

**VICTORIAN VETERANS ATHLETIC
CLUB INC**

MARCH

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

JANE STURZAKER, GRAHAM PROSSER, JOHN NEWSOME,

KEVIN BROWNE, JIM CLARKE AND JUDY WINES

PRIOR TO COMPETING IN THEIR 6TH ANNUAL KING ISLAND

CLASSIC 32KM. RUNS.

ALL WERE AWARDED THEIR OWN NUMBERED SINGLETS

FOR HAVING COMPLETED 5.

WE WONDER WHAT IS AWARDED FOR COMPETING IN 5

“IN THE BUFF RUNS?”

RESULTS FROM ABERFELDIE - MARCH 2003

Aberfeldie Venue-Season 2003 5-Mar-03

Event 1 100 metres

Place	Name	Age	Time
1	John Howes	67	14.62
2	Joe Dilworth	51	14.71
3	Graham Eadie	51	14.92
4	Gerardo Riviello	78	29.47

Event 2 600m run 400m walk N.O.T.

Place	Name	Age	Time
1	Michael Orelli	58	2.17
2	Ron Pearce	60	2.51
3	Lesley Gillespie	x	3.17
4	Barbara Beaumont	55	3.17
5	Lynne Trainor	55	3.41
6	Lorraine Woodman	66	3.41
7	George Marney (w)	66	1.41
8	Doug Ramm (w)	x	2.53
9	Gerardo Riviello (w)	78	3.32

Winner **Ron Pearce**

Event 3 300 metres

Place	Name	Age	Time
1	John Howes	67	46.47
2	Graham Eadie	51	48.49
3	Joe Dilworth	51	48.50
4	George Marney	66	69.47
5	Lynne Trainor	55	100.09
6	Lorraine Woodman	66	100.11

Event 4 6k or 4k run

Place	Name	Age	Dist	Time
1	Danny Hawksworth	23	6	22.44
2	Trevor Hawksworth	56	6	24.04
3	Damian Neale	23	6	25.04
4	Warren Hamilton-Ritchie	23	6	26.41
5	Jeremy Clare	51	4	16.04
6	Mark Chandler	43	4	17.31
7	George Marney	66	4	21.31
8	Carmel Drennan	43	4	21.53
9	Jill Henderson	28	4	21.53
10	Ron Pearce	60	4	23.06
11	Margaret Cassidy	59	4	24.06
12	Barbara Beaumont	55	4	24.06
13	Joe Dilworth	51	4	26.57
14	Laura Wilson	23	4	26.57
15	Ron McGregor (w)	61	4	27.32
16	Gerardo Riviello	78	2.4k	21.34
17	John Dean	59	2	10.00

Aberfeldie Venue-Season 2003 12-Mar-03

Event 1 180 metres

Place	Name	Age	Time
1	Joe Dilworth	51	11.62
2	Lynne Trainor	55	18.97
3	Lorraine Woodman	x	21.19
4	Gerardo Riviello	78	22.01

Event 2 1500m or 800m walk

Place	Name	Age	Time
1	B. McNeil	51	5.47
2	Howard Gibson	x	5.49
3	Mark Radcliffe	44	6.06
4	Graham Eadie	51	6.35
5	Stephen Barker (w)	59	6.48
6	Lesley Gillespie (w)	x	6.54
7	Barbara Beaumont (w)	55	6.54
8	Lynne Trainor (w)	55	7.00
9	Lorraine Woodman (w)	66	7.00
10	Gerardo Riviello (w)	78	7.23

Event 3 200 metres

Place	Name	Age	Time
1	Danny Hawksworth	23	27.75
2	Keith Hyndes	37	27.96
3	Joe Dilworth	51	29.88
4	Tony Bradford	63	31.22
5	Graham Eadie	51	31.53
6	Gerardo Riviello	78	78.71

Event 4 River run 4.9k or 6.1k

Place	Name	Age	Dist	Time
1	Doug Carter	53	6.1	25.24
2	Danny Hawksworth	23	6.1	25.29
3	Charles Copland	41	6.1	26.10
4	Damian Neale	23	6.1	29.51
5	Warren Hamilton-Ritchie	23	6.1	29.59
6	Trevor Hawksworth	56	6.1	30.28
7	Jeremy Clare	51	6.1	30.28
8	Bill Turner	54	6.1	32.20
9	Alan Bashford	64	4.9	24.27
10	Bernard Angel	48	4.9	24.48
11	Graham Eadie	51	4.9	25.42
12	Carmel Drennan	43	4.9	29.12
13	Maria Abfalter	34	4.9	29.12
14	Jill Henderson	28	4.9	29.12
15	Margaret Cassidy	59	4.9	30.35
16	Ron McGregor (w)	61	4.9	33.39

Aberfeldie Venue-Season 2003 19-Mar-03

Event 1 100 metres

Place	Name	Age	Time
1	Keith Hyndes	37	14.16
2	Joe Dilworth	51	15.17
3	Tony Bradford	63	15.19
4	Graham Eadie	51	15.22
5	David Jones	52	15.62

