

AROUND THE GROUNDS

VENUE RESULTS FOR JULY 2019



Frankston's Nonie Chan happy to be finishing the Eric Greaves 10k.

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

CASEY 1 JULY 2019**80M N.O.T**

		N.O.T	Actual
Mike Hall	80	13.90	13.57
Hsien Chiam	47	14.30	14.64
Noel Fairburn	58	13.50	12.75

1200M Run/Walk

Tony DiLorenzo	55	5.56	
Rob Italia	53	5.56	
Albin Hess	59	6.04	
Rob Clutterbuck	66	6.38	
Peter Thorne	71	7.02	

200M

Noel Fairburn	58	34.84	
Hsien Chiam	47	38.66	

2k/4k Run/Walk

Rob Clutterbuck	66	11.01	2k
Peter Thorne	71	11.53	2k
Hsien Chiam	47	16.57	2k
Tony DiLorenzo	55	18.40	4k

CASEY 15 JULY 2019**100M**

Mike Hall	80	17.67	
Hsien Chiam	48	19.17	
Noel Fairburn	58	25.36	
Paul Olsson	62	26.36	

1000M N.O.T Run/Walk

		N.O.T	Actual
Marnie Grace	44	6.20	6.19
Albin Hess	59	4.30	4.34
Lindsay Beaton	69	10.52	10.38
Hsien Chiam	48	6.3	5.39
Frances Halton	57	6.00	6.55
Noel Fairburn	58	6.00	8.22
Paul Olsson	62	11.01	11.59

4000M Run 2000M Walk

Peter Thorne	71	10.34	2k
Marnie Grace	44	13.01	2k walk
Frances Halton	57	26.37	

CASEY 8 JULY 2019**100M**

Rob Italia	53	16.03	
Mike Hall	80	16.42	
Noel Fairburn	58	17.13	
Paul Olsson	62	17.55	
Hsien Chiam	48	17.95	
Arlene D'Monte	60	18.26	

800M Run/Walk

Albin Hess	59	3.31	
Caitlin O'Connell	44	4.09	
Rob Italia	53	4.12	
Rob Clutterbuck	66	4.17	
Peter Thorne	71	4.24	
Hsien Chiam	48	4.32	
Kylie Irshad	47	4.41	walk
Gary Meyer	64	7.48	walk
Lindsay Beaton	69	7.48	walk

200m

Rob Italia	53	31.21	
Paul Olsson	62	39.42	
Noel Fairburn	58	41.31	

3200m Run 1600m Walk

Hsien Chiam	48	12.27	walk
Arlene D'Monte	60	12.31	walk
Lindsay Beaton	69	14.47	walk
Gary Meyer	64	15.13	walk
Rob Clutterbuck	66	16.35	
Peter Thorne	71	18.18	
Caitlin O'Connell	44	18.48	

CASEY 22 JULY 2019**80M**

Paul Olsson	62	14.00	
Hsien Chiam	48	14.11	
Mike Hall	80	16.01	
Arlene D'Monte	60	17.11	

800M Run/Walk

Paul Olsson	62	2.21	400m
Tony DiLorenzo	55	2.44	
Rob Italia	53	3.13	
Hsien Chiam	48	4.16	
Albin Hess	59	4.49	walk
Frances Halton	57	5.26	
Arlene D'Monte	60	6.01	walk
Lindsay Beaton	69	7.06	walk

150M

Rob Italia	53	20.86	
Mike Hall	80	24.58	
Paul Olsson	62	24.94	

5/10 Lap Spiral Run/Walk

Rob Clutterbuck	66	13.49	5
Frances Halton	57	14.37	5
Hsien Chiam	48	17.01	5 walk
Arlene D'Monte	60	17.08	5 walk
Tony DiLorenzo	55	18.23	10
Kylie Irshad	47	32.33	10 walk
Marnie Grace	44	32.33	10 walk
Lindsay Beaton	69	38.56	10 walk

CASEY 29 JULY 2019**1200m Run/Walk N.O.T**

	N.O.T	Actual
David Talbot	64	5.30
Kylie Irshad	47	7.00
Rob Clutterbuck	66	6.3
Albin Hess	59	5.2
Lindsay Beaton	69	10.55
Pramesh Prasad	45	4.20
David Dodson	60	7.00

80M

Pramesh Prasad	45	12.22
Paul Olsson	62	13.66
Hsien Chiam	48	15.24
Mike Hall	80	15.50

3k Walk 5k Run

Pramesh Prasad	45	12.53	
Rob Clutterbuck	66	15.51	
Peter Thorne	71	16.86	
Kylie Irshad	47	17.32	walk
Marnie Grace	44	23.14	walk
Hsien Chiam	48	25.36	walk
Lindsay Beaton	69	27.46	walk

COBURG 4 JULY 2019**100m**

Isabelle RAINES	16	13.92
Gary O'DWYER	60	14.83
Bruce GIBBS	70	18.67
Matthew HALLAM	8	19.81
Rob LEWIS	72	20.14
Michelle SPORTON	53	23.50
Ken CARTER	66	46.59

1000m

Carl KENNEDY	53	3.23
Paul O'NEILL	53	3.45
Colin HICKIE	35	3.53
Fiona ELY	49	4.40
Brian DELANEY	65	4.46
Gary O'DWYER	60	4.50
Maria BARBETTI	54	4.52
Iresha O'DONOVAN	34	5.14
Sally COLLINS	45	5.23
Matthew HALLAM	8	6.29
Maegan KERR	47	8.01
Ken CARTER	66	10.19

300m

Isabelle RAINES	16	47.11
Gary O'DWYER	60	52.00
Bruce GIBBS	70	1.07.7
Matthew HALLAM	8	1.24.0
Michelle SPORTON	53	2.00.1
Ken CARTER	66	3.09.9

2km

Rob LEWIS	72	13.54
Fiona ELY (W)	49	17.54

3km

Carl KENNEDY	53	11.36
Colin HICKIE	35	13.52
Maria BARBETTI	54	15.58
Iresha O'DONOVAN	34	16.31
Ken CARTER	66	34.27

COBURG 11 JULY 2019**80m**

Paul O'NEILL	53	13.50
Bruce GIBBS	70	14.98
Frank BRADLEY	63	16.39
Rob LEWIS	72	17.04
Michelle SPORTON	53	18.61
Ken CARTER	66	32.35

700m Walk

Sarah THORNE	39	6.32
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1500m

Colin HICKIE	35	6.06
Gary BLAKE	63	6.26
Michael MEANEY	63	6.49
Tracy COLBERT	50	7.05
Fiona ELY	49	7.06
Gary O'DWYER	60	7.32
Maria BARBETTI	54	7.39
Iresha O'DONOVAN	34	7.51
Brian DELANEY	65	8.23
Frank BRADLEY	63	9.18
Ken CARTER	66	14.32

200m

Paul O'NEILL	53	29.78
Gary O'DWYER	60	34.58
Bruce GIBBS	70	40.07
Rob LEWIS	72	43.64
Michelle SPORTON	53	58.62
Ken CARTER	66	1.26.9

2.5km

Gary BLAKE	63	11.00
Colin HICKIE	35	11.15
Michael MEANEY	63	11.38
Fiona ELY	49	11.52
Rob LEWIS	72	16.15
Ken CARTER	66	27.16

5km

Fraser MURRAY	47	20.55
Sarah THORNE	39	26.49
Maria BARBETTI	54	27.17
Iresha O'DONOVAN	34	27.45

COBURG 18 JULY 2019**100m Age-graded championship****Heat: 1**

Frank BRADLEY	63	19.10
Rob LEWIS	72	19.52
Maria BARBETTI	54	20.21
Len HALLETT	70	23.30
Ken CARTER	66	42.10

Heat: 2

Alistair GOVIER-COLE	30	12.80
Paul O'NEILL	53	13.51
Isabelle RAINES	16	14.13
Gary O'DWYER	60	14.39

Heat: 3

Bruce GIBBS	70	17.15
Carl KENNEDY	53	17.40
Fiona ELY	49	17.70
Brian DELANEY	65	18.08
Matthew HALLAM	8	20.20
Iresha O'DONOVAN	34	20.52

800m

Anna HALLAM	8	6.36
Isabelle RAINES	16	6.44
Fiona ELY (W)	49	7.13

1200m

Carl KENNEDY	53	4.15
Alistair GOVIER-COLE	30	5.26
Maria BARBETTI	54	5.43
Iresha O'DONOVAN	34	6.23
Sally COLLINS	45	6.35
Frank BRADLEY	63	7.02
Gary O'DWYER	60	7.04
Ken CARTER	66	11.44

500m

Isabelle RAINES	16	1.35
Alistair GOVIER-COLE	30	1.42
Fiona ELY	49	2.03
Matthew HALLAM	8	2.28
Rob LEWIS	72	2.37
Bruce GIBBS	70	2.42
Ken CARTER	66	4.55

Lap choice run

			Laps
Bruce GIBBS	70	5.55	2
Len HALLETT	70	10.56	5
Rob LEWIS	72	13.28	5
Carl KENNEDY	53	15.49	10
Iresha O'DONOVAN	34	16.40	7
Maria BARBETTI	54	21.50	10
Maegan KERR	47	25.49	8
Fiona ELY	49	25.49	8
Frank BRADLEY	63	25.50	8
Fraser MURRAY	47	32.50	18
Ken CARTER	66	33.57	8

COBURG 25 JULY 2019**90m**

Gary O'DWYER	60	12.75
A. GOVIER-COLE (100m)	30	13.03
Michelle SPORTON	53	21.43
Ken CARTER	66	38.78

800m Age-graded championship

Carl KENNEDY	53	2.46
Paul O'NEILL	53	2.48
Alistair GOVIER-COLE	30	3.03
Gary O'DWYER	60	3.08
Tracy COLBERT	50	3.27
Brian DELANEY	65	3.30
Fiona ELY	49	3.32
Maria BARBETTI	54	3.44
Frank BRADLEY	63	4.20
Yolanda SHAW	67	4.43
Len HALLETT	70	4.43
Bruce GIBBS	70	5.48
Ken CARTER	66	7.55

150m

Alistair GOVIER-COLE	30	20.13
Gary O'DWYER	60	22.27
Noel MAGHAMEZ	50	26.44
Jackson MAGHAMEZ	14	27.09
Yolanda SHAW	67	37.09
Michelle SPORTON	53	40.15
Ken CARTER	66	1.08.6

1km

Fiona ELY	49	4.52
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3km

Carl KENNEDY	53	11.47
Michael MEANEY	64	14.56
Tracy COLBERT	50	15.48
Len HALLETT	70	18.23
Ken CARTER	66	31.40

5km

Maria BARBETTI	54	27.27
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"I'd invite you in, but my life's a mess."

