Ford	(69)	57.18

**1600 metres**

Gary Zuccala	(56)	07:22.9
Elizabeth Grover	(55)	07:24.8
Matt Hughes	(43)	07:38.0
Katrina Philip	(57)	07:51.6
Kath Gawthorn	(44)	07:54.4
Graham Walter	(60)	07:54.8

**EAST BURWOOD 7 MARCH 2019****60 METRE SPRINT****Heat 1:**

2	Allan WOOD	81	No
3	Leo COFFEY	89	
4	Shirley COPPOCK	82	Times
5	Horacio DIAZ	74	
6	Jack FREDRICKSON	80	

**Heat 2:**

1	Louise McLEAN	54	7.8
2	Chris ROBINSON	60	8.5
3	Evelyn KUYS	61	9.1
4	Andrew FRASER	77	9.7

**Heat 3:**

1	Glenn McLEAN	54	8.7
2	Paul DURRANT	57	9.0
3	Kathy GREEN	57	10.7

**800 METRE RUN N.O.T.**

		Clock	Nom.
2	Janet HOLMES **	65	3.25
3	Perry BIRKETT	56	3.25
4	Chris ROBINSON	60	3.55

\*\* Winner - Janet Holmes

**800 METRE HANDICAP WALK****Series Heat 3**

			Clock	Actual
1	Gordon ONLEY	84	7.37	6.32
2	Shirley COPPOCK	82	7.39	6.49
3	Leonie GILLIES	61	8.30	5.55
4	Leo WATSON	77	8.31	5.56
5	Peter BATTRICK	75	8.32	8.32
6	Gerald BURKE	79	8.45	7.05
7	Bob LEWIS	91	9.41	9.06

**200 METRE SPRINT****Heat 1:**

1	Andrew FRASER	77	38.5
2	Allan WOOD	81	40.0
3	Shirley COPPOCK	82	50.5
4	Leo COFFEY	89	53.3
5	Jack FREDRICKSON	80	66.0

**Heat 2:**

1	Glenn McLEAN	54	28.7
2	Paul DURRANT	57	29.7
3	Louise McLEAN	54	34.5
4	Toni MATTERS	51	35.6
5	Kathy GREEN	57	36.7
6	Evelyn KUYS	61	38.5

**110 METRE SPRINT**

1	Kathy GREEN	57	18.3
2	Chris ROBINSON	60	18.7
3	Evelyn KUYS	61	19.8
4	Shirley COPPOCK	82	25.9

**3 KM SPIRAL HANDICAP****SSS Heat 3**

			Clock	Actual
1	Leonie GILLIES	61	17.40	17.40
2	Stephen DAY	48	17.48	13.08
3	Sam DEFANIS	70	18.21	14.36
4	Paul EARLE	55	18.35	13.05
5	Geoff WHEELER	63	19.18	15.23

**EAST BURWOOD 7 MARCH 2019 cont.****JAVELIN THROW**

<b>MANAGER'S PENTATHLON</b>				Age %
1	Toni MATTERS	51	27.30	52.25
2	Paul DURRANT	57	23.13	34.38
3	Allan WOOD	81	20.57	44.96
4	Louise McLEAN	54	15.34	31.63
5	Andrew FRASER	77	14.05	30.52
6	Jack FREDRICKSON	80	9.92	20.72
7	Leo COFFEY	89	9.36	31.70

**200 METRE SPRINT**

<b>MANAGER'S PENTATHLON</b>				Age %
1	Glenn McLEAN	54	28.7	80.28
2	Paul DURRANT	57	29.7	79.19
3	Louise McLEAN	54	34.5	77.04
4	Toni MATTERS	51	35.6	72.28
5	Kathy GREEN	57	36.7	74.74
6	Andrew FRASER	77	38.5	74.94
7	Evelyn KUYS	61	38.5	74.23
8	Allan WOOD	81	40.0	77.65
9	Shirley COPPOCK	82	50.5	75.60
10	Leo COFFEY	89	53.3	73.88
11	Jack FREDRICKSON	80	66.0	46.06

**EAST BURWOOD 14 MARCH 2019****1 MILE N.O.T.**

		Clock	Nom.	
1	Perry BIRKETT	56	6.23	6.45
2	Ros LORDING **	46	7.03	7.01
3	Christopher WORSNOP	61	7.35	7.32

\*\* Winner - Ros Lording

**100 METRE SPRINT**

1	Jess DUX	34	13.1
2	Ros LORDING	46	17.2
3	Kathy GREEN	57	17.6
4	Donna CLARKE	65	17.9
5	Evelyn KUYS	57	18.2
6	Shirley COPPOCK	82	

**60 METRE SPRINT****Heat 1:**

1	Allan WOOD	81	10.6
3	Leo COFFEY	89	12.3
4	Shirley COPPOCK	82	12.7
5	Horacio DIAZ	74	16.0
6	Jack FREDRICKSON	80	17.3
7	Lloyd NICHOLS	77	17.7

**Heat 2:**

1	Louise McLEAN	54	10.0
2	Chris ROBINSON	60	10.1
3	Kathy GREEN	57	10.5
4	Donna CLARKE	65	10.7
5	Evelyn KUYS	62	11.1

**Heat 3:**

1	Jess DUX	34	8.0
2	Glenn McLEAN	54	8.5
3	Paul DURRANT	57	8.9
4	Sonya POLLARD	52	9.3
5	Christopher WORSNOP	61	10.5

**EAST BURWOOD 14 MARCH 2019 cont.****1200 METRE HANDICAP WALK**

			Clock	Actual
1	Ros LORDING	46	12.23	7.38
2	Brian TAIT	77	12.38	9.23
3	Christopher WORSNOP	61	12.44	8.19
4	Leonie GILLIES	61	12.56	9.26
5	Peter BATTRICK	75	13.16	13.16
6	Gordon ONLEY	84	13.42	10.57
7	Gerald BURKE	79	14.01	12.06

**2 KM HANDICAP RUN****TERRIFIC 2 KM TETRA HEAT 4**

			Clock	Actual
1	Stephen DAY	48	11.02	7.52
2	Chris ROBINSON	60	11.03	10.08
3	Paul DURRANT	57	11.14	10.09
4	Ros LORDING	46	11.15	9.05
5	Michelle QUAN	49	11.25	9.15
6	Geoff WHEELER	63	11.27	9.32
7	Christopher WORSNOP	61	11.32	9.22
8	Sam DEFANIS	71	11.35	9.30
9	Perry BIRKETT	56	11.44	7.54
10	Leonie GILLIES	61	11.48	11.48
11	David CHUNG	51	12.33	9.58

**EAST BURWOOD 21 MARCH 2019****400 METRES RUN N.O.T.**

		Clock	Nom.
Paul DURRANT **	57	70.8	68.0
Hank KUYS	64	85.4	90.0
Christopher WORSNOP	61	91.8	86.0

\*\* Winner - Paul Durrant

**200 METRE SPRINT**

1	Jess DUX	34	27.2
2	Kathy GREEN	57	36.8
3	Evelyn KUYS	57	38.1
4	Donna CLARKE	65	39.1
5	Shirley COPPOCK	82	50.7
6	Gordon ONLEY	84	71.0
7	Lloyd NICHOLS	77	120.2

**100 METRE HANDICAP SPRINT****GWEN DAVIDSON MEMORIAL FINAL**

			H'cp Mtrs
1	Christopher WORSNOP	61	20
2	Shirley COPPOCK	82	39
3	Glenn McLEAN	54	5
4	Chris ROBINSON	60	20
5	Louise McLEAN	54	15
6	Leo COFFEY	89	33
7	Lloyd NICHOLS	77	56
8	Andrew FRASER	77	24

**SHOT PUT HANDICAP**

		Best	Adjusted	
1	Louise McLEAN	54	7.49	10.54
2	Paul DURRANT	57	8.68	10.13
3	Allan WOOD	81	6.52	10.07
4	Jack FREDRICKSON	80	4.45	9.80
4	Donna CLARKE	65	5.45	9.80
6	Leo COFFEY	89	4.13	9.78

