

# AROUND THE GROUNDS

VENUE RESULTS FOR AUGUST 2019



**Aberfeldie's Stephen Barker, Maggie Armstrong and John Cooper enjoying the sun and competing at the Oceania Championships at Mackay.**

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

**ABERFELDIE 7 AUGUST 2019****110 m Track Run**

Levi Draper	Inv	19.12
Margaret Armstrong	57	21.15
Cheryl Beveridge	54	19.19
Ruby Beveridge	Inv	20.87
Heath Beveridge	Inv	16.25

**1200 m Track Run**

Michael Orelli	75	07:26.0
Stephen Barker	76	07:00.0
Alfred Lendvai	65	05:45.0
Andrea Draper	42	07:26.0
Margaret Armstrong	57	06:24.0
Heath Beveridge	Inv	05:30.0
Cheryl Beveridge	54	08:06.0

**300 m Track Run**

Stephen Russell	60	57.57
Stephen Barker	76	01:51.3
Levi Draper	Inv	01:07.5
Margaret Armstrong	57	01:11.4
Heath Beveridge	Inv	51.1
Graham Eadie	68	01:08.3
Bill Ristevski	39	01:14.8

**4000 m Track Run Age Graded**

Age %			
John Papworth	51	16:47.0	68.4
Stephen Barker	76	22:40.0	65.8
John Dean	74	29:51.0	48.2
Andrea Draper	42	13:51.0	2k
Ruby Beveridge	Inv	23:08.0	45.1
Heath Beveridge	Inv	23:08.0	46.5
Graham Eadie	68	24:05.0	55.3
Cheryl Beveridge	54	06:48.0	800m
Bill Ristevski	39	27:51.0	37.6

**ABERFELDIE 14 AUGUST 2019****800 m Track Run**

Alfred Lendvai	65	03:27.0
Stephen Barker	76	04:36.0
Margaret Armstrong	57	03:42.0
Heath Beveridge	Inv	03:44.0

**400 m Track Run Age Graded**

Stephen Barker	76	03:12.0	Walk
Margaret Armstrong	57	01:44.0	49.9
John Papworth	51	01:25.0	58.7

**2/4kTrack Run**

Stephen Barker	76	23:22.0	4k
John Dean	74	13:18.0	4k
Trevor Hawksworth	72	23:55.0	4k
John Papworth	51	16:17.0	4k
Cheryl Beveridge	54	12:38.0	2k
Ruby Beveridge	Inv	11:18.0	2k
Heath Beveridge	Inv	11:12.0	2k
Alfred Lendvai	65	12:11.0	2k
Margaret Armstrong	57	13:52.0	2k

**ABERFELDIE 21 AUGUST 2019****100 m Track Run**

Margaret Armstrong	57	19.63
Heath Beveridge	Inv	15.88
Ruby Beveridge	Inv	20.8

**1000 m Track Run Age Graded**

			Age %
Michael Orelli	75	06:08.0	52.7
Stephen Barker	76	06:15.0	52.6
Margaret Armstrong	57	05:27.0	49.1
John Papworth	51	05:08.0	49.5
Graham Eadie	68	05:08.0	57.2
Michael Ennis	66	05:29.0	52.5

**200 m Track Run**

Margaret Armstrong	57	43.28	
John Papworth	51	43:00.0	
Stephen Barker	76	01:48.1	Walk
Heath Beveridge	Inv	33.88	
Bill Ristevski	39	42.03	

**3/5kTrack Run**

Alfred Lendvai	65	16:40.0	3k
John Dean	74	21:24.0	3k
Doug Stokes	67	17:15.0	3k
Stephen Barker	76	17:15.0	3k
Trevor Hawksworth	72	17:35.0	3k
Heath Beveridge	Inv	23:05.0	4.4k
Ruby Beveridge	Inv	17:33.0	3k
Cheryl Beveridge	54	21:24.0	3k
Graham Eadie	68	17:20.0	3k

**ABERFELDIE 28 AUGUST 2019****100 m Track Run Age Graded**

			Age %
Stephen Russell	60	16.03	73.0
John Papworth	51	15.34	72.0
Levi Draper	Inv	17.72	68.4
Margaret Armstrong	57	18.84	60.9
Bill Ristevski	39	16.56	61.5

**800 m Track Run**

Michael Orelli	75	05:07.0
Stephen Russell	60	03:25.0
John Papworth	51	02:54.0
Stephen Barker	76	04:47.0
Matthew Goodger	40	03:33.0
Levi Draper	Inv	03:12.0
Andrea Draper	42	05:07.0

**300 m Track Run**

Margaret Armstrong	57	02:34.0
Matthew Goodger	40	01:06.0
Stephen Barker	76	01:07.0

**3000 m Track Run Dist Hcp (OnTime)**

		Fin Time	Hcp(Time)	Act Time
Anthony Bradford	80	21:30.0	0	21:30.0
Michael Ennis	66	0	03:35.0	03:35.0
John Dean 1st	74	18:30.0	30	18:00.0
John Papworth	51	19:41.0	07:20.0	12:21.0
Stephen Barker 2nd	76	19:23.0	02:30.0	16:53.0
Shane Draper	46	21:23.0	09:00.0	12:23.0
Andrea Draper	42	21:13.0		2.4k
Doug Stokes 3rd	67	19:36.0	02:00.0	17:36.0
Margaret Armstrong	57	20:35.0	01:20.0	19:15.0
Bill Ristevski	39	19:53.0	01:30.0	18:23.0

**ABERFELDIE 3 JULY 2019****90 m Track Run**

David Jones	68	20.12
Ruby Beveridge	Inv	16.38

**1200 m Track Run**

Michael Orelli	75	07:44.0
Anthony Bradford	79	07:51.0
Stephen Barker	76	07:12.0
David Jones	68	06:22.0
Margaret Armstrong	57	06:24.0
Andrea Draper	42	07:44.0
John Papworth	51	04:37.0
Shane Draper	46	04:38.0

**300 m Track Run**

Stephen Barker	76	02:19.0	Walk
Bill Ristevski	39	01:05.3	
John Papworth	51	50.75	

**2/4k Track Run**

Stephen Barker	76	22:54.0	4k
John Dean	74	26:06.0	4k
Alfred Lendvai	65	10:38.0	2k
Doug Stokes	67	22:54.0	4k
David Jones	68	20:02.0	4k
Margaret Armstrong	57	12:48.0	2k
Trevor Hawksworth	72	22:22.0	4k
Andrea Draper	42	13:18.0	2k
Cheryl Beveridge	54	13:15.0	2k
John Papworth	51	16:48.0	4k
Bill Ristevski	39	26:06.0	4k

**ABERFELDIE 17 JULY 2019****100 m Track Run**

Margaret Armstrong	57	20.5
Ruby Beveridge	Inv	26.6
Cheryl Beveridge	54	19
Heath Beveridge	Inv	16.8
Bill Ristevski	39	18.3

**1200 m Track Run**

Michael Orelli	75	07:38.0
Stephen Barker	76	06:41.0
Shane Draper	46	04:53.0
Andrea Draper	42	07:51.0
Bill Ristevski	39	06:31.0
Ruby Beveridge	Inv	06:36.0
Cheryl Beveridge	54	07:51.0
Heath Beveridge	Inv	04:39.0

**300 m Track Run**

Margaret Armstrong	57	01:06.0	
Heath Beveridge	Inv	48.5	
Stephen Barker	76	02:17.0	Walk

**20 min Track Run Nominate Distance**

		Act Dist	Nom Dist	Diff
Stephen Barker 2nd	76	4650	4700	50
John Dean 4th	74	3784	4000	216
Alfred Lendvai	65	3880	4600	720
Duncan Hamilton-Ritchie 74		2720	2300	420
Bill Ristevski 3rd	39	3785	4000	215
Cheryl Beveridge	54	3350	3000	350
Heath Beveridge 1st	Inv	4400	4400	0

**ABERFELDIE 24 JULY 2019****100 m Track Run**

Jimmy Linden	37	13.94
John Papworth	51	15.16
Ruby Beveridge	Inv	19.44
Cheryl Beveridge	54	18.22

**800 m Track Run**

Michael Orelli	75	04:53.0
Jimmy Linden	37	02:57.0
Stephen Barker	76	04:21.0
Graham Eadie	68	04:01.0
Doug Stokes	67	04:06.0

**200 m Track Run**

John Papworth	51	30.22
Bill Ristevski	39	44.86
Jimmy Linden	37	29.96

**2/4k Track Run**

Michael Orelli	75	12:28.0	2k
Alfred Lendvai	65	10:25.0	2k
Doug Stokes	67	21:48.0	4k
Jimmy Linden	37	08:48.0	2k
Michael Ennis	66	10:30.0	2k
John Papworth	51	17:52.0	4k
Ruby Beveridge	Inv	11:18.0	2k
John Dean	74	13:34.0	2k
Cheryl Beveridge	54	12:34.0	2k
Graham Eadie	68	12:09.0	2k
Bill Ristevski	39	27:26.0	4k

**ABERFELDIE 31 JULY 2019****90 m Track Run**

Stephen Russell	60	14.22
Margaret Armstrong	57	18
Levi Draper	Inv	17.09
Gavin White	45	12.37
Bella White	Inv	23.63
Alex White	Inv	24.81
Bill Ristevski	39	15.53

**1500 m Track Run**

Michael Orelli	75	09:44.0
Stephen Barker	76	08:22.0
John Papworth	51	06:53.0
Andrea Draper	42	09:44.0
Shane Draper	46	05:54.0
Matthew Goodger	40	07:22.0

**400 m Track Run**

Stephen Barker	76	03:01.0	Walk
Margaret Armstrong	57	01:36.0	
Levi Draper	Inv	01:34.2	

**3/5k Track Run**

Doug Stokes	67	17:52.0	
Stephen Barker	76	28:30.0	
Alfred Lendvai	65	16:12.0	
Trevor Hawksworth	72	18:34.0	
John Papworth	51	12:40.0	
Andrea Draper	42		2k
Michael Ennis	66	16:24.0	
Bill Ristevski	39	32:10.0	

