

AROUND THE GROUNDS

VENUE RESULTS FOR MARCH 2020



Maybe our tracks aren't as deserted as this image suggests. I hear lots of people have continued to train alone.

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

ABERFELDIE 4 MARCH 2020**100M AG**

		AG %	
Taylah Babic	Inv	15.00	
Helen Babic	46	15.50	76
Joe Dilworth	68	16.85	73
Ruby Beveridge	Inv	18.35	
Tony Bradford	80	19.66	77
Alfred Lendvai	65	23.37	52
Marlon Cummings	41	12.47	83
Maggie Armstrong	57	18.55	71
Graham Eadie	62	17.62	67

1500m

Bill Risevki	54	8:15
Matt Goodyer	42	7:39
Cheryl Beveridge	54	8:56
Stephen Barker	76	8:26

300m

Marlon Cummings	41	41.22
Levi Draper	Inv	57.38
Maggie Armstrong	57	61.70

3/5k

3k unless indicated

Mark Simmonds	58	15:31
Michael Ennis	66	16:54
Andrea Draper	42	18:30
Matt Goodyer	42	18:04
Cheryl Beveridge	54	20:42
Alfred Lendvai	65	16:16
Graham Eadie	62	5k
John Dean	74	31:58 5k
John Vance	71	5k
Stephen Barker	76	5k

ABERFELDIE 11 MARCH 2020**80m**

John Howes	84	19.18
Levi Draper	Inv	14.75
Maggie Armstrong	57	14.50
Marlon Cummings	41	9.91
Rob Irwin	48	11.20
Stephen Barker	76	41.82 Walk
Tony Bradford	80	15.10
Helen Babic	46	11.65
Hiyanthi Piyadigama	31	10.97

1000M AG

Alfred Lendvai	65	4:42	61
Andrea Draper	42	6:25	40
Bill Risevki	54	5:13	50
Damien Collins	43	3:40	65
John Cooper	67	3:42	79
Marlon Cummings	41	3:43	62
Matt Goodyer	42	4:46	49
Michael Orelli	75	6:26	50
Rick Stambulic	52	3:41	70
Rob Irwin	48	3:33	70
Stephen Barker	76	5:26	61

ABERFELDIE 11 MARCH 2020 cont.**400m**

Levi Draper	Inv	85.03
Maggie Armstrong	57	87.00
Marlon Cummings	41	63.60
Rick Stambulic	52	77.72
Rob Irwin	48	69.03
Stephen Barker	76	3:36.16 Walk

2/4k

2k unless stated

Alfred Lendvai	65	13:06
Andrea Draper	42	13:30
Cheryl Beveridge	54	11:39
Doug Stokes	67	22:08
Marlon Cummings	41	11:39
Matt Goodyer	42	24:00 4k
Michael Orelli	75	14:58
Peter Black	54	22:09 4k
Rick Stambulic	52	8:24
Trevor Hawksworth	73	12:30

ABERFELDIE 18 MARCH 2020**Heritage Round****100yds**

John Cooper	67	15.47
John Papworth	51	12.81
Levi Draper	Inv	46.62
Marlon Cummings	41	12.20
Michael Orelli	75	28.66

1 mile

David Jones	68	7:59
John Papworth	51	5:47
Levi Draper	Inv	6:46
Matt Goodyer	42	8:29
Michael Orelli	75	10:21
Rick Stambulic	52	6:16
Shane Draper	46	5:53
Stephen Barker	76	9:29

440yds

Alfred Lendvai	65	89.56
David Jones	68	94.63
John Cooper	67	74.78
John Papworth	51	80.26
Levi Draper	Inv	80.26
Maggie Armstrong	57	71.85
Marlon Cummings	41	63.35
Matt Goodyer	42	97.00
Rick Stambulic	52	74.75
Stephen Barker	76	3:37

3 miles

Alfred Lendvai	65	30:40
Andrea Draper	42	20:50
Bill Ristevski	54	30:12
Cheryl Beveridge	54	33:42
John Vance	71	27:10
Michael Orelli	75	20:50
Peter Black	54	21:42
Ruby Beveridge	Inv	30:17
Trevor Hawksworth	73	30:40

CASEY 2 MARCH 2020**150M**

Shaun Taylor	34	17.74
Jeet Singh	62	22.82
Paul Olsson	63	23.21
Mike Hall	81	25.96
Hsien Chiam	48	27.96
Noel Fairburn	59	32.46

X/C or Road X 2

Hsien Chiam	48	25.34	road x 2
Gary Meyer	65	32.17	X/C x 2
Tony DiLorenzo	56	32.18	X/C x 2
Ian Savage	68	35.49	X/C x 2
Frances Halton	58	38.34	X/C x 2

60M

Shaa Weera	37	8.08
Jeet Singh	62	8.95
Paul Olsson	63	9.51
Magda Maniak	37	9.84
Noel Fairburn	59	10.77
Hsien Chiam	48	11.12
Albin Hess	60	11.85
Arlene D'Monte	61	13.02

Triple/Long Jump

Paul Olsson	63	7.77	triple
Shaa Weera	37	4.75	long
Magda Maniak	37	3.58	long

CASEY 9 MARCH 2020**Road X 2 Run/Walk**

Gary Meyer	65	22.23	
Lindsay Beaton	70	35.43	walk

120M

Jeet Singh	62	17.97
Kuldeep Singh	35	18.66
Noel Fairburn	59	21.87
Mike Hall	81	22.32

1200m Run/Walk

Kuldeep Singh	35	6.04	
Gary Meyer	65	7.01	
Lindsay Beaton	70	11.35	walk

Shot Put

Rick Ferrier	54	9.98
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CASEY 16 MARCH 2020**100m**

Shaun Taylor	34	11.93
Kuldeep Singh	36	12.98
Adrien Flynn	36	13.24
Jeet Singh	62	13.71
Arman	inv	19.67

1 or 2 Laps Road

Dave Talbot	65	12.28	x1
Marnie Grace	45	21.05	x2 walk
Ian Savage	68	22.19	x2
Frances Halton	58	24.15	x2
Lindsay Beaton	70	35.44	x2 walk

200m

Shaun Taylor	34	25.98
Kuldeep Singh	36	26.48
Adrien Flynn	36	27.63
Jeet Singh	62	28.61
Mike Hall	81	36.34
Dave Talbot	65	38.39
Arman	inv	43.15



COBURG 5 MARCH 2020**100m**

Isabelle RAINES	17	14.15
Andrew CLOSE	30	15.03
Bruce GIBBS	71	21.60
Ken CARTER	67	56.24

1500m

Carl KENNEDY	54	5.29
Ben PEARMAN	36	5.43
Michael MEANEY	64	7.11
Fiona ELY	50	7.25
Brian DELANEY	66	7.45
Maria BARBETTI	54	7.47
Fraser MURRAY	48	8.14
Yolanda SHAW	67	9.09
Tracy COLBERT (W)	50	9.34
Ken CARTER	67	16.02

400m

Paul O'NEILL	54	1.04
Isabelle RAINES	17	1.07
Fraser MURRAY	48	1.09
Yolanda SHAW	67	1.57
Bruce GIBBS	71	2.09
Rob DAVEY	80	3.30
Ken CARTER	67	4.24

3km

Carl KENNEDY	54	12.03
Fraser MURRAY	48	14.45
Michael MEANEY	64	14.55
Maria BARBETTI	54	16.52
Tracy COLBERT (W)	50	20.40
Ken CARTER	67	34.57

5km

Ben PEARMAN	36	19.43
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COBURG 12 MARCH 2020**90m**

Paul O'NEILL	54	13.22
Andrew CLOSE	30	13.42
Dan FITTON	49	14.85
Bruce GIBBS	71	19.88
Michelle SPORTON	54	21.93
Ken CARTER	67	50.75

1000m

Ben PEARMAN	36	3.26
Fraser MURRAY	48	3.28
Carl KENNEDY	54	3.53
Dan FITTON	49	4.11
Michael MEANEY	64	4.14
Maria BARBETTI	54	4.46
Fiona ELY	50	4.47
Len HALLETT	70	5.09
Christine THORNE	67	5.22
Yolanda SHAW	67	6.02
Tracy COLBERT (W)	50	6.59
Ken CARTER	67	10.41

COBURG 12 MARCH 2020 cont.**200m**

Andrew CLOSE	30	32.00
Dan FITTON	49	36.79
Michelle SPORTON	54	59.45
Ken CARTER	67	2.08.9

2km

Carl KENNEDY	54	7.55
Sierra		9.06
Michael MEANEY	64	9.58
Fiona ELY	50	10.14
Tracy COLBERT (W)	50	14.59
Ken CARTER	67	24.02

4km

Ben PEARMAN	36	17.34
Dan FITTON	49	19.17
Fraser MURRAY	48	19.29
Maria BARBETTI	54	21.46
Len HALLETT	70	24.00