CROYDON 2 JULY 2019

1000 METRE WALK

1	Paul MORITZ	60	6.29
2	Grant WATSON	71	9.34
3	Colin WILLIAMS	70	9.35
4	Barrie WICKS	79	11.04
5	Ron SMITH	70	11.05
6	Peter WILLMOTT	53	11.11
7	Robert STAGG	52	11.12
8	Erika BEDYN	56	12.17
9	Andrew EGGINTON	57	12.20

18.2 SECONDS N.O.S.P.

Heat 1:

1	Colin WILLIAMS	70	15.8
2	Ron SMITH	70	16.3
3	Erika BEDYN	56	16.8
4	Ros DYER	55	17.2
5	Tania NEALE	41	19.0
6	Grant WATSON	71	19.6

Heat 2:

1	Melanie BISSETT	43	17.9
2	Grant MURFETT **	52	18.3
3	Paul DURRANT	58	18.8
4	Jess DUX	34	19.5
5	Robert STAGG	52	20.2
6	Peter WILLMOTT	53	20.9
7	Andrew EGGINTON	57	23.4

** Winner - Grant Murfett

900 METRE RUN

1	Colin PAGE	65	3.15
2	Peter WILLMOTT	53	3.25
3	Melanie BISSETT	43	4.44
4	Ros DYER	55	4.59
5	Grant WATSON	71	7.41
6	Colin WILLIAMS	70	7.41

300 METRE SPRINT

1	Grant MURFETT	52	43.6
2	Paul DURRANT	58	46.6
3	Andrew EGGINTON	57	50.3
4	Michael CUFFE	33	50.8
5	Peter WILLMOTT	53	56.9
6	Robert STAGG	52	59.5
7	Melanie BISSETT	43	68.9
8	Grant WATSON	71	141.4

DISTANCE

Peter WILLMOTT (2 laps Run)	53	3.54
Andrew EGGINTON(5 laps Run)	57	9.09
Erika BEDYN (6 laps Run)	56	12.21
Colin PAGE (12 laps Run)	65	21.17
Grant MURFETT (7 laps Walk)	52	21.21
Paul MORITZ (8 laps Walk)	60	22.47

CROYDON 9 JULY 2019

1500 METRE WALK

1	Paul MORITZ	60	9.48
2	Alison THOMPSON	66	9.50
3	Andrew EGGINTON	57	11.42
4	Colin WILLIAMS	70	14.02
5	Allan WOOD	82	14.47
6	Peter WILLMOTT	53	16.53
7	Erika BEDYN	56	16.58
8	Angela EDWARDS	53	16.59
9	Ros DYER	55	16.59
10	Barrie WICKS	79	17.14

80 METRE SPRINT

Heat 1:

1	Andrew FRASER	77	15.6
2	Allan WOOD	82	16.2
3	Ros DYER	55	18.5

Heat 2:

1	Stewart DOBRZYNSKY	49	10.5
2	Jess DUX	34	11.0
3	Grant MURFETT	52	11.4
4	Paul DURRANT	58	11.6
5	Robert STAGG	52	11.8
6	Peter WILLMOTT	53	12.0

40 SECONDS N.O.S.P.

1	Erika BEDYN	56	29.8
2	Peter WILLMOTT	53	30.3
3	Jess DUX	34	36.1
4	Grant MURFETT	52	37.2
5	Andrew FRASER	77	39.2
6	Stewart DOBRZYNSKY **	49	39.6
7	Allan WOOD	82	40.8
8	Ros DYER	55	41.4
9	Robert STAGG	52	43.5

** Winner - Steward Dobrznsky

DISTANCE

Alison THOMPSON(3 km Walk)	66	21.38
Erika BEDYN (5 km Run)	56	27.13
Ros DYER	55	

SHOT PUT

Paul DURRANT	58	8.79
Peter WILLMOTT	53	7.78
Andrew EGGINTON	57	6.89
Allan WOOD	82	6.64
Andrew FRASER	77	5.65



CROYDON 16 JULY 2019**4 LAPS WALK**

1	Lyn BATCHELOR	70	12.25
2	Grant WATSON	71	16.27
3	Colin WILLIAMS	70	16.28
4	Robert STAGG	52	18.31
5	Russ DICKENSON	73	18.32
6	Erika BEDYN	56	18.59
7	Peter WILLMOTT	53	19.01
8	Ros DYER	55	21.22
Barrie WICKS (3 laps)		79	15.41

100 METRE SPRINT

1	Jess DUX	34	13.4
2	Paul DURRANT	58	14.0
3	Grant MURFETT	52	14.7
4	Peter WILLMOTT	53	15.6

1 MILE RUN

1	Peter WILLMOTT	53	7.22
2	Erika BEDYN	56	7.40

800 METRE RUN

1	Grant MURFETT	52	1.01
2	Paul DURRANT	58	1.16
3	Peter WILLMOTT	53	1.34
4	Jess DUX	34	1.43

5 KM RUN

1	Colin PAGE	65	30.42
2	Peter WILLMOTT	53	32.09
3	Erika BEDYN	56	32.32
4	Ian UREN	68	32.39
5	Ros DYER	55	35.34
Grant WATSON (500 mtr W/R 71		5.58	
Colin WILLIAMS (1 km R/W) 70		9.59	

CROYDON 23 JULY 2019**1200 METRE WALK**

1	Jack DURRANT	22	7.27
2	Grant MURFETT	52	7.50
3	Melanie BISSETT	43	8.06
4	Jess DUX	34	9.36
5	Erika BEDYN	56	10.20

90 METRE SPRINT

1	Jack DURRANT	22	11.6
2	Jess DUX	34	11.9
3	Paul DURRANT	58	12.3
4	Grant MURFETT	52	13.0
5	Melanie BISSETT	43	16.4

1200 METRE RUN

1	Jess DUX	34	5.32
2	Grant MURFETT	52	5.32

500 METRE RUN

1	Grant MURFETT	52	1.37
2	Paul DURRANT	58	1.41
3	Jess DUX	34	1.46

CROYDON 23 JULY 2019 cont.**3 LAPS WALK N.O.T.**

			Clock	Nom.
1	Paul MORITZ **	60	7.57	7.55
2	Al WILLEY	80	11.02	11.30
3	Kevin McLAUHLAN	75	11.03	11.46
4	Debbie VOOGD	53	11.10	
6	Ron SMITH	70	12.57	14.00
7	Allan WOOD	82	13.03	13.30
8	Angela EDWARDS	53	14.56	
9	Ros DYER	55	15.11	
10	Peter WILLMOTT	53	15.36	
11	Barrie WICKS	79	15.39	12.00

** Winner - Paul Moritz

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

1	Ros DYER	55	17.8
2	Debbie VOOGD	53	20.2
3	Kevin McLAUHLAN	75	20.9
4	Ron SMITH	70	22.1
5	Andrew FRASER	77	22.9
6	Allan WOOD	82	23.6

Heat 2:

1	Grant MURFETT	52	21.4
2	Jess DUX	34	22.4
3	Peter WILLMOTT	53	23.0
4	Jack DURRANT	22	23.6

800 METRE RUN

1	Peter WILLMOTT	53	3.18
2	Ros DYER	55	4.37
3	Allan WOOD	82	5.55
4	Andrew FRASER	77	6.14

250 METRE SPRINT

1	Jess DUX	34	36.4
2	Grant MURFETT	52	36.9
3	Allan WOOD	82	62.1
4	Andrew FRASER	77	120.1

20 MINUTE RUN/WALK TIME TRIAL

		Laps	Metres	
	Ros DYER	55	11	190
	Paul MORITZ	60	6	335
	Al WILLEY	80	5	250
	Geoff ARNOTT	70		

3 LAPS WALK N.O.T.

			Clock	Nom.
1	Debbie VOOGD	53	10.19	11.00
2	Al WILLEY	80	10.31	11.15
3	Kevin McLAUHLAN	75	11.09	11.42
4	Jess DUX	34	11.11	

DONCASTER 1 JULY 2019**1600 metres**

Daryl Kilmartin	(52)	07:15.6
Graham Walter	(61)	07:50.5
Katrina Philip	(57)	08:20.1
Marla Trautman-Pasquini	(46)	15:47.3

80 metres age-graded

David McConnell	(-16)	9.5
Graham Ford	(-19)	9.7
Daryl Kilmartin	(-9)	10.8
Graham Walter	(-14)	13.1
Greg Champion	(-14)	13.1

600 metres (NOST)

David McConnell	(-2.00)	04:23.3	02:23.3	DQ02:00.0
Jeffrey Sim	(-2.00)	04:33.0	02:33.0	
02:00.0	Winner			
Katrina Philip	(-2.00)	04:40.5	02:40.5	
02:00.0				
Daryl Kilmartin	(-2.30)	04:43.8	03:18.8	
01:25.0				
Graham Walter	(-2.00)	04:46.1	02:46.1	
02:00.0				
Marla Trautman	(scratch)		05:46.0	05:46.0

150 metres

David McConnell	(66)	22.6
Daryl Kilmartin	(52)	23.4
Graham Ford	(70)	26.1
Jeffrey Sim	(57)	27.8
Graham Walter	(61)	32.9

Parlour Relay

Not run

DONCASTER 8 JULY 2019**Doncaster 1000 metres (handicap)**

Katrina Philip	(-0.10)	04:44.80	04:34.80DQ
Kath Gawthorn	(-0.30)	05:00.50	04:30.50

60 metres

Paul Durrant	(58)	8.90
Graham Ford	(70)	9.80
Greg Champion	(64)	9.84
Janine James	(71)	11.08
Gloria De Zwart	(82)	15.00

100 metres age-graded

Janine James	(-35)	11.94
Paul Durrant	(-14)	12.16
Graham Ford	(-24)	12.31
Gloria De Zwart	(-45)	13.26
Greg Champion	(-17)	13.98

300 metres

Paul Durrant	(58)	50.0
Kath Gawthorn	(44)	67.5
Katrina Philip	(57)	66.3
Marla Trautman	(46)	02:37.2

3000 metres

Shaun Wright	(49)	06:47.1 (800 m walk ven rec)
Marla Trautman	(46)	14:09.0 (1400 m)
Kath Gawthorn	(44)	15:20.0
Katrina Philip	(57)	15:44.0

DONCASTER 15 JULY 2019**Long Jump**

	Age	
Luke De Biasi	(55)	5.29 (venue record)
Matt Scholes	(49)	3.72
Ian McCormack	(60)	3.59
Greg Champion	(64)	3.52
David McConnell	(66)	3.43
Tom Leong	(77)	2.53

100 metres

Matt Scholes	(49)	14.9
Greg Champion	(64)	15.2
Gary Zuccala	(56)	15.8
Katrina Philip	(57)	22.2

Javelin Throw

Luke De Biasi	(55)	33.69 (venue record)
Matt Scholes	(49)	24.88
David McConnell	(66)	17.77
Tom Leong	(77)	16.42
Ian McCormack	(60)	13.53

200 metres

Luke De Biasi	(55)	28.2
David McConnell	(66)	31.8
Ian McCormack	(60)	35.1
Gary Zuccala	(56)	36.3
Matt Scholes	(49)	39.0
Tom Leong	(77)	40.7
Marla Trautman	(46)	78.4

400 metres

Gary Zuccala	(56)	82.0
Katrina Philip	(57)	96.8
Marla Trautman	(46)	03:10.2

Discus

David McConnell	(66)	21.34
Ian McCormack	(60)	20.98
Tom Leong	(77)	17.27

800 metres walk

Shaun Wright	(49)	06:30.9 (ven record)
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1500 metres

Gary Zuccala	(56)	06:02.6
Ian McCormack	(60)	06:17.2
David McConnell	(66)	06:48.5
Katrina Philip	(57)	07:16.5
David (BOD) Armstrong	(63)	09:32.1 (walk)
Tom Leong	(77)	09:43.1

DONCASTER 22 JULY 2019**300 metres GIFT (handicap)**

Paul Durrant	(-30)	41.45
Matt Hughes	(-17)	42.85
Graham Ford	(-65)	43.32
David McConnell	(-60)	44.19
Katrina Philip	(-100)	44.24
Jason Merritt	(-55)	44.62

80 metres

Matt Hughes	(44)	12.44	(90 met)
Greg Champion	(64)	12.64	
Jason Merritt	(47)	14.62	(85 met)
Janine James	(71)	14.82	
Matt Scholes	(49)	15.26	

