

AROUND THE GROUNDS

VENUE RESULTS FOR DECEMBER 2019



Christmas@Croydon

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

ABERFELDIE 4 DECEMBER 2019

3/4.8k Park Run

David Jones	68	16:57	3k
Jasmine Orelli	Inv	12:23	3k
Levi Draper	Inv	13:27	3k
Michael Ennis	66	16:34	3k
Andrea Draper	42	20:26	3k
Stephen Barker	76	30:36	4.8k
John Dean	74	19:44	3k
John Papworth	51	20:40	4.8k
Cheryl Beveridge	54	20:26	3k
Ruby Beveridge	Inv	18:13	3k
Maggie Armstrong	57	19:07	3k
Alfred Lendvai	65	17:57	3k
Bill Risevki	54	21:32	3k

ABERFELDIE 11 DECEMBER 2019

100m AG Hcp

			AG %
Michael Orelli	75	26.5	43%
John Sirmovics	62	19.2	62%
Tony Bradford	80	21.5	66%
Stephen Russell	60	15.3	76%
Levi Draper	Inv	15.9	
John Holmes	84	30.7	50%
Maggie Armstrong	57	18.5	71%

1 Mile

Michael Orelli	75	9:16
Michael Ennis	66	8:37
David Jones	68	8:01
Trevor Hawksworth	72	8:36
Andrea Draper	42	9:45
John Papworth	51	6:19
Shane Draper	46	5:58
Cheryl Beveridge	54	9:45
Ruby Beveridge	Inv	8:22
Bill Risevki	54	10:22

ABERFELDIE 18 DECEMBER 2019

100m

John Holmes	84	24.10
Levi Draper	Inv	16.03
Cathy Orelli	57	16.82
Adam Gregory	34	13.85
Mark Simmonds	58	19.96
Maggie Armstrong	57	18.31
Penny Jones	Inv	22.30
Maddy Jones	Inv	23.50
David Jones	68	28.28
Bill Risevki	54	17.15

800m

Jasmine Orelli	Inv	2:44
John Papworth	51	4:45
Adam Gregory	34	2:43
Joe Dilworth	68	3:43
David Jones	68	3:33
John Sirmovics	62	3:40
Gavin White	46	2:48
Mark Simmonds	58	5:20
Graham Eadie	62	4:07
Maggie Armstrong	57	3:53
Heath Beveridge	Inv	3:14
Stephen Barker	76	4:07
Ruby Beveridge	Inv	3:40
Cheryl Beveridge	54	3:48
Alfred Lendvai	65	3:48
John Papworth	51	3:18
Papworth	Inv	4:145



**"I installed the peephole backwards ...
now, all my troubles seem so far away."**

© 2009 Jonny Hawkins

Jonny Hawkins
P.O. Box 188
Sherwood, MI 49089
(269) 432-8071
Code # JH-24509

CASEY 2 DECEMBER 2019**Road Run/Walk**

Paul Conduit	54	11.25	
Rob Clutterbuck	66	12.05	
Hsien Chiam	48	14.25	
Kylie Irshad	48	21.05	2 walk
Gary Meyer	64	21.12	2 run
Peter Thorne	71	22.55	2 run

60m

Kuldeep Singh	35	8.31	
Paul Conduit	54	8.97	

200m

Rob Italia	54	28.83	
Kuldeep Singh	35	30.38	
Mike Hall	81	39.07	

1600m Run/Walk

Paul Conduit	54	7.55	
Rob Clutterbuck	66	8.18	
Gary Meyer	64	8.51	

Shot Put

Rick Ferrier	54	6 kg	9.73
Paul Olsson	62	5 Kg	8.41
Paul Conduit	54	6 Kg	6.88
Albin Hess	59	6 kg	5.51
Gary Meyer	64	5 Kg	4.79
Kylie Irshad	48	4 Kg	4.73

CASEY 9 DECEMBER 2019**X/C Run/Walk**

Paul Conduit	54	15.36	
Gary Meyer	64	19.07	
Hsien Chiam	48	20.56	
Arlene D'Monte	61	25.50	walk
Lindsay Beaton	69	31.31	walk

120M

Rob Italia	54	16.97	
Paul Conduit	54	18.08	
Magda Maniak	37	20.02	
Paul Olsson	62	25.35	

1500m Run/Walk

Rob Italia	54	6.03	
Paul Conduit	54	7.36	
Gary Meyer	64	8.24	
Noel Fairburn	59	9.51	
Albin Hess	59	9.55	walk
Marnie Grace	45	10.45	walk
Arlene D'Monte	61	12.15	walk
Lindsay Beaton	69	14.06	walk
Amber Ferrier		15.41	walk

CASEY 16 DECEMBER 2019**120m**

Rob Italia	54	15.67	
Paul Conduit	54	17.44	
Rick Ferrier	54	19.28	
Noel Fairburn	59	19.72	
Mike Hall	81	21.05	
Lindsay Beaton	69	27.05	

1 X Road Run/Walk

Pramesh Prasad	45	9.22	
Rob Italia	54	9.22	
Rob Clutterbuck	66	10.58	
Paul Conduit	54	11.21	
Peter Thorne	71	13.12	
Gary Meyer	64	13.28	
Frances Halton	58	15.11	
Kylie Irshad	48	15.11	walk
Marnie Grace	45	15.43	walk
Albin Hess	59	15.46	walk
Arlene D'Monte	61	19.12	walk
Lindsay Beaton	69	21.06	walk
Amber Ferrier		29.56	walk

Javelin

Paul Conduit	54	27.64	
Rick Ferrier	54	24.39	
Noel Fairburn	59	20.15	
Pramesh Prasad	45	19.87	
Albin Hess	59	14.97	
Lindsay Beaton	69	14.87	
Rob Italia	54	13.75	
Mike Hall	81	12.32	
Marnie Grace	45	8.54	
Ashley Grace	inv	8.18	
Frances Halton	58	3.83	



"They're marinated in hot water for six hours."

COBURG 5 DECEMBER 2019**120m Pudding Gift**

Heat: 1			
		Hcp	
Abdul ABDALLAH		19m	12.24
Bruce GIBBS	71	45m	12.82
Colin HICKIE	35	29m	13.00
Yoldanda SHAW	67	55m	14.52

Heat: 2			
Frank BRADLEY	63	54m	12.07
Gary O'DWYER	60	30m	12.43
Michael CARNEY		22m	13.24
Michelle SPORTON	53	65m	13.26

Heat: 3			
Josephine GAISIE		33m	12.67
Tracy COLBERT	50	54m	13.06
Isabelle RAINES	17	25m	13.14
Ken CARTER	67	70m	20.49

120m Pudding Gift Final

Frank BRADLEY	63	54m	11.94
Bruce GIBBS	71	45m	12.49
Gary O'DWYER	60	30m	12.70
Abdul ABDALLAH		19m	12.82
Josephine GAISIE		33m	13.02
Colin HICKIE	35	29m	14.75

Pudding Mile Handicap

		Clock	Actual
Andrew CONSTANTINOU		15.27	5.11
Michael MEANEY	64	15.40	6.55
Fraser MURRAY	47	15.40	5.50
Colin HICKIE	35	15.46	5.51
Maria BARBETTI	54	15.47	7.55
Zoe ASHER		15.54	6.54
Fiona ELY	50	15.55	8.30
Maysa ABOUZEID		16.10	9.57
Tracy COLBERT	50	16.19	8.04
Yoldanda SHAW	67	16.20	9.35
Iresha O'DONOVAN	34	16.24	8.35
Donna-Marie ELMS	58	16.47	10.26
Carl KENNEDY	53	16.49	6.39
Ken CARTER	67	16.56	16.56

2400m

Gary O'DWYER	60	11.19
Colin HICKIE	35	12.05
Fraser MURRAY	47	12.10
Tracy COLBERT	50	13.35
Len HALLETT	70	16.00
Fiona ELY	50	17.56
Ken CARTER	67	26.59

