

# AROUND THE GROUNDS

VENUE RESULTS FOR SEPTEMBER 2019



**2020 Membership is now open.**

**Renew before the earlybird ship sails on 31/12/2019**

**<https://www.registernow.com.au/secure/Register.aspx?E=35934>**

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

**ABERFELDIE 4 SEPTEMBER 2019****90 m Track Run**

Levi Draper	Inv	22.43
Bill Ristevski	39	18.18

**1200 m Track Run**

Michael Orelli	75	07:35.0
Bill Ristevski	39	07:22.0
Andrea Draper	42	07:36.0
Gavin White	45	05:17.0
Michael Ennis	66	06:06.0

**200 m Track Run**

Levi Draper	Inv	37
Bill Ristevski	39	51.5
Graham Eadie	68	37

**4000 m Track Run Age Graded**

			Age %
Trevor Hawksworth	72	22:50.0	61.1854
Bill Ristevski	39	22:50.0	45.8456

**ABERFELDIE 11 SEPTEMBER 2019****100 m Track Run**

Anthony Bradford	80	22.3
Levi Draper	Inv	17.31
Margaret Armstrong	57	19.71
Adam Gregory	34	13.7
Ruby Beveridge	Inv	18.03

**1607 m Track Run**

Michael Orelli	75	09:01.0
Stephen Barker	76	09:25.0
Ron Gregory	66	09:19.0
Michael Ennis	66	08:21.0
John Papworth	51	06:37.0
Matthew Goodger	40	08:01.0
Levi Draper	Inv	07:53.0
Andrea Draper	42	08:57.0
Adam Gregory	34	06:12.0
Bill Ristevski	39	09:19.0
David Jones	68	08:58.0

**400 m Track Run Age Graded**

			Age %	
Stephen Barker	76	04:00.0	27.5481	walk
John Papworth	51	01:13.0	68.2954	
Levi Draper	Inv	01:31.8	58.1	
Margaret Armstrong	57	01:38.4	52.7317	
Ruby Beveridge	Inv	01:38.9	45.2386	

**2/4000 m Track Run**

Michael Orelli	75	13:13.0	2k
Stephen Barker	76	25:24.0	4k
John Papworth	51	09:14.0	2k
Matthew Goodger	40	10:45.0	2k
Alfred Lendvai	65	10:29.0	2k
Trevor Hawksworth	72	23:25.0	4k
Andrea Draper	42	14:14.0	2k
Adam Gregory	34	15:36.0	4k
Cheryl Beveridge	54	14:14.0	2k
Bill Ristevski	39	25:22.0	4k

**ABERFELDIE 18 SEPTEMBER 2019****80 m Track Run**

Anthony Bradford	80	18.26
Levi Draper	Inv	16.19
Michael Orelli	75	24.01

**1000 m Track Run Age Graded**

			Age %
Michael Orelli	75	06:20.0	51.0815
Michael Ennis	66	04:54.0	58.7606
Stephen Barker	76	05:34.0	59.0031
David Jones	68	05:15.0	55.9015
Margaret Armstrong	57	05:06.0	52.45
Matthew Goodger	40	04:33.0	50.5843
Andrea Draper	42	05:03.0	46.4209
Levi Draper	Inv	04:22.0	62.5429

**300 m Track Run**

Anthony Bradford	80	01:33.1
Michael Orelli	75	01:45.0
Margaret Armstrong	57	01:10.7
Matthew Goodger	40	01:06.0
Levi Draper	Inv	01:02.2

**4/6000 m Track Run**

Stephen Barker	76	35:27.0	6k
David Jones	68	22:53.0	4k
John Dean	74	26:22.0	4k
Trevor Hawksworth	72	11:06.0	2k
Shane Draper	46	17:29.0	4k

**ABERFELDIE 25 SEPTEMBER 2019****100 m Track Run Age Graded**

			Age %
Anthony Bradford	80	22.9	62.012
Ron Gregory	66	18.3	66.2915
Adam Gregory	34	13.1	74.9727
Margaret Armstrong	57	18.8	61.0701
Gavin White	45	13.5	86.146
Ruby Beveridge	Inv	19	53.4727

**1200 m Track Run**

Adam Gregory	34	04:11.0
Ruby Beveridge	Inv	06:39.0
Bill Ristevski	39	06:38.0
Heath Beveridge	Inv	04:09.0

**200 m Track Run**

Anthony Bradford	80	47.1
Margaret Armstrong	57	40.7
Gavin White	45	41.5
Stephen Russell	60	32.5

**3000 m Track Run Sealed Handicap**

Ron Gregory	66	16:15.0	Winner
Adam Gregory	34	17:41.0	Sealed HCP =15:59
Bill Ristevski	39	19:03.0	
Heath Beveridge	Inv	20:02.0	
Alfred Lendvai	65	17:41.0	
Shane Draper	46	12:50.0	
Trevor Hawksworth	72	17:38.0	
Cheryl Beveridge	54	20:03.0	
John Dean	74	17:51.0	

**COBURG 5 SEPTEMBER 2019****90m**

Alistair GOVIER-COLE	30	13.60
Gary O'DWYER	60	15.97
Bruce GIBBS	70	16.28
Michelle SPORTON	53	22.19
Rob DAVEY	79	28.35
Ken CARTER	66	39.74

**1200m**

Carl KENNEDY	53	4.23
Matt HALLETT	30	4.53
Gary BLAKE	63	4.59
Fiona ELY	49	5.42
Maria BARBETTI	54	5.57
Iresha O'DONOVAN	34	6.22
Yolanda SHAW	67	7.29
Ken CARTER	66	12.11
Matthew HALLAM	8	12.16
Sally COLLINS	45	12.16
Anna HALLAM	8	12.16

**400m Managers' Challenge****Heat: 1**

Sally COLLINS	45	1.31.8
Matthew HALLAM	8	1.32.1
Iresha O'DONOVAN	34	1.44.1
Yolanda SHAW	67	2.08.5
Michelle SPORTON	53	3.07.3
Ken CARTER	66	4.08.6

**Heat: 2**

Paul O'NEILL	54	1.04.2
Gary O'DWYER	60	1.10.2
Carl KENNEDY	53	1.15.5
Gary BLAKE	63	1.19.0

**3km**

Carl KENNEDY	53	11.33
Gary BLAKE	63	13.17
Fiona ELY	49	14.50
Gary O'DWYER	60	15.39
Maria BARBETTI	54	15.43
Iresha O'DONOVAN	34	16.43
Len HALLETT	70	19.05
Bruce GIBBS	70	24.57
Ken CARTER	66	33.02

**5km**

Matt HALLETT	30	24.30
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**COBURG 12 SEPTEMBER 2019****100m****Heat: 1**

Matthew HALLAM	8	19.48
Michelle SPORTON	53	23.33
Rob DAVEY	79	31.02
Ken CARTER	66	47.10

**Heat: 2**

Rhyss GILSON		11.73
Alistair GOVIER-COLE	30	12.84
Paul O'NEILL	54	13.46
Bruce GIBBS	70	16.78
Gary O'DWYER	60	16.86

**1000m Walk**

Matthew HALLAM	8	9.51
Sally COLLINS	45	10.01
Frank BRADLEY	63	10.02

**4km Managers Challenge**

Carl KENNEDY	53	16.05	X
Colin HICKIE	35	16.19*	16.25
Matt HALLETT	30	18.23	X
Fraser MURRAY	47	18.54	X
Maria BARBETTI	54	21.06*	21.20
Len HALLETT	70	22.23	X

\*Achieved time set by manager.

**1500m**

Fraser MURRAY	47	5.37
Colin HICKIE	35	5.59
Carl KENNEDY	53	6.02
Matt HALLETT	30	6.42
Michael MEANEY	64	7.15
Maria BARBETTI	54	7.21
Fiona ELY	49	7.23
Yolanda SHAW	67	9.21
Ken CARTER	66	14.47

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

Sally COLLINS	45	58.78
Matthew HALLAM	8	1.25.0
Yolanda SHAW	67	1.27.1
Michelle SPORTON	53	2.02.0
Ken CARTER	66	2.55.8

**Heat: 2**

Paul O'NEILL	54	44.75
Alistair GOVIER-COLE	30	46.63
Michael MEANEY	64	58.53
Bruce GIBBS	70	1.06.1

**2km**

Ken CARTER	66	22.11
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**COBURG 19 SEPTEMBER 2019****80m**

Ethan O'NEILL (100m)	18	12.63
Bruce GIBBS	70	13.85
Matthew HALLAM	8	16.03
Michelle SPORTON	53	19.36
David WOODS	50	23.35
Ken CARTER	66	38.95

**800m Walk**

Donna-Marie ELMS	58	4.40
Bruce GIBBS (run)	70	6.20
Matthew HALLAM	8	6.27
Rob DAVEY	79	6.59
Maria BARBETTI	54	7.44
Sally COLLINS	45	7.45
Paul O'NEILL	54	8.00
Gary O'DWYER	60	8.00
Frank BRADLEY	63	8.03

**1600m**

Ethan O'NEILL	18	5.54
Carl KENNEDY	53	7.00
Michael MEANEY	64	7.40
Colin HICKIE	35	7.46
Fiona ELY	49	7.47
Tracy COLBERT	50	7.49
David WOODS	50	7.59
Iresha O'DONOVAN	34	8.49
Brett FOULIS	46	8.56
Yolanda SHAW	67	9.51
Ken CARTER	66	16.22

**400m Managers' Challenge****Heat: 1**

Yolanda SHAW	67	1.53.9*	1.58.0
Rob DAVEY	79	2.08.5	X
Michelle SPORTON	53	2.56.6	X
Ken CARTER	66	4.07.5	X

**Heat: 2**

Brett FOULIS	46	1.14.1	
Sally COLLINS	45	1.25.4*	1.28.0
Maria BARBETTI	54	1.33.3	X
Iresha O'DONOVAN	34	1.38.7	X
Matthew HALLAM	8	1.44.3	

\*Achieved time set by manager.

**400m Managers' Challenge****Heat: 3**

David WOODS	50	59.84	X
Colin HICKIE	35	1.09.7	X
Carl KENNEDY	53	1.12.3	X
Michael MEANEY	64	1.18.5	X

**15 minute time trial**

Carl KENNEDY	53	3680m
Colin HICKIE	35	2900m
Brett FOULIS	46	2850m
Tracy COLBERT	50	2798m
Maria BARBETTI	54	2798m
Fiona ELY	49	2690m
Len HALLETT	70	2690m
Michael MEANEY	64	2600m
Iresha O'DONOVAN	34	2600m
Matthew HALLAM	8	2050m
Rob DAVEY	79	1609m
Ken CARTER	66	1080m

**COBURG 26 SEPTEMBER 2019****100m**

Ethan O'NEILL	18	12.50
Paul O'NEILL	54	14.46
Bruce GIBBS	70	17.69
Michelle SPORTON	53	24.08
Ken CARTER	66	45.85

**1000m**

Fraser MURRAY	47	3.24
Carl KENNEDY	53	3.40
Matt HALLETT	30	3.52
Michael MEANEY	64	4.39
Brian DELANEY	65	4.41
Fiona ELY	50	4.44
Gary O'DWYER	60	5.28
Yolanda SHAW	67	6.05
Ken CARTER	66	10.14

**200m**

Ethan O'NEILL	18	26.58
Michelle SPORTON	53	59.22
Paul O'NEILL	54	29.67
Ken CARTER	66	2.02.2
Yolanda SHAW	67	50.85

**2km**

Ken CARTER	66	22.27
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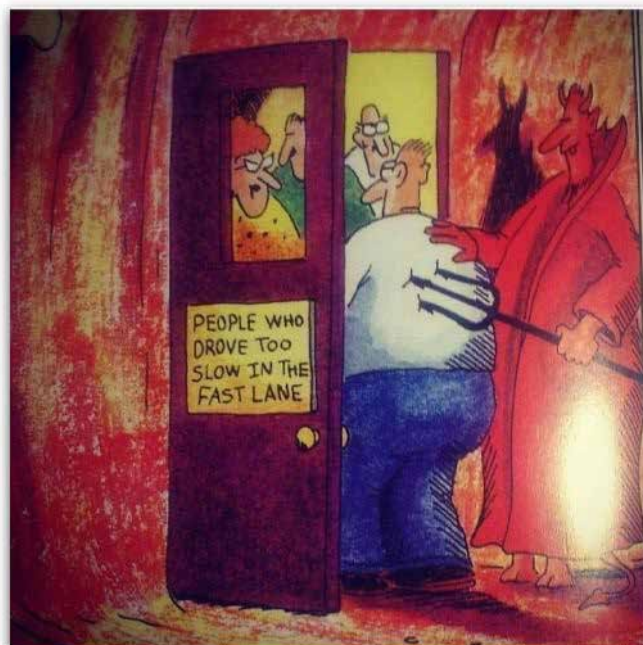
**2.8km**

Rob DAVEY	79	24.48
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**4km Managers Challenge**

Carl KENNEDY	53	15.53	X
Matt HALLETT	30	17.59*	19.00
Michael MEANEY	64	19.21	X
Fraser MURRAY	47	20.36	X
Len HALLETT	70	24.42	X

\*Achieved time set by manager.



