

AROUND THE GROUNDS

VENUE RESULTS FOR OCTOBER 2019



**Sorry, no Casey results this month.
Paul and Frances Olsson have been touring Europe and Scandinavia.
Casey singlet very prominent**

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

ABERFELDIE 2 OCTOBER 2019**100m**

Tony Bradford	80	23.50
Ruby Beveridge		18.25
Heath Beveridge		15.00
Imogen Papworth		18.56

800m

Stephen Barker	76	5:13
Debbie Maurer	63	5:15
Maggie Armstrong	57	
Bill Risevki	54	4:31
Graham Eadie	62	3:53
John Papworth	51	4:48
Imogen Papworth		4:48
Heath Beveridge		3:16

300m

Tony Bradford	80	1:19.8
Mark Tregonning	46	0:53.5
Debbie Maurer	63	1:44
Maggie Armstrong	57	1:08.5
Heath Beveridge		0:48.9
Ruby Beveridge		1:08
John Papworth	51	0:49.7

4K AG

AG %

Stephen Barker	76	23:31	63.38
Mark Tregonning	46	23:54	46.19
Bill Risevki	54	23:31	50.7
Graham Eadie	62	24:47	50.89
Alfred Lendvai	65	23:07	66.06
Cheryl Beveridge	54	28:51	48.46
John Papworth	51	17:41	64.96
Ruby Beveridge		26:17	

ABERFELDIE 9 OCTOBER 2019**100m**

Tony Bradford	80	20.19
Michael Orelli	75	28.97
Levi Draper		18.39
Maggie Armstrong	57	18.88
Heath Beveridge		14.65

1500m

Michael Orelli	75	9:44
Stephen Barker	76	9:01
Adam Gregory	34	6:07
John Papworth	51	6:08
Matt Goodyer	42	7:11
Andria Draper	42	9:44
Levi Draper		7:11
Heath Beveridge		6:03

400m AG

AG%

Michael Orelli	75	2:12	49.24
John Papworth	51	1:13.29	68.03
Levi Draper		1:32.88	
Maggie Armstrong	57	1:34.50	65.7

3/5k

Stephen Barker	76	3k	20:12
John Dean	74	3k	18:08
Alfred Lendvai	65	3k	15:57
Adam Gregory	34	5k	21:53
John Papworth	57	3k	21:53

ABERFELDIE 9 OCTOBER 2019 cont.

Andrea Draper	42	2k	14:06
Cheryl Beveridge	54	3k	20:05
Shane Draper	46	3k	13:00
Maggie Armstrong	57	3k	20:30

ABERFELDIE 16 OCTOBER 2019**110m**

Michael Orelli	75	27.80
John Aughey	82	20.03
Tony Bradford	80	20.20
Levi Draper		18.59
Heath Beveridge		16.25

1k AG

AG%

Michael Orelli	75	5:39	57.26
Michael Ennis	66	4:52	66.48
Stephen Barker	76	5:25	60.64
John Papworth	51	3:54	65.2
Matt Goodyer	42	4:28	52.48
Andria Draper	42	5:39	45.64
Levi Draper		4:17	
Gavin White	46	3:57	64.31
Maggie Armstrong	57	5:47	52.85
Heath Beveridge		3:48	

300m

Michael Orelli	75	1:06
Matt Goodyer	42	1:10.9
Levi Draper		0:57.34
Graham Eadie	62	0.:58.13

4/6k

Stephen Barker	76	6k	34:22
John Dean	74	2k	13:23
Alfred Lendvai	65	4k	22:32
Andria Draper	42	3k	
Graham Eadie	62	4k	24:43
Heath Beveridge		6k	33:00
Cheryl Beveridge	54	4k	28:33
John Papworth	51	6k	27:25
Bill Ristevski	54	4k	25.:17

Walk

ABERFELDIE 23 OCTOBER 2019**100AG**

AG%

Michael Orelli	75	25.69	51
Cathy Orelli	57	17.19	77
Tony Bradford	80	19.45	73
Andrew Close	30	13.13	75
Levi Draper		17.19	
Maggie Armstrong	57	17.97	73
John Papworth	51	15.17	73
Marion Cummings	41	12.54	89

1500m

Michael Orelli	75	8:35
Jasmine Orelli		5:31
Stephen Barker	76	8:36
Andria Draper	42	8:45
John Papworth	51	5:46
Michael Ennis	66	7:35
Cheryl Beveridge	54	8:48
Heath Beveridge		5:31

ABERFELDIE 23 OCTOBER 2019 cont.**200m**

Jasmine Orelli		36.44
Andrew Close	30	32.59
Levi Draper		38.41
Maggie Armstrong	57	39.07
John Papworth	51	32.59
Marion Cummings	41	27.25
Jasmine Orelli		35.08

2/4K

Jasmine Orelli		2k	10:38
Cathy Orelli	57	2k	12:05
Stephen Barker	76	4k	26:00
Alfred Lendvai	65	2k	10:18
John Dean	74	2k	13:12
Andria Draper	42	2k	12:42
John Vance	71	2k	23:14
John Papworth	51	2k	8:05
Ruby Beveridge		2k	10:37
Maggie Armstrong	57	2k	12:45
Cheryl Beveridge	54	2k	13:24

ABERFELDIE 30 OCTOBER 2019**90m**

Michael Orelli	75	23.91
Cathy Orelli	57	15.60
Heath Beveridge		13.25

800m

Michael Orelli	75	4:46
Jasmine Orelli		2:49
Tony Bradford	80	DNF
Michael Ennis	66	3:38
Stephen Barker	76	4:32
Marion Cummings	41	2:53
John Papworth	51	2:39
Maggie Armstrong	57	3:56
Heath Beveridge		2:33

300m

Michael Orelli	75	01:14.6
Cathy Orelli	57	0:56.57
John Vance	71	0:51.10
Stephen Russell	60	0:51.10
Jasmine Orelli		0:54.97
Marion Cummings	41	0:49.3
John Papworth	51	0.49.44
Debbie Maurer	63	1.45.66
Graham Eadie	62	1:00.56
Imogen Papworth		1:13.47

4k AG

			AG%
Stephen Barker	76	22:11	67
John Dean	74	24:51	58
John Vance	71	22:28	61
Doug Stokes	67	22:05	60
John Papworth	51	18:44	61
Maggie Armstrong	57	27:40	53
Ruby Beveridge		23:18	
Cheryl Beveridge	54	25:32	60
Heath Beveridge		9:41 2k	
Alfred Lendvai	65	24:48	52
Graham Eadie	62	23:13	54

COBURG 3 OCTOBER 2019**90m**

Paul O'NEILL	54	13.01
Isabelle RAINES	16	13.78
Bruce GIBBS	70	15.81
Donna-Marie ELMS	58	20.11

1500m Estimate Actual Time

			Diff.
Carl KENNEDY	53	6.15	15
Fiona ELY (W)	50	12.46	29
Michael MEANEY	64	7.45	30
Yolanda SHAW	67	9.12	38
Bruce GIBBS	70	12.05	55
Gary O'DWYER	60	8.33	65

400m Managers Challenge

Carl KENNEDY	53	1.10.0*	1.12.0
Paul O'NEILL	54	1.10.5	X
Donna-Marie ELMS	58	1.45.1*	1.49.0
Yolanda SHAW	67	2.07.2	X

*Achieved time set by manager.

2.5km

Carl KENNEDY	53	9.56
Fraser MURRAY	47	9.59
Gary O'DWYER	60	11.57
Michael MEANEY	64	13.15

COBURG 10 OCTOBER 2019**100m**

Ethan O'NEILL	18	12.43
Paul O'NEILL	54	14.04
Isabelle RAINES	16	14.86
Bruce GIBBS	70	18.58
Michelle SPORTON	53	23.50

800m

Fraser MURRAY	47	2.36
Colin HICKIE	35	2.57
Carl KENNEDY	53	2.58
Michael MEANEY	64	3.42
Maria BARBETTI	54	3.44
Gary O'DWYER	60	4.07
Len HALLETT	70	4.21
Yolanda SHAW	67	4.55

300m

Paul O'NEILL	54	44.28
Gary O'DWYER	60	54.83
Yolanda SHAW	67	1.25.0
Michelle SPORTON	53	2.04.4

2km

Len HALLETT	70	12.30
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4km Managers Challenge

Carl KENNEDY	53	15.56	X
Colin HICKIE	35	18.40	X
Michael MEANEY	64	19.04*	19.12
Fraser MURRAY	47	19.54	X
Maria BARBETTI	54	21.29	X

*Achieved time set by manager.

COBURG 17 OCTOBER 2019**110m**

Bruce GIBBS	70	21.17
Michelle SPORTON	53	27.14

1200m

Carl KENNEDY	53	4.39
Fraser MURRAY	47	4.52
Matt HALLETT	30	5.16
Colin HICKIE	35	5.40
Michael MEANEY	64	5.50
Fiona ELY	50	6.00
Yolanda SHAW	67	7.22

400m Managers Challenge

Paul O'NEILL	54	1.01.2*	1.02.0
Colin HICKIE	35	1.13.9	X
Maria BARBETTI	54	1.35.2	X
Yolanda SHAW	67	2.07.0	X

Achieved time set by manager.*3.5km Spiral Handicap**

		Clock	Actual
Bruce GIBBS	70	24.35	28.35
Matt HALLETT	30	24.43	15.43
Michael MEANEY	64	24.44	16.29
Fraser MURRAY	47	24.48	14.08
Frank BRADLEY	63	25.16	23.16
Maria BARBETTI	54	25.30	18.55
Colin HICKIE	35	25.41	14.56
Carl KENNEDY	53	25.46	14.06
Gary O'DWYER	60	25.49	17.29

COBURG 24 OCTOBER 2019**100m**

Ethan O'NEILL	18	12.75
Michelle SPORTON	53	23.70
Ken CARTER	67	51.99

3 lap team event

Fiona ELY (1)	50	1.35	
Gary O'DWYER (2)	60	3.24	4.59
Yolanda SHAW (1)	67	2.10	
Carl KENNEDY (2)	53	2.52	5.02
Maria BARBETTI (1)	54	1.51	
Michael MEANEY (2)	64	3.16	5.07

500m

Paul O'NEILL	54	1.31
Yolanda SHAW	67	2.37
Rob DAVEY	79	3.16
Michelle SPORTON	53	4.18

2km

Fiona ELY	50	9.56
Maria BARBETTI	54	11.35
Rob DAVEY	79	16.22

2.8km

Michael MEANEY	64	14.44
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4km Managers Challenge

Carl KENNEDY	53	15.54	X
Gary O'DWYER	60	19.29*	19.40

Achieved time set by manager.*COBURG 31 OCTOBER 2019****110m**

Ethan O'NEILL	19	14.06
Isabelle RAINES	17	16.24
Gary O'DWYER	60	16.77
Bruce GIBBS	70	19.72
Ken CARTER	67	55.20

700m

Ethan O'NEILL	19	2.31
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1000m Walk

Tracy COLBERT	50	7.23
Fiona ELY	50	9.58
Paul O'NEILL	54	9.59
Ken CARTER	67	11.40

1500m

Colin HICKIE	35	6.09
Maria BARBETTI	54	7.22
Len HALLETT	70	8.07
Yolanda SHAW	67	9.13

200m

Ethan O'NEILL	19	25.79
Isabelle RAINES	17	30.40
Gary O'DWYER	60	31.53
Bruce GIBBS	70	37.76
Frank BRADLEY	63	43.80
Ken CARTER	67	2.00.8

300m

Rob DAVEY	79	1.30.0
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800m

Rob DAVEY	79	7.40
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2km

Gary O'DWYER	60	9.25
Tracy COLBERT	50	11.09
Len HALLETT	70	11.48
Fiona ELY (W)	50	18.51
Ken CARTER	67	24.09

4km

Colin HICKIE	35	18.47
Maria BARBETTI	54	22.03

*"How many kids are in that Kid's Meal?"*

CROYDON 1 OCTOBER 2019**800 METRE WALK**

1	Brayden WOOLRIDGE	16	4.58
2	Paul MORITZ	60	5.05
3	Jess DUX	35	5.42
4	Julie CHALLEN	61	5.59
5	Phyllis GOSBELL	81	6.34
6	Jack DURRANT	22	6.43
7	Allan WOOD	82	6.56
8	Colin WILLIAMS	70	8.33
9	Ron SMITH	70	8.36
10	Erika BEDYN	56	8.59
11	Maxine GORMAN	53	9.05
12	Ros DYER	55	9.05
13	Barrie WICKS	79	11.52
14	Peter WILLMOTT	52	11.53

100 METRE SPRINT**Heat 1:**

1	Russell OAKLEY	79	18.0
2	Allan WOOD	82	19.3
3	Ron SMITH	70	25.5

Heat 2:

1	Andrew SHIPTON	45	14.8
2	Peter WILLMOTT	52	15.4
3	Grant MURFETT	52	16.3
4	Tamara MORITZ	28	18.8

Heat 3:

1	Jess DUX	35	13.0
2	Brayden WOOLRIDGE	16	13.6
3	Rob STAGG	52	14.2
4	Paul DURRANT	58	14.8

1500 METRE RUN N.O.T.

		Clock	Nom.	
1	Grant MURFETT	52	5.42	6.00
2	Jack DURRANT	22	6.35	6.50
3	Brayden BEDYN	16	6.35	6.55
4	Erika BEDYN	56	7.04	7.20
5	Ros DYER **	55	8.18	8.30

** Winner - Ros Dyer

250 METRE SPRINT**Heat 1:**

1	Andrew SHIPTON	45	40.9
2	Jess DUX	35	41.3
3	Russell OAKLEY	79	50.1
4	Tamara MORITZ	28	52.5
5	Allan WOOD	82	58.1

Heat 2:

1	Grant MURFETT	52	36.1
2	Rob STAGG	52	37.8
3	Brayden WOOLRIDGE	16	39.1
4	Peter WILLMOTT	52	44.7

1 KM WALK

1	Paul MORITZ	60	6.35
2	Julie CHALLEN	61	7.41
3	Phyllis GOSBELL	81	8.38
4	Maxine GORMAN	52	9.26
5	Tamara MORITZ	28	10.23
6	Angela EDWARDS	53	10.23

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

1	Mark CHALLEN	62	16.58
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CROYDON 1 OCTOBER 2019 cont.**5 km:**

1	Ros DYER	55	32.45
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SHOT PUT

		Metres	
	Brayden WOOLRIDGE	16	10.40
	Jack DURRANT	22	8.63
	Jess DUX	35	8.30
	Andrew SHIPTON	45	7.95
	Grant MURFETT	52	7.95
	Peter WILLMOTT	52	7.89
	Maxine GORMAN	53	5.95
	Erika BEDYN	56	5.84

CROYDON 8 OCTOBER 2019**1200 METRE WALK**

1	Alison THOMPSON	66	7.06
2	Paul MORITZ	60	7.52
3	Russ DICKENSON	73	8.25
4	Jess DUX	35	9.10
5	Brayden WOOLRIDGE	16	10.06
6	Phyllis GOSBELL	81	10.11
7	Peter WILLMOTT	52	11.01
8	Colin WILLIAMS	70	11.52
9	Binupa LIYANAGE	46	12.01
10	Tanya NEALE	41	12.02
11	Ron SMITH	70	12.47
12	Mark PORTBURY	52	12.52
13	Erika BEDYN	56	12.53
14	Angela EDWARDS	53	13.05
15	Allan WOOD	82	13.05

90 METRE SPRINT**Heat 1:**

1	Mark PORTBURY	52	15.4
2	Angela EDWARDS	53	17.4
3	Allan WOOD	82	13.5
4	Ron SMITH	70	22.1

Heat 2:

1	Jess DUX	35	12.1
2	Grant MURFETT	52	12.5
3	Rob STAGG	53	13.1
4	Peter WILLMOTT	52	13.7
5	Binupa LIYANAGE	46	14.5

1600 METRE RUN

1	Brayden WOOLRIDGE	16	6.16
2	Mark PORTBURY	52	6.17
3	Peter WILLMOTT	52	7.20
4	Binupa LIYANAGE	46	8.45
5	Jodee HOWELL	45	8.48

150 METRE SPRINT**Heat 1:**

1	Mark PORTBURY	52	23.0
2	Angela EDWARDS	53	29.4
3	Allan WOOD	82	36.7
4	Brayden WOOLRIDGE	16	47.6

Heat 2:

1	Jess DUX	35	20.1
2	Grant MURFETT	52	20.5
3	Rob STAGG	53	21.3
4	Peter WILLMOTT	52	23.2

CROYDON 8 OCTOBER 2019 cont**10/20/30 MINUTES RUN/WALK**

10 mins:	Laps	Metres
Binupa LIYANAGE 46	4	
Phyllis GOSBELL (Walk) 82	2	210
20 mins:		
Paul MORITZ (Walk) 60	6	305
Angela EDWARDS (Walk) 53	5	200
30 mins:		
Alison THOMPSON (Run) 66	13	150
Also:		
Colin PAGE (4 laps Run)	65	7.18
Peter WILLMOTT (900M Run)	52	

CROYDON 15 OCTOBER 2019

1100 METRE WALK N.O.T.	Clock	Nom.
1 Grant MURFETT 52	6.46	7.32
2 Paul MORITZ ** 60	7.19	7.20
3 Jess DUX 35	8.31	9.00
4 Binupa LIYANAGE 46	8.35	
5 Al WILLEY 80	9.44	9.40
6 Allan WOOD 82	10.20	11.30
7 Brayden WOOLRIDGE 16	10.40	10.10
8 Kevin McLAUHLAN 75	10.50	11.45
9 Peter WILLMOTT 52	11.05	
10 Colin WILLIAMS 70	11.47	11.00
11 Ron SMITH 70	11.48	12.00
12 Rob STAGG 53	12.26	
13 Erika BEDYN 56	12.27	
14 Angela EDWARDS 53	12.28	10.00

** Winner - Paul Moritz

LONG JUMP

Grant MURFETT 52	3.19
Jess DUX 35	4.00

80 METRE SPRINT**Heat 1:**

1 Russell OAKLEY 79	14.7
2 Andrew FRASER 77	15.0
3 Angela EDWARDS 53	15.5
4 Allan WOOD 82	15.9
5 Ron SMITH 70	18.7

Heat 2:

1 Jess DUX 35	11.0
2 Paul DURRANT 58	11.4
3 Rob STAGG 53	11.8
4 Peter WILLMOTT 52	12.4
5 Grant MURFETT 52	13.1

1200 METRE RUN

1 Andrew EGGINTON 58	4.47
2 Brayden WOOLRIDGE 16	5.07
3 Erika BEDYN 56	6.13

3 X 200 METRE RELAY

1 Russell OAKLEY 79	
Brayden WOOLRIDGE 16	
Jess DUX 35	1.35
2 Andrew FRASER 77	
Rob STAGG 53	
Paul DURRANT 58	1.37
3 Angela EDWARDS 53	
Allan WOOD 82	
Grant MURFETT 52	1.48

CROYDON 15 OCTOBER 2019 cont.**2 KM WALK**

1 Paul MORITZ 60	13.44
2 Al WILLEY 80	17.59
2 Kevin McLAUHLAN 75	19.16

JAVELIN THROW

Paul DURRANT 58	25.09
Andrew EGGINTON 58	22.40
Angela EDWARDS 53	20.65
Jess DUX 35	19.99
Binupa LIYANAGE 46	19.98
Grant MURFETT 52	18.89
Allan WOOD 82	16.68
Peter WILLMOTT 52	16.55
Erika BEDYN 56	12.48

CROYDON 22 OCTOBER 2019**800 METRE RUN**

1 Mark PORTBURY 53	2.43
2 Brayden WOOLRIDGE 17	2.49
3 Colin PAGE 65	2.55
4 Allan WOOD 82	3.02
5 Andrew FRASER 77	3.02
6 Peter WILLMOTT 52	3.54

1000 METRE WALK

1 Grant MURFETT 52	6.04
2 Paul MORITZ 60	6.38
3 Russ DICKENSON 73	6.44
4 Jess DUX 35	7.18
5 Phyllis GOSBELL 81	8.14
6 Brayden WOOLRIDGE 17	8.51
7 Al WILLEY 80	8.56
8 Lyn BATCHELOR 70	9.08
9 Maxine GORMAN 53	10.28
10 Bill GORMAN 83	10.31
11 Rob STAGG 53	10.32
12 Andrew FRASER 77	10.40
13 Allan WOOD 82	10.41
14 Erika BEDYN 56	11.02

70 METRE SPRINT**Heat 1:**

1 Rob STAGG 53	11.1
2 Peter WILLMOTT 52	14.4
3 Andrew FRASER 77	15.2
4 Maxine GORMAN 53	15.9
5 Allan WOOD 82	16.1

Heat 2:

1 Jess DUX 35	9.5
2 Grant MURFETT 52	9.8
3 Mark PORTBURY 53	10.7

270 METRE SPRINT N.O.T.

	Clock	Nom.
1 Grant MURFETT 52	38.4	39.2
2 Jess DUX 35	39.2	40.0
3 Rob STAGG 53	42.7	44.0
4 Mark PORTBURY ** 53	44.5	45.0
5 Brayden WOOLRIDGE 17	47.2	44.5
6 Peter WILLMOTT 52	53.0	44.0
7 Andrew FRASER 77	67.2	63.0
8 Allan WOOD 82	69.8	

** Winner - Mark Portbury

CROYDON 22 OCTOBER 2019 cont.**2 KM WALK**

1	Paul MORITZ	60	13.44
2	Lyn BATCHELOR	70	17.35
3	Al WILLEY	80	17.52
4	Maxine GORMAN	53	18.28
5	Phyllis GOSBELL	81	18.28
Russ DICKENSON (3¼ Laps)		73	10.31

DISTANCE RUN

3 laps:

1	Rob STAGG	53	6.01
2	Mark PORTBURY	53	6.13

6 km:

1	Colin PAGE	65	28.17
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CROYDON 29 OCTOBER 2019**3 KM MEMORIAL WALK N.O.T.** Clock Nom.

1	Alison THOMPSON **	66	18.31	18.30
2	Grant MURFETT	52	20.31	18.00
3	Paul MORITZ	60	20.47	20.50
4	Andrew EGGINTON	58	20.52	21.00
5	Russ DICKENSON	73	25.51	22.30
6	Lyn BATCHELOR	70	26.40	26.00
7	Colin WILLIAMS	70	29.36	
Grant WATSON (1 km)		72	12.05	

** Winner - Alison Thompson

60 METRE SPRINT**Heat 1:**

1	Russell OAKLEY	79	10.7
2	Rob STAGG	53	11.0
3	Allan WOOD	82	12.0

Heat 2:

1	Andrew SHRIMPTON	45	8.2
2	Paul DURRANT	58	8.6
3	Peter WILLMOTT	52	8.9
4	Grant MURFETT	52	9.2
5	Mark PORTBURY	52	9.6

1000 METRE RUN

1	Mark PORTBURY	52	3.24
2	Colin PAGE	65	3.54
3	Rob STAGG	53	3.59
4	Peter WILLMOTT	52	4.16
5	Binupa LIYANAGE	46	4.35

300 METRE SPRINT

1	Grant MURFETT	52	43.9
2	Mark PORTBURY	52	46.8
3	Rob STAGG	53	48.7
4	Andrew EGGINTON	58	49.4
5	Peter WILLMOTT	52	60.0
6	Russell OAKLEY	79	64.2
7	Allan WOOD	82	91.0

1 KM WALK

1	Phyllis GOSBELL	81	8.51
2	Al WILLEY	80	8.55

3 KM RUN

1	Colin PAGE	65	13.39
2	Mark PORTBURY	52	13.55
3	Alison THOMPSON	66	16.13
4	Geoff ARNOTT	71	18.33
5	Binupa LIYANAGE	46	18.35

DONCASTER 7 OCTOBER 2019**120 metres**

Darryl Kilmartin	(53)	19.02
Matt Scholes	(49)	20.28
Andrew Close	(30)	20.62
Janine James	(72)	22.62

200 metres

Sean Peters	(39)	31.24
Andrew Close	(30)	34.16
Elijah Peters	(9)	38.26

600 metres

Darryl Kilmartin	(53)	02:13.6
Katrina Philip	(57)	02:28.2

2000 metres

Darryl Kilmartin	(53)	09:06.2
Katrina Philip	(57)	09:52.6
David Armstrong	(63)	10:28.2
Frank Prowse	(67)	11:04.3 (1600 walk)
Shaun Wright	(49)	06:58.0 (800 walk)

DONCASTER 14 OCTOBER 2019**60 metres heat 1**

Jeffrey Sim	(57)	11.94
Janine James	(72)	11.26
John Aughey	(82)	12.00
Carolyn Aughey	(77)	14.42

60 metres heat 2

Tom Sweeney	(54)	8.84
Ian McCormack	(60)	9.58
Greg Champion	(64)	10.30
Andrew Close	(30)	10.50
Matt Scholes	(49)	12.04

Doncaster 800 metres (handicap)

Ian McCormack	(-0.15)	03:10.3	02:55.3	(DQ)
Matt Scholes	(-0.40)	03:21.8	02:41.8	(DQ)
David McConnell	(-0.15)	03:23.3	03:08.3	(DQ)
Elizabeth Grover	(scratch)	03:27.2	03:27.2	
Katrina Philip	(scratch)	03:27.3	03:27.3	

100 metres heat 1

Jeffrey Sim	(57)	17.12
Janine James	(72)	18.42
John Aughey	(82)	19.26
Carolyn Aughey	(77)	23.64

100 metres heat 2

Tom Sweeney	(54)	15.02
Andrew Close	(30)	17.16
Greg Champion	(64)	18.32
Matt Scholes	(49)	21.12

400 metres

Matt Scholes	(49)	71.3
David McConnell	(67)	73.7
Tom Sweeney	(54)	79.4
Graham Ford	(70)	93.8
Katrina Philip	(57)	94.1

1000 metres

Ian McCormack	(60)	04:31.5
Elizabeth Grover	(56)	04:36.6
Katrina Philip	(57)	04:45.3
Frank Prowse	(67)	05:10.0 (800 walk)
Jeffrey Sim	(57)	05:34.0
Shaun Wright	(49)	06:54.0 (800 walk)

DONCASTER 21 OCTOBER 2019**100 metres**

Graham Walter	(61)	16.8
Janine James	(72)	18.5
Carolyn Aughey	(77)	22.8

Javelin Throw

Matt Hughes	(44)	29.45
Peter Coumaros	(58)	26.96
Matt Scholes	(49)	23.10
Graham Ford	(70)	18.72
Ian McCormack	(60)	18.40
David McConnell	(67)	17.17
Frank Prowse	(67)	15.57
Greg Champion	(64)	15.13
Bev Learmont	(71)	13.04 (venue record)

200 metres heat 1

Graham Walter	(61)	32.47
Andrew Close	(30)	34.11
Jeffrey Sim	(57)	35.12
Janine James	(72)	39.88
John Aughey	(82)	41.18
Carolyn Aughey	(77)	49.82

200 metres heat 2

Matt Hughes	(44)	29.14
David McConnell	(67)	32.38
Ian McCormack	(60)	32.68
Matt Scholes	(49)	35.20
Graham Ford	(70)	39.90
Frank Prowse	(67)	43.76

400 metres

Matt Scholes	(49)	65.4
Jason Merritt	(47)	73.2
Graham Walter	(61)	75.7

Discus

Matt Hughes	(44)	27.41
Graham Ford	(70)	24.78
Peter Coumaros	(58)	24.15
David McConnell	(67)	23.60
Ian McCormack	(60)	20.53
Matt Scholes	(49)	19.97
Frank Prowse	(67)	17.87
Bev Learmont	(71)	12.84