COBURG 12 DECEMBER 2019**100m**

Ethan O'NEILL	19	12.88
A. GOVIER-COLE	30	13.09
Gary O'DWYER	60	16.70
Bruce GIBBS	71	19.84
Michelle SPORTON	53	24.65
Ken CARTER	67	44.07

700m

Fiona ELY	50	3.47
-----------	----	------

COBURG 12 DECEMBER 2019 CONT.**1500m**

Colin HICKIE	35	6.11
Michael MEANEY	64	6.51
Gary O'DWYER	60	7.07
Maria BARBETTI	54	7.32
Yoldanda SHAW	67	8.56
Ken CARTER	67	15.15

200m

Heat: 1		
Ethan O'NEILL	19	26.53
Paul O'NEILL	54	26.97
A. GOVIER-COLE	30	27.45
Gary O'DWYER	60	33.49
Michael MEANEY	64	33.76

Heat: 2		
Michelle SPORTON	53	57.42
Ken CARTER	67	1.55.2
Bruce GIBBS	71	41.17
Rob DAVEY	79	56.76

2km

Rob DAVEY	79	16.32
Fiona ELY (W)	50	18.06
Ken CARTER	67	22.59

4km

Colin HICKIE	35	18.22
Gary O'DWYER	60	19.59
Michael MEANEY	64	20.59
Maria BARBETTI	54	22.18
Len HALLETT	70	23.48

COBURG 19 DECEMBER 2019**90m**

Isabelle RAINES	17	13.14
Paul O'NEILL	54	13.32
Bruce GIBBS	71	16.38
Frank BRADLEY	63	17.57
Michelle SPORTON	53	22.13
Ken CARTER	67	40.87

300m

Paul O'NEILL	54	45.93
Isabelle RAINES	17	46.98
Michael MEANEY	64	57.50
Bruce GIBBS	71	1.04.6
Michelle SPORTON	53	1.54.6
Ken CARTER	67	2.58.7

1000m

Frank BRADLEY	63	5.58
Tracy COLBERT (W)	50	6.47

2000m

Michael MEANEY	64	9.10
Maria BARBETTI	54	10.15
Len HALLETT	70	10.55
Yoldanda SHAW	67	12.14
Iresha O'DONOVAN	34	12.21
Ken CARTER	67	20.01

CROYDON 3 DECEMBER 2019**1000 METRE WALK**

1	Paul MORITZ	60	6.32
2	Gunther ILGOWITZ	81	6.34
3	Russ DICKENSON	74	6.54
4	Debbie VOOGD	54	7.27
5	Jess DUX	35	7.36
6	Lyn BATCHELOR	70	7.46
7	Erika BEDYN	57	7.56
8	Brayden WOOLRIDGE	17	7.57
9	Phyllis GOSBELL	81	8.33
10	Tamara MORITZ	28	8.47
11	Liz WRIGLEY	64	8.51
12	Colin WILLIAMS	70	8.59
13	Gary TURNER	66	9.12
14	Andrew EGGINTON	58	9.13
15	Allan WOOD	82	9.44
16	Kevin MCLAUCHLAN	76	10.24
17	Barry MURLEY	80	10.26
18	Ron SMITH	71	10.48
	Barrie WICKS (600 metres)	79	9.16

70 METRE SPRINT**Heat 1:**

1	Andrew FRASER	77	13.1
2	Allan WOOD	82	13.8
3	Erika BEDYN	57	14.6
4	Ron SMITH	71	15.9
5	Gary TURNER	66	15.9
6	Debbie VOOGD	54	17.2
7	Kevin MCLAUCHLAN	76	20.0

Heat 2:

1	Jess DUX	35	9.9
2	Peter WILLMOTT	53	10.4
3	Mark PORTBURY	53	11.8
4	Paul MORITZ	60	12.4
5	Tamara MORITZ	28	12.8
6	Grant MURFETT	53	13.7

1 MILE RUN

1	Mark PORTBURY	53	5.37
2	Grant MURFETT	53	6.21
3	Colin PAGE	65	6.43
4	Peter WILLMOTT	53	7.13
5	Brayden WOOLRIDGE	17	7.48
6	Erika BEDYN	57	7.58
7	Tania NEALE	41	8.29
8	Russ DICKENSON	74	10.01

250 METRE SPRINT

1	Jess DUX	35	36.4
2	Grant MURFETT	53	37.1
3	Brayden WOOLRIDGE	17	37.9
4	Mark PORTBURY	53	40.7
5	Peter WILLMOTT	53	44.0
6	Tamara MORITZ	28	51.2
7	Andrew FRASER	77	57.1
8	Allan WOOD	82	61.4

CROYDON 3 DECEMBER 2019 cont.**10 LAPS MAXIMUM RUN/WALK**

			Laps
Colin PAGE (Run)	65	18.19	10
Murray HUTHISON (Run)	70	18.20	8
Mark PORTBURY (Run)	53	18.24	8
Mark CHALLEN (Run)	62	18.41	8
Debbie VOOGD (Walk)	54	19.32	7
Paul MORITZ (Walk)	60	20.05	7
Lyn BATCHELOR (Walk)	70	20.42	6
Tamara MORITZ (Walk)	28	18.47	5
Phyllis GOSBELL (Walk)	81	18.49	5
Kevin MCLAUCHLAN (Walk)	76	12.20	3

CROYDON 10 DECEMBER 2019**1 MILE WALK**

1	Alison THOMPSON	66	10.24
2	Melanie BISSETT	44	11.37
3	Julie CHALLEN	62	12.01
4	Debbie VOOGD	54	12.09
5	Jess DUX	35	12.44
6	Brayden WOOLRIDGE	17	12.45
7	Peter WILLMOTT	53	12.50
8	Lyn BATCHELOR	70	13.07
9	Colin WILLIAMS	70	13.42
10	Liz WRIGLEY	64	14.00
11	Gary TURNER	66	14.25
12	Tamara MORITZ	28	14.26
13	Al WILLEY	80	14.29
14	Allan WOOD	82	14.37
15	Angela EDWARDS	53	15.21
16	Erika BEDYN	57	16.40
17	Ron SMITH	70	17.02
	Barrie WICKS (2 laps)	79	12.09

1300 METRES IN 10 MINS N.O.S.P.

1	Mark PORTBURY	53	9.55
2	Jack DURRANT	22	9.56
3	Ashley RYAN	65	9.58
4	Grant MURFETT **	52	9.59
5	Brayden WOOLRIDGE	17	10.09
6	Melanie BISSETT	44	10.22
7	Erika BEDYN	57	10.29
8	Andrew SHIPTON	45	10.46

** Winner - Grant Murfett

60 METRE SPRINT**Heat 1:**

1	Tamara MORITZ	28	10.5
2	Melanie BISSETT	44	11.0
3	Paul DURRANT	58	11.5
4	Angela EDWARDS	53	12.1
5	Allan WOOD	82	12.5
7	Ron SMITH	70	14.5

Heat 2:

1	Jess DUX	35	8.3
2	Andrew SHIPTON	45	8.5
3	Grant MURFETT	52	9.2
4	Peter WILLMOTT	53	9.7
5	Mark PORTBURY	53	10.2

CROYDON DECEMBER 2019 cont.**300 METRE SPRINT**

1	Grant MURFETT	52	43.6
2	Jess DUX	35	45.3
3	Mark PORTBURY	53	47.2
4	Tamara MORITZ	28	64.0
5	Melanie BISSETT	44	70.0
6	Allan WOOD	82	92.0

1 KM WALK 10.12.2019

1	Julie CHALLEN	62	8.07
2	Lyn BATCHELOR	70	8.24
3	Al WILLEY	80	8.57
4	Tamara MORITZ	28	9.02

1, 3 OR 5 KM RUN 10.12.2019

1 km:

1	Melanie BISSETT	44	6.45
---	-----------------	----	------

3 km:

1	Mark PORTBURY	53	14.13
2	Murray HUTCHISON	70	16.24
3	Alison THOMPSON	66	17.29
4	Geoff ARNOTT	71	18.20
5	Paul DURRANT	58	22.14

5 km:

1	Colin PAGE	65	23.01
---	------------	----	-------

CROYDON 17 DECEMBER 2019**CHRISTMAS BREAKUP**

**A 1 km Social Walk and then
several novelty events.**

**This was followed by a delicious supper
and a Kris Kringle.**



*"What if this isn't the best way
to choose a nominee?"*

DONCASTER 2 DECEMBER 2019**800 metres**

Jason Merrett	(47)	02:51.7
Darryl Kilmartin	(53)	03:11.3
Jeffrey Sim	(57)	03:35.4
Frank Prowse	(67)	05:19.8 (walk)
Katrina Philip	(58)	06:44.4 (walk)
Marla Trautman	(47)	08:49.4

100 metres

Darryl Kilmartin	(53)	14.64
Andrew Close	(30)	15.38
Jason Merrett	(47)	17.28
Janine James	(72)	18.74
Richard Trembath	(77)	21.50
Carolyn Aughey	(77)	23.18

600 metres (NOST)

Katrina Philip	(-0.00)	04:48.0 (DQ)	04:48.
Marla Trautman	(-0.00)	05:48.4 (DQ)	05:48.4
Graham Ford	(-3.34)	05:56.9 (DQ)	03:34.0 02:22.9
Darryl Kilmartin	(-3.55)	06:03.8	Winner 03:55.002:08.8
Frank Prowse	(-2.15)	06:04.0	02:15.0 03:49.0
Jason Merrett	(-4.00)	06:07.6	04:00.0 02:07.6
Richard Trembath	(-3.32)	06:08.9	03:32.0 02:36.9
Kath Gawthorn	(-3.30)	06:11.0	03:30.0 02:41.0

200 metres

Andrew Close	(30)	32.02
Jason Merrett	(47)	32.84
Jeffrey Sim	(57)	35.28
Janine James	(72)	39.98
John Aughey	(82)	40.64
Carolyn Aughey	(77)	48.66

3000 metres

Jason Merrett	(47)	13:04.5
Frank Prowse	(67)	13:26.7 (2 km walk)
Kath Gawthorn	(45)	15:25.5

DONCASTER 9 DECEMBER 2019**800 metres (handicap)**

Dani McDowell	(-4.15)	06:52.1	02:37.1 (DQ)
Katrina Philip	(-3.00)	06:56.7	03:56.7
Frank Prowse	(-1.30)	06:58.6	05:28.6
Jason Merrett	(-4.10)	06:59.2	02:49.2
Darryl Kilmartin	(-4.00)	06:59.3	02:59.3
Gary Zuccala	(-4.00)	07:00.8	03:00.8
Shaun Wright	(-0.00)	07:01.0	07:01.0
Jeffrey Sim	(-3.30)	07:05.5	03:35.5
Kath Gawthorn	(-3.30)	07:05.7	03:35.7
Ian McCormack	(-4.10)	07:08.7	02:58.7
David McConnell	(-3.50)	07:10.2	03:20.2
Angela Edwards	(-3.10)	07:21.6	04:11.6

60 metres heat 1

Angela Edwards	(53)	10.90
Janine James	(72)	10.94
Barry Dorr	(81)	11.64
Carolyn Aughey	(77)	13.84
David McConnell	(67)	14.12

DONCASTER 9 DECEMBER 2019 Cont.**60 metres heat 2**

Matt Scholes	(50)	8.99
Darryl Kilmartin	(53)	9.15
Paul Durrant	(58)	9.20
Andrew Close	(30)	9.34
Greg Champion	(64)	9.82
Jason Merrett	(47)	9.88

Xmas Handicap (100 handicap)

Barry Dorr	(-31)	13.15
Paul Durrant	(-10)	13.16
Carolyn Aughey	(-42)	13.16
Ian McCormack	(-12)	13.20
Angela Edwards	(-30)	13.34
Andrew Close	(-10)	13.37
David McConnell	(-13)	13.52
Darryl Kilmartin	(-9)	13.56
Jason Merrett	(-15)	13.68
Greg Champion	(-14)	13.69
Graham Ford	(-15)	13.82
Marla Trautman	(-55)	14.32
Kath Gawthorn	(-30)	15.24
Matt Scholes	(-5)	15.26

DONCASTER 16 DECEMBER 2019**Long Jump**

Age	
Darryl Kilmartin (53)	3.97
Greg Champion (64)	3.39
Tom Leong (78)	2.67
Josh Kilmartin (10)	2.55
Frank Prowse (67)	2.52
Andrew Close (30)	2.34
Barry Dorr (81)	1.74

100 metres

Andrew Close (30)	15.10
Greg Champion (64)	16.16
Josh Kilmartin (10)	16.23

Javelin Throw

Darryl Kilmartin (53)	20.48
Graham Ford (70)	19.13
Frank Prowse (67)	17.20
Tom Leong (78)	16.51
Josh Kilmartin (10)	13.60
Barry Dorr (81)	13.00

200 metres heat 1

Frank Prowse (67)	36.00
Jeffrey Sim (57)	37.34
Tom Leong (78)	39.18
John Aughey (82)	40.52
Barry Dorr (81)	49.02

200 metres heat 2

Darryl Kilmartin (53)	30.70
Josh Kilmartin (10)	34.56
Andrew Close (30)	40.68

400 metres

Katrina Philip (58)	01:41.4
Jeffrey Sim (57)	01:41.4

Discus

Graham Ford (70)	26.29	(RECORD)
Darryl Kilmartin (53)	19.98	
Tom Leong (78)	18.02	
Josh Kilmartin (10)	16.20	
Frank Prowse (67)	14.81	

Shot Put

Andrew Close (30)	5.80
-------------------	------

1500 metres

Darryl Kilmartin (53)	06:25.0
Josh Kilmartin (10)	06:44.4
Shaun Wright (50)	06:46.0 (800 WALK RECORD)
Frank Prowse (67)	07:00.0
Kath Gawthorn (45)	07:14.7
Katrina Philip (58)	07:18.4
Tom Leong (78)	09:59.0



EAST BURWOOD 5 DECEMBER 2019**60 METRE SPRINT****Heat 1;**

1	Andrew CLOSE	30	9.0
2	Christopher WORSNOP	62	11.0
3	Shirley COPPOCK	83	14.5
4	Leo COFFEY	89	15.0
5	Horacio DIAZ	74	17.9
6	Lloyd NICHOLS	78	25.7

Heat 2:

1	Corey ROBINSON	21	7.5
2	Chris ROBINSON	60	10.0
3	Donna CLARKE	66	10.8
4	Richard TREMBATH	77	11.2

400 METRE RUN N.O.T. Clock Nom.

1	Corey ROBINSON	21	58.4	
2	Perry BIRKETT **	57	68.2	69.0
3	Jack DURRANT	22	75.9	85.0
4	Ros LORDING	47	78.7	85.0
5	Ashley RYAN	65	83.7	88.0
6	Christopher WORSNOP	62	87.8	90.0
7	Janet HOLMES	66	88.3	90.0
8	Richard TREMBATH	77	89.3	87.5
9	Andrew FRASER	77	132.7	92.0

** Winner - Perry Birkett

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

1	Ros LORDING	47	4.52	4.50
2	Christopher WORSNOP	62	5.23	5.20
3	Donna CLARKE	66	6.17	6.10
4	Brian TAIT **	77	6.23	6.25
5	Phyllis GOSBELL	81	6.55	7.10
6	Liz WRIGLEY	64	6.56	6.45
7	Gary TURNER	66	6.57	6.50
8	Andrew FRASER	77	7.41	
9	Allan WOOD	82	7.43	7.40
10	Melanie BISSETT	44	7.43	
11	Gordon ONLEY	89	8.18	8.25

** Winner - Brian Tait

10 OR 20 MINUTES RUN/WALK

10 Mins:		Laps	Metres
	Perry BIRKETT (Run)	57	6 20
	Chris ROBINSON (Run)	60	4 310
	Melanie BISSETT (Walk)	44	3 200
	Liz WRIGLEY (Walk)	64	2 200
	Gary TURNER (Walk)	66	2 200