**CROYDON 3 SEPTEMBER 2019****1500 METRE WALK**

1	Lyn BATCHELOR	70	11.35
2	Al WILLEY	80	13.19
3	Kevin McLAUHLIN	75	14.16
4	Ron SMITH	70	17.12
5	Barrie WICKS	79	19.43

**100 METRE SPRINT**

1	Peter WILLMOTT	52	15.3
2	Jack DURRANT	22	17.9
3	Russell OAKLEY	79	18.1
4	Andrew FRASER	77	23.6
5	Ron SMITH	70	25.3

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

1	Jack DURRANT	22	3.42
2	Ros DYER	55	4.39

**400 METRE RUN**

1	Peter WILLMOTT	52	61.7
2	Jack DURRANT	22	62.9

**DISTANCE**

Jack DURRANT (1 km Run)	22	5.12
Lyn BATCHELOR (1km Walk)	70	7.34
Al WILLEY (1 km Walk)	80	8.57
Kevin McLAUHLIN(1KmWalk)	75	9.41
Barrie WICKS (1 km Walk)	79	12.59
Peter Willmott (3 km Run)	52	13.20
Ros DYER (5 km Run)	55	31.02

**CROYDON 10 SEPTEMBER 2019****3 LAPS WALK**

1	Paul MORITZ	60	7.47
2	Phyllis GOSBELL	81	10.21
3	Al WILLEY	80	10.22
4	Jack DURRANT	22	10.24
5	Colin WILLIAMS	70	12.04
6	Andrew SHIPTON	45	12.40
7	Allan WOOD	82	12.45
8	Barrie WICKS	79	16.12
9	Peter WILLMOTT	52	16.13

**60 METRE SPRINT**

1	Andrew SHIPTON	45	8.6
2	Paul DURRANT	58	9.0
3	Peter WILLMOTT	52	9.5
4	Jess DUX	35	15.8

**1500 METRE RUN**

1	Peter WILLMOTT	52	6.19
2	Jack DURRANT	22	6.48

**200 METRE SPRINT**

1	Paul DURRANT	58	29.3
2	Andrew SHIPTON	45	29.9
3	Peter WILLMOTT	52	33.1

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

1	Phyllis GOSBELL (Walk)	81	8.57
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**3 km:**

1	Andrew SHIPTON (Run)	45	9.26
2	Paul MORITZ (Walk)	60	21.46
3	Al WILLEY (Walk)	80	27.19
4	Jess DUX (Walk)	35	27.54
5	Grant MURFETT (Walk)	51	27.55
Peter Willmott (400 Mtr Run)	52	1.23	

**CROYDON 17 SEPTEMBER 2019****1200 METRE WALK**

1	Paul MORITZ	60	7.42
2	Andrew EGGINTON	57	9.11
3	Jack DURRANT	22	9.51
4	Al WILLEY	80	10.26
5	Allan WOOD	82	11.33
6	Andrew FRASER	77	11.35
7	Kevin McLAUHLAN	75	11.41
8	Ros DYER	55	13.19
9	Maxine GORMAN	53	13.23
10	Erika BEDYN	57	13.23
11	Colin WILLIAMS	70	13.33
12	Ron SMITH	70	13.34
13	Barrie WICKS	79	13.46
14	Bill GORMAN	83	14.50
15	Brayden WOODRIDGE	16	14.52

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

1	Andrew FRASER	77	
2	Allan WOOD	82	No
3	Ron SMITH	70	
4	Kevin McLAUHLAN	75	

**Heat 2:**

1	Paul DURRANT	58	Times
2	Rob STAGG	52	
3	Grant MURFETT	52	Available
4	Peter WILLMOTT	52	
5	Brayden WOODRIDGE	16	

**1/2 MILE RUN****DOUG ORR HEAT 3**

Brayden WOODRIDGE(Dq)	16	4.41	
Erika BEDYN (Disq)	57	4.44	
Grant MURFETT (Disq)	52	4.53	
1	Jack DURRANT	22	4.58
2	Andrew EGGINTON	56	5.01
3	Ros DYER	55	5.02
4	Peter WILLMOTT	52	5.03

**500 METRE RUN**

1	Grant MURFETT	52	1.28
2	Rob STAGG	52	1.34
3	Paul DURRANT	58	1.39
4	Jack DURRANT	22	1.44
5	Allan WOOD	82	3.12
6	Andrew FRASER	77	3.40

**DISTANCE**

Jack DURRANT (1 km Run)	22	4.34
Kevin McLAUHLAN (3 Lps W)	75	12.06
Paul MORITZ (6 laps Walk)	60	17.50
Ian UREN (5 km Run)	68	27.19
Ros DYER (5 km Run)	55	32.53

**DISCUS THROW**

Brayden WOOLRIDGE	16	31.60
Paul DURRANT	58	18,84
Erika BEDYN	56	16.45
Maxine GORMAN	53	12.80

**CROYDON 24 SEPTEMBER 2019****4 LAPS WALK**

1	Sandra GEISLER	41	8.51
2	Alison THOMPSON	66	9.31
3	Brayden WOOLRIDGE	16	11.32
4	Jess DUX	35	11.52
5	Lyn BATCHELOR	70	12.43
6	Al WILLEY	80	13.53
7	Ros DYER	55	14.37
8	Phyllis GOSBELL	81	14.37
9	Colin WILLIAMS	70	14.52
10	Allan WOOD	82	15.54
11	Bill GORMAN	83	15.56
12	Ron SMITH	70	17.39
13	Kevin McLAUCHLAN	75	17.40
14	Maxine GORMAN	53	18.25
15	Erika BEDYN	56	18.26
16	Barrie WICKS	79	20.21
17	Peter WILLMOTT	52	20.24

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

1	Angela EDWARDS	53	17.0
2	Allan WOOD	82	17.5
3	Ron SMITH	70	20.3
4	Maxine GORMAN	53	21.1
5	Kevin McLAUCHLAN	75	24.5

**Heat 2:**

1	Jess DUX	35	12.0
2	Andrew SHIPTON	45	12.5
3	Paul DURRANT	58	13.0
4	Rob STAGG	52	13.5

**DOUG ORR VENUE FINAL**

Brayden WOOLRIDGE(Dq)	16	4.47
Peter WILLMOTT (Disq)	52	4.48
Erika BEDYN (Disq)	56	4.55
Andrew EGGINTON (Disq)	57	4.55
1 Ros DYER	55	5.17

**600 METRE RUN**

1	Brayden WOOLRIDGE	16	1.57
2	Rob STAGG	52	2.20
3	Erika BEDYN	56	2.36
4	Andrew SHIPTON	45	2.57
5	Angela EDWARDS	53	3.03
6	Ros DYER	55	3.11

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

1	Jess DUX	35	17.46
2	Al WILLEY	80	17.48
3	Grant MURFETT	52	17.49
4	Phyllis GOSBELL	81	18.08
5	Kevin McLAUCHLAN	75	19.25

**4 km:**

1	Alison THOMPSON	66	25.07
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**2 OR 6 KM RUN** 24.9.2019**2 km:**

1	Peter WILLMOTT	52	10.47
2	Erika BEDYN	56	11.43
3	Andrew SHIPTON	45	13.50

**6 km:**

1	Colin PAGE	65	29.14
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**Also:**

Maxine GORMAN (??)	53	27.42
Ros DYER (??)	55	27.43
Tanla NEALE (??)	41	27.44

**DONCASTER 2 SEPTEMBER 2019****100 metres age-graded**

Graham Ford	(-24)	12.1
David McConnell	(-20)	12.5
John Aughey	(-33)	13.0
Greg Champion	(-17)	13.3
Matt Hughes	(scratch)	13.7
Matt Scholes	(scratch)	14.3
Tom Leong	(77)	15.0
Andrew Close	(scratch)	15.5

**200 metres heat 1**

Andrew Close	(30)	33.49
Josh Kilmartin	(10)	36.88
Tom Leong	(77)	39.66
Marla Trautman	(46)	75.66

**200 metres heat 2**

Matt Hughes	(44)	29.03
Darryl Kilmartin	(53)	31.30
David McConnell	(67)	33.79
Graham Ford	(70)	34.03

**600 metres (NOST)**

Josh Kilmartin	(-2.00)	04:30.6	02:30.6	(DQ)
Jeffrey Sim	(-2.00)	04:38.8	02:38.8	(DQ)
Darryl Kilmartin	(-2.20)	04:43.0	02:23.0	(DQ)
Matt Hughes	(-2.45)	04:56.0	02:11.0	(DQ)
Katrina Philip	(-2.25)	04:56.6	02:31.6	(DQ)
Matt Scholes	(-3.15)	04:59.0	01:44.0	Winner
David Armstrong	(-1.20)	05:01.4	03:41.4	
Marla Trautman	(scratch)	05:48.3	05:48.3	

**3000 metres**

David Armstrong	(63)	13:07.9	(2000 walk)
Katrina Philip	(57)	13:40.8	(2600)
Matt Hughes	(44)	13:52.9	

**DONCASTER 9 SEPTEMBER 2019****80 metres**

Matt Scholes	(49)	11.94
Andrew Close	(30)	13.45
John Aughey	(82)	16.07
Carolyn Aughey	(77)	18.74

**Doncaster 1000 metres (handicap)** Age

David McConnell	(-2.40)	06:57.33	04:17.33
Matt Scholes	(-3.45)	07:01.95	03:16.95
Ian McCormack	(-3.10)	07:03.51	03:53.51
Kath Gawthorn	(-1.30)	07:08.26	05:38.26
David Armstrong (walk)	(-0.40)	07:09.95	06:29.95

**150 metres**

Greg Champion	(64)	24.0
David McConnell	(67)	26.3
Ian McCormack	(60)	28.9
Jeffrey Sim	(57)	29.4
Carolyn Aughey	(77)	35.8

**250 metres**

David McConnell	(67)	44.94
Jeffrey Sim	(57)	52.78
Andrew Close	(30)	58.82
Marla Trautman	(46)	138.16

**1000 metres**

Matt Scholes	(49)	04:15.7
David Armstrong	(63)	06:15.6 (walk)
Shaun Wright	(49)	07:00.2 (800 walk)
Marla Trautman	(46)	15:59.5 1500

**DONCASTER 16 SEPTEMBER 2019****Long Jump**

	Age	
Greg Champion	(64)	3.34
David McConnell	(67)	3.33
Tom Leong	(77)	2.55
Bev Learmont	(70)	1.90

**100 metres**

Greg Champion	(64)	16.10
Andrew Close	(30)	16.88
Jeffrey Sim	(57)	20.66
Carolyn Aughey	(77)	23.46

**Javelin Throw**

Graham Ford	(70)	19.07
David McConnell	(67)	16.10
Tom Leong	(77)	14.00
Bev Learmont	(70)	12.81 (venue record)

**200 metres heat 1**

Andrew Close	(30)	36.36
Jeffrey Sim	(57)	39.02
Carolyn Aughey	(77)	50.24

**200 metres heat 2**

David McConnell	(67)	34.54
Tom Leong	(77)	40.12

**400 metres**

Jason Merritt	(47)	77.4
Jeffrey Sim	(57)	88.3
Katrina Philip	(57)	91.3
Marla Trautman	(46)	03:04.0

**Discus**

Graham Ford	(70)	23.79
David McConnell	(67)	22.28
Tom Leong	(77)	20.21
Bev Learmont	(70)	13.21

**1500 metres**

Jason Merritt	(47)	06:07.5
David McConnell	(67)	06:39.8
Katrina Philip	(57)	07:16.4
Tom Leong	(77)	10:01.6
Marla Trautman	(46)	13:25.9

**800 metres walk**

Shaun Wright	(49)	06:39.7
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**Results of the pentathlon:**

2nd Tom Leong (77) **1455** Long 2.55 (306) Javelin 14.00 (250) 200 40.12.0 (314) Discus 20.21 (444) 1500 10:01.6 (137)

1st David McConnell (67) **2032** Long 3.33 (392) Javelin 19.30 (301) 200 34.54 (400) Discus 22.28 (385) 1500 6:39.8 (554)

3rd Bev Learmont (70) **1026** Long 1.90 (144) Javelin 12.81 (385) 100 (0) Shot 5.12 (497) 800 0

**DONCASTER 23 SEPTEMBER 2019****60 minutes**

David Featherson	(45)	14,637.2	First Male
Jason Merrett	(45)	12,473.4	
Graham Walter	(60)	12,121.8	
Helen Stanley	(60)	11,968.1	First Female
Darryl Kilmartin	(50)	11,668.4	
Christopher Worsnop	(60)	11,468.0	
Andrew Jamieson	(70)	10,423.0	First Male
Walker			
Clyde Riddoch	(65)	10,124.0	
Ros Dyer	(55)	9,441.7	
Frank Prowse	(65)	9,352.7	
Donna-Marie Elms	(55)	8,429.0	First Female
Walker			
Paul Moritz	(60)	8,327.2	
Maggie Hawkes	(60)	7,674.9	
Marla Trautman	(45)	5,265.8	