Shot Put

Andrew Close	(30)	6.39
Bev Learmont	(71)	5.25

1500 metres

Matt Scholes	(49)	05:43.2
Jason Merritt	(47)	05:50.6
Matt Hughes	(44)	06:07.3
Ian McCormack	(60)	06:25.7
David McConnell	(67)	06:38.3
Graham Walter	(61)	07:00.4
Frank Prowse	(67)	07:20.2
Katrina Philip	(57)	07:34.8

DONCASTER 28 OCTOBER 2019**Discus**

Graham Ford	(70)	24.99
Bev Learmont	(71)	13.60

Doncaster Gift (120 handicap)

Barry Dorr	(46)	14.22
Darryl Kilmartin	(22)	14.54
Greg Champion	(25)	15.00
Peter Ling	(10)	15.08
Andrew Close	(20)	15.64
Carolyn Aughey	(54)	15.70
Janine James	(35)	15.82
Tom Sweeney	(20)	16.56
Jason Merritt	(20)	16.68
David McConnell	(13)	18.62
Matt Scholes	(10)	22.24

2000 metres

Jason Merritt	(47)	07:47.0
Gary Zuccala	(57)	08:50.3
Elizabeth Grover	(56)	N/T
David Armstrong	(63)	N/T (1200 walk)
Frank Prowse	(67)	N/T (1200 walk)
John Aughey	(82)	02:05.0 (400 metres)
Matt Scholes	(49)	03:12.0 (800 metres)
Shaun Wright	(49)	N/T (800 walk)

80 metres

Darryl Kilmartin	(53)	12.06
Andrew Close	(30)	12.42
Greg Champion	(64)	12.82
Matt Scholes	(49)	14.68
Janine James	(72)	15.08
John Aughey	(82)	16.80
David McConnell	(67)	17.46
Carolyn Aughey	(77)	19.02

600 metres

Matt Scholes	(49)	01:45.8
Darryl Kilmartin	(53)	01:57.9
Jason Merritt	(47)	02:07.6
David McConnell	(67)	02:22.2
Graham Ford	(70)	02:34.8

1000 metres

Jason Merritt	(47)	03:59.6
Gary Zuccala	(57)	04:30.7
Frank Prowse	(67)	05:58.6 (walk)
Shaun Wright	(49)	06:53.4 (800 walk)
David Armstrong	(63)	07:01.0 (walk)

Results of the pentathlon:

- 1st David McConnell (67) 2276
- 2nd Matt Hughes (44) 1909
- 3rd Ian McCormack (60) 1845
- 4th Matt Scholes (49) 1220
- 5th Frank Prowse (67) 1066
- 6th Graham Ford (70) 1058
- 7th Bev Learmont (71) 1027
- 8th Greg Champion (64) 792

EAST BURWOOD 3 OCTOBER 2019**60 METRE SPRINT****Heat 1:**

1	Kaylie GOODRICK	48	12.2
2	Leo COFFEY	89	13.3
3	Lloyd NICHOLS	78	23.2

Heat 2:

1	Paul DURRANT	58	10.0
2	Chris ROBINSON	60	10.3
3	Christopher WORSNOP	62	10.7

880 YARDS RUN**DOUG ORR MEMORIAL VENUE FINAL**

	Jack DURRANT (Disq)	22	4.51
	Perry BIRKETT (Disq)	57	4.55
	Bob HENDERSON (Disq)	73	4.55
1	Liz CLENNELL	50	4.56
2	Michelle QUAN	50	4.59
3	Ashley RYAN	65	5.00
4	Christopher WORSNOP	62	5.10
5	Stephen DAY	49	5.19

800 METRE HANDICAP WALK

		Clock	Actual
1	Kaylie GOODRICK	48	6.20
2	Liz CLENNELL	50	7.22
3	Christopher WORSNOP	62	7.50
4	Brian TAIT	77	7.53
5	Peter BATTRICK	76	7.55
6	Leo WATSON	78	7.56
7	Stephen DAY	49	8.14
8	Phyllis GOSBELL	81	8.17

200 METRE SPRINT N.O.T.

		Clock	Nom.
1	Paul DURRANT	58	29.2
2	Adam McCANN	43	30.8
3	Stephen DAY	49	33.5
4	Ashley RYAN	65	35.2
5	Chris ROBINSON **	60	36.0
6	Christopher WORSNOP	62	36.8
7	Donna CLARKE	66	38.7
8	Janet HOLMES	66	39.7
9	Lloyd NICHOLS	78	119.2

** Winner - Chris Robinson

100 METRE SPRINT

1	Jack DURRANT	22	
2	Paul DURRANT	58	No
3	Donna CLARKE	66	Times
4	Lloyd NICHOLS	78	

3 KM HANDICAP RUN

		Clock	
1	Sam DEFANIS	71	17.44
2	Geoff WHEELER	63	17.45
3	Christopher WORSNOP	62	17.49
4	Liz CLENNELL	50	18.05
5	Leonie GILLIES	62	18.10
6	Stephen DAY	49	18.16
7	Michelle QUAN	50	18.19
8	Chris ROBINSON	60	19.27
9	Ashley RYAN	65	19.42

Also:

Bob HENDERSON (1 km Run)	73	6.41
Brian TAIT (1 km Walk)	77	8.07

JAVELIN THROW

Jack DURRANT	22	29.81
Toni MATTERS	51	26.40
Allan WOOD	82	17.72
Chris ROBINSON	60	14.08
Donna CLARKE	66	13.32
Ashley RYAN	65	13.31
Kaylie GOODRICK	48	11.83
Brian TAIT	77	9.71
Leo COFFEY	89	8.18

EAST BURWOOD 10 OCTOBER 2019**60 METRE SPRINT****Heat 1:**

1	Chris ROBINSON	60	10.4
2	Donna CLARKE	66	10.9
3	Leo COFFEY	89	12.9

Heat 2:

1	Jack DURRANT	22	8.1
2	Paul DURRANT	58	8.5
3	Glenn McLEAN	55	8.7
4	Jess DUX	35	9.0
5	Rob STAGG	53	9.5

1200 METRE HANDICAP WALK

		Clock	Actual
1	Ros LORDING	47	11.39
2	Leonie GILLIES	62	12.01
3	Gerald BURKE	79	12.02
4	Peter BATTRICK	76	12.03
5	Leo WATSON	78	12.03
6	Allan WOOD	82	12.38
7	Mick CARR	66	12.39
8	Frank PROWSE	67	12.41
9	Glenn CLAUDEN	65	12.41
10	Liz CLENNELL	50	13.52

100 METRE SPRINT**Heat 1:**

1	Chris ROBINSON	60	No
2	Donna CLARKE	66	
3	Leo COFFEY	89	Times

Heat 2:

1	Jess DUX	35	13.6
2	Paul DURRANT	58	14.0
3	Adam McCANN	43	14.4
4	Darryl KILMARTIN	53	15.0
5	David McCONNELL	67	17.2
6	Allan WOOD	82	19.9

880 YARDS RUN**DOUG ORR MEMORIAL INTER-VENUE FINAL**

	Katrina PHILIP (Disq.)	57	4.55	DON
	Darryl KILMARTIN (Disq.)	53	4.55	DON
1	Frank PROWSE	67	4.56	DON
2	David McCONNELL	67	4.56	DON
3	Peter THORNE	71	4.57	KNOX
4	Murray HUTCHISON	70	4.58	KNOX
5	Ashley RYAN	65	4.58	E.B.
6	Michelle QUAN	50	4.58	KNOX
7	Glenn CLAUDEN	65	4.59	KNOX
8	Rob STAGG	53	5.00	CROY
9	Grant MURFETT	52	5.01	CROY
10	Jess DUX	35	5.03	CROY
11	Liz CLENNELL	50	5.04	E.B.
12	Ros LORDING	47	5.06	E.B.
13	Stephen DAY	49	5.06	E.B.
14	Perry BIRKETT	57	5.07	CROY

Team Results

	Points	
1	Knox	13
2	Croydon	27
3	East Burwood	28

EAST BURWOOD 10 OCTOBER 2019 cont.**300 METRE SPRINT N.O.T.** Clock Nom.

1	Grant MURFETT	52	43.3	48.0
2	Adam McCANN	43	47.8	52.0
3	Glenn McLEAN	55	48.3	52.0
4	Darryl KILMARTIN	53	49.1	47.0
5	Perry BIRKETT	57	49.5	49.0
6	David McCONNELL	67	49.8	48.0
7	Ashley RYAN **	65	57.8	58.0

** Winner - Ashley Ryan

2 KM RUN

1	Mick CARR	66	9.34
2	Geoff WHEELER	63	9.35
3	Ros LORDING	47	9.36
4	Michelle QUAN	50	10.24
5	Sam DEFANIS	71	10.38
6	Glenn CLAUDEN	65	10.54
7	Liz CLENNELL	50	12.25
8	Leonie GILLIES	62	12.27
9	Frank PROWSE	67	13.38

SHOT PUT N.O.D. Best Nom.Dis.

Toni MATTERS	51	9.63	9.80
Paul DURRANT **	58	8.95	8.98
Grant MURFETT	52	8.36	8.00
Darryl KILMARTIN	53	7.70	-
Jess DUX	35	7.15	7.80
Louise McLEAN	54	6.98	7.05
Allan WOOD **	82	6.68	6.65
Chris ROBINSON	60	6.30	5.50
Donna CLARKE	66	5.62	5.80
Leo COFFEY	89	4.32	4.40

** Equal Winners - Paul Durrant & Allan Wood

EAST BURWOOD 17 OCTOBER 2019**600 METRE RUN N.O.T.** Clock Nom.

1	Allan WOOD	82	4.08	3.00
2	Andrew FRASER	77	4.19	2.30

60 METRE SPRINT**Heat 1:**

1	Leo COFFEY	89	13.0
2	Shirley COPPOCK	83	14.2
3	Horacio DIAZ	74	19.3
4	Lloyd NICHOLS	78	22.7

Heat 2:

1	Chris ROBINSON	60	10.3
2	Donna CLARKE	66	10.8
3	Paul DURRANT (75 Mtrs)	58	11.2
4	Andrew FRASER	77	14.9

800 METRE WALK N.O.T. Clock Nom.

1	Leo WATSON	78	5.51	6.00
2	Phyllis GOSBELL	81	6.42	6.45
3	Gerald BURKE **	79	7.01	7.00
4	Gordon ONLEY	84	8.33	6.56
5	Peter BATTRICK	76	8.42	8.20

** Winner - Gerald Burke

100 METRE SPRINT

1	Donna CLARKE	66	18.5
2	Allan WOOD	82	22.1
3	Shirley COPPOCK	83	24.5
4	Horacio DIAZ	74	31.2
5	Lloyd NICHOLS	78	46.0

EAST BURWOOD 17 OCTOBER 2019 cont**4 X 200 METRE RELAY**

1	Janet HOLMES	66	
	Allan WOOD	82	
	Chris ROBINSON	60	
	Zac MATTERS	Inv	2.35
2	Andrew FRASER	77	
	Donna CLARKE	66	
	Shirley COPPOCK	83	
	Paul DURRANT	58	2.44

2 KM RUN

1	Geoff WHEELER	63	9.23
2	Chris ROBINSON	60	11.36

DISCUS THROW N.O.D. Best Nom.Dis.

Paul DURRANT	58	28.95	30.02
Toni MATTERS **	51	26.05	26.00
Louise McLEAN	54	19.10	17.00
Chris ROBINSON	60	14.57	14.00
Donna CLARKE	66	12.00	13.20
Jack FREDRICKSON	80	10.70	12.00
Leo COFFEY	89	7.82	8.99

** Winner - Toni Matters

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

1	Ann HOLCOMBE	72	11.2
2	Leo COFFEY	89	11.7
3	Shirley COPPOCK	83	14.9
4	Lloyd NICHOLS	78	22.3

Heat 2:

1	Andrew FRASER	77	11.6
2	Brian HOLCOMBE	74	13.0
3	Allan WOOD	82	15.6
4	Horacio DIAZ	74	16.3

Heat 3:

1	Paul DURRANT	58	8.2
2	Glenn McLEAN	55	8.4
3	Louise McLEAN	54	9.7
4	Chris ROBINSON	60	10.0
5	Donna CLARKE	66	10.4

100 METRE SPRINT**Heat 1:**

1	Andrew FRASER	77	17.9
2	Ann HOLCOMBE	72	18.7
3	Shirley COPPOCK	83	23.2
4	Lloyd NICHOLS	78	42.3

Heat 2:

1	Paul DURRANT (110 Mtrs)	58	14.8
2	Chris ROBINSON	60	15.8
3	Donna CLARKE	66	16.9

800 METRE WALK N.O.T. Clock Nom.

1	Kylie IRSHAD	47	4.12	4.20
2	Janet HOLMES	65	5.04	5.20
3	Leo WATSON	78	5.47	5.51
4	Brian TAIT **	77	6.33	6.33
5	Oscar VALL		6.40	6.50
6	Gerald BURKE	79	6.58	7.10
7	Shirley COPPOCK	83	7.23	8.00
8	Allan WOOD	82	7.48	7.45
9	Andrew FRASER	77	7.51	7.45

EAST BURWOOD 24 OCTOBER 2019 cont.

