

**VICTORIAN VETERANS ATHLETIC
CLUB INC**

FEBRUARY

2003

AROUND THE GROUNDS



**ABERFELDIE , ALTONA, CAULFIELD , COBURG ,
COLLINGWOOD , CROYDON , DONCASTER , EAST
BURWOOD , FRANKSTON , GEELONG , HEYWOOD,
KNOX , LATROBE VALLEY , MENTONE ,
SWAN HILL, SPRINGVALE - NOBLE PARK , SOUTHERN
PENINSULA, COCKATOO, THROWERS**

www.users.bigpond.com/judynken/atg.html

FRONT COVER

Ian Gridley and **David Wear** warming up for a nights competition.

Two of the many Victorian Veterans Club members who are content to

Spend a social night out once a week with friends at their Venue

Tuesday 4th February 2003
100 metre sprint

1	Joe DILWORTH	51	14.96
2	Cathy ORELLI	41	15.66
3	Gemma JEWERS	Inv	19.13
4	Graeme MURFETT	62	19.76
5	Deidre MACGLASHAN	39	20.66
6	Les JARRY	74	23.32
7	Margaret EVANS	51	23.65
8	Michael ORELLI	58	24.82
9	Lorraine WOODMAN	65	28.38

400 metre Run

1	Joe DILWORTH	51	72.96
2	Cathy ORELLI	41	76.95
3	Graeme MURFETT	62	92.05
4	Michael ORELLI	58	102.91
5	Les JARRY	74	119.54
6	Margaret EVANS	51	130.90
7	Gemma Jewers	Inv	180.12
8	Deidre MACGLASHAN	39	195.63

Javelin Throw.

1	Cathy ORELLI	41	20.24
2	Joe DILWORTH	51	18.08
3	Gordon BURROWES	67	16.31
4	Deidre MACGLASHAN	39	16.30
5	Jack MACGLASHAN	71	14.36
6	Les JARRY	74	13.31
7	Michael ORELLI	58	10.88
8	Lois JONES	64	9.17
9	Eleanor JEWERS	Inv	9.13
10	Margaret EVANS	51	8.41

20 Minute Time Trial - TROPHY EVENT

	Estimated	Actual
1	Les JARRY	74 3500 3440
2	Jack MACGLASHAN	71 2800 2720
=3	Lorraine WOODMAN	65 2000 2085
=3	Pat CARROLL	64 2000 2085
5	Graeme MURFETT	62 3050 3176
6	Margaret EVANS	51 2800 2950
7	Michael ORELLI	58 3200 3900
8	Lois JONES	64 2400 2997

The trophy for the best estimate of distance run in 20 min. was won by Les JARRY.

Tuesday 11th February 2003

The meeting met with the Bayside Kangaroos Orienteering Club at Newport Lakes, instead of the usual running program. The members all enjoyed the different type of running event they participated in.

Tuesday 18th February 2003
200 metres sprint.

1	Graeme MURFETT	62	41.24
2	Peter BUISSINK	43	41.58
3	Maggie ARMSTRONG	40	42.32
4	Gemma JEWERS	Inv	48.50
5	Les JARRY	74	50.83
6	Michael ORELLI	58	51.22
7	Deidre MACGLASHAN	39	61.55
8	Lorraine WOODMAN	66	67.39

800 metre Handicap

	Age	Time	H'cap
1	Jack MACGLASHAN	71	4.41 0.00
2	Les JARRY	74	4.55 0.48
3	Graeme MURFETT	62	5.00 1.36
4	Michael ORELLI	58	5.01 1.44
5	Maggie ARMSTRONG	40	5.26 0.24
6	Lorraine WOODMAN	66	5.36 0.24
7	Peter BUISSINK	43	5.45 2.24

The Handicap Trophy was won by Jack MACGLASHAN

Shot Put.

1	Garry ROBINSON	51	9.15
2	Peter BUISSINK	43	8.38
3	Gordon BURROWES	67	7.90
4	Deidre MACGLASHAN	39	7.19
5	Graeme MURFETT	62	6.41
6	Jack MACGLASHAN	71	6.04
7	Michael ORELLI	58	5.96
8	Les JARRY	74	5.88
9	Maggie ARMSTRONG	40	4.18
10	Gemma JEWERS	Inv	3.96

Cherry Lake Run

	4 km	
1	Peter BUISSINK	43 18.67
2	Graeme MURFETT	62 22.52
3	Les JARRY	74 22.53
4	Lois JONES	64 25.41
5	Jack MACGLASHAN	71 30.25

Portraits of the artist

A PAINTER who has no doubts about his own ability will attain very little. When his work exceeds his judgment, the artist learns nothing. But when his judgment is superior to his work, he will never cease to improve unless his love of money interferes with or retards his progress.

— Leonardo da Vinci

Tuesday 26th February 2003
80 Metres sprint

1	Peter BUISSINK	43	12.56
2	Bruce EWERT	46	12.56
3	Graeme MURFETT	62	14.93
4	Deidre MACGLASHAN	39	15.95
5	Margaret EVANS	51	16.54
6	Michael ORELLI	58	17.43
7	Les JARRY	74	19.84
8	Lorraine WOODMAN	66	22.30

400 Metres

1	Peter BUISSINK	43	77.37
2	Bruce EWERT	46	78.51
3	Graeme MURFETT	62	93.66
4	Michael ORELLI	58	94.55
5	Les JARRY	74	118.92
6	Margaret EVANS	51	120.34

Novelty Event - Cuddles Relay

1	L. Woodman/G. Murfett	107.22
2	P. Buissink/E. MacGlashan	127.63
3	M. Evans/L. Jarry	128.97
4	D. MacGlashan/M. Orelli	171.60

4,000 metres run.

1	Michael ORELLI	58	20.24
2	Peter BUISSINK	43	22.12
3	Les JARRY	74	22.51
4	Graeme MURFETT	62	23.38
5	Margaret EVANS	51	26.30
6	Jack MACGLASHAN	71	28.51

WHEN our son-in-law was a Methodist seminary student, he served as a trainee minister in a small country town. During the absence of the resident minister, he was asked to perform a funeral service for a devoted Baptist, because the Baptist minister was also out of town.

Our son-in-law conducted the service, then began to worry if he had done the correct thing. When the resident minister returned, the young man asked if he had violated any church policy by performing a burial service for a Baptist. "Heck, no," his boss assured him. "Bury all the Baptists you can." — George Wacker

WHEN I accepted a position in public relations, a friend remarked that the job would be a breeze for me with my advertising/promotion background. I explained that the areas are quite different, and I illustrated my point with this example: "If the circus is coming to town and you paint a sign saying 'Circus coming to the fairground Saturday,' that's advertising. If you put the sign on the back of an elephant and walk him into town, that's promotion. And if the elephant walks through the council flower bed, that's publicity."

"And," he chimed in, "if you can get the mayor to laugh about it, that's public relations."

— Margaret Norman

RESULTS FROM ABERFELDIE - FEBRUARY 2003

Aberfeldie Venue-Season 2003
5-Feb-03

Event 1 100 metres

Place	Name	Age	Time
1	Keith Hyndes	37	13.41
2	John Howes	67	14.38
3	Tony Bradford	63	14.51
4	Joe Dilworth	51	14.56

Event 2 900metres N.O.T.

Place	Name	Age	Time
1	Michael Orelli	58	3.31
2	Cathy Orelli	41	3.15
3	Lynne Trainor(w)	55	7.56
4	Lorraine Woodman(w)	65	7.56
5	Keith Hyndes	37	2.59
6	Barbara Beaumont	55	4.51
7	Ron Pearce	60	4.25
8	Bernard Angel	48	3.21
9	Maria Abfalter	34	3.08
10	Bill Turner	52	3.07
11	Robert Waters	58	3.27

Event 3 300 metres

Place	Name	Age	Time
1	Keith Hyndes	37	46.01
2	John Howes	67	46.91
3	Tony Bradford	63	48.63
4	Joe Dilworth	51	48.95
5	Maria Abfalter	34	54.16
6	Robert Waters	58	54.66
7	Michael Orelli	58	81.01

Event 4 7k or 5k run

Place	Name	Age	Dist.	Time
1	Andrew Howes	35	7	27.37
2	Trevor Hawksworth	56	7	28.55
3	Warren Hamilton-Ritchie	23	7	30.03
4	Damian Neale	23	7	30.03
5	Robert Waters	58	7	32.34
6	Bill Page	72	7	33.10
7	Maria Abfalter	34	5	21.02
8	Mark Cusack	x	5	21.31
9	David Poole	28	5	23.02
10	Bill Turner	52	5	24.25
11	Carmel Drennan	43	5	25.29
12	Cathy Philo	32	5	26.15
13	Ron Pearce	60	5	28.39
14	Mark Chandler	x	3	13.14
15	Keith Hyndes	37	3	16.25
16	Barbara Beaumont	55	3	18.14
17	Margaret Cassidy	59	3	18.14

Aberfeldie Venue-Season 2003
12-Feb-03

Event 1 100 metres

Place	Name	Age	Time
1	David Poole	28	14.85
2	Joe Dilworth	51	14.88
3	John Howes	67	14.90
4	Graham Eadie	51	14.92
5	Cathy Orelli	41	15.40
6	Michael Orelli	58	23.91

Event 2 Mile run or 800m walk

Place	Name	Age	Time
1	Trevor Hawksworth	56	5.50
2	Danny Hawksworth	23	5.51
3	Graham Eadie	51	6.42
4	Bill Turner	52	7.17
5	Michael Orelli	58	8.03
6	Ron McGregor (w)	x	5.14
7	Lynne Trainor (w)	55	6.33
8	Lorraine Woodman (w)	63	6.33
9	Gerardo Riviello (w)	78	7.24

Event 3 Estimate distance for 57 s

Place	Name	Age	Time
1	Cathy Orelli	41	
2	Bill Turner	67	
3	Lorraine Woodman	65	
4	Lynne Trainor	55	
5	Michael Orelli	58	
6	Ron Pearce	60	
7	Carmel Drennan	43	
8	Robert Waters	x	57.00
9	Barbara Beaumont	55	
10	Mark Cusack	45	

Event 4 River run 6.1 or 4.9k

Place	Name	Age	Dist.	Time
1	Danny Hawksworth	23	6.1	25.28
2	Trevor Hawksworth	56	6.1	27.47
3	David Poole	28	6.1	27.57
4	Robert Waters	57	6.1	29.01
5	Bill Turner	52	6.1	30.12
6	Bill Page	72	6.1	30.18
7	Alan Bashford	64	6.1	31.27
8	Graham Eadie	51	6.1	31.58
9	Kevin Cassidy	42	6.1	35.10
10	Margaret Cassidy	59	6.1	36.14
11	Ron Pearce	60	6.1	36.48
12	Carmel Drennan	43	6.1	40.35
13	Cathy Philo	32	6.1	40.35
14	Rhonda Hircoc	53	4.9	23.00

15	Jeremy Clare	51	4.9	23.00
16	Joe Dilworth	51	4.9	24.20
17	Mary c.	x	4.9	30.03
18	Barbara Beaumont	55	4.9	32.23
19	Ron McGregor (w)	61	4.9	34.50
20	Gerardo Riviello	78	3.0	25.38

Aberfeldie Venue-Season 2003
19-Feb-03

Event 1 100 metres

Place	Name	Age	Time
1	John Howes	67	14.50
2	Joe Dilworth	51	14.53
3	Ron Pearce	60	20.28
4	Gerardo Riviello	78	26.00

Event 2 1000m run 600m walk

Place	Name	Age	Time
1	Andrew Howes	35	3.11
2	Danny Hawksworth	23	3.22
3	Trevor Hawksworth	55	3.51
4	Michael Orelli	58	4.03
5	Bill Page	72	4.22
6	Stephen Barker	59	4.27
7	Jill Henderson	28	4.39
8	Rebecca Ng	43	5.03
9	Lesley Gillespie	x	5.08
10	Ron Pearce	60	5.08
11	George Marney	66	5.15
12	Barbara Beaumont	55	5.21

Event 3 200 metres

Place	Name	Age	Time
1	John Howes	67	29.34
2	Joe Dilworth	51	29.84
3	Graham Eadie	51	30.20
4	Ron Pearce	60	43.05
5	George Marney	66	43.07

Event 4 Park relay 2k x2 x3(or more) people.		
Place	TEAM	TIME
1	John Kondogonis Graham Eadie John Howes	47.45
2	Rebecca Ng Barbara Beaumont Trevor Hawksworth Danny Hawksworth	48.05
3	Stephen Barker Bill Turner Andrew Howes	48.09
4	Michael Orelli Bill Page Alan Bashford Joe Dilworth Mark Chandler	50.02
5	Lauren Drennan Carmel Drennan Jill Henderson	52.40

SOWING CIRCLE

If you have the soul of a gardener, not for anything would you work with gloves on. The feel of the warm earth, not too dry, not too wet, is something no-one can describe. The wonder of what it accomplishes fills you with a kind of faith. You may not think about it, but if you do, it probably comes out like this: if anything so simple, so humble, can do so much, there is hope for man, no matter how determined he is to destroy himself.

— RUTH STOUT, *Gardening Without Work*

Aberfeldie Venue-Season 2003 26-Feb-03

Event 1 100 metres			
Place	Name	Age	Time
1	Joe Dilworth	51	14.87

Event 2 1200m run 800m walk			
Place	Name	Age	Time
1	Danbir Tamang	38	4.02
2	Michael Orelli	58	4.51
3	Tony Bradford	63	5.14
4	Bill Turner	53	5.22
5	Rhonda Hircoe	53	5.24
6	Lesley Gillespie	42	5.51
7	Lynne Trainor (w)	55	5.51

Event 3 200metres			
Place	Name	Age	Time
1	Joe Dilworth	51	30.54
2	Michael Orelli	58	40.35
3	Gerardo Riviello	78	77.97

Event 4 River run 7.5k or 5k				
Place	Name	Age	Dist	Time
1	Dhanbir Tamang	38	7.5	28.49
2	Warren Hamilton-Ritchie	23	7.5	33.32
3	Damian Neale	23	7.5	33.35
4	John Kondogonis	41	7.5	34.47
5	Bill Turner	53	7.5	34.47
6	Alan Bashford	64	7.5	38.11
7	Margaret Cassidy	x	7.5	42.04
8	Ron Pearce	60	7.5	44.47
9	Jeremy Clare	51	5.0	22.34
10	Bernard Angel	48	5.0	25.14
11	Joe Dilworth	51	5.0	26.40
12	Rhonda Hircoe	53	5.0	27.00
13	Rebecca Ng	44	5.0	31.09
14	George Marney	66	5.0	31.45
15	Carmel Drennan	43	5.0	32.35
16	Jill Henderson	28	5.0	32.35
17	Gerardo Riviello	78	3.0	24.37

There's a fire in their bellies

THE GREATEST rival of most Olympic heroes is themselves. Being the best in their sport isn't enough. The bigger thrill for these athletes is giving their best personal performance, every time.

Take Kerry Saxby-Junna. She came twelfth in the ten-kilometre walk at the 1996 Atlanta Games, but will try again in Sydney at the age of 39, against competitors 20 years younger. Then there's Melbourne speed skater Colin Coates, who once resumed

training just three weeks after breaking his arms, jaw, left shoulder and nose in a skiing accident, and competed in six consecutive Winter Olympics before retiring at 41.

Runner Betty Cuthbert won three gold medals at the 1956 Melbourne Olympics, but performed poorly at Rome four years later due to a hamstring injury. Cuthbert announced her retirement soon after. But then, she says, "a little voice in my head kept waking me up every night and telling me I should run again." The voice stopped only when Cuthbert decided to compete at the next Olympics in Tokyo, where she achieved what many thought impossible — another gold medal eight years after her first three. Those who seek to succeed in any field must possess that same inner fire.

RESULTS FROM CAULFIELD VENUE - FEBRUARY 2003

4K H/C SPIRAL RUN - 4.2.02

	Clock	Actual
JOHN MAHONEY	63	24.40
JULIA THORN	45	24.48
JIM PETERSON	45	24.51
CHRIS LORENZ	29	24.54
KEITH LOFTHOUSE	53	25.00
JIM McLURE	57	25.03
GERRY BLANCHFIELD	60	25.07
GRAHAM PHILPOTT	59	25.16
ANDREW EDWARDS	49	25.25
JON HOLMES	50	25.26
PETER BATTRICK	59	25.27
GRAHAM PROSSOR	48	25.37
CYNTHIA ELLERY	53	25.50
ANNA O'CONNELL	38	25.52
MARIA DAVIS	39	26.01
DOMENICO MORINA	64	26.06
MARK BENJAMIN	65	26.19
JOHN WAITE	62	26.23
JUSTIN GILLIS	30	26.35
BETTY MARK	55	26.50
JANE STURZAKER	50	27.10
TONY JOHNSON	62	27.27
JEFF MARK	54	27.34
GREG MAULDON	65	28.09
VERONICA MEREDITH	40	28.26

100 MTRS H/C - 4.2.03

	Clock	Mtrs
CHRIS BROWN	47	11.00
ROSS KENT	60	11.44
DARREL POLGLASE	63	11.65
JOHN KERAMIDAS	32	11.75
ANN HOLCOMBE	55	11.90
BOB WISHART	61	11.98
GLAD WISHART	58	12.03
EDDY STACK	68	12.20
PAUL MEREDITH	41	12.30
KEVIN McGRATH	72	12.36
LEO CHARLES	69	12.50
JOHN WAITE	62	12.58
KATHLEEN COOK	65	12.70
DES MIDDLETON	56	12.83
RAY O'CONNOR	65	12.90
JOY HERBERT	59	13.00
NYALA MILLAR	61	13.05
CHRIS LORENZ	29	13.15
RUTH POTTER	71	13.37

100 MTRS H/C - 4.2.03

	Clock	Mtrs
CHRIS BROWN	47	11.00
ROSS KENT	60	11.44
DARREL POLGLASE	63	11.65
JOHN KERAMIDAS	32	11.75
ANN HOLCOMBE	55	11.90
BOB WISHART	61	11.98
GLAD WISHART	58	12.03
EDDY STACK	68	12.20
PAUL MEREDITH	41	12.30
KEVIN McGRATH	72	12.36
LEO CHARLES	69	12.50
JOHN WAITE	62	12.58
KATHLEEN COOK	65	12.70
DES MIDDLETON	56	12.83
RAY O'CONNOR	65	12.90
JOY HERBERT	59	13.00
NYALA MILLAR	61	13.05
CHRIS LORENZ	29	13.15
RUTH POTTER	71	13.37

70 MTR H/C - 4.2.03

	Clock	Mtrs
BOB WISHART	61	10.43
LEO CHARLES	69	10.45
JOHN KERAMIDAS	32	10.47
GRAHAM STOCKDALE	62	10.80
ANN HOLCOMBE	55	10.80
MARY GRAU	39	10.83
RAY O'CONNOR	65	11.10
PAUL MEREDITH	47	11.28
EDDY STACK	68	11.28
KATHLEEN COOK	65	11.72
ROSS KENT	60	11.74
DARREL POLGLGLASE	63	12.02
JOY HERBERT	59	13.14
RUTH POTTER	71	14.70
KEVIN McGRATH	72	15.33