### CASEY 12 AUGUST 2019

#### 1500m Run/Walk

Albin Hess	59	6.47	
Dave Talbot	64	7.10	
Gary Meyer	64	8.14	
Kylie Irshad	47	8.25	walk
Arlene D'Monte	60	11.31	walk
Lindsay Beaton	69	13.31	walk

#### 3000m Run/Walk

Gary Meyer	64	15.47	
Kylie Irshad	47	16.47	walk
Peter Thorne	71	17.34	
Frances Halton	57	19.19	
Marnie Grace	44	21.22	walk
Arlene D'Monte	60	24.55	walk
Lindsay Beaton	69	28.15	walk

### CASEY 19 AUGUST 2019

#### 800m Run/Walk

Pramesh Prasad	45	3.09	
Kuldeep Singh	35	3.31	
Gary Meyer	64	4.02	
Kylie Irshad	47	4.23	walk
Albin Hess	59	4.41	walk
Hsien Chiam	48	5.54	walk
Arlene D'Monte	60	6.07	walk
Lindsay Beaton	69	7.04	walk

#### 2000m Run/Walk

Pramesh Prasad	45	8.19	
Kuldeep Singh	35	9.55	
Kylie Irshad	47	11.11	walk
Gary Meyer	64	11.34	
Hsien Chiam	48	12.16	
Albin Hess	59	13.27	walk
Marnie Grace	44	13.42	walk
Lindsay Beaton	69	18.47	walk

### CASEY 26 AUGUST 2019

#### 1000m Run/Walk

Pramesh Prasad	45	3.39	
Rob Italia	53	3.47	
Kuldeep Singh	35	4.08	
Rob Clutterbuck	66	4.57	
Kylie Irshad	47	5.13	walk
Albin Hess	59	5.27	walk
Gary Meyer	64	6.01	
Marnie Grace	44	6.21	walk
Hsien Chiam	48	7.56	walk
Arlene D'Monte	60	7.57	walk
Lindsay Beaton	69	8.48	walk
Heather Vueti	47	9.18	walk

#### 3000m Run/Walk

Pramesh Prasad	45	12.45	
Kuldeep Singh	35	15.24	
Rob Clutterbuck	66	15.37	
Kylie Irshad	47	16.26	walk
Peter Thorne	71	16.34	
Albin Hess	59	17.47	walk
Hsien Chiam	48	19.15	
Gary Ricardo	54	19.55	
Marnie Grace	44	19.56	walk
Arlene D'Monte	60	24.45	walk
Lindsay Beaton	69	27.46	walk



**COBURG 1 AUGUST 2019****60m****Heat: 1**

Rob LEWIS	72	12.30
Karlene HILTON	51	13.73
Michelle SPORTON	53	14.40
Bea RAYMOND	54	15.90
Ken CARTER	66	25.38

**Heat: 2**

Alistair GOVIER-COLE	30	7.88
Isabelle RAINES	16	8.95
Gary O'DWYER	60	10.15

**1500m Age-graded championship**

Carl KENNEDY	53	5.23
Fraser MURRAY	47	5.28
Paul O'NEILL	53	5.30
Gary O'DWYER	60	6.35
Alistair GOVIER-COLE	30	6.40
Tracy COLBERT	50	6.59
Maria BARBETTI	54	7.12
Brian DELANEY	65	7.19
Bea RAYMOND	54	7.44
Karlene HILTON	51	7.45
Rob LEWIS	72	9.02
Yolanda SHAW	67	9.03
Bruce GIBBS	70	11.16
Ken CARTER	66	14.57

**400m**

Isabelle RAINES	16	1.07.48
Alistair GOVIER-COLE	30	1.09.44
Gary O'DWYER	60	1.27.00
Karlene HILTON	51	1.49.19
Bea RAYMOND	54	1.49.35
Michelle SPORTON	53	2.58.33
Ken CARTER	66	3.59.20

**2km**

Tracy COLBERT	50	10.22
Karlene HILTON	51	11.14
Bea RAYMOND	54	11.15
Rob LEWIS	72	12.36
Frank BRADLEY	63	12.43

**4km**

Carl KENNEDY	53	15.36
Fraser MURRAY	47	20.32
Sarah THORNE	39	20.57
Maria BARBETTI	54	21.13
Ken CARTER	66	23.24

**COBURG 8 AUGUST 2019****100m**

Paul O'NEILL	54	14.60
Bruce GIBBS	70	19.50
Michelle SPORTON	53	24.50
Ken CARTER	66	43.00

**Select Starting Point 7.5 minutes**

Frank BRADLEY	63	1100m	6.48
Michael MEANEY	64	1609m	7.13
Fraser MURRAY	47	1900m	7.14
Gary O'DWYER	60	1240m	7.15
Brian DELANEY	65	1260m	7.33
Carl KENNEDY	53	2000m	7.52
Ken CARTER	66	800m	7.55

**100m**

Paul O'NEILL	54	14.60
Bruce GIBBS	70	19.50
Michelle SPORTON	53	24.50
Ken CARTER	66	43.00

**200m**

Paul O'NEILL	54	30.40
Michael MEANEY	64	38.80
Bruce GIBBS	70	40.47
Michelle SPORTON	53	59.23
Ken CARTER	66	1.41.6

**2km**

Michael MEANEY	64	11.09
Ken CARTER	66	21.15

**COBURG 15 AUGUST 2019****110m**

Ethan O'NEILL (120m)	18	15.20
Kameron HOOD	23	17.30
Gary BLAKE	63	20.20
Frank BRADLEY	63	23.65
Michelle SPORTON	53	27.00
Ken CARTER	66	44.76

**800m**

Carl KENNEDY	53	2.36
Fraser MURRAY	47	2.37
Ethan O'NEILL	18	3.03
Brian DELANEY	65	3.48
Maria BARBETTI	54	3.49
Yolanda SHAW	67	4.49
Ken CARTER	66	7.28
Fraser MURRAY	47	5.33
Colin HICKIE	35	6.10
Michael MEANEY	63	7.00
Alistair GOVIER-COLE	30	7.12
Maria BARBETTI	54	7.29
Iresha O'DONOVAN	34	8.00
Ken CARTER	66	14.23

**300m Age Challenge****Heat: 1**

Bruce GIBBS	70	1.00.6*
Frank BRADLEY	63	1.08.60
Michelle SPORTON	53	2.00.72
Ken CARTER	66	2.44.41

**COBURG 15 AUGUST 2019 cont.****Heat: 2**

Matt HALLETT	30	51.80
Gary BLAKE	63	54.16*
Brian DELANEY	65	1.04.5*
Yolanda SHAW	67	1.28.70

**Heat: 2**

Paul O'NEILL	54	44.77*
Kameron HOOD	23	51.11
Carl KENNEDY	53	53.75

\*Achieved the challenge of beating their age.

**6 Laps**

Carl KENNEDY	53	9.17
Gary BLAKE	63	10.43
Tracy COLBERT	50	12.18
Gary O'DWYER	60	12.19
Len HALLETT	70	17.26
Rob DAVEY	79	19.56
Bruce GIBBS	70	20.05
Ken CARTER	66	26.48

**9 Laps**

Maria BARBETTI	54	19.32
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**12 Laps**

Matt HALLETT	30	22.57
Fraser MURRAY	47	23.53
Sarah THORNE	39	26.32
Fiona ELY	49	5.34
Maria BARBETTI	54	5.51
Gary O'DWYER	60	5.59
Matthew HALLAM	8	6.12
Sally COLLINS	45	7.09
Donna-Marie ELMS (W)	58	7.16
Ken CARTER	66	12.09

**COBURG 22 AUGUST 2019****100m**

Paul O'NEILL	54	13.95
Bruce GIBBS	70	18.50
Matthew HALLAM	8	20.37
Michelle SPORTON	53	23.49
Rob DAVEY	79	36.12
Ken CARTER	66	45.41

**800m**

Matthew HALLAM	8	4.17
Anna HALLAM (W)	8	7.09
Frank BRADLEY (W)	63	7.09

**1500m**

Carl KENNEDY	53	5.40
Fraser MURRAY	47	5.51
Colin HICKIE	35	6.26
Brian DELANEY	65	7.19
Gary O'DWYER	60	7.49
Fiona ELY	49	7.49
Michael MEANEY	64	7.49
Sally COLLINS	45	8.27
Ken CARTER	66	14.52

**COBURG 22 AUGUST 2019 cont.****200m**

Paul O'NEILL	54	31.45
Bruce GIBBS	70	40.56
Matthew HALLAM	8	43.43
Anna HALLAM	8	55.51
Michelle SPORTON	53	57.24
Ken CARTER	66	1.57.7

**3km**

Carl KENNEDY	53	11.35
Gary O'DWYER	60	14.15
Michael MEANEY	64	14.16
Fiona ELY	49	14.34
Ken CARTER	66	33.47

**5km**

Colin HICKIE	35	23.02
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**7km**

Tracy COLBERT	50	39.06
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**COBURG 29 AUGUST 2019****90m**

Matt HALLETT	30	13.68
Gary O'DWYER	60	14.81
Bruce GIBBS	70	16.74
Matthew HALLAM	8	18.53
Michelle SPORTON	53	21.70
Ken CARTER	66	39.70

**300m**

Paul O'NEILL	54	45.68
Matt HALLETT	30	58.52
Bruce GIBBS	70	1.05.2
Matthew HALLAM	8	2.01.6
Anna HALLAM	8	2.01.6
Michelle SPORTON	53	2.08.9
Ken CARTER	66	2.53.2

**1000m**

Colin HICKIE	35	3.50
Matt HALLETT	30	4.10
Michael MEANEY	64	4.19
Maria BARBETTI	54	4.44
Fiona ELY	49	4.45
Brian DELANEY	65	4.54
Len HALLETT	70	5.06
Sally COLLINS	45	5.14
Yolanda SHAW	67	6.06
Matthew HALLAM	8	8.24
Anna HALLAM	8	8.24
Ken CARTER	66	9.42