10	Peter BATTRICK	76	8.01	8.10
11	Jack FREDRICKSON	80	8.27	8.00
12	Gordon ONLEY	84	8.44	8.40

** Winner - Brian Tait

200 METRE SPRINT HANDICAP**Heat 1:**

1	Shirley COPPOCK	83	24.3
2	Lloyd NICHOLS	78	25.9
3	Leo COFFEY	89	27.9
4	Ann HOLCOMBE	72	28.7
5	Brian HOLCOMBE	74	29.3
6	Leo WATSON	78	30.4
7	Horacio DIAZ	74	37.9

Heat 2:

1	Donna CLARKE	66	26.7
2	Oscar VALL		27.2
3	Sonya POLLARD	52	27.7
4	Paul DURRANT	58	27.9
5	Chris ROBINSON	60	28.2
6	Andrew FRASER	77	28.5

1 KM WALK

1	Kylie IRSHAD	47	5.45
2	Brian TAIT	77	8.36
3	Leo WATSON	78	8.06

5 KM RUN

1	Geoff WHEELER	63	25.53
2	Sam DEFANIS	71	27.17
3	Michelle QUAN	49	27.47

LONG JUMP

			Metres
	Louise McLEAN	54	3.20
	Chris ROBINSON	60	2.96
	Sonya POLLARD	52	2.72
	Donna CLARKE	66	2.65
	Leo COFFEY	89	2.08

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

1	Ann HOLCOMBE	72	11.2
	Brian HOLCOMBE	74	12.8
3	Shirley COPPOCK	83	15.3
4	John MATHEW	82	16.5
5	Lloyd NICHOLS	78	20.7
6	Allan WOOD	82	22.3

Heat 2:

1	Jess DUX	35	7.9
2	Paul DURRANT	58	8.5
3	Louise McLEAN	54	9.3
4	Christopher WORSNOP	62	10.4
5	Andrew FRASER	77	13.6
6	Horacio DIAZ	74	19.0

600 METRE RUN

1	Christopher WORSNOP	62	2.31
2	Allan WOOD	82	3.57
3	Andrew FRASER	77	4.22

EAST BURWOOD 31 OCTOBER 2019 cont.**300 METRE SPRINT**

1	Grant MURFETT	52	43.3
2	Jess DUX	35	47.7
3	Janet HOLMES	66	62.9
4	Leo WATSON	78	89.4
5	Shirley COPPOCK	83	123.2
6	Lloyd NICHOLS	78	192.4

1200 METRE HANDICAP WALK Clock Actual

1	Grant MURFETT	52	11.37	6.57
2	Kylie IRSHAD	47	12.12	6.32
3	Leo WATSON	78	12.15	8.55
4	Gordon ONLEY	84	12.21	12.21
5	Jack FREDRICKSON	80	12.22	12.22
6	Brian TAIT	77	12.23	9.38
7	Peter BATTRICK	76	12.27	11.57
8	Gerald BURKE	79	12.30	11.00
9	Leonie GILLIES	62	12.38	9.18
10	Phyllis GOSBELL	81	12.46	10.21
11	Christopher WORSNOP	62	12.55	8.25
12	John MATHEW	83	13.49	13.19

100 METRE SPRINT HANDICAP**Heat 1:**

				H'cpMtrs
1	Lloyd NICHOLS	78	11.8	56
2	Janet HOLMES	66	12.8	29
3	Shirley COPPOCK	83	13.3	40
4	Brian HOLCOMBE	74	13.6	35
5	John MATHEW	83	13.8	48
6	Horacio DIAZ	74	16.9	44

Heat 2:

1	Stephen DAY	49	12.7	9
2	Jess DUX	35	13.0	Minus 2
3	Louise McLEAN	54	13.4	16
4	Andrew FRASER	77	13.7	25
5	Paul DURRANT	58	14.0	3
6	Ann HOLCOMBE	72	14.4	25
7	Christopher WORSNOP	62	14.8	17
8	Allan WOOD	82	15.1	25

3 KM HANDICAP RUN

			Clock	Actual
1	Michelle QUAN	49	17.54	14.14
2	Stephen DAY	49	18.06	12.41
3	Leonie GILLIES	62	18.31	18.31
4	Sam DEFANIS	71	18.38	15.03
5	Geoff WHEELER	63	18.45	14.25
6	Kylie IRSHAD (Walk)	47	18.59	18.59
7	Christopher WORSNOP	62	19.33	15.43

JAVELIN THROW HANDICAP

			Best	Adjusted
1	Andrew FRASER	77	14.50	41.60
2	Chris ROBINSON	60	14.68	41.53
3	Grant MURFETT	52	18.14	40.94
4	Toni MATTERS	51	25.98	40.68
5	Paul DURRANT	58	24.10	40.55
5	Louise McLEAN	54	11.48	40.33
7	Brian TAIT	77	9.91	39.81
8	Allan WOOD	82	17.07	39.67
9	Jess DUX	35	18.93	38.13

FRANKSTON 3 OCTOBER 2019

110m No starters
250m No starters

800m Walk

1	Heather Carr	70	4.54
2	Greg Lovejoy	77	6.01
3	John Sutton	76	6.33
4	Lindsay Beaton	69	7.15

800m

1	Russ Dow	59	2.46
2	Chris Sheedy	51	3.09
3	Bill Carr	70	3.24
4	Liz Lowther	68	3.31
5	Gary Meyer	64	3.51
6	David Dodson	70	4.07
7	Caitlin O'Connell	45	4.09
8	Charlie Mallia	70	5.26

1600m Walk

1	Heather Carr	70	9.46
2	John Sutton	76	13.39

2000m

1	Bill Carr	70	10.19
2	Chris Sheedy	51	10.20
3	David Dodson	60	10.30
4	Charlie Mallia	70	15.22

2800m Walk

1	Lindsay Beaton	69	27.30
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3600m

1	Russ Dow	59	14.56
2	Liz Lowther	68	18.07
3	Gary Meyer	64	19.31
4	Greg Lovejoy	77	19.51
5	Caitlin O'Connell	45	20.25

FRANKSTON 10 OCTOBER 2019**80m**

1	David Sutherland	65	12.68
2	Mike Hall	80	13.22
3	Lindsay Beaton	69	16.15

200m Age graded

		Clock	A/G %	
1	Russ Dow	60	31.85	75.35%
2	David Sutherland	65	36.37	68.16%

800m Walk

1	Heather Carr	70	4.54
2	John Hallo	77	6.44
3	Lindsay Beaton	69	7.10
	Charlie Mallia	70	DNF

1200m

1	Russ Dow	60	4.31
2	Chris Sheedy	51	5.03
3	Barry Jeffs	71	5.32
4	Gary Meyer	64	6.42
5	David Sutherland	65	8.42

5 or 8 lap spiral Walk

			Laps	
1	Heather Carr	70	13.02	5
2	John Hallo	77	17.53	5
3	Charlie Mallia	70	19.59	5

FRANKSTON 10 OCTOBER 2019 cont.**5 or 8 lap spiral**

				Laps
1	Russ Dow	60	14.29	8
2	Barry Jeffs	71	16.32	8
1	Bill Carr	70	10.42	5
2	Chris Sheedy	51	10.43	5
3	Gary Meyer	64	11.24	5
4	David Dodson	60	11.40	5
5	David Sutherland	65	12.16	5

FRANKSTON 17 OCTOBER 2019**90m**

1	Russ Dow	60	13.56
2	Mike Hall	80	15.76

250m

no starters

600m Walk

1	Heather Carr	70	3.34
2	Greg Lovejoy	77	4.34
3	John Sutton	76	4.42
4	John Hallo	77	4.48
5	Lindsay Beaton	69	5.14
6	Charlie Mallia	70	5.37

600m

1	Russ Dow	60	2.03
2	Bill Carr	70	2.19
3	Liz Lowther	68	2.30
4	Dave Sutherland	65	2.32
5	Barry Jeffs	71	2.36
6	Graham Stockdale	77	3.24
7	Caitlin O'Connell	45	3.29

2400m Walk Self Handicap

*DQ if faster than 18 sec of slowest handicap time

		Self H'cap	Start time	Clock time	Diff	
1	Lyn Pimm	58	18.00	4.36	22.21	-0.15
2	John Sutton	76	20.30	2.06	22.35	-0.01
2	Charlie Mallia	70	22.36	0.00	22.35	-0.01
4	John Hallo	77	19.15	3.21	23.27	0.51

2400m - Self Handicap

		Self H'cap	Start time	Clock time	Diff	
1	Dave Sutherland	65	12.00	1.20	13.55	0.35
	DQ Bill Carr	70	12.50	0.30	13.03	-0.17
	DQ David Dodson	60	13.20	0.00	12.46	-0.34
	Frances Halton	58			19.38	

3200m Walk

1	Heather Carr	70	20.27
2	Lindsay Beaton	69	29.55

4000m

1	Russ Dow	60	16.26
2	Liz Lowther	68	19.44
3	Barry Jeffs	71	19.46
4	Gary Meyer	64	21.43
5	Greg Lovejoy	77	21.58
6	Caitlin O'Connell	45	24.38

FRANKSTON 24 OCTOBER 2019**Relay Walk 400m / Run 600m / Sprint 200m**

				Team time
1	Heather Carr	70	W	5.23
	Graham Stockdale	77	S	
	Claudio Riga	64	R	
2	John Sutton	76	W	5.34
	Veronica Sheedy	Inv	S	
	Bill Carr	70	R	
3	Greg Lovejoy	77	W	5.52
	Mike Hall	80	S	
	Barry Jeffs	71	R	
4	Charlie Mallia	70	W	6.00
	Ramon Berlouis	41	S	
	Liz Lowther	68	R	

20 min or 30 min Walk

		Laps/Dist	Dist 20 or 30min
1	Heather Carr	70 7 laps	2.8 km 20
2	John Sutton	76 5 /360m	2.36 km 20
1	Lindsay Beaton	69 8 laps	3.2 km 30
2	Charlie Mallia	70 7 / 200m	3 km 30

20 min or 30 min Run

		Laps/Dist	Dist 20 or 30 min
1	Gary Meyer	69 9 / 50 m	3.65 km 20
2	David Dodson	59 8 / 150 m	3.35 20
1	Claudio Riga	64 15/ 200 m	6.2 km 30
2	Liz Lowther	68 14 / 200 m	5.8 km 30
3	Barry Jeffs	71 13 / 90 m	5.29 km 30
4	Greg Lovejoy	77 15 laps	6 km 30
5	Fran Halton	58 7 / 200 m	3 km 30

FRANKSTON 31 OCTOBER 2019**100m** no starters**800m Walk**

1	Heather Carr	70	4.53
2	Claudio Riga	64	5.07
3	Greg Lovejoy	77	6.22
4	Lindsay Beaton	69	7.24

800m

1	Russ Dow	60	3.02
2	Bill Carr	70	3.27
3	Barry Jeffs	71	3.44
4	Ramon Berlouis	41	4.06
5	David Dodson	60	4.21
6	Dave Sutherland	60	4.35
7	Gary Meyer	64	4.39

1 or 2 laps Walk in the park

			Laps
1	Heather Carr	70	23.05 2
2	Lyn Pimm	59	27.17 2
3	John Sutton	74	27.42 2
1	Lindsay Beaton	69	24.00 1

1 or 2 laps Run in the park

			Laps
1	Russ Dow	60	19.13 2
2	Claudio Riga	64	21.02 2
3	Barry Jeffs	71	20.27 2
4	Dave Sutherland	60	22.21 2
5	Greg Lovejoy	77	22.30 2
6	Gary Meyer	64	24.22 2
1	Bill Carr	70	13.01 1
2	David Dodson	60	13.47 1
3	Ramon Berlouis	41	14.55 1

GEELONG 2 OCTOBER 2019**400m**

Andy Bruschi	01:09
Sharon Pedersen	01:11
Sue Howell	01:16
Daimin Mole	01:16

2000m

Robert Jones	06:53
Rhys Hamill-Beach	06:56
Sharon Pedersen	08:16
Sue Howell	08:19
Gerry Fitzpatrick	09:28
Harrison Wright	09:41
Erik Bumpers	10:18
James Wright	10:19
Jill Coyte (W)	11:35
Chris Colley	11:44
Fiona Fitzpatrick	12:37

4000m

Phil Shay	15:43
Jane White	16:39
Estelle Davis	18:00
Alan Jenkins	18:39
Jonathan Davis	18:39
Jeff Walker	19:03
Louis Rowan	19:13
Daryl Hurst	19:47
Frank Engelsman	20:01

800m

Andy Bruschi	02:49
Phil Shay	02:49
Sue Howell	02:58
Gerry Fitzpatrick	03:19
Alan Jenkins	03:23
Jeff Walker	03:35
Estelle Davis	03:38
Erik Bumpers	03:51
Jonathan Davis	04:02
Frank Engelsman	04:11

GEELONG 9 OCTOBER 2019**300m**

Rhys Hamill-Beach	38.90
Sharon Pedersen	50.50
Daimin Mole	51.50

3200m

Grant Simpson	10:20
Tony McRae	12:40
Alan Jenkins	14:08
Sharon Pedersen	14:19
Jeff Walker	14:35
Gerry Fitzpatrick	15:14
Daryl Hurst	15:51
Grant Baensch	16:54
Jill Coyte (W)	18:59

1500m

Rhys Hamill-Beach	05:35
Tony McRae	05:47
Noah Jones	06:19
Grant Simpson	06:19
Gerry Fitzpatrick	06:37
Jeff Walker	06:41
Alan Jenkins	07:10
Grant Baensch	07:32
Daimin Mole	07:43
Daryl Hurst	08:06

GEELONG 16 OCTOBER 2019**3000m - Jeff Walker Handicap**

Sue Howell	18:02	12:32	
Erik Bumbers	18:07	15:42	
Noah Jones	18:22	12:34	Winner
Jill Coyte (W)	18:29	18:21	
Chris Colley	20:05	17:55	

5000m Jeff Walker Handicap

Daryl Hurst	32:39	25:19	
Dave Elward	32:52	21:32	
Gerry Fitzpatrick	32:56	24:36	
Fiona Fitzpatrick	33:01	33:01	
Sharon Pedersen	33:05	20:05	
Frank Engelsman	33:16	25:31	
Tony McRae	33:19	20:09	
Louis Rowan	33:42	23:52	
Grant Baensch	33:52	27:22	
Alan Jenkins	34:12	23:22	winner
Mark Humphrey	35:02	22:32	

GEELONG 23 OCTOBER 2019**300m**

David Mitchell	48.00
Andy Bruschi	51.50
Peter Lamb	52.51

2400m

Dave Elward	09:53
Sharon Pedersen	09:56
Jeff Walker	11:06
Daryl Hurst	11:28
Frank Engelsman	11:59
Grant Baensch	12:47
Jill Coyte (W)	15:03