400 MTR H/C - 4.2.03

	Clock	Secs
CHRIS LORENZ	29	1.11.7
GRAHAM STOCKDALE	60	1.12.5
ANN HOLCOMBE	55	1.15.5
CHRIS BROWN	47	1.16.0
GRAHAM PHILPOTT	59	1.17.2
GRAHAM PROSSOR	48	1.21.3
WAYNE TIBBITS	44	1.22.0
DES MIDDLETON	56	1.22.6
JOHN WAITE	62	1.24.5
PAUL MEREDITH	41	1.28.7

6 LAPS WALK - 4.2.03

	Clock
TONY DORAN	50
JANET HOLMES	49
DES MIDDLETON	56
RON BILSTON	59
SANDRA MIDDLETON	54
ANNE BILSTON	55
MAUREEN BINYON	55
CHRISTINE GRIFFITHS	52
VIC HARLEY	77

1600 MTRS WALK - 4.2.93

	Clock
CELIA JOHNSON	55
MARG BEAUMONT	64
MICHAEL DAVIN	52
IAN BEAUMONT	66
RALPH FIELD	89
MARGARET MARION	50
JOAN CLARKE	68
BEV MACKIE	62

4K E/T WALK - 11.2.03

	Est	Actual	Diff	
GWEN STEED	60	23.30	23.28	0.02
CELIA JOHNSON	55	23.59	23.53	0.06
MAUREEN BINYON	55	28.15	27.57	0.18
RON BILSTON	59	23.57	24.19	0.22
IAN BEAUMONT	66	30.20	29.52	0.28
SANDRA MIDDLETON	54	25.38	25.06	0.32
MICHAEL DAVIN	52	29.30	30.06	0.36
ANN BILSTON	55	27.33	26.50	0.43
MARGARET BEAUMONT	65	28.30	27.39	0.51
PETE BATTRICK	59	30.40	29.27	1.13
JANET HOLMES	49	24.30	23.09	1.21
FRANK WARREN	76	30.10	31.46	1.36
BEV MACKIE	60	37.40	39.13	2.33
JOAN CLARKE	68	36.15	33.35	2.40
VIC HARLEY	77	30.10	33.13	3.03
NOLA FIN (2K)	66		19.07	

3K WALK - 18/2/03

	Actual
JANET HOLMES	49
GWEN STEED	60
RON BILSTON	59
SANDRA MIDDLETON	54
ANNE BILSTON	55
MAUREEN BINYON	55
CELIA JOHNSON	55
VIC HARLEY	77
MICHAEL DAVIN	52
CATHIE MOULANG	49
CHRISTINE GRIFFITHS	52
JOAN CLARKE	68
DES MIDDLETON	56
BEV MACKIE	62

RESULTS FROM CAULFIELD VENUE - FEBRUARY 2003

<u>GRASS HILL RELAY 1500 MTRS</u>		<u>TOTAL</u>
<u>3 PER TEAM - 11.2.03</u>		<u>TIME</u>
DENIS THORNTON		
ANN HOLCOMBE	16.14	
GEORGE YEOMANS		
MARK BENJAMIN		
DES MIDDLETON	16.19	
JEFF BOOT		
KEVIN BROWNE		
JIM BERRINGTON	17.14	
STEPHEN YOUNG		
ANDREW EDWARDS		
GRAHAM PROSSOR	17.31	
JANE STURZAKER		
GRAHAM PHILPOTT		
PAUL MEREDITH	17.38	
KARIN KING		
NEIL PILLING		
TONY DORAN	18.04	
HELEN SIMMONS		
BEN MORREY		
CHRIS LORENZ	18.35	
BOB POWER		
MICHAEL O'BRIEN		
JUDY WINES	18.56	
EDDYJEDRYS		
CHRIS BROWN		
GREG MAULDON	19.05	
CYNTHIA ELLERY		
JOHN MOORE		
RON LEGGETT	19.24	
DOMINICO MORINA		

<u>200 MTRS H/C 18.2.03</u>	<u>Clock</u>	<u>Secs</u>
MARY (Inv)	39	35.28
JOHN KERAMIDAS	32	41.36
LEO CHARLES	69	41.58
DEAN ANDERSON	46	41.76
JOY HERBERT	59	42.13
KEVIN MARION	66	42.22
PAUL MEREDITH	42	43.39
DON PRITCHARD	53	43.66
EDDY STACK	68	44.24
DENIS THORNTON	47	44.85
KEITH LOFTHOUSE	53	46.43

<u>300 MTRS E/T - 11.2.03</u>		<u>Est</u>	<u>Actual</u>	<u>Diff</u>
ANN HOLCOMBE	55	47.50	47.61	0.11
GRAHAM PHILPOTT	59	47.50	47.32	0.18
RAY O'CONNOR	65	49.00	49.25	0.25
DON PRITCHARD	53	51.00	51.29	0.29
GRAHAM PROSSOR	48	53.00	50.84	2.16
DENIS THORNTON	47	47.00	45.75	2.25
WAYNE TIBBITS	44	46.00	43.61	2.39
CHRIS LORENZ	29	45.00	43.40	2.6
BRIAN HOLCOMBE	57	55.80	57.82	2.74
DES MIDDLETON	56	54.00	51.05	3.95
JOHN KERAMIDAS	32	46.00	42.04	3.96
KATHLEEN COOK	65	80.00	65.89	15.11
HELEN SIMMONS	48	50.00	70.19	20.19
KARIN KING (Inv)	38		59.85	
<u>150 MTRS E/T - 11.2.03</u>		<u>Est</u>	<u>Actual</u>	<u>Diff</u>
RAY O'CONNOR	65	24.01	24.35	0.34
ANN HOLCOMBE	55	22.81	23.61	0.80
BRIAN HOLCOMBE	57	25.50	24.05	1.45
KATHLEEN COOK	65	28.00	27.17	0.63
JOHN KERAMIDAS	32	17.00	21.28	4.28
DENIS THORNTON	47	22.80	20.92	1.70
DES MIDDLETON	56	34.00	24.60	9.40
GLAD WISHART	58	26.50	27.58	1.08
WAYNE TIBBITS	44	21.20	21.60	0.40
PAUL MEREDITH	42	29.00	24.85	4.85
KEVIN MARION	66	22.50	21.87	0.63
HELEN SIMMONS	48	31.00	30.94	0.06
CHRIS LORENZ	29	17.00	20.69	3.69
DON PRITCHARD	53	25.00	26.92	1.92

<u>70 MTRS - 18.2.03</u>	<u>Clock</u>	<u>Secs</u>	
JOHN KERAMIDAS	32	10.10	
LEO CHARLES	69	10.60	
PAUL MEREDITH	42	10.80	
MARY GRAY	39	11.41	
BOB WISHART	61	11.40	
EDDY STACK	68	12.26	
<u>600 MTRS H/C - 18.2.03</u>		<u>Clock</u>	<u>Secs</u>
CHRIS BROWN	47	2.02	10.00
GRAHAM PHILPOTT	59	2.04	18.00
DENIS THORNTON	47	2.16	16.00
DOUG ADENEY	58	2.19	12.00
KAREN KING	38	2.34	14.00
PETE BATTRICK	59	2.41	Go

<u>3K RUN - 18.2.03</u>		<u>Actual</u>
LES KING (Inv)	54	11.19
QUENTIN GREY	41	11.32
GRAHAM PHILPOTT	59	11.34
MICHAEL O'BRIEN	48	11.4
JON HOLMES	50	12.07
JOHN WAITE	62	13.24
DENIS THORNTON	47	13.43
MARK BENJAMIN	65	14.16
GERRY BLANCHFIELD	60	15.51
PETER McGRATH	63	16.16
KAREN MONOHAN	36	17.34
<u>5K RUN - 18.2.03</u>		<u>Actual</u>
JEFF BOOT	46	18.18
ANDREW EDWARDS	49	18.32
JIM BERRINGTON	46	18.37
DAVE SPACKMAN	31	19.15
PETER BENCE	53	20.22
JIM McLURE	57	20.28
KEITH LOFTHOUSE	53	21.11
ROBERT GORDON	37	21.16
JULIA THORN	45	21.21
FRANK NEILL	64	21.43
CHRIS BROWN	47	21.47
STEPHEN YOUNG	50	22.13
GREG MAULDON	65	22.37
KARIN KING	38	22.34
TERRY STUBBS	53	23.22
JEFF MARK	54	23.27
ANNA O'CONNELL	38	25.04
KEVIN BROWNE	66	25.26
DOUG ADAMS	37	26.20
JOHN MAHONEY	63	26.26
JANET ADAMS	35	27.17
BEN MORREY	74	30.42
RON LEGGETT	69	27.38
BETTY MARK	55	31.07

11-1/2 LAPS E/T - 26.2.03

	Est	Actual	Diff
BETTY MARK	26.50	28.50	0.00
WAYNE TIBBITS	16.30	16.27	0.03
GRAHAM PROSSOR	19.30	19.33	0.03
GERRY BLANCHFIELD	25.00	24.56	0.04
JANET FORD-ADAMS	24.05	24.11	0.06
DOUG ADAMS	23.30	23.36	0.06
JIM McLURE	19.19	19.31	0.12
GREG MAULDON	21.05	20.52	0.13
BEN MORREY	28.10	27.57	0.13
GEORGE YEOMANS	24.50	24.48	0.22
PETE BATTRICK	25.00	24.33	0.27
MARK BENJAMIN	23.15	23.48	0.33
JOHN MAHONEY	23.40	24.14	0.34
FRANK NEILL	20.30	19.56	0.34
JUDY WINES	26.15	26.50	0.35
QUENTIN GREY	18.30	17.53	0.37
JIM BERRINGTON	18.05	17.28	0.37
CYNTHIA ELLERY	26.45	26.05	0.40
DOMENICO MORINA	25.10	24.24	0.46
STEPHEN YOUNG	24.00	23.07	0.53
RON LEGGETT	25.30	26.23	0.53
JEFF BOOT	16.40	17.47	0.53
MARIA DAVIS	28.00	27.06	0.54
JANE STURZAKER	24.25	25.21	0.56
KARIN KING	20.20	21.21	1.01
CHRIS BROWN	20.01	21.04	1.03
KEITH LOFTHOUSE	20.22	19.15	1.07
KEVIN BROWNE	23.45	22.27	1.18
DON TRENBATH	27.30	28.50	1.20
LES KING	18.20	19.41	1.21
TERRY STUBBS	23.50	21.38	1.22
DAVE SPACKMAN	18.00	16.33	1.27
RUTH GROVER	22.30	20.58	1.32
ANDREW EDWARDS	20.30	17.18	3.12
GRAHAM PHILPOTT	20.00	19.37	0.23

RESULTS FROM CAULFIELD VENUE - FEBRUARY 2003

4K E/T WALK - 25.2.03		Est	Actual	Diff
MARGARET BEAUMONT	65	27.38	27.44	0.06
MAUREEN BINYON	55	27.45	27.36	0.09
RON BILSTON	59	24.11	24.22	0.11
SANDRA MIDDLETON	54	25.05	26.17	0.12
VIC HARLEY	77	30.15	29.47	0.28
MICHAEL DAVIN	52	30.20	29.47	0.33
IAN BEAUMONT	66	30.20	29.44	0.36
ANNE BILSTON	55	26.46	27.30	0.44
BEV MACKIE	62	30.00	38.25	1.35
ROBIN WOOD	53	28.00	26.20	1.40
JANET HOLMES	49	25.00	23.17	1.43
JOAN CLARKE	68	38.00	35.50	2.10
CHRISTINE GRIFFITHS (7L)	52		22.45	
GWEN STEED (2k)	60		11.29	

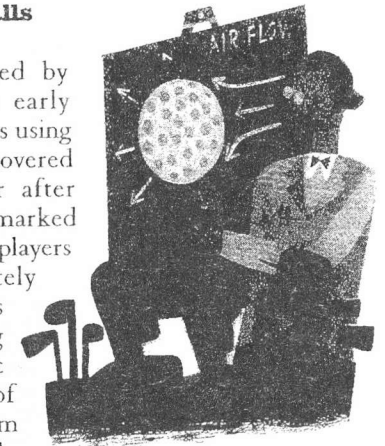
100 MTR H/C - 25.2.03		Clock	Mtrs
KEVIN MARION	66	11.95	14
KATHLEEN COOK	65	12.26	28
PAUL MEREDITH	42	12.53	20
GLAD WISHART	59	12.60	25
DENIS THORNTON	47	12.60	8
CHRIS LORENZ	29	13.40	Scr
MARY GREY	39	13.90	12
JOY HERBERT	59	13.95	3
BOB WISHART	61	15.78	6

600 X 400 MTR RELAY		Fin. Time
25.2.03 - 2 PEOPLE		
GRAHAM PROSSOR		
WAYNE TIBBITS		2.58.3
GARY MOWAT		
DOUG ADENEY		2.59.1
CHRIS LORENZ		
CHRIS M BROWN		3.03.1
JIM McLURE		
CHRIS BROWN		3.06.0
PAUL MEREDITH		
LES KING		3.09.3
KARIN KING		
GRAHAM PHILPOTT		3.10.1
DENIS THORNTON		
JON HOLMES		3.17.5

Q. Why do golf balls have dimples?

A. It all happened by accident! In the early 1850s, British golfers using smooth balls discovered they flew further after being nicked or marked during play. Soon players were deliberately carving patterns into balls, ranging from concentric circles to maps of the world. William Taylor patented the dimple design in 1905. This was the most aerodynamic pattern of all, able to increase a ball's distance from 100 to more than 250 metres. By 1930, it was the industry standard.

Smooth balls are slower because air flowing over them creates a wake behind, dragging them backwards. Dimples break up this air, sending it in different directions, reducing the wake and any subsequent drag.



RESULTS FROM COBURG - FEBRUARY, 2003

100 METRES - 6/2/03

Noel MAGHAMEZ	34	13.46
Gary O'DWYER	43	13.58
Brian McNEIL	52	14.22
Ken CARTER	50	19.29
Hugh McKENZIE	Inv	20.04

800M STEEPLE - 6/2/03

Mark KELLY	40	2.49
Brian McNEIL	52	2.59
Fred RADEMAKER	50	3.12
Russell DOWLING	43	3.39
Mario MUSCAT	49	3.47
Ray HARRISON	48	3.58
Barbara DALGLEISH	66	4.04
Hugh McKENZIE	Inv	4.13
John PEACOCK	66	4.15
George GOODE	75	4.25
Ken CARTER	50	6.34

200 METRES - 6/2/03

Heat 1

Ben WEBER	Inv	26.32
Noel MAGHAMEZ	34	27.28
Gary O'DWYER	43	27.35
Brian McNEIL	52	30.44

Heat 2

Russell DOWLING	43	38.57
Fred RADEMAKER	50	40.71
Hugh McKENZIE	Inv	54.10
Ken CARTER	50	1.12.07

GOLDEN DOMES XC - 6/2/03

4.1 k

Antonio CHITAS	42	17.35
Chris HARRAP	42	18.43
Russell DOWLING	43	18.59
Mario MUSCAT	49	19.27
John PEACOCK	66	21.19
Barbara DALGLEISH	66	22.12
Ray HARRISON	48	22.16
Tony BOWMAN	49	22.20
Brian McNEIL	52	22.24
Lorraine BEALE (4.3k)	60	27.49
Hugh McKENZIE	Inv	30.32

cont'd

GOLDEN DOMES XC - 6/2/03 Cont'd

4.1 k (cont'd)

Arja VELDHUIS (4.0k)	60	33.92
Ken CARTER	50	47.38

7.1 k

Roy McKENZIE	45	37.55
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9.1 k

Mark KELLY	40	46.27
Chris CALLAHAN	38	46.27

80 METRES - 13/2/03

Heat 1

Ken CARTER	50	13.90
George GOODE	75	14.33
Robin WOOD	53	14.70
Bob CHARLTON	70	18.12

Heat 2

Sasha CORNALL	Inv	11.45
Antonio CHITAS	42	12.52
Bruce GIBBS	54	12.58
Bill KYTE	62	13.51
Hugh McKENZIE	Inv	23.15

1500M RUN/1000M WALK - 13/2/03

Gary O'DWYER	43	5.30
Mark KELLY	40	5.41
Antonio CHITAS	42	5.59
Bruce GIBBS	54	7.03
John PEACOCK	66	7.06
Barbara DALGLEISH	66	7.10
Sasha CORNALL	Inv	7.35
George GOODE (W)	75	7.42
Tom DALGLEISH	68	7.47
Bill KYTE	62	8.10
Hugh McKENZIE	Inv	8.17
Robin WOOD (W-1.5k)	53	9.28
Ken CARTER	50	11.27

500 METRES - 13/2/03

Richard TREMBATH	60	1.19
Ian McLEOD	57	1.22
Antonio CHITAS	42	1.39
Bruce GIBBS	54	1.44
Sasha CORNALL	Inv	1.51
Robin WOOD	53	1.58

Cont'd

500 METRES - 13/2/03 Cont'd

Bill KYTE	62	2.04
Barbara DALGLEISH	66	2.09
Tony BOWMAN	49	2.22
Hugh McKENZIE	Inv	2.25
Tom DALGLEISH	68	2.26
Ken CARTER	50	3.38

2K LOOP X COUNTRY - 13/2/03

2 k

Gary O'DWYER	43	8.50
Bill KYTE	62	10.24
Bruce GIBBS	54	11.01
Sasha CORNALL	Inv	11.21
	Inv	11.29

4 k

Chris HARRAP	42	17.44
Mark KELLY	40	18.28
Roy McKENZIE	45	19.12
Mario MUSCAT	49	21.07
Tom DALGLEISH	68	23.39
Colin FENWICK (W)	36	32.33
Ken CARTER	50	43.32

6 k

John PEACOCK	66	32.09
Barbara DALGLEISH	66	34.13
Tony BOWMAN	49	34.32

8 k

Kevin CASSIDY	42	38.31
Gordon PROUDFOOT	59	39.06

100 METRES - 20/2/03

George GOODE	75	17.71
Hugh McKENZIE	Inv	20.55
Robin WOOD	53	21.03
Ken CARTER	50	26.34
Bob CHARLTON	70	30.65

3X200M RELAY - 20/2/03

Mark KELLY	40	
Ken CARTER	50	
John PEACOCK	66	1.59
Chris CALLAHAN	38	
Robin WOOD	53	
Hugh McKENZIE	Inv	1.59

300 METRES - 20/2/03

George GOODE	75	1.07
Barbara DALGLEISH	66	1.09
John PEACOCK	66	1.12
Hugh McKENZIE	Inv	1.22
Ken CARTER	50	1.49

3.5K SPIRAL H/CAP - 20/2/03

		Clock	Actual
Tony BOWMAN	49	29.07	17.37
Barbara DALGLEISH	66	29.26	17.41
Tom DALGLEISH	68	30.04	19.19
Mario MUSCAT	49	30.45	15.50
Bernie GOGGIN	65	30.56	19.21
Gordon PROUDFOOT	59	30.56	16.01
Martin VEAL	33	30.57	13.22
Fred RADEMAKER	50	31.00	13.25
Chris CALLAHAN	38	31.22	15.47
Ray BEALE	58	31.29	31.29
John PEACOCK	66	31.46	16.56
Mark KELLY	40	32.05	15.35
Lorraine BEALE	60	32.30	22.30
Hugh McKENZIE	Inv	32.49	18.49
Roy McKENZIE	45	32.50	17.55
Len HALLETT	53	34.45	18.55
Ken CARTER	50	40.08	32.08

90 METRES - 27/2/03

Heat 1

Sasha CORNALL	Inv	13.38
Ken CARTER	50	17.78
Hugh McKENZIE	Inv	18.03
John PEACOCK	66	19.65

Heat 2

Antonio CHITAS	42	14.05
Bruce GIBBS	54	14.06
Phil CURTAIN	48	14.29
Bill KYTE	62	14.70

1600M RUN/1200M WALK - 27/2/03

John PEACOCK	66	7.12
Barbara DALGLEISH	66	7.47
Sasha CORNALL	Inv	7.53
Hugh McKENZIE	Inv	8.07
Bruce GIBBS	54	8.10

cont'd

RESULTS FROM COBURG - FEB 03 Cont'd

1600M RUN/1200M WALK - 27/2/03 Cont'd

Tom DALGLEISH	68	8.30
Bernie GOGGIN (W)	65	8.31
Bill KYTE	62	8.46
Ken CARTER	50	12.27

400 METRES -27/2/03

Gary O'DWYER	43	1.03
Phil CURTAIN	48	1.12
Sasha CORNALL	Inv	1.24
Bill KYTE	62	1.28
Barbara DALGLEISH	66	1.38
George GOODE	75	1.41
Bernie GOGGIN	65	1.45
Hugh MCKENZIE	Inv	1.48
Ken CARTER	50	2.57

COBURG LAKE 3/6 K - 27/2/03

<u>3 k</u>		
Mark KELLY	40	13.34
Roy MCKENZIE	45	14.02
Mario MUSCAT	49	15.15
Barbara DALGLEISH	66	15.50
Bill KYTE	62	15.54
Sasha CORNALL	Inv	17.08
Tom DALGLEISH	68	17.18
Hugh MCKENZIE	Inv	19.42
Ken CARTER	50	38.18
Ray BEALE	59	38.18
Arja VELDHUIS	60	38.18
<u>6 k</u>		
Martin VEAL	34	23.59
Antonio CHITAS	42	26.25
Chris HARRAP	42	30.38
Len HALLETT	53	30.41
John PEACOCK	66	30.51
Tony BOWMAN	49	32.52
Bernie GOGGIN	65	35.32
Lorraine BEALE	60	37.10



UNDERCOVER AGENTS



My engineer husband often needs to study the shapes of human body parts to make sure that equipment for magnetic resonance imaging is properly designed. Searching for a model to use for a breast coil he was working on, he went to a department store and requested bras in sizes 10A to 14C.