COBURG 19 MARCH 2020**110m****Heat: 1**

Bruce GIBBS	71	21.25
Frank BRADLEY	64	21.65
Ken CARTER	67	1.01.2

Heat: 2

Ethan O'NEILL	19	14.24
Ben PEARMAN	36	15.18
Jabez TOBGUI	16	15.50

1200m

Frank BRADLEY	64	7.54
Bruce GIBBS	71	9.59
Rob DAVEY (W)	80	10.42

1600m

Fraser MURRAY	48	6.06
Ben PEARMAN	36	6.33
Michael MEANEY	64	7.32
Fiona ELY	50	7.52
Maria BARBETTI	54	8.48
Yolanda SHAW	67	9.45
Ken CARTER	67	17.50

300m

Paul O'NEILL	54	45.27
Jabez TOBGUI	16	46.26
Ken CARTER	67	2.59.0

2.4km

Ken CARTER	67	28.22
Michael MEANEY	64	11.49
Fiona ELY	50	12.11

4km

Ben PEARMAN	36	18.47
Fraser MURRAY	48	19.55
Maria BARBETTI	54	22.54

CROYDON 3 MARCH 2020

1600 METRE WALK

1 Grant MURFETT	52	9.28
2 Alison THOMPSON	66	10.14
3 Paul MORITZ	60	10.59
4 Phyllis GOSBELL	81	13.14
5 Aggie BYERS	41	13.20
6 Erika BEDYN	57	13.20
7 Liz WRIGLEY	64	13.32
8 Gary TURNER	66	13.32
9 AI WILLEY	80	13.57
10 Peter WILLMOTT	53	16.19
11 Kevin McLAUHLAN	76	16.32
12 Barry MURLEY	81	16.33
13 Colin WILLIAMS	70	17.14
14 Ron SMITH	70	17.15
15 Angela EDWARDS	53	17.27
16 Allan WOOD	82	17.28
Barrie WICKS (1 lap)	79	5.39

100 METRE SPRINT

Heat 1:

1 Angela EDWARDS	53	19.4
2 Ron SMITH	70	23.0
3 Allan WOOD	82	27.1

Heat 2:

1 Jess DUX	35	15.2
2 Peter WILLMOTT	53	16.3
3 Aggie BYERS	41	17.3

800 METRE RUN

1 Jack DURRANT	22	3.09
2 Paul DURRANT	58	3.21
3 Erika BEDYN	57	3.32
4 Aggie BYERS	41	3.35
5 Murray HUTCHISON	70	3.51

250 METRE SPRINT

1 Jess DUX	35	45.6
2 Peter WILLMOTT	53	46.7
3 Andrew EGGINTON	58	48.6
4 Aggie BYERS	41	50.3
5 Angela EDWARDS	53	58.2

10 LAPS MAXIMUM RUN/WALK

			Laps
1 Andrew EGGINTON (Run)	58	17.13	10
2 Jack DURRANT (Run)	22	18.34	10
3 Alison THOMPSON (Walk)	66	17.50	7
4 Paul MORITZ (Walk)	60	17.24	6
5 AI WILLEY (Walk)	80	18.06	5
6 Phyllis GOSBELL (Walk)	81	18.27	5

Also:

Erika BEDYN (Run)	57	10.51	5
Paul DURRANT (Run)	58	11.02	5
Kevin McLAUHLAN (Walk)	76	15.55	4

JAVELIN THROW

Jack DURRANT	22	25.96
Paul DURRANT	58	24.38
Grant MURFETT	52	19.73
Peter WILLMOTT	53	18.68
Angela EDWARDS	53	18.60
Jess DUX	35	17.84
Allan WOOD	82	17.28
Aggie BYERS	41	13.84
Erika BEDYN	57	12.20

CROYDON 10 MARCH 2020

1000 METRE WALK

1 Paul VAN KOPPLEN	52	4.43
2 Alison THOMPSON	66	5.47
3 Grant MURFETT	52	5.48
4 Paul MORITZ	60	6.28
5 Aggie BYERS	41	7.13
6 Lyn BATCHELOR	71	7.31
7 Phyllis GOSBELL	81	8.03
8 Liz WRIGLEY	64	8.06
9 Gary TURNER	66	8.07
10 Colin WILLIAMS	70	8.07
11 AI WILLEY	80	8.54
12 Barry MURLEY	81	9.20
13 Kevin McLAUHLAN	76	9.55
14 Allan WOOD	82	11.17
15 Erika BEDYN	57	11.22
16 Russell DICKENSON	74	11.23
17 Andrew EGGINTON	58	11.26
18 Barrie WICKS	79	13.05

70 METRE SPRINT

1 Jess DUX	35	10.2
2 Grant MURFETT	52	10.7
3 Peter WILLMOTT	53	11.8
4 Aggie BYERS	41	12.6
5 Russell OAKLEY	80	12.6
6 Allan WOOD	82	15.4

1000 METRE RUN

1 Jack DURRANT	23	4.06
2 Peter WILLMOTT	53	4.15
3 Erika BEDYN	57	4.41

500 METRE RUN

1 Andrew EGGINTON	58	1.36
2 Grant MURFETT	52	1.36
3 Jess DUX	35	1.39
4 Paul DURRANT	58	1.45
5 Peter WILLMOTT	53	2.00
6 Aggie BYERS	41	2.07
7 Colin PAGE	66	2.11

MY FRIENDS GET MAD WHEN I
STEAL THEIR KITCHEN
UTENSILS



BUT IT'S A WHISK I'M WILLING
TO TAKE

HERBERT-AGNES

You should be on FUNsubstance.com

CROYDON 17 MARCH 2020

1500 METRE WALK

1	Ryder DUX	Inv	2.55	300m
2	Alison THOMPSON	67	9.16	
3	Paul MORITZ	60	10.26	
4	Peter WILLMOTT	53	11.06	
5	Murray HUTCHINSON	70	11.11	
6	Debbie VOOGT	54	11.38	
7	Aggie BYERS	41	12.20	
8	Lyn BATCHELOR	71	10.01	
9	AI WILLEY	81	13.35	
10	Barrie WICKS	79	14.25	1100m
11	Jess DUX	35	14.29	
12	Andrew EGGINTON	58	14.31	
13	Kevin McLAUGHLIN	76	14.45	
14	Colin WILLIAMS	70	15.04	
15	Andrew FRASER	78	15.11	
16	Ron SMITH	71	16.01	

120 METRES

Heat 1

1	Chloe DUX	Inv	23.33
2	Ryder DUX	Inv	25.92
3	Andrew FRASER	78	26.82
4	Allan WOOD	82	27.26
5	Ron SMITH	71	27.88

Heat 2

1	Jess DUX	35	16.99
2	Grant MURFETT	52	17.48
3	Peter WILLMOTT	53	18.45
4	Aggie BYERS	41	19.64

4 LAPS in 10 MINS NOSP

1	Jack DURRANT	Inv	10:12.09
2	Andrew EGGINTON	58	11:30.32

150 METRES

1	Grant MURFETT	52	21.09
2	Jess DUX	35	21.95
3	Peter WILLMOTT	53	23.45
4	Aggie BYERS	41	26.29
5	Ryder DUX	Inv	37.57
6	Allan WOOD	82	41.08
7	Andrew EGGINTON	58	42.59

3.5K RUN / 1.3K WALK

1	Ryder DUX	Inv	6.44	2 laps	R/W
2	Debbie VOOGD	54	7.44	1K	W
3	Kevin McLAUGHLIN	76	9.05	1K	W
4	Jack DURRANT	Inv	9.49	2.2K	R
5	Paul DURRANT	58	11.48	2.2K	R
6	Colin PAGE	66	13.08	3K	R
7	Aggie BYERS	41	16.39	3K	R
8	Murray Hutchinson	70	18.01	3K	R
9	Alison THOMPSON	67	19.57	3K	W
10	Taylah DUX	Inv	27.03	3K	W
11	AI WILLEY	81	27.44	3K	W

DISCUS THROW

Paul DURRANT	58	25.72
Chloe DUX	7	6.70
Ryder DUX	5	7.50
Jack DURRANT	23	23.87
Debbie VOOGD	54	14.69
Peter WILLMOTT	53	20.20
Aggie BYERS	41	14.45
Jess DUX	35	16.32

DONCASTER 2 MARCH 2020

1200 metres walk/run

Jason Merrett	(47)	04:37.2	
Katrina Philip	(58)	05:33.5	
Frank Prowse	(68)	07:31.9	(Walk)
David Armstrong	(64)	07:48.9	(Walk)

100 metres heat 1

Barry Dorr	(81)	19.22
Tom Leong	(78)	19.23
Carolyn Aughey	(77)	23.46

100 metres heat 2

Matt Scholes	(50)	14.24
David McConnell	(67)	14.66
Greg Champion	(65)	15.38
Andrew Close	(30)	15.59
Graham Ford	(70)	15.60