**DONCASTER 30 SEPTEMBER 2019****300 metres GIFT (handicap)**

David McConnell	(-55)	38.13
Jeffrey Sim	(-70)	40.62
Katrina Philip	(-95)	40.92
Carolyn Aughey	(-135)	43.34
Janine James	(-85)	44.72

**60 metres**

Jeffrey Sim	(57)	10.90
David McConnell	(67)	11.02
Andrew Close	(30)	11.78

**880 yards (NOST)**

Katrina Philip	(scratch)	03:28.4	03:28.4 (DQ)
Kath Gawthorn	(scratch)	03:32.0	03:32.0
David McConnell	(-0.35)	03:55.8	03:20.8

**120 metres**

Andrew Close	(30)	19.84
Jeffrey Sim	(57)	21.84

**1200 metres**

Katrina Philip	(57)	05:36.7
Kath Gawthorn	(45)	05:43.7
Shaun Wright	(49)	06:59.3 (800 Walk)

**EAST BURWOOD 5 SEPTEMBER 2019****600 METRE RUN**

1	Ashley RYAN	65	2.24
2	Christopher WORSNOP	61	2.25
3	Jack DURRANT	22	2.32
4	Bob HENDERSON	72	2.41

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

1	Leo COFFEY	89	11.8
2	Horacio DIAZ	73	15.0
3	John MATHEW	82	15.9
4	Lloyd NICHOLS	78	20.2

**Heat 2:**

1	Glenn McLEAN	55	8.3
2	Paul DURRANT	58	8.7
3	Louise McLEAN	54	9.5
4	Chris ROBINSON	60	10.3
5	Christopher WORSNOP	61	10.6

**600 METRE WALK**

1	Christopher WORSNOP	61	3.47
2	Bob HENDERSON	72	4.08
3	Leo WATSON	78	4.25
4	Brian TAIT	77	4.39
5	John MATHEW	82	6.06
6	Peter BATTRICK	76	6.23

**100 METRE SPRINT HANDICAP**

1	Chris ROBINSON	60	12.5
2	Christopher WORSNOP	61	13.0
3	Leo COFFEY	89	13.4
4	Glenn McLEAN	55	13.7
5	Paul DURRANT	58	14.0
6	Louise McLEAN	54	14.2
7	Lloyd NICHOLS	78	14.7
8	Ashley RYAN	65	15.1
9	John MATHEW	82	16.4

**300 METRE RUN**

1	Ashley RYAN	65	56.6
2	Chris ROBINSON	60	58.8
3	Lloyd NICHOLS	78	180.9

**4 KM RUN AGE GRADED**

			Age %	
1	Michelle QUAN	50	19.49	66.95
2	Sam DEFANIS	71	20.42	66.59
3	Stephen DAY	49	17.03	66.28
4	Christopher WORSNOP	61	19.29	64.16

**Also:**

Leo WATSON (800 Mtr. Walk)	78	6.21
Brian TAIT (1200 Mtr. Walk)	77	9.42
Bob HENDERSON (2 km Run)	72	11.15

**EAST BURWOOD 12 SEPTEMBER 2019****60 METRE SPRINT**

1	Ashley RYAN	65	9.8
2	Christopher WORSNOP	62	10.5
3	Donna CLARKE	66	10.8
4	Leo COFFEY	89	12.4
5	Paul DURRANT (90 mtrs)	58	12.8
6	Shirley COPPOCK	83	14.5
7	Horacio DIAZ	74	17.0
8	Lloyd NICHOLS	78	22.7

**880 YARDS RUN****DOUG ORR MEMORIAL HEAT 2**

	Bob HENDERSON (Disq)	72	4.53
	Ashley RYAN (Disq)	65	4.54
1	Christopher WORSNOP	62	5.05
2	Michelle QUAN	49	5.27

**1 KM WALK HANDICAP**

1	Christopher WORSNOP	62	9.44
2	Gerald BURKE	79	9.45
3	Brian TAIT	77	9.50
4	Peter BATTRICK	76	9.59
5	Leo WATSON	78	10.08

**200 METRE SPRINT**

1	Ashley RYAN	65	
2	Donna CLARKE	66	No
3	Andrew FRASER	77	
4	Shirley COPPOCK	82	Times
5	Lloyd NICHOLS	78	

**100 METRE SPRINT**

1	Paul DURRANT	58	14.6
2	Christopher WORSNOP	62	17.2
3	Ashley RYAN	65	17.8
4	Donna CLARKE	66	18.4
5	Leo COFFEY	89	21.8
6	Shirley COPPOCK	82	25.2
7	Horacio DIAZ	74	30.0
8	Lloyd NICHOLS	78	40.5

**1600 MTRS/4 OR 6 KM RUN****1600 metres:**

1	Janet HOLMES	66	8.0-0
2	Bob HENDERSON	72	8.55

**4 km:**

1	Adam McCANN	42	17.28
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**6 km:**

1	Geoff WHEELER	63	29.14
2	Christopher WORSNOP	62	32.32

**SHOT PUT**

			Metres
	Toni MATTERS	51	9.44
	Paul DURRANT	58	8.56
	Allan WOOD	82	6.22
	Donna CLARKE	66	5.93
	Leo COFFEY	89	4.54



**EAST BURWOOD 19 SEPTEMBER 2019****60 METRE SPRINT****Heat 1:**

1	Leo COFFEY	89	12.3
2	Shirley COPPOCK	83	14.5
3	Lloyd NICHOLS	78	26.3

**Heat 2:**

1	Paul DURRANT	58	8.5
2	Glenn McLEAN	55	8.6
3	Louise McLEAN	54	9.4
4	Chris ROBINSON	60	10.0
5	Christopher WORSNOP	62	10.0

**800 METRE HANDICAP WALK** Clock Actual

1	Bob HENDERSON	73	6.57	6.57
2	Christopher WORSNOP	62	7.48	5.13
3	Leo WATSON	78	7.55	5.55
4	Leonie GILLIES	62	7.56	5.56
5	Brian TAIT	77	8.01	6.21
6	Shirley COPPOCK	83	8.16	7.16
7	Liz CLENNELL	50	8.19	5.09

**100 METRE HANDICAP SPRINT**

1	Chris ROBINSON	60	12.8
2	Jack DURRANT	22	13.3
3	Paul DURRANT	58	14.0
4	Shirley COPPOCK	83	14.4
5	Louise McLEAN	54	14.4
6	Christopher WORSNOP	62	14.4
7	Glenn McLEAN	55	14.4
8	Leo COFFEY	89	14.4
9	Andrew FRASER	77	15.5
10	Allan WOOD	82	16.0
11	Lloyd NICHOLS	78	16.0

**150 METRE SPRINT**

1	Andrew FRASER	77	28.4
2	Janet HOLMES	66	29.8
3	Shirley COPPOCK	83	40.3
4	Lloyd NICHOLS	78	82.9

**5 KM HANDICAP RUN****FRANK TUTCHENER 5KM HEAT 1** Clock Actual

1	Michelle QUAN	49	25.37	24.17
2	Sam DEFANIS	71	26.06	26.06
3	Geoff WHEELER	63	26.14	24.24
4	Christopher WORSNOP	62	26.41	25.41
5	Stephen DAY	49	27.05	22.45
6	Liz CLENNELL	50	27.46	27.26

Also:

Bob HENDERSON (500 Mtrs)	73	4.56
Leonie GILLIES (3 km)	62	19.13

**880 YARDS RUN****DOUG ORR MEMORIAL HEAT 3**

Bob HENDERSON (Disq)	73	4.52	
Jack DURRANT (Disq)	22	4.52	
Christopher WORSNOP(Disq)	62	4.54	
1	Liz CLENNELL	50	5.02
2	Allan WOOD	82	5.17

**DISCUS THROW HANDICAP** Best Adjusted

1	Louise McLEAN	54	20.90	36.35
2	Toni MATTERS	51	31.66	36.29
3	Chris ROBINSON	60	14.47	35.62
4	Paul DURRANT	58	29.82	35.27
5	Andrew FRASER	77	16.90	34.90
6	Allan WOOD	82	12.64	33.59
7	Leo COFFEY	89	9.07	33.32
8	Brian TAIT	77	11.15	33.00

**EAST BURWOOD 26 SEPTEMBER 2019****60 METRE SPRINT****Heat 1:**

1	Toni MATTERS	51	10.1
2	Gerard O'CONNOR	66	11.8
3	Leo COFFEY	89	12.3
4	Shirley COPPOCK	83	14.2
5	Horacio DIAZ	74	17.8
6	Lloyd NICHOLS	78	20.3

**Heat 2:**

1	Josh O'CONNOR	14	7.6
2	Jack DURRANT	22	7.9
3	Paul DURRANT	58	8.3
4	Louise McLEAN	54	9.2
5	Chris ROBINSON	60	9.9
6	Christopher WORSNOP	62	10.2

**1000 METRE WALK N.O.T.** Clock Nom.

1	Ros LORDING	47	6.21	6.00
2	Christopher WORSNOP	62	6.27	6.50
3	Leonie GILLIES	62	7.32	7.30
4	Leo WATSON	78	7.41	7.26
5	Sonya POLLARD	52	7.46	9.15
6	Grant MURFETT	52	7.48	10.00
7	Brian TAIT **	77	7.56	7.56
8	Phyllis GOSBELL	81	8.18	8.22
9	Bob HENDERSON	73	8.59	8.50
10	Allan WOOD	82	9.02	9.45
11	Peter BATTRICK	76	10.12	10.10

\*\* Winner - Brian Tait

**880 YARDS RUN****DOUG ORR MEMORIAL HEAT 4**

Michelle QUAN (Disq)	50	4.37	
Bob HENDERSON (Disq)	73	4.43	
Josh O'CONNOR (Disq)	14	4.51	
Cec McKEOWN (Disq)	79	4.52	
Jack DURRANT (Disq)	22	4.53	
1	Christopher WORSNOP	62	4.58
2	Stephen DAY	49	5.07
3	Gerard O'CONNOR	66	6.13

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

1	Cec McKEOWN	79	19.0
2	Andrew FRASER	77	19.7
3	Allan WOOD	82	23.6
4	Shirley COPPOCK	83	26.6
5	Horacio DIAZ	74	31.5
6	Lloyd NICHOLS	78	42.5

**Heat 2:**

1	Jess DUX	35	14.2
2	Paul DURRANT	58	15.3
3	Christopher WORSNOP	62	17.9
4	Chris ROBINSON	60	18.3
5	Donna CLARKE	66	19.5

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

1	Jess DUX	35	35.7	
2	Chris ROBINSON **	60	36.3	36.0
3	Andrew FRASER	77	40.9	38.5
4	Allan WOOD	82	48.4	44.0
5	Leo COFFEY	89	52.8	45.2
6	Shirley COPPOCK	83	113.6	69.0
7	Lloyd NICHOLS	78	117.6	90.0

\*\* Winner - Chris Robinson

### EAST BURWOOD 26 SEPTEMBER 2019 cont.

#### 10 OR 20 MINUTE RUN/WALK

10 mins:		Laps	Metres
Ros LORDING (Run)	47	5	100
Cec McKEOWN (Run)	79	4	50
Bob HENDERSON (Run)	73	4	20
Leo WATSON (Walk)	78	3	60
Brian TAIT (Walk)	77	3	50
Gerald BURKE (Walk)	79	2	160
Peter BATTRICK (Walk)	76	2	70

20 mins:		Laps	Metres
Stephen DAY (Run)	49	11	250
Geoff WHEELER (Run)	63	10	200
Michelle QUAN (Run)	50	10	150
Christopher WORSNOP (Run)	62	10	
Sam DEFANIS (Run)	71	9	170
Leonie GILLIES (Run)	62	8	

LONG JUMP	N.O.D.	Best	Nom.
Jess DUX		35	4.70
Jack DURRANT		22	5.00
Paul DURRANT **		58	4.13
Chris ROBINSON		60	2.70
Allan WOOD		82	2.84
Donna CLARKE		66	2.50
Leo COFFEY		89	2.25

\*\* Winner - Paul Durrant

### FRANKSTON 5 SEPTEMBER 2019

80m			Clock
1	Russ Dow	59	11.23
2	Lindsay Beaton	69	18.75

250m		no starters
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1000m			
1	Russ Dow	59	3.28
2	Gary Meyer	64	5.12
3	Caitlin O'Connell	44	5.57
4	Chris Sheedy	51	5.58
5	Frances Halton	57	6.23

800m Walk			
1	Greg Lovejoy	77	6.20
2	John Sutton	76	6.26
3	John Hallo	77	6.35
4	Lindsay Beaton	69	7.10