"Which one is for your wife?" asked the saleswoman. He shook his head and replied, "None of them." "Really?" she said. "You're worse than I thought." — D. SUN-ZOU

My husband was with me when I went to buy something for our daughter-in-law at a lingerie shop. He was feeling out of place when a beautiful sales assistant sidled over and asked if she could help him. Trying to be clever, he asked, "Where are the men's clothes?"

In a demure voice the assistant replied, "All of these clothes are for men." — ELIZABETH INGE

Sort of Sisters

THOUGH BEATEN into second place by Marie-Jose Perec in the 400-metres final at the Atlanta Olympics, Australia's Cathy Freeman was so elated after the race that her endorphins kept her on a feel-good high for hours. "You're still puffed and your tongue's sticking to the top of your mouth, and there are interviews and photos, and people are shaking your hand, patting your back, crying, telling you how sensational you are, yet you just ignore it. If you could draw a picture of how you feel, your whole body would be full of air and you'd be

walking around with your arms raised."

In the background, Australian swimmers who had watched the race could be heard chanting, "Aussie, Aussie, Aussie! Oy, oy, oy!" Says Freeman, "Anyone would think I won the bloody thing!"

A great race can be likened to an accident or war, such is the camaraderie among participants. Freeman, Perec and bronze medallist Falilat Ogunkoya prepared for their medal ceremony like schoolgirls for their first dance. Perec lent Freeman her lipstick, eyeshadow, mascara and eyeliner. "We were all happy little Vegemites," Freeman says. "You sort of become sisters. You only go through these moments with certain people and only they understand what it's like. It brings us closer together, almost like we're in our own exclusive club."

ANDY SALTER RELAY – 2003

The 20th running of the Andy Salter relay was contested at Springvale on 5/2/03. Fortunately for runners a change in the weather came through late afternoon reducing the temperature to something reasonable.

The Challenge division was contested by 6 teams, including a team from Diamond Valley (quite a trip to Springvale) who have joined the Veterans under dual registration arrangements with Athletics Victoria. Despite the small number of teams, a close race ensued. In the end Knox prevailed, holding off a fast finishing Diamond Valley, with last year's winners, Springvale, holding on for third.

This is the first time Knox has won the trophy and is a well deserved and popular win, as they were runners-up last year, only 5 seconds behind the winner. Their venue manager Chas McCrae was ecstatic.

Results were:

1st – Knox – 43.04 – Paul Twining, Julie Norney, Graeme Letticq, Bert Pelgrim

2nd – Diamond Valley – 43.26 – Rob Wendel, Ruth Reidy, Gary Hamet, Antony Milovac

3rd – Springvale – 43.59 – Peter Field, Theresia Baird, Tony McGarrigle, John Newsom

Fastest times were: Female – Julie Norney (Knox) – 11.28 Male – Tim Crosbie (East Burwood) – 9.29

In the Fun Run division 22 teams competed. The Springvale team of Rob Clutterbuck, Paul Winterton, Alan Bennie and Ross Martin took line honours in 45.29

The estimated time team walk attracted 6 teams, with a team from Frankston (Gwen Steed, John Hallo and Heather Lancaster) finishing only 9 seconds from their estimated time.

A total of 9 venues were represented and a good night was had by all. A fine supper was enjoyed after the serious business of competing where the great comradeship of the Veterans showed through with much discussion on how everyone was running.

Thanks to all who helped make the night a success, particularly all those who helped provide the supper.

RESULTS FROM COLLINGWOOD - FEBRUARY 2003

4-February-03

100 metres **Heat 1**

1	Bernie LEDDIN	54	14.65
2	Tom DOHERTY	55	15.32
3	Denis HOLDEN	50	15.56
4	Bryan KELLY	55	17.29
5	Dennis BARRY	56	17.95

100 metres **Heat 2**

1	John SCHUIJERS	42	12.75
2	Shane DERBY	42	13.20
3	Ron SCHOLES	49	13.70
4	Paul BAN	48	14.08

3 x 800 metres relay

1	Shane DERBY	42	
	Mike BOYLEN	63	
	Ted PAULIN	64	7.11
2	Ron SCHOLES	49	
	Denis HOLDEN	50	
	Kim LUDINGTON	38	7.29
3	Paul BAN	8	
	Bryan KELLY	55	
	John McBRIDE	52	7.31
4	Dhanbir TAMANG	37	
	George RENNIE	61	
	Ron YOUNG	71	7.34
5	Ken DUXBURY	49	
	Gerard ADRIAN	42	
	Dennis BARRY	56	7.40
6	John SCHUIJERS	42	
	Barry BOYD	58	
	Robert DUNNING	45	7.44
7	Kevin PARDY	Inv	
	Graeme PAUL	48	
	Mal BROWN	62	8.19

3.1K Merri Creek Run

1	George RENNIE	61	12.33
2	Robert DUNNING	45	12.59
3	Paul BAN	48	13.09
4	Bernie LEDDIN	54	13.30
5	Shane DERBY	42	14.14
6	Kevin PARDY	Inv	14.36
7	Gerard ADRIAN	42	15.09
8	Mike BOYLEN	63	15.30
9	Eddie LYNN	66	15.30
10	Tom DOHERTY	55	15.48
11	Dennis BARRY	56	15.52

4-February-03

3.1K Merri Creek Run (cont'd)

13	Wasy DROSDOWSKY	51	16.03
14	Denis HOLDEN	50	16.24
15	Bruce GIBBS	54	17.01
16	Lydia JONES	Inv	17.25
17	Leo JONES	62	18.10
18	Tony BOWMAN	49	18.16
19	John McBRIDE	52	18.20
20	Murray DICKINSON (W)	64	18.29
21	John NOONAN	59	18.34
22	Kim LUDINGTON	38	18.39
23	Bryan KELLY	55	18.39
24	Alison DROSDOWSKY	Inv	19.30
25	Lorraine BEALE	60	22.03
26	Margaret DALHEIM	74	26.11
27	Val McLEOD	56	26.11
28	Arja VELDHUIS	60	32.44
29	Sally LOCKWOOD	44	32.44

6.2K Merri Creek Run

1	Dhanbir TAMANG	37	25.00
2	Lee HAZELWOOD	49	25.21
3	Ron SCHOLES	49	26.16
4	Barry BOYD	58	26.36
5	Ted PAULIN	64	26.52
6	Rob WILSON	57	29.56
7	Melinda WALSH	Inv	30.38
8	Brian WALSH	58	30.55
9	John POCOCK	60	30.59
10	Catriona BROWN	Inv	31.21
11	Nicole DIAMOND	39	31.24
12	Gary BELL	49	31.40
13	Mal BROWN	62	32.05
14	Taya VERESHAKA	39	34.20
15	Vojo NIKOLIC	Inv	35.19
16	Ian MORGAN	57	35.26
17	John MITCHELL	61	35.26
18	Shirley YOUNG	73	35.33

11-February-03

70 metres **Heat 1**

1	John SCHUIJERS	42	9.16
2	Ron SCHOLES	49	9.61
3	Paul BAN	48	9.92
4	Joe DILWORTH	51	10.40
5	Bernie LEDDIN	50	10.96

11-February-03

70 metres **Heat 2**

1	Denis HOLDEN	50	10.70
2	Olya BOJCZUK	40	10.71
3	Bryan KELLY	55	12.10
4	Dennis BARRY	56	13.03

500 metres

1	John SCHUIJERS	42	1.21.76
2	Ron SCHOLES	49	1.22.19
3	Wayne FITZSIMMONS	58	1.22.64
4	Paul BAN	48	1.24.12
5	George RENNIE	61	1.26.10
6	Ken DUXBURY	49	1.28.73
7	Dhanbir TAMANG	37	1.30.65
8	Joe DILWORTH	51	1.31.98
9	Michael HORN	50	1.32.40
10	Bruce GIBBS	54	1.37.42
11	Geoff WILSON	45	1.49.87
12	Peter JOHNSTONE	66	1.51.43
13	Barry BOYD	58	1.58.77
14	John POCOCK	66	2.09.98
15	Bryan KELLY	55	2.19.41
16	Murray DICKINSON (W)	65	2.27.17

4.8K Boulevard Run

1	Ron SCHOLES	49	17.12
2	George RENNIE	61	17.32
3	Joe CASSA	41	18.16
4	Chris BOYLEN	39	18.46
5	Wayne FITZSIMMONS	58	19.02
6	Mike BOYLEN	63	19.36
7	Rod WILSON	49	20.20
8	Keith LODGE	71	20.41
9	Denis HOLDEN	50	20.43
10	John PEACOCK	66	21.14
11	Dennis BARRY	56	22.47
12	Olya BOJCZUK	40	23.48
13	Geoff WILSON	45	24.29
14	Val McLEOD	56	35.58
15	Margaret DALHEIM	74	35.58
16	Keith ROUTLEY	78	37.42

10K Boulevard Run

1	Dhanbir TAMANG	37	39.03
2	Lee HAZELWOOD	49	39.28
3	Ted PAULIN	64	40.42
4	Robert DUNNING	45	41.06
5	Paul BAN	48	41.36

11-February-03

10K Boulevard Run (cont'd)

7	Russell MIGNOT	43	42.16
8	Barry BOYD	58	44.45
9	Rod BAYLEY	56	44.51
10	Rob WILSON	57	45.06
11	Bernie LEDDIN	54	46.05
12	Brian WALSH	58	46.48
13	Garry BELL	49	47.39
14	Tom DOHERTY	56	51.46
15	Nicole DIAMOND	39	52.39
16	Michael HORN	50	52.39
17	Vojo NIKOLIC	54	52.58
18	John McBRIDE	52	53.07
19	Ian MORGAN	57	54.13
20	John POCOCK	60	55.21
21	Shirley YOUNG	73	57.15
22	Tony BOWMAN	49	60.00
23	John NOONAN	59	60.08
24	Barb GLASSER	45	61.55
25	Phillipa SPOONER	46	65.32
26	Kim LUDINGTON	38	65.41
27	Murray DICKINSON (W)	64	65.43
28	Bryan KELLY	55	65.43

18-February-03

100 metres handicap **Heat 1** **H'cap**

1	Olya BOJCZUK	40	12.09	22m
2	Dennis BARRY	56	12.36	32m
3	Ron SCHOLES	49	12.59	9m
4	Wayne FITZSIMMONS	58	12.60	12m
5	Westly WINDSOR	58	13.10	16m
6	Joe DILWORTH	51	13.45	12m

100 metres handicap **Heat 2** **H'cap**

1	Bryan KELLY	55	11.87	30m
2	Kevin PARDY	37	12.15	10m
3	Joe CASSAR	41	12.40	12m
4	Dhanbir TAMANG	38	12.71	18m
5	Bernie LEDDIN	55	13.17	14m

100 metres handicap **Heat 3** **H'cap**

1	Denis HOLDEN	50	12.13	20m
2	Michael HORN	50	12.39	10m
3	Geoff WILSON	45	12.69	12m
4	Carmel PARDY	35	13.16	15m
5	Allison DROSDOWSKY	Inv	13.51	24m

RESULTS FROM COLLINGWOOD - FEBRUARY 2003

18-February-03

1500 metres

1	Ken DUXBURY	49	4.54.39
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18-February-03

4K

1	Dylan YOUNG	Inv	14.58
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25-February-03

80 metres **Heat 1**

1	Dhanbir TAMANG	37	11.36
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25-February-03

3.1K Merri Creek Run (cont'd)

1	George RENNIE	61	12.33
2	Robert DUNNING	45	12.59
3	Paul BAN	48	13.09
4	Bernie LEDDIN	54	13.30
5	Shane DERBY	42	14.14
6	Kevin PARDY	Inv	14.36
7	Gerard ADRIAN	42	15.09
8	Mike BOYLEN	63	15.30
9	Eddie LYNN	66	15.30
10	Tom DOHERTY	55	15.48
11	Dennis BARRY	56	15.52

7 Gerard ADRIAN	42	15.09	3 Paul BAN	48	9.92	1 Dhanbir TAMANG	37	39.03	3 Geoff WILSON	45	12.69	12m
8 Mike BARRY	63	15.30	4 Joe DILWORTH	51	10.40	2 Lee HAZELWOOD	49	39.28	4 Carmel PARDY	35	13.16	15m
9 Eddie LYONS	66	15.30	5 Bernie LEDDIN	50	10.96	3 Ted PAULIN	64	40.42	5 Allison DROSDOWSKY	Inv	13.51	24m
10 Tom DOHERTY	55	15.48				4 Robert DUNNING	45	41.06				
11 Dennis BARRY	56	15.52				5 Paul BAN	48	41.28				

RESULTS FROM COLLINGWOOD - FEBRUARY 2003

18-February-03			18-February-03			25-February-03			25-February-03		
1500 metres			4K			80 metres			Heat 1		
1 Ken DUXBURY	49	4.54.39	1 Dylan YOUNG	Inv	14.56	1 John SCHUIJERS	42	10.54	15 Shirley YOUNG	73	19.19
2 Dhanbir TAMANG	38	5.01.46	2 Ron SCHOLES	49	15.03	2 Kevin PARDY	37	10.74	16 Margaret DALHEIM	74	22.54
3 Ron SCHOLES	49	5.11.61	3 Fred RADEMAKER	50	15.18	3 Ron SCHOLES	49	11.24			
4 Wayne FITZSIMMONS	58	5.13.35	4 Bernie LEDDIN	55	16.40	4 Paul BAN	48	11.59	6.2K Merri Creek Run		
5 Wes WINDSOR	58	5.29.68	5 Joe CASSAR	41	17.06	5 Bernie LEDDIN	55	12.33	1 Dhanbir TAMANG	38	24.12
6 Barry BOYD	58	5.46.06	6 Kevin PARDY	37	17.44				2 Ron SCHOLES	49	26.03
7 Nicole DIAMOND	39	6.09.10	7 Graeme PAUL	48	17.47	80 metres			3 Robert DUNNING	45	26.50
8 Ron YOUNG	71	6.09.40	8 Gerard ADRIAN	42	18.09	1 Olya BOJCZUK	40	12.21	4 Joe CASSAR	41	27.40
9 Denis HOLDEN	50	6.13.20	9 Denis HOLDEN	50	18.21	2 Denis HOLDEN	50	12.45	5 Barry BOYD	58	28.20
10 John POCOCK	60	6.18.40	10 Keith LODGE	71	18.26	3 Carmel PARDY	35	12.90	6 Rod BAYLEY	56	29.10
11 Denis BARRY	56	6.20.28	11 Tom DOHERTY	56	19.02	4 Bryan KELLY	55	13.57	7 Wayne ASKWITH	Inv	30.07
12 Bryan KELLY	55	6.28.44	12 Michael HORN	50	19.02	5 Denis BARRY	56	14.10	8 Gary BELL	49	30.23
13 Peter JOHNSTONE	66	6.33.78	13 John MITCHELL	61	19.21	800 metres			9 Rod WILSON	49	30.57
14 John PEACOCK	66	6.41.89	14 John PEACOCK	66	19.31	1 Wayne FITZSIMMONS	58	2.26.15	10 Bryan KELLY	55	31.30
15 Ian MORGAN	57	6.48.79	15 Voyo NICKOLIC	58	19.33	2 Dhanbir TAMANG	38	2.26.46	11 John POCOCK	60	32.02
16 John McBRIDE	52	DNF	16 Denis BARRY	56	19.35	3 Paul BAN	48	2.28.00	12 Mal BROWN	62	32.22
400 metres			Heat 1			4 Ron SCHOLES	49	2.34.92	13 Voyo NIKOLIC	58	33.08
1 Gerard ADRIAN	42	62.14	18 Ian MORGAN	57	19.55	5 John SCHUIJERS	42	2.49.62	14 John PEACOCK	66	33.43
2 Ron SCHOLES	49	67.46	19 Tony BOWMAN	49	20.30	6 Kevin PARDY	37	2.54.02	15 John McBRIDE	52	34.26
3 Dhanbir TAMANG	38	68.03	20 Olya BOJCZUK	40	20.45	7 Barry BOYD	58	3.02.30	16 Taya VERESHAKA	39	35.57
4 Michael HORN	50	69.26	21 Lydia JONES	Inv	20.47	8 Denis HOLDEN	50	3.04.84	17 Olya BOJCZUK	40	35.57
5 Wayne FITZSIMMONS	58	73.33	22 John McBRIDE	52	21.22	9 Denis BARRY	56	3.09.57	18 Tony BOWMAN	49	36.51
400 metres			Heat 2			10 Peter JOHNSTONE	66	3.11.60	19 Alison DROSDOWSKY	Inv	41.03
1 Joe CASSAR	41	64.65	25 Bruce GIBBS	54	21.58	11 Bryan KELLY	55	3.15.19			
2 Kevin PARDY	37	68.83	26 Carmel PARDY	35	22.25	12 Kim LUDINGTON	38	3.15.60			
3 Joe DILWORTH	51	71.18	27 Allison DROSDOWSKY	Inv	22.50	13 John PEACOCK	66	3.23.82			
4 Lee HAZELWOOD	49	72.20	28 Lorraine BEALE	60	25.35	14 Murray DICKINSON (W)	64	4.04.36			
5 Tom DOHERTY	56	72.40	29 Arja VELDHIJS (W)	60	33.57						
			30 Ray BEALE (W)	58	39.30						
400 metres			Heat 3			3.1K Merri Creek Run					
1 Carmel PARDY	35	80.22	1 Dhanbir TAMANG	38	30.42	1 Ted PAULIN	65	12.24			
2 John McBRIDE	52	83.30	2 Scott LAWRENCE	41	32.34	2 Scott LAWRENCE	41	12.33			
3 Denis BARRY	56	83.72	3 Barry BOYD	58	34.22	3 Paul BAN	48	12.53			
4 Brian WALSH	58	84.40	4 Brian WALSH	58	37.34	4 Jason STALKER	Inv	13.13			
5 Bryan KELLY	55	92.18	5 Kim LUDINGTON	38	37.58	5 Bernie LEDDIN	55	13.22			
6 Don WARDEN	78	112.34	6 Bryan KELLY	55	38.04	6 Kevin PARDY	37	13.35			
			7 Gary BELL	49	38.44	7 Keith LODGE	71	14.52			
2k			8 Nicole DIAMOND	39	38.47	8 Wayne FITZSIMMONS	58	14.55			
1 Don WARDEN	78	14.09	9 Shirley YOUNG	73	43.32	9 Denis BARRY	56	15.05			
						10 Denis HOLDEN	50	15.15			
						11 Ron YOUNG	71	16.36			
						12 John NOONAN	59	18.08			
						13 Carmel PARDY	35	18.17			
						14 Murray DICKINSON	64	18.35			

They set their sights high

IN ANY ENDEAVOUR, aiming low leaves no room for improvement. But setting a stretch target can yield spectacular results.