200 metres - estimated time

Matt Scholes	(50)	29.80	(29.5) (winner)
David McConnell	(67)	31.04	(30.7)
Jason Merrett	(47)	33.90	(33.5)
Barry Dorr	(81)	45.58	(45.0)
Carolyn Aughey	(77)	49.82	(49.4)

600 metres NOST

Katrina Philip	(-0.27)	03:00.49	02:33.49
David Armstrong	(-0.30)	03:01.61	02:31.61
Tom Leong	(-0.06)	03:01.62	02:55.62
Matt Scholes	(-1.15)	03:03.51	01:48.51
Jason Merrett	(-1.00)	03:04.52	02:04.52
Graham Ford	(-0.45)	03:09.27	02:24.27
David McConnell	(-1.00)	03:35.53	02:35.53

2000 metres

Jason Merrett	(47)	08:48.6
Katrina Philip	(58)	10:01.6
Frank Prowse	(68)	12:32.0 (walk)
David Armstrong	(64)	13:20.4 (walk)
Shaun Wright	(50)	07:10.8 (800 walk)



DONCASTER 9 MARCH 2020

300 metres hurdles

David McConnell	(67)	53.55	
Graham Ford	(70)	58.32	(New Record)
Will McCombie	(60)	58.40	

Doncaster 800 metres (handicap)

Graham Walter	(-2.10)	05:44.	5
		03:43.50	(DQ)
Ian McCormack	(-3.00)	05:56.4	02:56.40
Frank Prowse	(-0.30)	05:58.5	05:28.50
Jeffrey Sim	(-2.15)	05:59.6	03:44.60
David Armstrong	(-2.30)	06:00.8	03:30.80
Darryl Kilmartin	(-3.00)	06:06.0	03:05.95
Laura McLennan	(-2.46)	06:08.5	03:22.45

60 metres

Darryl Kilmartin	(53)	9.34
Greg Champion	(65)	9.56
Jeffrey Sim	(57)	9.88
Laura McLennan	(43)	10.36
Graham Walter	(61)	10.44

100 metres

Darryl Kilmartin	(53)	15.24
Greg Champion	(65)	15.46
Graham Walter	(61)	16.78
Laura McLennan	(43)	17.30
David McConnell	(67)	21.68
Carolyn Aughey	(77)	25.38

400 metres

Jeffrey Sim	(57)	01:45.0
John Aughey	(82)	01:45.0
Carolyn Aughey	(77)	02:00.5

3000 metres

Frank Prowse	(68)	11:46.9	(2 km walk)
Laura McLennan	(43)	12:42.5	(2 km walk)
David Armstrong	(64)	12:44.8	(2 km walk)
Ian McCormack	(61)	14:32.4	
Graham Walter	(61)	15:17.8	

DONCASTER 16 MARCH 2020

1000 metres

Jason Merrett	(47)	03:39.6
Matt Scholes	(61)	04:01.5
Katrina Philip	(58)	04:22.8
Lavinia Petrie	(76)	04:30.8 (New Record)
Jeffrey Sim	(57)	02:42.0 (600 metres)

100 metres

Darryl Kilmartin	(53)	14.98
Andrew Close	(30)	15.48
Graham Ford	(70)	15.54
Greg Champion	(65)	15.65
Jeffrey Sim	(57)	16.53
Emily Scholes	(13)	17.44
Tom Leong	(78)	18.32
Roberto Chavez	(41)	18.42

200 metres

Darryl Kilmartin	(53)	31.84
Roberto Chavez	(41)	35.44
Jason Merrett	(47)	35.45
Jeffrey Sim	(57)	35.84
Emily Scholes	(13)	37.54

400 metres (estimated time)

Jason Merrett	(47)	75.4	72
Roberto Chavez	(41)	78.6	
Darryl Kilmartin	(53)	79.8	75
Emily Scholes	(13)	89.0	80
Katrina Philip	(58)	92.8	95 (winner)

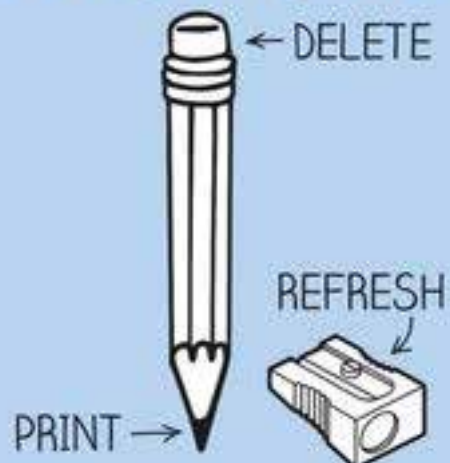
1500 metres

Jason Merrett	(47)	06:38.6
Lavinia Petrie	(76)	06:57.6 (Aust Record)
Katrina Philip	(58)	07:09.0
Roberto Chavez	(41)	07:58.2
Tom Leong	(78)	08:43.9
Frank Prowse	(68)	08:51.0 (walk)



YES, I DID HAVE MY MAMMOGRAM TODAY... WHY DO YOU ASK?

WHEN I WAS A KID, THIS WAS MY COMPUTER:



DAN BACKLAND FOR GRUNBY OLD GITS TO LITTLE CHURCH HOUSE LTD MMSX

EAST BURWOOD 5 MARCH 2020**60 METRE SPRINT**

1	Jess DUX	35	8.5
2	Paul DURRANT	58	9.0
3	Chris ROBINSON	61	9.5
4	Aggie BYERS	41	9.9
5	Donna CLARKE	66	10.6
6	Christopher WORSNOP	62	11.0
7	Norm RICHARD	82	11.4

800 METRE RUN N.O.T.

		Clock	Nom.	
1	Perry BIRKETT	57	2.51	2.50
2	Jack DURRANT	23	3.26	3.30
3	Christopher WORSNOP **	62	3.31	3.30
4	Aggie BYERS	41	3.37	3.29

** Winner - Christopher Worsnop

1200 METRE WALK

1	Christopher WORSNOP	62	8.21
2	Donna CLARKE	66	9.18
3	Leonie GILLIES	62	9.18
4	Brian TAIT	78	9.47
5	Phyllis GOSBELL	81	10.09
6	Gerald BURKE	80	11.20
7	Gordon ONLEY	85	11.57
8	Peter BATTRICK	76	13.15

200 METRE SPRINT**MANAGER'S PENTATHLON****Heat 1:**

			Age %	
1	Jess DUX	35	27.27	78.25
2	Paul DURRANT	58	30.83	76.81
3	Norm RICHARD	82	35.78	88.71
4	Aggie BYERS	41	38.32	59.73
5	Allan WOOD	82	42.98	73.85

Heat 2:

1	Chris ROBINSON	61	34.18	83.62
2	Donna CLARKE	66	36.26	82.74
3	Christopher WORSNOP	62	38.92	62.46
4	Andrew FRASER	78	49.61	59.16
5	Brian TAIT	78	50.75	57.83

2, 4 OR 6 KM RUN**2 km:**

1	Perry BIRKETT	57	8.05
2	Jack DURRANT	23	9.23
3	Janet HOLMES	66	10.00
4	Chris ROBINSON	61	11.51
5	Leonie GILLIES	62	12.50

4 km:

1	Stephen DAY	49	18.30
2	Geoff WHEELER	63	20.08
3	Sam DEFANIS	71	21.35

6 km:

1	Christopher WORSNOP	62	34.30
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110 METRE SPRINT

1	Aggie BYERS	41	18.9
2	Donna CLARKE	66	19.2
3	Allan WOOD	82	33.0
4	Gerald BURKE	80	33.5

JAVELIN THROW**MANAGER'S PENTATHLON**

			Age %	
	Paul DURRANT	58	24.14	36.64
	Jess DUX	35	21.35	29.25
	Bernie McLOUGHLIN	67	16.66	29.24
	Allan WOOD	82	16.27	37.21
	Aggie BYERS	41	14.69	22.57
	Chris ROBINSON	61	14.33	35.03
	Andrew FRASER	78	12.01	26.95
	Brian TAIT	78	11.54	25.90
	Donna CLARKE	66	11.14	30.58
	Jack FREDRICKSON	81	9.38	20.50

EAST BURWOOD 12 MARCH 2020**60 METRE SPRINT**

1	Jess DUX	35	8.2
2	Chris ROBINSON	61	8.8
3	Aggie BYERS	41	9.2
4	Donna CLARKE	66	9.8
5	Christopher WORSNOP	62	10.7
6	Shirley COPPOCK	83	12.2
7	Horacio DIAZ	74	15.3

ONE MILE RUN N.O.T.