2000m			
1	David Dodson	60	10.34

1600m Walk			
1	John Sutton	76	14.19

2800m Walk			
1	John Hallo	77	23.49
2	Lindsay Beaton	69	26.29

3600m			
1	Russ Dow	59	14.39
2	Chris Sheedy	51	19.48
3	Gary Meyer	64	19.49
4	Greg Lovejoy	77	20.24
5	Caitlin O'Connell	44	23.25
DNF	Fran Halton	57	21.09

### FRANKSTON 12 SEPTEMBER 2019

110m			
1	Rob Taylor	50	15.68
2	Russ Dow	59	15.97

Relay				Team time
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Walk 400m / Run 600m / Sprint 200m				Team time
1	John Hallo	77	W	5.30
	Caitlin O'Connell	45	S	
	Russ Dow	59	R	
2	Heather Carr	70	W	5.33
	Gary Meyer	64	S	
	Graham Stockdale	75	R	
3	John Sutton	76	W	6.07
	Charlie Mallia	70	S	
	Rob Taylor	50	R	

5 or 8 lap spiral Walk			Laps
1	Greg Lovejoy	77	25.54 8
2	Lindsay Beaton	69	31.30 8
1	Heather Carr	70	12.50 5
2	John Hallo	77	17.03 5
3	John Sutton	76	17.45 5



### FRANKSTON 12 SEPTEMBER 2019 cont.

#### 5 or 8 lap spiral

				Laps
1	Russ Dow	59	14.14	8
2	Rob Taylor	50	14.57	8
3	Gary Meyer	64	18.32	8
4	Caitlin O'Connell	45	19.55	8
5	Graham Stockdale	75	22.47	8
6	Fran Halton	57	27.31	8
1	David Dodson	60	11.28	5

### FRANKSTON 19 SEPTEMBER 2019

#### 90m

1	Rob Taylor	50	12.63
2	Russ Dow	59	12.71
3	Michael Rix	61	13.96
4	Henry Sheedy	Inv	16.22
5	Lindsay Beaton	69	18.71

#### 200m

no starters

#### 800m Walk

1	Albin Hess	59	4.27
2	Heather Carr	70	4.54
3	Greg Lovejoy	77	6.11
4	John Sutton	76	6.42
5	John Hallo	77	6.46
6	Lindsay Beaton	69	7.20

#### 800m

1	Chris Sheedy	51	2.52
2	Russ Dow	59	2.59
3	Rob Taylor	50	3.00
4	Barry Jeffs	71	3.15
5	Liz Lowther	68	3.31
6	Michael Rix	61	3.41
7	Bill Carr	70	4.12
8	Fran Halton	57	5.13

#### 2400m

1	Chris Sheedy	51	11.12
2	David Dodson	60	13.26
3	Graham Stockdale	77	13.51
4	Bill Carr	70	14.04
5	Caitlin O'Connell	45	16.16

#### 2400m Walk

1	Lyn Pimm	58	21.02
2	John Hallo	77	21.32
2	John Sutton	76	21.32

approx

#### 3200m Walk Age graded

		Clock	A/G %	
1	Heather Carr	70	19.54	81.74%
2	Albin Hess	59	19.38	66.55%
3	Lindsay Beaton	69	31.22	46.39%

#### 4000m Age graded

		Clock	A/G %	
1	Liz Lowther	68	20.04	85.88%
2	Russ Dow	59	16.11	75.90%
3	Barry Jeffs	71	19.19	71.35%
4	Greg Lovejoy	77	22.07	68.73%
5	Rob Taylor	50	17.21	65.71%
6	Fran Halton	57	27.13	53.52%

### FRANKSTON 26 SEPTEMBER 2019

#### 100m

Age Graded

1	Russ Dow	59	14.29	83.07%
2	Mike Hall	80	18.65	80.22%
3	Michael Rix	61	16.28	73.56%

#### 150m

No starters

#### 600m Walk

1	Heather Carr	70	3.42
2	Greg Lovejoy	77	4.16
3	John Sutton	76	4.32
4	Alan Radford	68	4.33
5	Lindsay Beaton	69	5.23
6	Charlie Mallia	70	6.59

#### 600m

1	Russ Dow	59	2.06
2	Chris Sheedy	51	2.09
3	Bill Carr	70	2.22
4	Liz Lowther	68	2.34
5	Gary Meyer	64	2.46
6	Fran Halton	57	4.07
7	David Dodson	60	4.11

#### 20min or 30 min Walk

Distance 15 or 30 min

1	Charlie Mallia	70	4 laps + 300m	20
1	Heather Carr	70	11 laps + 150m	30
2	John Hallo	77	7 laps + 350m	30
2	John Sutton	76	7 laps + 350m	30
4	Lindsay Beaton	69	7 laps	30

#### 20min or 30 min Run

Laps/Dist 15 or 30 min

1	Chris Sheedy	51	9 laps + 100m	20
1	Gary Meyer	64	9 laps + 100m	20
3	Fran Halton	57	7 laps + 100m	20
DNF	Bill Carr	60	5 laps	20
DNF	David Dodson	60	7 laps	20
1	Russ Dow	59	18 laps + 50m	30
2	Liz Lowther	68	14 laps + 70m	30
3	Caitlin O'Connell	45	13 laps + 20m	30
3	Greg Lovejoy	77	13 laps + 20m	30



**GEELONG 4 SEPTEMBER 2019****400m**

Andy Bruschi	01:11
Daimin Mole	01:17
Russell Jenkins	01:19

**2400m**

Russell Jenkins	08:38
Phil Shay	09:01
Tony McRae	09:23
Charlie El Hage	09:25
Tim Davis	09:27
Cameron White	09:43
Jane White	09:51
Alan Jenkins	10:29
Jonathan Davis	10:36
Mark Humphrey	10:47
Jeff Walker	11:01
Frank Engelsman	12:08
Erik Bumbers	12:13

**1500m**

Davie Card	04:50
Russell Jenkins	05:19
Phil Shay	05:36
Tony McRae	05:37
Tim Davis	05:38
Andy Bruschi	05:58
Jane White	06:04
Jeff Walker	06:42
Mark Humphrey	06:42
Cameron White	06:46
Jonathan Davis	06:49
Erik Bumbers	07:25
Frank Engelsman	07:32
Daimin Mole	08:03

**800m**

Jill Coyte (W)	04:52
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**GEELONG 11 SEPTEMBER 2019****300m**

Eliesha Byrt	48.70
David Mitchell	49.50
Andy Bruschi	50.50
Daimin Mole	51.10
Noah Jones	53.70

**2000m**

Charlie El Hage	07:45
Jane White	07:55
Andy Bruschi	08:30
Mark Humphrey	08:38
Jill Coyte (W)	11:53

**4000m**

Grant Simpson	13:15
Phil Shay	15:18
Tony McRae	15:43
Tim Davis	16:03
Sharon Pedersen	17:30
Alan Jenkins	17:59
Paul Stewart	18:16
Jonathan Davis	18:34
Jeff Walker	19:03
Frank Engelsman	20:19
Erik Bumbers	20:55
Grant Baensch	22:03
Daryl Hurst	22:42

**GEELONG 11 SEPTEMBER 2019 cont.****3 x 400m Relay**

N Jones G Simpson D Mole	03:55
K Oliver A Bruschi Tim Davis	03:55
J Davis S Pedersen G Baensch	04:09

**GEELONG 18 SEPTEMBER 2019****200m**

Jonathan Davis	30.20
Daimin Mole	31.50
Russell Jenkins	35.70

**2800m**

Russell Jenkins	09:39
Phil Shay	10:31
Tony McRae	10:38
Tim Davis	10:54
Jane White	11:13
Eliesha Byrt	11:24
Alan Jenkins	12:31
Jeff Walker	12:48
Gerry Fitzpatrick	13:36
Estelle Davis	13:46
Frank Engelsman	13:50
Daryl Hurst	14:04
Erik Bumbers	14:21
Jonathan Davis	14:39
Grant Baensch	15:39
Jill Coyte (W)	16:16

**1000m**

Russell Jenkins	03:18
Tony McRae	03:23
Tim Davis	03:32
Phil Shay	03:33
Paul Stewart	04:03
Alan Jenkins	04:06
Jeff Walker	04:16
Gerry Fitzpatrick	04:22
Estelle Davis	04:24
Frank Engelsman	04:28
Daimin Mole	04:37
Erik Bumbers	04:50
Grant Baensch	05:06
Daryl Hurst	05:38

**GEELONG 25 SEPTEMBER 2019****2400m**

Phil Shay	08:54
Sharon Pedersen	09:38
Jonathan Davis	10:28
Alan Jenkins	10:44
Frank Engelsman	11:47
Daryl Hurst	11:53
Grant Baensch	12:35
Jill Coyte (W)	14:07

**1600m**

Phil Shay	05:54
Eliesha Byrt	06:07
Sharon Pedersen	06:32
Noah Jones	06:45
Alan Jenkins	06:58
Jonathan Davis	07:12
Frank Engelsman	07:40
Grant Baensch	08:11
Daryl Hurst	08:36

**GLEN EIRA 6 AUGUST 2019****70m E/T**

		Clock	Est	Diff
JIM McLURE	73	11.31	11.4	0.09
JUNE TREWEEK	58	10.94	11.3	0.36
SOPHIE McCAFFREY	8	12.32	12.9	0.55
BILL CARR	70	10.71	11.3	0.59
BOB WISHART	77	10.31	11.0	0.67
GLAD WISHART	75	13.51	12.5	1.03
EMILIE LORENTZEN	10	11.89	13.0	1.11
LINDA McCAFFREY	40	11.71	13.0	1.29
OSCAR LORENTZEN	8	12.51	14.0	1.49
KAREN FARRAR	46	11.11	12.8	1.64
SIMONE O'BRIEN	47	12.14	14.1	1.96

**Ray O'Connor Series Week 1****H/C (Sealed) (Points)**

		Clock	H/cap	H/C Time	%
GREG HUGHES	60	3.09	63	4.12	66.8
JO WHITTLE	47	3.19.7	60	4.19.7	62.0
BARRY JEFFS	70	3.27.2	55	4.22.2	66.85
JIM ROUNTREE	60	3.17.6	65	4.22.6	63.9
LLEWELLYN JENKINS	74	4.34.2	0	4.34.2	53.73
LINDA McCAFFREY	40	4.09.2	57	5.06.2	46.6
SIMONE O'BRIEN	47	4.09.2	58	5.07.2	49.6
JOEL FARRAR	11	3.04.4		65.91	

**150 MTRS H/C (Sealed) (Points)**

		Clock	H/cap	H/C Time	%
BILL CARR	70	22.45	16.5	38.95	
JIM McLURE	73	23.90	15.2	39.10	
BOB WISHART	77	22.10	17.8	39.90	
GLAD WISHART	75	31.42	8.5	39.92	
JUNE TREWEEK	58	24.10	15.9	40.00	
VIVIANNE CASH	67	25.00	15.0	40.00	
KAREN FARRAR	46	25.41	15.0	40.41	
CHELSEA WHITTLE	12	23.52	17.0	40.52	
JIM ROUNTREE	60	25.20	16.7	40.90	

**SANDRA MIDDLETON WALK - 3KM H/CAP**

		Clock	H/cap	H/C Time	%
SANDRA MIDDLETON	70	21.21	8.14	29.35	76.2
JIM BERRINGTON	62	18.19	11.19	29.38	73.4
GWEN STEED	76	20.44	9.03	29.47	86.0
KARYN O'NEILL	64	20.56	9.12	30.08	71.9
CONRAD HAMANN	67	21.14	9.00	30.14	72.7
JO WHITTLE	47	19.50	10.38	30.28	64.2
HEATHER CARR	69	18.42	11.52	30.34	85.8
JUNE TREWEEK	58	23.14	7.30	30.44	60.6
MICHAEL HEFFERNAN	84	29.21	1.25	30.46	61.3
CYNTHIA ELLERY	70	24.57	6.07	31.04	65.2
TONY DORAN	67	23.09	8.00	31.09	61.3
ROB JAMIESON	69	31.35	GO	31.35	46.1
FASTEST TIME	JIM BERRINGTON	18.19			

**RAY KEMP 3KM H/CAP (Sealed)**

		Clock	H/C	H/C Time	%
MIKE CLAPPER	67	14.23	0.30	14.53	67.5
PHIL URQUHART	74	17.44	-2.30	15.14	59.8
MERLE WANT	58	17.04	-1.20	15.44	64.0
PETE BATTRICK	75	32.06	-16.20	15.46	33.5
SIMONE O'BRIEN	47	14.46	1.00	15.46	63.9
CHRIS CAMPBELL	70	14.47	1.00	15.47	67.8
NICKY GRAFEN	8	16.58	-1.00	15.58	57.0
KAREN MONOHAN	53	19.59	-4.00	15.59	51.0
GREG HUGHES	60	14.39	1.20	15.59	62.2

**GLEN EIRA 6 AUGUST 2019 cont.**

STEVE STRELECKY	69	14.39	1.20	15.59	67.6
SIMON LLOYD	64	12.45	3.20	16.05	74.1
JANINE McKERRON	58	15.15	0.50	16.05	71.6
BARRY JEFFS	70	14.34	1.40	16.14	68.8
JO COCKWILL	66	17.16	-1.00	16.16	71.3
SARAH LORENTZEN	40	12.48	3.30	16.18	68.4
CHRIS GRAFEN	55	12.52	3.30	16.22	67.89
LINDA McCAFFREY	40	15.42	1.00	16.42	55.72