Event 2 800m run or 600m walk

Place	Name	Age	Time
1	David Jones	51	2.31
2	Graham Eadie	51	2.55
3	Stephen Barker (w)	59	4.06
4	Mark Radcliffe (w)	x	4.06
5	Lynne Trainor (w)	55	5.11
6	Barbara Beaumont (w)	55	5.11
7	Lesley Gillespie (w)	x	5.11
8	Lorraine Woodman (w)	66	5.11

Event 3 400 metres

Place	Name	Age	Time
1	Keith Hyndes	37	62.60
2	Joe Dilworth	51	69.30
3	Noel Maghamez	34	70.54
4	David Jones	51	71.01
5	Stephen Barker (w)	59	132.82
6	Mark Radcliffe (w)	x	148.71
7	Tony Bradford	63	dnf

Event 4 5k or 7k

Place	Name	Age	Dist	Time
1	Maria Abfalter	34	7	33.18
2	Jill Henderson	28	7	38.03
3	Danny Hawksworth	23	5	21.05
4	Trevor Hawksworth	56	5	21.35
5	Robert Waters	57	5	21.55
6	Mark Chandler	x	5	22.45
7	Graham Eadie	51	5	24.00
8	Carmel Drennan	43	5	26.57
9	Stephen Barker	59	5	38.06
10	Barbara Beaumont	55	3	18.30
11	Margaret Cassidy	59	3	18.30
12	Lesley Gillespie	x	2	10.07

MARCH 26 An end of daylight saving event was held in Williamstown. 30 members completed a pack run or walk over 3, 4 or 7k. A sausage sizzle completed a successful evening.

Aberfeldie venue participated in the Relay for Life on 28-29 MAR. Many thanks to team captain Mark Chandler and to participants and supporters

ALTONA VENUE RESULTS.

Tuesday 4th March 2003 100 metre sprint

1	Joe DILWORTH	51	15.44
2	Graeme MURFETT	62	18.37
3	Maggie ARMSTRONG	40	18.46
4	Margaret EVANS	51	20.41
5	Deidre MACGLASHAN	39	21.69
6	Les JARRY	74	23.12
7	Michael ORELLI	58	23.52
8	Lorraine WOODMAN	65	29.83

400 metre Run

1	Joe DILWORTH	51	74.62
2	Bruce EWERT	46	78.20
3	Michael ORELLI	58	85.31
4	Graeme MURFETT	62	87.54
5	Les JARRY	74	113.29
6	Margaret EVANS	51	113.78
7	Maggie ARMSTRONG	40	114.16
8	Lorraine WOODMAN	66	135.75

Javelin Throw Hanicap.

	Handicap	Distance
1	Joe DILWORTH	51 12.00 9.07
2	Gordon BURROWES	67 12.00 5.97
3	Deidre MACGLASHAN	39 12.00 6.00
4	Jack MACGLASHAN	71 7.00 6.99
5	Les JARRY	74 7.00 5.96
6	Michael ORELLI	58 5.00 7.73
7	Lois JONES	64 5.00 4.36
8	Eleanor JEWERS	Inv 0.00 6.26
9	Margaret EVANS	51 5.00 1.65

The trophy was won by Michael ORELLI

20 Minute Time Trial

1	Michael ORELLI	58	3935
2	Graeme MURFETT	62	3819
3	Les JARRY	74	3593
4	Margaret EVANS	40	3190
5	Lois JONES	64	3190
6	Jack MACGLASHAN	71	2942
7	Maggie ARMSTRONG	40	2875
8	Lorraine WOODMAN	66	2460

Tuesday 11th March 2003 80 Metre Reverse Handicap.

	H'cap	Time
1	Deidre MACGLASHAN	39 61 M 12.16
2	Les JARRY	74 52 M 12.86
3	Michael ORELLI	58 57 M 13.23
4	Maggie ARMSTRONG	40 72 M 13.65
5	Gemma JEWERS	Inv 84 M 13.71
=6	Margaret EVANS	51 64 M 14.29
=6	Graeme MURFETT	62 73 M 14.29

1,500 metres Run

1	Cathy ORELLI	41	6.11.30
2	Michael ORELLI	58	6.45.20
3	Graeme MURFETT	62	7.34.55
4	Margaret EVANS	51	9.06.81
5	Les JARRY	74	9.07.07
6	Jack MACGLASHAN	71	9.31.59
7	Maggie ARMSTRONG	40	9.53.36

The trophy was won by

Deidre MACGLASHAN.

Discus Throw.