**2km**

Matt HALLETT	30	8.36
Maria BARBETTI	54	10.26
Fiona ELY (W)	49	18.37
Ken CARTER	66	21.56

**4km**

Colin HICKIE	35	19.10
Gary O'DWYER	60	19.27
Michael MEANEY	64	19.50
Len HALLETT	70	24.20

**CROYDON 6 AUGUST 2019****1500 METRE WALK**

1	Alison THOMPSON	66	8.56
2	Debbie VOOGD	53	12.28
3	Phyllis GOSBELL	81	12.50
4	Al WILLEY	80	13.14
5	Barrie WICKS	79	13.56
6	Colin WILLIAMS	70	14.04
7	Russ DICKENSON	73	14.04
8	Angela EDWARDS	53	16.31
9	Erika BEDYN	56	16.32
10	Allan WOOD	82	16.39
11	Andrew FRASER	77	16.45

**70 METRE SPRINT****Heat 1:**

1	Robert STAGG	52	10.0
2	Angela EDWARDS	53	12.7
3	Andrew FRASER	77	13.2
4	Allan WOOD	82	14.1
5	Debbie VOOGD	53	16.5

**Heat 2:**

1	Jack DURRANT	22	9.2
2	Jess DUX	35	9.5
3	Grant MURFETT	52	9.9
4	Paul DURRANT	58	10.3
5	Peter WILLMOTT	53	10.8

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

1	Robert STAGG	52	30.2
2	Peter WILLMOTT	53	31.2
3	Andrew FRASER	77	39.1
4	Angela EDWARDS	53	41.0
5	Allan WOOD	82	45.7

**Heat 2:**

1	Jack DURRANT	22	26.3
2	Jess DUX	35	26.8
3	Grant MURFETT	52	27.3
4	Jack DURRANT	22	28.8

**1 KM WALK**

1	Debbie VOOGD	53	8.06
2	Phyllis GOSBELL	81	8.17
3	Al WILLEY	80	8.32

**5 KM RUN**

1	Colin PAGE	65	23.21
2	Alison THOMPSON	66	29.13

**CROYDON 13 AUGUST 2019 cont.****85 METRE SPRINT N.O.T.**

<b>Heat 1:</b>		Clock	Nom.
1	Andrew FRASER	77	15.90
2	Angela EDWARDS	53	16.28
3	Allan WOOD	82	18.93
4	Ron SMITH	70	21.49

**Heat 2:**

1	Jess DUX	35	11.07
2	Grant MURFETT	52	11.58
3	Rob STAGG **	52	12.18
4	Peter WILLMOTT	52	13.09

\*\* Winner - Rob Stagg

**8 LAPS SPIRAL RUN**

1	Colin PAGE	65	18.09
2	Ian UREN	68	18.30
3	Mark CHALLEN	62	19.00
4	Ros DYER	55	19.56
5	Alison THOMPSON	66	20.22
6	Paul MORITZ (Walk)	60	25.55
Lyn BATCHELOR (3 lap Walk)	70	10.05	

**100/200/100 METRE RELAY**

1	Russell OAKLEY	79	
	Chloe DUX	Inv	
	Peter WILLMOTT	53	
	Jess DUX	35	67.9
2	Allan WOOD	82	
	Taylah DUX	Inv	
	Andrew FRASER	77	
	Grant MURFETT	52	68.8

**2/4/8 LAPS WALK****2 Laps:**

1	Colin WILLIAMS	70	8.25
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**4 Laps:**

1	Phyllis GOSBELL	81	16.52
1	Kevin McLAUGHLIN	75	16.52
3	Lyn BATCHELOR	70	16.58

**8 Laps:**

1	Alison THOMPSON	66	20.45
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**12 LAPS RUN**

1	Colin PAGE	65	22.15
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**CROYDON 13 AUGUST 2019****800 METRE RUN**

1	Grant MURFETT	52	1.02
2	Jess DUX	35	1.07
3	Allan WOOD	82	1.50
4	Colin PAGE	65	1.51
5	Andrew FRASER	77	2.55

**800 METRE WALK**

1	Alison THOMPSON	66	4.25
2	Paul MORITZ	60	5.24
3	Lyn BATCHELOR	70	6.07
4	Debbie VOOGD	53	6.08
5	Angela EDWARDS	53	6.53
6	Andrew FRASER	77	7.5
7	Allan WOOD	82	7.51
8	Ron SMITH	70	8.43
9	Barrie WICKS	78	9.12

**CROYDON 20 AUGUST 2019****1500 METRE WALK SELF H'CAP**

1	Lyn BATCHELOR	70	
2	Andrew FRASER	77	No
3	Debbie VOOGD	54	
4	Angela EDWARDS	53	Times
5	Paul MORITZ	60	
6	Ros DYER	55	Available
7	Ron SMITH	70	
8	Peter WILLMOTT	53	
9	Barrie WICKS	79	

**1500 METRE RUN**

1	Colin PAGE	65	6.29
2	Peter WILLMOTT	53	6.44
3	Ros DYER	55	8.40

**CROYDON 20 AUGUST 2019 cont.**

<b>270 METRE SPRINT N.O.T.</b>			
		Clock	Nom.
1	Paul DURRANT **	58	42.8
2	Rob STAGG	52	44.0
3	Russell OAKLEY	79	60.6
4	Angela EDWARDS	53	63.7
5	Andrew FRASER	77	72.1

\*\* Winner - Paul Durrant

**90 METRE SPRINT****Heat 1:**

1	Andrew FRASER	77	16.5
1	Russell OAKLEY	79	16.5
3	Ros DYER	55	19.7
4	Ron SMITH	70	20.9
5	Debbie VOOGD	54	21.0

**Heat 2:**

1	Paul DURRANT	58	12.6
2	Rob STAGG	52	13.0
3	Peter WILLMOTT	53	13.8
4	Angela EDWARDS	53	16.9

**DISTANCE**

Peter WILLMOTT(800 Mtr.Run)	53	3.39
Debbie VOOGD(3 Laps Walk)	54	9.37
Ros DYER (5 laps Run)	55	12.57
Colin PAGE (4 km Run)	65	18.36
Geoff ARNOTT(7 Laps W/R)	70	20.23
Paul MORITZ (8 laps Walk)	60	23.18

**CROYDON 27 AUGUST 2019****1200 METRE WALK**

1	Alison THOMPSON	66	6.50
2	Paul MORITZ	60	7.45
3	Lyn BATCHELOR	70	9.25
4	Phyllis GOSBELL	81	10.19
5	Peter WILLMOTT	53	12.15
6	Allan WOOD	82	12.15
7	Kevin McLAUGHLIN	75	12.17
8	Andrew FRASER	77	12.20
9	Ros DYER	55	12.54
10	Colin WILLIAMS	70	12.39
11	Ron SMITH	70	12.48
12	Barrie WICKS	79	14.14

**80 METRE SPRINT****Heat 1:**

1	Russell OAKLEY	79	14.6
2	Andrew FRASER	77	14.9
3	Allan WOOD	82	16.3
4	Ron SMITH	70	20.0

**Heat 2:**

1	Jess DUX	35e	10.7
2	Rob STAGG	52	11.4
3	Grant MURFETT	52	12.0
4	Peter WILLMOTT	53	12.3

**1/2 MILE RUN****DOUG ORR HEAT 1**

1	Andrew EGGINTON	57	2.42
2	Grant MURFETT	52	2.56
3	Colin PAGE	65	2.57
4	Peter WILLMOTT	53	3.00
5	Allan WOOD	82	5.14
6	Andrew FRASER	77	6.00

**DONCASTER 5 AUGUST 2019****1600 metres**

Ian McCormack	(60)	02:58.6	(800 metres)
David McConnell	(67)	03:00.2	(800 metres)
David (BOD) Armstrong	(63)	05:01.8	(800 met walk)
Jason Merritt	(47)	06:16.7	
Matt Hughes	(44)	07:07.3	
Kath Gawthorn	(44)	07:29.0	
Angela Edwards	(53)	07:31.5	(800 met walk)
Katrina Philip	(57)	07:40.5	

**120 metres heat 1**

Janine James	(71)	22.32
Angela Edwards	(53)	22.74
Tom Leong	(77)	23.21
Carolyn Aughey	(77)	29.18

**120 metres heat 2**

Matt Hughes	(44)	16.6
Daryl Kilmartin	( )	18.4
Greg Champion	(64)	18.8
Graham Ford	(70)	19.7

**200 metres heat 1**

Janine James	(71)	39.70
Tom Leong	(77)	41.00
Angela Edwards	(53)	41.10
Carolyn Aughey	(77)	51.54

**200 metres heat 2**

Matt Hughes	(44)	29.64
Daryl Kilmartin	( )	32.10
David McConnell	(67)	32.90
Jason Merritt	(47)	34.43

**600 metres (NOST)**

Marla Trautman	(scratch)	05:36.00	05:36.00 (DQ)
Jason Merritt	(-4.45)	06:56.17	02:11.17 (DQ)
David McConnell	(-4.45)	06:58.25	02:13.25
Katrina Philip	(-4.25)	06:59.37	02:34.37
Graham Ford	(-4.30)	06:59.37	02:29.37
Matt Hughes	(-4.45)	07:01.18	02:16.18
Ian McCormack	(-4.00)	07:01.49	03:01.49
David McConnell			- Winner

**2000 metres**

Marla Trautman	(46)	07:22.9	(800 metres)
Jason Merritt	(47)	08:35.9	
Ian McCormack	(60)	08:46.8	
Matt Hughes	(44)	09:07.7	
Kath Gawthorn	(44)	09:51.0	
Katrina Philip	(57)	09:57.2	
David (BOD) Armstrong	(63)	10:41.5	(1600 walk)



**DONCASTER 12 AUGUST 2019****60 metres heat 1**

Janine James	(71)	11.12
John Aughey	(82)	11.87
Tom Leong	(77)	11.90
Richard Trembath	(77)	12.49
Gloria De Zwart	(83)	13.90
Carolyn Aughey	(77)	14.19