**GLEN EIRA 13 AUGUST 2019****100m H/C (Trophy) Clock H/C (dist)****Heat 1**

JUNE TREWEEK	58	14.03	10
GLAD WISHART	75	14.22	24
JIM McLURE	73	14.45	9
KAREN FARRAR	46	14.66	10
BILL CARR	70	14.90	4

**Heat 2**

SEAMUS O'BRIEN	15		-10
LEISA HUNT	47		22
SIMONE O'BRIEN	47		16
BOB WISHART	77		SCR
LINDA McCAFFREY	40		5
OSI SIRIAMPHONE	66		SCR

**Ray O'Connor Series Week 2****800m H/C**

		Clock	H/cap	H/C Time	%
JOEL FARRAR	11	3.15.7	21	2.54.7	69.56
JIM ROUNTREE	60	3.23.3	8	3.15.3	64.7
GREG HUGHES	60	3.23.5	16	3.07.5	67.3
BARRY JEFFS	70	3.24.4	GO	3.24.4	67.76
SIMONE O'BRIEN	47	3.33.1	8	3.25.1	60.4
LINDA McCAFFREY	40	3.54.2	7	3.47.2	49.75

**200m H/C**

		Clock	H/cap	H/C Time	%
SEAMUS O'BRIEN	15	36.2	11	25.2	82.34
LEISA HUNT	47	38.9	GO	38.9	63.21
CARR	70	39.1	8	31.1	83.0
WISHART	77	39.4	9	30.4	94.9
McLURE	73	39.7	6	33.7	80.18
FARRAR	46	40.0	4	36.0	67.53
TREWEEK	58	40.5	6	34.5	80.32
SIRIAMPHONE	66	46.8	9	37.8	66.11

**RUN SPIRAL H/C (4 LAPS)**

		Clock	Points
Start Group	H/C	H/C TIME	New Group
PHIL URQUHART	74	15.44	50
NICKY GRAFEN	8	15.46	56
SIMONE O'BRIEN	47	15.50	49
SIMON LLOYD	64	15.52	48
SARAH JOHNSON	36	15.55	47
CYNTHIA ELLERY	70	15.56	46
MIKE CLAPPER	67	15.59	45
KARYN O'NEILL	64	16.00	44
HEATHER CARR	70	16.01	43
MARK CANT	57	16.01	42
JIM BERRINGTON	63	16.01	41
GWEN STEED	77	16.02	40
SANDRA MIDDLETON	70	16.10	39
SARAH LORENTZEN	40	16.11	38
CONRAD HAMANN	67	16.18	37
JIM ROUNTREE	60	16.19	36

**GLEN EIRA 13 AUGUST 2019 cont.**

JO COCKWILL	66	16.22	35	53	7.10	9.12	52
MERLE WANT	58	16.24	34	52	7.00	9.24	51
JUNE TREWEEK	58	16.25	33	34	4.35	11.50	33
LINDA McCAFFREY	40	16.26	32	59	8.00	8.26	58
LEISA HUNT	47	16.28	31	34	4.35	11.53	33
CHRIS BROWN	63	16.28	30	64	8.45	7.43	63
CHRIS GRAFEN	55	16.28	29	70	9.35	6.53	69
BARRY JEFFS	70	16.28	28	64	8.45	7.43	63
TERRY O'NEILL	63	16.34	27	44	5.55	10.39	43
ROB JAMIESON	69	16.37	26	5	0.35	16.02	4
STEVE STRELECKY	69	16.40	25	64	8.45	7.55	63
TONY DORAN	67	16.49	24	36	4.50	11.59	34
JANE STURZAKER	66	16.58	23	52	7.00	9.58	50
MICHAEL HEFFERNAN	84	16.58	22	11	1.25	15.33	9
GREG HUGHES	60	17.17	21	62	8.25	8.52	62
DES MIDDLETON	72	19.30	20	42	5.40	13.50	39

**GLEN EIRA 20 AUGUST 2019****60m E/T**

		Clock	Est	Diff	%
LEISA HUNT	47	11.10	11.00	0.10	69.82
JUNE TREWEEK	58	9.55	9.45	0.10	90.68
BOB WISHART	77	9.31	9.10	0.21	93.66
JIM SINCLAIR	95	15.82	15.50	0.32	96.1
LINDA McCAFFREY	40	10.52	10.90	0.38	68.25
GLAD WISHART	75	12.06	11.39	0.67	85.41

**Ray O'Connor Series Week 3****800m H/C**

		Clock	H/cap	H/C Time	%
CHELSEA WHITTLE	12	3.13.09	30.00	2.43.09	78.46
JIM ROUNTREE	60	3.13.41	GO	3.13.41	65.3
GREG HUGHES	60	3.14.23	7.00	3.07.23	67.44

**150m H/C**

		Clock	H/cap	H/C Time
BOB WISHART	77	31.34	9	22.34
GLAD WISHART	75	31.34	GO	31.34
JUNE TREWEEK	58	32.70	7	25.70
JIM McLURE	73	32.95	7	25.95
JIM ROUNTREE	60	33.2	8	25.20

**WALK (1500 OR 3K) AGE %**

		Clock	%
HEATHER CARR (1500)	70	8.49	88.1
GWEN STEED (3K)	77	20.54	81.7
SANDRA MIDDLETON (3K)	70	21.32	74.1
JIM BERRINGTON (3K)	63	18.21	72.0
MARK CANT (3K)	57	19.14	65.4
CYNTHIA ELLERY (3K)	70	24.57	63.9
TONY DORAN (3K)	67	22.06	62.8
JUNE TREWEEK (3K)	58	23.57	59.9
DES MIDDLETON (1500)	72	12.04	59.6
MICHAEL HEFFERNAN (3K)	84	29.49	59.3
GEORGIE WHITTLE (1500)	18	9.56	58.9
JO WHITTLE (1500)	47	11.10	56.9
ROB JAMIESON (1500)	69	14.56	46.3
PETE BATTRICK (1500)	76	16.34	45.7

**20 MINUTES - EST. DISTANCE**

		Est	Actual	Diff
JANET HOLMES	66	9L120	9L120	0
JENNIFER WU	48	8L	8L	0
CHRIS CAMPBELL	70	10L	9L340	60
GREG HUGHES	60	9L280	9L197	83
VIN MARTIN	68	8L	7L300	100
CHRIS GRAFEN	55	11L200	11L30	170
LINDA McCAFFREY	40	8L200	8L390	190
JANE STURZAKER	66	8L100	7L300	200
MERLE WANT	58	9L	8L185	215
NICKY GRAFEN	8	9L	9L240	240
SIMON LLOYD	64	12L	11L	400
STEVE STRELECKY	69	10L320	9L310	410
LEISA HUNT	47	7L200	8L250	450

**GLEN EIRA 27 AUGUST 2019****WALK/RUN SPIRAL H/C (5 LAPS)**

		Clock	Points	H/C	H/C TIME
LEISA HUNT	47	20.07	50	9.45	10.22
JUNE TREWEEK	58	20.18	49	5.40	14.38
PETE BATTRICK	76	20.21	48	-1.20	22.01
JENNIFER WU	48	20.24	47	9.05	11.19
SARAH LORENTZEN	40	20.25	46	12.00	8.25
TONY DORAN	67	20.29	45	5.50	14.39
NICKY GRAFEN	8	20.29		10.25	10.04
MARK CANT	57	20.31	44	8.00	12.31
CONRAD HAMANN	67	20.32	43	6.35	13.57
CHRIS GRAFEN	55	20.33	42	12.00	8.33
MERLE WANT	58	20.37	41	8.50	11.47
LINDA McCAFFREY	40	20.38	40	10.05	10.33
SANDRA MIDDLETON	70	20.39	39	6.15	14.24
SIMONE O'BRIEN	47	20.39	38	11.00	9.39
JIM BERRINGTON	63	20.40	37	8.20	12.2
GWEN STEED	77	20.42	36	6.45	13.57
JO WHITTLE	47	20.44	35	8.00	12.44
GREG HUGHES	61	20.46	34	10.50	9.56
STEVE STRELECKY	69	20.49	33	11.00	9.49
SIMON LLOYD	64	20.52	32	12.35	8.17
SYD BONE	62	20.58	31	11.30	9.28
JANET HOLMES	66	21.00	30	10.40	10.2
GENEVIEVE O'BRIEN	16	21.02		12.55	8.07
JIM ROUNTREE	60	21.04	29	9.35	11.29
ROB JAMIESON	69	21.33	28	0.35	20.58
JANE STURZAKER	66	21.41	27	8.40	13.01
MIKE CLAPPER	67	21.48	26	11.20	10.28
HEATHER CARR	70	21.56	25	8.30	13.26
MICHAEL HEFFERNAN	84	21.57	24	1.25	20.32
DES MIDDLETON	72	22.10	23	6.45	15.25
EWEN WILSON	66	22.26	22	12.55	9.31
GEORGIE WHITTLE	19	22.26		9.05	12.21

**GLEN EIRA 3 SEPTEMBER 2019****100m H/C (Sealed) (Points) (Trophy)**

		Clock	H/cap	H/C Time	%
LEISA HUNT	47	18.19	11.2	29.39	65.31
MIKE CLAPPER	67	14.90	14.8	29.70	81.88
JIM McLURE	73	15.87	14.1	29.97	81.16
BOB WISHART	77	14.62	15.5	30.12	92.89
JUNE TREWEEK	58	16.05	14.1	30.15	82.74
JIM ROUNTREE	60	15.62	14.7	30.32	74.9
KAREN FARRAR	46	17.05	13.7	30.75	68.91
GLAD WISHART	75	20.52	10.9	31.42	77.34

**700m E/T (Points)**

		Clock	Est	Diff
JANET HOLMES	66	2.55.1	2.54.1	1
JO WHITTLE	47	2.59.4	3.01	1.6
GREG HUGHES	61	2.37.5	2.41	3.5
JOEL FARRAR	11	2.31.6	2.40.5	8.9
OSCAR LORENTZEN	7	2.39.2	2.59	19.8
JOHN BONG	18	2.32.2	2.10	22.2

**200 MTRS H/C (Sealed)**

		Clock	H/cap	H/C Time	%
MIKE CLAPPER	67	31.20	23.0	54.20	80.7
BOB WISHART	77	30.95	24.0	54.95	93.2
KAREN FARRAR	46	36.40	19.0	55.40	66.8
JIM ROUNTREE	60	32.50	23.0	55.50	73.9
JUNE TREWEEK	58	34.60	21.0	55.60	80.09
JIM McLURE	73	34.40	21.2	55.60	78.6
SIMONE O'BRIEN	47	36.90	20.0	56.90	66.6

**GLEN EIRA 3 SEPTEMBER 2019 cont.**

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

		Clock	H/cap	H/C	Time	%
TERRY O'NEILL	63	27.08	7.57	19.11	70.9	
KARYN O'NEILL	64	27.53	7.38	20.15	74.3	
ROB JAMIESON	69	28.03	-2.15	30.18	73.4	
JUNE TREWEEK	58	28.25	5.30	22.55	48.0	
CONRAD HAMANN	67	28.32	7.17	21.15	66.8	
JIM BERRINGTON	63	28.26	9.58	18.28	73.7	
TONY DORAN	67	28.40	6.16	22.24	63.4	
GEORGIE WHITTLE	19	28.46	9.25	19.21	59.9	
JO WHITTLE	47	29.11	9.13	19.58	63.8	
MICHAEL HEFFERNAN	84	29.48	GO	29.48	60.4	

**FASTEST TIME JIM BERRINGTON 18.28**

<b>RAY KEMP 3KM H/CAP</b>		Clock	H/C	H/C	Time	%
GREG HUGHES	61	19.14	5.05	14.09	65.0	
STEVE STRELECKY	69	19.19	5.05	14.14	69.6	
MERLE WANT	58	19.22	2.35	16.47	65.0	
SIMONE O'BRIEN	47	19.31	4.55	14.36	64.7	
JANINE McKERRON	58	19.33	4.30	15.03	72.5	
SIMON LLOYD	64	19.34	7.05	12.29	75.7	
JO COCKWILL	66	19.38	2.35	17.03	72.2	
PETE BATTRICK	75	19.38	-12.15	31.53	33.8	
CHRIS CAMPBELL	70	19.39	4.55	14.44	68.0	
EWEN WILSON	66	19.44	7.45	11.59	80.3	
JOEL FARRAR	11	19.45	4.30	15.15	57.0	
ASHLEY PAGE	78	20.00	4.05	15.55	71.7	
MIKE CLAPPER	67	20.12	5.20	14.52	65.4	
SARAH JOHNSON	36	20.16	0.15	20.01	42.6	
LEISA HUNT	47	20.17	4.15	16.02	58.9	
SARAH LORENTZEN	40	20.26	7.00	13.26	65.12	
CHRIS BROWN	63	20.43	5.15	15.28	60.54	
JENNIFER WU	48	21.00	4.15	16.45	57.05	
JANE STURZAKER	66	21.15	2.15	19.00	64.8	
JULIAN WANG	7	26.45	4.15	22.30	45.0	