120 metres heat 1

Greg Champion	(64)	18.94
Graham Ford	(70)	19.70
Jason Merritt	(47)	20.06
Janine James	(71)	22.46
Marla Trautman	(46)	42.32

120 metres heat 2

Matt Hughes	(44)	16.60
Paul Durrant	(58)	16.79
David McConnell	(66)	19.48

500 metres

Jason Merritt	(47)	01:44.58	00:30.0
David McConnell	(66)	01:45.54	00:55.0
Kath Gawthorn	(44)	02:05.90	00:30.0
Katrina Philip	(57)	02:06.02	
Matt Hughes	(44)	02:08.24	01:15.0
Tom Leong	(77)	02:15.38	

1600 metres

Jason Merritt	(47)	06:56.9	
Matt Hughes	(44)	07:26.7	
Kath Gawthorn	(44)	07:40.4	
Katrina Philip	(57)	07:47.8	
Frank Prowse	(67)	09:33.5	(walk)
David Armstrong	(63)	10:28.5	(walk)
Marla Trautman	(46)	16:36.4	

DONCASTER 29 JULY 2019**1500 metres**

Matt Scholes	(49)	05:40.5
Matt Hughes	(44)	06:17.3
Elizabeth Grover	(55)	06:42.2 (ven rec)
Katrina Philip	(57)	07:17.0

60 metres

Matt Hughes	(44)	9.12	(65 metres)
Matt Scholes	(49)	9.32	
Phil Rosevear	(69)	9.57	
Graham Ford	(70)	9.80	
Janine James	(71)	11.12	
David McConnell	(66)	12.56	
Carolyn Aughey	(76)	14.45	

800 metres

Matt Scholes	(49)	02:36.0
Matt Hughes	(44)	03:04.5
David McConnell	(66)	03:17.7
Katrina Philip	(57)	03:34.6

2 X 200 Relay

Janine & Matt H	01:05.4
David & Phil	01:06.2
Matt S & Graham	01:12.0

3200 metres

Matt Hughes	(44)	15:57.3
Katrina Philip	(57)	17:38.6
Frank Prowse	(67)	19:05.3 (walk)

Pentathlon results

1st	David McConnell	(66)	2137
Long 3.43 (421) Javelin 17.77 (268) 200 31.8 (567) Discus 21.34 (364) 1500 6:48.5 (517)			
2nd	Luke De Biasi	(55)	1977
Long 5.29 (799) Javelin 33.69 (516) 200 28.2 (662) Discus 0 1500 0			
3rd	Ian McCormack	(60)	1716
Long 3.59 (392) Javelin 13.53 (150) 200 35.1 (296) Discus 20.98 (315) 1500 6:17.2 (563)			
4th	Tom Leong	(77)	1443
Long 2.53 (299) Javelin 16.42 (314) 200 40.7 (288) Discus 17.27 (362) 1500 9:43.1 (180)			
5th	Matt Scholes	(49)	541
Long 3.72 (254) Javelin 24.88 (287) 200 39.0 (0) Discus 0 1500 0			

Current standings:

15	David McConnell
12	Tom Leong
7	Darryl Kilmartin/Ian McCormack

EAST BURWOOD 4 JULY 2019**600 METRE RUN**

1	Paul DURRANT	58	2.06
2	Chris ROBINSON	60	2.32
3	Grant WATSON	71	4.59
4	Andrew FRASER	77	5.00

60 METRE SPRINT

1	Jess DUX	34	8.0
2	Grant MURFETT	52	8.3
3	Chris ROBINSON	60	10.4
4	Andrew FRASER	77	12.1
5	Jack FREDRICKSON	80	17.5
6	Lloyd NICHOLS	78	20.8

800 METRE HANDICAP WALK Clock Actual

1	Peter BATTRICK	75	8.10	8.10
2	Grant WATSON	71	8.15	6.54
3	Ros LORDING	47	8.17	5.02
4	Phyllis GOSBELL	81	8.35	6.35
5	Donna CLARKE	66	8.45	7.35

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

1	Jess DUX **	34	27.4	28.0
2	Grant MURFETT	52	27.7	29.2
3	Grant WATSON	71	83.5	45.0
4	Lloyd NICHOLS	78	111.1	119.0

** Winner - Jess Dux

100 METRE SPRINT HANDICAP H'capMtrs

1	Paul DURRANT	58	12.9	4
2	Grant MURFETT	52	13.1	3
3	Jess DUX	34	13.4	Minus 2
4	Chris ROBINSON	60	13.7	23
5	Lloyd NICHOLS	78	14.0	56
6	Andrew FRASER	77	14.5	25
7	Grant WATSON	71	17.7	44

3 KM RUN

1	Paul EARLE	55	13.26
2	Ros LORDING	47	14.41
3	Janet HOLMES	66	15.04

JAVELIN THROW Metres

1	Jess DUX	34	20.53
2	Grant MURFETT	52	17.38
3	Allan WOOD	82	17.30
4	Chris ROBINSON	60	13.85
5	Donna CLARKE	66	12.05
6	Jack FREDRICKSON	80	10.34

EAST BURWOOD 11 JULY 2019**800 METRE RUN N.O.T.**

1	Chris ROBINSON	60	3.24	winner
2	Rob ITALIA	53	3.29	
3	Allan WOOD	82	5.38	
4	Andrew FRASER	77	5.57	

60 METRE SPRINT

1	Chris ROBINSON	60	10.1
2	Paul DURRANT	58	10.9
3	Donna CLARKE	66	11.9
4	Andrew FRASER	77	12.3
5	Allan WOOD	82	12.6
6	Leo COFFEY	89	12.9
7	Lloyd NICHOLS	78	20.8
8	Shirley COPPOCK	83	21.9

EAST BURWOOD 11 JULY 2019 cont.**1000 METRE**

1	Kevin CASSIDY	59	4.4
2	Kylie IRSHAD	47	5.3
3	Leo WATSON	78	7.3
4	Leonie GILLIES	61	7.3
5	Brian TAIT	77	8.0
6	Grant WATSON	71	9.1
7	Gerald BURKE	79	9.2
8	Peter BATTRICK	75	10.3

110 METRE SPRINT

1	Paul DURRANT	58	14.6
2	Chris ROBINSON	60	18.4
3	Donna CLARKE	66	20.7
4	Andrew FRASER	77	21.0
5	Leo COFFEY	89	24.2
6	Grant WATSON	71	35.5
7	Lloyd NICHOLS	78	42.5

150 METRE SPRINT

1	Andrew FRASER	77	30.90
2	Donna CLARKE	66	34.30
3	Lloyd NICHOLS	78	109.60

4 KM HANDICAP RUN

FFF SERIES HEAT32		Clock	Actual	
1	Paul EARLE	55	24.20	17.52
2	Leonie GILLIES	61	24.44	24.44
3	Sam DEFANIS	71	25.25	21.30

2K WALK

1	Kylie IRSHAD	47	12.16
2	Grant WATSON	71	15.35

SHOT PUT N O D

1	Paul DURRANT	58	8.94	
2	Allan WOOD	82	6.45	
3	Donna CLARKE	66	5.76	
4	Chris ROBINSON	60	5.73	
5	Andrew FRASER	77	5.35	
6	Brian TAIT	77	5.26	
7	Jack FREDRICKSON	80	5.23	winner
8	Leo COFFEY	89	4.37	

EAST BURWOOD 18 JULY 2019**1 MILE RUN N.O.T.**

1	Rob ITALIA	53	6.45	
2	Janet HOLMES	66	7.40	
3	Chris ROBINSON	60	7.53	
4	Christopher WORSNOP	61	7.58	
5	Liz CLENNELL	49	8.20	winner

60 METRE SPRINT

Heat 1:			
1	Leo COFFEY	89	12.6
2	Shirley COPPOCK	83	15.6
3	Horatio DIAZ	74	19.6
4	Lloyd NICHOLS	78	21.5

Heat 2:			
1	Chris ROBINSON	60	10.5
2	Donna CLARKE	66	11.2
3	Andrew FRASER	77	13.8
4	Allan WOOD	82	19.8

EAST BURWOOD 18 JULY 2019 cont.**Heat 3:**

1	Jess DUX	34	7.9
2	Paul DURRANT	58	8.3
3	Grant MURFETT	53	8.7
4	Christopher WORSNOP	61	11.3

400 METRE HANDICAP SPRINT

			Finish	Actual
1	Paul DURRANT	58	2.30	1.07
2	Grant MURFETT	53	2.31	1.01
3	Jess DUX	34	2.34	1.08
4	Allan WOOD	82	2.35	1.51
5	Christopher WORSNOP	61	2.36	1.31
6	Rob ITALIA	53	2.37	1.05
7	Chris ROBINSON	60	2.38	1.28
8	Paul EARLE	55	2.40	1.21
9	Andrew FRASER	77	3.48	2.59

3/5 K RUN**3K**

1	Liz CLENNELL	49	17.45
2	Leonie GILLIES	61	18.40

5K

1	Paul EARLE	55	23.00
2	Geoff WHEELER	63	24.08
3	Ros LORDING	47	25.19
4	Christopher WORSNOP	61	25.44
5	Sam DEFANIS	71	27.37

1200 METRE HANDICAP WALK

			Finish	Actual
1	Kylie IRSHAD	47	11.59	6.34
2	Allan WOOD	82	12.19	10.04
3	Leonie GILLIES	61	12.23	9.08
4	Paul MORITZ	60	12.24	7.54
5	Peter BATTRICK	75	12.25	12.25
6	Ros LORDING	47	12.27	7.37
7	Christopher WORSNOP	61	12.31	8.11
8	Gerald BURKE	79	12.33	10.58
9	Brian TAIT	77	12.41	9.36
10	Liz CLENNELL	49	14.22	9.32

100 METRE SPRINT

1	Grant MURFETT	53	13.5
2	Jess DUX	34	14.1
3	Leo COFFEY	89	21.8
4	Shirley COPPOCK	83	31.2
5	Lloyd NICHOLS	78	38.0

DISCUS

1	Paul DURRANT	58	28.32	Hcp winner
2	Llew JENKINS	74	20.97	
3	Louise MCLEAN	54	17.52	
4	Andrew FRASER	77	15.65	
5	Chris ROBINSON	60	12.03	
6	Brian TAIT	77	11.74	
7	Jack FREDRICKSON	80	11.59	
8	Donna CLARKE	66	10.64	
9	Leo COFFEY	89	8.54	

EAST BURWOOD 25 JULY 2019**880 yards N O T**

1	Liz CLENNEL	50	4.00	Winner
2	Allan WOOD	82	5.47	
3	Andrew FRASER	77	6.06	

60 METRE SPRINT**Heat 1:**

1	Louise MCLEAN	54	9.8
2	Donna CLARKE	66	10.7
3	Allan WOOD	82	11.9
4	Leo COFFEY	89	12.7
5	Shirley COPPOCK	83	18.4

Heat 2:

1	Jess DUX	34	8.5
2	Paul DURRANT	58	8.7
3	Graham FORD	70	9.4
4	Andrew FRASER	77	14.5

800 METRES WALK N O T

1	Liz CLENNEL	50	5.32
2	Leonie GILLIES	61	6.01
3	Brian TAIT	77	6.25
4	Shirley COPPOCK	83	6.59
5	Gerald BURKE	79	7.01
6	Donna CLARKE	66	7.47
7	Allan WOOD	82	7.54
8	Peter BATTRICK	75	8.29