1600m

Robert Jones	05:16
Andy Bruschi	06:31
Noah Jones	06:48
Jeff Walker	07:16
Daryl Hurst	07:53
Frank Engelsman	07:54
Grant Baensch	08:14

800m

Dave Elward	02:59
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1600m

Grant Simpson	05:20
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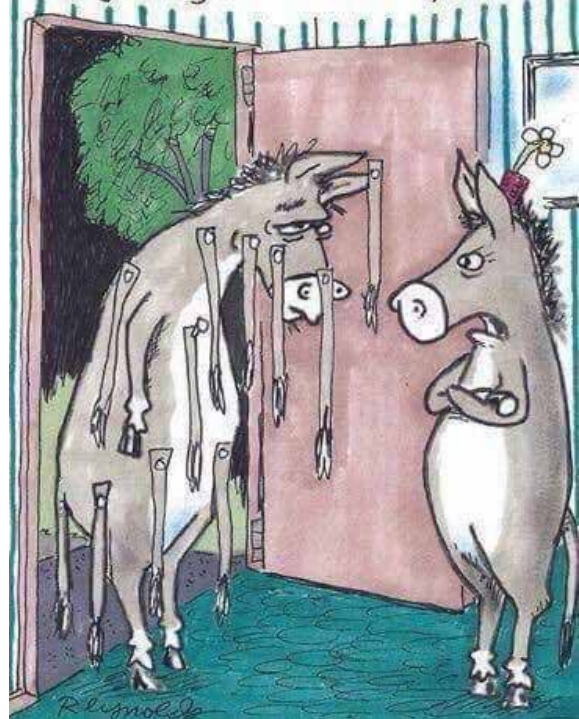
GEELONG 30 OCTOBER 2019**3km Cross Country**

Rhys Hamill-Beach	11:30
Noah Jones	12:30
Andrew Goodwin	12:55
Kath Oliver	16:02
Denis Valenta	16:08
James Wright	16:48
Joe Weiler	17:45
Jill Coyte (W)	17:51
Chris Colley	18:32
Faith Field	24:19

GEELONG 30 OCTOBER 2019 cont.**6km Cross Country**

Luke Haines	22:10
Sharon Pedersen	24:36
Tony McRae	24:40
Dave Elward	25:11
John Everett	27:56
Alan Jenkins	29:04
Geoff Anset	29:38
Gerry Fitzpatrick	30:31
Daryl Hurst	31:09
Erik Bumbers	32:02
Grant Baensch	33:16
Frank Engelsman	34:15
Fiona Fitzpatrick	41:10

"You've been out partying all night, again, haven't you?"



I'm looking for a sneaker to wear while watching my friends run a marathon

GLEN EIRA 1 OCTOBER 2019**70m E/T**

		Clock	Est	Diff
GLAD WISHART	75	13.65	13.78	0.13
VIVIENNE CASH	67	11.82	12.0	0.18
MIKE CLAPPER	67	10.27	10.5	0.23
JO WHITTLE	47	12.05	13.5	1.45
MICHELLE EDMONDS	45	13.22	18.0	4.78

800 MTRS H/C (Points)

		Clock	H/cap	H/C Time	%
SIMONE O'BRIEN	47	3.17	5	3.12	64.5
JANET HOLMES	66	3.24	GO	3.24	80.6
BILL CARR	70	3.26	8	3.18	70.0
JO WHITTLE	47	3.28	3	3.25	60.4
TERRY O'NEILL	63	3.41	15	3.26	62.72

300m E/T (Points)

		Clock	Est	Diff	%
BOB WISHART	77	49.63	50.3	0.62	92.2
MIKE CLAPPER	67	48.56	49.5	0.94	80.5
JIM McLURE	73	57.75	56.2	1.55	73.9
MICHELLE EDMONDS	45	68.30	60.0	8.30	55.3
JO WHITTLE	47	69.51	56.2	13.30	55.47

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

		Clock	H/cap	H/C Time	%
JIM BERRINGTON	63	29.54	11.40	18.14	72.8
KARYN O'NEILL	64	29.56	9.41	20.15	74.3
TONY DORAN	67	29.58	9.16	20.42	68.6
HEATHER CARR	70	30.01	11.50	18.11	89.5
GWEN STEED	77	30.04	9.27	20.37	88.0
ROB JAMIESON	69	30.12	GO	30.12	48.2
SANDRA MIDDLETON	70	30.33	9.00	21.33	75.5
JO WHITTLE	47	30.36	10.45	19.51	64.2
CYNTHIA ELLERY	70	30.49	6.28	24.21	66.8
DES MIDDLETON	72	30.50	9.41	21.09	71.3
PAUL LYNCH	69	30.44	7.22	23.22	62.3
CONRAD HAMANN	67	30.59	9.27	21.32	65.9
TERRY O'NEILL	63	31.20	11.15	20.05	67.7
MICHAEL HEFFERNAN	84	31.21	0.49	30.32	58.9
MARY HARPER	50	33.08	5.00	28.08	46.4

FASTEST TIME HEATHER CARR 18:11**RAY KEMP 3KM H/CAP**

		Clock	H/C	H/C Time	%
CHRIS CAMPBELL	70	19.08	4.55	14.13	70.5
MERLE WANT	58	19.26	3.00	16.26	66.4
SIMONE O'BRIEN	47	19.35	5.10	14.25	65.5
BILL CARR	70	19.44	3.15	16.29	60.8
JANINE McKERRON	59	19.46	4.40	15.06	72.3
PETE BATTRICK	76	19.51	11.15	31.06	35.3
STEVE STRELECKY	70	19.55	5.30	14.25	69.5
ASHLEY PAGE	78	19.59	4.05	15.54	71.8
KAREN MONOHAN	53	20.00	GO	20.00	50.9
PHIL URQUHART	75	20.16	2.15	18.01	59.8
SIMON LLOYD	64	21.29	6.30	14.59	63.1
MICHELLE EDMONDS	45	22.57	2.15	20.42	44.5
GREG HUGHES	61	28.04	5.35	22.29	40.9

GLEN EIRA 8 OCTOBER 2019**60m E/T**

		Clock	Est	Diff	%
GLAD WISHART	75	11.96	11.95	0.01	86.12
JO WHITTLE	47	10.41	10.5	0.09	74.45
MIKE CLAPPER	67	8.99	9.1	0.11	90.0
JIM ROUNTREE	60	9.58	9.7	0.12	80.69
VIVIENNE CASH	67	10.20	10.0	0.20	92.3
MICHELLE EDMONDS	45	11.64	12.0	0.36	65.2

GLEN EIRA 8 OCTOBER 2019 cont.

CLAUD MULET	6	14.50	15.0	0.50	72.07
SOPHIE McCAFFREY	8	11.13	12.0	0.87	77.09
OSCAR LORENTZEN	8	10.69	11.6	0.91	77.83
LEISA HUNT	47	11.29	12.2	0.91	68.6
EMMA McCAFFREY	10	11.67	12.95	1.28	67.0
EMILIE LORENTZEN	10	10.92	12.5	1.58	71.6
LINDA McCAFFREY	41	12.82	11.2	1.62	56.63
CHARLOTTE CONN	40	14.83	11.50	3.33	48.42

700m E/T

		Clock	Est	Diff
JANET HOLMES	66	2.56.8	2.59	2.2
CHRIS BROWN	64	2.52.4	3.00	7.6
TERRY O'NEILL	63	2.56.9	3.07	10.1
JO WHITTLE	47	2.53.5	3.05	11.5
SIMONE O'BRIEN	47	2.46.1	3.01	14.9

300 MTRS H/C (WEEK 2)

		Clock	H/cap	H/C Time	%
JO WHITTLE	47	1.03.49	GO	63.49	60.7
KURT GOLONKA	49	1.08.45	26	42.45	80.94
MIKE CLAPPER	67	1.09.35	20	49.35	79.21
JIM McLURE	73	1.09.63	13	56.63	75.3
BOB WISHART	77	1.10.19	19	51.19	89.4
JIM ROUNTREE	60	1.10.37	19	51.37	72.0
MICHELLE EDMONDS	45	1.10.76	3	67.76	55.73
BILL CARR	70	1.12.28	18	54.26	74.7
CHELSEA WHITTLE	12	1.12.47	20	52.47	71.8

WALK - 1600M H'CAP (Trophy)

		Clock	Est	Diff	%
JO WHITTLE	47	10.34	10.32	2	62.74
JIM BERRINGTON	63	9.59	10.03	-4	71.85
GWEN STEED	77	11.07	10.59	8	84.22
KARYN O'NEILL	64	10.54	10.45	9	72.29
TONY DORAN	67	11.06	11.17	-11	66.43
TERRY O'NEILL	63	10.26	10.15	11	69.98
PAUL LYNCH	69	12.38	12.24	14	61.85
ROB JAMIESON	69	15.33	15.59	-26	49.32
MICHAEL HEFFERNAN	84	15.10	15.45	-35	62.42
PETE BATTRICK	76	17.44	16.55	49	47.30
PETER McGRATH	79	17.18	16.20	58	51.37

STANDING LONG JUMP

		Dist
MIKE CLAPPER	67	1.97
JIM ROUNTREE	60	1.84
CHELSEA WHITTLE	12	1.77
EMILIE LORENTZEN	10	1.59
SOPHIE McCAFFREY	8	1.46
EMMA McCAFFREY	10	1.42

Kevin Browne Week 1**4k H/C (Sealed)**

		Clock	H/cap	H/C Time	%
CHARLOTTE CONN	40	19.55	6.30	26.25	59.7
SIMONE O'BRIEN	47	19.39	7.00	26.39	65.1
JANINE McKERRON	59	20.36	6.15	26.51	72.7
JO COCKWILL	67	23.02	4.00	27.02	73.6
SARAH LORENTZEN	40	18.34	8.30	27.04	64.0
SIMON LLOYD	64	18.34	8.30	27.04	69.21
CHRIS BROWN	64	20.32	6.40	27.12	62.6
GREG HUGHES	61	21.44	5.30	27.14	57.5
STEVE STRELECKY	70	20.15	7.00	27.15	67.2
PHIL URQUHART	75	25.14	3.00	27.15	58.0
LEISA HUNT	47	23.03	5.00	28.03	55.5

GLEN EIRA 15 OCTOBER 2019**1000 MTRS H/C**

		Clock	H/cap	H/C Time	%
CHRIS BROWN	64	4.26	10	4.16	66.33
JANET HOLMES	66	4.35	10	4.25	80.87
SUSAN SHORT	45	4.47	50	3.57	67.22
HEATHER CARR	70	4.51	10	4.41	82.4
SYD BONE	62	5.04	35	4.29	62.12

300 MTRS H/C (WEEK 2)

		Clock	H/cap	H/C Time	%
KURT GOLONKA	50	61.27	20	41.27	83.86
JO WHITTLE	47	61.82	4	57.82	66.7
BILL CARR	70	62.94	12	50.94	79.54
JIM McLURE	73	63.47	8	55.47	76.9
BOB WISHART	77	63.69	14	49.69	92.07
JIM ROUNTREE	60	64.57	14	50.57	73.17
MICHELLE EDMONDS	45	64.74	GO	64.74	58.3
SIMONE O'BRIEN	47	65.13	7	58.13	66.33
CHELSEA WHITTLE	12	66.52	12	54.52	60.53

WALK - 1500M

		Clock	%
CONRAD HAMANN	67	10.25	66.9
TONY DORAN	67	11.01	63.3
JIM ROUNTREE	60	12.04	53.6
ROB JAMIESON	69	14.28	49.3
PETE BATTRICK	76	15.40	49.8
PETER McGRATH	80	16.18	50.7

WALK - 3K

		Clock	%
JIM BERRINGTON	63	19.01	71.5
JO WHITTLE	47	19.42	64.6
GWEN STEED	77	20.42	87.6
KARYN O'NEILL	64	20.48	72.4
PAUL LYNCH	69	23.35	61.7
MICHAEL HEFFERNAN	84	30.25	59.1

Kevin Browne Week 2**3K H/C (Sealed)**

		Clock	H/cap	H/C Time	%
CHRIS BROWN	64	14.34	0.30	15.04	64.9
JANE STURZAKER	66	18.28	-3.00	15.28	66.7
PHIL URQUHART	74	17.16	-1.40	15.36	61.4
BARRY JEFFS	70	14.12	1.30	15.42	70.5
SIMON LLOYD	64	12.36	3.20	15.56	75.0
KATHY VAN EEDE	50	12.36	3.20	15.56	77.8
JANINE McKERRON	58	14.49	1.00	15.49	73.7
MICHELLE EDMONDS	45	17.53	-2.00	15.53	51.5
LEISA HUNT	47	16.01	GO	16.01	58.9
SARAH JOHNSON	36	20.06	-4.00	16.06	42.4
STEVE STRELECKY	70	14.39	1.30	16.09	68.4
MERLE WANT	58	17.40	-1.30	16.10	61.8
SIMONE O'BRIEN	47	14.24	1.50	16.14	65.5
KAREN MONOHAN	53	20.17	-4.00	16.17	50.2
SARAH LORENTZEN	40	13.12	3.20	16.32	66.3
HEATHER CARR	70	15.57	0.40	16.37	82.5
CHRIS CAMPBELL	70	15.25	1.30	16.55	65.0
CHRIS GRAFEN	55	13.36	3.20	16.56	64.2
GREG HUGHES	61	15.27	1.30	16.57	59.5
GERRY O'DONNELL	65	17.16	GO	17.16	55.2
JANET HOLMES	66	16.04	1.20	17.24	76.0
JOHN BONG	18	13.57			54.4
GEORGIE WHITTLE	19	15.02			55.8
NICKY GRAFEN	8	15.11			63.7