**60 METRE SPRINT****Heat 1:**

1	Donna CLARKE	65
2	Leo COFFEY	89
3	Jack FREDRICKSON	80
4	Lloyd NICHOLS	77
5	Horacio DIAZ	74

**EAST BURWOOD 21 MARCH 2019 cont.****Heat 2:**

1	Toni MATTERS	51	9.6
2	Hank KUYS	64	10.1
3	Christopher WORSNOP 61	10.9	
4	Evelyn KUYS	62	11.7

**800 METRE HANDICAP WALK****Series Heat 4**

		Clock	Actual	
1	Leo WATSON	77	8.24	5.54
2	Brian TAIT	77	8.25	6.10
3	Peter BATTRICK	75	8.28	8.28
4	Gordon ONLEY	84	8.30	6.45
5	Christopher WORSNOP 61	8.31	5.31	
6	Phyllis GOSBELL	80	8.55	6.45

Series Winners -

1. Leo Watson - 188 pts
2. Peter Battrick - 188 pts
3. Gordon Onley - 182 pts

**300 METRE SPRINT N.O.T.**

		Clock	Nom.	
1	Paul DURRANT	57	50.4	48.0
2	Christopher WORSNOP** 61	59.7	59.0	
3	Hank KUYS	64	61.9	75.0
4	Evelyn KUYS	62	66.1	85.0
5	Andrew FRASER	77	74.5	
6	Leo COFFEY	89	94.7	63.0
7	Lloyd NICHOLS	77	180.0	125.0

\*\* Winner - Christopher Worsnop

**100 METRE SPRINT**

1	Evelyn KUYS	62	18.3
2	Janet HOLMES	65	18.8
3	Lloyd NICHOLS	77	44.2

**3 KM SPIRAL HANDICAP RUN**

		Clock	Actual	
1	Geoff WHEELER	63	17.16	14.36
2	Sam DEFANIS	71	17.25	14.15
3	Paul EARLE	55	17.31	12.41
4	Stephen DAY	48	17.35	12.45
5	Christopher WORSNOP 61	17.42	14.32	

Series Winners -

**DISCUS THROW HANDICAP**

		Best	Adjusted	
1	Donna CLARKE	65	14.05	35.65
2	Paul DURRANT	57	28.54	34.89
3	Jack FREDRICKSON	80	11.99	34.54
4	Toni MATTERS	51	30.65	34.50
5	Brian TAIT	77	12.15	32.90
6	Leo COFFEY	89	7.10	32.10

**EAST BURWOOD 28 MARCH 2019****60 METRE SPRINT****Heat 1:**

1	Leo COFFEY	89	12.0
2	Jag DISH	73	13.9
3	Shirley COPPOCK	83	16.9
4	Jack FREDRICKSON	80	17.9
5	Lloyd NICHOLS	77	19.3

**Heat 2:**

1	Louise McLEAN	54	9.3
2	Kathy GREEN	57	9.9
3	Chris ROBINSON	60	10.2
4	Evelyn KUYS	62	10.5

**EAST BURWOOD 28 MARCH 2019 cont.****Heat 3:**

1	Glenn McLEAN	54	8.2
2	Chris JOSEPH	51	8.5
3	Paul DURRANT	57	8.8

**1500 METRE RUN N.O.T.**

		Clock	Nom.	
1	Perry BIRKETT	56	5.49	6.00
2	Chris ROBINSON	60	7.36	7.25

**600 METRE WALK**

1	Ros LORDING	46	3.52
2	Leo WATSON	77	4.23
3	Leonie GILLIES	61	4.25
4	Brian TAIT	77	4.32
5	Phyllis GOSBELL	80	4.59
6	Gerald BURKE	79	5.10
7	Jack FREDRICKSON	80	6.39
8	Brian HOLCOMBE	73	6.39
9	Peter BATTRICK	75	6.44
Jag DISH (Walk/Run)	73	3.52	

**110 METRE SPRINT****Heat 1:**

1	Glenn McLEAN	54	14.1
2	Paul DURRANT	57	15.2
3	Evelyn KUYS	62	19.0
4	Kathy GREEN	57	19.6
5	Janet HOLMES	65	20.3
6	Jag DISH	73	32.1

**Heat 2:**

1	Shirley COPPOCK	83	25.2
2	Lloyd NICHOLS	77	43.8

**150 METRE SPRINT****Heat 1:**

1	Evelyn KUYS	62	28.3
2	Janet HOLMES	65	29.6
3	Leo COFFEY	89	38.0
4	Shirley COPPOCK	83	39.4
5	Lloyd NICHOLS	77	77.5

**Heat 2:**

1	Chris JOSEPH	51	21.3
2	Paul DURRANT	57	21.6
3	Kathy GREEN	57	26.2
4	Chris ROBINSON	60	27.0

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

1	Leonie GILLIES	61	18.43
---	----------------	----	-------

**5 km:**

1	Stephen DAY	48	23.06
2	Ken Ye	43	24.41
3	Ros LORDING	46	28.19
Peter BATTRICK (1 km Walk)	75	11.36	

**LONG JUMP**

Paul DURRANT	57	3.88
Allan WOOD	81	2.42
Leo COFFEY	89	2.12
Jag DISH	73	1.59

**FRANKSTON 7 MARCH 2019****110m**

1	Rob Taylor	50	16.18
2	Russ Dow	59	16.28

**150m**

1	Rob Taylor	50	21.29
2	Mike Hall	80	25.28
3	Rob Newling	59	26.15

**600m Walk**

1	Heather Carr	69	3.24
2	Chris Sheedy	50	3.46
3	Greg Lovejoy	76	4.35
4	John Hallo	76	4.37
4	John Sutton	75	4.37
6	Lindsay Beaton	69	5.20

**1000m**

1	Russ Dow	59	3.44
2	Rob Taylor	50	3.45
3	Rob Newling	59	3.58
4	Claudio Riga	63	4.50
5	Gary Meyer	64	4.51
6	Fran Halton	57	6.52
7	David Dodson	60	6.54
8	Nonie Chan	33	6.56

**2000m Walk**

1	Heather Carr	69	12.09
2	Chris Sheedy	50	15.39
3	John Hallo	76	16.17
4	Greg Lovejoy	76	16.18
5	John Sutton	75	17.05

**2000m ET**

		Clock	ET	Diff
1	David Dodson	60	11.54	13.30 -1.36

**3200m Walk**

1	Lindsay Beaton	69	30.31
---	----------------	----	-------

**4000m ET**

		Clock	ET	Diff
1	Russ Dow	59	16.38	16.45 -0.07
2	Fran Halton	57	25.30	25.00 0.30
2	Caitlin O'Connell	44	25.30	25.00 0.30
4	Rob Taylor	50	16.25	17.00 -0.35
5	Claudio Riga	63	21.50	22.50 -1.00
6	Gary Meyer	64	21.05	22.15 -1.10
7	Nonie Chan	33	22.08	24.00 -1.52

**FRANKSTON 14 MARCH 2019****90m**

1	Russ Dow	59	14.10
2	Leanne Monk	62	16.14

**200m**

1	Mike Hall	80	36.55
2	Graham Stockdale	76	41.06

**800m Walk**

1	Heather Carr	69	4.38
2	John Hallo	76	6.20
3	Barry Jeffs	70	6.22
4	Lindsay Beaton	69	7.07
4	John Sutton	75	7.07
6	Bill Carr	69	7.11

**FRANKSTON 14 MARCH 2019 cont.****800m**

1	Russ Dow	59	2.51
2	Gary Meyer	64	3.55
3	Greg Lovejoy	76	4.00
4	Caitlin O'Connell	44	4.20
5	Frances Halton	57	4.51

**15min or 30 min Walk**

		Laps/Dist	15 or 30 min
1	Heather Carr	69	6 laps + 40m 15
2	Bill Carr	69	4 laps + 200m 15
2	John Sutton	75	4 laps + 200m 15
1	John Hallo	76	8 laps + 380m 30
2	Graham Stockdale	76	7 laps + 350m 30
2	Lindsay Beaton	69	7 laps + 350m 30

**15min or 30 min Run**

		Distance	15 or 30 min
1	Chris Sheedy	50	7 laps + 200m 15
2	Greg Lovejoy	76	7 laps + 20m 15
3	David Dodson	60	6 laps + 100m 15
1	Russ Dow	58	17 laps + 110m 30
2	Gary Meyer	64	13 laps + 150m 30
3	Caitlin O'Connell	44	12 laps + 30m 30
4	Fran Halton	57	12 laps + 25m 30