Ask runner Cathy Freeman. Before the 1996 Olympics, Freeman pasted a piece of white paper on the mirror in the bedroom of her Melbourne home. On it she had typed "48.60, world's best athlete" – the time she thought she needed to win the

400 metres. On the day of her race, Freeman crossed the line in second place with a time of 48.63. She had narrowly missed out on the gold, but called the time – her personal best – to within 0.03 of a second.

RESULTS FROM CROYDON VENUE - FEBRUARY 2003

1500 METRE WALK 4.2.2003

	Clock	Age %
1 Mandy EMMETT	40	8.44 69.8
2 Dave HERBERT	62	8.45 75.0
3 Barrie WICKS	62	9.23 69.9
4 Terry DUNN	65	9.36 70.4
5 Norm CAMERON	58	11.34 54.7
6 Corrie DeGROOT	75	11.34 75.0
7 Phyllis GOSBELL	64	11.56 63.5
8 Marlene CAMERON	53	11.56 56.9
9 Cynthia HERBERT	60	12.18 59.0
10 John YATES	75	12.20 61.4
11 George SIMONS	67	12.42 54.4
12 Lynette HILL	57	13.20 53.0
13 John DUGGAN	55	13.22 46.1

3 KM WALK 4.2.2003

	Clock	Age %
1 Rod NEAL	46	17.27 67.2
2 Alison THOMPSON	49	18.02 74.5
3 Jan WATSON	56	19.22 74.0
4 Colin THOMPSON	54	21.23 58.5

60 METRE SPRINT 4.2.2003

Heat 1:	Clock	Age %
1 Allan WOOD	65	9.4 84.7
2 Terry DUNN	65	9.7 82.1
3 Ron SMITH	54	10.1 72.8
4 Kevin McLAUGHLAN	59	10.9 69.9
5 Norm CAMERON	58	12.3 61.4
6 John DUGGAN	55	12.9 57.4

Heat 2:

1 George SIMONS	67	11.2 72.4
2 Ruth WOOLCOCK	57	11.7 71.2
3 Marlene CAMERON	53	12.5 64.5
4 Pat CAVANAGH	62	13.2 65.7
5 Anne CALLAGHAN	65	15.4 57.9

800 METRE RUN 4.2.2003

	Clock	Age %
1 Peter GRAY	48	2.36.2 73.5
2 Russell OAKLEY	63	2.42.8 80.4
3 Karen ARCHER	40	2.59.9 67.5
4 Colin THOMPSON	54	3.20.2 60.2
5 Glenn CLAUDEN	48	3.20.7 57.2
6 Gerry ROBINSON	63	3.30.3 62.3
7 Cec McKEOWN	63	3.34.2 61.1
8 Ian UREN	51	3.40.5 53.3
9 Ruth WOOLCOCK	57	3.42.9 63.7
10 Ron SMITH	54	3.47.2 53.0
11 Frank TUTCHENER	75	3.53.0 64.8
12 Pat CAVANAGH	62	4.04.8 61.3
13 Anne CALLAGHAN	65	4.24.5 58.8

5 LAP WALK 4.2.2003

1 Liz FELDMAN	54	11.48
2 Jan WATSON	56	14.42
3 Cynthia HERBERT	60	16.09

400 METRE SPRINT 4.2.2003

	Clock	Age %
1 Gerry ROBINSON	63	73.0 75.5
2 Russell OAKLEY	63	74.7 73.8
3 Cec McKEOWN	63	78.6 70.1
4 Karen ARCHER	40	80.5 64.1
5 Terry DUNN	65	87.5 64.2
6 Kevin McLAUGHLAN	59	90.7 58.6
7 Norm CAMERON	58	91.0 57.9
8 Frank TUTCHENER	75	95.5 65.9
9 Allan WOOD	65	97.8 57.4
10 Ron SMITH	54	101.3 50.3
11 John DUGGAN	55	105.4 48.7
12 Pat CAVANAGH	62	112.6 55.8
13 Corrie DeGROOT	75	122.4 60.7
14 Anne CALLAGHAN	65	125.8 51.6

5/10/15/20 LAP RUN 4.2.2003

5 laps:	Clock	Age %
1 Peter GRAY	48	8.40 61.7
2 Karen ARCHER	40	9.17 60.5
3 Carolyn DICKSON	51	9.25 65.7
4 Phil GLASCOTT	53	9.29 58.7
5 Cec McKEOWN	63	9.57 60.7
6 Norm CAMERON	58	10.17 56.5
7 Frank TUTCHENER	75	10.29 67.2
8 Alison THOMPSON	49	10.57 65.2
9 Barrie WICKS	62	10.59 55.0
10 Dot BROWNE	61	11.05 62.0
11 Kevin McLAUGHLAN	59	11.05 52.9
12 Gerry ROBINSON	63	11.17 54.1
13 Phyllis GOSBELL	64	11.19 62.9
14 Marlene CAMERON	53	11.31 54.8
15 Corrie DeGROOT	75	12.12 68.2

10 laps:

	Clock	Age %
1 Ray MERIDA	59	16.33 74.9
2 Ian UREN	51	17.09 67.4
3 Ron CLARKE	54	17.54 66.2
4 Brian GRIDLEY	53	19.09 61.4
5 Mark CHALLEN	45	19.19 57.1
6 Colin THOMPSON	54	19.51 59.7
7 Pat CAVANAGH	62	24.25 60.3

15 laps:

	Clock	Age %
1 Glenn CLAUDEN	48	24.46 70.0
2 Al WILLEY	63	31.00 63.8

20 laps:

	Clock	Age %
1 Saul BAKAITIS	58	32.49 77.5
2 Wayne BURGESS	49	33.51 69.7
3 Rod NEAL	46	34.51 66.1
4 Andrew TUNNE	44	37.41 60.2

10 LAP WALK 4.2.2003

1 Dave HERBERT	62	26.46
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DISCUS THROW 4.2.2003

1 Terry DUNN	65	28.00
2 Allan WOOD	65	23.00
3 Peter GRAY	48	21.70
4 George SIMONS	67	20.50
5 Ruth WOOLCOCK	57	16.20
6 Lyn BATCHELOR	54	13.55
7 Jan WATSON	56	11.70
8 Carolyn DICKSON	51	11.40

An optional Ironperson competition was incorporated in the programme on 4.2.2003 in which athletes had to compete in all of six track & field events. A points scoring system based on the difference between their nominated & clock times for these events was used to determine the male & female winners.

4 LAP WALK 11.2.2003

	Clock	Nom.
1 Rod NEAL	46	8.27
2 Alan LUCAS	55	8.36
3 Alison THOMPSON	49	8.51 8.30
4 Liz FELDMAN	54	9.01
5 Mandy EMMETT	40	9.01
6 Sandra GEISLER	Inv	9.02
7 Terry DUNN	65	9.42 9.30
8 Jan WATSON	56	9.47
9 Barrie WICKS	62	10.05
10 Karen ARCHER	40	10.42 10.40
11 Colin THOMPSON	54	11.06 11.24
12 Peter GRAY	48	11.47 12.00
13 David BATCHELOR	66	11.59
14 Corrie DeGROOT	75	12.19 12.20
15 Norm CAMERON	58	12.20 13.01
16 Marlene CAMERON	53	12.26
17 Shirley COPPOCK	66	12.33
18 Anne CALLAGHAN	65	12.33 14.00
19 Phyllis GOSBELL	64	12.37
20 John YATES	75	12.37
21 Pat CAVANAGH	62	12.44 12.35
22 Lisa DeMUNK	27	12.52 12.00
23 Adam RIEUSSET	30	13.07 11.00
24 John ROGERS	37	13.07 13.00
25 Eugene HENNIG	25	13.39 11.00
26 Dean DeMUNK	31	13.39 10.30
27 Ryan DeMUNK	25	13.54 10.00
28 Lynette HILL	57	14.02
29 Ron SMITH	54	14.37

3 KM WALK 11.2.2003

1 Alan LUCAS	55	17.07
2 Liz FELDMAN	54	19.08
3 Jan WATSON	56	19.46

100 METRE SPRINT 11.2.2003

Heat 1:	Clock	Nom.
1 Lisa DeMUNK	27	15.3 14.0
2 Norm CAMERON	58	19.8 17.1
3 Karen ARCHER	40	20.6 19.0
4 Pat CAVANAGH	62	22.1 19.0
5 Corrie DeGROOT	75	24.2 21.0
6 Anne CALLAGHAN	65	24.8 26.0

Heat 2:

1 Eugene HENNIG	25	13.6 14.0
2 Peter GRAY	48	14.9 14.5
3 Terry DUNN	65	16.6 16.0
4 Ron SMITH	54	17.6
5 Colin THOMPSON	54	19.9 20.0
6 Alison THOMPSON	49	20.4 20.0

Heat 3:

1 Dean DeMUNK	31	13.5 14.0
2 Ryan DeMUNK	25	13.8 14.0
3 John ROGERS	37	14.5 15.0
4 Adam RIEUSSET	30	14.5 14.0
5 Mandy EMMETT	40	16.3

Heat 4:

1 Simon TENNANT	36	13.9
2 John WILLS	52	13.9
3 Russell OAKLEY	63	15.1
4 Kevin McLAUGHLAN	59	17.8
5 Marlene CAMERON	53	20.8
6 Jan WATSON	56	22.1
7 Phyllis GOSBELL	64	25.0

1 MILE RUN 11.2.2003

	Clock	Nom.
1 Eugene HENNIG	25	5.23 6.10
2 Adam RIEUSSET	30	5.35 6.00
3 Ryan DeMUNK	25	5.40 6.14
4 Rod NEAL	46	5.52
5 Dean DeMUNK	31	6.11 6.20
6 Ian UREN	51	6.13
7 Peter GRAY	48	6.22 6.10
8 Simon TENNANT	36	6.25
9 Glenn CLAUDEN	48	6.26
10 Ron CLARKE	54	6.30
11 Karen ARCHER	40	6.30 6.40
12 Russell OAKLEY	63	6.33
13 Brian GRIDLEY	53	6.40
14 Geoff ARNOTT	54	6.46
15 Colin THOMPSON	54	6.50 7.05
16 Phil GLASCOTT	53	6.56
17 Mark PREST	40	7.03
18 John ROGERS	37	7.19 8.00
19 Cec McKEOWN	63	7.20
20 Norm CAMERON	58	7.31 8.01
21 Lisa DeMUNK	27	7.34 7.00
22 Terry DUNN	65	7.42 7.20

1 MILE RUN Contd. 11.2.2003

23 Alison THOMPSON	49	7.58
24 Ron SMITH	54	8.38
25 Varn GERLACH	78	8.67

3 OR 5 KM RUN 11.2.2003

3 km Contd.:	Clock	Nom.
16 Norm CAMERON	58	15.05 15.11
17 Alison THOMPSON	49	15.23 15.00

Results of Ironperson Competition

1 Peter GRAY
2 Karen ARCHER
3 Colin THOMPSON

Points 1/2 MILE HANDICAP 16.2.2003

Points	Clock	Actual
69.9		
85.3	1 Rod NEAL	46 4.39.5 2.39.5
124.7	2 Anne CALLAGHAN	65 4.40.3 4.25.3

1 MILE RUN Contd. 11.2.2003

	Clock	Num.
23 Alison THOMPSON	49	7.50
24 Ron SMITH	54	8.36
25 Vern GERLACH	78	8.57
26 Pat CAVANAGH	62	9.00
27 Corrie DeGROOT	75	9.12
28 Anne CALLAGHAN	65	9.12

300 METRE SPRINT 11.2.2003

Heat 1:		
	Clock	Num.
1 Peter GRAY	48	49.1
2 Lisa DeMUNK	27	53.8
3 Karen ARCHER	40	59.7
4 Ron SMITH	54	63.9
5 Terry DUNN	65	64.6
6 Pat CAVANAGH	62	66.3
7 Corrie DeGROOT	75	88.8
8 Anne CALLAGHAN	65	94.6

Heat 2:

1 Eugene HENNIG	25	45.0
2 Dean DeMUNK	31	46.1
3 Ryan DeMUNK	25	46.2
4 Adam RIEUSSET	30	49.9
5 Norm CAMERON	58	54.8
6 John ROGERS	37	57.4
7 Mark PREST	40	58.4
8 Colin THOMPSON	54	64.4
9 Alison THOMPSON	49	69.3

Heat 3:

1 Russell OAKLEY	63	49.9
2 John WILLS	52	52.8
3 Cec McKEOWN	63	59.2
4 Carolyn DICKSON	51	59.8
5 Kevin McLAUGHLAN	59	60.1
6 Marlene CAMERON	53	73.6
7 Phyllis GOSBELL	64	84.2

3 OR 5 KM RUN 11.2.2003

3 km:		
	Clock	Num.
1 Adam RIEUSSET	30	11.16
2 Eugene HENNIG	25	11.37
3 Rod NEAL	46	12.49
4 Ryan DeMUNK	25	13.17
5 Peter GRAY	48	13.24
6 Dean DeMUNK	31	13.34
7 Karen ARCHER	40	13.37
8 Colin THOMPSON	54	13.51
9 Russell OAKLEY	63	13.58
10 Brian GRIDLEY	53	14.29
11 Geoff ARNOTT	54	14.46
12 Ray CALLAGHAN	69	14.52
13 John ROGERS	37	14.53
14 Mark PREST	40	14.55
15 Cec McKEOWN	63	15.04

3 OR 5 KM RUN 11.2.2003

3 km Contd.:		
	Clock	Num.
16 Norm CAMERON	58	15.05
17 Alison THOMPSON	49	15.23
18 Barrie WICKS	62	15.28
19 Terry DUNN	65	15.54
20 Kevin McLAUGHLAN	59	16.49
21 Ruth WOOLCOCK	57	17.08
22 Dot BROWNE	62	17.08
23 Lisa DeMUNK	27	17.28
24 Marlene CAMERON	53	17.33
25 Corrie DeGROOT	75	17.45
26 Pat CAVANAGH	62	18.02
27 Anne CALLAGHAN	65	18.11
28 Phyllis GOSBELL	64	18.15
John YATES (1 km.)	74	8.34

5 km:

1 Saul BAKAITIS	58	19.57
2 Glenn CLAIKEN	48	20.38
3 Ray MERIDA	59	21.04
4 Ron CLARKE	54	21.07
5 Ian UREN	51	21.08
6 Andrew TUNNE	44	21.44
7 Simon TENNANT	36	23.50
8 Ron BOYNE	69	24.25
9 Phil GLASCOTT	53	24.31
10 Al WILLEY	63	25.34
11 Lyn BATCHELOR	54	26.57

DISCUS N.O.D. 11.2.2003

	Dist.	Num.
1 Lisa DeMUNK	27	29.90
2 Ryan DeMUNK	25	25.76
3 Terry DUNN	65	25.50
4 Eugene HENNIG	25	24.90
5 George SIMONS	67	24.40
6 Peter GRAY	48	23.88
7 John ROGERS	37	23.40
8 Dean DeMUNK	31	21.86
9 Adam RIEUSSET	30	19.30
10 Colin THOMPSON	54	18.32
11 Mark PREST	40	18.00
12 Ruth WOOLCOCK	57	17.80
13 Allan WOOD	65	17.40
14 Karen ARCHER	40	16.76
15 Norm CAMERON	58	14.85
16 Ron SMITH	54	14.23
17 Corrie DeGROOT	75	13.47
18 Lynette HILL	57	11.80
19 Jan WATSON	56	11.00
20 Pat CAVANAGH	62	10.81
21 Anne CALLAGHAN	65	10.55
22 Marlene CAMERON	53	9.95
23 Alison THOMPSON	49	9.84

Results of Ironperson Competition:

	Points
1 Peter GRAY	69.9
2 Karen ARCHER	85.3
3 Colin THOMPSON	124.7
4 Anne CALLAGHAN	172.6
5 John ROGERS	185.4
6 Pat CAVANAGH	209.2
7 Corrie DeGROOT	209.5
8 Adam RIEUSSET	250.7
9 Alison THOMPSON	262.2
10 Dean DeMUNK	268.2
11 Terry DUNN	271.5
12 Eugene HENNIG	283.9
13 Norm CAMERON	304.2
14 Lisa DeMUNK	341.9
15 Ryan DeMUNK	356.8

Winners: Iron Woman - Karen Archer
 Iron Man - Peter Gray

15 MINUTE TIME TRIAL TEAMS 18.2.2003

	Laps	Metres
1 Alison THOMPSON	49	6 310
2 Alan LUCAS	55	6 250
3 Rod NEAL	46	6 225
4 Sandra GIESLER	Inv	6 170
5 Mandy EMMETT	40	6 130
6 Liz FELDMAN	54	6 100
7 Dave HERBERT	62	6 45
8 Barrie WICKS	62	5 350
9 Jan WATSON	56	5 252
10 Colin THOMPSON	54	5 150
11 Pam RICHARDS	63	5 100
12 David BATCHELOR	66	5 70
13 Cynthia HERBERT	60	5 18
14 Phyllis GOSBELL	64	4 390
15 Corrie DeGROOT	75	4 390
16 Les CLARK	72	4 310
17 John YATES	75	4 245
18 Lynette HILL	57	4 45