		Clock	Nom.	
1	Perry BIRKETT	57	6.22	6.00
2	Christopher WORSNOP **	62	7.55	7.40
3	Jack DURRANT	23	8.19	

** Winner - Christopher Worsnop

1 KM WALK N.O.T.

		Clock	Nom.	
1	Christopher WORSNOP	62	6.58	6.45
2	Donna CLARKE	66	8.02	7.55
3	Brian TAIT	78	8.11	8.03
4	Gordon ONLEY	85	9.51	9.45
5	Peter BATTRICK **	76	10.00	10.00

** Winner - Peter Battrick

100 METRE SPRINT HANDICAP**GWEN DAVIDSON MEMORIAL FINAL**

			H'cap	Mtrs
1	Brian TAIT	78	12.2	45
2	Donna CLARKE	66	12.5	24
3	Jess DUX	35	12.6	Minus 2
4	Shirley COPPOCK	83	13.0	40
5	Chris ROBINSON	61	13.2	18
6	Aggie BYERS	41	13.4	19
7	Stephen DAY	49	13.6	9
8	Andrew FRASER	78	17.6	28

2 KM RUN**TERRIFIC 2 KM TETRA****Heat 4**

		Clock	Actual	
1	Stephen DAY	49	9.40	7.30
2	Christopher WORSNOP	62	9.57	9.22
3	Sam DEFANIS	71	10.00	9.55
4	Geoff WHEELER	62	10.18	10.03
5	Paul DURRANT	58	10.20	10.15

SHOT PUT HANDICAP

			Best	Adjusted
1	Jess DUX	35	8.27	10.67
2	Louise McLEAN	54	7.00	10.20
3	Paul DURRANT	58	8.89	10.14
4	Brian TAIT	78	5.18	10.13
5	Chris ROBINSON	61	6.18	10.08
6	Allan WOOD	82	6.50	10.05
7	Aggie BYERS	41	5.80	10.05
8	Donna CLARKE	66	5.54	9.79
9	Jack FREDRICKSON	81	4.60	9.45

EAST BURWOOD 19 MARCH 2020**60 METRE SPRINT**

1	Rob ITALIA	54	9.1
2	Aggie BYERS	41	9.6
3	Donna CLARKE	66	10.4
4	Christopher WORSNOP	62	11.4
5	Andrew FRASER	78	12.3
6	Allan WOOD	82	12.9
7	Shirley COPPOCK	83	14.7

400 METRE RUN N.O.T.

		Clock	Nom.
1	Rob ITALIA	54	64.9
2	Aggie BYERS **	41	89.4
3	Christopher WORSNOP	61	96.1
4	Allan WOOD	82	129.9

** Winner - Aggie Byers

800 METRE HANDICAP WALK

		Clock	Actual
1	Kylie IRSHAD	48	7.44
2	Christopher WORSNOP	62	7.45
3	Donna CLARKE	66	7.45
4	Shirley COPPOCK	83	7.50
5	Brian TAIT	78	7.59
6	Peter BATTRICK	76	8.01
7	Phyllis GOSBELL	81	8.10
8	Gerald BURKE	80	8.11
9	Gordon ONLEY	85	8.36

300 METRE RUN N.O.T.

		Clock	Nom.
1	Rob ITALIA	54	51.5
2	Christopher WORSNOP	62	63.0
3	Aggie BYERS	41	64.0
4	Andrew FRASER **	78	76.4
5	Allan WOOD	82	85.7

** Winner - Andrew Fraser

100 METRE SPRINT

1	Aggie BYERS	41	15.9
2	Donna CLARKE	66	17.1
3	Andrew FRASER	78	20.6
4	Shirley COPPOCK	83	23.8
5	Brian TAIT	78	24.8

MANAGER'S PENTATHLON 2020

		Age Graded Total
1	Paul DURRANT	58
2	Allan WOOD	82
3	Chris ROBINSON	61
4	Donna CLARKE	66
5	Jess DUX	35
6	Andrew FRASER	78
7	Aggie BYERS	41
8	Brian TAIT	78

3 KM SPIRAL HANDICAP

		Clock	Actual
1	Kylie IRSHAD	48	17.10
2	Paul DURRANT	58	18.22
3	Stephen DAY	49	18.38
4	Christopher WORSNOP	62	19.07
5	Sam DEFANIS	71	19.08

DISCUS HANDICAP

		Best	Adjusted
1	Jack DURRANT	23	23.66
2	Donna CLARKE	66	13.35
3	Allan WOOD	82	13.07
4	Brian TAIT	78	12.20
5	Aggie BYERS	41	15.65
6	Chris ROBINSON	61	15.14
7	Andrew FRASER	78	15.80
8	Jack FREDRICKSON	81	10.31
9	Paul DURRANT	58	25.98

FRANKSTON 5 MARCH 2020**60m Age Graded**

			A/G %
1	Mike Hall	81	10.27
2	Russ Dow	60	9.09
3	Pramesh Prasad	45	8.97
4	Greg Lovejoy	77	11.27

200m Handicap

			H'cap mtrs
1	Pramesh Prasad	45	32.97
2	Mike Hall	81	34.63

500m Walk

1	Heather Carr	70	2.51
2	Greg Lovejoy	77	3.37
3	John Hallo	77	3.57
4	John Sutton	76	3.58
5	Stan Proctor	70	4.00

500m

1	Chris Sheedy	51	1.28
2	Pramesh Prasad	45	1.32
3	Russ Dow	60	1.40
4	Dave Sutherland	65	1.49
5	Barry Jeffs	71	2.00
6	Claudio Riga	64	2.18
7	Gary Meyer	65	2.23
8	Bill Carr	70	2.54

1600m

1	Chris Sheedy	51	6.51
2	Dave Sutherland	65	6.59
3	David Dodson	61	9.13

3000m Walk

1	Heather Carr	70	18.32
2	John Sutton	76	25.06
3	Stan Proctor	70	25.22
DNF	John Hallo (5.5 laps)	77	18.42

3000m

1	Pramesh Prasad	45	11.45
2	Russ Dow	60	11.47
3	Claudio Riga	64	14.37
4	Barry Jeffs	71	14.45
5	Gary Meyer	65	15.55
6	Greg Lovejoy	77	16.16
7	Caitlin O'Connell	45	18.30
8	Fran Halton	58	20.07

FRANKSTON 12 MARCH 2020**200m**

1	Pramesh Prasad	45	34.22
2	Chris Sheedy	51	36.50
3	Mike Hall	81	37.80

800m Walk - Age graded (approx age grade only)

				A/G %
1	Heather Carr	70	4.36	90.89%
2	Barry Jeffs	71	5.03	77.81%
3	Greg Lovejoy	77	6.04	70.11%
4	John Sutton	76	6.20	66.22%
5	John Hallo	77	6.41	63.64%

800m - Age graded

				A/G %
1	Russ Dow	60	2.48	75.15%
2	Chris Sheedy	51	2.37	74.69%
3	Pramesh Prasad	45	2.35	71.83%
4	Dave Sutherland	65	3.12	68.35%
5	Charlie Mallia	71	3.39	64.21%
6	Craig Burns	56	3.12	53.16%
7	Gary Meyer	65	4.22	50.09%
8	Frances Halton	58	4.55	47.98%

1000m Walk

1	Lyn Pimm	59	7.30
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1200m

1	David Dodson	61	8.22
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3km Walk

			Clock
1	Heather Carr	70	18.44
2	Barry Jeffs	71	20.39
3	Greg Lovejoy	77	24.11
4	John Sutton	76	25.11
5	John Hallo	77	25.18

3km

			Clock
1	Pramesh Prasad	45	11.48
2	Russ Dow	60	11.49
3	Dave Sutherland	66	14.35
4	Charlie Mallia	71	16.50
5	Gary Meyer	65	17.07
6	Craig Burns	56	17.20
7	Caitlin O'Connell	45	18.25
7	Chris Sheedy	51	18.25
9	Frances Halton	58	20.02

FRANKSTON 19 MARCH 2020**150m**

1	Pramesh Prasad	45	21.34
2	Russ Dow	60	22.24
3	Mike Hall	81	25.10
4	Chris Sheedy	51	25.38

Relay**Lap of the park / 1 mile track relay - ET**

			Clock	ET
1	David Dodson	61	21.12	21.00
	Pramesh Prasad	45		
	Chris Sheedy	51		
2	Russ Dow	60	18.30	17.00
	Dave Sutherland	65		
	Claudio Riga	64		

Relay - Walk**Lap of the park / 1 mile track relay - ET**

			Clock	ET
1	John Sutton	76	22.50	32.00
	Lindsay Beaton	70		
2	Stan Proctor	70	20.01	30.00
	Heather Carr	70		

5 lap spiral Walk

1	Heather Carr	70	14.25
2	Stan Proctor	70	17.40
3	John Sutton	76	18.13
4	Lyn Pimm	59	19.03
5	Lindsay Beaton	70	20.34

5 lap spiral

1	Pramesh Prasad	45	8.00
2	Russ Dow	60	8.31
3	Dave Sutherland	65	9.41
4	Claudio Riga	64	10.13
5	David Dodson	61	13.11
5	Chris Sheedy	51	13.11

For Heaven's Sake
Will Someone Tell Her
It's A Mushroom



GEELONG 5 MARCH 2020

3km Cross Country

Alan Jenkins	14:48
Erik Bumbers	14:55
Kath Oliver	15:54
John Moore	18:33
Jill Coyte (W)	19:14