**FRANKSTON 21 MARCH 2019****100m**

1	Rob Taylor	50	14.28
2	Russ Dow	59	14.59

**250m**

1	Rob Taylor	50	43.36
2	Chris Sheedy	50	54.00
3	Graham Stockdale	76	54.41

**800m Walk**

1	Heather Carr	69	4.31
2	Lyn Pimm	58	5.55
3	Greg Lovejoy	76	5.59
4	Lindsay Beaton	69	7.05
5	Barry Jeffs	70	8.17
5	Charlie Mallia	70	8.17

**800m**

1	Chris Sheedy	50	2.56
2	Rob Taylor	50	2.59
3	Russ Dow	59	3.02
4	Graham Stockdale	76	3.06
5	Gary Meyer	64	3.50
6	Bill Carr	69	4.05
7	David Dodson	60	4.50

**1 or 2 laps Walk in the park**

		Laps		
1	Heather Carr	69	20.43	2
2	Greg Lovejoy	76	25.13	2
1	John Hallo	76	15.02	1
2	John Sutton	76	16.40	1
3	Barry Jeffs	70	17.48	1
	Keith Horobin	77	13.50	1 r/w

**1 or 2 laps Run in the park**

		Laps		
1	Rob Taylor	50	17.31	2
2	Russ Dow	59	19.56	2
3	Liz Lowther	67	20.37	2
4	Gary Meyer	64	23.17	2
5	Fran Halton	58	27.23	2
1	Bill Carr	69	14.11	1
2	Chris Sheedy	50	14.12	1
3	David Dodson	60	14.32	1
4	Charlie Mallia	70	17.47	1

## FRANKSTON 28 MARCH 2019

### 80m

1	Rob Taylor	50	11.12
2	Lindsay Beaton	69	16.95

### 150m

1	Mike Hall	80	25.13
2	Rob Taylor	50	25.25

### 600m Walk

1	John Hallo	76	4.35
2	Graham Kilfoyle	67	4.44
3	Lindsay Beaton	69	5.27

### 600m

1	Rob Taylor	50	2.06
2	Liz Lowther	67	2.30
3	Gary Meyer	64	2.37
4	Greg Lovejoy	76	2.43
5	Caitlin O'Connell	44	2.50
6	Barry Jeffs	70	3.56
7	Charlie Mallia	70	4.10
8	Keith Horobin	77	5.03

### 10 Lap Maximum Walk/Run

				Laps	Run/Walk
1	Rob Taylor	50	17.00	10	R
2	Liz Lowther	67	17.34	9	R
3	Claudio Riga	63	17.52	9	R
4	Gary Meyer	64	17.23	8	R
5	Greg Lovejoy	76	17.58	8	R
6	Caitlin O'Connell	44	19.15	8	R
7	Fran Halton	57	19.28	8	R
8	Barry Jeffs	70	19.00	7	R
1	John Hallo	76	19.44	6	W
2	Lyn Pimm	58	19.35	5	W
3	Charlie Mallia	70	17.23	4	W
3	Graham Kilfoyle	67	17.23	4	W
	Lindsay Beaton	69	27.32	10.0	W

## GEELONG 6 MARCH 2019

### 3km Cross Country

Russell Jenkins	11:00
Jill Coyte (W)	18:19
Fiona Fitzpatrick	19:32
Fred Barnett	19:43

### 5km Cross Country

Alex Hamilton-Jones	19:09
Phil Shay	20:12
Dave Elward	20:15
Nicholas MacDonald	22:07
Paul Stewart	23:09
Sharon Pedersen	24:07
Jeff Walker	24:47
Trevor Grenfell	26:07
Kath Oliver	27:19
Grant Baensch	27:58
Frank Engelsman	28:35
Dennis Valenta	28:52

## GEELONG 13 MARCH 2019

### 300m

David Mitchell	47.61
Fred Barnett	01:32

### 2000m

Rhys Hamill-Beach	06:51
Alex Hamilton-Jones	07:14
Dave Elward	07:41
Paul Stewart	08:31
Noah Jones	08:36
Erik Bumbers	09:39
Kath Oliver	10:25
Jill Coyte (W)	12:04
Fred Barnett	13:02

### 4000m

Phil Shay	15:39
Nicholas MacDonald	16:56
Alan Jenkins	17:58
Mark Humphrey	18:45
Jeff Walker	19:57
Daryl Hurst	20:19
Frank Engelsman	21:06
Grant Baensch	22:31



**GEELONG 13 MARCH 2019 cont.****3 x 400m Relay**

N Jones/G Baensch/ R Hamill-Beach	03:57
F Englesman/ D Elward/ N McDonald	04:04
E Bumbers/ S Pedersen/ K Oliver	04:28

**400m**

Fred Barnett	02:19
--------------	-------

**GEELONG 20 MARCH 2019****3km Cross Country**

Noah Jones	14:20
Jill Coyte (W)	17:52

**6km Cross Country**

Alex Hamilton-Jones	24:11
Nicholas MacDonald	25:50
John Everett	26:11
Paul Stewart	27:22
Alan Jenkins	28:01
Sharon Pedersen	28:48
Jeff Walker	29:44
Mark Humphrey	30:27
Erik Bumbers	30:31
Daryl Hurst	30:31
Kath Oliver	33:24
Grant Baensch	34:16
Fred Barnett	40:01
Fiona Fitzpatrick	41:36

**GEELONG 27 MARCH 2019****Ron Campbell 1 hour time trial**

Mark Jeffrey	14100
Alan Jenkins	12940
Jeff Walker	11790
Mark Humphrey	11790
Grant Baensch	11790
Daryl Hurst	11230
Frank Engelsman	10560
Carol Bridgland	9770
Fred Barnett	8880

**30 min time trial**

David Jenkins	7850
Phil Shay	7000
Ernie Stewart	6520
Kath Oliver	5550
Jill Coyte (W)	5100
Stuart Alsop	4960
Fiona Fitzpatrick	4700

**15 min time trial**

Alex Hamilton-Jones	4000
Erik Bumbers	2900

**GLEN EIRA 5 MARCH 2019****80m E/T**

		Clock	Est	Diff
PAUL LYNCH	69	14.94	14.95	0.01
BOB WISHART	77	11.94	12.0	0.06
JIM McLURE	73	12.97	13.1	0.08
JIM ROUNTREE	60	12.81	12.9	0.09
VIVIENNE CASH	67	13.15	13.0	0.11
CHRIS BROWN	63	12.41	12.8	0.39
GLAD WISHART	75	16.12	15.65	0.47
JO WHITTLE	47	13.78	14.4	0.64
JIM SINCLAIR	94	19.79	19.1	0.69

**800M H/C**

		Clock	H/C	H/C time %
JO WHITTLE	47	3.22.4	GO	3.22.4 61.2
JANET HOLMES	65	3.26.6	GO	3.26.6 78.0
SYD BONE	61	3.27.6	15.00	3.12.6 66.1
MARK CANT	57	3.35.2	30.00	3.05.2 66.5
MIKE CLAPPER	67	3.47.7	41.00	3.06.7 71.0
GREG HUGHES	60	4.04.8	17.00	3.47.8 55.4
CHRIS MURPHY	67	3.27.9	41.00	4.08.9 53.9

**300m E/T**

		Clock	Est	Diff	%
JIM ROUNTREE	60	51.01	51.00	0.01	72.5
JIM McLURE	73	55.27	54.30	0.97	77.2
VIVIENNE CASH	67	57.35	56.20	1.15	82.3
EMMA McCAFFREY	9	68.15	67.00	1.15	61.5
BOB WISHART	77	50.27	48.30	1.97	91.0
OSCAR LORENTZEN	7	59.68	62.00	2.32	74.0
SOPHIE McCAFFREY	8	63.32	70.00	6.68	70.0