Winning Team - Liz Feldman and David Batchelor

9.3 SECONDS N.O.S.P. 18.2.2003

1 George SIMONS	67	7.8
2 Anne CALLAGHAN	65	8.3
3 John YATES	75	8.7
4 Pat CAVANAGH **	62	9.3
5 Kevin McLAUGHLAN	59	9.6
6 Jan WATSON	56	10.5
7 Phyllis GOSBELL	64	10.0
8 Gerry ROBINSON	64	10.2
9 John CAVANAGH	52	10.3
10 Ruth WOOLCOCK	57	10.4
11 Allan WOOD	65	11.2

** Winner - Pat Cavanagh

1/2 MILE HANDICAP 18.2.2003

	Clock	Actual
1 Rod NEAL	46	4.39.5
2 Anne CALLAGHAN	65	4.40.3
3 Ruth WOOLCOCK	57	4.42.2
4 Peter GRAY	48	4.42.9
5 Brian GRIDLEY	53	4.43.9
6 Russell OAKLEY	63	4.49.4
7 Ian UREN	51	4.54.1
8 Colin THOMPSON	54	4.54.1
9 Carolyn DICKSON	51	4.56.4
10 Cec McKEOWN	63	5.00.1
11 Frank TUTCHENER	75	5.01.0
12 John CAVANAGH	52	5.07.3
13 Gerry ROBINSON	64	5.07.6
14 Phil GLASCOTT	53	5.08.5
15 Geoff ARNOTT	54	5.13.7

51.4 SECONDS N.O.S.P. 18.2.2003

1 George SIMONS	67	40.9
2 Pat CAVANAGH	62	41.4
3 Phyllis GOSBELL	64	43.3
4 Allan WOOD	65	43.5
5 Anne CALLAGHAN	65	44.0
6 Geoff ARNOTT	54	46.9
7 Jeff JONES	46	48.8
8 Russell OAKLEY **	63	50.8
9 Gerry ROBINSON	64	52.1
10 Kevin McLAUGHLAN	59	54.2
11 John CAVANAGH	52	57.1

** Winner - Russell Oakley 0.68 sec out

SHOT PUT 18.2.2003

1 Ruth WOOLCOCK	57	8.05
2 George SIMONS	67	7.20
3 Peter GRAY	48	7.00
4 Lynette HILL	57	6.92
5 Les CLARK	72	6.62
6 Carolyn DICKSON	51	5.86
7 Pat CAVANAGH	62	4.77
8 Jan WATSON	56	4.32

5 LAP WALK HANDICAP 18.2.2003

	Clock	Actual
1 John YATES	75	16.34
2 Dave HERBERT	62	18.03
3 Cynthia HERBERT	60	18.04
4 Les CLARK	72	18.13
5 Jan WATSON	56	18.31
6 Carolyn DICKSON	51	18.36

8 LAP HCP SPIRAL 18.2.2003

1 Brian GRIDLEY	53	19.09
2 Ian DUTHIE	59	19.14
3 Phyllis GOSBELL	64	19.53
4 Peter GRAY	48	19.54
5 Jeff JONES	46	19.57

8 LAP HCP SPIRAL 18.2.2003 Contd

	Clock	Actual
6 Al WILLEY	63	19.57 16.07
7 Ray MERIDA	59	20.09 13.19
8 Ian UREN	51	20.09 13.34
9 Ray CALLAGHAN	69	20.12 16.22
10 Ruth WOOLCOCK	57	20.21 18.31
11 Andrew TUNNE	44	20.22 13.47
12 John CAVANAGH	52	20.29 15.19
13 Colin THOMPSON	54	20.32 15.22
14 Pat CAVANAGH	62	20.33 19.18
15 Corrie DeGROOT	75	20.34 19.49
16 Cec McKEOWN	63	20.35 15.25
17 Ron BOYNE	69	20.37 16.37
18 Alison THOMPSON	49	20.38 16.43
19 Kevin McLAUGHLAN	59	20.42 17.52
20 Rod NEAL	46	20.44 13.19
21 Barrie WICKS	62	20.48 16.48
22 Dot BROWNE	62	20.54 17.44
23 Russell OAKLEY	63	20.58 14.23
24 George SIMONS	67	21.01 19.51
25 Colin BROWNE	70	21.42 19.17
26 Lyn BATCHELOR	54	22.13 18.08
27 Geoff ARNOTT	54	22.25 16.30

1200 METRE WALK N.O.T. 25.2.2003

	Clock	Norm.
1 Sandra GIESLER	25	6.04
2 Alison THOMPSON	49	6.09 6.20
3 Alan LUCAS	55	6.18 6.20
4 Rod NEAL	46	6.46 7.00
5 Liz FELDMAN **	54	6.46 6.45
6 Dave HERBERT	62	6.56 7.32
7 Barrie WICKS	62	7.47 7.30
8 Colin THOMPSON	54	8.26 8.23
9 Norm CAMERON	58	8.41 9.15
10 Pam RICHARDS	63	8.42 8.40
11 Corrie DeGROOT	75	8.48 9.10
12 Phyllis GOSBELL	64	8.52 9.25
13 John YATES	75	9.25 9.30
14 Vern GERLACH	78	9.28 9.58
15 Les CLARK	72	11.16 10.30
16 Frank TUTCHENER	75	11.17 11.35
17 Lynette HILL	57	11.44 12.10

** Winner - Liz Feldman - 1 sec Out

50 METRE SPRINT 25.2.2003

1 Allan WOOD	65	8.4
2 Kevin McLAUGHLAN	59	8.7
3 John CAVANAGH	52	8.9
4 George SIMONS	67	9.3
5 Karen ARCHER	40	9.5
6 John DUGGAN	55	9.7
7 Norm CAMERON	58	10.0

1000 METRE RUN 25.2.2003

1 Rod NEAL	46	3.17.6
2 Karen ARCHER	40	3.40.6
3 David WEAR	56	3.46.4
4 Ian UREN	51	3.46.4
5 John CAVANAGH	52	3.58.2
6 Brian GRIDLEY	53	4.05.0
7 Carolyn DICKSON	51	4.10.6
8 Colin THOMPSON	54	4.13.8
9 Cec McKEOWN	63	4.14.5
10 Frank TUTCHENER	75	4.43.4
11 George SIMONS	67	5.19.1

400 METRE HCP 25.2.2003

	Clock	Actual
1 Allan WOOD	65	111.3 84.3
2 Peter GRAY	48	117.2 66.2
3 Kevin McLAUGHLAN	59	118.0 85.0
4 Cec McKEOWN	63	119.2 77.2
5 Karen ARCHER	40	120.6 78.6
6 Corrie DeGROOT	75	120.8 120.8
7 Norm CAMERON	58	123.2 79.2
8 Anne CALLAGHAN	65	124.1 124.1
9 John DUGGAN	55	124.7 89.7
10 Frank TUTCHENER	75	127.5 95.5
11 Vern GERLACH	78	129.1 118.1
12 George SIMONS	67	130.4 106.4
13 John CAVANAGH	52	131.0 76.0

12 LAPS TEAM DROP OUT 25.2.2003

1 David WEAR	56
Norm CAMERON	58
Brian GRIDLEY	53 21.15
2 Ray MERIDA	59
Barrie WICKS	62
Ian UREN	51 21.22
3 Peter GRAY	48
Ron BOYNE	69
John CAVANAGH	52 21.43
4 Rod NEAL	46
Lyn BATCHELOR	54
Alison THOMPSON	49 22.02
5 Colin THOMPSON	54
Karen ARCHER	40
Cec McKEOWN	63 23.08

DISCUS THROW 25.2.2003

1 George SIMONS	67	23.14
2 Peter GRAY	48	23.09
3 Allan WOOD	65	19.38
4 Les CLARK	72	17.18
5 Ruth WOOLCOCK	57	16.23
6 Lynette HILL	57	13.58
7 Carolyn DICKSON	51	13.40
8 Corrie DeGROOT	75	13.34



A consumer is a statistical abstraction. A customer is a human being.

- STANLEY MARCUS in *The New York Times*

DONCASTER VENUE RESULTS

		3/2/03	10/2/03			17/2/03	24/2/03		
100 metre Heat 1			200 metre Hcp. Heat 1			Landy Trophy	110 metre Heat 1		
Jodi CHANDLER	34	15.1	Alex HARRIS	73	48	24.1	June REEVES	57	16.4
June REEVES	57	15.4	June REEVES	57	46	24.6	Nanette COMPTE	59	16.7
Nanette COMPTE	59	16.0	Nanette COMPTE	59	46	25.3	Alex HARRIS	73	16.7
Jill ALLEN	64	16.2	Marlene JOHNS	39	19	25.8	Jill ALLEN	64	17.0
Wandy LEE	46	16.8	Bob GRACE	58	27	26.2	110 metre Heat 2		
Kay BURNIE	50	17.7	Kay BURNIE	50	40	26.6	Craig QUILTY	38	13.9
Kathleen COOK	65	17.8	200 metre Hcp. Heat 2			Phil ROSEVEAR	53	14.2	
Jill DUFFELL	53	20.3	Alan GIBSON	52	21	25.7	Christie FAULKS	42	14.8
100 metre Heat 2			Tom LEONG	61	33	26.6	Alan GIBSON	52	15.5
Craig QUILTY	38	13.2	Brendan PHYLAND	41	7	27.0	Con MATTHEWS	66	15.7
Brendan PHYLAND	41	13.5	Sonya FITZGERALD	36	19	27.5	110 metre Heat 3		
Richard KERRIDGE	54	13.5	Bernard BLUMEL	48	14	27.7	John BROWNE	51	15.8
Marlene JOHNS	39	14.2	Jodi CHANDLER	34	12	28.0	Mandy LEE	46	17.1
Con MATTHEWS	66	14.8	200 metre Hcp. Heat 3			Chris HONDROMATIDIS	54	17.8	
Bryan BOTTOMLEY	51	15.6	Barbara COURTNEY	45	33	22.8	Kerrin BRAITHWAITE	46	19.1
100 metre Heat 1			Con MATTHEWS	66	40	23.0	400 metre		
June REEVES	57	33.9	Phil ROSEVEAR	53	21	24.0	Craig QUILTY	38	56.5
Nanette COMPTE	59	34.8	Rod JELLETT	50	21	24.3	Alan GIBSON	52	59.8
Jill ALLEN	64	35.5	Richard KERRIDGE	54	21	24.8	Richard TREMBATH	61	60.2
Kay BURNIE	50	37.0	David NOBBS	62	33	25.5	David FENTON	39	63.7
Kathleen COOK	65	38.2	Craig QUILTY	38	Scr.	26.8	Con MATTHEWS	66	66.1
Jill DUFFELL	53	46.4	1000 metre Hcp.			Phil ROSEVEAR	53	67.9	
100 metre Heat 2			David NOBBS	62	183	2.28.5	John BROWNE	51	70.2
Craig QUILTY	38	27.2	Con MATTHEWS	66	225	2.56.3	Alex HARRIS	73	77.9
Phil ROSEVEAR	53	27.2	Richard KERRIDGE	54	106	3.03.2	200 metre Heat 1		
Richard KERRIDGE	54	27.7	Tom LEONG	61	183	3.09.6	June REEVES	57	32.0
Brendan PHYLAND	41	27.7	Craig QUILTY	38	Scr.	3.09.8	Nanette COMPTE	59	32.5
Rod JELLETT	50	28.0	Brendan PHYLAND	41	35	3.12.1	Mandy LEE	46	33.4
Marlene JOHNS	39	28.9	June REEVES	57	254	3.25.3	Chris HONDROMATIDIS	54	33.7
100 metre Heat 3			Phil ROSEVEAR	53	106	3.43.4	Jill ALLEN	64	35.0
David NOBBS	62	28.9	Nanette COMPTE	59	254	3.46.2	Kerrin BRAITHWAITE	46	37.7
Con MATTHEWS	66	29.7	Kay BURNIE	50	216	3.49.8	200 metre Heat 2		
Jodi CHANDLER	34	31.7	Jodi CHANDLER	34	70	4.17.4	Craig QUILTY	38	26.9
Wandy LEE	46	32.5	400 metre Hcp. Heat 1			Rod JELLETT	50	27.3	
1000 metre			Alex HARRIS	73	102	56.0	Alan GIBSON	52	27.9
Craig QUILTY	38	3.22.8	Phil ROSEVEAR	53	40	56.4	Phil ROSEVEAR	53	28.4
Brendan PHYLAND	41	3.29.8	Marlene JOHNS	39	41	58.9	Christie FAULKS	42	28.8
Richard KERRIDGE	54	3.42.6	Craig QUILTY	38	Scr.	59.8	David FENTON	39	29.2
Tom LEONG	61	3.51.3	Bernard BLUMEL	48	27	67.6	Con MATTHEWS	66	29.8
Con MATTHEWS	66	4.09.6	400 metre Hcp. Heat 2			Bob GRACE	58	30.4	
Phil ROSEVEAR	53	4.24.8	Con MATTHEWS	66	85	52.6			
			Alan GIBSON	52	40	54.3			
			Richard KERRIDGE	54	40	57.0			
			Brendan PHYLAND	41	13	58.7			

See attached

LANDY TROPHY 2003

<u>200 metre</u>		<u>1000 metre</u>		<u>400 metre</u>		<u>Points Score</u>	
Heat 1		Heat 1		Consolation Final			
Ross KENT	23.23	Richard TREMBATH	2.36.25	Bronwen LOIZOU	50.36	Kathy HEAGNEY	20
Colin PAGE		Ross KENT		Alan GIBSON		Con MATTHEWS	20
Mick CARR		Bob LEWIS		Syd ELKS		Mike JOHNSTON	20
Kay BURNIE		Louis WASER		George RENNIE		David NOBBS	20
Frank TUTCHENER		Mandy LEE		Dean PAULIN		Richard TREMBATH	20
Bob HAYES		Heat 2		Graham STOCKDALE		Ross KENT	18
Annette PELGRIM		Kathy HEAGNEY	2.46.00	Colin PAGE		Colin PAGE	18
Dhanbir TAMANG		Shane DERBY		The Landy Trophy		Dean PAULIN	18
Heat 2		Annette PELGRIM		Mike JOHNSTON	44.33	Bronwen LOIZOU	18
Kathy HEAGNEY	22.95	Phil ROSEVEAR		Richard TREMBATH		Syd ELKS	17
Dean PAULIN		John SUTTON		David NOBBS		Alan GIBSON	16
Brian TAIT		Heat 3		Kathy HEAGNEY		George RENNIE	16
Paul BAN		David NOBBS	2.31.05	Con MATTHEWS		Graham STOCKDALE	16
Mandy LEE		Alan GIBSON				Peter LAMB	15
John BELL		Ted PAULIN				Wayne FITZSIMMONS	15
Karen ARCHER		Bob HAYES				Phil ROSEVEAR	13
Corrie DeGROOT		Craig QUILTY				Shane DERBY	13
Heat 3		Helen VANDERNAGEL				Ian MCLEOD	12
Syd ELKS	23.38	Brian TAIT				Stewart HANDASYDE	12
Alan GIBSON		Heat 4				Mick CARR	11
Ian MCLEOD		Con MATTHEWS	2.44.00			Frank TUTCHENER	11
Nyala MILLAR		Peter LAMB				Tony NEMARIC	11
Tony NEMARIC		Syd ELKS				Richard KERRIDGE	11
Rob WATERS		Karen ARCHER				June REEVES	11
Tony DORAN		Mick CARR				Nyala MILLAR	10
Heat 4		John WAITE				Graham PHILPOTT	10
Con MATTHEWS	23.21	Daniel JUHEL				Bob LEWIS	10
Phil ROSEVEAR		Jodi CHANDLER				Ted PAULIN	10
Richard KERRIDGE		Heat 5				Kay BURNIE	9
Andrew FRASER		Mike JOHNSTON	2.22.57			Annette PELGRIM	9
Stewart HANDASYDE		George RENNIE				Brian TAIT	9
Graham PHILPOTT		Frank TUTCHENER				Alan BENNIE	9
Alan BENNIE		Corrie DeGROOT				Craig QUILTY	9
Celia JOHNSON		Richard KERRIDGE				Bob HAYES	8
Heat 5		Ron SCHOLES				Paul BAN	8
Mike JOHNSTON	21.39	Rob WATERS				Mandy LEE	8
Barbara COURTNEY		Chas MCRAE				John BELL	8
Peter LAMB		Heat 6				Barbara COURTNEY	8
Shane DERBY		Bronwen LOIZOU	2.40.42			Ashley RYAN	8
Ashley RYAN		Graham STOCKDALE				Louis WASER	8
Louis WASER		Graham PHILPOTT				Ron SCHOLES	8
Ron SMITH		Ian MCLEOD				Tony BRADFORD	8
Helen VANDERNAGEL		Ashley RYAN				John WAITE	8
Heat 6		Paul BAN				Karen ARCHER	7
David NOBBS	23.34	Dhanbir TAMANG				George GOODE	7
Bronwen LOIZOU		June REEVES				Kathleen COOK	7
Wayne FITZSIMMONS		Heat 7				Corrie DeGROOT	6
Ron SCHOLES		Dean PAULIN	2.44.25			Daniel JUHEL	6
Tony BRADFORD		Wayne FITZSIMMONS				Rob WATERS	5
Bob LEWIS		Alan BENNIE				Andrew FRASER	5
Jodi CHANDLER		Nyala MILLAR				Ron SMITH	5
John SUTTON		Kay BURNIE				John SUTTON	5
Heat 7		Heat 8				Helen VANDERNAGEL	4
June REEVES	24.41	Colin PAGE	2.51.01			Allan WOOD	4
George RENNIE		Stewart HANDASYDE				Dhanbir TAMANG	3
George GOODE		Tony NEMARIC				Jodi CHANDLER	3
Craig QUILTY		John BELL				John MOORE	3
Daniel JUHEL		Tony BRADFORD				Chas MCRAE	3
John MOORE		Ron SMITH				Tony DORAN	2
Murray DICKINSON		Heat 9 (Walk)				Murray DICKINSON	2
Kevin MCGRATH		Celia JOHNSON	2.31.50			Celia JOHNSON	1
Heat 8		Murray DICKINSON				Kevin MCGRATH	1
Richard TREMBATH	22.49	Tony DORAN				Mike MCAVOY	1
Graham STOCKDALE		George GOODE					
Kathleen COOK							
John WAITE							
Allan WOOD							
Ted PAULIN							
Chas MCRAE							
Mike MCAVOY							