**60 metres heat 2**

Daryl Kilmartin	( )	9.28
Ian McCormack	(60)	9.48
Greg Champion	(64)	9.64
Graham Ford	(70)	10.00

**Doncaster 1000 metres (handicap)**

	Age			
Jason Merritt	(-2.45)	06:33.55	03:48.55	DQ
02:45.0				
Daryl Kilmartin	(-2.40)	06:47.91	04:07.91	DQ
02:40.0				
Katrina Philip	(-2.23)	06:47.91	04:24.91	DQ
02:23.0				
Kath Gawthorn	(-2.30)	06:58.45	04:28.45	Winner
02:30.0				
Ian McCormack	(-3.00)	07:07.20	04:07.20	
03:00.0				
David Armstrong	(-0.40)	07:07.64	06:27.64	Walk
00:40.0				
David McConnell	(-3.00)	07:09.84	04:09.84	
03:00.0				
Frank Prowse	(-0.40)	07:19.56	06:39.56	
00:40.0				

**150 metres heat 1**

Richard Trembath	(77)	27.6
John Aughey	(82)	29.6
Carolyn Aughey	(77)	35.8
Gloria De Zwart	(83)	38.7

**150 metres heat 2**

Daryl Kilmartin	( )	23.02
Greg Champion	(64)	24.32
Ian McCormack	(60)	24.74
Jason Merritt	(47)	25.88
David McConnell	(67)	26.68

**300 metres**

Daryl Kilmartin	( )	51.65
David McConnell	(67)	52.22
Ian McCormack	(60)	55.78
Jason Merritt	(47)	56.73
Graham Ford	(70)	57.50
Richard Trembath	(77)	62.36
Tom Leong	(77)	65.60

**3000 metres**

Jason Merritt	(47)	13:20.8
Kath Gawthorn	(44)	14:45.0
Katrina Philip	(57)	14:52.2
Frank Prowse	(67)	18:32.4
David Armstrong	(63)	20:12.1

**DONCASTER 19 AUGUST 2019****Long Jump**

	Age	
Darryl Kilmartin	(53)	4.09
Matt Scholes	(49)	3.67
Graham Ford	(70)	3.11
Tom Leong	(77)	2.59

**100 metres**

Andrew Close	(30)	16.3
David McConnell	(67)	20.6

**Javelin Throw**

Matt Scholes	(49)	24.05
Darryl Kilmartin	(53)	23.99
Graham Ford	(70)	16.33
Tom Leong	(77)	13.71

**200 metres**

Matt Scholes	(49)	29.5
Darryl Kilmartin	(53)	34.1
Andrew Close	(30)	37.3
Tom Leong	(77)	39.0

**400 metres**

Matt Scholes	(49)	66.0
Andrew Close	(30)	82.7
Katrina Philip	(57)	96.2

**Discus**

Graham Ford	(70)	23.15
Darryl Kilmartin	(53)	20.99
Tom Leong	(77)	18.32
Matt Scholes	(49)	18.27

**1500 metres**

Darryl Kilmartin	(53)	06:48.7
Katrina Philip	(57)	06:59.1
Tom Leong	(77)	09:17.7

**Results of the pentathlon:**

1st Tom Leong (77) 1562
Long 2.59 (319) Javelin 13.71 (243) 200 39.0 (367) Discus 18.32 (391) 1500 9:17.7 (242)
2nd Darryl Kilmartin (53) 1552
Long 4.09 (386) Javelin 23.99 (306) 200 34.1 (284) Discus 20.99 (299) 1500 6:48.7 (277)
3rd Graham Ford (70) 1482
Long 3.11 (405) Javelin 16.33 (278) 200 37.3 (343) Discus 23.15 (456) 1500 0
4th Matt Scholes (49) 1257
Long 3.67 (244) Javelin 24.05 (274) 200 29.5 (429) Discus 18.27 (310) 1500 0

**Current standings:**

17 Tom Leong
15 David McConnell
11 Darryl Kilmartin

**DONCASTER 26 AUGUST 2019****300 metres GIFT (handicap)**

Katrina Philip	(-105)	40.46
Carolyn Aughey	(-135)	40.94
Matt Hughes	(-17)	42.20
Graham Ford	(-65)	42.74
Paul Durrant	(-20)	44.54
David McConnell	(-35)	48.86
Matt Scholes	(scratch)	50.20

**80 metres**

Matt Hughes	(44)	12.12 (85 metres)
Andrew Close	(30)	12.69
Matt Scholes	(49)	15.58
Tom Leong	(77)	14.64
Carolyn Aughey	(77)	19.42

**150 metres**

Matt Hughes	(44)	22.36
Andrew Close	(30)	24.32
Graham Ford	(70)	25.78
David McConnell	(67)	27.30
Tom Leong	(77)	28.78

**500 metres**

Matt Scholes	(49)	01:24.1
Paul Durrant	(58)	01:38.0
Matt Hughes	(44)	01:56.4
Katrina Philip	(57)	02:06.0
David McConnell	(67)	02:06.4

**1600 metres**

Matt Hughes	(44)	07:17.1	
Katrina Philip	(57)	07:33.5	
David Armstrong	(63)	10:01.5	(walk)
Shaun Wright	(49)	03:31.0	(400 walk record)

**EAST BURWOOD 1 AUGUST 2019****600 METRE RUN**

2	Chris ROBINSON	60	2.27
3	Liz CLENNELL	50	2.45
4	Melanie BISSETT	43	3.44
5	Allan WOOD	82	4.02
6	Andrew FRASER	77	4.21

**60 METRE SPRINT**

1	Louise McLEAN	54	10.4
2	Andrew FRASER	77	12.0
3	Leo COFFEY	89	12.3
4	Shirley COPPOCK	83	14.4
5	Horacio DIAZ	74	18.1
6	Lloyd NICHOLS	78	24.0

**Heat 2:**

1	Jess DUX	34	8.2
2	Paul DURRANT	58	8.6
3	Glenn McLEAN	54	8.9
4	Chris ROBINSON	60	10.3
5	Melanie BISSETT	43	10.6
6	Candy LEONG	49	12.0
7	Allan WOOD	82	12.5

**1000 METRE HANDICAP WALK** Clock Actual

1	Melanie BISSETT	43	9.00	6.40
2	Liz CLENNELL	50	9.44	6.14
3	Brian TAIT	77	10.17	7.57
4	Peter BATTRICK	76	10.19	10.09
5	Leonie GILLIES	61	10.20	7.40
6	Gerald BURKE	79	10.40	9.30

**110 METRE SPRINT HANDICAP** H'cpMtrs

1	Jess DUX	34	Minus 1
2	Chris ROBINSON	60	25
3	Paul DURRANT	58	3
4	Melanie BISSETT	43	24
5	Glenn McLEAN	54	6
6	Leo COFFEY	89	34
7	Shirley COPPOCK	83	40
8	Allan WOOD	82	26
9	Andrew FRASER	77	26
10	Lloyd NICHOLS	78	58

**300 METRE SPRINT**

1	Jess DUX	34	48.8
2	Karen ROBERTSON	73	65.3
3	Melanie BISSETT	43	67.7
4	Shirley COPPOCK	83	104.1
5	Lloyd NICHOLS	78	181.0

**4 KM HANDICAP RUN** Clock Actual

1	Liz CLENNELL	50	23.06	20.26
2	Leonie GILLIES	61	24.05	24.05
3	Sam DEFANIS	71	24.44	21.29
4	Stephen DAY	49	25.02	18.32
5	Michelle QUAN	49	25.33	20.28'

**4 KM WALK**

1	Brian TAIT	77	16.58
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**EAST BURWOOD 1 AUGUST 2019 cont.****SHOT PUT**

Toni MATTERS	51	9.26
Paul DURRANT	58	8.53
Jess DUX	34	7.73
Louise McLEAN	54	6.96
Allan WOOD	82	6.45
Chris ROBINSON	60	5.65
Andrew FRASER	77	5.49
Jack FREDRICKSON	80	5.24
Brian TAIT	77	4.99
Leo COFFEY	89	4.45

## EAST BURWOOD 8 AUGUST 2019

### 1000 METRE RUN

1	Christopher WORSNOP	61	4.21
2	Liz CLENNELL	50	5.08
3	Melanie BISSETT	43	6.38

### 60 METRE SPRINT

#### Heat 1:

1	Melanie BISSETT	43	10.6
2	Leo COFFEY	89	12.4
3	Shirley COPPOCK	83	14.3
4	Horacio DIAZ	74	19.2
5	Lloyd NICHOLS	78	23.0

#### Heat 2:

1	Paul DURRANT	58	8.3
2	Glenn McLEAN	54	8.7
3	Christopher WORSNOP	61	10.4
4	Chris ROBINSON	60	11.0

### 1000 METRE HANDICAP WALK

1	Liz CLENNELL	50	
2	Christopher WORSNOP	61	No
3	Brian TAIT	77	
4	Peter BATTRICK	76	Times
5	Leonie GILLIES	61	
6	Melanie BISSETT	43	

### 150 METRE SPRINT

1	Melanie BISSETT	43	27.2
2	Shirley COPPOCK	83	40.0
3	Lloyd NICHOLS	78	70.7

### 2 KM WALK

1	Brian TAIT	77	16.55
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### 100 METRE SPRINT

1	Glenn McLEAN	54	13.7
2	Paul DURRANT	58	14.1
3	Christopher WORSNOP	61	16.2
4	Chris ROBINSON	60	16.6
5	Melanie BISSETT	43	17.1
6	Leo COFFEY	89	21.3
7	Shirley COPPOCK	83	24.7
8	Horacio DIAZ	74	29.7
9	Lloyd NICHOLS	78	40.6