200 METRE SPRINT

1	Jess DUX	34	no
2	Paul DURRANT	58	times
3	Graham FORD	70	
4	Andrew FRASER	77	
5	Shirley COPPOCK	83	

100 METRE SPRINT

1	Jess DUX	34	13.1
2	Graham FORD	58	no
3	Donna CLARKE	66	times
4	Allan WOOD	82	
5	Andrew FRASER	77	
6	Shirley COPPOCK	83	

2K WALK

77	Brian TAIT	77	
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4 KM RUN

1	Leonie GILLIES	61	25.1
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6 K LEGENDS HANDICAP RUN

1	Michelle QUAN	49	
2	Geoff WHEELER	63	
3	Liz CLENNEL	50	
4	Sam DE FANIS	71	
5	Ros LORDING	47	

JAVELIN HANDICAP

			Metres	Actual
1	Jess DUX	34	21.29	
2	Toni MATTERS	51	24.41	
3	Graham FORD	70	20.38	
4	Donna CLARKE	66	12.50	
5	Jack FREDRICKSON	80	9.84	
6	Kaylie GOODRICK	47	10.98	
7	Louise MCLEAN	54	11.60	
8	Leo COFFEY	89	7.85	
9	Allan WOOD	82	17.91	

FRANKSTON 4 JULY 2019**4th July - USA theme****100 yards ET**

		Clock	ET	Diff	
1	Bill Carr	70	17.38	17.80	-0.42
2	Mike Hall	80	16.19	15.70	0.49
3	Russ Dow	59	13.60	14.10	-0.50

200 yards

1	Bill Carr	70	33.03
2	Rhys Calvo	Inv	43.24
3	Caitlin O'Connell	44	45.89
4	Zoe Calvo	Inv	52.17

880 yards / Half mile Walk

1	Heather Carr	69	5.01
2	Greg Lovejoy	77	6.27
3	Lindsay Beaton	69	7.12

880 yards / Half mile

1	Russ Dow	59	2.59
2	Liz Lowther	67	3.26
3	Charlie Mallia	70	3.28
4	Bill Carr	70	3.46
5	Barry Jeffs	70	3.56
6	Caitlin O'Connell	44	4.24
7	Fran Halton	57	5.15

1, 2 or 3 mile Walk

			Miles	
1	Lindsay Beaton	69	46.15	3
1	Greg Lovejoy	77	26.19	2
2	John Hallo	77	26.43	2

1, 2 or 3 mile

			Miles	
1	Russ Dow	59	20.20	3
2	Liz Lowther	67	23.18	3
1	Barry Jeffs	70	15.32	2
2	Charlie Mallia	70	18.20	2
3	Caitlin O'Connell	44	18.25	2
4	David Dodson	60	18.34	2
7	Fran Halton	57	20.46	2

FRANKSTON 11 JULY 2019**110m**

1	Veronica Sheedy	Inv	15.44
2	Bill Carr	70	18.40

200m

1	Veronica Sheedy	Inv	21.56
2	Bill Carr	70	22.47
3	Mike Hall	80	24.87
4	Chris Sheedy	51	25.36

1000m Age graded

		Clock	A/G %	
1	Liz Lowther	67	4.30	80.85%
2	Greg Lovejoy	77	4.44	70.46%
3	Barry Jeffs	70	4.21	68.81%
4	Chris Sheedy	51	4.22	58.24%

800m Walk

1	Heather Carr	69	4.36
2	John Hallo	77	6.41
3	Lindsay Beaton	69	7.02

FRANKSTON 11 JULY 2019 cont.**10 Lap Maximum Walk/Run**

			Laps	R/W	
1	Liz Lowther	67	19.33	10	R
2	Barry Jeffs	70	21.05	10	R
3	Greg Lovejoy	77	20.16	8	R
4	Caitlin O'Connell	44	20.20	8	R
5	Fran Halton	57	21.35	8	R
1	Heather Carr	69	19.58	8	W
2	John Hallo	77	20.58	6	W
	Lindsay Beaton	69	38.27	10	W

FRANKSTON 18 JULY 2019**90m**

1	Veronica Sheedy	Inv	12.39
2	Bill Carr	70	14.31
3	Mike Hall	80	15.08
4	Henry Sheedy	Inv	15.44

250m

1	Veronica Sheedy	Inv	41.37
2	Bill Carr	70	41.58
3	Henry Sheedy	Inv	60.01

800m Walk

1	Heather Carr	69	4.45
2	Greg Lovejoy	77	6.00
3	John Sutton	76	6.20
4	John Hallo	77	6.34
5	Lindsay Beaton	69	6.50

800m

1	Chris Sheedy	51	3.00
2	Liz Lowther	67	3.17
3	Barry Jeffs	70	3.23
4	Charlie Mallia	70	3.43
5	Claudio Riga	64	3.54
6	Caitlin O'Connell	44	4.15
7	Fran Halton	57	5.11
8	Lyn Pimm	58	5.26
9	Gary Meyer	64	5.41

2000m Walk

1	Heather Carr	69	12.20
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2400m

1	Charlie Mallia	70	13.20
2	Chris Sheedy	51	13.21
3	David Dodson	60	14.11

3000m Walk

1	Lindsay Beaton	69	28.57
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4000m

1	Liz Lowther	67	19.01
2	Barry Jeffs	70	19.23
3	Claudio Riga	64	19.49
4	Greg Lovejoy	77	22.24
5	Caitlin O'Connell	44	23.47
6	Fran Halton	57	26.58

FRANKSTON 25 JULY 2019

100m

1	Chris Sheedy	51	14.38
2	Nonie Chan	34	14.94
3	Bill Carr	70	15.36
4	Lindsay Beaton	69	22.05

200m

1	Bill Carr	70	32.14
2	Chris Sheedy	51	36.22
3	Mike Hall	80	36.24
4	Charlie Mallia	70	43.01

600m Walk

1	Heather Carr	69	3.16
2	Greg Lovejoy	77	4.24
3	John Hallo	77	4.32
4	Lindsay Beaton	69	5.34

600m

1	Chris Sheedy	51	2.17
2	Barry Jeffs	70	2.18
3	Charlie Mallia	70	2.22
4	Nonie Chan	34	2.33
5	Caitlin O'Connell	44	2.52
6	Fran Halton	57	4.04
6	Lyn Pimm	58	4.04

2000m Walk Estimated time

		Clock	ET	Diff	
1	Lyn Pimm	58	14.44	15.00	-0.16
2	Greg Lovejoy	77	15.06	15.30	-0.24
3	John Hallo	77	16.26	16.00	0.26
4	Lindsay Beaton	69	18.28	17.55	0.33
5	Liz Lowther	67	16.16	19.51	-3.35

2000m Run Estimated time

		Clock	ET	Diff	
1	Barry Jeffs	70	9.29	9.45	-0.16
2	David Dodson	60	10.59	11.20	-0.21
3	Charlie Mallia	70	10.54	10.11	0.43

3200m Walk

1	Heather Carr	69	19.33
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3600m

1	Nonie Chan	34	19.12
2	Caitlin O'Connell	44	22.16
3	Fran Halton	57	23.07

GEELONG 3 JULY 2019

100m

Rhys Hamill-Beach	no times
Daimin Mole	
Sue Howell	

2400m

Alex Romanin	07:44
Phil Shay	09:04
David Gifford	09:44
Marcus Gniel	10:04
Mark Humphrey	10:08
John Everett	10:22
Alan Jenkins	11:00
Jonathan Davis	11:09
Nick Masters	11:17
Jeff Walker	11:22
Frank Engelsman	11:32
Grant Baensch	12:54
Chris Colley	13:57
Di Porter	16:43

1600m

Alex Romanin	05:10
Rhys Hamill-Beach	05:21
Phil Shay	06:05
David Gifford	06:13
Sue Howell	06:14
Mark Humphrey	06:34
John Everett	06:57
Jonathan Davis	07:13
Jeff Walker	07:24
Nick Masters	07:33
Frank Engelsman	07:37
Kath Oliver	07:54
Grant Baensch	08:17
Daimin Mole	08:40
Di Porter	11:55

GEELONG 10 JULY 2019

400m

Daimin Mole	80.33
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2000m

Chris Colley	00:00
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4000m

Nick Masters	20:46
Daryl Hurst	24:06

6000m

Phil Shay	24:36
David Gifford	25:01
Jeff Walker	28:56
Jonnathon Davis	30:33
Grant Baensch	33:47



GEELONG 17 JULY 2019

200m

Daimin Mole	32.82
Alan Jenkins	38.63

3200m

Mark Boxer	12:11
Phil Shay	12:15
Alan Jenkins	14:02
Louis Rowan	14:02
Jeff Walker	15:14
Daryl Hurst	18:09

2400m

Dale Jennings	17:31
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1000m

Mark Boxer	03:33
Phil Shay	03:38
Jeff Walker	04:32
Erik Bumbers	04:59
Daryl Hurst	05:41
Dale Jennings	07:07

GEELONG 24 JULY 2019

300m

Luke Haines	45.70
Andy Bruschi	50.11
Russell Jenkins	55.73

2000m

Robert Jones	06:42
Russell Jenkins	06:46
Mark Boxer	06:59
Luke Haines	07:06
Louis Rowan	07:30
Peter McDonough	07:55
Andy Bruschi	08:45
Erik Bumbers	09:52
Joe Weiler	11:24
Jill Coyte (W)	11:34
Chris Colley	12:01

4000m

Phil Shay	15:33
Jeff Walker	18:50
Nick Masters	19:48
Frank Engelsman	20:02
Daryl Hurst	22:28

800m

Luke Haines	02:32
Mark Boxer	02:42
Phil Shay	02:54
Peter McDonough	02:57
Nick Masters	03:24
Jeff Walker	03:30
Frank Engelsman	04:07
Joe Weiler	04:11
Daryl Hurst	04:42

GEELONG 31 JULY 2019

100m

Andrew Beach	14.60
Andy Bruschi	15.30
Sue Howell	17.20

2400m

Dan Wright	08:35
Phil Shay	09:00
Alan Jenkins	10:18
Sue Howell	10:25
Jeff Walker	11:16
Leo Pye	11:30
Gerry Fitzpatrick	11:55
Frank Engelsman	12:08
Erik Bumbers	12:34
Grant Baensch	12:41
Daryl Hurst	12:49
Jill Coyte (W)	14:20
Fiona Fitzpatrick	15:10

1600m

Dan Wright	05:22
Phil Shay	05:58
Andy Bruschi	06:20
Alan Jenkins	06:47
Jeff Walker	07:18
Leo Pye	07:24
Frank Engelsman	07:41
Gerry Fitzpatrick	08:03
Grant Baensch	08:14
Daryl Hurst	08:15
Fiona Fitzpatrick	10:01



"Someday all of these anonymous offshore accounts will belong to shell companies of which you will deny all knowledge."