RESULTS FROM EAST BURWOOD VENUE - FEBRUARY 2003

800 METRE WALK 6.2.2003

1 Shirley COPPOCK	66	6.10
2 Norm CAMERON	58	6.20
3 Phyllis GOSBELL	64	6.50
4 Tina BAARSLAG	69	6.60

800 METRE RUN 6.2.2003

1 Ashley RYAN	48	2.23.2
2 Stewart HANDASYDE	51	2.28.6
3 Richard TREMBATH	60	2.31.4
4 Ian McLEOD	57	2.39.1
5 Graham PHILPOTT	59	2.46.0
6 Bob HAYES	64	2.55.9
7 Leo WATSON	61	3.06.2
8 Annette PELGRIM	48	3.08.3
9 John SUTTON	59	3.11.2
10 Gerry CLARKE	66	3.24.4
11 Helen VANDERNAGEL	46	3.26.7
12 Hawley THOMAS	64	3.33.1
13 Frank TUTCHENER	75	3.39.8
14 Gordon STEPHEN	49	3.54.4
15 Fiona JOHNSON	32	4.26.9

100 METRE SPRINT HCP 6.2.2003

Heat 1:	Clock	Hcp	Mtrs.
1 Ashley RYAN	48	13.1	7
2 Ron ARTHUR	63	13.5	2
3 Alex HARRIS	73	13.8	16
4 Allan WOOD	65	14.1	16
5 Bob HAYES	64	14.8	16
6 Frank TUTCHENER	75	15.1	25

Heat 2:

1 Peter TUCKETT	43	12.8	-6
2 Marlene JOHNS	39	13.2	5
3 Natasha DeKLERK	34	13.6	3
4 Horacio DIAZ	57	14.5	19
5 Marg DONAGHEY	35	15.3	11
6 Wal RILEY	79	21.1	39

Heat 3:

1 Geoff_s WHEELER	49	13.1	14
2 Ann HOLCOMBE	55	13.1	11
3 Eddie STACK	68	13.8	19
4 John SUTTON	59	14.1	20
5 Frank TUTCHENER	75	14.4	25

400 METRE SPRINT 6.2.2003

Heat 1:

1 Ron ARTHUR	63	63.9
2 Ian McLEOD	57	64.5
3 Marlene JOHNS	39	69.8
4 Geoff_s WHEELER	49	75.0
5 Andrew FRASER	61	82.0
6 Norm CAMERON	58	84.6
7 Allan WOOD	65	88.9
8 Frank TUTCHENER	75	91.3

400 METRE SPRINT 6.2.2003 Contd.

Heat 2:

1 Natasha DeKLERK	34	72.4
2 Bob HAYES	64	75.6
3 Annette PELGRIM	48	80.1
4 Alex HARRIS	73	81.7
5 Eddie STACK	68	82.5
6 Helen VANDERNAGEL	46	90.2
7 Marg DONAGHEY	35	92.5
8 Lloyd NICHOLS	61	112.3

Heat 3:

1 Peter TUCKETT	43	55.0
2 Darren McGEE	40	57.9
3 David NOBBS	62	61.9
4 Zac TUCKETT	Inv	67.4
5 Ashley RYAN	48	68.4

60 METRE SPRINT 6.2.2003

Heat 1:

1 Ian McLEOD	57	
2 Ann HOLCOMBE	55	
3 Allan WOOD	65	Sorry no times available
4 Eddie STACK	68	
5 Horacio DIAZ	57	
6 Wal RILEY	79	

Heat 2:

1 Marlene JOHNS	39	9.0
2 Margaret SHELDON	44	10.6
3 ??		10.9
4 Fiona JOHNSON	32	12.0

2 KM WALK 6.2.2003

1 Shirley COPPOCK	66	15.54
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5, 6 OR 8 LAP RUN 6.2.2003

5 laps:

1 Norm CAMERON	58	9.34
2 Tony MARTIN	74	12.28
3 Frank TUTCHENER	75	12.28

6 laps:

1 Helen VANDERNAGEL	46	10.57
2 Annette PELGRIM	48	10.58
3 Bob HAYES	64	11.09
4 Zac TUCKETT	Inv	11.09
5 Phyllis GOSBELL	64	14.30

8 laps:

1 Graham PHILPOTT	59	12.34
2 Sam DEFANIS	54	12.58
3 Bob POWER	60	13.49
4 John CUNNINGHAM	58	15.33
5 John SUTTON	59	15.41
6 Graham EDWARDS	67	15.56
7 Gerry CLARKE	66	16.30

70 METRE SPRINT 13.2.2003

Heat 1:

1 Marg DONAGHEY	35	11.5
2 Eddie STACK	68	11.9
3 Margaret SHELDON	44	12.2
4 Horacio DIAZ	58	12.5
5 Fiona JOHNSON	32	13.0
6 Judy CORAM	53	13.3

Heat 2:

1 Darren ARTHUR	37	9.9
2 Geoff_s WHEELER	49	10.2
3 Ron ARTHUR	63	10.6
4 Amanda LEE	46	11.7

1500 METRE WALK 13.2.2003

1 Tina BAARSLAG	69	10.40
2 Annette HAWKINS	52	10.46
3 Adrian McLEAN	Inv	10.47
4 Phyllis GOSBELL	64	11.19
5 Shirley COPPOCK	66	11.31
6 Cynthia HERBERT	60	11.32
7 Barbara BROOKS	68	13.22

1000 METRE RUN 13.2.2003

1 Darren McGEE	40	3.03.6
2 Ashley RYAN	48	3.06.2
3 David NOBBS	62	3.16.9
4 Michael RICHARDS	51	3.20.3
5 Graham PHILPOTT	59	3.27.2
6 Sam DEFANIS	54	3.30.8
7 Bob HENDERSON	56	3.42.9
8 John BELL	58	3.45.3
9 Adrian McLEAN	Inv	3.46.0
10 Kathy PARKER	40	4.00.9
11 Bob LEWIS	74	4.11.0
12 Gerry CLARKE	66	4.15.7
13 Frank TUTCHENER	75	4.26.5
14 Gordon STEPHEN	49	4.40.3

200 METRE SPRINT 13.2.2003

Heat 1:

1 Eddie STACK	68	35.2
2 Allan WOOD	65	35.7
3 Horacio DIAZ	58	37.4
4 Kathleen COOK	65	37.7
5 Gerry CLARKE	66	38.5
6 Frank TUTCHENER	75	40.9

Heat 2:

1 Darren McGEE	40	29.3
2 Graham PHILPOTT	59	30.2
3 Geoff_s WHEELER	49	31.5
4 Amanda LEE	46	33.0
5 John BELL	58	34.9
6 Marg DONAGHEY	35	36.6

200 METRE SPRINT 13.2.2003

Heat 3:

1 Dean ANDERSON	46	28.1
2 Ashley RYAN	48	28.6
3 Adrian McLEAN	Inv	32.3

100 METRE SPRINT 13.2.2003

Heat 1:

1 Amanda LEE	46	15.8
2 Allan WOOD	65	16.2
3 Eddie STACK	68	17.3
4 Kathleen COOK	65	17.8
5 Fiona JOHNSON	32	19.5

Heat 2:

1 Geoff_s WHEELER	49	14.2
2 Ashley RYAN	48	14.8
3 Brian TAIT	61	15.3
4 Horacio DIAZ	58	19.2

5 LAP WALK 13.2.2003

1 Annette HAWKINS	52	14.50
2 Cynthia HERBERT	60	14.55

3 OR 5 KM RUN 13.2.2003

3 km:

1 Graham PHILPOTT	59	11.36
2 Bob HENDERSON	56	11.38
3 Stewart HANDASYDE	51	11.53
4 David NOBBS	62	13.28
5 Bob LEWIS	74	14.19
6 Gerry CLARKE	66	14.38
7 Ray CALLAGHAN	69	15.36
8 Phyllis GOSBELL	64	18.09
9 Tony MARTIN	74	18.09
10 Frank TUTCHENER	75	18.09
Barbara BROOKS (5 laps)	68	14.31
Shirley COPPOCK (5 laps)	66	15.47

5 km:

1 Peter MAY	42	18.58
2 Sam DEFANIS	54	19.20
3 Michael RICHARDS	51	20.43
4 John BELL	58	21.52
5 John CUNNINGHAM	58	24.36

DISCUS THROW 13.2.2003

1 Dean ANDERSON	46	20.48
2 Judy CORAM	53	20.44
3 Margeret SHELDON	44	18.13
4 Graham PHILPOTT	59	16.63
5 Allan WOOD	65	16.42
6 Marg DONAGHEY	35	15.82
7 Gwen DAVIDSON	80	14.90
8 Fiona JOHNSON	32	13.95
9 Barbara BROOKS	68	12.67
10 Neil WILSON	35	4.30

RESULTS FROM EAST BURWOOD VENUE - FEBRUARY 2003

1200 METRE WALK 20.2.2003

1 Dave HERBERT	62	6.51
2 Tina BAARSLAG	69	8.24
3 Elaine McLEAN	47	8.33
4 Shirley COPPOCK	66	9.08
5 Norm CAMERON	58	9.11
6 Adrian McLEAN	Inv	9.21

100 METRE SPRINT 20.2.2003

1 Keith MOYLE	53	12.3
2 Geoff_s WHEELER	49	14.4
3 Amanda LEE	46	15.2
4 Eddie STACK	68	16.8
5 Judy CORAM	53	17.7
6 Frank TUTCHENER	75	18.8
7 Wal RILEY	80	32.0

1500 METRE RUN 20.2.2003

1 Peter MAY	42	4.47
2 Graham PHILPOTT	59	4.48
3 Eve RUSSELL	24	4.49
4 Ashley RYAN	48	4.57
5 Michael RICHARDS	51	5.05
6 Stewart HANDASYDE	51	5.09
7 Sam DEFANIS	54	5.17
8 Adrian McLEAN	Inv	5.52
9 Rob BAULCH	55	5.58
10 Helen VANDERNAGEL	46	6.11
11 David NOBBS	62	6.12
12 John SUTTON	59	6.28
13 Gerry CLARKE	66	6.39
14 Graham EDWARDS	67	6.45
15 Frank TUTCHENER	75	6.55

300 METRE SPRINT 20.2.2003

Heat 1

1 Bob HENDERSON	56	49.2
2 Geoff_s WHEELER	49	51.0
3 Alex HARRIS	73	52.6
4 Andrew FRASER	61	53.2
5 Amanda LEE	46	53.7
6 Eddie STACK	68	56.2
7 Ron ARTHUR	63	63.0
8 Frank TUTCHENER	75	67.1
9 Lloyd NICHOLS	61	76.5

Heat 2

1 Peter TUCKETT	43	38.2
2 Terry BALDWIN	40	39.9
3 Darren McGEE	40	41.2
4 Adrian McLEAN	Inv	50.5

2 X WALK/SPRINT/RUN RELAY 20.2.2003

	Clock	Norm
1 Sam DEFANIS	54	
Dave HERBERT	62	
Ron ARTHUR	63	14.45 14.15

2 X WALK/SPRINT/RUN Contd 20.2.2003

	Clock	Norm
2 Peter MAY	42	
Bob LEWIS	74	
David NOBBS	62	15.23 17.30
3 Graham PHILPOTT	59	
Brian TAIT	61	
Elaine McLEAN	47	16.03 15.46
4 Michael RICHARDS	51	
John SUTTON	59	
Frank TUTCHENER	75	17.20 15.30
5 Rob BAULCH	55	
Andrew FRASER	61	
Shirley COPPOCK	66	17.45 19.20
6 Graham EDWARDS	67	
Geoff_s WHEELER	49	
Norm CAMERON	58	17.45 18.05
7 John CUNNINGHAM	58	
Eddie STACK/Mandy LEE		
Adrian McLEAN	Inv	18.16 17.40

Winning Team: Graham Philpott, Brian Tait,

Elaine McLEAN - 17 seconds out

JAVELIN THROW 20.2.2003

1 Graham PHILPOTT	59	21.66
2 Judy CORAM	53	20.37
3 Andrew FRASER	61	19.38
4 Ruth WOOLCOCK	57	16.52
5 Margaret SHELDON	44	13.54
6 Gwen DAVIDSON	80	11.02

80 METRE SPRINT 27.2.2003

1 Phil ROSEVEAR	53	10.1
2 Richard TREMBATH	61	11.1
3 Geoff_s WHEELER	49	11.7
4 Allan WOOD	65	12.7
5 Marg DONAGHEY	35	13.1
6 Kathleen COOK	65	13.8
7 Judy CORAM	53	14.6

200 METRE SPRINT 27.2.2003

Heat 1

1 Phil ROSEVEAR	53	27.6
2 Geoff_s WHEELER	49	31.1
3 Adrian McLEAN	Inv	31.4
4 Norm CAMERON	58	34.5
5 Allan WOOD	65	35.1
6 Kathleen COOK	65	38.9

Heat 2

1 Richard TREMBATH	61	30.5
2 Andrew FRASER	61	30.7
3 George RENNIE	61	31.9

60 METRE SPRINT 27.2.2003

1 Phil ROSEVEAR	53	7.7
2 Ashley RYAN	48	8.3
3 Geoff_s WHEELER	49	8.7
4 Allan WOOD	65	9.6

6 LAP WALK 27.2.2003

1 Alan LUCAS	55	13.34
2 Alison THOMPSON	49	14.47
3 Robbie WOOD	53	15.13
4 Dave HERBERT	62	15.17
5 Barrie WICKS	62	16.02
6 Celia JOHNSON	55	16.44
7 Gwen STEED	60	15.56

6 OR 10 LAP RUN 27.2.2003

6 Laps

1 Bob HENDERSON	56	9.44
2 Bob HAYES	64	10.33
3 Kathy PARKER	40	10.57
4 Rob BAULCH	55	11.03
5 John SUTTON	59	11.26
6 Eddy JEDRYS	40	11.26
7 Adrian McLEAN	Inv	12.24
8 Elaine McLEAN	47	12.28
9 Chas McRAE	70	12.30
10 Frank TUTCHENER	75	13.06
Norm Cameron (5 laps)	58	9.56

10 Laps

1 Peter MAY	42	15.16
2 Graham PHILPOTT	60	16.44
3 Michael RICHARDS	51	16.45
4 Colin THOMPSON	54	19.00
5 John BELL	58	19.29
6 John CUNNINGHAM	58	19.33
7 Peter BATTRICK	59	20.18
8 Hawley THOMAS	64	20.49

LONG JUMP 27.2.2003

1 Graham PHILPOTT	60	4.38
2 Marg DONAGHEY	35	4.00
3 Judy CORAM	53	3.02
4 Allan WOOD	65	2.88
5 Kathleen COOK	65	2.78
6 Ruth WOOLCOCK	57	2.61

DISCUS THROW 27.2.2003

1 Sandy HOWORTH	40	23.37
2 George SIMONS	67	22.54
3 Judy CORAM	53	21.19
4 Andrew FRASER	61	18.81
5 Margaret SHELDON	44	17.12
6 Ruth WOOLCOCK	57	16.62

1 MILE CHALLENGE WALK 27.2.2003

	Clock	Age %
1 Heather CARR	53	7.58.4 91.9%
2 Alison THOMPSON	49	8.08.7 86.7%
3 Janet HOLMES	49	8.41.0 81.3%
4 Brenda RILEY	63	8.49.7 91.7%
5 Alan LUCAS	55	8.50.7 75.0%
6 Liz FELDMAN	54	8.52.8 83.3%
7 Gwen STEED	60	8.53.1 88.1%
8 Dave HERBERT	62	9.01.6 78.4%
9 Celia JOHNSON	55	9.04.0 82.3%
10 Sandra HOWORTH	40	9.38.9 68.2%
11 Barrie WICKS	62	10.17.8 68.8%
12 Margaret BEAUMONT	65	10.44.7 76.9%
13 Jean KNOX	76	10.59.5 86.2%
14 Tina BAARSLAG	69	11.14.0 77.1%
15 Norm CAMERON	58	11.14.3 60.6%
16 Cynthia HERBERT	60	11.29.8 68.1%
17 Annette HAWKINS	52	11.36.6 62.5%
18 Shirley COPPOCK	66	12.38.0 66.2%

Disqualifications

Tony DORAN
Ian BEAUMONT
Colin Thompson
Eddy JEDRYS

1 MILE CHALLENGE RUN 27.3.2003

C Grade	Clock	Age %
1 Annette PELGRIM	48	6.16.8 75.4%
2 Rob BAULCH	55	6.21.6 69.6%
3 John BELL	58	6.25.8 70.8%
4 Bob LEWIS	75	6.33.1 84.2%
5 Brenda RILEY	63	6.34.4 84.1%
6 Eddy JEDRYS	40	6.38.4 59.3%
7 Kathy PARKER	40	6.46.1 65.2%
8 Ron YOUNG	71	6.48.0 76.9%
9 John SUTTON	59	7.01.3 65.4%
10 Chas McRAE	70	7.30.0 68.8%
11 Frank TUTCHENER	75	7.41.5 71.7%
12 Gerry CLARKE	66	7.48.6 63.1%
13 Corrie DeGROOT	75	8.59.4 72.8%
14 Anne CALLAGHAN	65	9.03.4 62.5%
15 Jean KNOX	76	9.17.7 71.8%

A&B Grade	Clock	Age %
1 Ashley RYAN	48	5.13.4 80.1%
2 Peter MAY	42	5.15.8 75.9%
3 Max HOWARD	50	5.18.4 80.0%
4 Graham PHILPOTT	60	5.18.7 87.3%
5 Quentin GREY	41	5.21.5 74.0%
6 George RENNIE	61	5.22.4 87.1%
7 Stewart HANDASYDE	51	5.39.2 75.8%
8 Michael RICHARDS	51	5.39.5 75.7%
9 Sam DEFANIS	54	5.51.1 75.0%
10 Alan BENNIE	56	5.58.1 74.9%