1	Cathy ORELLI	41	21.42
2	Gordon BURROWES	67	20.34
3	Stan BELCHER	60	17.97
4	Graeme MURFETT	62	17.64
5	Eleanor JEWERS	Inv	15.44
6	Michael ORELLI	58	15.20
7	Les JARRY	74	15.11
8	Jack MACGLASHAN	71	14.92
9	Gemma JEWERS	Inv	11.16
10	Margaret EVANS	51	8.03
11	Maggie ARMSTRONG	40	6.29

3,000 Metres Track Run

1	Graeme MURFETT	62	15.11
2	Les JARRY	74	15.46
3	Margaret EVANS	51	18.37
4	Jack MACGLASHAN	71	20.31

Tuesday 18th March 2003 200 metres Handicap

	H'cap	Time
1	John KEMP	75 95 20.16
2	Les JARRY	74 103 24.42
3	Deidre MACGLASHAN	39 120 25.87
4	Jack MACGLASHAN	71 115 26.16
5	Graeme MURFETT	62 145 26.44
6	Peter BUISSINK	44 185 29.32
7	Michael ORELLI	58 130 31.46
8	Margaret EVANS	51 135 36.67
9	Lorraine WOODMAN	65 125 36.67

800 Metres

1	Cathy ORELLI	41	2.53
2	Peter BUISSINK	44	3.19
3	Michael ORELLI	58	3.30
4	Graeme MURFETT	62	3.39
5	Les JARRY	74	4.10
6	John KEMP	75	4.21
7	Margaret EVANS	51	4.28
8	Jack MACGLASHAN	71	5.11

Shot Put.

1	Peter BUISSINK	44	8.00
2	Gordon BURROWES	67	7.69
3	Cathy ORELLI	41	7.50
4	Deidre MACGLASHAN	39	7.28
5	Graeme MURFETT	62	6.82
6	Michael ORELLI	58	6.71
7	Les JARRY	74	6.44
8	Eleanor JEWERS	Inv	6.36
9	John KEMP	75	6.28
10	Jack MACGLASHAN	71	5.85
11	Margaret EVANS	51	4.67

Cherry Lake Run

4.0 km.

1	Peter BUISSINK	44	20.38
2	Graeme MURFETT	62	24.30
3	Les JARRY	74	25.40
4	Margaret EVANS	51	25.40
5	John KEMP	75	25.43
6	Jack MACGLASHAN	71	30.32

Tuesday 25th March 2003 8 x 80 metre Run

Competitors ran an 80 metre sprint, walked back to the start, then repeat the process 7 times

	Elapsed		
1	Cathy ORELLI	41	6.50
2	Graeme MURFETT	62	7.02
3	Peter BUISSINK	44	7.04
4	Stan BELCHER	60	7.50
5	Margaret EVANS	52	7.52
6	Maggie ARMSTRONG	41	7.56
7	Lorraine WOODMAN	66	8.19
8	Jack MACGLASHAN	71	8.31
9	Michael ORELLI	59	8.40
10	John KEMP	75	8.44
11	Les JARRY	74	8.55
12	Deidre MACGLASHAN	39	8.56

Combination Shot Put and Discus

Nearest the pin was Peter BUISSINK

4,000 metres Run

1	Stan BELCHER	60	18.52
2	Peter BUISSINK	44	22.32
3	Michael ORELLI	59	23.06
4	Graeme MURFETT	62	23.57
5	Les JARRY	74	24.08
6	John KEMP	75	24.56
7	Margaret EVANS	52	25.15
8	Jack MACGLASHAN	71	27.37
9	Maggie ARMSTRONG	41	29.08