GLEN EIRA 2 JULY 2019**110m E/T**

		Clock	Est	Diff
JIM ROUNTREE	60	16.91	16.8	0.11
JIM McLURE	73	17.77	17.4	0.38
CHRIS BROWN	63	16.46	17.0	0.54
LINDA McCAFFREY	40	19.13	20.0	0.87
JUNE TREWEEK	58	17.32	16.2	1.12
KAREN FARRAR	46	17.54	22.0	4.46

800m E/T (Points)

		Clock	Est	Diff	%
GREG HUGHES	60	3.11.6	3.12	0.4	65.9
MIKE CLAPPER	67	2.47.0	2.48	1.0	80.26
BILL CARR	70	3.26.2	3.31	4.8	67.17
BARRY JEFFS	70	3.35.4	3.30	5.4	64.3
EWEN WILSON	66	2.41.2	2.50	8.8	82.27

150 MTRS E/T (Points)

		Clock	Est	Diff
EMMA McCAFFREY	9	29.56	29.35	0.21
JIM ROUNTREE	60	23.45	23.20	0.73
BOB WISHART	77	22.31	21.95	0.36
JIM McLURE	73	25.05	24.35	0.7
GLAD WISHART	75	31.36	32.15	0.79
JUNE TREWEEK	58	24.41	23.50	0.91
KAREN FARRAR	46	26.49	25.19	1.3
SOPHIE McCAFFREY	8	29.29	27.93	1.36
EMILIE LORENTZEN	10	27.08	28.65	1.57
OSCAR LORENTZEN	8	26.69	20	6.29

SANDRA MIDDLETON WALK - 3KM H/CAP**(Sealed)**

		Clock	H/cap	H/C Time	%
CYNTHIA ELLERY	70	24.02	5.28	29.30	67.7
GWEN STEED	76	20.39	9.20	29.59	86.4
JIM BERRINGTON	62	18.41	11.30	30.11	72.0
DES MIDDLETON	72	20.34	9.40	30.14	73.3
KARYN O'NEILL	64	20.43	9.40	30.23	72.7
SANDRA MIDDLETON	70	21.44	8.41	30.25	74.9
CONRAD HAMANN	67	21.38	9.20	30.58	65.6
JOHN ZELEZNIKOW	69	27.32	3.42	31.14	52.9
MICHAEL HEFFERNAN	84	30.00	1.43	31.43	59.9
JUNE TREWEEK	58	24.28	7.48	32.16	57.5
TONY DORAN	67	28.00	7.59	35.59	50.7
FASTEST TIME	JIM BERRINGTON 18.41				

RAY KEMP 3KM H/CAP (Sealed)

		Clock	H/C Time	Diff	%
LEISA HUNT	47	16.09	16.40	-0.31	58.4
MERLE WANT	58	17.24	17.45	-0.21	62.7
GREG HUGHES	60	14.42	15.00	-0.18	62.0
SIMON LLOYD	64	12.43	13.00	-0.17	74.3
NICKY GRAFEN	8	17.46	18.00	-0.14	54.5
ASHLEY PAGE	78	15.27	15.40	-0.13	73.9
BILL CARR	70	16.48	17.00	-0.12	59.6
KAREN MONOHAN	52	19.30	19.40	-0.10	51.5
PETE BATTRICK	75	32.20	32.30	-0.10	33.3
JANINE McKERRON	58	15.11	15.20	-0.09	71.9
MARY HARPER	49	19.31	19.40	-0.09	49.6
EWEN WILSON	66	11.52	12.00	-0.08	81.1
SARAH JOHNSON	35	19.22	19.30	-0.08	43.76
SARAH LORENTZEN	40	12.27	12.35	-0.08	70.27
BARRY JEFFS	70	14.12	14.20	-0.08	70.54
JANET HOLMES	66	14.53	15.00	-0.07	82.75
LINDA McCAFFREY	40	15.37	15.40	-0.03	49.69
JEFF BOOT	63	13.27	13.25	0.02	69.62
CHRIS GRAFEN	55	12.26	12.15	0.11	70.25
STEVE STRELECKY	69	14.42	14.20	0.22	67.39
GERRY O'DONNELL	65	16.31	16.00	0.31	57.73
CHRIS BROWN	63	15.07	14.30	0.37	61.94
SYD BONE	61	14.30	13.40	0.50	63.44

GLEN EIRA 9 JULY 2019**70m E/T**

		Clock	Est	Diff
JIM ROUNTREE	60	11.02	11.0	0.02
SARAH LORENTZEN	40	11.65	11.5	0.15
GLAD WISHART	75	13.55	13.78	0.23
CHRIS BROWN	63	10.65	10.4	0.25
JIM McLURE	73	11.52	11.2	0.32
LINDA McCAFFREY	40	11.95	12.4	0.45
MIKE CLAPPER	67	10.23	10.7	0.47
JUNE TREWEEK	58	11.02	10.5	0.52
EMMA McCAFFREY	9	13.58	14.1	0.52
SOPHIE McCAFFREY	8	13.57	12.74	0.83
BOB WISHART	77	10.02	11.02	1.00
LLEWELLYN JENKINS	74	14.00	12.5	1.50
EMILIE LORENTZEN	10	12.18	13.75	1.57
OSCAR LORENTZEN	8	13.01	14.59	1.58

1600m E/T

		Clock	Est	Diff	%
EWEN WILSON	66	6.06	6.00	6	79.81
JANET HOLMES	66	7.26	7.55	29	84.15
CHRIS BROWN	63	7.35	8.10	35	60.8
BARRY JEFFS	70	7.20	8.00	40	69.11

300m H/C (Trophy)

		Clock	H/cap	H/C Time	%
MIKE CLAPPER	67	54.57	5	49.57	78.9
BOB WISHART	77	55.09	5	50.09	91.34
JIM ROUNTREE	60	55.33	5	50.33	73.51
JIM McLURE	73	56.40	GO	56.40	75.64

WALK - 2400M SELF H/C

		Clock	E/T	Diff
TONY DORAN	67	18.56	19.12	-16
GWEN STEED	76	16.30	16.37	-7
CYNTHIA ELLERY	70	19.52	19.59	-7
PETER BATTRICK	75	26.05	26.10	-5
LLEWELLYN JENKINS	74	19.50	19.50	0
KARYN O'NEILL	64	16.22	16.20	2
TERRY O'NEILL	63	16.04	16.00	4
JOHN ZELEZNIKOW	69	22.08	22.00	8
JUNE TREWEEK	58	17.44	20.00	-136(DQ)
DES MIDDLETON	72	14.45	16.35	-110(DQ)
MARK CANT	57	14.36	16.15	-99(DQ)
SANDRA MIDDLETON	70	16.42	17.30	-48(DQ)
JIM BERRINGTON	62	14.34	15.15	-41(DQ)
CONRAD HAMANN	67	17.03	17.30	-27(DQ)
MICHAEL HEFFERNAN	84	22.57	22.30	27(DQ)

4K

		Clock	%
EWEN WILSON	66	17.28	74.9
SARAH LORENTZEN	40	17.32	67.8
SYD BONE	61	19.45	63.3
BARRY JEFFS	70	20.04	67.9
CHRIS BROWN	63	20.28	62.2
STEVE STRELECKY	69	20.43	65.0
LINDA McCAFFREY	40	20.52	57.0
CHRIS CAMPBELL	70	21.06	64.5
ASHLEY PAGE	78	21.23	72.6
GERRY O'DONNELL	65	21.24	60.6
JO COCKWILL	66	23.03	72.3
LEISA HUNT	47	23.04	55.4
MERLE WANT	58	23.40	62.5
PHIL URQUHART	74	26.32	54.3
KAREN MONOHAN	53	27.11	50.8

GLEN EIRA 16 JULY 2019**60m E/T**

		Clock	Est	Diff	%
CHRIS BROWN	63	9.36	9.30	0.06	84.19
GLAD WISHART	75	11.50	11.34	0.16	89.57
JIM ROUNTREE	60	9.28	9.50	0.22	83.3
BILL CARR	70	9.38	9.60	0.22	87.85
LINDA McCAFFREY	40	10.25	10.50	0.25	70.1
JUNE TREWEEK	58	9.18	9.45	0.27	94.34
MIKE CLAPPER	67	8.66	9.00	0.34	93.42
EMMA McCAFFREY	10	11.73	12.10	0.37	66.67
JIM McLURE	73	9.53	10.05	0.52	88.35
SOPHIE McCAFFREY	8	11.14	11.68	0.54	77.0
EMILIE LORENTZEN	10	10.20	11.05	0.85	76.67
JOEL FARRAR	11	9.17	10.50	1.33	80.7
CHELSEA WHITTLE	12	9.86	11.19	1.33	75.35

600m H/C

		Clock	H/cap	H/C Time
MARK CANT	57	3.19.6	GO	3.19.6
CHRIS BROWN	63	3.23.1	60	2.23.1
JO WHITTLE	47	3.40.6	66	2.34.6

400m E/T

		Clock	Est	Diff	%
MIKE CLAPPER	67	70.13	70	0.13	80.21
JIM McLURE	73	81.29	82	0.21	76.84
JIM ROUNTREE	60	71.29	71	0.29	74.18
BOB WISHART	77	75.53	76	0.47	89.06
OSCAR LORENTZEN	8	81.16	83	1.34	72.97
BILL CARR	70	77.52	75	2.52	76.11
JOEL FARRAR	11	78.31	75	2.31	65.52

2K WALK

		Clock
JO WHITTLE	47	12.57
GWEN STEED	77	14.03
SANDRA MIDDLETON	70	14.11
CONRAD HAMANN	67	14.17
TONY DORAN	67	14.42
KAREN FARRAR	46	16.45
MICHAEL HEFFERNAN	84	18.58
JUNE TREWEEK	58	19.21
PETE BATTRICK	75	21.37

4K WALK

		Clock
JIM BERRINGTON	63	25.45
TERRY O'NEILL	63	25.54
MARK CANT	57	27.13
KARYN O'NEILL	64	27.35

3K AGE%

		Clock	%
JANET HOLMES	66	14.49	83.1
ASHLEY PAGE	78	15.41	72.8
JO COCKWILL	66	17.01	72.4
CHRIS GRAFEN	55	12.27	70.2
STEVE STRELECKY	70	14.45	67.2
CHRIS CAMPBELL	70	15.06	66.3
SARAH LORENTZEN	5	13.28	65.0
LEISA HUNT	47	15.29	61.0
SYD BONE	61	15.06	60.9
CHRIS BROWN	63	15.29	60.5
LINDA McCAFFREY	40	15.02	58.2
SIMONE O'BRIEN	47	16.24	57.6
PHIL URQUHART	74	19.27	55.4
KAREN MONOHAN	53	19.58	51.0
NICKY GRAFEN	8	16.57	49.9
MARY HARPER	59	20.00	48.4
SARAH JOHNSON	35	20.38	41.1

GLEN EIRA 30 JULY 2019**4 X 100 RELAY**

		H/C	Clock
LINDA McCAFFREY	40		
JUNE TREWEEK	58		
CHRIS BROWN	62		
MIKE CLAPPER	67	GO	62.77
JIM ROUNTREE	60		
VIVIENNE CASH	67		
BILL CARR	70		
BOB WISHART	77	2.00	62.97

500m E/T

		Clock	Est	Diff	%
BARRY JEFFS	70	1.51.8	1.50	1.8	70.52
EWEN WILSON	66	1.36.8	1.35	1.8	76.8
CHRIS BROWN	63	1.58.4	1.50	8.4	61.11
JOEL FARRAR	11	1.35.3	1.50	14.7	72.1
JANINE McKERRON	59	2.04.5	2.30	25.5	67.16

200M AGE%

		Clock	%
BOB WISHART	77	31.39	91.91
VIVIENNE CASH	67	34.98	86.54
JIM McLURE	73	33.60	80.42
BILL CARR	70	32.11	80.35
JUNE TREWEEK	58	35.32	78.45
JIM ROUNTREE	60	32.54	73.76
SIMONE O'BRIEN	47	35.59	69.88
JOEL FARRAR	11	33.79	67.86
KAREN FARRAR	46	36.70	66.24