### 2 OR 4 KM RUN

#### 2 km:

1	Chris ROBINSON	60	10.58
2	Leonie GILLIES	61	12.28
3	Liz CLENNELL	50	13.50

#### 4 km:

1	Geoff WHEELER	63	17.14
2	Paul EARLE	55	18.48
3	Christopher WORSNOP	61	32.10

### DISCUS THROW N.O.D.

	Best	Nom.	
Louise McLEAN	54	18.12	18.70
Chris ROBINSON **	60	13.53	13.50
Jack FREDRICKSON	80	12.31	12.00
Allan WOOD	82	12.16	12.40
Leo COFFEY	89	9.29	9.50

\*\* Winner - Chris Robinson

## EAST BURWOOD 22 AUGUST 2019

### 200 METRE SPRINT N.O.T.

Heat 1:		Clock	Nom.
1	Donna CLARKE	66	40.1
2	Andrew FRASER	77	41.4
3	Leo COFFEY	89	49.3
4	Shirley COPPOCK	84	59.5
5	Ashley RYAN	65	66.1
6	Lloyd NICHOLS	78	59.0

#### Heat 2:

1	Jack DURRANT	22	26.2	26.6
2	Jess DUX	35	26.6	27.4
3	Glenn McLEAN	55	28.6	28.0
4	Christopher WORSNOP	61	35.2	56.5
5	Chris ROBINSON **	60	36.0	36.0

\*\* Winner - Chris Robinson

### 60 METRE SPRINT

#### Heat 1:

1	Louise McLEAN	54	9.9
2	Leo COFFEY	89	12.5
3	Shirley COPPOCK	84	14.2
4	Lloyd NICHOLS	78	20.9

#### Heat 2:

1	Jess DUX	35	7.9
2	Jack DURRANT	22	8.3
3	Paul DURRANT	58	8.6
4	Glenn McLEAN	55	9.2
5	Christopher WORSNOP	61	11.1

### 800 METRE WALK N.O.T.

		Clock	Nom.
1	Liz CLENNELL	50	5.14
2	Christopher WORSNOP	61	5.15
3	Leo WATSON **	78	5.56
4	Phyllis GOSBELL	81	6.50
5	Gerald BURKE	79	7.03
6	Bob HENDERSON	73	7.08
7	Peter BATTRICK	76	8.34

\*\* Winner - Leo Watson

### 110 METRE SPRINT

1	Jess DUX	35	15.0
2	Donna CLARKE	66	20.9
3	Andrew FRASER	77	21.2
4	Leo COFFEY	89	25.2
5	Shirley COPPOCK	84	28.0
6	Lloyd NICHOLS	78	47.1

### SHOT PUT

#### Best

Toni MATTERS	51	8.87
Louise McLEAN	54	6.42
Allan WOOD	82	6.23
Chris ROBINSON	60	5.89

### HAWLEY THOMAS MEMORIAL RELAY

3 X 2000 METRES	Venue	Time
1	Shane GRUND	Knox 6.03
2	Stephen DAY	E.B. 7.55
3	Adam McCANN	E.B. 8.06
4	Paul EARLE	E.B. 8.18
5	Colin PAGE	Croy 8.37
6	Ros LORDING	E.B. 9.00
7	Michelle QUAN	Knox 9.13
8	Christopher WORSNOP	E.B. 9.24

**EAST BURWOOD 22 AUGUST 2019 cont.**

9	Tania NEALE	Croy	9.32
10	Liz CLENNELL	Knox	9.37
11	Sam DEFANIS	E.B.	9.42
12	Janet HOLMES	E.B.	9.43
13	Paul DURRANT	Knox	9.45
14	Chris ROBINSON	E.B.	10.00
15	Bob HENDERSON	Knox	10.16
16	Ashley RYAN	E.B.	10.22
17	Peter THORNE	Knox	10.48
18	Cec McKEOWN	Croy	11.23

**Winners:** Fastest Male - Shane Grund 6.03  
Fastest Female - Ros Lording 9.00

**Fastest Men's Team** - East Burwood

Stephen Day, Paul Earle, Adam McCann

**Fastest Women's Team** - East Burwood

Ros Lording, Janet Holmes, Chris Robinsin

**EAST BURWOOD 29 AUGUST 2019****60 METRE SPRINT**

1	Chris ROBINSON	60	11.6
2	Melanie BISSETT	43	12.4
3	Leo COFFEY	89	14.5
4	Shirley COPPOCK	83	17.5
5	John MATHEW	82	20.6

**880 YARDS SELF HANDICAP RUN****DOUG ORR MEMORIAL HEAT 1**

	Bob HENDERSON (Disq.)	72	4.29
	Jack DURRANT (Disq.)	22	4.41
	Chris ROBINSON (Disq.)	60	4.49
1	Melanie BISSETT	43	4.56
2	Ashley RYAN	65	4.59
3	Paul DURRANT	58	5.06

**1000 METRE HANDICAP WALK****WINTER WALK HEAT 3**

1	Gerald BURKE	79	
2	Melanie BISSETT	43	No
3	Leonie GILLIES	62	
4	Leo WATSON	78	
5	Phyllis GOSBELL	81	Times
6	John MATHEW	82	
7	Peter BATTRICK	76	

**110 METRE SPRINT**

1	Paul DURRANT	58	
2	Chris ROBINSON	60	No
3	Melanie BISSETT	43	
4	Janet HOLMES	66	
5	Leo COFFEY	89	Times
6	John MATHEW	82	

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

1	Ashley RYAN	65	60.5	60.0
2	Janet HOLMES	66	68.5	66.2

**3 KM HANDICAP RUN** Clock Actual

1	Michelle QUAN	50	18.19	14.34
2	Leonie GILLIES	62	18.57	18.57
3	Sam DEFANIS	71	20.49	17.29

**DISCUS THROW**

	:Paul DURRANT	58	26.92
	Jack DURRANT	22	22.04
	Ashley RYAN	65	21.85
	Chris ROBINSON	60	14.47
	Leo COFFEY	89	8.60

**FRANKSTON 1 AUGUST 2019****1st August - Horses Birthday Theme****120m Straight 6 Sprint** Clock

1	Rob Taylor	50	17.11
2	Bill Carr	70	19.35
3	Rob Newling	56	20.17
4	Mike Hall	80	21.36

**400m Barrier Trial**

1	Rob Taylor	50	1.10
2	Russell Dow	59	1.12
3	Bill Carr	70	1.16
4	Barry Jeffs	70	1.38
5	Frances Halton	57	2.35

**1200m Walk Newmarket**

1	Heather Carr	69	7.03
2	Barry Jeffs	70	7.29
3	Greg Lovejoy	77	8.56
4	John Sutton	76	9.37
5	John Hallo	77	9.43
6	Lindsay Beaton	69	10.44

**1200m Newmarket**

No starters

**2000m Walk The Stakes WFA**

1	John Hallo	77	16.44
2	John Sutton	76	17.19

**2000m The Stakes WFA**

1	David Dodson	60	11.18
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**3200m Walk - Cup Self Handicap**

S H'cap St time Cl time Mod Time Diff

\*DQ if faster than 24 sec of Self handicap time

1	Heather Carr	69	20.00	0.00	19.58	-0.02
2	Lindsay Beaton	69	28.47	0.00	29.10	0.23

**3200m - Cup Self Handicap**

S H'cap St time Cl time Mod Time Diff

\*DQ if faster than 16 sec of Self handicap time

1	Rob Taylor	50	13.00	7.00	19.48	12.48	-0.12
2	Claudio Riga	64	16.00	4.00	19.51	15.51	-0.09
3	Greg Lovejoy	77	17.00	3.00	19.58	16.58	-0.02
4	Frances Halton	57	20.00	0.00	20.12	20.12	0.12
5	Barry Jeffs	70	15.40	4.20	20.14	15.54	0.14
6	Liz Lowther	67	16.30	3.30	21.48	18.18	1.48
	DQ Russ Dow	59	14.00	6.00	19.07	13.07	-0.53

**Horses Birthday Sweeps Results** Points

1	David Dodson (Rob Taylor)	21	
2	Liz Lowther (Heather Carr)	14	
3	Russ Dow (Barry Jeffs)	13	
	Greg Lovejoy (Mike Hall)	3	Wooden spoon

**FRANKSTON 8 AUGUST 2019****110m**

No starters

**150m**

1	Russ Dow	59	20.95
2	Chris Sheedy	51	22.53
3	Bill Carr	70	22.84

**800m Walk**

1	Heather Carr	69	4.39
2	Greg Lovejoy	77	6.19
3	Lyn Pimm	58	6.20
4	John Hallo	77	6.23
5	John Sutton	76	6.38
6	Lindsay Beaton	69	8.16

**1000m**

1	Russ Dow	59	3.44
2	Chris Sheedy	51	4.09
3	Charlie Mallia	70	4.33
4	Liz Lowther	67	4.38
5	Gary Meyer	64	5.09
6	Barry Jeffs	70	5.10
7	Caitlin O'Connell	44	5.56

**2400m Walk**

1	Lyn Pimm	58	18.15
2	Lindsay Beaton	69	24.44

**2400m**

1	Chris Sheedy	51	11.59
2	Charlie Mallia	70	13.18
3	Gary Meyer	64	13.27
4	David Dodson	60	13.41
5	Fran Halton	57	15.55
5	Caitlin O'Connell	44	15.55

**3000m Walk Age graded**

1	Heather Carr	69	18.54	Clock	A/G %
DNF	John Hallo	77			84.92%

**4000m**

1	Russ Dow	59	17.15
2	Liz Lowther	67	20.09
3	Barry Jeffs	70	20.29
4	Greg Lovejoy	77	23.42

**FRANKSTON 22 AUGUST 2019****100m Age Graded**

1	Russ Dow	59	14.85	77.53%
2	Chris Sheedy	51	14.85	73.67%
3	Alan Radford	68	20.11	61.40%

**200m**

No starters

**600m Walk**

1	Albin Hess	59	3.12
2	Heather Carr	70	3.27
3	Greg Lovejoy	77	4.31
4	John Sutton	76	4.41
5	Alan Radford	68	4.42
6	Lindsay Beaton	69	5.20