5km Cross Country

Tony McRae	19:34
Charlie El Hage	20:31
Dave Elward	20:49
Louis Rowan	20:59
Steve Welsh	23:26
Jeff Walker	23:39
Loe Pye	23:55
Gerry Fitzpatrick	24:53
Denis Valenta	25:08
Wayne Hunt	26:07
Daryl Hurst	26:18
Frank Engelsman	26:24
Greg McKillop	27:23
Lara Kasuke	30:59
Fred Barnett	34:00
Fiona Fitzpatrick	38:57

GEELONG 12 MARCH 2020

300m

John Moore	53.70
Fred Barnett	01:32
Georgie Foran	01:53

2000m

Charlie El Hage	07:38
Dave Elward	07:53
Andy Bruschi	07:57
Paul Woolfson	08:01
Bailey Foran	10:41
Gerry Fitzpatrick	11:11
Lara Kasubke	11:18
Fred Barnett	12:59

4000m

Tony McRae	15:38
Jeff Walker	19:07
Denis Valenta	19:31
Erik Bumbers	20:05
Alan Jenkins	20:45
Frank Engelsman	20:53
Wayne Hunt	21:10
Grant Baensch	22:10

400m

Fred Barnett	02:20
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3x400m Relay

J Moore	
D Valenta	
P Woolfson	04:15
E Bumbers	
A Bruschi	
F Englesman	04:26

GEELONG 19 MARCH 2020

3km Cross Country

Daryl Burns	09:50
Alan Jenkins	15:06
Kath Oliver	15:46
Jill Coyte (W)	18:35
John Moore	18:41
Dale Jennings	24:13

6km Cross Country

Grant Muir	19:28
Tony McRae	23:34
Ashley Rayson	23:58
Charlie El Hage	24:26
Christian Davis	25:31
Nick O'Brien	25:31
Zdenko Coric	26:51
Sean Marshman	28:29
Ella Rayson	28:48
Leo Pye	28:50
Steve Welsh	29:01
Jeff Walker	29:28
Wayne Hunt	31:14
Jacob Sesar	31:23
Daryl Hurst	32:15
Daniel Brooks	32:27
Frank Engelsman	33:26
Grant Baensch	24:28



GLEN EIRA 3 MARCH 2020

60m E/T		Clock	Est	Diff	%
JIM ROUNTREE	60	9.76	9.8	0.04	79.2
CHRIS BROWN	64	9.51	9.6	0.09	83.5
JIM McLURE	74	9.95	10.1	0.15	85.33
JUNE TREWEEK	58	9.92	9.8	0.17	87.3
DAVID SHORT	43	8.40	8.60	0.20	81.79
KURT GOLONKA	50	8.26	8.60	0.34	87.41
MICHELLE EDMONDS	45	10.70	10.35	0.35	70.93
VIVIENNE CASH	68	10.51	10.1	0.41	90.29
IVAN DODIN	59	8.09	8.60	0.51	94.93
SUSAN SHORT	46	9.43	10.00	0.57	81.34
TODD GARRETT	54	8.58	8.00	0.58	86.6
BOB WISHART	78	8.99	9.60	0.61	98.0
GLAD WISHART	76	12.11	11.45	0.66	86.13
JO WHITTLE	48	10.14	11.10	0.96	77.22
ROZ WALKER	56	11.38	13.00	1.62	74.69

800m H/C (Points)		Clock	H/CH/C time	%
JO WHITTLE	48	3.17.6	4 3.13.6	64.5
JANET HOLMES	66	3.22.1	GO 3.22.1	81.3
DAVID SHORT	43	3.24.1	44 2.40.1	68.3
GREG HUGHES	61	3.25.4	14 3.11.4	66.5
OSCAR LORENTZEN	8	3.26.5	30 2.56.5	79.4
TODD GARRETT	54	3.27.1	44 2.43.1	73.7
MIKE CLAPPER	67	3.30.1	36 2.54.1	77.0
RUSS JENKINS	58	3.30.1	59 2.31.1	82.22
SUSAN SHORT	46	3.30.3	21 3.09.3	64.9

200m H/C (Sealed) (points)

		Clock	NOM H/C	DIFF	%
VIVIENNE CASH	68	34.92	10	44.92	87.5
SUSAN SHORT	46	34.40	11	45.40	70.67
KURT GOLONKA	50	26.46	19	45.46	84.7
MICHELLE EDMONDS	45	38.80	7	45.80	62.0
IVAN DODIN	59	26.86	19	45.86	88.8
JIM McLURE	74	35.08	11	46.08	78.3
TODD GARRETT	54	29.80	16.3	46.10	77.32
JIM ROUNTREE	60	33.28	13	46.28	72.12
BOB WISHART	78	31.03	15.5	46.53	94.59
JUNE TREWEEK	58	34.72	12	46.72	79.81
MIKE CLAPPER	67	34.77	14.5	49.27	72.45
ROZ WALKER	56	38.81			70.0

SANDRA MIDDLETON 3K H/C (points)

		Clock	H/CH/C time	%
JO WHITTLE	48	30.49	11.37 19.12	66.8
JIM BERRINGTON	63	30.50	12.00 18.50	72.2
DES MIDDLETON	73	30.51	10.10 20.41	73.9
KARYN O'NEILL	65	30.56	10.26 20.30	74.3
CYNTHIA ELLERY	70	30.59	7.00 23.59	67.8
TONY DORAN	67	31.01	2.12 28.49	49.3
ROB JAMIESON	70	31.02	2.12 28.50	51.0
JIM ROUNTREE	60	31.40	10.14 21.26	61.5
SANDRA MIDDLETON	71	31.48	9.27 22.21	73.8
JUNE TREWEEK	58	32.31	8.39 23.52	58.9
MICHAEL HEFFERNAN	85	34.28	1.37 32.51	55.7
JOHN ZELEZNIKOW	69	34.28	1.37 32.51	44.3

GLEN EIRA 3 MARCH 2020 cont.

RAY KEMP 3K H/C		Clock	H/CH/C time	%
RUSS JENKINS	58	14.57	-4.00 10.57	81.8
ROZ WALKER	56	15.15	GO 15.15	69.6
GERRY O'DONNELL	65	15.21	GO 15.21	62.1
SYD BONE	62	15.32	-1.40 13.52	66.9
CHRIS GRAFEN	56	15.33	-3.00 12.33	70.2
PHIL URQUHART	75	15.35	1.50 17.25	61.8
CHRIS CAMPBELL	70	15.39	-0.40 14.59	66.9
EWEN WILSON	67	15.39	-3.10 12.29	77.81
STEVE STRELECKY	70	15.48	-1.30 14.18	70.05
CHRIS BROWN	64	15.50	-1.10 14.40	64.4
KAREN MONOHAN	53	15.50	4.00 19.50	51.3
SARAH LORENTZEN	41	15.52	-3.00 12.52	68.6
PETE BATTRICK	76	15.54	14.30 30.24	36.07
SIMON LLOYD	64	15.56	-3.30 12.26	76.0
ANNETTE PELGRIM	65	15.57	0.30 16.27	73.7
JO COCKWILL	67	15.59	1.00 16.59	73.7
MICHELLE EDMONDS	45	16.06	2.00 18.06	50.9
SARAH JOHNSON	36	16.13	1.00 17.13	49.5
JANINE McKERRON	59	16.18	-0.40 15.38	69.8
TERRY O'NEILL	64	16.22	-1.40 14.42	64.3
GREG HUGHES	61	16.31	-1.20 15.11	60.6
SIMONE O'BRIEN	47	16.39	-1.30 15.09	62.3
MARG McDougall	63	17.34	2.00 19.34	60.1
MERLE WANT (1 SHORT)	59	13.53	1.00 14.53	
NICKY GRAFEN (1 SHORT)	9	14.44	GO 14.44	

GLEN EIRA 10 MARCH 2020

80m E/T		Clock	Est	Diff	
JIM ROUNTREE	61	12.78	12.8	0.02	
KURT GOLONKA	50	10.45	10.5	0.05	
JIM McLURE	74	12.98	13.05	0.07	
MIKE CLAPPER	67	12.31	12.1	0.21	
CHELSEA WHITTLE	13	13.22	13.0	0.22	
MICHELLE EDMONDS	45	14.15	14.45	0.30	
JUNE TREWEEK	58	12.26	12.6	0.34	
TODD GARRETT	54	11.63	12.0	0.37	
JO WHITTLE	48	13.62	14.25	0.63	
1200m E/T		Clock	Est	Diff	
JO WHITTLE	48	5.23.1	5.25	1.9	
JOSH WHITTLE	18	3.55.5	4.00	4.5	
GREG HUGHES	61	5.29.1	5.20	9.10	
TODD GARRETT	54	4.11.6	4.00	11.6	
BARRY JEFFS	71	5.20.4	5.40	19.6 VR	
MARG McDougall	63	7.23.2	8.00	36.8	
300m E/T		Clock	Est	Diff	%
MIKE CLAPPER	67	49.94	50.0	0.06	78.27
JIM ROUNTREE	61	50.87	51.0	0.13	72.7
JO WHITTLE	48	1.12.24	1.12	0.24	54.0
JIM McLURE	74	55.85	55.5	0.35	77.8
KURT GOLONKA	50	40.29	39.0	1.29	85.9
TODD GARRETT	54	48.69	50.0	1.31	73.0
BOB WISHART	78	50.16	51.7	1.54	92.8
MICHELLE EDMONDS	45	1.05.34	1.25	19.66	51.13
JOSH WHITTLE	18	46.97			65.4