**GLEN EIRA 10 SEPTEMBER 2019**

<b>4 X 100M RELAY</b>	Clock
GLAD WISHART	75
JIM ROUNTREE	60
LEISA HUNT	47
JOEL FARRAR	11 1.07.5
LINDA McCAFFREY	40
JUNE TREWEEK	58
BOB WISHART	77
CHELSEA WHITTLE	12 1.07.8

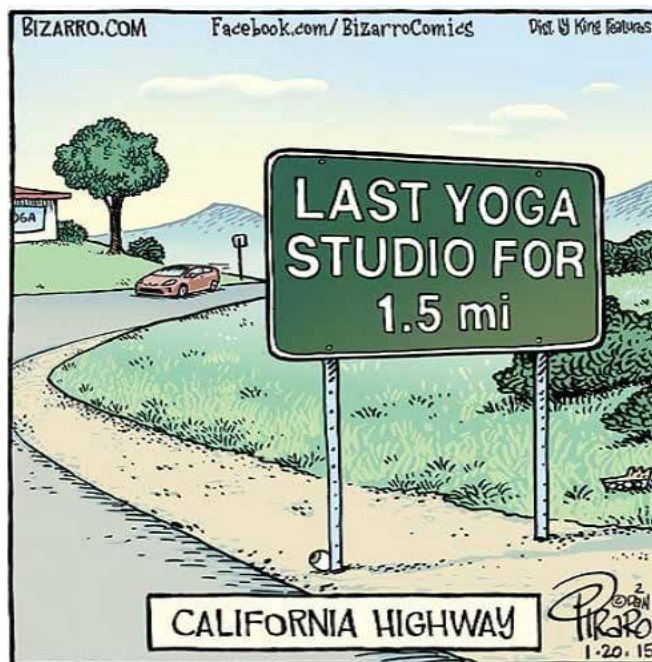
<b>500m E/T</b>	Clock	Est	Diff	%	
JANET HOLMES	66	1.56.4	1.59.5	3.1	78.2
CHELSEA WHITTLE	12	1.37.6	1.32	5.6	75.28
JO WHITTLE	47	1.57.6	2.05	7.4	62.88
GREG HUGHES	61	1.46.6	1.55	8.40	67.0
JOEL FARRAR	11	1.43.8	1.55.5	11.7	66.2
MICHELLE EDMONDS	45	2.09.1	2.30	20.9	56.22

<b>150m H/C (Trophy)</b>	H/C (M)	Clock
GLAD WISHART	75	40 20.10
JO WHITTLE	47	25 21.05
JIM McLURE	73	13 21.50
BOB WISHART	77	scr 21.70
JUNE TREWEEK	58	12 22.08
JIM ROUNTREE	60	8 22.25
KAREN FARRAR	46	17 22.56
MICHELLE EDMONDS	45	17 22.80

**GLEN EIRA 10 SEPTEMBER 2019 cont.**

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

		Clock	Points	H/C	H/C
TIME					
PETE BATTRICK	76	24.28	50	-1.20	25.48
DES MIDDLETON	72	24.50	49	8.05	16.45
LEISA HUNT	47	24.56	48	7.00	17.56
STEVE STRELECKY	69	24.59	47	13.35	11.24
TERRY O'NEILL	63	25.00	46	9.10	15.50
TONY DORAN	67	25.00.445		7.40	17.20.4
ROB JAMIESON	69	25.11	44	0.30	24.31
MICHAEL HEFFERNAN	84	25.12	43	1.35	23.37
KARYN O'NEILL	64	25.16	42	6.30	16.56
GREG HUGHES	61	25.27	41	13.20	12.07
JANE STURZAKER	66	25.29	40	10.30	14.59
SANDRA MIDDLETON	70	25.29.939		7.55	17.34.9
GRAHAM STOCKDALE	77	25.30	38	7.00	18.30
MERLE WANT	58	25.34	37	11.10	14.24
MARY HARPER	49	25.35	36	9.50	15.45
NICKY GRAFEN	8	25.38		13.20	12.18
SIMONE O'BRIEN	47	25.38.835		13.45	11.53.8
JENNIFER WU	49	25.40	34	11.50	13.50
JIM BERRINGTON	63	25.42	33	10.15	15.27
JIM ROUNTREE	60	25.46	32	11.35	14.11
LINDA McCAFFREY	40	25.49	31	12.40	13.09
JANET HOLMES	66	26.00	30	12.55	13.05
GWEN STEED	77	26.01	29	8.20	17.41
CONRAD HAMANN	67	26.03	28	8.20	17.43
KAREN MONOHAN	53	26.06	27	9.50	16.16
JUNE TREWEEK	58	26.30	26	7.40	16.02
JO WHITTLE	47	26.30.825		9.50	16.40.8
CHRIS GRAFEN	55	26.34	24	15.05	11.29
GERRY O'DONNELL	65	28.03	23	5.20	22.43
PHIL URQUHART	75	28.28	22	11.25	15.33



**GLEN EIRA 17 SEPTEMBER 2019****60m E/T**

		Clock	Est	Diff	%
JIM ROUNTREE	60	9.6	9.50	0.1	80.5
MIKE CLAPPER	67	9.15	9.00	0.15	88.4
JUNE TREWEEK	58	9.6	9.45	0.15	90.2
GLAD WISHART	75	11.95	11.76	0.19	86.2
BOB WISHART	77	9.10	8.85	0.25	95.8
JIM McLURE	73	10.05	9.55	0.5	83.8
MICHELLE EDMONDS	45	16.5	12.00	4.5	46.0

**800M Age % (Trophy)**

	Clock	Age %	
JANET HOLMES	66	3.26.4	79.62
GREG HUGHES	61	3.10.95	66.63

**400m E/T**

		Clock	Est	Diff	%
JIM ROUNTREE	60	71.33	70.5	0.83	74.13
MIKE CLAPPER	67	71.40	70.0	1.40	78.78
JIM McLURE	73	88.00	83.5	4.5	71.0
MICHELLE EDMONDS	45	94.22	100.0	5.78	58.73
BOB WISHART	77	81.58	75.35	6.23	82.5
JUNE TREWEEK	58	92.80	85.0	7.8	67.51

**WALK - 2KM H/C (Trophy)**

	Clock	H/cap	H/C Time	
CONRAD HAMANN	67	19.24	5.47	13.37
TONY DORAN	67	19.29	5.47	13.42
DES MIDDLETON	72	19.30	6.26	13.04
ROB JAMIESON	69	19.39	GO	19.39
SANDRA MIDDLETON	70	19.39	5.47	13.52
JIM BERRINGTON	63	19.41	7.38	12.03
KARYN O'NEILL	64	19.50	6.20	13.30
MICHAEL HEFFERNAN	84	19.52	0.44	19.08
GWEN STEED	77	19.59	6.06	13.53
JUNE TREWEEK	58	20.03	4.44	15.19
GERRY O'DONNELL	65	20.12	4.20	15.52
CYNTHIA ELLERY	70	21.42	4.12	17.30

**JUDY WINES 6K H/C (Sealed - Trophy)**

	Clock	H/cap	H/C Time %		
SIMONE O'BRIEN	47	29.20	0.30	29.50.	66.39
BARRY JEFFS	71	29.14	1.00	30.14	72.42
CHRIS CAMPBELL	70	30.04	1.00	31.04	69.6
STEVE STRELECKY	70	29.08	2.00	31.08	71.85
GREG HUGHES	61	29.48	2.20	32.08	64.48
HEATHER CARR	70	32.30	GO	32.30	83.85
MERLE WANT	58	35.17	-2.00	33.17	63.91
PHIL URQUHART	75	37.14	-3.00	34.14	60.43
JANE STURZAKER	66	39.05	-4.00	35.05	65.2
CHARLOTTE CONN	40	30.15	-1.00	29.15	60.14

**GLEN EIRA 24 SEPTEMBER 2019****110m E/T**

		Clock	Est	Dif
EMMA McCAFFREY	10	21.00	21.00	0.00
BOB WISHART	77	16.52	16.50	0.02
LEISA HUNT	47	20.13	20.00	0.13
GLAD WISHART	75	21.84	21.50	0.34
EMILIE LORENTZEN	10	19.21	20.00	0.79
OSCAR LORENTZEN	8	19.90	20.94	1.04
SOPHIE McCAFFREY	8	19.71	21.44	1.73
LINDA McCAFFREY	40	19.17	21.00	1.83
CHARLOTTE CONN	40	18.12	20.00	1.88
MICHELLE EDMONDS	45	19.42	22.00	2.58

**500m H/C**

		Clock	H/cap	H/C Time %	
BILL CARR	70	1.59.23	8.00	1.51	70.88
GREG HUGHES	61	2.00.3	18.00	1.42.	370.49
MIKE CLAPPER	67	2.03.5	32.00	1.31.	582.55
JANET HOLMES	66	2.04.36	9.00	1.55.	36
JIM ROUNTREE	60	2.08.01	32.00	1.36.	01
MICHELLE EDMONDS	45	2.11.03	GO	2.11.	03

**110m E/T**

		Clock	Est	Diff
GLAD WISHART	75	32.65	33.10	0.45
BOB WISHART	77	27.14	22.85	4.29

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

	Clock	Points	H/C		
GERRY O'DONNELL	65	27.52	50	5.15	22.37
MICHELLE EDMONDS	45	29.18	49	11.50	17.28
PHIL URQUHART	75	29.53	48	12.35	17.18
MERLE WANT	58	29.58	47	13.25	16.33
GWEN STEED	77	30.00	46	9.45	20.15
CHARLOTTE CONN	40	30.00	45	15.45	14.15
GREG HUGHES	61	30.06	44	16.00	14.06
BILL CARR	70	30.10	43	13.40	16.30
JO COCKWILL	67	30.15	42	13.25	16.50
CYNTHIA ELLERY	70	30.18	41	6.05	24.13
KARYN O'NEILL	63	30.19	40	10.15	20.04
JANINE McKERRON	59	30.22	39	15.30	14.52
JIM ROUNTREE	60	30.28	38	13.55	16.33
JANET HOLMES	66	30.31	37	15.15	15.16
LEISA HUNT	47	30.32	36	14.25	16.07
PETE BATTRICK	76	30.36	35	0.00	30.36
JIM BERRINGTON	63	30.38	34	12.20	18.18
SIMONE O'BRIEN	47	30.43	33	16.35	14.08
SANDRA MIDDLETON	70	30.45	32	9.25	21.20
MIKE CLAPPER	67	30.46	31	16.35	14.11
TERRY O'NEILL	63	30.47	30	11.35	19.12
ROB JAMIESON	69	30.49	29	0.50	29.59
KAREN MONOHAN	53	30.54	28	11.35	19.19
DES MIDDLETON	72	31.00	27	10.20	20.40
LINDA McCAFFREY	41	31.08	26	14.55	16.13
NICKY GRAFEN	8	31.14		16.00	15.14
SARAH LORENTZEN	40	31.17	25	18.25	12.52
MICHAEL HEFFERNAN	84	31.28	24	2.10	29.18
STEVE STRELECKY	70	31.29	23	16.50	14.39
TONY DORAN	67	33.23	22	9.45	13.38
SARAH JOHNSON	36	34.14	21	12.50	21.24
CHRIS GRAFEN	55	34.15	20	17.35	16.40



**KNOX 4 SEPTEMBER 2019****800m walk**

Chas McRae 400m	87	5.24
Liz Clennell	50	5.44
Bob Henderson	71	7.44
Peter Thorne	71	7.49
Glenn Claiden	65	7.55
Glenn Berry	48	7.56
Maggie Hawkes	63	8.36
Andrea Putting	56	8.38
John Graham	69	8.39
Matt Morris	53	9.38

**80m**

Chris Crennan	47	13.69
Glenn Berry	48	15.23
Andrea Putting	56	17.03

**2by200m relay**

Chris Crennan	46	
Glenn Berry	48	1.11
Paul Durrant 400m	58	1.17

**Doug Orr 800metre handicap**

Bob Henderson DQ	71	4.01
Murray Hutchison DQ	70	4.07
Glenn Berry DQ	48	4.1
Mick Carr DQ	66	3.4
Jack Durrant 1st	22	3.36
Liz Clennell 2nd	50	3.43
Peter Thorne 3rd	71	4.13
Glenn Claiden	65	4.04
Ian U'Ren	68	3.56
Paul Durrant	58	3.19
Matt Morris	53	3.17
Chris Crennan	47	3.37

**Distance****1k**

Bob Henderson	71	5.25
Maggie Hawkes	63	7.04
Marina Curnow	71	9.05

**3k**

Mick Carr	66	14.35
Glenn Claiden	65	16.12

**5k**

Matt Morris	53	20.41
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**KNOX 11 SEPTEMBER 2019****800m walk**