**600m**

1	Russ Dow	59	2.02
2	Chris Sheedy	51	2.39
3	Gary Meyer	64	2.41

**FRANKSTON 22 AUGUST 2019 cont.****2000m Walk**

1	Albin Hess	59	11.52
2	Heather Carr	70	12.15
3	Greg Lovejoy	77	16.19
4	John Sutton	76	17.30

**2000m**

1	David Dodson	60	10.55
2	Alan Radford	68	14.32

**3200m Walk**

1	John Hallo	77	26.57
2	Lindsay Beaton	69	30.46

**3600m**

1	Russ Dow	59	14.54
2	Gary Meyer	64	19.35
3	Liz Lowther	68	20.10
4	Nonie Chan	34	20.38
5	Chris Sheedy	51	21.14
5	Caitlin O'Connell	44	21.14

**FRANKSTON 29 AUGUST 2019****100m**

1	Rob Italia	53	14.06
2	Russ Dow	59	14.72
3	Chris Sheedy	51	15.88
4	Bill Carr	70	16.91

**300m**

1	Chris Sheedy	51	48.75
2	Bill Carr	70	49.33

**800m Walk**

1	Heather Carr	70	4.47
2	Greg Lovejoy	77	6.04
3	John Hallo	77	6.41
3	John Sutton	76	6.41
5	Lindsay Beaton	69	7.05

**800m**

1	Russ Dow	59	2.49
1	Rob Italia	53	2.49
3	Gary Meyer	64	4.08

**20min or 30 min Walk**

		Distance	20/30 min
1	Heather Carr	69	8 laps + 21m 20
2	Greg Lovejoy	77	6 laps + 200m 20
3	John Hallo	77	6 laps + 30m 20
4	John Sutton	76	5 laps + 310m 20
1	Kylie Irshad	47	12 laps + 230m 30
2	Lindsay Beaton	69	8 laps 30

**20min or 30 min Run**

		Laps/Dist	20/30 min
1	Chris Sheedy	51	9 laps 20
1	Gary Meyer	64	9 laps 20
2	David Dodson	60	7 laps + 300m 20
1	Russ Dow	59	17 laps + 250m 30

**GEELONG 7 AUGUST 2019****400m**

Alan Jenkins	01:19
Mark Clayton	01:22

**2800m**

Robert Jones	09:58
Mark Clayton	10:26
Phil Shay	10:31
Marcus Gniel	11:57
Alan Jenkins	12:30
Leo Pye	13:10
Gerry Fitzpatrick	13:26
Jeff Walker	13:31
Frank Engelsman	14:11
Erik Bumpers	14:24
Grant Baensch	15:23
Jill Coyte (W)	17:13
Fiona Fitzpatrick	18:21
Di Porter	20:01

**1500m**

Mark Clayton	05:27
Phil Shay	05:34
Alan Jenkins	06:37
Leo Pye	06:58
Jeff Walker	07:03
Gerry Fitzpatrick	07:23
Frank Engelsman	07:26
Erik Bumpers	07:28
Grant Baensch	07:46
Marcus Gniel	07:50
Di Porter	10:52

**GEELONG 14 AUGUST 2019****Mike McAvoy 3000 age graded**

Phil Shay	11:15	80.34%	
Andy Bruschi	12:24	68.72%	
Eliesha Byrd	12:26	67.25%	
Sue Howell	12:31	87.22%	Winner
Marcus Gniel	12:38	64.30%	
Alan Jenkins	12:39	70.83%	
Nicholas MacDonald	13:52	53.09%	
Leo Pye	13:59	67.57%	
Jeff Walker	14:05	73.02%	
Gerry Fitzpatrick	14:59	63.06%	
Frank Engelsman	15:00	67.67%	
Kath Oliver	15:24	79.98%	
Erik Bumpers	15:32	58.19%	
Grant Baensch	16:34	49.80%	
Jill Coyte (W)	17:48	67.04%	

**800m**

Andy Bruschi	02:48
Phil Shay	02:49
Nicholas MacDonald	03:10
Mark Humphrey	03:11
Alan Jenkins	03:16
Jeff Walker	03:29
Gerry Fitzpatrick	03:35
Leo Pye	03:37
Sue Howell	03:43
Frank Engelsman	03:44
Erik Bumpers	03:52
Grant Baensch	04:02

**GEELONG 21 AUGUST 2019****200m**

Sue Howell	32.20
Alan Jenkins	35.80

**3200m**

Charlie El Hage	13:14
Tim Davis	13:14
Alan Jenkins	14:12
Jonathan Davis	14:59
Jeff Walker	15:39
Frank Engelsman	15:49
Erik Bumpers	16:16
Grant Baensch	17:27
Jill Coyte (W)	19:54

**1600m**

Tim Davis	06:09
Eliesha Byrd	06:12
Alan Jenkins	06:55
Jonathan Davis	07:18
Jeff Walker	07:32
Frank Engelsman	07:45
Erik Bumpers	08:09
Grant Baensch	08:40

**GEELONG 28 AUGUST 2019****100m**

Daimin Mole	15.70
Sue Howell	17.10

**3000m**

Alan Jenkins	00:00
Kath Oliver	00:00
Jill Coyte (W)	00:00

**5000m**

Dan Wright	18:00
Phil Shay	19:34
Jeff Walker	23:43
Mark Humphrey	24:06
Frank Engelsman	24:25
Grant Baensch	28:16

**800m**

Dan Wright	02:43
Eliesha Byrd	02:44
Sue Howell	03:00
Alan Jenkins	03:24
Jeff Walker	03:30
Daimin Mole	03:31
Kath Oliver	03:47
Frank Engelsman	03:50

**KNOX 7 AUGUST 2019****800m walk**

Liz Clennell	50	5.28
Nicola Van Reenen	47	6.55
Glenn Claiden	65	7.43
Anne McPherson	62	7.43
Ian U'Ren	66	7.44
Mick Carr	68	7.45
Maggie Hawkes	63	7.46
Graeme Leticq	64	7.51
Steve Duckworth	66	7.54
David Wear	73	7.55
Chris Crennan	47	7.56
Peter Thorne	71	8.22
Paul Twining	69	8.22
Matt Morris	53	8.24

**60m**

Paul Durant 80m	58	11.28
Chloe Grund	7	12.19
Andrea Putting	56	12.8

**1600metres**

Matt Morris	53	5.47
Chloe Grund	7	7.25
Mick Carr	68	7.26
Paul Twining	69	7.27
Liz Clennell	50	7.3
Graeme Leticq	64	7.43
Nicola Van Reenen	47	7.48
Sam DeFanis	71	7.52
Ian U'Ren	66	8.37
Murray Hutchison	70	8.49
Maggie Hawkes	63	12.34
Steve Duckworth	66	12.34

**2/4/6k Clockwise****Handicap on the 6k**

Maggie Hawkes	63	6.03
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**2k**

Liz Clennell	50	10.18
Paul Durant	58	11.02

**4k**

Graeme Leticq	64	19.08
Nicola Van Reenen	47	21.53
Glenn Claiden	65	21.54
Murray Hutchison	70	23.06
David Wear	73	24.4

**6k**

Matt Morris 3rd	53	23.36
Mick Carr 1st	68	30.13
Paul Twining	69	31.3
Sam DeFanis	71	31.49
Ian U'Ren	66	33.54
Peter Thorne 2nd	71	35.24

**KNOX 14 AUGUST 2019****800m walk**

Liz Clennell	50	5.43
Tony Johnson	79	5.53
Celia Johnson	71	6.32
Mick Carr	68	7.04
Anne McPherson	62	7.06
Graeme Leticq	64	7.08
Glenn Claiden	65	7.15
Peter Thorne	71	7.16
Steve Duckworth	66	7.18
Glenn Berry	48	7.55
Shane Grund	37	8.22
Matt Morris	53	8.24
Chris Crennan	47	8.36
Bob Henderson	72	8.39
Andrea Putting	56	8.51
Marina Curnon	71	8.53
Maggie Hawkes	63	8.54
Tania Stewart	inv	8.55
Pauline Paine	41	8.56
Mark Stewart	inv	8.59
Shelley Stewart	inv	9
Shirley Stewart	inv	9.03
David Wear	73	9.05

**60m**

Glenn Berry	48	10.43
Pauline Paine	41	10.77
Paul Durrant 85m	58	11.7
Chloe Grund	inv	12.1
Andrea Putting	56	12.43
Tania Stewart	inv	13.5
Leah Grund	inv	14.59
Danielle Grund	37	14.84

**Distance****1k**

Paul Durrant	58	4.56
Glenn Berry	48	5.05
Danielle Grund	37	5.17
Marina Curnon	71	5.5
Steve Duckworth	66	6.27
Chloe Grund 3.5laps	inv	6.51
David Wear	73	9.17
Tony Johnson	79	9.17

**3k**

Liz Clennell	50	15.38
Anne McPherson	62	16.07
Ian U'Ren	66	16.11
Mark Stewart	inv	17.37
Tania Stewart	inv	17.37
Pauline Paine	41	17.49
Bob Henderson	72	19.02
Celia Johnson	71	21.04

**5k**

Shane Grund	37	16.29
Graeme Leticq	64	22.51
Sarah Thorne	39	24.23
Mick Carr	68	25.21
Michelle Quan	49	25.21
Sam DeFanis	71	25.28
Glenn Claiden	65	26.57
Peter Thorne	71	29.46

## KNOX 21 AUGUST 2019

### 800m walk

Bob Henderson	72	7.08
Glenn Claiden	65	7.27
Jack Durrant	22	7.27
Steve Duckworth	66	7.28
Marina Curnow	71	8.25
Arthur Kapoulitsa	71	8.25
Peter Thorne	71	8.28
Anne McPherson	63	8.32
David Wear	73	8.34
Graeme Leticq	64	8.35
Shane Grund	37	8.39
Glenn Berry	48	8.39

### 60m

Arthur Kapoulitsa	70m	71	11.3
Paul Durrant	86m	58	11.84
Chloe Grund	60m	inv	12.12
Jack Durrant	95m	22	12.38