WALK - 5 LAP SPIRAL

		Clock	Est	Diff
SANDRA MIDDLETON	70	14.47	14.50	-3
MICHAEL HEFFERNAN	84	19.53	20.00	-7
JUNE TREWEEK	58	16.52	17.00	-8
PETE BATTRICK	76	22.22	22.30	-8
JIM BERRINGTON	63	13.04	12.55	9
CYNTHIA ELLERY	70	17.22	17.07	15
TERRY O'NEILL	63	13.27	13.00	27
KARYN O'NEILL	64	14.24	13.50	34
TONY DORAN	67	15.31	14.51	40
GWEN STEED	77	14.31	15.15	-44
HEATHER CARR	69	12.40	14.00	-80

4K E/T

		Clock	Est	Diff	%
CHRIS GRAFEN	55	16.59	17.00	1	69.87
SIMON LLOYD	64	17.58	18.00	2	70.22
ASHLEY PAGE	78	22.19	22.22	3	69.53
JENNIFER WANG	48	22.56	23.00	4	56.4
CHRIS CAMPBELL	70	20.07	20.00	7	67.69
BARRY JEFFS	70	19.38	19.30	8	69.35
KAREN MONOHAN	53	26.52	26.40	12	51.36
SIMONE O'BRIEN	47	22.05	22.20	15	57.89
EWEN WILSON	66	16.12	16.30	18	80.76
JO COCKWILL	66	22.46	23.15	29	73.21
SARAH LORENTZEN	40	17.58	18.20	32	66.14
LINDA McCAFFREY	40	20.56	21.30	34	56.77
LEISA HUNT	47	22.11	22.50	39	57.63
PHIL URQUHART	74	24.29	25.10	41	58.82
NICKY GRAFEN	8	22.04	23.00	56	59.59
MERLE WANT	58	23.18	24.22	64	63.45
STEVE STRELECKY	69	20.41	19.00	101	65.11
CHRIS BROWN	63	20.21			62.57

KNOX 3 JULY 2019**800m walk**

Liz Clennell	50	6.53
Pauline Paine	41	7.49
Glenn Berry	48	8.02
Glenn Claiden	65	8.03
Bob Henderson	72	8.05
Matt Morris	53	8.07
Shane Grund	37	8.09
Arthur Kapoulitsa	71	8.1
Graeme Leticq	64	8.12
David Wear	72	8.13
Peter LeGet	85	8.21
Peter Thorne	71	8.23

60m

Paul Durrant	85m	58	12.01
Chloe Grund	60m	inv	12.34
Andrea Putting	60m	56	12.64
Arthur Kapoulitsa	70m	71	12.7

1000m

Matt Morris	53	3.32
John Signorini	65	4.16
Chloe Grund	inv	4.24
Shane Grund	37	4.24
Murray Hutchison	70	4.46
Glenn Berry	48	4.54
Liz Clennell	50	5.08
Brian Mee	81	5.1
Bob Henderson	72	5.15
Pauline Paine	41	5.21
David Wear	72	5.46

500m NOT - \$5.00 prize

Paul Durrant	2nd	58	1.37
Matt Morris		53	1.46
Shane Grund		37	2.01
Peter Thorne		71	2.19
John Signorini		65	2.26
Glenn Berry	3rd	48	2.32
Liz Clennell		50	2.33
Bob Henderson		72	2.44
Arthur Kapoulitsa		71	2.45
Maggie Hawkes		63	3.29
David Wear		72	3.3

Winner

Sprint

Andrea Putting	56 – 70m
Chloe Grund	inv - 75
Paul Durrant	58 – 110

Distance**1k**

Bob Henderson	72	6.38	
David Wear	72	6.48	
Maggie Hawkes	1200m	63	10.43
Glenn Berry	1800	48	10.57
John Signorini	2200	65	10.57

3k

Michell Quan	50	14.36
Liz Clennell	50	15.58
Arthur Kapoulitsa	71	18.52
Brian Mee	81	18.56
Pauline Paine	41	19.11

5k

Matt Morris	53	19.32
Graeme Leticq	64	23.52
Sarah Thorne	39	24.52
Glenn Claiden	65	27.27

KNOX 10 JULY 2019**800m walk**

Maggie Hawkes	63	6.23
Mick Carr	66	6.58
Nicola Van Reenen	47	7.09
Andrea Putting	56	7.33
Bob Henderson	72	7.34
Glenn Claiden	65	7.36
Arthur Kapoulitsa	71	7.37
Glenn Berry	48	8.08
Shane Grund	37	8.08
Anne McPherson	62	8.1
David Wear	72	8.11
Graeme Leticq	64	8.15
Paul Twining	69	8.16
Peter LeGet	85	8.32
Matt Morris	53	8.34

80m

Arthur Kapoulitsa	71	13.26	
Mick Carr	66	13.79	
Paul Durrant	110m	58	14.35
Matt Morris	53	14.97	
Chloe Grund	inv	15.51	
Andrea Putting	56	16.05	

800m

Matt Morris	53	2.55
Chloe Grund	inv	3.48
Mick Carr	66	3.49
Shane Grund	37	3.49
Paul Twining	69	3.53
Bob Henderson	72	4.19
Peter Thorne	71	4.33
David Wear	72	4.41

Kapoulitsa Team Run – 6laps**North team**

Glenn Claiden	65	
Mick Carr	66	
Sam De Fanis	71	
Paul Durrant	58	
Shane Grund	37	
David Wear	72	
Peter Thorne	71	13.56

South Team

Matt Morris		
Graeme Leticq	64	
Murray Hutchison	70	
Paul Twining	69	
Sarah Thorne	39	
Nicola Van Reenen	47	
Arthur Kapoulitsa	71	14.38

KNOX 17 JULY 2019**2by400m walk relay**

Mick Carr	
Bob Henderson	5.57
Arthur Kapoulitsa	
Pauline Paine	6.14
Matt Morris	
Ian U'Ren	6.36
Someone	
Andrea Putting	6.48
Peter Thorne	
Shane Grund	6.59
David Black	
Peter LeGet	7

KNOX 17 JULY 2019 cont.

Paul Twining

David Wear 7.28

Glenn Claiden

Michelle Quan ?**60m**

Paul Durrant	75	9.69
Geoff Whitehall	70	10.59
Arthur Kapoulitsa	71	11.28
Pauline Paine	50	12.06
Chloe Grund	inv	13.07
Andrea Putting	72	14.25

600m

Matt Morris	53	1.58
Paul Durrant	58	2.19
Stephen Richards	58	2.39
Mick Carr	66	2.39
Bob Henderson	72	2.46
Shane Grund	37	2.52
Chloe Grund	inv	2.56
Pauline Paine	41	3.02
David Wear	72	3.17

150m

Arthur Kapoulitsa	71	24.65
Pauline Paine	41	27.31

110m

Pauline Paine	80m	41	14.54
Paul Durrant	110	58	15.26
Geoff Whitehall	100	70	16.28
Chloe Grund	80	inv	16.53
Andrea Putting	80	56	17.38
Leah Grund	80	inv	22.07

Distance**1k**

Peter LeGet	85	7.29
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2k

Arthur Kapoulitsa	71	11
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3k

David Wear	72	17.03
Bob Henderson	71	17.05

5k

Paul Twining	69	22.28
Matt Morris	53	22.54
Graeme Leticq	64	23.25
David Black	63	23.53
Mick Carr	66	25.19
Michelle Quan	49	25.25
Sam De Fanis	71	25.52
Glenn Claiden	65	26.55
Stephen Richards	58	27
Nicola Van Reenen	47	27.11
Ian U'Ren	68	28.11
Peter Thorne	71	28.52
Murray Hutchison	70	31.06

extra lap

KNOX 24 JULY 2019 cont.**100m hcp**

Arthur Kapoulitsa	100m	71	16.61
Paul Durrant	125	58	17.36
Jack Durrant	135	22	17.82
Chlie Grund	90	7	18.12
Andrea Putting	90	56	18.98

KNOX 24 JULY 2019**800m walk**

Liz Clennell	50	5.36
Nicola Van Reenen	47	7.24
Jack Durrant	22	7.27
Maggie Hawkes	63	7.28
Glenn Claiden	65	7.35
Ian U'Ren	68	7.36
Arthur Kapoulitsa	71	7.56
Anne McPherson	62	7.57
Bob Henderson	72	7.58
Graeme Leticq	64	8.05
Paul Twining	69	8.05
Stephen Richards	58	8.08
Matt Morris	53	8.09
Pater Thorne	71	8.11
David Wear	72	8.12
Sarah Thorne	39	9.02
Pauline Paine	41	9.03

70m

Arthur Kapoulitsa	71	11.47	
Jack Durrant	100m	22	12.06
Chloe Grund	7	13.67	
Andrea Putting	56	14.39	

2by400m relay

Chloe Grund	7	
Stephen Richards	58	2.53.26
Paul Durrant	58	
Mick Carr	66	2.53.85

80m

Shane Grund	37	2.28
Matt Morris	53	2.53
Suzi Wilson	53	3.07
Paul Durrant	58	3.2
Stephen Richards	58	3.31
Chloe Grund	7	3.36
Paul Twining	69	3.51
Liz Clennell	50	3.57
Bob Henderson	72	4.01
Brian Mee	81	4.06

Distance

Bob Henderson	3laps	72	7.54
Glenn Berry	5laps	48	12.42
Pauline Paine	5laps	41	1243

10lap spiral – sealed hcp

Matt Morris	53	16.57	
Graeme Leticq	64	18.38	
Suzi Wilson	53	18.45	
Dave Black	63	19.57	
Mick Carr	3rd	66	20.58
Sarah Thorne	Winner	39	21.04
Paul Twining	69	21.45	
Sam De Fanis	71	21.51	
Nicola Van Reenen	47	22.16	
Glenn Claiden	2nd	65	22.22
David Wear	72	22.24	
Liz Clennell	50	22.26	
Murray Hutchison	70	23.01	
Ian U'Ren	68	23.21	
Stephen Richards	58	24.88	
Kylie Irshed	47	24.19	
Peter Thorne	71	24.38	
Kyle Bird	23	24.51	
Brian Mee	81	25.53	

KNOX 31 JULY 2019**800m walk NOT**

Kylie Irshad	47	4.39
Liz Clennell	50	5.24
Peter Thorne	71	6.19
Glenn Claiden	65	6.53
Mick Carr	66	6.53
Paul Twining	69	7.03
Anne McPherson	62	7.39
Bob Henderson	72	7.4
Steve Duckworth	66	7.45
Glenn Berry Winner	48	8
Shane Grund	37	8.01
Andrea Putting	56	8.29
Maggie Hawkes	63	8.29
Stephen Richards	58	8.3
Ian U'Ren	68	8.31
David Wear	72	8.32
Peter LeGet	85	9.18

60m

Paul Durrant	80m	58	11.3
Chloe Grund	60m	7	12.19
Andrea Putting	60m	56	12.4

1500m

Shane Grund	37	4.37
Graeme Leticq	64	6.1
Mick Carr	66	7.08
Chloe Grund	7	7.21
Glenn Berry	48	7.26
Liz Clennell	50	7.35
Stephen Richards	58	7.44
Peter Thorne	71	8.24

110m hcp

Paul Durrant	104m	58	14.39
Rob Italia	110m	14.71 - 110	
Chloe Grund	76m	7	14.94
Andrea Putting	76m	56	15.34

15min

Matt Morris	53	3800m
Kylie Irshad	47	2950
Murray Hutchison	70	2550
Brian Mee	81	2515
Paul Durrant	58	2500
Liz Clennell	50	2450
Steve Duckworth	66	1945