RESULTS FROM FRANKSTON VENUE: 2003

100m run 8/3/03

1 Mark Thomas	m40	13.00
2 Phil Lancaster	m48	13.30

3000m walk 8/3/03

1 John Hall	m80	16.37
2 Heather Lancaster	f48	21.12

500m run 13/3/03

1 Len Warren	m37	53
2 Michael Lambert	m48	48

100m run 20/3/03

1 Mark Thomas	m40	13.00
2 Phil Lancaster	m48	13.30

1 Sam DEFANIS	54		
Dave HERBERT	62		
Ron ARTHUR	63	14.45	14.15

8 Michael RICHARDS	51	5.39.5	75.7%
9 Sam DEFANIS	54	5.51.1	75.0%
10 Alan BENNIE	56	5.58.1	74.9%

RESULTS FROM FRANKSTON VENUE 2003

100m run 8/2/03				3000m walk 6/2/03				800m run 13/2/03				180m run 20/02/03			
1 Mark Thomas	m40	13.00		1 John Hallo	m60	16.27		1 Len Warren	m37	43		1 Kevin Irons	m58	17.97	
2 Phil Lancaster	m46	13.30		2 Heather Lancaster	f46	21.12		2 Micheal Lambert	m46	45		2 Mike Hall	m64	18.42	
3 Micheal Lambert	m46	13.40		3 Gordon Loughnan	m50	22.26		3 Ian MacArthur	m62	49		3 Micheal Lambert	m46	18.75	
4 Tony Nemaric	m50	13.42		4 Kees Zynenberg	m74	22.32		4 Ian Kraska	m47	49		4 Phil Lancaster	m46	19.06	
5 Graeme Richards	m57	14.03		5 Syd Elks	m77	23.16		5 Leo Charles	m69	50		5000m run 20/02/03			
6 Kevin Irons	m58	14.33		6 Cath Leatham	f60	25.02		6 Ray O'Connor	m65	51		1 Martin Leggett	m46	18.17	
7 Brigitta Nemaric	f10	15.74		7 Jenny Graham	f52	26.03		7 Syd Elks	m77	58		2 Lyndsay Beaton	m53	26.40	
8 Syd Elks	m77	17.50		1500m walk 6/2/03				8 Helen Simmons	f43	78		3 Ron Leggett	m69	27.44	
600m Walk 6/2/03				1 gwen Steed	f60	10.28		3200m run 13/2/03				600m run 20/02/03			
1 Stan Ross	m64	4.14		2 Stan Ross	m64	10.37		1 Martin Leggett	m46	11.12		1 Phil Lancaster	m46	1.51	
2 Lyndsay Beaton	m53	4.20		3 Denise Leggett	f43	10.52		2 Ian Muir	m58	12.24		2 Ian Muir	m60	1.53	
3 Sylvia Ross	f63	4.44		4 Jean Leggett	f67	13.34		3 Mick O'Ryan	m52	12.25		3 Micheal Lambert	m46	1.54	
4 Wendy Seers	f61	4.45		4 Sylvia Ross	f63	13.34		4 Carl Leeworthy	m34	12.26		4 Charlie Mallia	m54	1.56	
4 x 200m relay 6/2/03				800m run 6/2/03				100m run 27/02/03				800m run 27/02/03			
1 Phil Lancaster	m46			1 Micheal Lambert	m46	2.53		5 Charlie Mallia	m54	12.36		1 Phil Lancaster	m46	2.31	
Brigitta Nemaric	f10			1 Charlie Mallia	m54	2.53		6 David Painter	m60	13.07		2 Micheal Lambert	m46	13.71	
Micheal Lambert	m46			80m run 13/2/03				7 Gary Meyer	m48	13.12		3 Kevin Irons	m58	15.54	
Charlie Mallia	m54	1.57.78		1 Len Warren	m37	10.01		8 Ian Willis	m38	13.29		200m run 27/02/03			
2 Tony Nemaric	m50			2 Tony Nemaric	m50	11.43		9 Ian Kraska	m47	14.34		1 Phil Lancaster	m46	28.42	
Graeme Richards	m57			3 Micheal Lambert	m46	11.47		10 David Dodson	m43	15.03		2 Micheal Lambert	m46	29.61	
Mike Hall	m64			4 Ian MacArthur	m62	12.26		11 Doug Petroff	m61	15.48		3 Kevin Irons	m58	32.07	
Syd Elks	m77	2.04.15		5 Leo Charles	m69	12.90		12 Karen Elliot	f44	16.03		4 Gabrielle O'Ryan	f19	33.00	
3 Mark Thomas	m40			6 Ray O'Connor	m65	13.15		12 Lyndsay Beaton	m53	16.03		5 Ray O'Connor	m65	33.47	
Kevin Irons	m58			7 Syd Elks	m77	13.98		14 Ron Leggett	m69	17.16		6 Leo Charles	m69	33.99	
Hayley Ross	f12			800m walk teams 13/2/03				15 Helen Simmons	f48	18.14		2000m walk 27/02/03			
Ian Kraska	m47	2.05.25		1 Doug Petroff	m61	4.30		100m run 20/02/03				1 Stan Ross	m64	14.11	
2400m run 6/2/03				1 Gwen Steed	f60	4.34		1 Phil Lancaster	m46	13.76		2 Jayne C	f51	14.13	
1 Ian Muir	m58	9.55		Tony Nemaric	m50	5.45		2 Micheal Lambert	m46	14.13		3 Kevin McCormack	f58	14.18	
2 Ian Willis	m38	9.58		2 Sylvia Ross	f64	6.22		3 Kevin Irons	m58	14.48		3000m walk 27/02/03			
3 Ian Kraska	m47	10.17		Stan Ross	m64	5.44		2000m walk 23/1/03				1 John Hallo	m60	18.15	
4 Belinda Kirkham	f35	10.32		Lyndsay Beaton	m53	5.44		1 Dayson Stoddart	inv	11.31		2 Kath Westhorp	f41	19.57	
5 John Wallace	m59	10.56		2000m walk 13/2/03				2 Marlene Petroff	f60	16.48		3 Heather Lancaster	f46	20.23	
6 Karen Elliot	f44	12.18		1 John Hallo	m60	11.51		3 Doug Petroff	m61	16.49		4 Natalie King	f60	22.09	
7 Lyndsay Beaton	m53	12.18		2 Sandra Howarth	f39	12.13		5000m walk 20/02/03				5 Dense Leggett	f42	22.17	
4800m run 6/2/03				3 Cath Westhorp	f41	13.17		1 John Hallo	m60	30.49		6 Kees Zynenburg	m74	22.47	
1 Martiin Leggett	m46	17.29		4 Marg McCormack		13.55		2 Heather Lancaster	f46	34.33 pb		7 Jenny Graham	f53	26.27	
2 Mick O'Ryan	m53	19.13		5 Stan Ross	m64	14.13		3 Kees Zynenburg	m74	38.05		3000m run 27/02/03			
3 Charlie Mallia	m54	19.42		6 Don Graham	m65	14.27		4 Gordon Loughnan	m50	38.07		1 Micheal Kraska	m20	10.48	
4 Gary Meyer	m48	20.39		7 Denise Leggett	f43	14.45		5 Syd Elks	m77	39.00		2 Ian Muir	m58	11.24	
5 Helen Simmons	f48	26.3		8 Kees Zynenburg	m74	14.55		Jenny Graham	f52	27.02		3 Mick O'Ryan	m53	11.32	
6 Ron Leggett	m69	26.4		9 Penny Hall	f62	15.11		3000m run 20/02/03				4 Ian Kraska	m47	12.11	
				10 Marlene Petroff	f60	15.15		1 Charlie Mallia	m54	11.32		5 David Painter	m60	12.12	
				11 Cath Leatham	f60	16.06		2 Ian Muir	m58	11.33		6 Gary Meyer	m48	12.18	
				12 Jenny Graham	f52	17.21		3 Mick O'Ryan	m53	11.34		7 Peter Ellis	m52	12.50	
								4 D Smith	m53	11.39		8 John Wallace	m59	13.20	
								5 David Painter	m60	12.12		9 Phil Lancaster	m46	13.36	
								6 Gary Meyer	m48	12.18		10 Kara Elliott	f44	15.12	
								7 Peter Ellis	m52	12.50					
								8 John Wallace	m59	13.20					
								9 Phil Lancaster	m46	13.36					
								10 Kara Elliott	f44	15.12					

RESULTS FROM KNOX VENUE - FEBRUARY 2003

Delayed 1/2 & Marathon 08/01/2003

8 Klm	Time
1 Mark MEX	30:42.0
2 Graeme LETIQ	30:46.0
3 Russell WEST	31:29.0
4 Bruce RATTENBURY	31:33.0
5 Russell SPEIGHT	32:46.0
6 David MURRIHY	33:47.0
7 Anne McPHERSON	35:25.0
8 Brian MEE	35:26.0
9 David WEAR	36:06.0
10 Neville SMITH	36:31.0
11 Joel KING	37:57.0
12 Ron MILSOME	39:43.0
13 Chas McRAE	43:55.0
14 Des CLANCY	43:55.0
15 Rob DREW	4K 0.17.06
16 Paul TWINING	6K 0.29.00

15 Klm	Time
1 Colin PAGE	1:01:39
2 Tony DINEEN	1:02:03
3 Peter NORDHOFF	1:02:15
4 Phil TWINING	1:02:31
5 Derek HIGHAM	1:03:10
6 Gary STEWART	1:03:35
7 Tom BOYD	1:03:45
8 Glenn CLAIDEN	1:04:29
9 Mick CARR	1:04:49
10 Phil KENNINGTON	1:05:48
11 Ian UREN	1:06:42
12 David ROLFE	1:08:14
13 Lavinia PETRIE	1:08:25
14 Helen STANLEY	1:08:58
15 John SIGNORINI	1:10:02

1500 Mts NOT 19/02/2003	Time	NT	Diff
1 Bruce RATTENBURY	50 05:13.0	05:16.0	00:03.0
2 Lavinia PETRIE	59 06:35.0	06:30.0	00:05.0
3 Peter NORDHOFF	46 05:15.0	05:20.0	00:05.0
4 Ian UREN	51 06:01.0	05:55.0	00:06.0
5 Graeme LETIQ	48 05:12.0	05:04.0	00:08.0
6 Glenn CLAIDEN	48 06:11.0	06:00.0	00:11.0
7 Mick CARR	49 05:53.0	06:08.0	00:15.0
8 Joel KING	52 06:14.0	06:30.0	00:16.0
9 Shaun EXTON	43 06:26.0	06:48.0	00:22.0
10 Neville SMITH	43 05:51.0	06:15.0	00:24.0
11 David WEAR	56 06:11.4	06:40.0	00:28.6
12 Chas McRAE	70 06:53.0	07:30.0	00:37.0
13 David BURTON	35 05:22.0	06:00.0	00:38.0
14 Bert PELGRIM	46 04:50.0		04:50.0
15 Tom RICHARDSON	50 06:24.0	06:24.0	

400 Mts H/C 19/02/2003	Time
1 Bert PELGRIM	46 01:34.4
2 Andrew WATTS	47 01:35.3
3 Rick NELSON	42 01:35.6
4 Eddy JEDRYS	40 01:37.1
5 Brian MEE	65 01:38.2

6 Klm H/C 19/02/2003	Time	H/C	Actual
1 Mick CARR	30:41.0	06:35.0	24:06.0
2 Phil TWINING	30:49.0	07:00.0	23:49.0
3 Tom RICHARDSON	30:54.0	02:15.0	28:39.0
4 Bert PELGRIM	31:00.0	09:40.0	21:20.0
5 David ROLFE	31:03.0	05:50.0	25:13.0
6 Anne McPHERSON	31:10.0	05:35.0	25:35.0
7 Peter NORDHOFF	31:12.0	08:30.0	22:42.0
8 Ian UREN	31:16.0	05:55.0	25:21.0
9 Bruce RATTENBURY	31:20.0	07:50.0	23:30.0
10 Russell WEST	31:26.0	08:55.0	22:31.0
11 David WEAR	31:32.0	05:35.0	25:57.0
12 Tom BOYD	31:35.0	08:10.0	23:25.0
13 Glenn CLAIDEN	31:37.0	06:25.0	25:12.0
14 Phil KENNINGTON	31:40.0	08:10.0	23:30.0
15 Graeme LETIQ	31:42.0	08:55.0	22:47.0
16 Des CLANCY	31:46.0	05:55.0	25:51.0
17 Peter LeGET	31:52.0	02:15.0	29:37.0
18 Chas McRAE	31:55.0	00:10.0	31:45.0
19 David BURTON	31:57.0	07:15.0	24:42.0
20 Neville SMITH	31:59.0	05:55.0	26:04.0
21 Joel KING	32:16.0	05:15.0	27:01.0
22 Brian MEE	32:36.0	06:10.0	26:26.0
23 Lavinia PETRIE	32:42.0	05:40.0	27:02.0
24 Shaun EXTON	33:21.0	05:35.0	27:46.0

Delayed 1/2 & Marathon 08/01/2003

1200 Mts	Time
1 David MURRIHY	45 03:48.0
2 Mark MEX	39 04:00.0
3 Graeme LETIQ	48 04:04.0
4 Bruce RATTENBURY	50 04:06.0
5 Russell SPEIGHT	35 04:06.0
6 Russell WEST	43 04:06.0
7 Derek HIGHAM	46 04:14.0
8 Peter NORDHOFF	46 04:16.0
9 Gary STEWART	57 04:26.0
10 Phil KENNINGTON	46 04:26.0
11 Neville SMITH	43 04:27.0
12 Brian MEE	65 04:30.0
13 Tom BOYD	37 04:32.0
14 Ian UREN	51 04:40.0
15 Mick CARR	49 04:42.0
16 David ROLFE	56 04:44.0

Delayed 1/2 & Marathon 08/01/2003 (Cont)

1200 Mts	Time
17 Phil TWINING	42 04:45.0
18 Anne McPHERSON	46 04:46.0
19 Joel KING	52 04:47.0
20 Eddy JEDRYS	40 04:51.0
21 David WEAR	56 04:51.0
22 John SIGNORINI	49 04:52.0
23 Lavinia PETRIE	59 04:58.0
24 Shaun EXTON	43 04:59.0
25 Tom RICHARDSON	50 05:05.0
26 Chas McRAE	70 05:31.0

6 Klm	Time
1 Graeme LETIQ	48 22:46.0
2 Russell WEST	43 23:14.0
3 Mark MEX	39 23:22.0
4 Bruce RATTENBURY	50 23:33.0
5 David MURRIHY	45 25:06.0
6 Russell SPEIGHT	35 25:34.0
7 Helen STANLEY	47 25:42.0
8 David WEAR	56 25:51.0
9 Anne McPHERSON	46 25:52.0
10 Brian MEE	65 25:57.0
11 Neville SMITH	43 26:09.0
12 Shaun EXTON	43 26:21.0
13 Joel KING	52 27:37.0
14 Tom RICHARDSON	50 29:49.0
15 Peter LeGET	69 29:49.0
16 Chas McRAE	70 32:16.0

14 Klm	Time
1 Peter NORDHOFF	46 0:56.48
2 Gary STEWART	57 0:57.08
3 Phil TWINING	42 0:57.28
4 Tom BOYD	37 0:58.57
5 Phil KENNINGTON	46 0:59.50
6 Mick CARR	49 1:00.04
7 Ian UREN	51 1:02.39
8 David ROLFE	56 1:04.10
9 Milan STANISIC	1:04.10
10 John SIGNORINI	49 1:04.23
11 Lavinia PETRIE	59 1:04.23

200 Mts 26/02/2003	Time
1 Andrew WATTS	47 25.90
2 Rick NELSON	42 27.60
3 Derek HIGHAM	46 30.30
4 Russell SPEIGHT	35 31.60
5 Mark MEX	39 31.90
6 Eddy JEDRYS	40 33.10

They're not defeated by defeat

AT A WORLD-CLASS event like the Olympic Games, it's the winners who feature most prominently in the media. But there are many losers too.

For example, in the men's double-trap shooting at the 1996 Atlanta Games, three competitors won medals – including Australian Russell Mark, who won the event. Thirty-three other contestants *didn't* get a medal, not to mention the 12,000 shooters in Australia alone who didn't qualify for one of only two spots on our clay-target shooting team. Most sports people lose more often than they win; a good sport is someone who embraces defeat as

an incentive to do better next time.

Cyclist Shane Kelly is a perfect example. The 24-year-old Victorian was the gold-medal favourite in the 1000-metre time trial in Atlanta. There are no heats in this event. Riders get one crack at the course, and the fastest time wins. At the start of his ride, Kelly's left foot slipped out of its pedal strap, robbing him of the quick take-off and ruling him out of medal contention. Instead of sulking, Kelly told the press, "I'm strong enough to put this behind me and push on."

A month later, Kelly did just that, winning the time trial at the world cycling championships in England. He hopes to try again for a gold medal in Sydney.

Real champions also manage to bounce back after great personal tragedy. Hurdler Debbie Flintoff-King learned two days before the 1988 Seoul Olympics that her sister had died suddenly on Queensland's Gold Coast. She somehow regained her focus to

12 Chas McRAE	70	06:53.0	07:30.0	00:37.0	13 Tom BOYD	37	04:32.0
13 David BURTON	35	05:22.0	06:00.0	00:38.0	14 Ian UREN	51	04:40.0
14 Bert PELGRIM	46	04:50.0		04:50.0	15 Mick CARR	49	04:42.0
15 Tom RICHARDSON	50	06:24.0		06:24.0	16 David ROLFE	56	04:44.0

37	04:32.0
51	04:40.0
49	04:42.0
56	04:44.0

3 Derek HIGHAM	46	30.30
4 Russell SPEIGHT	35	31.60
5 Mark MEX	39	31.90
6 Eddy JEDRYS	40	33.10

learned two days before the 1988 Seoul Olympics that her sister had died suddenly on Queensland's Gold Coast. She somehow regained her focus to

<u>1 MILE H/C - 05/2/03</u>			
(Event 2 point score series) Trophy			
Finish	Actual		
1. Bronwyn Haans	39	6.44	5.54 1
2. Col Waring	57	6.49	5.42 3=
3. Stephen Young	50	6.56	6.21 3=
4. Gabriel Carmona	60	7.02	6.17 3=
5. Michael O'Brien	48	7.03	5.56 2
6. Louis Waser	56	7.03	6.13
7. Phil Dunshea	41	7.14	5.59

<u>200M E.T. - 05/2/03</u>			
Clock	Diff		
1. Graham Stockdale	60	30.98	0.02
2. Mike Johnston	81	33.03	0.17
3. Gordon Gourlay	73	35.61	0.27
4. Dorn Jenkins	47	29.29	0.41

5. Glad wishart

3KM - 05/02/03

1. Peter Weeks	48	10.57
2. Kate Weeks	41	11.39
3. Michael O'Brien	48	12.09
4. Bronwyn Haans	39	12.10
5. John Moore	52	12.12
6. Laurie Collard	45	12.29
7. Louis Waser	56	12.30
8. Stephen Young	50	13.18
9. Sonya McLennan	50	13.18
10. S. Reghenzani	43	13.37
11. Greg Mauldon	65	14.21
13. Jan Garrard	55	16.00

Damian Garrard	Inv	12.07
Amber Nissen	Inv	15.42

3KM E.T WALK-05/02/03

Event 1 point score series)			
Clock	Diff		
1. M. Beaumont	64	21.52	0.04
2. Maureen Binyon	55	21.04	0.06
3. Ian Beaumont	66	22.52	0.07
4. Jim Machin	72	23.57	0.01
5. Pat Graham	55	21.17	0.13
6. Rae Atkins	71	21.55	0.15
7. John Morrison	63	18.23	0.18
8. M. Seedsman	65	21.06	0.26
9. Joan Clarke	68	26.32	0.32
3. Betty Browning	71	26.32	0.32
3. Gordon Gourlay	73	21.02	0.32

10. Sylvia Machin	61	19.00	0.36
11. Ian Cassell	49	17.54	0.44
12. Allan Jones	77	27.15	1.38
Heidi Engel	60	15.49	2 laps
Bev Hugo		14.36	2 laps

1500M E.T. - 12/2/03

Clock	Diff		
1. Philip Dunshea	41	5.42.0	0.00
2. Michael O'Brien	48	5.28.2	1.80
2. Stephen Young	50	6.07.2	1.80
4. Bronwyn Haans	39	5.33.4	2.60
5. Louis Waser	56	5.47.0	6.00
6. Peter Weeks	48	5.23.5	11.50
7. John Moore	52	5.43.0	15.00
8. G. Stockdale	60	5.57.7	27.70

9. Sonya McLennan	50	6.11.9	28.10
10. John Waite	62	6.02.0	38.00

100M H/C - 12/2/03 Event 1 Point Score

George Simpson Memorial

1. John Waite	62	10.82
2. Ruth Potter	71	11.42
3. Darrel Polglaise	63	11.58
4. Mike Johnson	81	11.93
5. G. Stockdale	60	12.11
6. Kevin McGrath	72	12.21
7. Gordon Gourlay	73	12.39
8. Ross Kent	60	12.73
9. Eddie Gamble	87	12.82