3,200 metres Run

1	Lorraine WOODMAN	66	26.48
---	------------------	----	-------

RESULTS FROM COLLINGWOOD - MARCH 2003

4-March-03			4-March-03			11-March-03			11-March-03					
100 metres			2K			70 metres			3k Estimated Time					
1	John SCHUIJERS	42 13.23	1	Bernie LEDDIN	55 7.49	1	Kevin PARDY	37 9.00	1	Ron SCHOLES	49 11.00	18.59	7.59	
2	Kevin PARDY	37 13.64	2	Paul BAN	48 7.53	2	Ron SCHOLES	49 9.40	2	Bernie LEDDIN	55 12.03	12.00	0.03	
3	Paul BAN	48 14.33	3	Wayne FITZSIMMONS	58 8.34	3	Joe DILWORTH	51 10.07	3	Chris BOYLEN	39 12.04	12.00	0.04	
4	Bernie LEDDIN	55 14.90	4	Graeme PAUL	48 8.50	4	Bernie LEDDIN	55 10.33	4	Rod BAYLEY	56 12.18	11.57	0.21	
5	Dhanbir TAMANG	38 15.25	5	Gerard ADRIAN	42 9.52	5	Denis HOLDEN	50 10.61	5	Kevin PARDY	37 12.50	14.30	1.40	
6	Denis HOLDEN	50 15.50	6	Bruce GIBBS	54 10.02	6	Oiya BOJCZUK	40 11.26	6	Graeme PAUL	48 13.12	-	-	
7	Bryan KELLY	55 16.79	7	Denis BARRY	56 11.01	7	Bryan KELLY	55 11.93	7	Mal BROWN	62 13.15	13.30	0.15	
8	Denis BARRY	56 18.10	8	Murray DICKINSON (W)	64 11.13	8	Denis BARRY	56 12.27	8	Chris BELLONO	46 13.44	13.30	0.14	
			9	Margaret DALHEIM	74 13.32				9	Gerard ADRIAN	42 13.45	15.00	1.15	
1200 metres			6K			600 metres			Heat 1					
1	Dhanbir TAMANG	38 3.56.18	1	Dhanbir TAMANG	38 22.45	1	Paul BAN	48 1.43.18	10	Will HOLDEN	inv	14.12	15.15	1.03
2	Paul BAN	48 3.59.19	2	Ted PAULIN	64 23.30	2	Dhanbir TAMANG	38 1.43.78	11	Geoff WILSON		15.04	-	-
3	Wayne FITZSIMMONS	58 3.59.61	3	Robert DUNNING	45 23.38	3	Ron SCHOLES	49 1.44.35	12	Oiya BOJCZUK	40 15.29	16.00	0.31	
4	Robert DUNNING	45 4.09.90	4	David LOCKE	61 25.34	4	Keith MOODY	58 1.44.86	13	Bruce GIBBS	54 15.48	20.48	5.00	
5	Ted PAULIN	64 4.11.94	5	Rod BAYLEY	56 25.57	5	Chris BOYLEN	39 1.45.63	14	Denis BARRY	56 16.38	-	-	
6	Gerard ADRIAN	42 4.14.75	6	Brian WALSH	58 27.41	6	George RENNIE	61 1.46.80	15	Murray DICKINSON (W)	64 16.52	28.00	11.08	
7	Keith MOODY	58 4.42.92	7	Bryan KELLY	55 27.52	7	Ken DUXBURY	49 1.48.74	16	Margaret DALHEIM	74 20.06	21.20	1.14	
8	Denis HOLDEN	50 4.45.75	8	Nicole DIAMOND	39 27.54	8	Bernie LEDDIN	55 1.54.20	17	Don WARDEN	79 23.42	21.30	2.12	
9	David LOCKE	61 4.50.92	9	Denis HOLDEN	50 28.10				18	Carmel PARDY	35 23.42	-	-	
10	Denis BARRY	56 4.59.39	10	Kim LUDINGTON	38 28.11	Heat 2			19	Arja VELDHUIS (W)	60 27.00	-	-	
11	Bryan KELLY	55 5.04.74	11	Keith LODGE	71 28.28	1	Robert DUNNING	45 1.53.45	20	Ray BEALE (W)	59 29.31	29.20	0.11	
12	Peter JOHNSTONE	66 5.07.61	12	Kevin PARDY	37 28.52	2	Tom DOHERTY	56 1.59.07	5K Estimated Time					
13	Graeme PAUL	48 5.18.30	13	Tom DOHERTY	55 29.20	3	Gerard ADRIAN	42 1.59.42	1	Dhanbir TAMANG	38 18.31	18.50	0.21	
14	Ian MORGAN	57 5.21.11	14	John POCOCK	60 29.39	4	Peter JOHNSTONE	66 2.13.68	2	Ted PAULIN	64 19.12	18.45	0.27	
15	Barbara GLASSER	45 6.13.87	15	Ian MORGAN	57 29.55	5	Denis BARRY	56 2.18.22	3	Robert DUNNING	45 19.58	19.30	0.28	
16	Murray DICKINSON (W)	64 6.20.80	16	Vojo NICKOLIC	58 30.08	6	Howard DRAPER	50 2.20.14	4	Joe CASSAR	41 21.12	22.45	1.33	
4 X 200 metre relay			17	Shirley YOUNG	73 33.07	7	Ian MORGAN	57 2.29.29	5	Gary BELL	49 22.51	25.51	3.00	
1	Kevin PARDY	37	18	John NOONAN	59 33.42	8	Bryan KELLY	55 2.30.44	6	Nicole DIAMOND	39 22.53	23.00	0.07	
	Nicole DIAMOND	39	19	Barbara GLASSER	45 34.27	9	Murray DICKINSON (W)	64 2.54.69	7	Rod WILSON	49 23.24	24.00	0.36	
	Bryan KELLY	55	20	Allison DROSDOWSKY	inv 38.00	250 metres			8	Keith LODGE	71 23.25	23.50	0.25	
	Keith MOODY	58 2.08.09	21	Phillipa SPOONER	46 38.38	1	Gerard ADRIAN	42 35.33	9	Kim LUDINGTON	38 23.38	25.00	1.22	
2	John SCHUIJERS	42	10K			2	Kevin PARDY	37 35.60	10	Bryan KELLY	55 23.46	22.47	1.01	
	Tom DOHERTY	55	1	Mal BROWN	62 45.59	3	Ron SCHOLES	49 37.06	11	Denis HOLDEN	50 23.51	23.10	0.41	
	Allison DROSDOWSKY	inv	2	Gary BELL	49 47.01	4	Pal BAN	48 38.23	12	Howard DRAPER	50 24.22	25.00	0.38	
	Bernie LEDDIN	55 2.08.71				5	Keith MOODY	58 39.83	13	John POCOCK	60 24.40	25.00	0.20	
3	Gerard ADRIAN	42				6	George RENNIE	61 41.15	14	Taya VERESHAKA	39 24.59	25.00	0.01	
	Dhanbir TAMANG	38				250 metres			15	Tony BOWMAN	49 25.08	25.54	0.46	
	Rod BAYLEY	56				1	Dhanbir TAMANG	38 39.46	16	Ian MORGAN	57 25.32	24.55	0.23	
	Peter JOHNSTONE	66 2.09.08				2	Joe DILWORTH	51 39.55	17	Tom DOHERTY	56 25.32	24.25	1.07	
4	Paul BAN	48				3	Rod BAYLEY	56 43.60	18	Allison DROSDOWSKY	inv 31.31	30.00	1.31	
	Wayne FITZSIMMONS	58				4	Denis BARRY	56 48.43						
	Denis BARRY	56				5	Bryan KELLY	55 53.73						
	Brian WALSH	58 2.12.73				6	Don WARDEN	79 57.88						