**SANDRA MIDDLETON 3K WALK H/C**

		Clock	H/C	H/C time %
GWEN STEED	76	29.56	8.47	21.09 84.3
DES MIDDLETON	72	30.04	10.37	19.27 77.6
CYNTHIA ELLERY	69	30.06	5.37	24.29 65.6
JO WHITTLE	47	30.11	10.21	19.50 64.2
ROB JAMIESON	69	30.19	1.01	29.18 49.7
PETER McGRATH	79	30.22	1.20	29.02 57.2
CONRAD HAMANN	67	30.28	8.54	21.34 65.8
MICHAEL HEFFERNAN	84	30.29	GO	30.29 59.0
JIM BERRINGTON	62	31.09	11.45	19.24 69.3
MARK CANT	57	31.44	11.30	20.14 63.3
PAUL LYNCH	69	32.23	8.3	23.53 60.9
TONY DORAN	66	33.25	9.15	24.10 58.1
CHELSEA WHITTLE (INV)	12	29.33	5.37	23.56 53.4

**FASTEST TIME: Jim Berrington 19.24****RAY KEMP 3KM H/C**

		Clock	H/C	H/C time %
SARAH LORENTZEN	40	17.04	4.25	12.39 69.2
SIMON LLOYD	63	17.07	3.55	13.12 70.9
SYD BONE	61	17.09	3.25	13.44 67.0
CHRIS BROWN	63	17.15	2.40	14.35 64.2
MERLE WANT	57	17.21	GO	17.21 62.0
PETE BATTRICK	75	17.22	-17.20	34.42 31.0
STEVE STRELECKY	69	17.48	3.25	14.23 68.9
JANINE McKERRON	58	18.02	2.30	15.32 70.3
CHRIS CAMPBELL	70	19.22	2.40	16.42 60.0
GREG HUGHES	60	20.40	3.10	17.30 52.1

**GLEN EIRA 12 MARCH 2019****90m E/T**

		Clock	Est	Diff
JIM McLURE	73	14.32	14.35	0.03
BOB WISHART	77	13.31	13.50	0.19
VIVIENNE CASH	67	14.50	14.70	0.2
JO WHITTLE	47	14.91	15.18	0.27
PAUL LYNCH	69	15.88	15.39	0.49
LEISA HUNT	47	16.09	15.45	0.64
JIM SINCLAIR	94	22.43	19.10	3.33

**GLEN EIRA 12 MARCH 2019 cont.**

<b>600m E/T</b>		Clock	Est	Diff	%
SYD BONE	61	2.20	2.20	0	64.16
PETER BENCE	69	2.08.6	2.10	1.4	75.72
JO WHITTLE	47	2.22.4	2.21	1.4	63.9
MIKE CLAPPER	66	2.02	2.04	2.0	76.71
JANET HOLMES	65	2.26.8	2.29	2.2	76.9
NICKY GRAFEN	8	3.02.7	2.15	12.3	54.5
MARK CANT	57	2.06.7	2.20	13.3	68.9

<b>400M H/C</b>		Clock	H/C	H/C time	%
<b>HEAT 1</b>					
CHELSEA WHITTLE	12	1.26.5	13	1.13.5	75.2
OSCAR LORENTZEN	7	1.29.4	2	1.27.4	72.9
SOPHIE McCAFFREY	8	1.33.5	GO	1.33.5	70.26
EMMA McCAFFREY	9	1.36.8	2	1.34.8	65.3
EMILIE LORENTZEN	9	1.36.8	3	1.33.8	66.0

<b>HEAT 2</b>					
BOB WISHART	77	1.19.1	5	1.14.1	90.8
JIM McLURE	73	1.20.5	GO	1.20.5	77.6

**WALK/RUN SPIRAL H/C (6 LAPS)**

	Clock	H/C	H/C TIME	
PAUL LYNCH	69	23.08	3.45	19.23
DES MIDDLETON	72	24.55	9.10	15.45
GWEN STEED	76	24.56	7.25	17.31
MICHAEL HEFFERNAN	84	24.57	1.35	23.22
ROB JAMIESON	69	24.57	0.40	24.17
CHRIS GRAFEN	55	25.07	14.40	10.27
JIM BERRINGTON	62	25.13	10.05	15.08
SANDRA MIDDLETON	70	25.14	7.25	17.49
JO WHITTLE	47	25.17	9.25	15.52
MARK CANT	57	25.17	9.25	15.52
STEVE STRELECKY	69	25.34	14.10	11.24
SYD BONE	61	25.38	14.25	11.13
MERLE WANT	58	25.41	10.30	15.11
SIMON LLOYD	63	25.44	15.15	10.29
KAREN O'NEILL	64	25.47	8.35	17.12
JO COCKWILL	66	25.49	11.25	14.24
SARAH LORENTZEN	40	25.54	15.05	10.49
PETER BATTRICK	75	26.09	-2.00	28.09
CHRIS CAMPBELL	70	26.16	13.20	12.56
LEISA HUNT	47	26.18	7.40	18.38
JOSEPH CAMPISI	61	26.31	15.05	11.26
NICKY GRAFEN	8	26.36	10.55	15.41
SARAH JOHNSON	35	28.36	11.25	17.11

**GLEN EIRA 19 MARCH 2019**

<b>130m E/T</b>		Clock	Est	Diff
BOB WISHART	77	18.35	18.5	0.15
JO WHITTLE	47	22.77	22.5	0.27
JIM McLURE	73	21.08	21.5	0.42
JIM ROUNTREE	60	20.87	20.4	0.47
CHELSEA WHITTLE	12	20.26	19.79	0.47
MIKE CLAPPER	66	20.56	20.0	0.56
VIVIENNE CASH	67	21.27	22.0	0.73
EMILIE LORENTZEN	9	23.10	23.97	0.87
PAUL LYNCH	69	23.97	23.01	0.96
OSCAR LORENTZEN	7	24.11	22.9	1.21
ALAN RADFORD	67	24.48	25.7	1.22
LEISA HUNT	47	23.76	25.0	1.24
BILL CARR	69	30.19	32.0	1.81
GLAD WISHART	75	26.29	32.32	6.03
JANET HOLMES	65	24.91	32.8	7.89

**GLEN EIRA 19 MARCH 2019 cont.**

<b>630m E/T</b>		Clock	Est	Diff
SYD BONE	61	2.25.7	2.27	1.3
PETER BENCE	69	2.19.9	2.15	4.9
GRAHAM STOCKDALE	76	2.22.2	2.16	6.2
BILL CARR	69	3.12.9	3.20	7.1
JO WHITTLE	47	2.31.4	2.42	10.6
GREG HUGHES	60	2.39.4	2.51	11.6
PHIL URQUHART	74	3.26.2	3.4	13.8
CHRIS BROWN	63	2.29.5	2.45	15.5
FRANCES HALTON	57	3.46.8	4.04	17.2
DAVID DOBSON	60	3.18.3	3.45	26.7
GREG LOVEJOY	76	2.44.6	3.15	30.4

<b>2030m WALK E/T</b>		Clock	Est	Diff
GWEN STEED	76	13.59	13.55	4
KARYN O'NEILL	64	13.51	13.55	-4
JIM BERRINGTON	62	12.12	12.20	-8
JO WHITTLE	47	13.36	13.45	-9
GRAHAM PHILPOTT	76	16.02	15.51	11
SANDRA MIDDLETON	70	14.27	14.10	17
HEATHER CARR	69	11.56	12.15	-19
MICHAEL HEFFERNAN	84	19.26	19.45	-19
LEISA HUNT	47	14.49	14.30	19
IAN BEAUMONT	82	18.59	18.39	20
ROB JAMIESON	69	19.23	19.50	-27
CYNTHIA ELLERY	69	16.53	17.21	-28
PETE BATTRICK	75	22.25	23.00	-35
PAUL LYNCH	69	15.21	15.59	-38
TONY DORAN	66	14.37	15.17	-40
CELIA JOHNSON	71	15.10	16.01	-51
DES MIDDLETON	72	13.29	14.20	-51
MARG BEAUMONT	81	18.56	17.50	66
CONRAD HAMANN	67	14.04	15.10	-66
RON BILSTON	75	17.18	16.03	75
BARRY JEFFS	70	15.31	18.30	-179