GLEN EIRA 22 OCTOBER 2019**60m Age %**

		Clock	%
GLAD WISHART	75	11.10	92.8
JUNE TREWEEK	58	9.84	88.0
BILL CARR	70	9.46	87.1
JIM McLURE	73	10.02	84.0
JIM ROUNTREE	60	9.66	80.0
PAUL LYNCH	69	10.52	77.9
JO WHITTLE	47	10.42	74.4
HARVEY GOLONKA	12	9.88	73.1
LEISA HUNT	47	10.88	71.2
LINDA McCAFFREY	41	10.32	70.4
MICHELLE EDMONDS	45	11.02	68.9
MARCUS GOLONKA	9	13.0	60.9

1500m E/T

		Clock	Est	Diff	%
JANET HOLMES	66	7.02.1	7.04	1.9	82.26
SARAH LORENTZEN	40	5.52.1	5.50	2.1	69.81
CHELSEA WHITTLE	12	5.46.1	5.42	4.1	73.88
SYD BONE	62	6.47.7	6.40	7.7	63.87
OSCAR LORENTZEN	8	5.52.1	6.02	9.9	77.11
HEATHER CARR	70	7.32.7	7.50	17.3	81.93
JO WHITTLE	47	7.11.1	6.50	21.1	61.82

400 MTRS H/C (TROPHY)

		Clock	H/cap	H/C Time	%
BILL CARR	70	1.27.1	13	74.1	79.62
BOB WISHART	77	1.28.4	15	73.4	91.65
JUNE TREWEEK	58	1.29.8	GO	89.8	69.77
JOHN BONG	18	1.30.0	30	60.0	73.57
JIM McLURE	73	1.30.3	9	81.3	76.83
MICHELLE EDMONDS	45	1.31.1	GO	91.1	60.75
JIM ROUNTREE	60	1.32.2	19	73.2	72.24
KURT GOLONKA	50	1.33.8	34	59.8	82.83
JO WHITTLE	47	1.48.0	8	100.0	56.43

WALK 5-LAP SPIRAL E/T

		Clock	Est	Diff
GERRY O'DONNELL	65	17.59	18.00	1
JIM ROUNTREE	60	16.02	16.00	2
JIM BERRINGTON	63	12.53	13.00	7
TONY DORAN	67	15.22	15.41	19
GEORGIE WHITTLE	19	13.04	13.25	21
PAUL LYNCH	69	16.42	16.15	27
KARYN O'NEILL	64	14.44	14.10	34
ROB JAMIESON	69	21.09	20.30	39
JO WHITTLE	47	14.16	13.35	41
MICHAEL HEFFERNAN	84	21.05	20.15	50
GWEN STEED	77	14.31	15.40	69
PETE BATTRICK	76	22.24	20.50	94
PETER McGRATH	80	23.23	20.45	158
MICHELLE EDMONDS	45	19.50	15.00	290
JUNE TREWEEK	58	15.24		

Kevin Browne Week 3**5K H/C (Sealed) Race abandoned**

GLEN EIRA 29 OCTOBER 2019

100m H/C

		Clock	H/cap	%
BOB WISHART	77	14.28	SCR	95.1
PAUL LYNCH	70	14.41	17	
JUNE TREWEEK	58	14.48	9	
LEISA HUNT	47	14.65	19	
BILL CARR	70	14.72	5	
JIM ROUNTREE	60	14.97	6	
LINDA McCAFFREY	40	14.97	14	
SUSAN SHORT	45	15.16	SCR	76.7
GLAD WISHART	75	15.20	23	
JO WHITTLE	47	15.36	13	
JIM McLURE	73	15.40	9	
MICHELLE EDMONDS	45	15.53	17	
RAY KEMP	92	15.68	47	
VIVIENNE CASH	67	15.75	10	

600M AGE %

		Clock	%
JANET HOLMES	66	2.22.1	80.8
BARRY JEFFS	71	2.15.01	79.8
HEATHER CARR	70	2.39.97	77.1
KURT GOLONKA	50	1.47.8	76.9
SUSAN SHORT	45	HC	68.6
CHRIS BROWN	64	2.21.03	65.0
JO WHITTLE	47	2.24.54	62.8
MICHELLE EDMONDS	45	2.44.28	54.4

200M E/T

		Clock	Est	Diff	%
BILL CARR	70	31.44	31.3	0.14	82.06
JIM McLURE	73	34.47	34.2	0.27	78.39
BOB WISHART	77	30.29	30.9	0.65	95.25
GLAD WISHART	75	46.62	45.9	0.72	69.86
SUSAN SHORT	45	35.05	34.00	1.05	68.59
VIVIENNE CASH	67	36.16	35.00	1.16	83.71
SIMONE O'BRIEN	47	35.91	34.48	1.43	68.48
JIM ROUNTREE	60	33.03	31.30	1.73	72.66
JUNE TREWEEK	58	35.74	34.00	1.74	77.53
KURT GOLONKA	50	28.88	27.00	1.88	77.63
JO WHITTLE	47	39.43	35.00	4.43	62.36

WALK 2400M E/T

		Clock	Est	Diff
PETE BATTRICK	76	25.35	25.30	5
JIM BERRINGTON	63	14.46	14.55	-9
JO WHITTLE	47	16.05	15.48	17
ROB JAMIESON	69	23.41	23.59	-18
TONY DORAN	67	16.37	16.58	-21
PAUL LYNCH	70	18.00	18.36	-36
MICHAEL HEFFERNAN	84	23.55	23.15	40
KARYN O'NEILL	64	18.30	19.12	-42
JIM ROUNTREE	60	17.39	18.45	-66
JOHN ZELEZNIKOW	69	21.10	23.00	-110
CONRAD HAMANN	67	16.44	18.50	-126
PETER McGRATH	80	27.40		

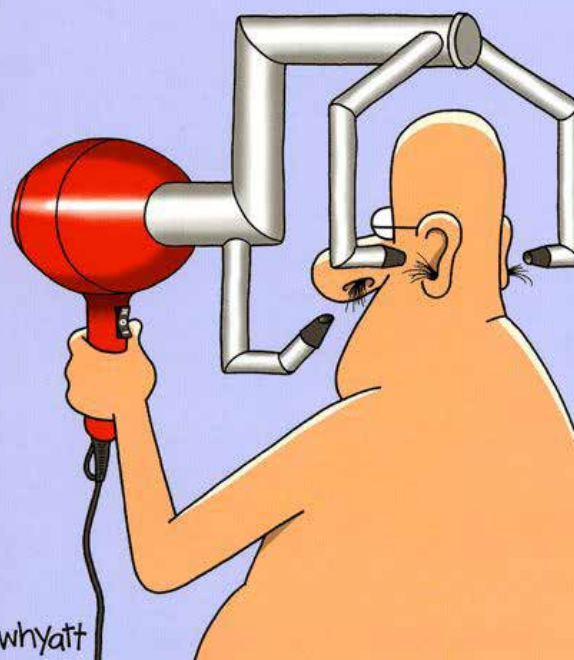
GLEN EIRA 29 OCTOBER 2019 cont

Kevin Browne Week 3

4K H/C (Sealed)

		Clock	H/cap	H/C Time	%
GREG HUGHES	61	19.20	-40.00	20.00	62.5
PETER BENCE	70	20.58	3.30	17.28	78.0
SIMONE O'BRIEN	47	21.03	1.00	20.03	63.76
SIMON LLOYD	64	21.03	4.00	17.03	75.37
MERLE WANT	58	21.20	-1.20	22.40	65.22
CHRIS CAMPBELL	71	21.27	2.00	19.27	70.87
KATHY VAN EEDE	50	21.35	4.20	17.15	76.91
JANINE McKERRON	58	21.39	1.10	20.29	72.17
BARRY JEFFS	71	21.45	2.10	19.35	70.38
HEATHER CARR	70	21.51	GO	21.51	81.54
STEVE STRELECKY	70	22.05	1.30	20.35	66.15
PHIL URQUHART	74	22.11	-2.00	24.11	59.55
JANE STURZAKER	66	22.19	-3.00	25.19	65.83
KARIN MONOHAN	53	22.23	-5.00	27.23	50.4
SARAH LORENTZEN	40	22.28	4.00	18.28	64.35
CHRIS BROWN	64	22.36	2.10	20.26	62.89
SYD BONE	62	22.54	2.15	20.39	61.1
TERRY O'NEILL	63	23.36	3.00	20.36	61.81
LEISA HUNT	47	23.46	GO	23.46	53.79
LINDA McCAFFREY	40	23.46	GO	23.46	50.0
SARAH JOHNSON	35	23.47	-4.30	28.17	40.78

Over the years, Stuart had gradually modified his hairdryer to target the areas where it was most needed



whyatt

KNOX 2 OCTOBER 2019**80m walk**

Liz Clennell	50	5.155
Jack Durrant	22	7.24
Glenn Claiden	65	8.12
Bob Henderson	73	8.18
David Wear	73	8.19
Chris Crennan	47	8.2
Peter Thorne	71	8.22
Pauline Paine	41	8.25
Glenn Berry	49	8.26
Graeme Leticq	64	8.32
Ian U'Ren	68	8.33
Marina Curnow	71	8.36
Matt Morris	53	8.38
Andrea Putting	56	8.4

80m

Chloe Grund	80m	inv	15.27
Paul Durrant	110m	58	15.61
Pauline Paine	90m	41	15.95
Andrea Putting	77m	56	15.96

80m

Andrea Putting	74m	56	14.8
Chloe Grund	80m	inv	15.2
Pauline Paine	87m	41	15.5
Paul Durrant	110m	58	15.82

Doug Orr half mile handicap final

Jack Durrant	DQ	22	3.05
Chris Crennan	DQ	47	3.33
Ian U'Ren	DQ	68	3.47
Bob Henderson	DQ	73	4.04
Mick Carr	DQ	66	3.18
Shane Grund	DQ	36	2.08
Glenn Claiden	1st	65	3.49
Michell Quan		50	3.46
Peter Thorne		71	4.09
Murray Huchison		70	3.52
Liz Clennell		50	3.29

Distance**1k**

Jack Durrant	22	4.16
Glenn Berry	49	4.4
Bob Henderson	73	4.55
Chloe Grund	inv	4.55
Pauline Paine	41	5.33
Marina Curnow	71	9.51

3k

Ian U'Ren	68	15.35
David Wear	73	16.17
Nicola Van Reenen	47	16.4
Maggie Hawkes	63	19.2

5k

Shane Grund	36	16.28
Matt Morris	53	20.11
David black	63	23.35
Sarah Thorne	40	24.19
Graeme Leticq	64	23.35
Sam DeFanis	71	25.59
Glenn Claiden	66	26.54
Liz Clennell	50	27.34
Michelle Quqn	50	27.43
Peter Thorne	71	29.37

KNOX 9 OCTOBER 2019**800m walk NOT**

Loz Clennell	50	5.32
Mick Carr	66	6.49
Bob Henderson	73	7.24
Glenn Claiden	65	7.29
Paul Twining	70	7.29
Ian U'Ren Winner	68	7.49
Anne McPherson	63	8.03
Nicola Van Reenen	47	8.04
Marina Curnow	71	8.08
Maggie Hawkes	63	8.09
Stephen Richards	58	8.13
Pauline Paine	41	8.14
Peter Thorne	71	8.15

60m

Pauline Paine	41	12.68
Chloe Grund		12.88
Paul Durrant	58	13.04

200m

Paul Durrant	200m	58	29.45
Pauline Paine	170m	41	30.77
Chloe Grund	150m	inv	31.61

4lap Spiral

Shane Grund	37	4.57	
Bryan P	49	6.31	
Mick Carr	66	7.38	
Paul Twining	66	8.13	
Glenn Claiden	65	8.19	
Nicola Van Reenen	47	8.31	
Peter Thorne	71	8.35	
Ian U'Ren	68	8.38	
Murray Huchison	70	8.52	
Stephen Richards	58	8.55	
Liz Clennell	50	8.58	
Pauline Paine	41	9.01	
Bob Henderson	73	9.44	
Brian Mee	82	9.56	
Marin Curnow	2laps	71	7.33

Paul Twining's 1/2/3/2/1- lap relay

Paul Twining	
Nicola Van Reenen	
Liz Clennell	
Pauline Paine	
Glenn Berry	51.28
Mick Carr	
Ian U'Ren	
Peter Thorne	51.34
Stephen Richards	
Sam De Fanis	
Glenn Claiden	52.71

KNOX 16 OCTOBER 2019**800m walk**

Nicola Van Reenen	47	7.08
David Black	63	7.08
Mick Carr	66	7.09
Chris Crennan	47	7.43
Bob Henderson	73	7.43
Graeme Leticq	64	7.59
Paul Twining	70	8
Peter Thorne	71	8.04
Ian U'Ren	68	8.05
Pauline Paine	41	8.06
Glenn Claiden	65	8.07
Peter LeGet	85	8.08

70m Hcp

Paul Durrant	58	
Pauline Paine	41	
Chris Crennan	47	

600m

Chris Crennan	47	2.13
Stephen Richards	58	2.22
Mick Carr	66	2.26
David Black	63	2.29
Nicola Van Reenen	47	2.29
Bob Henderson	73	2.4
Pauline Paine	41	2.49

110m

Stephen Richards	90m	58	14.36
Paul Durrant	110m	58	15.31
Pauline Paine	9m	41	16.11

5k hcp

Shane Grund	Winner	37	15.57
David Black		63	23.25
Mick Carr		66	24.1
Graeme Leticq		64	24.2
Sarah Thorne		40	25.42
Sam DeFanis		71	26
Glenn Claiden		65	26.21
Ian U'Ren		68	26.43
Nicola Van Reenen		47	27.23
Stephen Richards		58	28.35
Murray Huchison	Winner	70	28.42
Peter Thorne		71	30.03

KNOX 23 OCTOBER 2019**3by400m walk**

Bob Henderson	73
Paul Twining	70
Mick Carr	66
Glenn Claiden	65
Peter Thorne	71
David Wear	73
Shane Grund	37
Graeme Leticq	64
Michelle Quan	50
Mike Bieleny	56
Paul Durrant	58
Matt Morris	53