RESULTS FROM COLLINGWOOD - MARCH 2003

18-March-03

300 metres

	Heat 1	#	
1 Phil ROSEVEAR	53	43.24	
2 Ian McLEOD	57	43.52	
3 Ron SCHOLES	49	44.10	
4 Paul BAN	48	44.65	
5 Rod JELLETT	50	46.51	
6 Kevin PARDY	37	48.23	

300 metres

Heat 2

1 Carmel PARDY	35	54.45	
2 Denis BARRY	56	59.83	
3 Debbie CANAL	41	61.44	
4 Bryan KELLY	55	72.56	
5 Ken CARTER	50	92.22	

300 metres

Heat 3

1 Dhanbir TAMANG	38	48.52	
2 Rod BAYLEY	56	55.79	
3 Peter JOHNSTONE	66	61.36	
4 Howard DRAPER	50	61.76	

1 Min 59 Sec

Nominate Own Start Point

Heat 1

1 Bryan KELLY	55	1:38.30	
2 Denis HOLDEN	50	1:39.21	
3 Ken CARTER	50	1:47.38	
4 Denis BARRY	56	1:51.83	
5 Peter JOHNSTONE	66	1:51.97	
6 Mario MUSCAT	49	1:54.14	
7 Rob DUNNING	45	2:00.30	
8 George GOODE	75	2:04.77	
9 Chris BOYLEN	39	2:09.51	
10 Ken DUXBURY	49	2:13.78	

1 Min 59 Sec

Heat 2

1 Neville WILSON	73	1:40.92	
2 Allan WOOD	65	1:49.28	
3 Bernie LEDDIN	55	1:49.89	
4 Kevin PARDY	37	1:55.97	
5 Barry BOYD	58	1:56.97	
6 Paul BAN	48	1:57.63	
7 Ron SCHOLES	49	1:58.65	
8 John SCHUIJERS	42	2:02.74	

18-March-03

1 Min 59 Sec

Heat 3

1 Tom DOHERTY	55	1:47.52	
2 Mai BROWN	62	1:49.67	
3 Brian WALSH	58	1:52.66	
4 Howard DRAPER	50	1:55.21	
5 Murray DICKINSON	64	1:55.78	
6 Dhanbir TAMANG	38	1:57.91	

4 X 100m Relay

1 Collingwood 1

John SCHUIJERS	42	53.60	
Kevin PARDY	37		
Ian McLEOD	57		
Ron SCHOLES	49		
2 Doncaster		58.15	
Rod JELLETT	50		
Phil ROSEVEAR	53		
Allan WOOD	65		
Kay BURNIE	50		
3 Collingwood 2		1:00.30	
Paul BAN	48		
Bernie LEDDIN	55		
Carmel PARDY	35		
Tom DOHERTY	55		

Coburg

Mario MUSCAT	49	1:06.67	
George GOODE	75		
Debbie CANAL	41		
Ken CARTER	60		
5 Collingwood 3		1:04.65	
Barry BOYD	58		
Howard DRAPER	50		
Denis BARRY	56		
Brian WALSH	58		
6 Collingwood 4		1:17.94	
Kim LUDINGTON	38		
Lorraine BEALE	60		
Melinda WALSH	Inv		
Bryan KELLY	55		

18-March-03

2K

1 Chris BOYLEN	39	7.33	
2 Paul BAN	48	7.35	
3 Bernie LEDDIN	55	7.46	
4 Kevin PARDY	37	8.25	
5 Graeme PAUL	48	9.27	
6 Mai BROWN	62	8.29	
7 Kim LUDINGTON	38	9.00	
8 Denis BARRY	56	9.34	
9 Bruce GIBBS	54	9.55	
10 Carmel PARDY	35	10.52	
11 Neville WILSON	73	11.23	
12 Helen BROWN	61	12.27	
13 George GOODE	75	12.53	
14 Margaret DALHEIM	74	13.25	
15 Arja VELDHUIS (W)	60	17.59	
16 Ray BEALE (W)	59	19.36	
17 Ken CARTER (W)	50	21.50	