20 Mins:			
	Geoff WHEELER (Run)	63	10 200
	ROS LORDING (Run)	47	10
	Christopher WORSNOP (Run)	62	9 40
	Sam DEFANIS (Run)	71	9 270

100 METRE SPRINT HANDICAP

Heat 1:			H'cp Mtrs
1	Andrew CLOSE	30	12.7 12
2	Donna CLARKE	66	13.3 25
3	Shirley COPPOCK	83	13.7 40
4	Allan WOOD	82	15.2 25
5	Brian TAIT	77	15.5 36
6	Melanie BISSETT	44	18.0 23
7	Horacio DIAZ	74	18.8 44

Heat 2:			
1	Chris ROBINSON	60	12.8 21
2	Ashley RYAN	65	13.4 16
3	Richard TREMBATH	77	13.7 25
4	Jack DURRANT	22	13.9 -6
5	Andrew FRASER	77	14.2 25
6	Christopher WORSNOP	62	14.5 17
7	Lloyd NICHOLS	78	15.8 56

EAST BURWOOD 12 DECEMBER 2019**60 METRE SPRINT****Heat 1:**

1	Leo COFFEY	89	13.0
2	Shirley COPPOCK	83	14.2
3	Horacio DIAZ	74	17.2
4	Lloyd NICHOLS	78	26.7

Heat 2:

1	Chris ROBINSON	60	10.4
2	Donna CLARKE	66	11.0
3	Christopher WORSNOP	62	11.5
4	Andrew FRASER	77	15.5

1500 METRE RUN

1	Perry BIRKETT	57	5.51
2	Christopher WORSNOP	62	7.29
3	Melanie BISSETT	44	9.59
4	Ashley RYAN	65	10.00

1200 METRE HANDICAP WALK Clock Actual

1	Melanie BISSETT	44	12.09	7.54
2	Leonie GILLIES	62	12.16	8.51
3	Gordon ONLEY	84	12.28	12.08
4	Kevin CASSIDY	59	12.29	5.34
5	Christopher WORSNOP	62	12.32	8.07
6	Brian TAIT	77	12.33	9.33
7	Peter BATTRICK	76	12.34	11.49
8	Leo WATSON	78	12.44	8.59
9	Gerald BURKE	79	12.49	10.59
10	Liz WRIGLEY	64	12.54	10.19
11	Gary TURNER	66	12.55	10.20

100 METRE HANDICAP SPRINT H'cp Mtrs

1	Donna CLARKE	66	13.0	25
2	Chris ROBINSON	60	13.4	19
3	Shirley COPPOCK	83	13.7	40
4	Melanie BISSETT	44	14.1	23
5	Ashley RYAN	65	14.5	16
6	Christopher WORSNOP	62	15.5	17
7	Lloyd NICHOLS	78	15.8	56
8	Andrew FRASER	77	16.3	25
9	Kevin CASSIDY	59	19.9	25

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

1	Chris ROBINSON **	60	58.3	59.0
2	Melanie BISSETT	44	68.5	64.0
3	Donna CLARKE	66	69.7	60.2
4	Leo WATSON	78	85.8	82.0
5	Shirley COPPOCK	83	111.8	135.0
6	Andrew FRASER	77	124.0	62.5
7	Lloyd NICHOLS	78	193.6	200.0

** Winner - Chris Robinson

3000 METRE HANDICAP RUN Clock Actual

1	Stephen DAY	18.1	18.10	11.50
2	Leonie GILLIES	62	18.12	18.12
3	Perry BIRKETT	58	18.20	12.25
4	Christopher WORSNOP	62	18.22	14.57
5	Sam DEFANIS	71	18.28	15.08
6	Michelle QUAN	50	18.44	13.29
7	Geoff WHEELER	63	18.58	14.33
8	Ashley RYAN	65	19.29	17.44
9	Paul DURRANT	58	19.49	18.54

SHOT PUT HANDICAP Best Adjusted

	Chris ROBINSON **	60	6.17	10.42
	Allan WOOD	82	6.47	10.07
	Leo COFFEY	89	4.28	9.98
	Ashley RYAN	65	6.67	9.97
	Paul DURRANT	58	8.80	9.95
	Donna CLARKE	66	4.87	8.92

** Winner - Chris Robinson

EAST BURWOOD 19 DECEMBER 2019**800 METRES RUN**

1	Jack DURRANT	22	3.04
2	Christopher WORSNOP	62	3.27
3	Melanie BISSETT	44	4.53

60 METRE SPRINT**Heat 1:**

1	Cameron WEST	Inv	10.4
2	John AUGHEY	82	13.6
3	Shirley COPPOCK	83	21.7
	Lloyd NICHOLS	78	24.0

Heat 2:

1	Chris ROBINSON	60	9.7
2	Paul DURRANT (70 metres)	68	10.0
3	Melanie BISSETT	44	10.3
4	Christopher WORSNOP	62	10.9

800 METRE WALK N.O.T.

		Clock	Nom.	
1	Kyle BIRD	23	3.52	4.00
2	Kylie IRSHAD	48	4.28	5.00
3	Melanie BISSETT	44	5.02	5.15
4	Christopher WORSNOP	62	5.08	5.20
5	Leo WATSON	78	5.43	5.52
6	Leonie GILLIES	62	5.58	6.10
7	Brian TAIT	77	6.19	6.23
8	Phyllis GOSBELL	81	6.38	6.46
9	Liz WRIGLEY	64	6.42	6.50
10	Gary TURNER **	66	6.42	6.45
11	Gerald BURKE	79	7.12	7.15
12	Peter BATTRICK	76	7.49	7.59
13	Allan WOOD	8	8.30	10.00

** Winner - Gary Turner

150 METRE SPRINT N.O.T.

		Clock	Nom.	
1	Sonya POLLARD	53	22.0	22.5
2	Stephen DAY	49	23.8	23.0
3	Chris ROBINSON	60	24.4	26.0
4	Christopher WORSNOP **	62	25.8	26.0
5	Janet HOLMES	66	28.3	34.2
6	Melanie BISSETT	44	29.1	30.0
7	Allan WOOD	82	45.2	49.0
8	Lloyd NICHOLS	78	82.0	49.8

** Winner - Christopher Worsnop

200 METRE SPRINT

1	Stephen DAY	49	32.8
2	Cameron WEST	Inv	36.8
3	Christopher WORSNOP	62	38.2
4	Melanie BISSETT	44	41.8
5	Shirley COPPOCK	83	88.9
6	Lloyd NICHOLS	78	119.7

1 MILE RUN/WALK HANDICAP

		Clock	Actual	
1	Leonie GILLIES (Run)	62	12.52	9.22
2	Stephen DAY (Run)	49	12.59	6.04
3	Geoff WHEELER (Run)	63	13.02	7.22
4	Brian TAIT (Walk)	77	13.07	13.07
5	Christopher WORSNOP (Run)	62	13.13	7.58
6	Leo WATSON (Walk)	77	13.21	12.31
7	Jack DURRANT (Run)	22	14.09	7.14

DISCUS THROW HANDICAP

		Best	Adj	
1	Jack DURRANT	22	23.60	36.35
2	Toni MATTERS	51	29.21	34.96
3	Brian TAIT	77	12.45	34.65
4	Chris ROBINSON	60	15.35	34.55
5	Allan WOOD	82	12.99	34.09
6	Melanie BISSETT	44	13.20	33.40
7	Sonya POLLARD	53	11.13	33.13
8	Paul DURRANT	58	27.51	32.96
9	Leo WATSON	78	10.43	32.33

FRANKSTON 5 DECEMBER 2019**80m**

1	Rob Taylor	51	12.33
2	Ramon Berlouis	41	12.50

200m (sealed handicap qualifier)

1	Rob Taylor	51	30.75
2	Ramon Berlouis	41	31.75
3	Russ Dow	60	32.08
4	Chris Sheedy	51	32.38

800m Walk

1	Heather Carr	70	4.57
2	Greg Lovejoy	77	6.00
3	John Sutton	76	6.19
4	Lindsay Beaton	69	7.12
5	John Hallo	77	7.13
5	Graham Stockdale	77	7.13