60m

Paul Durrant	58	10.45
Pauline Paine	41	10.86
Chloe Grund	7	11.8
Andrea Putting	56	12.4

1500m

Mike Bieleny	56	5.13
Matt Morris	53	5.36
Brian P	49	5.56
Paul Connor	56	6.48
Mick Carr	66	6.57
Glenn Claiden	65	7.3
Bob Henderson	73	7.31
Stephen Richards	58	7.53
Michelle Quan	50	8.32

1100metres

Chloe Grund	7	5.14
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200m

Mick Carr	161.5m	66
Paul Durrant	200m	58
Pauline Paine	165m	41

10lap spiral

Shane Grund	37	13.38
Mike Bieleny	56	16.42
Brian P	49	17.33
Matt Morris	53	17.42
Graeme Leticq	64	20.19
Mick Carr	66	20.21
Sam DeFanis	71	21.2
Paul Twining	70	21.23
Stephen Richards	58	23.14
Glenn Claiden	65	23.2
Peter Thorne	71	23.31
Michelle Quan	50	26.14

3laps

Bob Henderson	73	6.48
Brian Mee	81	10.15

KNOX 30 OCTOBER 2019**800m walk**

Maggie Hawkes	63	8.02
Marina Curnow	71	8.08
Peter Thorne	71	8.09
Glenn Claiden	65	8.1
David Wear	73	8.11
Paul Twining	70	8.13
Mick Carr	66	8.14
Graeme Leticq	64	8.15
Shane Grund	37	8.47
Chris Crennan	47	8.48
Glenn Berry	49	8.49

60m

Paul Durrant 75m	58	10.1
Chloe Grund	7	11.51
Leah Grund	5	13.54

110m hcp

Mick Carr 88m	66	14.17
Paul Durrant 104m	58	14.58
Chloe Grund 77m	5	15.15

800m

Darcy Roberts	12	3.12
Chloe Grund	5	3.25
Ariana Pashtina	12	3.3
Chris Crennan	47	3.32
Mick Carr	6	3.36
Glenn Claiden	65	3.4
Stephen Richards	58	3.52
Graeme Leticq	64	4.02
Brian Mee	82	4.18
Peter Thorne	71	4.23
David Wear	73	4.27

Melbourne Cup**3200m**

Stephen Richards	58	16.55
Glenn Claiden	65	17.1
Peter Thorne	71	18.42
Maggie Hawkes	63	20.31

6400m

Shane Grund	37	20.5
Brian P	49	28.03
Graeme Leticq	64	31.12
Sam De Fanis	71	33.45

1600m

Brian Mee	82	10.22
Chris Crennan	47	10.46

2400m

Mick Carr	66	11.42
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MENTONE 2 OCTOBER 2019**800m Walk E.T.**

			Clock	Diff.
1	Maureen Seedsman	82	6.20	0.00
2=	Bev Hugo	79	6.31	0.03
2=	Sylvia Machin	78	5.57	-0.03
4=	Joan Clarke	84	7.52	-0.04
4=	Sharon Carr	54	6.31	0.04
6=	Iris Boulton	70	6.35	0.05
6=	Ian Beaumont	82	7.50	0.05
8	Kevin Cassidy	59	3.42	-0.08
9	Sam Hugo	Inv	6.19	-0.11
10	Gwen Steed	77	5.18	-0.12
11	Pam Mews	84	7.42	-0.15
12	Julian Boland	56	5.56	0.16
13	Helen Castel	56	5.54	0.18
14	Jill Mannering	83	7.22	0.22
15	Nola Finn	82	12.21	0.31
16	Michael Boulton	64	6.53	0.38
17	Margaret Beaumont	81	7.49	0.40

900m E.T.

			Clock	Diff
1	Avril Britter	60	4.18.7	-2.3
2=	Ralph Bennett	77	4.21.9	-3.1
2=	Daniel Short	Inv	4.13.1	3.1
4	Susan Short	45	3.26.4	3.6
5	Ashley Page	79	4.40.8	5.2
6	Sandra Wynne	67	4.15.2	7.2
7	Ciara Short	Inv	4.06.9	-23.1
8	Martin Griffin	57	4.06.9	-40.1

100m E.T. *Agg Event*

			Clock	Diff	Pts
1	Avril Britter	60	18.68	-0.10	7
2	Ciara Short	Inv	18.49	0.19	
3	Susan Short	45	15.71	0.21	5
4	Vivienne Cash	67	17.23	0.23	4
5	Bob Wishart	77	14.93	-0.27	3
6	Ron Arthur	79	16.49	0.29	2
7	Martin Griffin	57	16.14	-0.56	1
8	John Mathew	82	28.68	0.68	1
9	David Short	42	13.91	0.71	1
10	Glad Wishart	75	20.78	1.20	1
11	Daniel Short	Inv	18.18	-1.12	
12	Sam Hugo	Inv	19.07	4.07	

2.5 Km / 5 Km Road E.T.

			Clock	Diff
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2.5 Km - 3 Laps

1	Martin Griffin	57	15.09	0.09
2	Julian Boland	56	11.27	-1.15

5 Km - 6 Laps

1	Sandra Wynne	67	27.42	0.12
2	Stephen Bird	56	23.46	-0.14
3	Avril Britter	60	27.57	-0.16
4	James O'Brien	66	22.18	-0.24
5	Ashley Birrell	74	25.26	0.41
6	John Zeleznikow	69	53.49	1.49

2000m Walk E.T. *Agg Event*

			Clock	Diff.	Pts
1	Kevin Cassidy	59	10.01	0.01	7
2	Glennis McPherson	72	14.24	-0.06	5
3	Ian Beaumont	82	19.58	0.09	4
4	Geoff Barrow	70	14.12	-0.10	3
5	Bev Hugo	79	16.57	0.11	2
6	Iris Boulton	70	17.13	0.13	1
7	Sharon Carr	54	16.14	-0.21	1
8	Sylvia Machin	78	15.22	0.22	1
9	Michael Boulton	64	18.16	0.26	1
10	John Mathew	82	22.51	0.51	1
11	Helen Castel	56	15.04	0.57	1
12	Margaret Beaumont	81	19.59	1.22	1
13	Ralph Bennett ***	77	11.30	-1.50	1

MENTONE 9 OCTOBER 2019**400m Walk E.T.**

			Clock	Diff.
1	Sylvia Machin	78	2.54	-0.01
2	Joan Clarke	84	3.43	-0.02
3=	John Mathew	82	3.33	0.03
3=	Ian Beaumont	82	3.33	-0.03
3=	Bev Hugo	79	3.04	-0.03
6	Helen Castel	56	2.45	0.04
7	Maureen Seedsman	82	2.57	-0.05
8=	Julian Boland	56	2.18	-0.06
8=	Iris Boulton	70	3.09	-0.06
10	Michael Boulton	64	3.17	-0.10
11	Kevin Cassidy	59	1.38	-0.12
12	Jill Mannering	83	3.33	0.13
13	Margaret Beaumont	81	3.43	0.15
14	Nola Finn	82	5.48	-0.27
15	Gwen Steed	77	2.30	-0.28
16	Debbie Thomson	61	4.20	-0.30

300m E.T.

			Clock	Diff.
1	Bob Wishart	77	51.21	0.21
2	Martin Griffin	57	57.09	-3.39

1500m Self H/cap

			Clock	Actual
1	Susan Short	45	9.45.6	6.20.6
2	Ashley Page	79	9.57.8	8.15.8
3	Ashley Birrell	74	9.58.3	6.38.3
4	Martin Griffin	57	10.00.4	8.01.4
5	John Kneen	76	11.18.0	11.18.0
DQ	Avril Britter	60		7.26.2
DQ	Sandra Wynne	67		7.23.4
DQ	Helen Castel	56		7.39.3

60m E.T.

			Clock	Diff.
1	Bob Wishart	77	8.98	-0.02
2	Ron Arthur	79	10.11	-0.09
3	Sandra Wynne	67	11.32	-0.18
4	John Mathew	82	17.03	0.23
5	Martin Griffin	57	9.69	-0.43
6	Susan Short	45	9.29	-0.61
7	Glad Wishart	75	12.61	0.63

4 Km E.T. *Agg Event*

			Clock	Diff.	Pts
1	Sandra Wynne	67	21.51	0.01	7
2	Ashley Page	79	22.20	-0.02	5
3=	Martin Griffin	57	23.40	-0.05	4
3=	Greg Hughes	60	21.36	-0.05	4
5	James O'Brien	66	17.30	0.20	2
6	Julian Boland	56	19.4	1.50	1

2000m/ 4000m Walk E.T.**2000m**

			Clock	Diff.
1	Iris Boulton	70	16.27	-0.03
2	Joan Clarke	84	19.51	-0.05
3	Glennis McPherson	72	14.22	-0.06
4	Geoff Barrow	70	14.18	0.08
5	Ian Beaumont	83	19.44	0.11
6	Maureen Seedsman	82	16.20	-0.15
7	Sylvia Machin	78	15.43	0.28
8	Bev Hugo	79	16.25	-0.32
9	Michael Boulton	64	17.49	0.39
10	John Mathew	82	23.58	0.58
11	Helen Castel	56	16.12	1.12
12	Margaret Beaumont	81	19.49	1.20

4000m

1	Kevin Cassidy	59	20.43	-0.17
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MENTONE 16 OCTOBER 2019**500m Walk E.T.**

			Clock	Diff.
1	Iris Boulton	70	4.00	0.00
2=	Michael Boulton	64	4.09	-0.01
2=	Maureen Seedsman	82	3.47	-0.01
2=	Ian Beaumont	82	4.39	-0.01
5	Joan Clarke	84	4.44	-0.02
6	Gwen Steed	77	3.12	-0.04
7	Bev Hugo	79	3.52	-0.05
8	Sylvia Machin	78	3.43	-0.07
9	Nola Finn	82	7.38	0.08
10	Kevin Cassidy	59	2.39	0.09
11	Margaret Beaumont	81	4.42	0.18
12	John Mathew	82	4.49	0.19
13	Helen Castel	56	3.32	-0.21

800m E.T. *Agg Event*

			Clock	Diff.	Pts
1	Susan Short	45	3.01.2	1.2	7
2	Avril Britter	60	4.01.2	7.2	5
3	Stephen Bird	56	3.21.4	-8.6	4
4	Julian Boland	56	3.47.7	-10.3	3
5	Helen Castel	56	3.44.5	-10.5	2
6	Ashley Page	79	3.51.8	-12.2	1
7	Greg Hughes	60	3.45.2	-12.8	1
8	Sandra Wynne	67	3.40.8	-13.2	1
9	Pam Mews	84	8.05.7	-14.3	1
10	Marlene Gourlay	68	3.23.2	-16.8	1
11	John Kneen	76	5.13.2	-46.8	1

200m E.T.

			Clock	Diff.
1	Susan Short	45	33.98	-0.02
2	Bob Wishart	77	31.52	0.77
3	Vivienne Cash	67	35.70	1.40
4	Glad Wishart	75	45.78	2.78
5	John Mathew (60m)	82	16.79	-0.21

2.5 Km Road E.T.

			Clock	Diff.
1	John Zeleznikow	69	24.53	-0.07
2	Sandra Wynne	67	13.36	0.11
3	James O'Brien	66	11.20	-0.15
4	Ashley Birrell	74	11.39	-0.16
5	Greg Hughes	60	12.39	-0.23
6	Ashley Page	79	13.34	-0.33
7	Avril Britter	60	14.13	0.43
8	Stephen Bird	56	11.15	-0.45
9	Julian Boland	56	11.33	-1.27
10	Helen Bryan	49	21.33	2.43
11	Jeanne Bryan	77	21.33	3.03
12	John Kneen	76	21.33	3.33

1500m Walk E.T.

			Clock	Diff.
1	Geoff Barrow	70	10.26	-0.04
2	Glennis McPherson	72	10.32	-0.06
3	Bev Hugo	79	12.10	-0.07
4	Michael Boulton	64	13.02	0.12
5	Iris Boulton	70	12.13	-0.17
6	Maureen Seedsman	82	12.11	-0.19
7=	Sylvia Machin	78	11.50	0.20
7=	Joan Clarke	84	14.20	-0.31
9	Helen Castel	56	11.41	0.41
10	Ian Beaumont	82	14.09	-0.36
11	Kevin Cassidy	59	8.49	0.49
12	John Mathew	82	18.23	1.53

MENTONE 23 OCTOBER 2019**600m Walk E.T.**

		Clock	Diff.
1=	Kevin Cassidy	59 2.48	0.03
1=	Helen Castel	56 4.17	-0.03
1=	Joan Clarke	84 5.50	0.03
4	Iris Boulton	70 4.54	0.04
5	John Mathew	82 5.55	-0.05
6	Ian Beaumont	83 5.43	0.07
7=	Gwen Steed	77 3.52	0.08
7=	Nola Finn	83 9.23	0.08
9	Sylvia Machin	78 4.28	-0.17
10	Michael Boulton	64 5.03	0.18
11	Margaret Beaumont	81 5.44	0.23
12	Debbie Thomson	61 8.00	1.30

1200m Self H/cap

		Clock	Actual
1	Jeanne Bryan	77 8.46.4	8.31.4 @
2	Avril Britter	60 8.47.4	6.01.4
3	Sandra Wynne	67 8.47.7	5.50.7
4	Greg Hughes	60 8.50.0	5.33.0
5	Stephen Bird	56 8.50.9	5.05.9
6	Marlene Gourlay	68 8.51.5	5.16.5
7	Susan Short	45 8.53.8	4.48.8
8	David Short	42 8.55.6	4.30.6
9	Helen Castel	56 8.58.2	6.03.2
10	Ashley Page	79 9.05.5	6.10.5
11	Martin Griffin	57 9.06.8	6.01.8
12	John Kneen	76 9.11.0	8.06.0
13	Julian Boland	56 9.17.5	5.22.5
DQ	Kyle Griffin	30	4.54.4
DQ	Helen Bryan	49	8.31.4

120m E.T.