<b>3030m E/T</b>		Clock	Est	Diff
ASHLEY PAGE	78	16.32	16.32	0
MIKE CLAPPER	66	16.31	16.30	1
GREG LOVEJOY	76	15.32	15.30	2
SARAH LORENTZEN	40	13.07	13.10	3
SYD BONE	61	13.44	13.50	6
JO COCKWILL	66	17.24	17.10	14
DAVID DOBSON	60	17.44	18.00	16
CHRIS BROWN	63	15.39	16.00	21
STEVE STRELECKY	69	14.09	13.45	24
JIM ROUNTREE	60	17.25	17.00	25
GREG HUGHES	60	15.47	15.20	27
JANINE McKERRON	58	15.40	16.15	35
SIMON LLOYD	63	12.59	14.00	61
FRANCES HALTON	57	19.11	18.00	71
PHIL URQUHART	74	19.04	17.50	74
GED SMITH	54	18.49	17.30	79
PETER BENCE	69	13.20	15.01	101
TERRY O'NEILL	63	17.17	19.10	113
SARAH JOHNSON	35	20.00	22.00	120



**GLEN EIRA 26 MARCH 2019****60m E/T**

		Clock	Est	Diff	%
VIVIENNE CASH	67	10.02	10.05	0.03	93.9
JIM McLURE	73	10.02	10.06	0.04	84.0
MIKE CLAPPER	66	9.28	9.5	0.22	86.6
JO WHITTLE	47	10.30	10.66	0.36	75.2
JIM ROUNTREE	60	9.63	10	0.37	80.3
GLAD WISHART	75	11.87	11.21	0.66	86.8
BOB WISHART	77	9.09	9.85	0.76	96.0
PAUL LYNCH	69	10.68	11.55	0.87	76.7
LEISA HUNT	47	10.93	11.99	1.06	70.9
JUNE TREWEEK	57	9.81			87.5

**700M H/C (TROPHY)**

		Clock	H/C	H/C time
MARK CANT	57	3.17.4	50	2.27.4
JO WHITTLE	47	3.25.4	40	2.45.4
SYD BONE	61	3.28.2	45	2.43.2
CHELSEA WHITTLE	12	3.37.6	75	2.22.6
CHRIS BROWN	63	3.41.7	50	2.51.7
EWEN WILSON	66	3.43.6	75	2.28.6
GREG HUGHES	60	3.46.5	50	2.56.5

**200/400M AGE%**

		Clock	Age%
BOB WISHART (200)	77	31.11	92.7
VIVIENNE CASH (200)	67	34.97	86.6
JIM McLURE (200)	73	34.24	78.9
GRAHAM STOCKDALE (400)	76	1.24.65	78.1
MIKE CLAPPER (200)	66	32.30	77.4
CHELSEA WHITTLE (400)	12	1.15.43	73.3
JIM ROUNTREE (200)	60	33.43	71.8
GLAD WISHART (200)	75	45.89	71.0
OSCAR LORENTZEN (400)	7	1.30.83	70.2
SOPHIE McCAFFREY (400)	8	1.33.89	70.0
EMMA McCAFFREY (400)	9	1.46.86	58.0

**WALK/RUN SPIRAL H/C (7 LAPS)**

		Clock	H/C	H/C TIME
MERLE WANT	58	29.44	12.35	17.09
TERRY O'NEILL	63	29.51	13.25	16.26
PAUL LYNCH	69	29.54	7.55	21.59
DES MIDDLETON	72	30.08	11.50	18.18
JO COCKWILL	66	30.16	13.25	16.51
JIM BERRINGTON	62	30.19	12.35	17.44
CONRAD HAMANN	67	30.25	9.45	20.40
LEISA HUNT	47	30.26	8.40	21.46
KARYN O'NEILL	64	30.28	10.15	20.13
SYD BONE	61	30.29	17.20	13.09
CHRIS BROWN	63	30.35	16.35	14.00
JO WHITTLE	47	30.36	11.50	18.46
SARAH LORENTZEN	40	30.36	17.50	12.46
MICHAEL HEFFERNAN	84	30.36	2.40	27.56
MARK CANT	57	30.37	16.35	14.02
JANET HOLMES	65	30.38	15.30	15.08
JANINE MCKERRON	58	30.43	15.45	14.58
SIMON LLOYD	63	30.43	18.25	12.18
SANDRA MIDDLETON	70	30.53	9.25	21.28
PETER McGRATH	79	30.56	2.40	28.16
PETE BATTRICK	75	30.59	-2.30	33.29
CYNTHIA ELLERY	69	31.03	5.50	25.13
STEVE STRELECKY	69	31.09	17.05	14.04
TONY DORAN	66	31.16	10.00	21.16
CHRIS CAMPBELL	70	31.19	15.30	15.49
PHIL URQUHART	74	31.3	13.05	18.25
GREG HUGHES	60	31.36	16.15	15.21
ROB JAMIESON	68	31.5	1.35	30.15
BARRY JEFFS	70	32.36	7.55	24.41
GWEN STEED	76	34.09	9.45	24.24

**KNOX 6 MARCH 2019****800m walk**

Danielle Grund	36	7.09
John Graham	68	7.1
Ian U'Ren	67	8.43
Andrea Putting	55	
Matt Morris	53	
Maggie Hawkes	63	
Bob Henderson	72	
Glenn Berry	48	
David Wear	72	
Paul Twining	69	
Chris Crennan	46	
Peter LeGet	85	

**60m**

Paul Durrant	57	11.02
Andrea Putting	55	
Chloe Grund	7	12.81

**1000m**

Shane Grund	37	2.48
Matt Morris	53	3.57
Paul Twining	69	4.49
Bob Henderson	72	4.56
Brian Mee	81	5
Glen Berry	48	5.17
Peter Thorne	70	5.3
Ian U'Ren	67	5.32
Stephen Richards	57	5.33

**400m**

Paul Durrant	57	1.11
Chloe Grund	7	1.54
Andrew Watts		
Matt Morris	53	1.24
Danielle Grund	36	1.4

**KNOX 13 MARCH 2019****800m walk**

Glenn Claiden	65	7.24
Anne McPherson	62	8
Mick Carr	65	8.01
Andrea Putting	55	8.18
Arthur Kapoulitsa	71	8.19
Graeme Leticq	64	8.27
Paul Twining	69	8.28
David Wear	72	8.51
Bob Henderson	72	8.52
Peter Thorne	70	8.58
Matt Morris	53	8.59
Peter LeGet	85	10.05

**60m**

Andrea Putting	55	13.59
Arthur Kapoulitsa	71	13.94

**400m**

Bob Henderson	72	2.04
Glenn Claiden	65	2.13

**800m**

Matt Morris	53	2.35
Mick Carr	65	3.21
Paul Durrant	57	3.26
Peter Thorne	70	4.04

**KNOX 13 MARCH 2019 cont.****3k sealed hcp**

Mattt Morris		11.22
Paul Twining	69	13.08
Mick Carr	65	14.14
Arthur Kapoulitsa	71	14.29
Sarah Thorne winner	39	15.04
Peter Thorne 2nd	70	15.58
David Wear	72	16.06
Brian Mee 3rd	80	16.27
Paul Durrant	57	17.11
Helen Stanley	63	17.32
Graeme Leticq	64	17.33
Bob Henderson	72	17.41
Peter LeGet	85	19.49

**KNOX 20 MARCH 2019****800m self hcp walk**

Danielle Grund	36	6.37
Peter Thorne winner	70	6.43
Glenn Claiden	65	7.04
Arthur Kapoulitsa 2nd	71	7.27
Matt Morris	53	7.28
Pauline Paine	40	7.31
Mick Carr	65	7.32
Glenn Berry	65	7.35
Anne McPherson	62	7.42
David Wear 3rd	72	7.42
Andrea Putting	55	8.05
Peter LeGet	85	8.07
Ian U'Ren	68	7.42

**80m**

Iqbal Singh	40	11.25
Avi Singh	inv	13.85
Chloe Grund	inv	15.53
Arthur Kapoulitsa	71	15.98
Andrea Putting	55	16.71