4K

1 Dhanbir TAMANG	38	14.56	
2 Ron SCHOLES	49	15.11	
3 Robert DUNNING	45	15.37	
4 Rod BAYLEY	56	15.55	
5 Ted PAULIN (1 lap)	64	17.20	
6 Chris HARRAP	42	17.37	
7 Melinda WALSH	Inv	18.10	
8 Brian WALSH	58	18.10	
9 Denis HOLDEN	50	18.29	
10 Tom DOHERTY	55	18.31	
11 Keith LODGE	71	18.32	
12 Len HALLETT	53	18.57	
13 Mario MUSCAT	49	18.59	
14 Chris BELLAMC	46	19.26	
15 Vojo NICKOLIC	58	19.31	
16 Howard DRAPER	50	19.33	
17 Ian MORGAN	57	19.39	
18 Tony BOWMAN	49	20.08	
29 John McBRIDE	52	20.36	
20 John PEACOCK	66	20.40	
21 Taya VERESHAKA	39	21.11	
22 John NOONAN	58	22.08	
23 Rob WILSON	56	22.09	

18-March-03

4K (cont'd)

24 Murray DICKINSON (W)	64	22.35	
25 Lorraine BEALE	60	27.29	
26 John POCOOCK	59	37.16	
Joe CASSAR (17 laps)	41	29.57	

8K

1 Barry BOYD	58	33.09	
2 Gary BELL	49	37.58	
3 Bryan KELLY	55	39.02	

25-March-03

120 metres

Heat 1

1 Ian McLEOD	57	15.73	
2 Gerard ADRIAN	42	15.74	
3 Ron SCHOLES	49	16.06	
4 Kevin PARDY	37	16.60	
5 Paul BAN	48	17.00	
6 Joe DILWORTH	51	17.49	
7 Bernie LEDDIN	55	17.95	

120 metres

Heat 2

1 Westly WINDSOR	58	18.18	
2 Dhanbir TAMANG	38	18.25	
3 Carmel PARDY	35	18.81	
4 Howard DRAPER	50	21.03	
5 Don WARDEN	78	25.40	
5 Denis BARRY	56	DNF	

3 x 800 metre relay

1 Ron SCHOLES	49		
Bernie LEDDIN	55		
Westly WINDSOR	58	6:51.05	
2 Mike HORN	50		
Dhanbir TAMANG	38		
David LOCKE	61	7:23.66	
3 Paul BAN	48		
Howard DRAPER	50		
Barry BOYD	58	7:34.35	
4 Gerard ADRIAN	42		
Peter JOHNSTONE	66		
Chris BOYLEN	39	7:40.97	
5 George RENNIE	61		
John PEACOCK	66		
Robert DUNNING	45	8:03.48	

RESULTS FROM CAULFIELD VENUE - MARCH 2003

<u>5K RUN O/S TRACK 4.3.03</u>		<u>Actual</u>
DAVE SPACKMAN		18.05
JEFF BOOT		18.08
NEIL PILLING		19.52
1600m PETER BENCE		20.41
KEITH LOFTHOUSE		20.47
TERRY STUBBS		23.48
DOUG ADAMS		23.48
DOUG ADENEY		25.56
GEORGE YEOMANS		26.16
JOHN MAHONEY		27.05
JANET FORD- ADAMS		27.30
JANE STURZAKER		27.38
MARIA DAVIS		27.38
RON LEGGETT		28.05
GERRY BLANCHFIELD		28.27
BEN MORREY		32.46
BETTY MARK		32.52
PETE BATTRICK		34.12
HELEM SIMMONS		34.25
<u>10K RUN O/S TRACK 4.4.03</u>		<u>Actual</u>
ANDREW EDWARDS		39.05
JIM BERRINGTON		39.32
JIM PETERSON		40.30
GRAHAM PHILPOTT		42.50
JIM McLURE		43.18
GRAHAM PROSSOR		43.44
JULIA THORN		45.24
KARIN KING		48.27
STEPHEN YOUNG		50.00
JEFF MARK		51.46
KEVIN BROWNE		54.44
<u>10 LAP SPIRAL WALK - 4.3.03</u>		
	<u>Clock</u>	<u>H/cap</u>
IAN BEAUMONT	66	30.38 Go
MAUREEN BINYON	55	30.48 2.15
MARGARET BEAUMONT	65	30.48 2.15
JOAN CLARKE	68	30.48 2.00
RON BILSTON	59	30.52 5.38
SANDRA MIDDLETON	54	31.04 5.00
VIC HARLEY	77	31.21 Go
JUDY YEOMANS	55	31.49 Go
CELIA JOHNSON	55	32.05 6.15
ROBIN WOOD	53	32.57 5.25
JANET HOLMES	49	34.17 6.50
CHRISTINE GRIFFITHS	53	35.42 2.00
CATHIE MOULANG	49	35.47 2.00
DES MIDDLETON	56	37.20 6.00