### 5lap Spiral

Glenn Berry	48	10.51
Peter Thorne	71	11.17
Sam DeFanis	71	11.18
Chris Crennan	47	11.46
David Wear	73	12.22
Steve Duckworth	66	14.06

### 500m NOT

Shane Grund	3rd	37	1.25
Paul Durrant		58	1.36
Chloe Grund	1st	inv	2.15
Jack Durrant	2nd	22	2.2
Bob Henderson		72	2.5

### Distance

#### 2k

Bob Henderson	72	10.53
Peter Thorne	71	11.41
David Wear	73	12.56

#### 2.4k

Murray Hutchison	70	13.52
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#### 4k

Michelle Quan	49	19.32
Sam DeFanis	71	20.24

#### 6k

Shane Grund	37	22.53
Graeme Leticq	64	29.43
Helen Stanley	63	31.48
Glenn Claiden	65	33.5

### 100metres

Jack Durrant	22	13.06
Paul Durrant	58	14.03
Arthur Kapoulitsa	71	17.16
Chloe Grund	inv	23.07

## KNOX 28 AUGUST 2019

### 800m walk

Mick Carr	66	7.47
Anne McPherson	63	7.52
Graeme Leticq	64	7.53
Jack Durrant	22	7.54
Glenn Berry	48	8.03
Matt Morris	53	8.04

### 70m

Chloe Grund	inv	13.47	
Paul Durrant	100m	58	14.23
Andrea Putting	56	14.72	

### 800m

Shane Grund	37	2.1
Darcey Roberts	inv	3.03
Glenn Berry	48	3.27
Chloe Grund	inv	3.28

### 110m hcp

Paul Durrant	104m	58	14.73
Chloe Grund	77m	inv	14.95
Andrea Putting	75m	56	15.67

### 5k hcp

Shane Grund	37	18.1	
Matt Morris	53	20.27	
David Black	2nd	63	23.08
Graeme Leticq	64	23.59	
Mick Carr	2nd	66	25.03
Michell Quan	49	25.34	
David Wear	73	27.25	
Peter Thorne	Winner	71	27.57
Murray Hutchison	70	29.12	



"The last thing I remember is being thrown into the dryer."



**MENTONE 7 AUGUST 2019****800m Walk E.T.**

		Clock	Diff.
1=	Sylvia Machin	78 5.52	0.00
1=	Bev Hugo	79 6.32	0.00
3	Ian Beaumont	82 7.27	-0.01
4	Sharon Carr	54 6.27	0.07
5=	Gwen Steed	77 5.15	-0.12
5=	Kevin Cassidy	58 3.38	-0.12
7	Joan Clarke	84 7.43	-0.13
8	John Mathew	82 7.45	0.15
9	Helen Castel	56 5.50	-0.17
10	Margaret Beaumont	81 7.32	0.23
11	Debbie Thomson	61 8.55	-0.25
12	Julian Boland	56 5.57	0.27

**600m Self H/cap**

		Clock	Actual
1	Ashley Page	78 4.53.6	2.50.6
2	Sandra Wynne	67 4.59.4	2.45.4
3	Julian Boland	56 5.13.5	2.48.5
DQ	John Kneen	76	3.30.2
DQ	Col Waring	73	2.13.2
DQ	Avril Britter	60	2.36.9
DQ	Sharon Carr	54	3.33.0
DQ	Susan Short	45	2.05.9
DQ	Helen Castel	56	2.51.0

**3.336 Km E.T. Road****Terry Harrison Trophy 3**

		Clock	Diff
1	Stephen Bird	56 15.21	0.01
2	Avril Britter	60 18.05	0.15
3	Ashley Birrell	74 16.10	0.20
4	Ashley Page	78 18.52	-0.27
5	John Kneen	76 22.41	-2.49
6	Julian Boland	56 18.54	3.14

**2000 m Walk E.T. \*Agg Event\***

		Clock	Diff.	Pts
1	Ian Beaumont	83 19.30	0.02	7
2	Geoff Barrow	70 14.18	0.05	5
3	Sylvia Machin	78 15.14	0.14	4
4	Helen Castel	56 15.00	-0.15	3
5	Bev Hugo	79 17.03	0.17	2
6	Sharon Carr	54 16.35	-0.25	1
7	John Mathew	82 23.43	0.43	1
8	Margaret Beaumont	81 19.29	-1.01	1
9	Kevin Cassidy	58 11.12	1.22	1

**MENTONE 14 AUGUST 2019****400m Walk E.T.**

		Clock	Diff.
1	Iris Boulton	70 3.14	-0.01
2=	Sylvia Machin	78 2.50	-0.02
2=	Ian Beaumont	82 3.36	-0.02
4	Helen Castel	56 2.41	-0.03
5	Sharon Carr	54 3.11	-0.04
6	Julian Boland	56 2.42	-0.05
7	Jill Mannering	83 3.28	-0.09
8	Ralph Bennett	77 2.19	-0.11
9	Michael Boulton	64 3.17	0.12
10	Pam Mews	84 3.53	0.13
11=	Joan Clarke	84 3.45	-0.14
11=	Margaret Beaumont	81 3.43	0.14
13	John Mathew	82 3.30	-0.15
14	Susan Short	45 2.15	-0.17

**1 Mile E.T.****Eddie Gamble Trophy 3**

		Clock	Diff
1	Col Waring	73 7.16.3	-3.7
2	Sandra Wynne	67 8.07.0	-8.0
3=	Ashley Page	78 8.39.0	11.0
3=	Helen Castel	56 8.16.0	11.0
5	Avril Britter	60 8.09.7	-15.3
6	Sharon Carr	54 10.55.2	-19.8
7	Greg Hughes	60 8.12.1	20.1
8	Julian Boland	56 7.13.6	-21.4
9	Marlene Gourlay	67 7.25.7	25.7
10	John Kneen	76 10.14.6	-30.4
11	Susan Short	45 7.40.1	59.1

**150m E.T.**

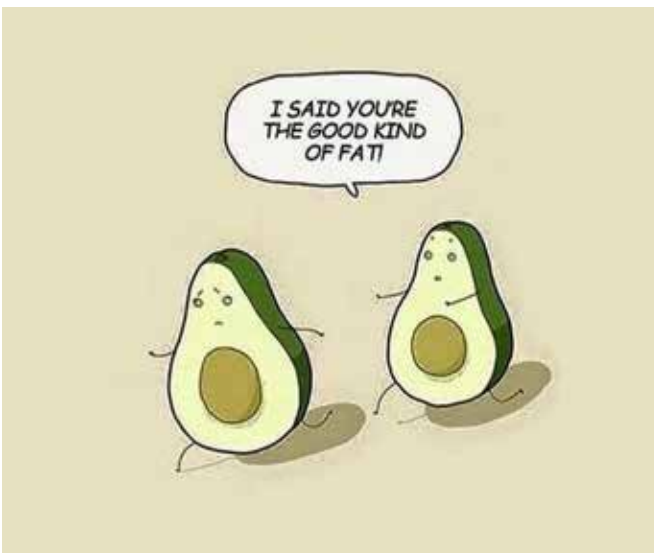
		Clock	Diff.
1	Susan Short	45 24.56	0.56
2	Bob Wishart	77 23.53	0.78
3	Avril Britter	60 29.46	1.23
4	Glad Wishart	75 34.74	1.64
5	Ron Arthur	79 26.50	-3.00
6	John Mathew	82 48.61	5.61

**2 Miles Self H/cap**

		Clock	Actual
1	Avril Britter	60 22.01	17.27
2	Julian Boland	56 22.08	16.08
3	Ashley Page	78 22.15	18.24
4	Kevin Cassidy	58 22.17	18.17
5	Greg Hughes	60 22.24	16.44
DQ	Sandra Wynne	67	17.11
DQ	John Kneen	76	21.22

**1 Mile/ 2 Miles Walk E.T.**

		Clock	Diff.
<b>1 Mile</b>			
1	Gwen Steed	77 10.09	-0.01
2	Helen Castel	56 12.07	-0.04
3	Joan Clarke	84 16.14	0.14
4	Sharon Carr	54 13.25	0.25
5	Jill Mannering	83 15.01	0.31
6	John Mathew	82 17.02	-0.58
7	Ian Beaumont	82 16.11	1.04
8	Margaret Beaumont	77 16.10	1.22
9	Debbie Thomson	61 19.10	2.02
<b>2 Miles</b>			
1	John Zeleznikow	68 30.00	0.00
2	Sylvia Machin	78 24.24	0.04
3	Michael Boulton	64 29.20	-0.40
4	Iris Boulton	70 27.49	1.19



**MENTONE 21 AUGUST 2019****500m Walk E.T.**

		Clock	Diff.	
1=	Joan Clarke	84	4.46	-0.03
1=	Sylvia Machin	78	3.32	-0.03
3	Ian Beaumont	82	4.43	0.05
4=	Geoff Barrow	70	3.09	-0.06
4=	Julian Boland	56	2.55	-0.06
6	Gwen Steed	77	3.07	-0.07
7	Kevin Cassidy	58	2.07	-0.08
8	Helen Castel	56	3.28	-0.13
9	Margaret Beaumont	81	4.41	0.17
10	Susan Short	45	3.16	0.31
11	Debbie Thomson	61	5.37	0.37
12	Iris Boulton	70	4.00	0.45
13	Michael Boulton	64	4.09	0.49

**900m E.T.**

		Clock	Diff	
1	Helen Castel	56	4.16.0	2.0
2=	Col Waring	73	3.44.1	2.1
2=	John Kneen	76	5.32.1	2.1
4	Martin Griffin	57	4.49.4	4.4
5	Sandra Wynne	67	4.21.3	6.3
6	Ralph Bennett	77	4.24.8	9.8
7	Greg Hughes	60	3.51.7	10.7
8	Julian Boland	56	3.32.4	11.4
9	Ashley Page	78	4.35.8	11.8
10	Susan Short	45	3.26.3	-13.7
11	David Short	42	3.04.3	-15.7
12	Marlene Gourlay	67	3.53.4	-27.4 ***