5KM Road - 12/2/03

1. Damian Garrard	Inv	20.50
2. Laurie Collard	45	20.57
3. Michael O'Brien	48	21.15
4. Phil Dunshea	41	21.45
5. Louis Waser	56	21.54
6. Greg Maldon	65	23.05
7. Sonya McLennan	50	23.16
8. David Dobson	44	23.27
9. S. Reghenzani	43	23.55
10. John Moore	52	24.26
11. John Waite	62	24.03
12. Ray Kemp	75	25.27
13. Amber Nissen	Inv	26.20
14. Stephen Young	50	27.08
14. G. Yeomans	58	27.08
16. Jan Garrard	55	27.14
17. Ben Morrey	74	31.38

10KM Road - 12/2/03

1. Peter Weeks	48	40.54
2. Bronwyn Haans	39	42.57

3KM A.E WALK-12/02/03

(Event 2 point score series)

Clock	Diff		
Rae Atkins	71	21.48	
Ian Beaumont	66	21.48	
Margaret Beaumont		20.34	
Ian Cassell	49	17.41	
Joan Clarke	68	24.39	
Heidi Engel	60	26.31	
Nola Finn	66	31.38	
Gordon Gourlay	73	20.51	
Bev Hugo	63	25.05	
Jim Machin	72	23.48	
Sylvia Machin	61	18.30	
John Morrison	63	18.08	
Maureen Seedsman	65	20.42	
Robin Wood		19.50	

*** Series Winner

1000M - 19/2/03

1. Col Waring	57	3.20.2
2. Phil Dunshea	41	3.25.8
3. Bronwyn Haans	39	3.32.5

100M H/C - 19/2/03 Event 2 Point Score

1. Glad wishart	58	11.67
2= Mike Johnson	81	12.20
2= Darrel Polglaise	63	12.20
4. Kevin McGrath	72	12.26
5. Joy Herbert	59	12.30
6. Leo Charles	69	12.49

5KM H/C - 19/2/03

Clock	Actual		
1. George Yeomans	58	25.39	25.33
2. Sonya McLennan	50	26.01	22.03
3. Jan Garrard	55	26.21	26.21
4. Damian Garrard	Inv	27.07	20.43
5. Peter Weeks	48	27.08	18.15
6. Ray Kemp	75	27.12	25.25
7. Greg Maldon	65	27.19	22.32
8. Laurie Collard	45	27.23	20.17
9. Michael O'Brien	48	27.25	20.09
10. Bronwn Haans	39	27.28	20.12
11. David Dodson	44	27.34	23.28
12. Stephen Young	50	28.21	25.36
13. Phil Dunshea	41	29.19	22.38

400M E.T. 19/2/03

Clock	Diff		
1. Sonya McLennan	50	83.48	0.52
2. Mike Johnson	81	78.80	1.80
3. Stephen Young	50	74.60	5.60

4/6 Laps Road WALK E.T-19/2/03

results not to hand

1200M - 26/2/03

1. Russell Johnson	50	3.53.5
2. Phil Dunshea	41	4.14.9
3. Bronwyn Haans	39	4.21.4
4. Loius Waser	56	4.34.6
5. Ross Kent	60	4.36.3
6. Sonya McLennan	50	4.46.9
7. Patrick Thompson	52	5.10.9
8. George Yeomans	58	5.16.0

*** 100M H/C - 26/2/03 Event 3 Point Score

1. Gordon Gourlay	73	11.70
2. Darrel Polglaise	63	12.00
3. Mike Johnson	81	12.10
4. Dorn Jenkins	47	12.28
5. Glad wishart	59	12.36
6. Kevin McGrath	72	12.38
7. Ross Kent	60	12.40
8. Bob Wishart	61	14.01

*** Series winner

6.7KM Road - 26/2/03

1. Damien Garrard	Inv	27.26	
2. Bronwyn Hanns	39	27.41	
3. Laurie Collard	45	28.00	
4. Michael O'Brien	48	28.12	
5. John Moore	52	29.20	
6. Kate Weeks	41	30.11	
6. Peter Smart		30.11	
8. Sonya McLennan	50	31.10	
9. Greg Mauldon	65	32.14	
10. S. Reghenzani	43	33.26	
11. Ray Kemp	75	34.49	
12. Stephen Young	50	35.29	
13. Jan Garrard	55	37.01	
14. Ben Morrey	74	42.27	
Patrick Thompson	52	25.12	6 laps

3x1200M Relay Walk - 29/2/03

1. Geoff Barrow	22.00
Maureen Binyon	
Rebecca Hanns	
2. Sylvia Machin	22.58
Rae Atkins	
Louis Waser	
3. Robin Wood	23.38
Gordon Gourlay	
Bev Hugo	
4. John Morrison	25.32
Nola Finn	
Maureen Seedsman	

* Venue Rec

SPRINGVALE VENUE FEBRUARY 2003

12/2/02 200 METRES

Bill HAINS	39	26.8
Ron MUIR	51	29.9
Ian KRASKA	47	30.6
Daniel JUHEL	54	30.9
Lindsay OXENHAM	53	33.8

800 METRES

Ken BOOCOCK	44	2.21.1
Tony MCGARRIGLE	36	2.23.5
Peter FIELD	45	2.24.6
Rob CLUTTERBUCK	49	2.31.1
Paul WINTERTON	48	2.35.5
Howard REES	55	2.44.5
Lou BUCCIERI	47	2.45.4
Frank LANG	32	2.48.6
Theresia BAIRD	61	2.58.6
Daniel JUHEL	54	3.05.4
Lindsay OXENHAM	53	3.09.3
Kevin ONLEY	69	1.45.400 M

6 KM CROSS COUNTRY ESTIM. TIME differ..

Kevin ONLEY	69	31.17	11 sec.
Roland BROWN	61	35.00	159
Ted MORRISON	52	29.39	39
Leigh CASSIDY	54	28.37	27
Juan PEREZ	63	26.36	16
Lindsay OXENHAM	53	29.43	16
Daniel JUHEL	54	28.36	144
Brian LYNCH	68	31.17	57
Jack GUBBINS	73	34.09	41
Ian KRASKA	47	28.54	27
Paul MULLINS	62	29.02	163
Howard REES	55	27.28	12
Jim SMITH	62	29.26	38
Lou BUCCIERI	47	28.33	51
Tony MCGARRIGLE	36	23.23	83
Laurie TELFER	53	31.35	94
Ron LITTLE	58	28.41	12
John MANNING	56	32.16	76
John ANDERSON	64	26.30	0***
Jenny FIELD	44	34.24	74
Chris MURPHY	42	24.40	30
Alan BENNIE	56	25.58	94
Celia JOHNSON	54	33.46	76

*** John Anderson is hounded around the course by Juan Perez but this ensures that his time is deady accurate and thus gains the trophy

19/2/03 DAVE MIDDLETON TROPHY

100 METRES

Howard REES	55	11.5	18 metres	HCP
Lou BUCCIERI	47	11.6	26	
Ian KRASKA	47	11.8	19	
Daniel JUHEL	54	12.0	16	
Lindsay OXENHAM	53	12.2	25	
Bill HAINS	39	12.4	2	

4 X 400 TEAM RELAY

TEAM 1

Karl FAUVRELLE	62	1.10		
Lyn ARNEL	47	1.23		
Ian ORR	51	1.14		
Howard REES	55	1.08	4.55	

TEAM 2

Lindsay OXENHAM	53	1.12		
Daniel JUHEL	54	1.11		
Ted MORRISON	52	1.20		
Leigh CASSIDY	55	1.17	5.00	

TEAM 3

Dean COPELAND	46	1.06		
Jan LEE	40	1.20		
Lou BUCCIERI	47	1.14		
Kevin ONLEY	69	1.35	5.14	

TEAM 4

Theresia BAIRD	61	1.23		
Brian LYNCH	67	1.37		
Don CORRIE	53	1.40		
Bill HAINS	39	1.05	5.47	

5 KM

Jenny FIELD	44	26.14	0 min 15 sec	
Juan PEREZ	63	21.05	5.20	
Tony MCGARRIGLE	36	17.39	9.20	
John ANDERSON	64	20.48	6.30	
Celia JOHNSON	54	25.11	2.10	
Peter FIELD	45	18.25	9.00	
Ian KRASKA	47	21.37	6.10	
Alan BENNIE	56	19.18	8.30	
Theresia BAIRD	61	20.19	7.30	
Ross MARTIN	51	19.04	8.50	
Rob CLUTTERBUCK	49	19.06	8.50	
Ken HOUGH	58	23.40	4.20	
Bill IRVINE	54	20.43	7.20	
Lou BUCCIERI	47	21.33	6.30	
Ian ORR	51	20.55	7.10	
Paul WINTERTON	48	20.36	7.30	
Daniel JUHEL	54	22.54	5.20	
Lindsay OXENHAM	53	23.24	5.10	

19/2/03 5 KM CONT...

Brian LYNCH	67	23.28	5.10	HCP
Jack GUBBINS	73	28.24	0.30	
Howard REES	55	22.26	6.30	
Ted MORRISON	52	23.45	5.20	
Dennis PHILLIPS	60	24.29	4.50	
Karl FAUVRELLE	62	23.06	6.20	
Laurie TELFER	53	24.52	4.50	
Frank ALLEN	59	22.09	3KM WALK	

26/2/03 70 METRES

Ron MUIR	51	10.0		
Daniel JUHEL	54	10.1		
Lindsay OXENHAM	53	11.4		

300 METRES

Bill HAINS	39	43.6		
Ken BOOCOCK	44	46.5		
Howard REES	55	49.1		
Daniel JUHEL	54	52.1		
Ron MUIR	51	54.3		
Lindsay OXENHAM	53	55.5		
Lyn ARNEL	47	57.4		

3.1 KM ROAD RUN

B SELLUCK		11.10		
Rob CLUTTERBUCK	49	11.14		
Alan BENNIE	56	11.22		
Ken BOOCOCK	44	11.52		
Paul WINTERTON	48	11.57		
Frank LANG	32	12.29		
Ian ORR	51	12.35		
Neil GRAY	55	12.42		
Daniel JUHEL	54	13.15		
Leigh CASSIDY	55	13.16		
Jim SMITH	62	13.45		
Mike DAVIN	51	14.14		
Graeme STEVENS	61	14.30		
Laurie TELFER	53	14.49		
Lyn ARNEL	47	14.56		
Brian LYNCH	68	14.56		
Kevin ONLEY	69	15.18		
Jenny FIELD	44	15.25		
John MANNING	56	16.07		
Jack GUBBINS	73	16.30		
Don CORRIE	53	16.49		
Ron MUIR	51	18.03		
Trevor JUPP	62	18.03		
Jean ONLEY	67	20.28		

26/2/03 6.2 KM ROAD RUN

Bill IRVINE	54	26.14		
John ANDERSON	64	26.22		
Ian KRASKA	47	26.38		
Lou BUCCIERI	47	26.53		
Howard REES	55	27.05		
Juan PEREZ	63	28.22		
Lindsay OXENHAM	53	28.46		
Karl FAUVRELLE	62	29.01		
Ken HOUGH	58	29.18		
Alan DOUGLAS	57	33.30		

3.1 KM ROAD WALK

Frank ALLEN	59	23.51		
Jim SINCLAIR	78	24.03		
Clare MCKERR	73	28.28		

Event:			Hammer			Shot Put			Discus			Javelin			Weight			Total
Grp	Name	Age	Distance	%	Points	Distance	%	Points	Distance	%	Points	Distance	%	Points	Distance	%	Points	
M40	Steve Dorman	42	36.47	50.72	502	10.14	50.62	510	30.79	44.47	480	32.43	41.54	393	10.48	48.59	534	2419
M45	Sandy Scott	45	20.41	30.17	258	7.76	41.28	404	20.05	30.87	292	25.49	34.52	318	5.99	29.08	287	1559
M55	Graeme Rose	59	39.96	71.97	708	11.47	75.16	765	35.76	66.01	650	47.53	83.87	841	14.93	76.13	912	3876
M60	George Christodoulou	62	21.55	37.73	355	6.43	41.06	376	23.20	38.13	387	16.66	28.67	225	9.49	45.34	497	1840
	Ken Priestley	64	41.99	76.62	826	9.10	60.67	579	26.89	46.13	468	21.93	39.20	334	14.88	73.34	847	3054
M65	George Knight	66	31.37	59.68	672	8.37	58.25	625	25.48	45.65	502	18.06	33.51	296	11.40	57.96	700	2795
M70	Nino Stankovic	70	26.02	48.09	544	8.66	58.71	562	24.75	48.33	563	21.96	43.90	418	9.10	44.00	551	2638
	Peter Barber	70	43.08	79.62	1000	8.51	57.69	550	29.28	57.18	692	18.21	36.41	324	15.37	74.32	1017	3583
	Wim van Weenen	70	48.75	90.09	1155	10.30	69.83	692	29.17	56.96	689	28.46	56.90	584	16.79	81.19	1124	4244
	Harry Wynhoven	73	33.15	65.31	733	8.42	61.01	543	27.35	57.09	637	18.50	39.18	332	11.55	58.54	732	2977
	Milton Ballantyne	74	30.60	61.52	665	9.45	69.95	625	26.74	57.01	619	19.64	42.37	360	11.08	57.03	697	2966
M80	Stan Stankovic	80	26.20	59.64	821	8.19	68.94	765	0.00	0.00	0	23.64	57.07	570	12.35	60.39	990	3146
M85	Roy Foley	86	19.70	55.68	758	6.13	64.66	690	19.08	58.06	745	10.56	30.97	266	8.43	48.28	776	3235
	John Fraser	88	23.78	74.50	948	6.77	79.46	776	18.76	63.59	730	12.55	40.37	339	10.60	65.43	1009	3802

Grp	Name	Age	Distance	%	Points	Distance	%	Points	Distance	%	Points	Distance	%	Points	Distance	%	Points	Total
W40	Sandra Howorth	40	29.28	54.36	669	7.84	39.06	477	22.88	32.82	375	17.56	29.07	274	8.60	63.0	618	2413
W50	Judy Coram	53	29.72	61.99	649	9.16	56.58	708	21.88	43.20	435	16.8	33.04	343	9.21	65.41	580	2715
	Lorraine Mussett	53	17.46	36.42	318	6.42	39.65	458	13.83	27.31	243	11.85	23.31	218	5.21	37.00	280	1517
W65	Shirley McFarland	67	18.29	50.41	522	5.27	47.78	521	12.93	35.95	334	7.83	22.03	202	5.39	38.06	354	1933
W80	Gwen Davidson	80	20.48	67.52	1061	6.07	70.42	1031	15.08	52.20	707	11.53	40.81	577	7.20	58.11	884	4260

APRIL PROGRAM 2003

		FIELD	WALK	SPRINT	MID DIST	LONG SPRINT	LONG DISTANT/WALK
Sun	30 MARCH	DAY ONE VICTORIAN TRACK AND FIELD CHAMPIONSHIPS - CAULFIELD					
Tue	1	Altona Caulfield Collingwood Croydon Gippsland Aberfeldie	6 Laps 2/4K 800M	70M 60M 70M	800M 800M 1200M	150M ET 150M 300M	4K Run 4/8K Run 20Min/40Min Time Trial Run/Walk
Wed	2	Geelong Knox Mentone Springvale		100M 70M 1500M	1K 1600M 400M	250M 300M	3x7Minsx5Minsx3Mins Run 5K Hcp 3K Hcp
Thurs	3	E. Burwood Coburg Frankston	Discus 1000M 1000M	100M Hcp 100M	1000M 1600M	300M 500M	5/10/15Laps Run 6 laps Walk 80M 3/6K Run
Sat	5	VICTORIAN TRACK AND FIELD CHAMPIONSHIPS CAULFIELD 10.00AM FIELD EVENTS					
Mon	7	Doncaster		100M	800M	300M	2/4/6K Run
Tues	8	Altona Caulfield Collingwood Croydon Gippsland Aberfeldie	10L Hcp 1200M	70M 90M 80M	1610M Hcp 1500M Hcp 800M Hcp	200M 200M 200M	5K Hcp 20/40Min Time Trial Run/Walk 4/6/8/10K Run 2/4K Walk
Wed	9	Geelong Knox Mentone Springvale		150M 100M Hcp 1400M	600M 1000M Relay	300M	4/6/8K Run 6.7K Road Run 12 Laps Run
Thur	10	E. Burwood Coburg Frankston	Javelin 800M	70M 90M	800M 1500M	2x200M 300M	20 Mins Run/Walk 100M 3/5/7K Run
Sun	13	Sth Peninsula Throwers					
Mon	14	Doncaster		100M	400M	200M	2/4/6K Run
Tue	15	Altona Caulfield Collingwood Croydon Gippsland Aberfeldie	10L Spiral 3K 600M	70M 100M 100M	400/800M 1000M 1500M	100M Hcp 3x300M 100M	4K Hcp 3/5/7K Run 1/3/5K Run 1/3K Walk
Wed	16	Geelong Knox Mentone Springvale		80 Secs 2K Hcp 1600M	1500M Hcp 60M 100M	1500M Hcp 400M Hcp 1500M	10 Laps Spiral Hcp 3K Run 2/6K Run
Thur	17	E. Burwood Coburg Frankston	S. Put 1200M 1200M	100M 100M	600M 1600M	400M Hcp 400M	3/5K Run 2K Walk 70M Parlour Relay 4.84K
Sun	20	Throwers Sth Peninsula					
Mon	21	Doncaster		100M	800M	300M	2/4/6K Run
Tue	22	Altona Caulfield Collingwood Croydon Gippsland Aberfeldie	5L Hcp 8M11Sec	70M 50M 50M	805/1610M H 500M 800M	150M Hcp 250M 200M	3/5K Run 10Laps Spiral Hcp Run/Walk 15 Laps Max Run 10Laps Max Walk
Wed	23	Geelong Knox Mentone Springvale		70M 2.4K Hcp 1200M	1200M 150M 200M Hcp	200M	20/25/30Mins Time Trial Peter Colthup 5 Miles Hcp 5K Hcp
Thur	24	E. Burwood Coburg Frankston	L. Jump 600M	100M Hcp 110M	150M 100M	200M 200M	2x(400,800,1200) Relay 3K Walk 80M 4K Run
FRI	25 TO MONDAY 30TH - EASTER - NATIONAL MASTER CHAMPIONSHIPS - PERTH						
Mon	28	Doncaster		100M	400M	200M	2/4/6K Run
Tue	29	Altona Caulfield Collingwood Croydon Gippsland Aberfeldie	3K Hcp 2/4K 1500M Hcp	70M 100M 9.72Sec	700/1500M H 800M 1000M	200M Hcp 200M 400M Hcp	6K Hcp 2/4/8K Run 8 Laps Spiral Hcp 5 Laps Spiral Walk
Wed	30	Geelong Knox Mentone Springvale		100M 110M 1500M	800M 1200M 1500M	400M 300M	400-800-1200-800-400-x3 Run 3K Run 3 x 800M x 3 Relay Est. Rime