GLEN EIRA 10 MARCH 2020 cont
WALK/RUN SPIRAL H/C (6 LAPS)

		Clock	Points	H/C	H/C TIME
GERRY O'DONNELL	65	24.10	50	11.50	12.20
ANNETTE PELGRIM	65	24.20	49	11.35	12.45
OSCAR LORENTZEN	8	24.27		12.55	11.32
TERRY O'NEILL	64	24.41	48	9.25	15.16
EWEN WILSON	67	25.01	47	15.05	9.56
PETE BATTRICK	76	25.06	46	-1.00	26.06
PHIL URQUHART	75	25.09	45	10.45	14.24
JIM ROUNTREE	61	25.14	44	7.55	17.19
SARAH LORENTZEN	41	25.18	43	14.40	10.38
CYNTHIA ELLERY	70	25.19	42	4.35	20.44
JANE STURZAKER	67	25.23	41	10.15	15.08
STEVE STRELECKY	70	25.25	40	13.35	11.50
JIM BERRINGTON	63	25.25	39	9.40	15.45
SIMONE O'BRIEN	47	25.26	38	13.20	12.06
JO WHITTLE	48	25.26	37	9.25	16.01
SANDRA MIDDLETON	71	25.36	36	7.25	18.11
DES MIDDLETON	73	25.36	35	8.05	17.31
ROB JAMIESON	70	25.37	34	0.55	24.42
JO COCKWILL	67	25.39	33	11.10	14.29
JANET HOLMES	66	25.45	32	12.30	13.15
JUNE TREWEEK	58	25.54	31	7.15	18.39
KARYN O'NEILL	65	25.55	30	8.20	17.35
CHRIS CAMPBELL	71	25.58	29	13.10	12.48
SARAH JOHNSON	36	26.04	28	11.35	14.29
PETER McGRATH	80	26.12	27	0.00	26.12
CHRIS GRAFEN	56	26.18	26	14.50	11.28
MICHAEL HEFFERNAN	85	26.24	25	1.35	24.49
GREG HUGHES	61	26.29	24	13.45	12.44
MARG McDOUGALL	63	26.45	23	10.05	16.40
MICHELLE EDMONDS	45	26.55	22	11.10	15.45
NICKY GRAFEN	8	27.11		12.55	14.16
JOHN ZELEZNIKOW	69	27.52	21	3.05	24.47
TONY DORAN	67	29.30	20	7.40	21.50

GLEN EIRA 17 MARCH 2020

4 x 100m H/C		Clock	H/C	H/C time
SOPHIE McCAFFREY	9			
OSCAR LORENTZEN	8			
EMMA McCAFFREY	10			
EMILIE LORENTZEN	10	72.1	GO	72.1
MARG McDOUGALL	63			
JO WHITTLE	48			
GEORGIE WHITTLE	19			
JOSH WHITTLE	18	75.6	8	67.6
LINDA McCAFFREY	41			
BOB WISHART	78			
CHELSEA WHITTLE	13			
TODD GARRETT	54	77.9	17	60.9
GLAD WISHART	76			
JIM ROUNTREE	61			
JIM McLURE	74			
MIKE CLAPPER	67	78.5	12	66.5
JUNE TREWEEK	58			
JO COCKWILL	67			
SARAH LORENTZEN	41			
KURT GOLONKA	50	84.4	13	71.4

GLEN EIRA 17 MARCH 2020 cont.

600m E/T		Clock	Est	Diff	%
CHRIS BROWN	64	2.20.9	2.21	0.1	65.1
JO WHITTLE	48	2.18.5	2.18	0.5	66.3
DENIS CROKER	60	2.01.1	2.00	1.1	73.7
RUSS JENKINS	58	1.52.6	1.55	2.4	78.1
GREG HUGHES	61	2.22.6	2.20	2.6	62.99
BARRY JEFFS	71	2.15.4	2.20	4.6	74.1
TODD GARRETT	54	1.53.9	1.51	2.9	75.0
MICHELLE EDMONDS	45	2.41.7	2.31	10.7	55.3
HEATHER CARR	70	2.44	2.55	11.0	75.24
JOSH WHITTLE	18	1.46.1	1.30	16.1	69.7
OSCAR LORENTZEN	8	2.13.1	1.29	44.1	74.7
400m H/C (Trophy)		Clock	H/C	H/C time	%
SOPHIE McCAFFREY	9	1.55.4	26.0	89.4	69.27
KURT GOLONKA	50	1.58.4	60.0	58.4	84.8
MIKE CLAPPER	67	1.59.3	49.0	70.3	80.1
JIM McLURE	74	1.59.6	38.0	81.6	78.1
DENIS CROKE	60	2.00.3	46.0	74.3	71.2
MARG McDOUGALL	63	2.00.5	GO	120.5	54.3
JIM ROUNTREE	61	2.02	49.0	73.0	72.9
TODD GARRETT	54	2.05.6	55.0	70.6	72.0
CHELSEA WHITTLE	13	2.06.1	46.0	80.1	67.3
JO WHITTLE	48	2.08.6	38.0	90.6	62.9
RUSS JENKINS	58	2.08.9	55.0	73.9	70.6
BOB WISHART	78	2.11	46.0	85.0	80.6
MICHELLE EDMONDS	45	2.12.3	28.0	104.3	53.1
JOSH WHITTLE	18	2.12.5	64.0	68.5	64.4
2k WALK E/T		Clock	Est	Diff	
CYNTHIA ELLERY	70	16.37	16.39	-2	
PETE BATTRICK	76	21.02	21.00	2	
JIM BERRINGTON	63	12.31	12.25	6	
JOHN ZELEZNIKOW	69	18.51	19.00	-9	
GEORGIE WHITTLE	19	11.51	12.00	-9	
KARYN O'NEILL	65	13.46	13.55	-9	
JIM ROUNTREE	61	14.14	13.55	19	
ROB JAMIESON	70	19.44	19.20	24	
IAN COULTER	60	15.35	16.00	-25	
CONRAD HAMANN	68	14.03	14.30	-27	
JO WHITTLE	48	13.11	12.38	33	
MICHAEL HEFFERNAN	85	20.03	19.15	48	
TONY DORAN	67	17.49	15.49	120	
EMILIE LORENTZEN	10	19.13			
EMMA McCAFFREY	10	19.13			
5k E/T		Clock	Est	Diff	%
SYD BONE	62	24.00	24.00	0	66.5
SARAH LORENTZEN	41	22.41	22.30	11	66.6
EWEN WILSON	67	21.04	21.20	-16	79.4
RUSS JENKINS	58	18.55	18.30	25	81.5
SIMONE O'BRIEN	47	25.58	26.40	-42	62.0
DENIS CROKE	60	22.50	22.00	50	68.7
JO COCKWILL	67	29.06	29.58	-52	73.4
CHRIS BROWN	64	26.27	25.20	67	61.4
PHIL URQUHART	75	31.20	33.00	-100	59.2
ANNETTE PELGRIM	65	29.12	31.00	-108	70.8
LINDA McCAFFREY	41	28.39	31.00	-141	52.8
BARRY JEFFS	70	26.56	24.30	146	64.0
STEVE STRELECKY	70	26.53	24.20	153	64.1
GREG HUGHES	61	28.35	26.00	155	55.4
KURT GOLONKA	50	29.49	27.00	169	48.35

KNOX 4 MARCH 2020**600m walk**

Celia Johnson	72	4.27
Peter Shanahan	58	4.28
Glenn Claiden	65	6
Anne McPherson	63	6.02
Pete Thorne	71	6.03
Glenn Berry	49	6.04

1000m

Shane Grund	38	2.46
Bryan Poggenpoel	49	3.26
Darcy Roberts	12	3.36
Paul Twining	70	3.57
Jack Durrant	23	4.06
Chloe Grund	8	4.14
Chris Nicholls	33	4.27
Matt Morris	54	4.27
Bob Henderson	73	4.51
Erika Bedyne	57	5.06
Ian U'Ren	68	5.08
Danielle Grund	37	5.21

80m

Evan Thomson	46	10.39
Chloe Grund	8	14.66
Danielle Grund	37	15.28
Andrea Putting	56	19.8

Anne McPherson 5000m Self Hcp

Bob Henderson	73	26.2
Chris Nicholls	33	21
Glenn Berry	49	26.09
Cec McEnon	80	33.51
Jack Durrant	23	24.35
Peter Shanahan	58	32.4
Shane Grund	38	17
Michelle Quan	50	23.46
Peter Thorne	71	29.01
Colin Page Winner	66	22.32
Helen Stanley	64	24.37
Graeme Leticq 2nd	65	23.11
Erika Bedyne 3rd	68	25.29
Paul Twining	70	23.09
Bryan Poggenpoel	49	20.22
Matt Morris	54	20.23
Anne McPherson	63	25.33
Sam DeFanis	71	25.56
Ian U'Ren	68	26.28
Stephen Richards	59	27.12
Celia Johnson	72	35.17
Paul Durrant	58	29.08
Tony Johnson	114	35.54
Glenn Claiden	65	29.47

KNOX 11 MARCH 2020**800m walk**

Aggie Byres	41	5.29
Peter Shanahan	58	6.19
Danielle Grund	37	7.14
Pete Thorne	71	7.5
Bob Henderson	73	7.51
Andrea Putting	56	8.02
Maggie Hawkes	64	8.04

KNOX 11 MARCH 2020 cont.