25min

Shane Grund	37	7050
Graeme Leticq	64	5690
Sam DeFanis	71	4970
Glenn Claiden	65	4770
Stephen Richards	58	4560
David Wear	72	4440
Peter Thorne	71	4416
Paul Twining	69	6000

26:48min

35min

Mick Carr	66	6900
Sarh Thorne	39	6700
Ian U'Ren	68	6050

MENTONE 3 JULY 2019**600m Walk E.T.**

			Clock	Diff.
1	Sylvia Machin	78	4.28	-0.02
2=	Sharon Carr	54	5.03	0.03
2=	Ian Beaumont	82	5.28	-0.03
4=	Bev Hugo	79	4.48	-0.06
4=	Margaret Beaumont	81	5.27	0.06
4=	Helen Castel	56	4.20	-0.06
7	Kevin Cassidy	58	2.49	0.09
8	Julian Boland	56	5.34	0.34
9	John Mathew	82	5.38	0.38
10	Michael Boulton	64	5.08	0.41
11	Gwen Steed	76	3.52	0.47
12	Jill Mannering	82	5.33	-0.58

1200m Self H/cap**Eddie Gamble Trophy 2**

			Clock	Actual
1	Sandra Wynne	67	8.45.2	5.50.2
2	Greg Hughes	60	8.50.6	5.27.6
3	Avril Britter	60	8.50.8	5.59.8
4	Kuni Bowden	53	8.51.3	5.01.3
5	John Kneen	76	8.57.5	7.27.5
6	Col Waring	73	9.21.5	5.17.5
DQ	Ashley Page	78		5.49.1 ***
DQ	Julian Boland	56		7.28.0
DQ	Helen Castel	56		5.51.3
DQ	Matt Bowden	52		4.22.8

100m H/cap**Mike Johnston Trophy 3**

			Clock	Metres
1	John Mathew	82	12.79	55
2	Glad Wishart	75	13.10	34
3	Sandra Wynne	67	13.81	28
4	Bob Wishart	77	13.96	6
5	Avril Britter	60	14.55	27
6	Ron Arthur	79	14.59	17

2.5 Km E.T. Road**Point Score Series 1**

			Clock	Diff
1	Greg Hughes	60	12.18	-0.06
2	John Kneen	76	17.24	-0.14
3	Sandra Wynne	67	13.13	-0.16
4=	Avril Britter	60	13.20	-0.22
4=	James O'Brien	66	10.47	-0.22
6	John Zeleznikow	68	25.25	0.25
7	Kuni Bowden	53	10.51	-0.39
8	Stephen Bird	56	11.09	-1.36 ***

2000m Walk Self H/cap

			Clock	Actual
1	Maureen Seedsman	81	22.46	16.36
2	John Mathew	82	22.51	22.51
3	Sylvia Machin	78	22.56	15.06
4	Geoff Barrow	70	23.03	14.48
5	Helen Castel	56	23.14	15.14
6	Margaret Beaumont	81	23.34	19.03
7	Joan Clarke	84	23.43	20.03
8	Michael Boulton	64	23.58	17.58
9	Debbie Thomson	61	24.08	23.08
DQ	Jill Mannering	82		18.57
DQ	Ian Beaumont	82		18.58
DQ	Kevin Cassidy	58		9.44
DQ	Bev Hugo	79		16.28
DQ	Glennis McPherson	72		13.59
DQ	Sharon Carr	54		16.30

MENTONE 10 JULY 2019**800m Walk E.T.**

		Clock	Diff.
1= Jill Mannering	82	7.13	0.03
1= Maureen Seedsman	81	6.27	-0.03
3 Sharon Carr	54	6.34	-0.06
4 John Zeleznikow	69	7.41	-0.09
5 Bev Hugo	79	6.58	0.18
6 Ian Beaumont	83	7.52	0.22
7 Margaret Beaumont	81	7.51	0.42
8 John Mathew	82	9.09	1.09

1 Mile E.T.

		Clock	Diff.
1 Ashley Page	78	8.26.9	-1.1
2 Greg Hughes	60	7.57.1	7.1
3 Avril Britter	60	8.25.5	9.5
4 Col Waring	73	7.39.1	14.1
5 Sandra Wynne	67	8.24.6	14.6
6 John Kneen	76	10.56.0	-24.0
7 Ashley Birrell	74	8.14.2	29.2

200m E.T. *Agg Event*

		Clock	Diff.	Pts
1 Ron Arthur	79	38.78	-0.92	7
2 Vivienne Cash	67	36.40	1.00	5
3 Bob Wishart	77	34.10	1.10	4
4 Glad Wishart	75	49.38	3.46	3

3 Km Self H/cap**Point Score Series 1**

		Clock	Actual
1 Ashley Page	78	16.13	16.13
2 Greg Hughes	60	16.20	15.16
3 Avril Britter	60	16.38	16.01
4 Sandra Wynne	67	16.48	16.37
DQ John Kneen	76		21.08

Series Winner

@

Greg Hughes

2.2 Km Walk E.T. *Agg Event*

		Clock	Diff.	Pts
1 Ian Beaumont	83	30.22	0.28	7
2 Sharon Carr	54	24.29	-1.16	5
3 Bev Hugo	79	27.28	1.18	4
4 Geoff Barrow	70	24.04	1.34	3
5 Margaret Beaumont	81	30.20	1.58	2

MENTONE 17 JULY 2019**400m Walk E.T.**

		Clock	Diff.
1 Iris Boulton	70	3.10	0.00
2 Sylvia Machin	78	2.53	-0.02
3 Kevin Cassidy	58	1.42	-0.03
4= Helen Castel	56	2.44	-0.04
4= Ian Beaumont	82	3.39	0.04
6= Michael Boulton	64	3.13	0.08
6= Margaret Beaumont	81	3.38	0.08
8 Gwen Steed	76	2.32	-0.16
9 John Mathew	82	3.33	-0.17
10 Maureen Seedsman	81	3.01	-0.19

1000m Self H/cap

		Clock	Actual
1 Susan Short	45	6.22.4	3.57.4
2 Ashley Page	78	6.22.5	4.57.5
3 Ashley Birrell	74	6.24.5	4.15.5
4 Sandra Wynne	67	6.29.0	4.50.0
5 Julian Boland	56	7.35.0	5.22.0
DQ Col Waring	73		4.10.0
DQ Avril Britter	60		4.52.0
DQ Kuni Bowden	53		4.07.4
DQ Helen Castel	56		4.47.3
DQ John Kneen	76		5.58.0

MENTONE 17 JULY 2019 cont.**150m E.T.**

		Clock	Diff.
1 John Mathew	82	45.68	0.68
2 Bob Wishart	77	22.94	0.69
3 Glad Wishart	75	32.96	-1.84
4 Vivienne Cash	67	26.66	2.26
5 Susan Short	45	29.50	5.50

3.336 Km E.T. *Agg Event*

		Clock	Diff.	Pts
1 Sandra Wynne	67	18.14	0.02	7
2 Stephen Bird	56	15.31	0.31	5
3 Avril Britter	60	17.50	-0.43	4
4 Ashley Birrell	74	17.19	0.59	3
5 John Zeleznikow	68	36.20	1.20	2
6 Kuni Bowden	53	15.15	-2.15	1
7 John Kneen	76	23.00	-2.30	1

1500m Walk E.T.

		Clock	Diff.
1 Kevin Cassidy	58	7.17	0.02
2 Sylvia Machin	78	11.25	0.05
3 Geoff Barrow	70	10.41	-0.09
4= Ian Beaumont	83	14.36	0.21
4= Glennis McPherson	72	10.41	0.21
4= John Mathew	82	17.39	-0.21
7 Maureen Seedsman	81	12.26	0.26
8 Julian Boland	56	10.17	-0.28
9 Margaret Beaumont	81	14.34	0.36
10 Helen Castel	56	11.06	-0.44
11 Iris Boulton	70	13.10	-0.50
12 Michael Boulton	64	13.21	-1.39

MENTONE 24 JULY 2019**500m Walk E.T.**

		Clock	Diff.
1 Maureen Seedsman	81	3.51	0.01
2 Sylvia Machin	78	3.38	0.03
3 Ian Beaumont	82	4.41	-0.04
4= Kevin Cassidy	58	2.07	-0.08
4= Joan Clarke	83	4.42	-0.08
6= Margaret Beaumont	81	4.40	0.16
6= Jill Mannering	83	4.21	0.16
8 Ralph Bennett	77	2.57	-0.18
9 Bev Hugo	79	3.79	-0.27
10 Louise Chernov	72	4.19	-0.41
11 Iris Boulton	70	3.58	0.43
12 Gwen Steed	76	3.15	-0.49
13 Susan Short	45	2.54	-0.51
14 Vlad Chernov	77	4.06	-0.56
15 Michael Boulton	64	4.13	0.57

300m E.T.

		Clock	Diff.
1= Vivienne Cash	67	58.50	0.50
1= Bob Wishart	77	51.25	-0.50
3 Ron Arthur	79	64.53	-8.07

1500m E.T.

		Clock	Diff.
1 Ashley Birrell	74	6.44.5	-0.5
2 Sandra Wynne	67	7.32.4	-2.6
3 Susan Short	45	6.20.0	-10.0
4 Avril Britter	60	7.39.6	14.6
5 Ashley Page	78	7.52.3	-15.7
6 Ralph Bennett	77	7.07.8	-52.2

MENTONE 24 JULY 2019 cont.

60m E.T.		Clock	Diff.	
1	Glad Wishart	75	11.93	0.06 ***
2	Susan Short	45	9.55	0.25
3	Sandra Wynne	67	11.35	0.27
4	Bob Wishart	77	9.34	0.59
5	Ron Arthur	79	10.59	0.61
6	Avril Britter	60	11.94	0.80
7	Jill Mannering	83	19.08	1.58 ***
8	John Mathew	82	16.33	-1.67

2 Miles Self H/cap

Point Score Series 1		Clock	Actual	
1	Sandra Wynne	67	21.23	17.23
2	Avril Britter	60	21.31	17.26
3	James O'Brien	66	21.48	13.55
4	Ashley Page	78	22.13	18.00
5	John Kneen	76	22.18	22.18
6	Kevin Cassidy	58	22.28	16.58
DQ	Ashley Birrell	74		15.55

5 Lap Spiral Walk E.T.		Clock	Diff.	
1	Geoff Barrow	70	14.52	0.00
2	Glennis McPherson	72	15.02	0.02
3	John Zeleznikow	68	18.39	-0.16
4=	Ian Beaumont	83	20.35	0.20
4=	Michael Boulton	64	18.25	0.20
4=	Debbie Thomson	61	23.30	0.20
7=	Maureen Seedsman	81	17.25	0.25
7=	Bev Hugo	79	18.05	0.25
9	Sylvia Machin	78	15.57	0.27
10	Iris Boulton	70	17.42	0.52
11	Margaret Beaumont	81	20.32	1.04
12	John Mathew	82	24.48	-5.12