800m

1	Russ Dow	60	2.48
2	Rob Taylor	51	2.52
3	Chris Sheedy	51	2.55
4	Dave Sutherland	65	3.14
5	Bill Carr	70	3.22
6	Ramon Berlouis	41	3.30
7	Barry Jeffs	71	3.56
8	Charlie Mallia	70	4.03
9	Gary Meyer	64	4.24
10	Caitlin O'Connell	45	4.47

20 min or 30 min Walk

		Laps/Dist	Dist	15/30
1	John Sutton	76	5 + 130m	2.13 k 20
2	John Hallo	77	5 + 105m	2.10 k 20
1	Heather Carr	70	11 + 30m	4.43 k 30
2	Greg Lovejoy	77	10 + 95m	4.09 k 30
3	Lindsay Beaton	69	7 laps	2.80 k 30

20min or 30 min Run

		Distance	15/30
1	Dave Sutherland	65	10 4.00 km 20
1	Gary Meyer	64	10 3.60 km 20
1	Chris Sheedy	51	10 3.60 km 20
4	David Dodson	60	8 + 300m 3.50 km 20
5	Bill Carr	70	8 + 213m 3.41 km 20
6	Charlie Mallia	70	8 + 110m 3.31 km 20
7	Fran Halton	58	7 + 100m 2.90 km 20
1	Russ Dow	60	17 + 90m 6.89 km 30
2	Barry Jeffs	71	15 + 120m 6.12 km 30
2	Rob Taylor	51	15 + 120m 6.12 km 30
4	Caitlin O'Connell	45	12 + 380m 5.18 km 30

FRANKSTON 12 DECEMBER 2019

100m

1	Russ Dow	60	14.99
2	Dave Sutherland	65	17.78

150m

no starters

800m Walk

1	Heather Carr	70	4.53
2	John Hallo	77	6.38
3	Lindsay Beaton	69	7.50
4	Graham Stockdale	77	7.51

1200m

1	Russ Dow	60	4.28
2	Barry Jeffs	71	5.24
3	Chris Sheedy	51	6.00
4	Gary Meyer	64	6.02
5	Charlie Mallia	70	6.18
6	Fran Halton	58	8.24

2000m Walk

1	Heather Carr	70	13.12
2	John Hallo	77	18.05
2	Graham Stockdale	77	18.05

2000m

1	Chris Sheedy	51	9.21
1	Barry Jeffs	71	9.21
3	Dave Sutherland	65	9.32
4	David Dodson	60	10.49
5	Charlie Mallia	70	11.02
6	Gary Meyer	64	11.34

3000m Walk

1	Lindsay Beaton	69	28.35
---	----------------	----	-------

4000m

1	Russ Dow	60	16.22
2	Caitlin O'Connell	45	23.08
	Fran Halton	58	8.25

3 laps

FRANKSTON 19 DECEMBER 2019

90m

no starters

200m Christmas Gift

		H'cap	M	Clock
1	Lindsay Beaton	69	66.53	28.75
2	Rob Taylor	51	1.12	28.95
3	Russ Dow	60	4.53	29.01
4	Bill Carr	70	8.90	29.28
5	Chris Sheedy	51	0.00	29.38
6	Dave Sutherland	65	21.20	31.92
7	Mike Hall	81	20.64	32.19

800m Walk

1	Pramesh Prasad	45	4.14
2	Heather Carr	70	4.42
3	Graham Stockdale	77	5.36
4	Greg Lovejoy	77	6.01
5	John Hallo	77	6.39
6	John Sutton	76	6.45
7	Lindsay Beaton	69	7.34

FRANKSTON 19 DECEMBER 2019 cont.

800m

1	Russ Dow	60	3.01
2	David Sutherland	65	3.15
3	Rob Taylor	51	3.21
4	Barry Jeffs	71	3.33
5	Claudio Riga	64	3.48
6	Charlie Mallia	70	3.55
7	Gary Meyer	64	4.22

2 minute NOSP

1	Chris Sheedy	51
	Russ Dow	60
	John Hallo	77
	David Dodson	60
	Greg Lovejoy	77
	Rob Taylor	51
	John Sutton	76
	Heather Carr	70
	Charlie Mallia	70
	Gary Meyer	64
	Bill Carr	70
	Barry Jeffs	71
	Dave Sutherland	65
	Claudio Riga	64
	Lindsay Beaton	69

2000m Walk Self Handicap

		S	H'cap	St time	Clock	Diff
1	Greg Lovejoy	77	15.00	4.05	18.50	-0.15
2	Lindsay Beaton	69	19.05	Go	18.51	-0.14
DQ	Heather Carr	70	12.15	6.50	18.42	-0.23
DQ	John Sutton	76	17.30	1.35	18.21	-0.44
DQ	Graham Stockdale	77	16.00	3.05	18.03	-1.02

*DQ if faster than 15 sec of slowest walkers Self handicapped time

2000m Self Handicap

		Self	H'cap	St time	Clock	Diff
*DQ if faster than 10 sec of slowest runners Self handicapped time						
1	Claudio Riga	64	10.00	1.00	11.02	0.02
2	David Dodson	60	10.30	0.30	11.05	0.05
3	Chris Sheedy	51	8.45	2.15	11.09	0.09
4	Charlie Mallia	70	10.50	0.10	11.11	0.11
5	Gary Meyer	64	10.55	0.05	11.20	0.20
6	Dave Sutherland	65	9.30	1.30	11.43	0.43
DQ	Barry Jeffs	71	9.15	1.45	10.49	-0.11
DQ	Russ Dow	60	8.10	2.50	10.41	-0.19
DQ	Bill Carr	70	11.00	Go	10.39	-0.21
DQ	Rob Taylor	51	8.55	2.05	10.36	-0.24
DQ	Pramesh Prasad	45	8.10	2.50	10.25	-0.35
DQ	Noel	Inv	10.00	1.00	10.14	-0.46

GEELONG 4 DECEMBER 2019

400m

Andy Bruschi 01:21

2800m

Dave Elward 09:34

Gerry Fitzpatrick 11:12

Daryl Hurst 11:18

Leo Pye 11:24

Frank Engelsman 11:51

Denis Valenta 12:10

Grant Baensch 12:31

Joanne McCarthy 13:36

Jill Coyte (W) 14:13

1500m

Andy Bruschi 05:53

Gerry Fitzpatrick 07:06

Daryl Hurst 07:30

Frank Engelsman 07:33

Grant Baensch 07:45

Kath Oliver 07:45

Joanne McCarthy 08:30

GEELONG 11 DECEMBER 2019

3km Cross Country

Rhys Hamill-Beach 11:53

Sue Howell 12:11

Leo Pye 13:57

Erik Bumbers 15:31

Kath Oliver 15:39

Jill Coyte (W) 18:25

5km Cross Country

Fiona Fitzpatrick 20:36

Luke Haines 17:58

Dave Elward 21:04

Alan Jenkins 23:29

Pam Tindall 23:35

Paul Stewart 24:11

Jeff Walker 24:14

Gerry Fitzpatrick 24:56

Daryl Hurst 25:18

Denis Valenta 26:13

Frank Engelsman 26:55

Grant Baensch 27:13

GEELONG 18 DECEMBER 2019

800m- Alan Foot Age Graded

Heat 1

Luke Haines 02:19 78.5%

Andy Bruschi 02:41 73.6%

Sue Howell 02:43 86.8%

Charlie El Hage 02:45 75.4%

Dave Elward 02:55 78.3%

Pam Tindall 03:19 73.4%

Heat 2

Alan Jenkins 03:03 67.9%

Mark Humphrey 03:08 66.8%

Daryl Hurst 03:24 65.0%

Jeff Walker 03:29 68.4%

Erik Bumbers 03:32 59.0%

Frank Engelsman 03:34 65.6%

Kath Oliver 03:40 74.6%

Gerry Fitzpatrick 04:14 51.2%

2400m

Mark Boxer 08:22

Dave Elward 10:08

Steve Welsh 10:55

Leo Pye 11:16

Gerry Fitzpatrick 11:19

Jeff Walker 11:22

Daryl Hurst 11:38

Pam Tindall 11:40

Grant Baensch 12:34

Louis Rowan 12:37

1600m

Luke Haines 05:26

Mark Boxer 05:52

Andy Bruschi 06:20

Mark Humphrey 06:38

Paul Stewart 07:22

Sue Howell 07:34

Erik Bumbers 07:37

Jeff Walker 07:46

Steve Welsh 08:00

Frank Engelsman 08:02

Grant Baensch 08:28



GLEN EIRA 17 DECEMBER 2019**CHRISTMAS BREAK UP NIGHT****REINDEER SPRINT 100M H/C (no handicaps)****Heat 1**