**120m H/cap \*Agg Event\***

		Clock	Metres	Pts
1	Sandra Wynne	67	14.83	42 7
2	David Short	42	16.12	0 5
3	Glad Wishart	75	16.62	37 4
4	Bob Wishart	77	16.97	8 3
5	Susan Short	45	16.98	15 2

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

		Clock	Diff	Pts
1	Martin Griffin	57	15.09	0.09 7
2	Ashley Birrell	74	12.01	-0.14 5
3	Greg Hughes	60	12.44	-0.16 4
4	Sandra Wynne	67	13.42	0.17 3
5	Kevin Cassidy	58	13.40	-0.20 2
6	John Kneen	76	17.02	0.32 1
7	James O'Brien	66	11.44	0.44 1
8	Ashley Page	78	14.13	0.47 1
9	John Zeleznikow	68	28.38	2.38 1

**5 Lap Spiral Walk E.T.**

		Clock	Diff.	
1	Julian Boland	56	13.27	0.01
2	Glennis McPherson	72	14.58	-0.02
3	Sylvia Machin	78	15.44	-0.06
4	Joan Clarke	84	20.23	-0.07
5	Margaret Beaumont	81	20.18	-0.13
6	Ian Beaumont	83	20.20	-0.15
7	Geoff Barrow	70	15.09	0.19
8	Ralph Bennett	77	13.08	-0.22
9	Iris Boulton	70	18.24	0.24
10	Helen Castel	56	16.19	1.19
11	Michael Boulton	64	18.28	1.28

**MENTONE 28 AUGUST 2019****600m Walk E.T.**

		Clock	Diff.	
1	Julian Boland	56	4.15	0.00
2	Helen Castel	56	4.17	-0.03
3	Joan Clarke	84	5.47	0.07
4	Ian Beaumont	82	5.45	0.14
5	Margaret Beaumont	81	5.42	0.21
6	Iris Boulton	70	4.55	-0.35
7	Michael Boulton	64	5.07	-0.37

**1600m E.T. \*Agg Event\***

		Clock	Diff	Pts
1	Col Waring	73	7.27.5	-2.5 7
2	Sandra Wynne	67	8.10.1	3.1 5
3	Martin Griffin	57	8.43.5	-6.5 4
4	Susan Short	45	6.43.0	-7.0 3
5	Ashley Birrell	74	7.02.6	-7.4 2
6	Ashley Page	78	8.27.5	-10.5 1
7	David Short	42	6.53.8	13.8 1
8	John Zeleznikow	68	15.24.9	-15.1 1
9	Helen Castel	56	8.00.6	-15.4 1
10	Marlene Gourlay	67	7.22.7	22.7 1
11	Greg Hughes	60	7.28.1	-23.9 1
12	John Kneen	76	10.10.5	-24.5 1
13	Julian Boland	56	7.21.2	40.2 1
14	Kuni Bowden	53	6.47.3	-42.7 1

**100m E.T.**

		Clock	Diff.	
1	Susan Short	45	15.60	0.00 @
2	Martin Griffin	57	18.09	0.09
3	David Short	42	13.10	-0.20
4	Bob Wishart	77	14.74	0.24 ***
5	Glad Wishart	75	20.40	1.38
6	Ashley Page	78	22.63	4.45

**4 Km E.T.**

		Clock	Diff	
1	Kevin Cassidy	58	20.34	-0.26
2	Kuni Bowden	53	18.31	-0.29
3	John Kneen	68	27.43	0.43
4	Greg Hughes	60	21.39	0.47
5	Ashley Page	78	22.23	1.12
6	Sandra Wynne	67	22.13	1.23
7	Ashley Birrell	74	22.35	1.35

**1500m Walk E.T.**

		Clock	Diff.	
1	Glennis McPherson	72	10.25	0.10
2	Ian Beaumont	82	14.50	0.21
3	Helen Castel	56	11.22	-0.23
4	Joan Clarke	84	14.51	0.26
5	Margaret Beaumont	81	14.48	0.50
6	Michael Boulton	64	13.14	-0.56
7	John Zeleznikow	68	13.02	-0.58
8	Iris Boulton	70	12.50	-1.10

**SPRINGVALE 7 AUGUST 2019****800 metres**

Neil GRAY	71	3.29
Claudio RIGA	64	3.29
Lou BUCCIERI	64	3.43
Dominique RUELOT	67	5.03
Juan PEREZ	80	5.07
Celia JOHNSON	71	5.10
Kevin ONLEY	85	5.23

**1800 metres walk**

Celia JOHNSON	71	13.51
Jim SMITH	78	13.59
Anand THILLAISUNDARAM	43	17.06
Pam THOMAS	69	15.14
Ernie JEFFS	74	16.53
Natalie IRVINE	72	17.03
Frank ALLEN	74	24.19
John MANNING	73	13.34
Eric NEGROS	56	18.27

**Ross Martin 3000 metres**

clock actual

**Heat 2**

Howard REES	71	14.38	20.48
Troy JEFFS	44	14.12	21.20
Rob CLUTTERBUCK	66	15.07	21.22
Dave TALBOT	64	14.43	21.36
Claudio RIGA	64	14.23	21.45
Kevin ONLEY	85	21.46	21.46
Bill IRVINE	71	15.53	22.05
Ian TREGGAR	69	17.30	22.15
Lou BUCCIERI	64	16.41	22.26
Juan PEREZ	80	21.13	22.33
Dominique RUELOT	67	21.02	22.42

**SPRINGVALE 14 AUGUST 2019****70 metres**

Tracey HUTCHINSON	49	14.00
Mick COLGAN	68	15.50
Dominique RUELOT	67	19.00
Kevin ONLEY	85	17.40

**600 metres**

Dave TALBOT	64	2.17
Neil GRAY	71	2.29
Paul WINTERTON	64	2.49
Howard REES	72	2.54
Dominique RUELOT	67	3.42
Kevin ONLEY	85	3.59

**1000 metres**

Troy JEFFS	44	4.30
Claudio RIGA	64	4.41
Lou BUCCIERI	64	4.42

**2000 metres walk**

Tony DORAN	67	15.07
Jim SMITH	78	15.32
Pam THOMAS	69	17.17
Natalie IRVINE	72	19.49
Ernie JEFFS	74	20.26
Eric NEGROS	56	21.10
Juan PEREZ 3km	80	25.30

**SPRINGVALE 14 AUGUST 2019 cont.****2000 metres**

Dave TALBOT	64	10.49
Tracey HUTCHINSON	49	15.09
Kevin ONLEY	85	15.18
Dominique RUELOT	67	20.27?

**4000 metres**

Claudio RIGA	64	19.53
Howard REES	72	19.53
Lou BUCCIERI	64	21.07
Bill IRVINE	71	21.10
Troy JEFFS	44	21.10

**SPRINGVALE 21 AUGUST 2019****100 metres**

Claudio RIGA	64	25.50
Dominique RUELOT	67	25.90
Kevin ONLEY	85	26.80

**400 metres**

Paul WINTERTON	64	1.44
Lou BUCCIERI	64	1.56
Celia JOHNSON	71	2.23
Dominique RUELOT	67	2.29
Kevin ONLEY	85	2.38

**800 metres**

Neil GRAY	71	3.13
Paul MULLINS	79	3.24
Dominique RUELOT	67	5.01

**1800 metres walk**

Tony DORAN	67	12.58
John MANNING	73	12.30
Jim SMITH	78	13.45
Juan PEREZ	80	13.00
Celia JOHNSON	71	14.05
Dennis PHILLIPS	77	15.31
Ernie JEFFS	74	17.24
Natalie IRVINE	72	17.59
Pam THOMAS	69	18.01
Frank ALLEN	74	23.22?

**Ross Martin 3000 metres**

<b>Heat 3</b>		actual	clock
Lou BUCCIERI	64	16.35	21.40
Troy JEFFS	44	14.10	21.45
Bill IRVINE	71	16.13	22.03
Claudio RIGA	64	14.35	22.08
Dave TALBOT	64	14.48	22.18
Kevin ONLEY	85	22.21	22.21
Rob CLUTTERBUCK	66	15.51	22.36
Dominique RUELOT	67	22.24	23.04

## SPRINGVALE 28 AUGUST 2019

### 1800 metres walk

Tony DORAN	67	12.50
Juan PEREZ	80	13.30
Celia JOHNSON	71	13.31
John MANNING	73	13.35
Jim SMITH	78	14.09
Dennis PHILLIPS	77	14.44
Anand THILLAISUNDARAM	43	14.44
Ernie JEFFS	74	17.08
Pam THOMAS	69	17.16
Frank ALLEN	74	25.00

### Ross Martin Final

3000 metres Heat 4		actual	clock
Dave TALBOT	64	14.29	21.59
Lou BUCCIERI	64	16.34	22.04
Ian TREGEAR	69	17.33	22.08
Claudio RIGA	64	14.40	22.37

### 600 metres

Neil GRAY	71	2.16
Claudio RIGA	64	2.46
Paul WINTERTON	65	2.48
Lou BUCCIERI	64	2.49

### 100 metres

Juan PEREZ	80	20.60
Claudio RIGA	64	24.40
Kevin ONLEY	85	28.00

### Ross Martin Final Results

	24/7	7/8	21/8	28/8	TOTAL
Kevin ONLEY	3	5	5	-	13
Dominique RUELLOT	-	1	3	-	4
Tracey HUTCHINSON	1	-	-	-	1
Juan PEREZ	1	1	-	-	2
Ian TREGEAR	-	3	-	8	11
Lou BUCCIERI	7	2	10	9	26 (2)
Bill IRVINE	-	4	8	-	12
Howard REES	4	10	-	-	14
Lindsey OXENHAM	5	-	-	-	5
Dave TALBOT	9	7	6	10	26 (1)
Rob CLUTTERBUCK	-	8	4	-	12
Bill SELICK	10	-	-	-	10
Claudio RIGA	9	6	7	7	
Troy JEFFS	6	9	9	-	24 (3)
Alan BENNIE	2	-	-	-	2