MENTONE 31 JULY 2019

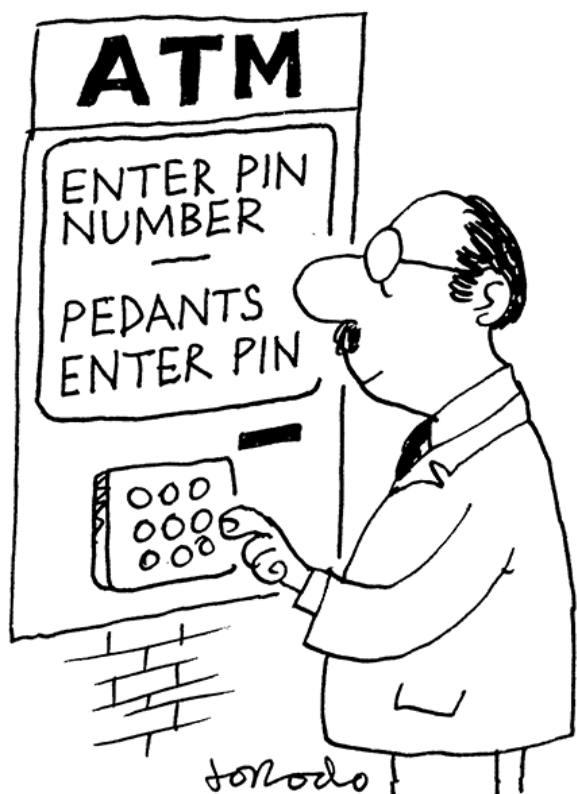
600m Walk E.T.		Clock	Diff.	
1=	Bev Hugo	79	4.56	-0.01
1=	Joan Clarke	83	5.46	0.01
3=	Jill Mannering	83	5.23	-0.02
3=	Iris Boulton	70	4.58	-0.02
5	Kevin Cassidy	58	2.41	-0.04
6	Sylvia Machin	78	4.22	-0.06
7	Sharon Carr	54	4.53	-0.07
8	Michael Boulton	64	5.18	0.08
9	Susan Short	45	3.35	-0.10
10	Ian Beaumont	82	5.43	0.13
11	Margaret Beaumont	81	5.44	0.23

900m E.T. *Agg Event*		Clock	Diff.	Pts	
1	Avril Britter	60	4.21.0	0.0	7
2	Col Waring	73	3.40.1	0.1	5
3	Susan Short	45	3.34.8	4.8	4
4	Ashley Page	78	4.23.8	-8.2	3
5	Sandra Wynne	67	4.25.5	10.5	2
6	Greg Hughes	60	3.51.1	16.1	1
7	Ralph Bennett	77	4.03.5	-16.5	1
8	John Kneen	76	5.32.6	-17.4	1
9	Sharon Carr	54	5.59.8	24.8	1

250m E.T.		Clock	Diff.	
1	Ron Arthur	79	48.40	1.20 @
2	Bob Wishart	77	42.48	1.28
3	Vivienne Cash	67	46.65	1.55
4	Glad Wishart	75	62.20	9.20

4 Km E.T.		Clock	Diff.	
1	Sandra Wynne	67	21.45	0.00
2	John Kneen	76	26.56	-0.04
3	John Zeleznikow	68	40.27	0.27
4	Kevin Cassidy	58	20.50	0.50
5	Stephen Bird	56	18.36	-0.54
6	Avril Britter	60	21.11	-0.56
7	Ashley Birrell	74	18.40	-1.05

3000m Walk E.T.		Clock	Diff.	
1	Bev Hugo	79	25.13	0.03
2	Sylvia Machin	78	22.52	-0.08
3	Ralph Bennett	77	18.56	-0.23
4	Glennis McPherson	72	21.39	-0.26
5	Iris Boulton	70	25.40	0.40
6	Michael Boulton	64	26.56	0.53
7	Greg Hughes	60	24.06	-0.54
8	Sharon Carr	54	24.52	-1.08
9	Ian Beaumont	82	30.21	1.27
10	Margaret Beaumont	81	30.38	2.15



SPRINGVALE 3 JULY 2019**100 yards**

Rob ITALIA		13.40
Mike HALL	80	15.70
Claudio RIGA	64	18.40
Juan PEREZ	80	18.80
Lindsay OXENHAM	69	19.10

heat 2

Tracey HUTCHINSON	49	19.40
Troy JEFFS	44	19.80
Lou BUCCIERI	63	22.40
Bill IRVINE	71	22.80
Howard REES	71	23.00
Kevin ONLEY	85	23.30
Mervin MENZEL	49	27.10

one mile

Rob ITALIA		6.44
Alan BENNIE	72	7.01
Dave TALBOT	64	7.30
Bill IRVINE	71	7.50
Lou BUCCIERI	63	8.12
Howard REES	71	8.14
Lindsay OXENHAM	69	8.19
Claudio RIGA	64	8.31
Neil GRAY	71	8.43
Juan PEREZ	80	11.04

3 mile run

Troy JEFFS	44	24.59
Howard REES	71	25.33
Lindsay OXENHAM	69	26.29
Lou BUCCIERI	63	26.57
Alan BENNIE	72	27.55
RoCLUTTERBUCK 2km	66	10.37
Claudio RIGA 2.4km	64	11.48

2 mile walk

Kiley IRELAND		20.19
John MANNING	73	24.40
Juan PEREZ	80	26.04
Jim SMITH	78	26.14
Mervin MENZEL	49	28.50
Ian TREGEAR	69	32.29
Tony DORAN	67	32.29
Eric NEGROS	56	33.27

SPRINGVALE 10 JULY 2019**200 metres**

Mike HALL	80	40.80
Lindsay OXENHAM	69	46.70
Juan PEREZ	80	61.00
Kevin ONLEY	85	64.30

600 metres

Neil GRAY	71	2.36
Paul MULLINS	78	2.41
Claudio RIGA	64	2.52
Lindsay OXENHAM	69	3.00
Paul WINTERTON	64	2.59
Lou BUCCIERI	63	3.07
Juan PEREZ	80	3.54
Kevin ONLEY	85	4.00

SPRINGVALE 10 JULY 2019 cont.**3100 metres**

Will SELICK	47	15.21
Troy JEFFS	44	15.37
Bill IRVINE	71	16.51
Rob CLUTTERBUCK	66	17.12
Howard REES	71	17.25
Kevin ONLEY	85	22.04
Juan PEREZ	80	22.52

5100 metres

Lindsay OXENHAM	69	28.03
Claudio RIGA	64	28.42
Lou BUCCIERI	63	30.10

3100 metres walk

Pam THOMAS	69	17.2?
Peter ELLIS	68	24.18
Dennis PHILLIPS	77	24.37
Jim SMITH	78	24.37
John MANNING	73	25.28
Frank ALLEN	74	25.44
Tony DORAN	67	28.13
Natalie IRVINE	72	30.47

SPRINGVALE 17 JULY 2019**100 metres**

Lindsay OXENHAM	69	20.70
Tracey HUTCHINSON	49	21.00
Ian TREGEAR	69	21.50
Juan PEREZ	80	21.80
Dominique RUELOT	67	26.30
Kevin ONLEY	85	27.70

400 metres

Paul WINTERTON	64	1.43
Ian TREGEAR	69	1.53
Lindsay OXENHAM	69	1.54
Kevin ONLEY	85	2.18
Dominique RUELOT	67	2.22

3000 metres

Howard REES	71	15.24
Bill IRVINE	71	16.10
Will SELICK	47	17.11
Ian TREGEAR	69	18.04
Dominique RUELOT	67	16.24?
Tracey HUTCHINSON	49	16.51?

5000 metres

Claudio RIGA	64	25.01
Troy JEFFS	44	25.44
Alan BENNIE	72	26.31
Lindsay OXENHAM	69	26.40
Lou BUCCIERI	64	28.20
Juan PEREZ	80	33.29

3000 metres walk

John MANNING	73	23.11
Dennis PHILLIPS	77	24.39
Pam THOMAS	69	25.58
Ernie JEFFS	74	27.54
Kevin ONLEY	85	27.55
Frank ALLEN	74	28.02
Natalie IRVINE	72	30.27
Anand THILLAISUNDARAM	43	30.27

SPRINGVALE 17 JULY 2019 cont.**700 metres**

Dave TALBOT	64	2.49
Paul MULLINS	78	2.57
Neil GRAY	71	3.05
Claudio RIGA	64	3.18
Lindsay OXENHAM	69	3.21
Lou BUCCIERI	64	3.54
Dominique RUELOT	67	4.34
Juan PEREZ	80	4.38
Kevin ONLEY	85	4.54
Ernie JEFFS	74	4.59

SPRINGVALE 24 JULY 2019**1800 metres walk**

John MANNING	73	13.13
Celia JOHNSON	71	14.31
Jim SMITH	78	14.36
Tony DORAN	67	14.36
Pam THOMAS	69	15.24
Ernie JEFFS	74	17.05
Natalie IRVINE	72	17.31
Anand THILLAISUNDARAM	43	17.31
Eric NEGROS	56	18.32

3000 metres hcp

		actual	clock
Will SELICK	47	14.13	21.18
Claudio RIGA	64	14.38	21.43
Troy JEFFS	44	14.42	21.47
Dave TALBOT	64	15.07	21.43
Alan BENNIE	72	15.34	23.04
Lindsay OXENHAM	69	15.50	22.24
Howard REES	71	16.05	22.39
Lou BUCCIERI	64	16.35	22.14
Juan PEREZ	80	21.11	23.46
Tracey HUTCHINSON	49	22.25	23.45
Kevin ONLEY	85	22.48	22.48
Rob CLUTTERBUCK 2km		15.41	

80 metres

Juan PEREZ	80	16.40
Lindsay OXENHAM	69	16.60
Tracey HUTCHINSON	49	16.80
Kevin ONLEY	85	23.20

800 metres

Neil GRAY	71	3.11
Paul MULLINS	78	3.26
Claudio RIGA	64	3.40
Lou BUCCIERI	64	3.54
Lindsay OXENHAM	69	3.58
Juan PEREZ	80	5.15
Kevin ONLEY 400mts	85	2.34

150 metres

Mike HALL	80	26.80
Paul WINTERTON	64	31.20
Lindsay OXENHAM	69	33.70
Kevin ONLEY	85	43.20

SPRINGVALE 31 JULY 2019**90 metres**

Mick COLGAN	68	17.10
Tracey HUTCHINSON	49	17.80
Lindsay OXENHAM	69	19.00
Juan PEREZ	80	19.80
Claudio RIGA	64	20.30
Dominique RUELOT	67	22.90
Kevin ONLEY	85	24.00

120 metres

Mike HALL	80	21.10
Mick COLGAN	68	23.00
Juan PEREZ	80	24.70
Lindsay OXENHAM	69	24.80
Tracey HUTCHINSON	49	26.50
Dominique RUELOT	67	28.90
Celia JOHNSON	71	33.90

600 metres

Dave TALBOT	64	2.18
Neil GRAY	71	2.18
Paul MULLINS	78	2.25
Claudio RIGA	64	2.42
Paul WINTERTON	64	2.46
Lindsay OXENHAM	69	2.51
Lou BUCCIERI	64	2.52
Juan PEREZ	80	3.38
Tracey HUTCHINSON	49	3.40
Dominique RUELOT	67	3.41
Kevin ONLEY	85	3.50

3000 metres

Alan BENNIE	72	13.33
Troy JEFFS	44	15.31
Bill IRVINE	71	15.39
Howard REES	71	16.28
Dominique RUELOT	67	20.44
Kevin ONLEY	85	22.15
Ernie JEFFS	74	15.25?

3000 metres walk

Jim SMITH	78	14.12
Pam THOMAS	69	16.48
Natalie IRVINE	72	17.50
Anand THILLAISUNDARAM	43	17.50
Juan PEREZ	80	20.40
Tony JOHNSON	79	22.28
Celia JOHNSON	71	22.58

5000 metres

Claudio RIGA	64	24.49
Lindsay OXENHAM	69	26.16
Lou BUCCIERI	64	27.26
Rob CLUTTERBUCK	66	18.28?