**5 lap spiral**

Shane Grund	37	6.3
Matt Morris	53	8.02
Iqbal Singh	40	8.44
Avi Singh	inv	8.57
Mick Carr	65	9.39
Ian U'Ren	68	10.45
Paul Durrant	57	11.13
Stephen Richards	57	11.32
Danielle Grund	36	11.49
Brian Mee	81	12.01
Glenn Berry	65	12.01
Peter LeGet	85	13.35
Arthur Kapoulitsa	71	15.12

**200m**

Iqbal Singh	40	29.16
Avi Singh	inv	36.03
Chloe Grund	inv	47.61

**110m**

Iqbal Singh	40	15.84
Avi Singh	inv	
Chloe Grund	inv	
Andrea Putting	55	
Leah Grund	inv	

**KNOX 20 MARCH 2019 cont.****Distance****2k**

Stephen Richards	57	11.11
Glenn Berry	65	11.59
Paul Durrant	57	12.28
Glenn Claiden	65	12.42

**4k**

Matt Morris	53	16.02
Ian U'Ren	68	21.49
David Wear	72	22.11
Pauline Paine	40	24.16
Brian Mee	81	26.18

**6k**

Mick Carr	65	29.57
Sarah Thorne	39	32.01
Peter Thorne	70	34.55

**KNOX 27 MARCH 2019****800m walk**

Danielle Grund	36	6.53
Nicola Van Reenen	46	7.56
David Black	63	7.58
Glenn Claiden	65	8.08
Ian U'Ren	68	8.09
Arthur Kapoulitsa	71	8.09
Andrea Putting	55	8.16
Pauline Paine	40	8.17
Ebony Leticq	22	8.2
Graeme Leticq	64	8.2
Peter Thorne	70	8.22
Peter LeGet	85	8.28
Ray Dickinson	50	8.29
Paul Durrant	57	8.34

**60m**

Chloe Grund	inv	11.67
Arthur Kapoulitsa	71	11.97
Ray Dickinson	50	12.28
Andrea Putting	55	12.58

**100m**

Brian Paggenpoel	48	15.58
Arthur Kapoulitsa	71	19.34
Chloe Grund	inv	21.1
Andrea Putting	55	21.48

**600m NOT**

Shane Grund	37	1.38
Paul Durrant 3rd	57	2.08
David Black	63	2.31
Chloe Grund 1st	inv	3.36
Nicola Van Reenen	46	2.37
Ray Dickinson	50	2.43
Pauline Paine	40	2.48
David Wear	72	2.49
Paul Twining 2nd	69	2.53
Peter Thorne	70	2.54
Danielle Grund	36	3.01

### KNOX 27 MARCH 2019 cont.

#### Distance

##### 3laps

Arthur Kapoulitsa 71 9.21

##### 4laps

Helen Stanley 63 9.41  
Paul Durrant 57 9.41  
Ray Dickinson 50 10.02

##### 5laps

Brian Paggenpoel 48 9.53

##### 3k

Murray Hutchison 69 16.14  
Pauline Paine 40 17.26  
Glenn Claiden 65 18.58

##### 5k

Shane Grund 37 16.31  
Matt Morris 53 19.47  
David Black 63 22.47  
Ebony Leticq 22 24.49  
Sarah Thorne 39 25.36  
Graeme Leticq 64 25.55  
David Wear 72 26.27  
Nicola Van Reenen 46 28.15  
Peter Thorne 70

##### 7k

Ian U'Ren 68 37.49

### MENTONE 6 MARCH 2019

#### 500m Walk E.T.

			Clock	Diff.
1=	Bev Hugo	78	4.03	-0.02
1=	Margaret Beaumont	81	4.28	0.02
1=	Ian Beaumont	82	4.30	0.02
1=	Kevin Cassidy	58	2.13	-0.02
5	Sylvia Machin	77	3.34	-0.06
6	Jill Mannerling	82	4.28	0.08
7	Sonya McLennan	66	3.06	-0.09
8	Joan Clarke	84	4.45	-0.15
9	Jim Machin	88	4.38	0.18
10	John Mathew	82	4.38	0.38

#### 1200m Self H/cap.

			Clock	Actual
1	Sandra Wynne	67	7.54.4	5.52.4
2	John Kneen	76	7.55.6	7.34.6
3	Matt Bowden	52	7.55.9	4.25.9
4	Ashley Birrell	73	8.02.5	5.17.5
5	Jeanne Bryan	76	8.06.6	8.06.6
6	Martin Griffin	56	8.37.6	5.52.6
DQ	Kuni Bowden	52	5.31.0	

#### 100m H/cap

			Clock	Metres
1	Glad Wishart	75	12.60	36 @
2	Bob Wishart	77	Other	9
3	Martin Griffin	56	times	19
4	Vivienne Cash	67	lost	20
5	Jeanne Bryan	76		45
6	Sandra Wynne	67		28
7	John Mathew	82		47

#### 4 km E.T.

			Clock	Diff.
1	Matt Bowden	52	17.58	-0.02
2	Ashley Birrell	73	20.04	-0.16
3	James O'Brien	66	17.10	0.22
4	Sandra Wynne	67	21.39	-0.31
5	John Kneen	76	27.40	0.52
6	Sonya McLennan	66	21.13	-1.07
7	John Zeleznikow	68	41.39	1.39
8	Kuni Bowden	52	20.06	-2.54

#### 2 x 800m Walk Relay

			Clock
1	Kevin Cassidy	58	23.14
	John Mathew	82	
2	Geoff Barrow	69	26.02
	Jill Mannerling	82	
3	Sylvia Machin	77	26.23
	Margaret Beaumont	81	
4	Glennis McPherson	72	26.27
	Jim Machin	88	
5	Ralph Bennett	76	26.41
	Debbie Thomson	61	
6	Ian Beaumont	82	27.35
	Bev Hugo	78	

### MENTONE 13 MARCH 2019

#### 600m Walk E.T.

			Clock	Diff.
1	John Mathew	82	5.30	0.00
2	Ian Beaumont	82	5.28	-0.02
3=	Margaret Beaumont	81	5.25	0.04
3=	Sharon Carr	54	4.58	-0.04
5=	Bev Hugo	78	4.54	-0.05
5=	Jim Machin	88	5.35	-0.05
5=	Kevin Cassidy	58	2.40	-0.05
8	Sylvia Machin	77	4.19	-0.06
9	Bruce Watt	79	4.14	-0.11
10	Ralph Bennett	76	3.21	-0.12
11	Kylie Irshad	47	3.06	-0.14



© 2009 DKRW SPEEDBUMP.COM/DIST. BY CREATORS

**MENTONE 13 MARCH 2019 cont.****600m E.T.**

			Clock	Diff	
1	Jeanne Bryan	76	3.40.8	0.8	***
2	Avril Britter	60	2.48.6	1.6	
3	Sandra Wynne	67	2.41.0	-2.0	
4	Greg Hughes	60	2.47.0	-3.0	
5	Graham Stockdale	76	2.20.6	5.6	
6	Kuni Bowden	52	2.33.1	8.1	
7	Martin Griffin	56	2.31.1	-8.9	
8	Ashley Page	78	2.51.8	9.8	
9	Helen Bryan	48	2.17.3	-12.7	
10	Col Waring	73	2.23.7	-16.3	
11	Sonya McLennan	66	2.39.6	-17.4	
12	John Kneen	76	3.21.3	-18.7	
13	Sharon Carr	54	3.42.7	-37.3	

**200m E.T. \*Agg Event\***

			Clock	Diff.	Pts
1	Avril Britter	60	39.40	0.03	7
2=	Vivienne Cash	66	33.70	-0.30	5
2=	Bob Wishart	76	30.20	-0.30	5
4	Glad Wishart	75	44.20	0.62	3
5	Jeanne Bryan	76	55.90	0.90	2
6	Martin Griffin	56	34.90	1.10	1
7	Kuni Bowden	52	47.70	-7.30	1
8	Helen Bryan	48	37.40	-7.60	1

**5 Km Self H/cap.**

			Clock	Actual	
1	John Zeleznikow	68	50.59	50.59	
2	Kuni Bowden	52	51.13	25.13	
3	Ashley Birrell	73	51.14	24.59	
4	James O'Brien	66	51.27	22.53	
5	Martin Griffin	56	51.30	30.30	
6	Ashley Page	78	51.55	29.23	
DQ	Sonya McLennan	66		26.39	***
DQ	John Kneen	76		34.20	
DQ	Sandra Wynne	67		27.05	
DQ	Avril Britter	60		27.51	