Liz Clennell	50	5.23
Anne McPherson	63	7.42
Glenn Claiden	65	7.42
Glenn Berry	48	8.01
Bob Henderson	72	8.02
Chris Crennan	47	8.02
Marina Curnow	71	8.13
Ian U'Ren	68	8.14

**70m**

Paul Durrant	58	9.67
Chris Crennan	47	11.22
Leah Grund	inv	16.91

**KNOX 11 SEPTEMBER 2019 cont.****800m handicap "Doug Orr heat 2"**

Matt Morris DQ	53	2.31
Murray Huchison DQ	70	3.38
Glenn Berry DQ	48	4.02
Liz Clennell DQ	50	3.32
Mick Carr DQ	66	3.33
Glenn Claiden DQ	65	3.55
Shane Grund DQ	37	2.1
Bob Henderson DQ	72	3.58
Ian U'Ren DQ	68	4
Chris Crennan 1st	47	3.26
Paul Twining 2nd	69	3.48
Michelle Quan 3rd	49	5.29

**Sprint**

Leah Grund 60m	inv	15.41
Paul Durrant 110m	58	15.76

**10lap spiral**

Shane Grund	37	14.25
Matt Morris	53	16.52
Mick Carr	66	20.34
Liz clennell	50	22.18
Glenn Claiden	65	22.32
Ian U'Ren	68	22.5
Marina Curnow 2laps	71	8.09
Glenn Berry 4laps	48	9.58
Bob Henderson 4laps	72	9.54

**KNOX 18 SEPTEMBER 2019****800m walk**

Liz Clennell	50	6.04
Glenn Claiden	65	7.31
Jack Durrant	22	7.43
Mick Carr	66	7.55
Peter Thorne	71	7.56
Paul Twining	70	8.22
Bob Henderson	72	8.23
David Wear	73	8.24
Andrea Putting	56	8.28
Maggie Hawkes	63	8.27
Shane Grund	37	8.31
Chris Crennan	47	8.32
Anne McPherson	63	8.5
Pauline Paine	41	8.52
Marina Curnow	71	8.54
Peter LeGet	85	9.47
Ian U'REn	68	9.48

**60m**

Chloe Grund	inv	11.63
Andrea Putting	56	11.95
Paul Durrant 97m	58	13.46

**KNOX 18 SEPTEMBER 2019 cont.****Doug Orr Half mile handicap**

Shane Grund 1st	37	2.12
Chloe Grund	inv	
Bob Henderson	72	4.31
Mick Carr	66	3.35
Liz Clennell	50	3.32
Pauline Paine	41	4.17
Jack Durrant	22	3.36
Peter Thorne	71	4.14
David Wear	73	4.14
Matt Morris	53	2.36
Glenn Claiden	65	4.02
Glenn Berry	49	4.05
Paul Twining	70	4.05
Michelle Quan	49	4.38
Ian U'Ren	68	4.38
Helen Stanley	63	4.03
Murray Huchison	70	3.56
Darcy Roberts	inv	2.52
Chris Crennan	47	3.52

**100m**

Paul Durrant	58	14.9
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**Distance**

Marina Curnow 600m	71	5.27
Bob Henderson 1k	72	4.4
Maggie Hawkes 3.5laps	63	9.36

**2k**

Pauline Paine	41	12.29
Glenn Berry	49	12.29

**3k**

Liz Clennell	50	16.48
Paul Twining	70	16.51

**5k**

Shane Grund	37	18.06
Matt Morris	53	19.41
Mick Carr	66	24.19
Helen Stanley	63	26.14
Glenn Claiden	65	26.39
David Wear	73	26.5
Michelle Quan	49	28.32
Sam DeFanis	72	28.33
Peter Thorne	71	30.23

**KNOX 25 SEPTEMBER 2019****800m walk**

Liz Clennell	50	7.16
Maggie Hawkes	63	7.18
Glenn Claiden	65	7.46
Jack Durrant	22	7.54
Peter Thorne	71	7.56
Mick Carr Winner	66	8.02
Bob Henderson	73	8.03
David Wear	73	8.03
Anne McPherson	63	8.22
Ian U'Ren	68	8.23

**80m**

Paul Durrant	58	15.95
Chloe Grund	inv	16.19

**KNOX 25 SEPTEMBER 2019 cont.****Doug Orr Half mile handicap – heat 4**

Michelle Quan DQ	49	4.11
Bob Henderson DQ	73	4.12
Jack Durrant DQ	22	3.23
Glenn Claiden DQ	65	3.51
Mick Carr DQ	66	3.23
Ian U'Ren DQ	68	3.51
Peter Thorne 1st	71	4.09
Chloe Grund 2nd	inv	3.21
Shane Grund 3rd	37	2.1
Liz Clennell	50	3.29
David Wear	73	4.08
Murray Huchison	70	3.49

**150m**

Paul Durrant	58	21.76
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**Distance****2k**

David Wear	73	10.14
Murray Huchison	71	11.02
Bob Henderson	73	12.4

**4k**

Ian U'Ren	68	21.54
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**6k**

Shane Grund	37	20.48
Mick Carr	66	28.59
Michelle Quan	49	31.46
Sam DeFanis	71	31.51
Glenn Claiden	65	32.46
Maggie Hawkes 12laps	63	36.41

**MENTONE 4 SEPTEMBER 2019****800m Walk E.T.**

		Clock	Diff.
1	Joan Clarke	84 7.43	-0.04
2	Bev Hugo	79 6.26	-0.06
3=	Ian Beaumont	82 7.42	0.07
3=	Michael Boulton	64 7.02	0.07
5	Iris Boulton	70 6.41	-0.09
6	Margaret Beaumont	81 7.35	0.14
7	Debbie Thomson	61 9.00	-0.30
8	Jill Mannering	83 7.21	0.31

**300m H/cap \*Agg Event\***

		Clock	Metres	Pts
1	Bob Wishart	77 47.05	29	7
2	Ron Arthur	79 49.36	48	5

**800m E.T.**

		Clock	Diff
1	John Kneen	76 5.06.0	1.0
2	Col Waring	73 3.16.2	-1.8
3	Sandra Wynne	67 3.52.1	2.1
4	Greg Hughes	60 3.10.1	3.1
5	Marlene Gourlay	67 3.24.2	9.2
6	Martin Griffin	57 3.58.9	-26.1
7	Ashley Page	78 4.03.1	-50.9

**70m E.T.**

		Clock	Diff.
1	Glad Wishart	75 14.09	0.11
2	Martin Griffin	57 11.61	-0.23
3	Bob Wishart	77 10.53	-0.27
4	Ron Arthur	79 11.87	0.37
5	Sandra Wynne	67 13.56	0.81
6	Ashley Page	78 16.13	-1.04

### MENTONE 4 SEPTEMBER 2019 cont.

5 Km E.T. Road *Agg Event*		Clock	Diff	Pts
1	Sandra Wynne	67 28.11	0.01	7
2	James O'Brien	66 22.58	0.16	5
3	Martin Griffin	57 29.59	-0.31	4
4	Stephen Bird	56 24.43	0.43	3
5	Greg Hughes	60 25.52	1.27	2

### 5 Lap Spiral Walk E.T. \*Agg Event\*

5 Lap Spiral Walk E.T. *Agg Event*		Clock	Diff	Pts
1	Geoff Barrow	70 13.27	0.01	7
2=	Glennis McPherson	72 14.58	-0.02	5
2=	Glad Wishart	75 15.44	-0.06	5
4	Ian Beaumont	83 20.23	-0.07	3
5	Margaret Beaumont	81 20.18	-0.13	2
6	Iris Boulton	70 20.20	-0.15	1
7	Bev Hugo	79 15.09	0.19	1
8	Michael Boulton	64 13.08	-0.22	1

### MENTONE 11 SEPTEMBER 2019

400m Walk E.T.		Clock	Diff.
1=	Joan Clarke	84 3.45	-0.03
1=	John Mathew	82 3.48	0.03
3	Jill Mannering	83 3.32	-0.05
4	Ian Beaumont	82 3.41	0.06
5=	Bev Hugo	79 3.03	-0.07
5=	Maureen Seedsman	82 3.03	-0.07
7	Margaret Beaumont	81 3.39	0.11
8	Nola Finn	83 6.51	-2.09

### 1 Mile Self H/cap John Waite Trophy 1

1 Mile Self H/cap John Waite Trophy 1		Clock	Actual
1	Kuni Bowden	53 10.02.0	6.52.0
2	Sandra Wynne	67 10.03.0	8.03.0
3	Ashley Page	78 10.05.9	8.23.9
4	Ralph Bennett	77 10.08.3	8.28.3
5	Susan Short	45 10.10.6	6.50.6
6	Greg Hughes	60 10.18.2	7.30.2
7	Marlene Gourlay	67 10.20.6	7.30.6
8	Julian Boland	56 10.22.1	8.52.1
9	Martin Griffin	57 10.29.7	8.19.7
10	Bob Wishart	77 10.35.4	9.10.4
DQ	Helen Castel	56	8.22.8
DQ	Col Waring	73	7.24.3
DQ	Kyle Griffin	Inv	7.01.6
DQ	John Kneen	76	10.01.4
DQ	Kevin Cassidy	58	7.19.6
DQ	Stephen Bird	56	6.51.5
DQ	Avril Britter	60	8.04.4
DQ	James O'Brien	66	6.41.0
DQ	Ashley Birrell	74	7.01.0

4 Km E.T. John Waite Trophy 2		Clock	Diff
1	Julian Boland	56 24.43	-0.06
2	Kuni Bowden	53 18.29	-0.11
3=	Ashley Page	78 22.10	-0.12
3=	Avril Britter	60 22.19	0.12
5	James O'Brien	66 17.41	0.13
6=	John Kneen	76 26.56	0.16
6=	Greg Hughes	60 21.51	0.16
8	Sandra Wynne	67 21.27	-0.18
9	Ashley Birrell	74 19.58	-0.22
10	Martin Griffin	57 23.44	0.29
11	Kevin Cassidy	59 19.49	-0.31
12	Marlene Gourlay	67 20.36	0.45
13	Stephen Bird	56 19.13	-1.13

### MENTONE 11 SEPTEMBER 2019 cont.

14	Col Waring	73 20.52	2.07
15	Helen Castel	56 24.38	-5.22
16	Kyle Griffin (11 laps)	Inv 22.00	

### 100m E.T. John Waite Trophy 2

100m E.T. John Waite Trophy 2		Clock	Diff
1=	Julian Boland	56 24.05	-0.07
1=	Ron Arthur	79 16.27	0.07
3	Ralph Bennett	77 21.47	-0.13
4	Greg Hughes	60 16.85	-0.15
5	Avril Britter	60 18.78	-0.32
6	Col Waring	73 18.15	-0.35
7	Kyle Griffin	Inv 15.37	0.37
8	Sandra Wynne	67 19.12	0.47
9	Susan Short	45 15.09	-0.51
10	Martin Griffin	57 16.48	0.57
11	Ashley Page	78 23.03	0.81
12	Bob Wishart	77 14.33	-1.07
13	Marlene Gourlay	67 19.62	1.62
14	Stephen Bird	56 17.93	1.93
15	James O'Brien	66 20.09	2.09
16	John Kneen	76 25.85	-2.15
17	Glad Wishart	75 20.75	2.17
18	John Mathew	82 30.55	2.55
19	Kevin Cassidy	59 23.30	3.30
20	Helen Castel	56 18.78	-5.22
21	Kuni Bowden	53 21.73	-6.07

### Trophy Winners

**Kuni Bowden**                      **Julian Boland**

1000m/ 3000m Walk E.T.		Clock	Diff
<b>1000m</b>			
1	Gwen Steed	77 6.50	0.00
2	Maureen Seedsman	82 8.09	-0.01
3	Margaret Beaumont	81 9.42	0.02
4	Ralph Bennett	77 6.39	-0.06
5	Ian Beaumont	83 9.43	-0.09
6	Bev Hugo	79 8.14	0.10
7	Joan Clarke	84 9.44	-0.15
8	Debbie Thomson	61 11.35	0.20
9	Jill Mannering	83 9.17	0.27
10	John Mathew	82 10.44	0.44
<b>3000m</b>			
1	John Zeleznikow	68 28.50	-1.10



**MENTONE 18 SEPTEMBER 2019****500m Walk E.T.**

			Clock	Diff.
1	Gwen Steed	77	3.15	0.00
2	John Mathew	82	4.59	-0.01
3=	Joan Clarke	84	4.48	0.02
3=	Nola Finn	83	7.52	0.02
5	Sylvia Machin	78	3.49	0.04
6	Bev Hugo	79	3.57	-0.06
7	Maureen Seedsman	82	3.50	0.10
8	Ralph Bennett	77	2.59	-0.11
9	Jill Mannering	83	4.31	0.41
10	Pam Mews	84	5.01	-1.59