<u>70 MTR SPRINT - 4.3.03</u>		<u>Actual</u>	
JOHN KARAMIDIS	33	9.25	
DENIS THORNTON	47	9.45	
DEAN ANDERSON	46	9.64	
PAUL LYNCH	53	10.36	
BOB WISHART	61	10.48	
EDDY STACK	68	11.00	
<u>900 MTRS RUN - 4.3.03</u>		<u>Actual</u>	
CHRIS BROWN	47	1.41	
DENIS THORNTON	47	1.48	
GRAHAM PHILPOTT	60	1.49	
JOHN HOLMES	50	1.53	
GRAHAM PROSSOR	48	1.58	
CHRIS BROWN	47	2.03	
KARIN KING	38	2.13	
PETE BATTRICK	59	2.31	
<u>200 MTR H/C - 4.3.03</u>		<u>Clock</u>	<u>Secs</u>
JOY HERBERT	59	38.71	Go
CHRIS BROWN	47	39.04	10
PAUL MEREDITH	42	39.39	5
JOHN KARAMIDIS	33	39.68	13
DON PRITCHARD	53	39.99	5
KEVIN MARION	66	40.25	10
DEAN ANDERSON	46	40.52	12
RAY O'CONNOR	65	40.82	9
LEO CHARLES	69	41.11	9
EDDY STACK	68	41.41	6
DENIS THORNTON	47	42.15	12
<u>100 MTR H/C - 11.3.03</u>		<u>Clock</u>	<u>Mtrs</u>
PAUL LYNCH	53	12.30	10
LEO CHARLES	69	12.30	15
KEVIN MARION	67	12.55	12
JOHN KERAMIDAS	33	12.65	Scr
PAUL MEREDITH	42	12.92	18
JIM ROUNTREE	44	13.15	8
EDDY STACK	68	13.28	25
BRIAN HOLCOMBE	57	13.72	15
BOB WISHART	61	13.76	5
JOANNE RUSSELL	45	14.18	Scr
DOUG WALLACE	62	14.70	18
JULIE DACY	45	14.87	Scr
MARY GREY	39	15.00	Scr
ROS LORDING	30	15.80	Scr

<u>4K RUN - 11.3.03</u>		<u>Actual</u>	
WAYNE TIBBITS	44	14.22	
PETER FIELD	45	14.52	
PETER BENCE	52	15.11	
GRAHAM PHILPOTT	60	15.30	
MICHAEL O'BRIEN	48	15.59	
PETA YOUNG	31	16.06	
BERNADETTE CHAN	37	16.10	
JON HOLMES	51	16.30	
JIM McLURE	57	17.17	
KEVIN BROWNE	66	19.11	
PETE BATTRICK	59	19.37	
JOHN MAHONEY	63	20.29	
ANNA O'CONNELL	38	20.30	
DOMENICO MORINA	64	20.36	
ANTHONY DORAN	50	21.10	
LISA GORDON	32	21.29	
GERRY BLANCHFIELD	60	21.57	
CYNTHIA ELLERY	53	23.06	
JUDY WINES	65	23.15	
HELEN SIMMONS	48	23.47	
BEN MORREY	74	24.27	
VERONICA MEREDITH	40	25.37	
BETTY MARK	55	25.43	
<u>6K RUN - 11.3.03</u>		<u>Actual</u>	
JEFF BOOT	47	22.07	
ANDREW EDWARDS	49	22.51	
JIM BERRINGTON	46	23.03	
GRAHAM PROSSOR	48	26.23	
GREG MAULDON	65	28.15	
KARIN KING	37	28.17	
STEPHEN YOUNG	50	28.36	
ROBERT GORDON	37	31.03	
DOUG ADAMS	37	31.29	
RON LEGGETT	69	33.24	
JANET FORD-ADAMS	35	34.53	
<u>400 MTR H/C - 11.3.03</u>		<u>Clock</u>	<u>Secs</u>
PAUL MEREDITH	42	1.26.3	10
EDDY STACK	68	1.27.2	6
JIM McLURE	57	1.27.8	18
DAVID DEAN	48	1.28.2	20
JOANNE RUSSELL	46	1.28.7	20
WAYNE TIBBITS	44	1.29.5	29
GRAHAM PROSSOR	48	1.30.5	19
GRAHAM PHILPOTT	60	1.31.7	25
JULIE DACY	45	1.33.1	20
DOUG ADENEY	58	1.35.3	25
HELEN SIMMONS	48	1.37.9	2
PETE BATTRICK	59	1.38.9	Go
KARIN KING	38	1.45.3	20