		Clock	Diff.
1	Ron Arthur	79 19.86	0.06 @
2	Susan Short	45 18.67	0.17
3	Martin Griffin	57 19.18	0.18
4	David Short	42 15.86	0.26
5	Glad Wishart	75 24.25	1.00 ***
6	Bob Wishart	77 17.29	1.09
7	John Mathew	82 34.31	1.31
8	Kyle Griffin	30 18.65	2.65 ***
9	Jeanne Bryan	77 31.13	6.13 ***
10	Pam Mews	84 54.40	6.40 ***

2 Miles Self H/cap**Point Score Series 1**

		Clock	Actual
1	Sandra Wynne	67 19.44	17.14
2	James O'Brien	66 20.02	13.57
3	Avril Britter	60 20.04	17.31
4	Kevin Cassidy	59 20.05	16.25
5	Kyle Griffin	30 20.29	14.29 ***
6	Julian Boland	56 20.31	14.31
7	Stephen Bird	56 20.32	14.32
8	John Kneen	76 28.44	28.44
DQ	Ashley Page	79	17.14
DQ	Greg Hughes	60	16.25
DQ	Martin Griffin	57	19.05

MENTONE 23 OCTOBER 2019 cont.**800m Walk E.T.**

		Clock	Diff.
1=	Julian Boland	56 5.51	-0.05
1=	Helen Castel	56 5.49	-0.05
1=	Iris Boulton	70 6.35	0.05
4=	Sylvia Machin	78 5.52	-0.06
4=	Ian Beaumont	83 7.29	-0.06
6	Maureen Seedsman	82 6.13	-0.07
7	Michael Boulton	64 6.52	0.12
8	Bev Hugo	79 6.43	0.13
9	Joan Clarke	84 7.31	-0.14
10	Margaret Beaumont	81 7.28	0.19
11	Nola Finn	83 12.02	-0.33

MENTONE 30 OCTOBER 2019**600m E.T.**

		Clock	Diff.
1	Ashley Page	79 2.53.4	1.4
2	Avril Britter	60 2.42.5	-2.5
3	John Kneen	77 3.34.9	-5.1
4	Greg Hughes	61 2.44.7	-5.3
5	David Short	42 1.49.6	-5.4
6	Susan Short	45 2.13.8	8.8
7	Sandra Wynne	67 2.28.9	-13.1 ***
8	Helen Castel	56 2.36.3	-14.7
9	Jeanne Bryan	77 3.44.6	-15.4
10	Helen Bryan	49 3.44.6	-25.4
11	Martin Griffin	57 4.34.6	1.04.6

150m E.T.

		Clock	Diff.
1	Susan Short	45 23.92	-0.08
2	Martin Griffin	57 24.88	-0.32
3	Bob Wishart	77 22.65	0.90
4	Vivienne Cash	67 26.09	1.09
5	David Short	42 20.64	1.44
6	Glad Wishart	75 32.84	-2.18
7	Jeanne Bryan	77 39.67	-5.33

3.336 Km Road E.T.**Point Score Series 2**

		Clock	Diff.
1=	Julian Boland	56 15.27	-0.03
1=	Martin Griffin	57 19.27	-0.03
3	Sandra Wynne	67 18.19	0.04
4=	Ashley Page	79 18.24	-0.12
4=	Stephen Bird	56 15.28	-0.12
6	James O'Brien	66 14.45	-0.15
7	Avril Britter	60 18.25	-0.17
8	Ashley Birrell	75 15.32	-0.48 ***
9	Greg Hughes	61 17.04	0.52
10	Helen Bryan	49 28.33	2.03
11	Jeanne Bryan	77 28.33	2.33
12	John Kneen	76 28.33	3.33

Series Winner Sandra Wynne**1 Mile/ 2 Miles Walk E.T.**

		Clock	Diff.
1 Mile			
1	Bev Hugo	79 14.07	0.06
2	Ian Beaumont	83 15.43	0.08
3	Margaret Beaumont	81 15.42	1.00
2 Miles			
1	Sylvia Machin	78 24.40	0.00
2	Iris Boulton	70 27.02	0.32
3	Geoff Barrow	70 22.46	-0.44 ***
4	Michael Boulton	64 29.07	-0.53
5	Gwen Steed	77 22.14	-1.36 ***

SPRINGVALE 2 OCTOBER 2019**150 metres**

Sayed KHATAN	68	27.90
Lindsay OXENHAM	70	33.10
Josh		43.80

60 metres

Sayed KHATAN	68	10.10
Mike HALL	80	10.60
Juan PEREZ	80	11.40
Tracey HUTCHINSON	49	11.90
Jordan		12.20
Lindsay OXENHAM	70	13.30
Josh		14.20
Kevin ONLEY	85	15.70
Theresia BAIRD	78	17.00

800 metres

		actual	clock
Juan PEREZ	80	4.33	5.09
Sayed KHATAN	68	3.33	5.10
Claudio RIGA	64	3.24	5.14
Summer		4.06	5.14
Neil GRAY	71	3.02	5.15
Bill IRVINE	71	3.30	5.16
Ernie JEFFS	74	5.04	5.19
Kevin ONLEY	85	5.23	5.23
Lou BUCCIERI	64	3.37	5.24
Troy JEFFS	44	3.11	5.27
Lindsay OXENHAM	70	3.46	5.33
Alan BENNIE	72	3.25	5.39
Tracey HUTCHINSON	49	5.10	5.45

15 minute run/walk

		laps	mts
Ernie JEFFS	74	4	10
Rob CLUTTERBUCK	66	7	20
Natalie IRVINE	72	3	25
Bill IRVINE	71	3	25
Kevin ONLEY	85	7	20
Pam THOMAS	69	3	25
Tony DORAN	67	5	60
Dave TALBOT	65	6	270
Dennis PHILLIPS	77	4	220
Summer		6	300
Frank ALLEN	74	3	100
Eric NEGROS	56	3	100
Sayed KHATAN	68	6	180

30 minutes run/walk

Claudio RIGA	64	14	30
Alan BENNIE	72	14	40
Lou BUCCIERI	64	13	30
Jim SMITH	78	9	320
John MANNING	73	8	100
Lindsay OXENHAM	70	12	300
Theresia BAIRD	78	9	380
Juan PEREZ	80	9	75
Howard REES	72	14	250
Celia JOHNSON	72	9	320

SPRINGVALE 9 OCTOBER 2019**3000metreswalk**

		clock
Ernie JEFFS	74	29.17
Kevin ONLEY	85	29.17
Eric NEGROS	56	29.57
Frank ALLEN	74	29.58
Dennis PHILLIPS	77	31.08
Celia JOHNSON	72	31.09
John MANNING	73	31.25
Tony DORAN	67	31.30
Ian TREGGAR	69	31.33
Jim SMITH	79	31.47
Juan PEREZ	80	32.08
Pam THOMAS	69	32.38

3000 metres

Dominique RUELOT	68	22.15
Rob CLUTTERBUCK	66	23.45

5000 metres

		clock	actual
Lou BUCCIERI	64	31.27	26.55
Troy JEFFS	44	31.34	24.49
Howard REES	72	31.55	24.40
Claudio RIGA	64	32.31	25.11
Alan BENNIE	72	32.35	23.20
Lindsay OXENHAM	70	33.54	28.09
Tracey HUTCHINSON	49	37.39	37.39

600 metres

Paul MULLINS	79	2.27
Claudio RIGA	64	2.48
Lou BUCCIERI	64	2.58
Lindsay OXENHAM	70	3.00
Dominique RUELOT	68	3.37
Juan PEREZ	80	3.38
Kevin ONLEY	85	3.48

1000 metres

Neil GRAY	71	4.14
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50 metres

Mike HALL	80	8.80
Juan PEREZ	80	9.90
Tracey HUTCHINSON	49	10.30
Lindsay OXENHAM	70	11.00
Dominique RUELOT	68	12.00
Kevin ONLEY	85	13.60

200 metres

Mike HALL	80	38.20
Juan PEREZ	80	47.60
Lindsay OXENHAM	70	48.80
Dominique RUELOT	68	55.00
Kevin ONLEY	85	59.80

SPRINGVALE 16 OCTOBER 2019**80 metres**

Edward CHEN	60
Sayed KHATAN	69
Mike HALL	80
Juan PEREZ	80
Lindsay OXENHAM	70
Dominique RUELOT	68

800 metres

	hcp	clock
Tracey HUTCHINSON	49	0m 25s 5.05
Sayed KHATAN	69	1 42 5.10
Ernie JEFFS	74	0 15 5.13
Bill IRVINE	71	1 42 5.15
Kevin ONLEY	85	0 00 5.21
Lou BUCCIERI	64	1 42 5.22
Paul MULLINS	79	1 55 5.23
Dominique RUELOT	68	0 30 5.25
Troy JEFFS	44	2 12 5.26
Edward CHEN	60	1 42 5.28
Lindsay OXENHAM	70	1 42 5.32
Juan PEREZ	80	0 50 5.33
Claudio RIGA	64	1 49 6.10

Walks

	laps
Jim SMITH	79 24.37
Bill IRVINE	71 25.22
Juan PEREZ	80 25.38
John MANNING	73 26.10
Natalie IRVINE	72 28.23
Anand THILLAISUNDARAM	43 28.23

Run

	laps
Alan BENNIE	72 24.46 13.00
Lindsay OXENHAM	70 25.42 11.00
Howard REES	72 26.00 12.00
Rob CLUTTERBUCK	66 26.02 12.00
Sayed KHATAN	69 26.14 9.00
Claudio RIGA	64 26.17 11.00
Lou BUCCIERI	64 26.29 11.00
Ian TREGEAR	69 26.35 11.00
Alison DEVINE	63 26.42
Dominique RUELOT	68 26.58 9.00
Kevin ONLEY	85 28.00 7.00
Ernie JEFFS	74 28.00 7.00
Eric NEGROS	56 27.09 6.00

SPRINGVALE 23 OCTOBER 2019**90 metres**

Sayed KHATAN	69	14.60
Mike HALL	80	16.60
Juan PEREZ	80	17.30
Lindsay OXENHAM	70	18.90
Dominique RUELOT	68	20.40
Mick COLGAN	68	20.70
Kevin ONLEY	85	23.10

800 metres

Sayed KHATAN	69	3.22
Paul MULLINS	79	3.24
Dragan	58	3.46
Claudio RIGA	64	3.55
Lindsay OXENHAM	70	4.02
Lou BUCCIERI	64	4.12
Juan PEREZ	80	4.47
Dominique RUELOT	68	4.53

150 metres

Mike HALL	80	25.20
Sayed KHATAN	69	27.30
Dragan	58	27.80
Juan PEREZ	80	33.30
Lindsay OXENHAM	70	34.10
Dominique RUELOT	68	36.60

assorted walks and runs

Rob CLUTTERBUCK	66	11.57
Bill IRVINE	71	20.59
Dominique RUELOT	68	22.09
Theresa BAIRD	78	23.16
Celia JOHNSON	72	29.39
Juan PEREZ	80	29.42
John ABEL	69	29.51
Jim SMITH	79	29.53
Ernie JEFFS	74	29.58
Kevin ONLEY	85	29.59
John MANNING	73	30.07
Pam THOMAS	69	30.25
Tony DORAN	67	30.27
Anand THILLAISUNDARAM	43	32.24
Eric NEGROS	56	34.17

5000 metres

	clock	actual
Dragan	58 30.27	23.55
Howard REES	72 31.53	24.41
Troy JEFFS	44 31.55	25.13
Claudio RIGA	64 32.34	25.03
Lou BUCCIERI	64 32.34	27.22
Lindsay OXENHAM	70 32.42	27.30
Sayed KHATAN	69 33.33	33.30
Ian TREGEAR	69 33.57	30.11
Tracey HUTCHINSON	49 36.55	36.55

SPRINGVALE 30 OCTOBER 2019

400metres hcp

		acual	clock
Sayed KHATAN	69	1.21.7	2.09.7
Bill IRVINE	71	1.30.8	2.10.8
Troy JEFFS	44	1.19.9	2.11..9
Lindsay OXENHAM	70	1.45.5	2.15.5
Kevin ONLEY	85	2.14.4	2.16.4
Dominique RUELLOT	68	2.18.1	2.18.1
Juan PEREZ	80	2.04.7	2.20.7
Claudio RIGA	64	1.39.1	2.22.1
Dragan	58	1.31.7	2.28.7

60 metres

Sayed KHATAN	69	9.60
Dragan	58	10.00
Mike HALL	80	10.40
Juan PEREZ	80	11.50
Lindsay OXENHAM	70	13.50
Dominique RUELLOT	68	13.70
Kevin ONLEY	85	15.70
Mick COLGAN	68	22.50

800 metres

Dragan	58	3.17
Claudio RIGA	64	3.31
Lou BUCCIERI	64	3.35
Lindsay OXENHAM	70	3.58
Juan PEREZ	80	4.51
Dominique RUELLOT	68	4.52

2500 metres walk

Tony DORAN	67	17.54
Juan PEREZ	80	20.20
Jim SMITH	79	20.53
Bill IRVINE	71	20.53
Anand THILLAISUNDARAM	43	21.00
John MANNING	73	20.53
Celia JOHNSON	72	24.20
Pam THOMAS	69	24.48
Kevin ONLEY	85	24.56
Tony JOHNSON	79	25.12
Eric NEGROS	56	28.25
John ABEL	69	28.40
Ernie JEFFS	74	28.40
Theresia BAIRD	78	18.14

4000 metres road run

Dragan	58	18.01
Alan BENNIE	72	18.48
Howard REES	72	19.25
Claudio RIGA	64	19.59
Lindsay OXENHAM	70	22.15
Lou BUCCIERI	64	22.37
Ian TREGEAR	69	24.04
Troy JEFFS	44	25.05?
Tracey HUTCHINSON	49	25.05?
Dominique RUELLOT	68	17.55?