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

			Clock	Diff.	Pts
Murray Brown Trophy					
1	Margaret Beaumont	81	28.23	-0.01	7
2	Kylie Irshad	47	16.57	-0.03	5
3	Geoff Barrow	69	21.49	0.04	4
4	Ralph Bennett	76	18.40	0.05	3
5=	Greg Hughes	60	22.24	0.06	2
5=	Sylvia Machin	77	22.36	0.06	2
7	Ian Beaumont	82	28.26	-0.09	1
8	Sharon Carr	54	25.14	0.14	1
9	Glennis McPherson	72	21.56	0.16	1
10	Kevin Cassidy	58	15.18	0.18	1
11	Bev Hugo	78	25.17	0.27	1
12	Bruce Watt	79	22.28	-0.32	1
13	Jim Machin	88	29.22	-0.38	1
14	Joan Clarke	83	29.07	-0.53	1
15	John Mathew	82	33.15	3.15	1
	Nola Finn (4.5 laps)	82	25.27		

**MENTONE 20 MARCH 2019****800m Walk E.T.**

			Clock	Diff.
1	Susan Short	45	5.30	0.00
2=	Ian Beaumont	82	7.31	0.01
2=	Ralph Bennett	76	4.43	-0.01
4=	Sonya McLennan	66	5.08	-0.02
4=	Maureen Seedsman	81	6.17	0.02
6	Margaret Beaumont	81	7.24	0.03
7=	Sharon Carr	54	6.38	-0.04
7=	Sylvia Machin	77	5.54	-0.04
9	Joan Clarke	83	7.56	0.08
10	Kevin Cassidy	58	3.50	-0.10
11	Helen Castel	56	5.53	-0.11
12	Jim Machin	88	7.45	-0.15
13	John Mathew	82	7.24	-0.16
14	Iris Boulton	70	6.34	0.34
15	Michael Boulton	64	7.00	2.00

**1500m E.T.**

			Clock	Diff
1	David Short	42	5.45.9	0.9
2	Avril Britter	60	7.25.1	-1.1
3	Sharon Carr	54	10.11.3	-3.7
4	Martin Griffin	56	7.50.7	5.7
5	Col Waring	73	6.58.2	8.2
6	John Kneen	76	9.34.0	14.0
7	Ashley Birrell	74	6.34.6	14.6
8	Ashley Page	78	8.02.7	-15.3
9	Marlene Gourlay	67	6.40.9	15.9
10	Sandra Wynne	67	7.38.3	16.3
11	Susan Short	45	6.32.2	-18.8
12	Helen Bryan	48	6.20.6	-19.4
13	Jeanne Bryan	77	9.51.7	-28.3
14	Julian Boland	56	6.29.5	-40.5
15	Kuni Bowden	53	6.47.2	-72.8

**150m E.T.**

			Clock	Diff.	
1	Glad Wishart	75	32.17	-0.03	***
2	Avril Britter	60	28.23	-0.27	
3	Martin Griffin	56	25.20	-0.30	
4	Vivienne Cash	66	24.20	-0.70	
5	Bob Wishart	76	22.75	0.75	
6	John Mathew	82	43.77	-1.23	
7	David Short	42	19.60	-1.40	
8	Jeanne Bryan	77	37.61	-2.39	
9	Helen Bryan	48	26.00	-4.00	

**2 Km E.T. \*Agg Event\***

			Clock	Diff	Pts
1=	Sonya McLennan	66	10.16	0.01	7
1=	Ashley Page	78	11.12	0.01	7
3	Martin Griffin	56	11.26	-0.04	4
4	John Kneen	76	12.55	0.05	3
5=	Avril Britter	60	10.40	-0.06	2
5=	Sandra Wynne	67	10.36	-0.06	2
7	James O'Brien	66	8.16	-0.12	1
8	Kuni Bowden	53	9.34	-0.26	1
9=	Ashley Birrell	74	11.15	0.55	1
9=	Helen Bryan	48	13.55	-0.55	1
11	Jeanne Bryan	77	13.54	-1.06	1

**MENTONE 20 MARCH 2019 cont.**

1500/ 5000m Walk E.T.		Clock	Diff.
<b>1500m</b>			
1	Jim Machin	88 15.00	0.00
2	Michael Boulton	64 14.02	0.02
3=	John Mathew	82 15.57	-0.03
3=	Ian Beaumont	82 14.12	-0.03
5	Sylvia Machin	77 11.14	0.14
6	Maureen Seedsman	81 12.24	0.24
7=	Margaret Beaumont	80 13.59	0.28
7=	Joan Clarke	83 14.12	-0.28
9	Iris Boulton	70 13.30	0.30
10	Sharon Carr	54 12.46	0.31
11	Kevin Cassidy	58 7.24	-0.36
12	Helen Castel	56 11.46	0.46
13	Debbie Thomson	61 17.17	1.17
	Nola Finn (4.5 laps)	82 25.40	
<b>5000m</b>			
1	Bev Hugo	78 42.43	-1.21
2	John Zeleznikow	68 47.30	-3.30

**MENTONE 27 MARCH 2019**

400m Walk E.T.		Clock	Diff.	
1=	Maureen Seedsman	81 2.58	-0.02	
1=	Margaret Beaumont	80 3.29	-0.02	
3=	Kylie Irshad	47 1.57	-0.03	
3=	Sonya McLennan	66 2.28	0.03	
3=	Sylvia Machin	77 2.49	-0.03	
6=	Kevin Cassidy	58 1.39	-0.06	
6=	Jim Machin	88 3.39	-0.06	
8=	Sharon Carr	54 3.11	-0.07	
8=	Ralph Bennett	76 2.08	-0.07	
10	Ian Beaumont	82 3.32	-0.13	
11	John Mathew	82 3.29	-0.16	
12	Iris Boulton	70 3.08	-0.22	
13	Michael Boulton	64 3.03	-1.47	
800m E.T. *Agg Event*		Clock	Diff	Pts
1	Greg Hughes	60 3.22.0	1.0	7
2	John Kneen	76 4.48.4	-1.6	5
3	Sandra Wynne	67 3.44.5	2.5	4
4	Martin Griffin	56 3.47.0	-3.0	3
5	Col Waring	73 3.27.3	5.3	2
6	Ashley Page	78 4.00.1	6.9	1
7	Avril Britter	60 3.51.0	-8.0	1
8	Jeanne Bryan ***	77 4.40.9	-9.1	1
9	Sharon Carr	54 4.57.8	-52.2	1

**MENTONE 27 MARCH 2019 cont.**

120m E.T.		Clock	Diff.
1	Bob Wishart	76 17.82	0.62 @
2	Glad Wishart	75 25.23	0.83
3	John Mathew	82 33.05	1.05
4	Jeanne Bryan	77 29.50	1.50
2000m Walk E.T.		Clock	Diff.
1=	Bev Hugo	79 16.47	0.03
1=	Ian Beaumont	82 18.58	0.03
3	Sylvia Machin	77 15.05	-0.05
4=	Jim Machin	88 19.47	0.06
4=	Sharon Carr	54 17.09	-0.06
6	Kevin Cassidy	58 9.49	-0.11 ***
7	Michael Boulton	64 17.47	-0.13
8	Maureen Seedsman	81 16.14	0.14
9	Nola Finn	82 28.55	0.15
10	Kylie Irshad	47 11.52	0.22
11	Joan Clarke	83 19.49	0.29
12	Natalie King	77 18.54	-0.36
13	Margaret Beaumont	80 18.30	-0.38
14	Iris Boulton	70 17.40	0.40
15	John Mathew	82 20.43	-1.17
5 Miles Self H/cap		Clock	Actual
Peter Colthup Trophy			
1	Sonya McLennan	66 51.00	44.20
2	Sandra Wynne	67 51.00	45.20
3	Avril Britter	60 51.01	45.46
4	Ashley Page	78 51.20	47.09 *
5	Martin Griffin	56 51.21	48.21 *
6	Derek Couper	53 51.38	34.08
7	Ashley Birrell	74 51.36	40.46 *
8	Greg Hughes	60 51.51	44.46
9	John Kneen	76 85.55	61.52
DQ	Helen Bryan	48	37.56
DQ	Kuni Bowden	53	39.13
DQ	Graham Stockdale	76	49.33
DQ	James O'Brien	66	35.19
DQ	John Zeleznikow	68	78.33
Fastest Male - Derek Couper			
Fastest Female - Helen Bryan			

\*Some times have been estimated due to a timing glitch.