Chris Crennan	47	8.05
Matt Morris	54	8.16
Chye Ong	56	8.16
Glenn Berry	49	8.53
David Wear	73	8.54
Peter LeGet	86	8.56
Anne McPherson	63	9.22
Ian U'Ren	68	9.24

60m sprint

Chye Ong	56	9.35
Aggie Byres	41	9.82
Matt Morris	54	10.25
Chloe Grund	8	11.51
Danielle Grund	37	11.84
Andrea Putting	56	12.44

400m

Chye Ong	56	1.13
Chris Crennan	47	1.23
Aggie Byres	41	1.31
Brian Mee	82	1.44
David Wear	73	2.09

800m

Bryan Poggenpoel	49	2.36
Matt Morris	54	2.36
Chloe Grund	8	3.19
Shane Grund	38	3.2
Helen Stanley	64	3.2
Bob Henderson	73	3.42
Danielle Grund	37	4.02
Peter Thorne	71	4.07
Ian U'Ren	68	4.08
Peter Shanahan	58	4.2
Frances Halton	58	5.16

100m

Chris Crennan	47	15.49
Aggie Byres	41	16.3
Andrea Putting	56	17.06

3k hcp

Bob Henderson	73	15.23
Shane Grund	38	9.1
Michelle Quan	50	13.56
Brian Mee	82	17.13
Peter Thorne	71	16.37
Ian U'Ren	68	15.02
David Wear	73	
Helen Stanley	64	14.12
Frances Halton	58	19.33
Graeme Leticq	65	13.21
Bryan Poggenpoel	49	12.33
Matt Morris	54	12.15
Chye Ong	56	16.07
Paul Durrant	58	16.26
Aggie Byres	41	16.53
Peter LeGet	86	22.06
Peter Shanahan	58	21.3
Chris Crennan	47	20.25

KNOX 18 MARCH 2020

800m walk

Darcey Roberts	12	3.33
Peter Shanahan	58	5.54
Jack Durrant	23	8.09
David Black	64	8.13
Bob Henderson	73	8.14
Andrea Putting	56	8.27
Maggie Hawkes	64	8.28
Glenn Berry	49	8.58
Anne McPherson	63	8.58
Paune Paine	41	8.58
Danielle Grund	57	8.59
Graeme Leticq	65	9.01
Peter LeGet	65	9.12
Chris Nichols	33	9.17
David Wear	73	9.31
Paul Twining	70	9.31

60m

Glenn Berry	49	8.79
Aggie Byers	41	9.12
Chris Crennan	47	9.4
Darcey Roberts	12	9.76
Chloe Grund	8	11.13
Andrea Putting	56	12.45

5lap spiral NOT

Shane Grund Winner	38	6.11
Darcey Roberts	12	7.51
Chris Nichols	33	7.55
Jack Durrant	23	9.3
Chloe Grund	8	9.56
Bob Henderson	73	10.43
Michelle Quan	50	10.45
Paul Durrant	58	10.58
Chris Crennan	47	11.24
Danielle Grund	37	11.33
Peter Shanahan	58	14.02
Peter LeGet	86	14.33

110m

Chris Crennan	47	16.71
Aggie Byers	41	18.05
Darcey Roberts	12	18.46
Chloe Grund	8	22.74
Leah Grund	6	25.94

Distance

2k

Darcey Roberts	12	7.29
Bob Henderson	73	10.1
David Wear	73	10.11
Aggie Byers	41	10.36
Paul Durrant	58	10.59
Pauline Paine	41	12.43
Glenn Berry	49	12.44

4k

Chris Nichols	33	17.15
Michelle Quan	50	19.04

6k

Shane Grund	38	21.34
Paul Twining	70	28.45
Graeme Leticq	65	28.58



English teachers waiting for schools to reopen so they can give "write about your quarantine days in 300 words" essay as an assignment



MENTONE 4 MARCH 2020**600m Walk E.T.**

		Clock	Diff.
1	Kevin Cassidy	59	2.48
2=	Ralph Bennett	78	3.42
2=	Iris Boulton	70	4.47
4=	Helen Castel	57	4.11
4=	Julian Boland	56	4.12
6	Sonya McLennan	67	3.52
7=	Michael Boulton	65	5.03
7=	Joan Clarke	85	5.53
9=	Sylvia Machin	78	4.28
9=	Ian Beaumont	83	5.45
11	Jill Mannering	83	5.18
12	Maureen Seedsman	82	4.46
13	Jim Machin	89	6.42
14	Tricia Garner	59	3.58

1 Mile E.T.

		Clock	Actual
1	Helen Castel	57	8.10.4
2	John Kneen	77	10.28.9
3	Sandra Wynne	68	8.07.9
4	Ralph Bennett	78	8.36.5
5	Julian Boland	56	7.21.8
6	Sonya McLennan	67	9.51.4
7	Jeanne Bryan	77	12.59.0
8	Helen Bryan	49	12.59.0

250m E.T.

		Clock	Diff
1	Ron Arthur ***	80	46.17
2	Bob Wishart	78	41.82
3	Vivienne Cash	68	45.25

2 Miles E.T.

		Clock	Diff
1	James O'Brien	67	13.57
2	Sandra Wynne	68	17.55
3	John Zeleznikow	69	34.45
4	John Kneen	77	22.44
5	Sonya McLennan	67	17.40
6	Stephen Bird	56	14.22
7	Ashley Birrell	75	17.41

Relay 2x 800m Walk

		Clock
1	Kevin Cassidy	59
	Jim M/ Jill M	
2	Iris Boulton	71
	Tricia Garner	59
3	Sylvia Machin	78
	Helen Bryan	49
4	Helen Castel	57
	Maureen Seedsman	82
5	Geoff Barrow	71
	Michael Boulton	65
6	Julian Boland	56
	Jeanne Bryan	77
7	Ian Beaumont	83
	Roz Walker	56

MENTONE 11 MARCH 2020**800m Walk E.T.**

		Clock	Diff
1	Bev Hugo	80	6.32
2=	Sylvia Machin	78	6.01
2=	Iris Boulton	71	6.25
4	Ian Beaumont	83	7.39
5	Michael Boulton	65	6.40
6=	Helen Castel	57	5.33
6=	Kevin Cassidy	59	3.35
6=	Sharon Carr	55	7.10
9	Joan Clarke	85	8.05
10	Jill Mannering	83	7.35
11	Jim Machin	89	8.58
12	Debbie Thomson	62	9.49
13	John Mathew	75	9.09
14	Roz Walker	56	5.43
15	Joanne Dorn	59	8.27
16	Tricia Garner	59	5.14

900m Self H/cap *Agg Event*

		Clock	Actual	Pts
1	Julian Boland	56	5.21.0	7
2	Martin Griffin	57	5.27.8	5
3	Ashley Page	79	5.31.9	4
4	John Kneen	77	5.36.8	3
5	Col Waring	74	5.46.4	2
DQ	Avril Britter	61	4.19.2	1
DQ	Sandra Wynne	68	4.17.4	1
DQ	Greg Hughes	61	4.15.3	1
DQ	Ashley Birrell ***	75	3.40.7	1

150m E.T. *Agg Event*

		Clock	Diff	Pts
1	Vivienne Cash	68	25.17	7
2	Martin Griffin	57	24.96	5
3	Avril Britter	61	29.64	4
4	Glad Wishart	76	34.50	3
5	Bob Wishart	78	23.24	2
	John Mathew 60m	83	19.42	

5 Km E.T.

		Clock	Diff
1	Kevin Cassidy	59	28.02
2	James O'Brien	67	22.35
3	Sandra Wynne	68	28.39
4	Martin O'Malley	65	26.19
5	John Kneen	77	39.00
6	Martin Griffin	57	32.38
7	Avril Britter	61	30.52