SOPHIE McCAFFREY	8	14.87
NICKY GRAFEN	8	15.06
LEISA HUNT	47	15.46
HARVEY GOLONKA		16.62
EMMA McCAFFREY	10	19.22

Heat 2

SIMONE O'BRIEN	47	13.37	16
DAVID SHORT	43	14.18	-7
SUSAN SHORT	45	14.42	7
JUNE TREWEEK	58	14.52	6
JIM ROUNTREE	60	14.99	6
VIVIENNE CASH	67	15.20	10
GREG HUGHES	61	15.46	12
MARCUS GOLONKA	12	19.03	12

TURKEY LEG WALK (5 LAPS - LANE 3) E/T

		Clock	Est	Diff
JOHN ZELEZNIKOW	69	19.11	19.25	-14
GWEN STEED	77	14.24	14.39	-15
TONY DORAN	67	14.33	14.49	-16
ROZ WALKER	56	16.23	16.50	-27
PETE BATTRICK	76	21.53	21.20	33
SANDRA MIDDLETON	71	14.46	15.20	-34
MICHAEL HEFFERNAN	85	20.26	19.50	36
HEATHER CARR	70	12.33	13.23	-50
LEISA HUNT	47	16.51	16.00	51
APRIL THOMAS	8	16.52	19.08	-136
DES MIDDLETON	72	17.19	14.30	169

SANTAS RUN (5 LAPS - LANE 6) E/T

		Clock	Est	Diff
GREG HUGHES	61	10.21	10.18	3
BARRY JEFFS	71	9.56	10.00	4
KARYN O'NEILL	64	12.54	13.00	6
MERLE WANT	58	12.12	12.20	8
JO COCKWILL	67	12.27	12.18	9
SIMONE O'BRIEN	47	10.32	10.19	13
SARAH LORENTZEN	41	9.26	9.45	19
JIM BERRINGTON	63	10.01	10.20	19
JANINE McKERRON	59	10.40	11.00	20
NICKY GRAFEN	8	11.30	10.59	31
TERRY O'NEILL	63	10.24	11.00	36
SIMON LLOYD	64	8.52	9.30	38
JANE STURZAKER	66	13.32	14.20	48
CHRIS GRAFEN	55	8.50	10.00	70
BILL CARR	70	11.56	14.10	134
SARAH JOHNSON	36	13.47	18.00	253
LINDA McCAFFREY	41	12.34	24.00	686

GLEN EIRA 17 DECEMBER 2019 cont.**FAMILY FEUD (2 X 100 RELAY)****Heat 1**

		Clock	H/C	H/C Time
MATTHEW MIDDLETON				
DES MIDDLETON	72	1.31.5	GO	1.31.5
DAMIAN MIDDLETON				
CURTIS MIDDLETON		1.35.5	26	1.09.5
SANDRA MIDDLETON	71			
EMMA MIDDLETON		1.36.77	18	1.18.77
HEATHER CARR	70			
BILL CARR	70	1.37.13	23	1.14.13
JUNE TREWEEK	58			
JIM ROUNTREE	60	1.40.6	35	1.05.6
JANET HOLMES	66			
BARRY JEFFS	71	1.40.79	24	1.16.79

Heat 2

JO COCKWILL	67			
MIKE CLAPPER	67	1.35.6	16	1.19.6
SUSAN SHORT	45			
DAVID SHORT	43	1.38.6	39	59.60
MICHELLE EDMONDS	45			
KURT GOLONKA	50	1.40.5	32	1.08.5
CHRIS GRAFEN	55			
NICKY GRAFEN	8	1.43.6	24	1.19.6
LINDA McCAFFREY	41			
SARAH LORENTZEN	40	1.47.1	30	1.17.1
EMMA McCAFFREY	10			
SOPHIE McCAFFREY	8	1.48.3	26	1.22.3
GLAD WISHART	75			
BOB WISHART	78	1.48.8	25	1.13.8

Final

MICHELLE EDMONDS	45			
KURT GOLONKA	50	1.25.7	21	1.04.7
MATTHEW MIDDLETON				
DES MIDDLETON	72	1.26.9	GO	1.26.9
SANDRA MIDDLETON	71			
EMMA MIDDLETON		1.28.5	11	1.17.5
DAMIEN MIDDLETON				
CURTIS MIDDLETON		1.28.8	20	1.08.8
SUSAN SHORT	45			
DAVID SHORT	43	1.29.0	30	59.0
HEATHER CARR	70			
BILL CARR	70	1.32.6	16	1.16.6
JO COCKWILL	67			
MIKE CLAPPER	67	ntt	10	

KNOX 4 DECEMBER 2019**800m walk**

Bob Henderson	73	6.17
Peter Shanahan	58	6.49
Ian U'Ren	68	6.57
Jack Durrant	22	6.58
Glenn Claiden	65	6.59
Mick Carr	66	6.59
Paul Twining	70	8.31
Matt Morris	54	8.32
Peter LeGet	85	8.4

1mile

Chloe Grund 2laps	inv	3.46
Darcey Roberts	inv	6.17
Matt Morris	54	6.19
Brian P	49	6.43
Jack Durrant	22	6.57
David Murrhiy	62	7.07
Stephen Richards	58	7.13
Mick Carr	68	7.14
Paul Twining	70	7.29
Bob Henderson	73	8.15
Ian U'Ren	68	8.59
Peter Shanahan	58	10.53

400m

Brian P	49	1.11
Jack Durrant	22	1.2
Kingston	inv	1.39

Distance**3k**

David Murrhiy	62	14.25
Peter Shanahan	58	15.05
Stephen Richards	58	15.06
Brian Mee	82	17.45
Bob Henderson	73	20.11

5k

Shane Grund	37	20.31
Matt Morris	54	20.35
Brian P	49	22.33
Paul Twining	70	22.53
Graeme leticq	64	24.3
Mick Carr	68	24.42
Michelle Quan	50	24.49
Sam De Fanis	71	25.11
David Wear	73	25.56
Glenn Claiden	65	26.36
Ian U'Ren	68	26.56
Peter Thorne	71	29.05

KNOX 18 DECEMBER 2019**800m walk**

Glenn Claiden	65
Peter Thorne	71
Jack Durrant	22
Mick Carr	66
Bob Henderson	73
Peter Shanahan	58
Stephen Richards	58
Shane Grund	38
Matt Morris	54
Paul Twining	70
Graeme Leticq	65
Peter LeGet	85
Ian U'Ren	68
Andrea Putting	56
Marina Curnow	71
Maggie Hawkes	63
David Wear	73

600m

Matt Morris	54	2.18
Jack Durrant	22	2.21
Stephen Richards	58	2.24
Paul Twining	70	2.29
Bob Henderson	73	2.33
Chloe Grund	7	2.37
Paul Durrant	58	2.38
Glenn Claiden	65	2.45
Mick Carr	66	2.5
Ian U'Ren	68	2.52
Graeme Leticq	65	2.54
Danielle Grund	37	3.07
Brian Mee	82	3.2
Peter Shanahan	58	3.45

Dog Loop Relay

Paul Twining	70	
Michelle Quan	50	
John Signorini	66	
Peter Thorne	71	25.38
Chris Crennan	47	
Sarah Thorne	40	
Stephen Richards	58	
Mick Carr	66	26.55
Ian U'Ren	68	
Paul Durrant	58	
Glenn Claiden	65	
Matt Morris	54	28.39
Jack Durrant	22	
Peter Shanahan	58	
Bob Henderson	73	
Graeme Leticq	65	29.29