## SPRINGVALE 6 MARCH 2019

<b>100 metres</b>		clock	hcp.
Mike HALL	80	16.10	0 mts
Jim SINCLAIR	94	16.40	32.00
Mick COLGAN	68	18.30	10.00
Claudio RIGA	63	19.50	5.00
Lindsay OXENHAM	69	20.10	12.00
Eric NEGROS	55	20.50	30.00
Juan PEREZ	79	21.00	13.00

<b>400 metres</b>			
Paul MULLINS	78	1.29	
Lindsay OXENHAM	69	1.53	
<b>800 metres</b>			
Dave TALBOT	64	3.14	
Claudio RIGA	63	3.36	
Lou BUCCIERI	63	3.36	

<b>2000 metres road walk</b>			
Celia JOHNSON	71	15.39	
Jim SMITH	78	15.40	
Dennis PHILLIPS	76	15.41	
Juan PEREZ	79	15.50	
Frank ALLEN	74	16.49	
Tony JOHNSON	78	16.49	
Rob CLUTTERBUCK	65	17.10	
Anand THILLAISUNDARAM	42	19.40	
John MANNING	73	19.41	
Ernie JEFFS	74	19.41	
Natalie IRVINE	72	21.38	
Ian TREGEAR	68	21.39	
Eric NEGROS	55	21.40	

<b>4000 metres road run</b>			
Howard REES	71	20.06	
Claudio RIGA	63	20.28	
Bill IRVINE	70	22.09	
Lou BUCCIERI	63	22.27	
Lindsay OXENHAM	69	23.40	

## SPRINGVALE 13 MARCH 2019

<b>Dave Middleton Final</b>			
<b>100 metres handicap</b>			
Tracey HUTCHINSON	48	14.40	23 mts
Mike HALL	80	15.50	3.00
Troy JEFFS	44	16.00	0.00
Lindsay OXENHAM	69	16.80	15.00
Mervin MENZEL	49	17.40	20.00
Mick COLGAN	68	18.30	13.00
Dominique RUELOT	67	18.70	23.00
Sayed KHATAN	68	21.20	0.00
Juan PEREZ	79	22.40	15.00

<b>600 metres</b>			
Paul MULLINS	78	2.24	
Lou BUCCIERI	63	2.37	
Lindsay OXENHAM	69	2.58	
Tracey HUTCHINSON	48	3.35	
Juan PEREZ	79	4.18	

<b>1000 metres</b>			
Dave TALBOT	64	4.11	
Troy JEFFS	44	4.26	
Howard REES	71	4.56	
Sayed KHATAN	68	5.47	

<b>walks mixed distances</b>			
Penny HALL	79	19.43	
Anand THILLAISUNDARAM	43	21.18	
Rob CLUTTERBUCK	65	21.18	
Sayed KHATAN	68	21.37	
Dominique RUELOT	67	22.48	
Mervin MENZEL	49	22.37	
John ABEL	69	24.13	
Ernie JEFFS	74	24.13	
Pam THOMAS	69	24.16	
John MANNING	73	24.16	
Natalie IRVINE	72	25.36	
Eric NEGROS	55	25.38	
Peter BATTRICK	75	26.18	
Peter ELLIS	68	27.35	
Celia JOHNSON	71	29.29	
Juan PEREZ	79	30.27	
Frank ALLEN	74	33.08	
Jim SMITH	78	34.07	
Dennis PHILLIPS	76	34.07	

<b>3100 metres road run</b>			
Alan BENNIE	72	14.48	
Bill IRVINE	70	15.58	
Tracey HUTCHINSON	48	22.49	

<b>5000 metres road run</b>			
Howard REES	71	25.43	
Will SELICK	47	27.10	
Lindsay OXENHAM	69	27.17	
Troy JEFFS	44	28.30	
Lou BUCCIERI	63	29.00	



**SPRINGVALE 20 MARCH 2019****200 metres**

Sayed KHATAN	68	34.10
Mike HALL	80	35.40
Lindsay OXENHAM	69	47.30
Mick COLGAN	68	51.30
Dominique RUELOT	67	55.80
Juan PEREZ	79	61.70
Ernie JEFFS	74	63.50
Bill FOURKIOTIS	76	98.20

**700 metres**

Neil GRAY	71	2.50
Claudio RIGA	63	3.09
Howard REES	71	3.20
Lindsay OXENHAM	69	3.31
Lou BUCCIERI	63	3.45
Sayed KHATAN	68	4.04
Tracey HUTCHINSON	48	4.19
Juan PEREZ	79	4.26
Ernie JEFFS	74	4.27

**1500 metres**

Alan BENNIE	72	6.30
Dave TALBOT	64	6.52
Troy JEFFS	44	7.05
Paul MULLINS	78	7.13
Bill IRVINE	70	7.17

**2000 metres walk**

Celia JOHNSON	71	14.56
Jim SMITH	78	15.42
Anand THILLAISUNDARAM	43	15.42
John MANNING	73	15.56
Pam THOMAS	69	17.12
Tony JOHNSON	78	17.58
Mervin MENZEL	49	18.37
Rob CLUTTERBUCK	66	19.41
John ABEL	69	19.41
Ernie JEFFS	74	19.53
Natalie IRVINE	72	19.54
Bill IRVINE	70	19.55
Eric NEGROS	56	21.46
Peter BATTRICK	75	23.34

**4000 metres walk**

Peter ELLIS	68	28.31
Tony DORAN	66	30.00
Frank ALLEN	74	34.28

**4000 metres**

Howard REES	71	21.46
Lindsay OXENHAM	69	21.58
Troy JEFFS	44	23.13
Juan PEREZ	79	32.42
Dominique RUELOT	3.2km	22.44

**6000 metres**

Claudio RIGA	63	30.28
--------------	----	-------

**SPRINGVALE 27 MARCH 2019****50 metres**

Troy JEFFS	44	8.50
Mike HALL	80	8.70
Mick COLGAN	68	9.70
Tracey HUTCHINSON	48	9.90
Lindsay OXENHAM	69	11.20
Dominique RUELOT	67	11.50
Ernie JEFFS	74	13.80
Bill FOURKIOTIS	76	21.50

**100 metres**

Troy JEFFS	44	16.40
Mike HALL	80	16.60
Mick COLGAN	68	19.30
Tracey HUTCHINSON	48	20.40
Lindsay OXENHAM	69	22.30
Juan PEREZ	79	23.60
Dominique RUELOT	67	23.70

**800 metres**

Alan BENNIE	72	3.12
Dave TALBOT	64	3.12
Troy JEFFS	44	3.27
Lindsay OXENHAM	69	4.12
Juan PEREZ	79	4.47
Ernie JEFFS	74	5.01
Kevin ONLEY 400 mts	85	2.32

**7 lap spiral walk**

Tony DORAN	66	22.36
Jim SMITH	78	23.00
Dennis PHILLIPS	76	23.00
Celia JOHNSON	71	23.19
Juan PEREZ	79	23.37
Frank ALLEN	74	24.28
Penny HALL	79	24.43
Phil HUTTON		26.18
Rob CLUTTERBUCK	66	26.39
Trevor JUPP	78	26.39
John ABEL	69	28.20
Ernie JEFFS	74	29.57
Natalie IRVINE	72	30.25
Anand THILLAISUNDARAM	43	30.25
Ian TREGGAR	68	30.51
Eric NEGROS	56	32.12

**run**

Dominique RUELOT	67	21.28
Tracey HUTCHINSON	48	22.11
Kevin ONLEY	85	22.52

**12 lap spiral run**

Howard REES	71	25.07
Claudio RIGA	63	25.07
Troy JEFFS	44	27.25
Bill IRVINE	70	27.43
Lou BUCCIERI	63	27.44
Lindsay OXENHAM	69	28.07