3000m E.T. Walk *Agg Event*

		Clock	Diff.	Pts
1	Sylvia Machin @	78	23.31	7
2	Geoff Barrow	70	21.34	5
3	John Zeleznikow	69	28.31	4
4	Sharon Carr	55	26.46	3
5	Ian Beaumont	83	29.39	2
6	Iris Boulton	70	26.21	1
7	Greg Hughes	61	22.20	1
8	Bev Hugo	80	26.21	1
9	Michael Boulton	65	27.17	1
10	Julian Boland	56	20.19	1
11	Jim Machin	89	35.57	1
12	Tricia Garner	59	22.20	1
13	Roz Walker	56	22.55	1
	John Mathew 6.5 laps	83	32.30	

MENTONE 18 MARCH 2020**400m Walk E.T.**

1=	Michael Boulton	65	3.18	0.00
1=	Bev Hugo	79	3.14	0.00
1=	Greg Hughes	61	2.24	0.00
2=	Jill Mannering	83	3.34	-0.01
2=	Kevin Cassidy	59	1.49	-0.01
6	Maureen Seedsman	82	3.06	0.02
7	Ian Beaumont	83	3.33	-0.03
8	Iris Boulton	71	3.10	-0.05
9	Helen Castel	57	2.34	-0.06
10	Joan Clarke	85	4.02	0.15
11	John Mathew	83	4.02	0.17
12	Gwen Steed	77	2.38	-0.20
13	Jo Dorn	59	4.15	0.25
14	Pam Mews	85	4.30	0.50

1200m Self H/cap

		Clock	Actual	
1	Avril Britter	61	7.34.9	6.01.9
2	Ashley Page	79	7.50.4	6.56.4
3	John Kneen	77	7.55.3	7.55.3
DQ	Sandra Wynne	68		5.38.5
DQ	Col Waring	74		6.15.6

100m H/cap

		Clock	Metres	
1	Glad Wishart	76	12.59	36
2	Ron Arthur	80	12.60	23
3	Vivienne Cash	68	12.65	23
4	Bob Wishart	78	12.68	13
5	Sandra Wynne	68	13.18	29
6	Avril Britter	61	13.77	28
7	John Mathew	83	14.67	54

4 Km E.T. *Agg Event*

		Clock	Diff	Pts	
1	James O'Brien	67	17.25	0.15	7
2	Martin O'Malley	65	20.17	0.17	5
3	Avril Britter	61	22.40	0.21	4
4	Ashley Birrell ***	75	19.05	0.27	3
5	Greg Hughes	61	22.56	-0.32	2
6	Sandra Wynne	68	22.36	0.46	1
7	Kevin Cassidy	59	20.56	-1.04	1
8	Helen Castel	57	22.13	-1.47	1
	John Kneen +1 lap	77	31.36		1

1500m/ 5000m E.T. Walk**1500m**

		Clock	Diff.		
1=	Geoff Barrow	70	9.57	-0.03	
1=	Iris Boulton	71	13.03	0.03	
3	Jo Dorn	59	16.18	0.18	
4	Maureen Seedsman	82	13.02	0.22	
5	Bev Hugo	80	13.23	0.24	
6	Ian Beaumont	83	14.09	-0.27	
7	Joan Clarke	85	15.49	-0.31	***
8	Michael Boulton	65	13.37	-0.33	
9	John Mathew	83	19.14	3.14	

5000m

1	John Zeleznikow	69	51.10
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SPRINGVALE 4 MARCH 2020**100 metres**

Sayed KHATAN	69	15.50
Helen ANDERSON	57	16.20
Mick COLGAN	69	19.20
Juan PEREZ	80	19.80
Claudio RIGA	64	22.20
Dominique RUELOT	68	24.40
Penny HALL	80	27.40

400 metres

Alan ANDERSON	30	79.80
Helen ANDERSON	57	80.10
Sayed KHATAN	69	105.00
Juan PEREZ	80	127.80
Dominique RUELOT	68	139.80

800 metres

Alan ANDERSON	30	2.37
Alan BENNIE	73	3.14
Dave TALBOT	65	3.25
Sayed KHATAN	69	3.31
Paul MULLINS	79	3.39
Claudio RIGA	64	3.53
Howard REES	72	3.54
Lou BUCCIERI	64	3.54
Dominique RUELOT	68	5.11

2500 metres road walk

Jim SMITH	79	18.50	
Penny HALL	80	20.46	
Frank ALLEN	75	22.37	
Mick COLGAN	69	24.23	
Tony DORAN	67	24.24	
Natalie IRVINE	73	25.17	
Trevor JUPP	79	25.20	
Pam THOMAS	70	26.33	
Ernie JEFFS	75	26.40	
Eric NEGROS	56	26.33	
Dominique RUELOT	68	18.46	run

4000 metres road run

Claudio RIGA	64	19.22
Howard REES	72	19.27
Dragan ISAALOVIC	60	19.35
Lou BUCCIERI	64	21.27
Bill IRVINE	71	21.51
Alan ANDERSON	30	22.17
Alan BENNIE	73	22.50
Troy JEFFS	45	24.12
Sayed KHATAN	69	26.49
Juan PEREZ	80	27.42

SPRINGVALE 11 MARCH 2020**600 metres**

Alan ANDERSON	30	1.55
Neil GRAY	72	2.13
D FSAILO		2.14
Dave TALBOT	65	2.25
Sayed KHATAN	69	2.34
Claudio RIGA	64	2.46
Dominique RUELOT	68	3.44
Juan PEREZ	80	3.44
Kevin ONLEY	86	4.04
Tracey HUTCHINSON	49	3.55

1000 metres

Alan BENNIE	73	4.06
Howard REES	72	4.24
Lou BUCCIERI	64	4.26
Kevin PARDY		4.30

100 metres Dave Middleton

			hcp.
Mick COLGAN	69	14.50	20 mts
Helen ANDERSON	57	14.80	6.00
Tracey HUTCHINSON	49	15.10	22.00
Sayed KHATAN	69	15.50	0.00
Kevin ONLEY	86	15.80	38.00
Mike HALL	81	16.00	7.00
Dominique RUELOT	68	16.10	32.00
Juan PEREZ	80	16.10	18.00

2000 metres run

Dragan ISAALOVIC	60	9.08
Bill IRVINE	71	10.01
Kevin PARDY		10.13
Helen ANDERSON	57	10.13
Dave TALBOT	65	10.36
Kevin ONLEY	86	15.16
Paul WINTERTON	65	15.33
Tracey HUTCHINSON	49	16.16
John ABEL	70	16.19

2000 & 4000 mts walks

Tony JOHNSON	79	16.34
Penny HALL	80	16.54
Mick COLGAN	69	16.55
Tony DORAN	67	17.55
Trevor JUPP	79	18.46
Pam THOMAS	70	19.48
Natalie IRVINE	73	20.09
Ian TREGGAR	69	20.44
Ernie JEFFS	75	22.02
Eric NEGROS	56	22.49
Celia JOHNSON	72	31.08
Dennis PHILLIPS	77	33.04
Frank ALLEN	75	35.27

4000 metres run

Howard REES	72	19.42
Lou BUCCIERI	64	21.45
Troy JEFFS	45	22.02
Juan PEREZ	80	28.16
Dominique RUELOT	68	28.44

6000 metres run

Alan ANDERSON	30	27.03
Claudio RIGA	64	29.26

SPRINGVALE 18 MARCH 2020**80 metres**

Alan ANDERSON	30	11.30
Sayed KHATAN	69	12.80
Helen ANDERSON	57	14.00
Mick COLGAN	69	18.00
Dominique RUELOT	68	18.50

700 metres

Alan ANDERSON	30	2.19
Dragan ISAALOVIC	60	2.32
Dave TALBOT	65	2.53
Sayed KHATAN	69	2.59
Lou BUCCIERI	64	3.04
Claudio RIGA	64	3.13
Howard REES	72	3.13
Neil GRAY	72	3.36

200 metres

Alan ANDERSON	30	31.40
Helen ANDERSON	57	33.50
Dragan ISAALOVIC	60	34.40
Mike HALL	81	36.20
Sayed KHATAN	69	48.20
Mick COLGAN	69	52.40
Dominique RUELOT	68	53.10

2000 metres walk

Mick COLGAN	69	16.27
Pam THOMAS	70	17.55
Tony DORAN	67	17.57
Ernie JEFFS	75	20.23
Eric NEGROS	57	22.03
Frank ALLEN 4km	75	35.38

4000 metres run

Dragan ISAALOVIC	60	18.49
Howard REES	72	19.24
Alan ANDERSON	30	20.09
Lou BUCCIERI	64	21.47
Sayed KHATAN	69	22.24
Helen ANDERSON	57	22.42
Ian TREGGAR	69	24.43
Dominique RUELOT	68	28.32
John ABEL	70	30.01
Bill IRVINE 3.2km	71	17.25

6000 metres

Claudio RIGA	64	29.13
Will SELICK	48	29.06