MENTONE 4 DECEMBER 2019

400m Walk E.T.		Clock	Diff.
1=	Joan Clarke	84 3.43	-0.02
1=	Maureen Seedsman	82 2.55	-0.02
3=	Sylvia Machin	78 2.50	-0.05
3=	Ian Beaumont	83 3.41	0.05
5	Michael Boulton	65 3.09	-0.08
6=	Helen Castel	56 2.36	-0.09
6=	Nola Finn	82 5.57	0.09
8	John Mathew	83 3.34	-0.11
9=	Julian Boland	56 2.35	-0.12
9=	Sharon Carr	54 3.03	-0.12
9=	Margaret Beaumont	81 3.4	0.12
12	Gwen Steed	77 2.24	-0.14
13	Iris Boulton	70 3.00	-0.15
14	Karen Sharp	63 3.13	-0.17
15	Pam Mews	84 4.10	0.32

300m E.T.		Clock	Diff
1	Martin Griffin	57 57.85	0.85
2	Bob Wishart	77 50.45	-1.30
3	Jeanne Bryan	77 93.63	8.63
	John Mathew 60m	83 17.29	

1000m E.T.		Clock	Diff
1	Ashley Page	79 4.59.3	-0.7
2	Greg Hughes	61 4.31.4	1.4
3	Sandra Wynne	68 4.48.3	-2.7
4	Avril Britter	61 4.51.2	-3.8
5	David Short	42 3.26.1	-3.9
6	Martin Griffin	57 4.54.7	4.7
7	Susan Short	45 4.01.8	11.8
8	Col Waring	74 4.39.6	-20.4
9	John Kneen	77 6.12.4	27.4
10	Stephen Bird	56 3.50.1	-29.9
11	Jeanne Bryan	77 7.47.7	47.7

400m Walk E.T.		Clock	Diff.
1=	Joan Clarke	84 3.43	-0.02
1=	Maureen Seedsman	82 2.55	-0.02
3=	Sylvia Machin	78 2.50	-0.05
3=	Ian Beaumont	83 3.41	0.05
5	Michael Boulton	65 3.09	-0.08
6=	Helen Castel	56 2.36	-0.09
6=	Nola Finn	82 5.57	0.09
8	John Mathew	83 3.34	-0.11
9=	Julian Boland	56 2.35	-0.12
9=	Sharon Carr	54 3.03	-0.12
9=	Margaret Beaumont	81 3.4	0.12
12	Gwen Steed	77 2.24	-0.14
13	Iris Boulton	70 3.00	-0.15
14	Karen Sharp	63 3.13	-0.17
15	Pam Mews	84 4.10	0.32

300m E.T.		Clock	Diff
1	Martin Griffin	57 57.85	0.85
2	Bob Wishart	77 50.45	-1.30
3	Jeanne Bryan	77 93.63	8.63
	John Mathew 60m	83 17.29	

1000m E.T.		Clock	Diff
1	Ashley Page	79 4.59.3	-0.7
2	Greg Hughes	61 4.31.4	1.4
3	Sandra Wynne	68 4.48.3	-2.7
4	Avril Britter	61 4.51.2	-3.8
5	David Short	42 3.26.1	-3.9
6	Martin Griffin	57 4.54.7	4.7
7	Susan Short	45 4.01.8	11.8
8	Col Waring	74 4.39.6	-20.4
9	John Kneen	77 6.12.4	27.4
10	Stephen Bird	56 3.50.1	-29.9
11	Jeanne Bryan	77 7.47.7	47.7

5 Laps - 4.2 Km			
1	John Zeleznikow	69 40.11	0.11

MENTONE 11 DECEMBER 2019

500m Walk E.T.		Clock	Diff.
1=	Iris Boulton	70 4.01	0.01
1=	John Mathew	83 4.46	0.01
1=	Jill Mannering	83 4.31	0.01
4	Maureen Seedsman	82 3.49	0.02
5	Joan Clarke	84 4.54	0.04
6	Ian Beaumont	83 4.44	0.06
7	Sylvia Machin	78 3.38	-0.07
8	Karen Sharp	63 3.52	-0.08
9	Margaret Beaumont	81 4.45	0.21
10	Sonya McLennan	67 3.23	-0.22
11	Michael Boulton	65 4.09	1.00

1500m E.T.		Clock	Diff
1	Sandra Wynne	68 7.34.7	0.7 @
2	Greg Hughes	61 7.28.4	-1.6
3	Ashley Birrell	75 6.23.7	-4.3 ***
4	Col Waring	74 7.10.0	-5.0
5	John Kneen	77 9.50.8	-9.2
6	Martin Griffin	57 7.43.3	-11.7
7	David Short	43 5.53.0	13.0
8	Ashley Page	79 8.00.0	-16.0
9	Sonya McLennan	67 7.50.2	-54.8
10	Kyle Griffin	30 6.01.8	61.8 ***

150m E.T.		Clock	Diff
1	Ron Arthur	80 24.87	0.27
2	Vivienne Cash	67 25.53	0.33
3	Martin Griffin	57 24.56	-0.34
4	David Short	43 19.81	-0.69
5	Kyle Griffin	30 23.78	-1.22
6	John Mathew	83 47.27	2.27
7	Pam Mews	84 68.43	16.43 ***

2.5 Km E.T.		Clock	Diff
1	Martin O'Malley	64 12.27	-0.03
2	Ashley Page	79 13.56	0.04
3	John Zeleznikow	69 25.10	0.10
4=	Sonya McLennan	67 14.11	0.11
4=	Sandra Wynne	68 13.41	0.11
6	Stephen Bird	56 10.46	0.19 ***
7	Kyle Griffin	30 10.38	-0.22 ***
8	Greg Hughes	61 12.40	-0.28
9	James O'Brien	67 10.51	-0.29
10	Martin Griffin	57 13.53	-1.12
11	John Kneen	77 17.09	-1.21

1500m E.T. Walk		Clock	Diff.
1	Maureen Seedsman	82 12.21	0.01
2=	Sylvia Machin	78 11.22	0.02
2=	Jill Mannering	83 14.28	-0.02
4	Geoff Barrow	70 10.19	0.04
5	Ian Beaumont	83 14.23	-0.12
6	Iris Boulton	70 12.29	0.29
7	Margaret Beaumont	81 14.28	0.30
8	Joan Clarke	84 15.45	0.45
9	Michael Boulton	64 12.56	0.46
10	Karen Sharp	63 12.06	-0.54
11	Natalie King	77 15.45	0.55
12	John Mathew	83 18.04	1.04
13	Helen Bryan	49 13.00	-1.30
14	Jeanne Bryan	77 13.00	-2.00

MENTONE 18 DECEMBER 2019**600m Walk E.T.**

		Clock	Diff.	
1=	Kevin Cassidy	59	2.58	-0.02
1=	Daniel Short	Inv	4.28	-0.02
1=	Susan Short	46	4.28	-0.02
4	Ciara Short	Inv	4.54	0.04
5	Ian Beaumont	83	5.41	0.05
6	Margaret Beaumont	81	5.31	0.10
7	Michael Boulton	65	5.11	0.11
8	Geoff Barrow	70	3.44	-0.16
9	Helen Castel	56	4.01	-0.19
10	Sonya McLennan	67	3.49	-0.21
11=	Iris Boulton	70	4.45	0.30
11=	John Mathew	83	6.15	0.30
13	Joan Clarke	84	6.26	0.31
14	Debbie Thomson	60	7.40	0.40
15	Jill Mannering	83	6.26	0.46
16	Julian Boland	56	3.06	-0.52

1200m E.T.