**1000m E.T.**

			Clock	Diff.
1	Col Waring	73	4.14.6	-0.4
2	Sandra Wynne	67	4.52.2	3.2
3=	Avril Britter	60	4.55.5	3.5
3=	Ralph Bennett	77	4.58.5	3.5
5	Julian Boland	56	5.03.7	3.7
6	Matt Bowden	52	3.39.8	-5.2
7	Ashley Page	79	5.01.3	5.3
8	Marlene Gourlay	67	4.17.4	-12.6
9	Kuni Bowden	53	4.06.6	-13.4
10	Kevin Cassidy	58	4.43.7	-16.3
11	John Kneen	76	6.28.3	27.3

**150m E.T.**

			Clock	Diff.
1	Ron Arthur	79	24.78	-0.02
2	Avril Britter	60	28.62	-0.84
3	Glad Wishart	75	33.70	-1.01
4	Bob Wishart	77	23.21	1.36
5	Stephen Bird	56	26.56	-1.44

**3.336 Km Road E.T.**

			Clock	Diff.
1	Avril Britter	60	18.42	0.09
2=	John Zeleznikow	69	34.11	0.11
2=	Sandra Wynne	67	18.09	-0.11
4	Kuni Bowden	53	15.22	0.28
5	James O'Brien	66	15.13	0.29
6	John Kneen	76	23.34	0.34
7	Ashley Page	78	18.39	-0.40
8	Matt Bowden	52	14.43	0.43
9	Stephen Bird	56	15.24	-1.06
10	Kevin Cassidy	59	17.28	-1.32
11	Julian Boland	56	16.41	-2.09

**1500m Walk E.T.**

			Clock	Diff.
1	Maureen Seedsman	82	12.22	0.02
2	Glennis McPherson	72	10.33	0.03
3	Bev Hugo	79	12.189	0.05
4	Joan Clarke	84	14.41	-0.10
5	Iris Boulton	70	12.31	0.11
6	Sylvia Machin	78	11.34	0.14
7	Michael Boulton	64	13.08	0.43
8	John Mathew	82	17.07	1.07

**MENTONE 25 SEPTEMBER 2019****600m Walk E.T.**

			Clock	Diff.
1	Ian Beaumont	83	5.42	0.02
2	Helen Castel	56	4.20	0.03
3=	Joan Clarke	84	5.43	-0.04
3=	Bev Hugo	79	4.54	0.04
5=	Kevin Cassidy	59	2.45	-0.05
5=	Michael Boulton	64	5.05	0.05
7	Sylvia Machin	78	4.24	-0.06
8	Sharon Carr	54	4.51	-0.09
9=	Julian Boland	56	3.48	-0.10
9=	Margaret Beaumont	81	5.31	0.10
11	Gwen Steed	77	3.45	-0.11
12	John Zeleznikow	69	5.30	-0.15
13	John Mathew	82	5.41	-0.19
14	Pam Mews	84	5.33	-0.22
15	Iris Boulton	70	5.00	-0.25
16	Debbie Thomson	61	6.41	0.41
17	Nola Finn	83	9.38	0.48

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

			Clock	Diff.	Pts
1	Sandra Wynne	67	8.08.3	0.3	7
2	Ralph Bennett	77	8.05.5	-2.5	5
3	John Kneen	76	10.21.0	6.0	4
4	Ashley Page	79	8.20.1	-7.9	3
5	Greg Hughes	60	7.13.0	-9.0	2
6	Avril Britter	60	8.06.9	-11.1	1
7	Susan Short	45	6.36.0	-14.0	1
8	Julian Boland	56	7.04.8	16.8	1
9	Col Waring	73	7.10.5	-19.5	1
10	David Short	42	7.38.2	-21.8	1
11	Ashley Birrell	74	7.07.6	-22.4	1
12	Helen Castel	56	8.38.7	22.7	1
13	Daniel Short	Inv	7.34.6	-25.4	1
14	Stephen Bird	56	6.38.0	-52.0	1

**250m E.T.**

			Clock	Diff.
1	Susan Short	45	43.48	-0.52
2	Ron Arthur	79	46.61	0.81
3	Bob Wishart	77	41.45	-0.90
4	Daniel Short	Inv	50.94	-4.06
5	Vivienne Cash	67	51.34	4.94
6	Glad Wishart	75	63.67	10.57
	John Mathew (60m)	82	17.56	0.56

**3 Km E.T.**

			Clock	Diff.
1	John Kneen	76	20.29	-0.01
2	Sandra Wynne	67	16.18	0.03
3	James O'Brien	66	13.04	0.04
4	Avril Britter	60	16.17	0.16
5	Ashley Page	78	16.36	0.20
6	Greg Hughes	60	17.06	0.36
7	Stephen Bird	56	13.34	-0.56

**3000m/ 5000m Walk E.T.**

			Clock	Diff.
<b>3000m</b>				
1	Bev Hugo	79	25.12	0.02
2	Sylvia Machin	78	23.02	-0.08
3	Iris Boulton	70	26.16	0.16
4	Ralph Bennett	77	20.01	-0.19
5	Michael Boulton	64	27.14	-0.46
6	Sharon Carr	54	24.56	-1.04
7	Kevin Cassidy	59	15.18	-1.12
8	Helen Castel	56	24.38	1.46
9	Ian Beaumont	83	30.34	1.49
10	Margaret Beaumont	81	30.22	2.00
11	Julian Boland	56	24.45	2.45

**5000m**

1	John Zeleznikow	68	48.30	0.30
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## SPRINGVALE 4 SEPTEMBER 2019

### 100 metres

Juan PEREZ	80	19.20
Tracey HUTCHINSON	49	20.10
Troy JEFFS	44	20.50
Lindsay OXENHAM	70	21.60
Dominique RUELOT	67	24.80
Kevin ONLEY	85	27.70

### 800 metres hcp

		actual	clock
Troy JEFFS	44	3.04	5.04
Paul MULLINS	79	3.31	5.11
Lou BUCCIERI	64	3.41	5.13
Dave TALBOT	64	3.15	5.17
Neil GRAY	71	3.17	5.17
Paul WINTERTON	65	4.07	5.21
Tracey HUTCHINSON	49	4.59	5.23
Dominique RUELOT	67	5.04	5.24
Kevin ONLEY	85	5.24	5.24
Lindsay OXENHAM	70	4.11	5.24
Claudio RIGA	64	3.48	5.28
Alan BENNIE	72	3.37	5.39
Ernie JEFFS	74	5.25	5.40
Bill IRVINE	71	4.04	5.44

### 7 lap spiral walk

Theresia BAIRD	77	21.50
Tony DORAN	67	22.33
Juan PEREZ	80	23.37
John MANNING	73	23.47

### 12 lap spiral run

Alan BENNIE	72	24.12
Claudio RIGA	64	24.28
Howard REES	72	25.51
Lindsay OXENHAM	70	28.07
Ian TREGEAR	69	30.47

## SPRINGVALE 11 SEPTEMBER 2019

### 90 second dash

Juan PEREZ	80	78.00
Pam THOMAS	69	79.00
Bill IRVINE	71	82.00
Lindsay OXENHAM	70	83.00
Tracey HUTCHINSON	49	87.00
Celia JOHNSON	71	88.00
Frank ALLEN	74	88.00
Claudio RIGA	64	89.60
Howard REES***	72	89.90
Troy JEFFS	44	90.40
Ernie JEFFS	74	93.00
Dave TALBOT	65	93.00
Lou BUCCIERI	64	96.00

\*\*\*Howard wins only 0.1 sec. out

### 800 metres

Claudio RIGA	64	3.32
Lou BUCCIERI	64	3.33
Paul MULLINS	79	3.54
Lindsay OXENHAM	70	4.01
Paul WINTERTON	65	4.03
Juan PEREZ	80	5.34
Kevin ONLEY	85	5.39

### 1200 metres

Bill IRVINE	71	6.02
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### 200 metres

Dave TALBOT	65	40.10
Lindsay OXENHAM	70	49.20
Kevin ONLEY	85	58.60
Celia JOHNSON	71	59.00
Ernie JEFFS	74	73.50

### 3000 metres walk

Tony DORAN	67	21.17
Theresia BAIRD	77	21.53
Jim SMITH	78	22.56
Juan PEREZ	80	23.12
John MANNING	73	23.19
Celia JOHNSON	71	24.31
John ABEL	69	27.00
Pam THOMAS	69	28.23
Ernie JEFFS	74	29.12
Natalie IRVINE	72	29.28
Bill IRVINE	71	29.28
Eric NEGROS	56	31.20

### 5000 metres

		actual	hcp
Alan BENNIE	72	23.31	13.27
Claudio RIGA	64	25.10	12.23
Troy JEFFS	44	25.22	12.43
Howard REES	72	25.33	12.13
Lou BUCCIERI	64	27.43	9.42
Lindsay OXENHAM	70	27.57	10.56
Ian TREGEAR	69	29.21	7.12
Tracey HUTCHINSON	49	38.06	1.42
Will SELICK 2km	47	12.06	



**SPRINGVALE 18 SEPTEMBER 2019****80 metres**

Sayed KHATAN	68	14.80
Juan PEREZ	80	15.40
Lindsay OXENHAM	70	16.70
Troy JEFFS	44	17.20
Bill IRVINE	71	18.10
Dominique RUELOT	67	19.20

**800 metres**

		actual	hcp
Sayed KHATAN	68	3.48	1m07s
Tracey HUTCHINSON	49	4.44	0.20
Dave TALBOT	65	3.15	1.50
Ernie JEFFS	74	5.02	0.03
Bill IRVINE	71	3.37	1.30
Paul MULLINS	79	3.28	1.40
Lou BUCCIERI	64	3.37	1.32
Neil GRAY	71	3.10	2.00
Dominique RUELOT	67	4.54	0.19
Paul WINTERTON	65	4.05	1.10
Juan PEREZ	80	4.48	0.30
Kevin ONLEY	85	5.23	0.00
Troy JEFFS	44	3.10	2.15
Lindsay OXENHAM	70	3.53	1.33

**300 metres**

Sayed KHATAN	68	73.60
Lindsay OXENHAM	70	81.90
Dominique RUELOT	67	97.40
Tracey HUTCHINSON	49	98.10
Kevin ONLEY	85	102.60
Ernie JEFFS	74	113.00

**2000/4000 metres walks**

Theresia BAIRD	77	14.01
Jim SMITH	78	15.24
John MANNING	73	15.57
John ABEL	69	17.27
Pam THOMAS	69	17.33
Natalie IRVINE	72	19.17
Bill IRVINE	71	19.18
Ernie JEFFS	74	20.09
Kevin ONLEY	85	20.10
Dennis PHILLIPS	77	32.21
Juan PEREZ	80	32.21

**2000 metres**

Howard REES	72	10.35
Troy JEFFS	44	10.29
Celia JOHNSON	71	13.37
Dominique RUELOT	67	13.52
Sayed KHATAN	68	15.45

**4000 metres**

Alan BENNIE	72	19.28
Lindsay OXENHAM	70	22.04
Lou BUCCIERI	64	23.06

**SPRINGVALE 25 SEPTEMBER 2019****70 metres**

Sayed KHATAN	68	12.00
Daniel	8	13.40
Tracey HUTCHINSON	49	13.60
Juan PEREZ	80	14.00
Troy JEFFS	44	14.40
Lindsay OXENHAM	70	15.50
Dominique RUELOT	67	19.00
Kevin ONLEY	85	19.50

**120 metres**

Sayed KHATAN	68	20.50
Daniel	8	21.40
Lindsay OXENHAM	70	26.60
Juan PEREZ	80	27.70
Theresia BAIRD	77	30.10
Dominique RUELOT	67	30.40
Kevin ONLEY	85	33.60

**700 metres**

Neil GRAY	71	2.54
Daniel	8	3.27
Lindsay OXENHAM	70	3.33
Lou BUCCIERI	64	3.34
Juan PEREZ	80	4.19
Dominique RUELOT	67	4.20
Kevin ONLEY	85	4.29
Sayed KHATAN	68	4.53

**3000 metres walk**

		hcp	clock
Celia JOHNSON	71	7m15s	27.18
Pam THOMAS	69	4 45	29.23
Ernie JEFFS	74	2 10	29.23
Jim SMITH	78	8 20	30.03
Dennis PHILLIPS	77	7 15	30.03
John MANNING	73	7 45	30.20
John ABEL	69	5 45	30.40
Tony DORAN	67	9 55	31.49
Eric NEGROS	56	0	31.49
Juan PEREZ	80	8 15	32.20
Bill IRVINE	71	run	16.39
Dominique RUELOT	67	run	21.27

**5000 metres**

		actual	clock
Alan BENNIE	72	23.07	36.49
Howard REES	72	24.49	37.01
Troy JEFFS	44	26.19	38.41
Lindsay OXENHAM	70	27.00	38.56
Dave TALBOT	65	27.07	39.19
Lou BUCCIERI	64	27.48	38.17
Ian TREGAR	69	28.26	36.17
Sayed KHATAN	68	32.15	39.17
Tracey HUTCHINSON	49	37.21	37.33