		Clock	Diff	
1	Ashley Birrell	75	4.57.3	-0.7 ***
2	Ashley Page	79	6.14.3	-1.7
3	Marlene Gourlay	68	5.27.1	2.1
4	John Kneen	77	7.38.5	8.5
5	Susan Short	46	4.51.0	-9.0
6	Sandra Wynne	68	6.09.7	9.7
7	Kuni Bowden	53	5.10.6	10.6
8	Greg Hughes	61	5.43.6	-16.4
9	Col Waring	74	5.46.6	-18.4
10	Avril Britter	61	6.37.4	36.4
11	Kevin Cassidy	59	5.51.9	-48.1

100m H/cap

		Clock	Metres
1	Daniel Short	Inv	12.60 28
2	Ron Arthur	79	12.90 21
3	Glad Wishart	75	13.01 33
4	Ciara Short	Inv	13.27 28
5	Susan Short	46	13.37 14
6	Vivienne Cash	67	13.65 18
7	Kuni Bowden	53	14.35 32
8	John Mathew	82	14.74 46
9	Bob Wishart	78	15.72 10

3 Km E.T.

		Clock	Diff
1	James O'Brien	67	12.52 -0.12
2	Greg Hughes	61	16.07 -0.23
3	Ashley Page	79	16.48 0.32
4	Kuni Bowden	53	14.33 0.33
5	John Kneen	77	21.35 0.35
6	Sandra Wynne	68	17.37 0.52
7	Avril Britter	61	17.21 1.04
8	John Zeleznikow	69	31.08 1.08
9	Stephen Bird	56	13.04 -1.26

2x 400m Walk Relay

		Clock
1	Kevin Cassidy	59
	John Mathew	83
2	Julian Boland	56
	Jeanne Bryan	77
3	Daniel Short	Inv
	Maureen Seedsman	82
4=	Geoff Barrow	70
	Michael Boulton	65
4=	Sonya McLennan	67
	Jill Mannering	83
6	Ian Beaumont	83
	Helen Castel	56
7	Helen Bryan	49
	Iris Boulton	70

SPRINGVALE 4 DECEMBER 2019**3100 metres road run**

Peter RAMSAY	49	12.54
Dragan	58	14.12
Alan BENNIE	72	14.23
Claudio RIGA	64	15.06
Dave TALBOT	65	17.08
Paul MULLINS	79	17.29
Ian TREGEAR	69	17.49
Sayed KHATAN	69	20.26
Dominique RUELLOT	68	23.54

5000 metres road run

Howard REES	72	25.56
Lou BUCCIERI	64	28.18
Lindsay OXENHAM	70	28.27

800 metres

Lou BUCCIERI	64	3.32.2
Dragan	58	3.33.7
Claudio RIGA	64	3.43.3
Sayed KHATAN	69	3.56.6
Lindsay OXENHAM	70	4.03.9
Juan PEREZ	80	4.55.9

walks

Mick COLGAN	68	13.47
Pam THOMAS	69	14.27
Eric NEGROS	56	14.41
Natalie IRVINE	72	15.02
Bill IRVINE	71	15.02
Juan PEREZ	80	22.35
Anand THILLAISUNDARAM	43	23.47
Peter FIELD	61	23.54
Dennis PHILLIPS	77	23.54
Tony DORAN	67	23.54
Celia JOHNSON	72	24.06
Jim SMITH	79	24.09
Frank ALLEN	74	28.26

400 metres

		actual	clock
Juan PEREZ	80	1.59.1	2.11.1
Dominique RUELLOT	68	2.15.7	2.15.7
Lindsay OXENHAM	70	1.38.6	2.16.6
Lou BUCCIERI	64	1.37.1	2.17.1
Dragan	58	1.18.2	2.20.3
Claudio RIGA	64	1.33.4	2.23.4
Bill IRVINE	71	1.31.7	2.23.7
Sayed KHATAN	69	1.24.3	2.27.3
Dave TALBOT	65	1.28.2	2.30.2

70 metres**heat 1**

Juan PEREZ	80	13.00
Lindsay OXENHAM	70	13.90
Mick COLGAN	68	15.60
Dominique RUELLOT	68	16.10

Heat 2

Sayed KHATAN	69	11.20
Mike HALL	80	11.60
Dragan	58	12.10
Bill HAINS	56	12.40

SPRINGVALE 18 DECEMBER 2019

400 metres		actual	clock
Kevin ONLEY	86	2.12	2.16
Bill IRVINE	71	1.33	2.20
Sayed KHATAN	69	1.23	2.23
Dominique RUELOT	68	2.25	2.25
Dave TALBOT	65	1.28	2.28
Lou BUCCIERI	64	1.51	2.30
Lindsay OXENHAM	70	1.48	2.31
Claudio RIGA	64	1.50	2.35
Juan PEREZ	80	2.21	2.44

70 metres

Sayed KHATAN	69	10.90
Mike HALL	81	11.40
Dragan	58	11.60
Tracey HUTCHINSON	49	13.80
Juan PEREZ	80	14.00
Lindsay OXENHAM	70	15.00
Peter FIELD	61	15.20
Dominique RUELOT	68	15.90

600 metres

Neil GRAY	72	2.13
Dragan	58	2.14
Sayed KHATAN	69	2.50
Lindsay OXENHAM	70	3.04
Peter FIELD	61	3.11
Dominique RUELOT	68	3.45
Juan PEREZ	80	3.45

1200 metres or 2000 metres run

Dragan	58	8.34
Anand THILLAISUNDARAM	43	7.50
Theresia BAIRD	78	8.53
Tony DORAN	67	9.13
Judy DAVISON	83	9.08
Peter FIELD	61	9.45
Howard REES	72	10.60
Bill IRVINE	71	10.15
Dennis PHILLIPS	77	10.17
John ABEL	69	10.23
Claudio RIGA	64	10.24
Dave TALBOT	65	10.31
Lindsay OXENHAM	70	10.33
Frank ALLEN	74	10.58
Kevin ONLEY	86	11.35
Troy JEFFS	45	11.45
Lou BUCCIERI	64	12.43
Dominique RUELOT	68	14.29
Sayed KHATAN	69	14.28
Ian TREGGAR	69	14.56
Juan PEREZ	80	15.43

SPRINGVALE 11 DECEMBER 2019

		70 mts	400mts
Sayed KHATAN	69	11.40	1.24.8
Claudio RIGA	64	13.80	1.38.5
Lindsay OXENHAM	70	15.50	1.55.7
Lou BUCCIERI	64	15.80	1.45.0
Kevin ONLEY	86	18.50	2.14.7
Juan PEREZ	80	13.70	2.15.1
Dave TALBOT	65	14.70	1.30.6
Howard REES	72	15.50	1.49.3
Dominique RUELOT	68	17.00	
Jim SMITH	79	29.00	1.18.4
Dragan	58	11.90	1.27.2
Mick COLGAN	68	14.90	2.09.9
Ian TREGGAR	69	13.10	1.48.7
Bill IRVINE	71	17.20	1.55.3
Peter FIELD	61	18.50	
Alan BENNIE	72	18.90	2.04.3
Natalie IRVINE	72	34.70	
Paul MULLINS	79		1.26.8

200 metres walk/run

Sayed KHATAN	69	42.09
Dominique RUELOT	68	58.80
Natalie IRVINE	72	1.52.1
Peter FIELD	61	1.21.2
Jim SMITH	79	1.27.4

2500 metres road walk

Anand THILLAISUNDARAM	43	17.13
Tony DORAN	67	17.12
Dennis PHILLIPS	77	17.44
Jim SMITH	79	18.14
Peter FIELD	61	18.29
Kevin ONLEY	86	23.13
Pam THOMAS	69	23.13
John ABEL	69	23.14
Frank ALLEN	74	24.52
Eric NEGROS	56	25.13
Mick COLGAN	68	21.10
Dominique RUELOT	68	28.49
Juan PEREZ	80	26.55

4000 metres road run

Peter RAMSAY	49	16.22
Dragan	58	16.45
Alan BENNIE	72	19.13
Claudio RIGA	64	20.00
Howard REES	72	20.12
Lou BUCCIERI	64	21.20
Dave TALBOT	65	21.46
Bill IRVINE	71	21.51
Lindsay OXENHAM	70	22.14
Ian TREGGAR	69	23.27
Paul MULLINS	79	25.41