RESULTS FROM CAULFIELD VENUE - MARCH 2003

4K H/C RUN - 25.3.03				100 MTRS H/C - 25.3.03				5 LAPS WALK - 25.3.03			
		Clock	H/cap	Actual		Clock	Mtrs			Actual	
GRAHAM PHILPOTT	60	21.11	6.10	15.01	PAUL LYNCH	53	12.44	10		10.55	
WAYNE TIBBITS	44	21.23	7.40	13.43	JOHN KERAMIDAS	33	12.46	Scr		11.03	
JEFF BOOT	47	21.26	7.20	14.06	KEVIN MARION	67	12.52	12		11.35	
GERRY BLANCHFIELD	60	21.26	Go	21.26	EDDY STACK	68	12.70	25		11.46	
DAVE SPACKMAN	31	21.28	7.40	14.12	LEO CHARLES	69	12.73	15		12.04	
JIM BERRINGTON	46	21.42	7.20	14.22	RAY O'CONNOR	65	12.80	18		12.06	
FRANK NEILL	64	21.46	5.00	17.46	PAUL MEREDITH	42	12.80	18		12.39	
ANNA O'CONNELL	38	21.49	3.30	17.19	GLAD WISHART	59	13.04	25		12.44	
ANDREW EDWARDS	49	21.49	7.20	21.51	RUTH POTTER	71	13.08	44		12.48	
JOHN MAHONEY	63	21.50	1.30	20.20	DEAN ANDERSON	46	13.22	8		12.50	
JENNY FIELDS	44	21.53	1.30	20.23	JOHN WAITE	62	13.26	18		13.12	
HELEN SIMMONS	48	21.53	Go	21.53	BOB WISHART	61	13.43	4		13.18	
LES KING	54	21.59	6.20	15.39	NYALA MILLAR	62	13.45	18		13.40	
MICHAEL O'BRIEN	48	22.02	5.50	16.12	DOUG WALLACE	62	14.40	18		13.41	
CYNTHIA ELLERY	53	22.06	Go	22.06	BRIAN HOLCOMBE	57	14.60	15		13.43	
RON LEGGETT	69	22.07	0.30	21.37	KATHLEEN COOK	66	16.49	27		13.44	
PETER FIELD	45	22.13	7.00	15.13						13.45	
JUDY WINES	65	22.14	Go	22.14						13.46	
JOHN WAITE	62	22.18	4.30	17.48						13.47	
GREG MAULDON	65	22.23	4.30	17.53						13.48	
TERRY STUBBS	53	22.30	4.00	18.30						13.49	
KEITH LOFTHOUSE	54	22.31	6.00	18.31						13.50	
GRAHAM PROSSOR	48	22.31	6.00	18.31						13.51	
ASHLEY BIRRELL	58	22.34	7.00	15.34						13.52	
JON HOLMES	51	22.36	8.00	16.36						13.53	
STEPHEN YOUNG	50	22.40	5.30	17.10						13.54	
CHRIS BROWN	47	23.00	5.20	17.40						13.55	
BEN MORREY	74	23.13	Go	23.13						13.56	
PETER BATTRICK	59	23.28	3.00	20.28						13.57	
DOUG ADAMS	37	23.30	5.20	18.10						13.58	
BETTY MARK	55	23.52	Go	23.52						13.59	
KAREN KING	38	24.16	5.20	18.56						13.60	

600 MTRS E/T - 25.3.03				5K			
		Est	Actual	Diff			
MICHAEL BROWN (Inv)	18	1.35	1.35.5	0.5			
CHRIS M BROWN	47	1.40	1.40.2	0.2	7	Dhanbir TAMANG	38 18.48
JEFF BOOT	47	1.45	1.44.2	0.8	2	Robert DUNNING	45 19.37
GRAHAM STOCKDALE	60	1.45	1.44.9	0.1	3	Barry BOYD	58 20.28
PETER FIELD	45	1.50	1.48.5		4	Joe CASSAR	41 21.53
LES KING	54	1.50	1.47.6	2.7	5	Bryan KELLY	55 22.30
GRAHAM PHILPOTT	60	1.55	1.55.2	0.1	6	Keith LODGE	71 22.39
DOUG ADENEY	58	1.57	1.56.1	0.9	7	Rod WILSON	49 22.48
GRAHAM PROSSOR	48	2.00	1.55.7		8	Gary BELL	49 23.14
CHRIS BROWN	47	2.00	2.03.2	3.2	9	Howard DRAPER	50 23.36
KARIN KING	38	2.15	2.16.2		10	John MITCHELL	61 24.12
JOHN WAITE	62	2.22	2.08.1		11	John PEACOCK	66 25.16
JOY HERBERT	59	2.35	2.17.2		12	Taya VERESHAKA	39 25.21
HELEN SIMMONS	48	2.42	2.49.8				
PETE BATTRICK	59	2.45	2.44.6	0.4			
BEN MORREY	74	2.60	2.45.0				

RESULTS FROM COLLINGWOOD - MARCH 2003

25-March-03				3K			
400 metres		Heat 1		400 metres		Heat 2	
1	Ian McLEOD	57	61.25	1	Ron SCHOLLES	49	61.00
2	Wayne FITZSIMMONS	58	62.96	2	Ted PAULIN	64	61.19
3	Fred RADEMAKER	50	65.52	3	Fred RADEMAKER	50	61.25
4	Kevin PARDY	37	69.75	4	Chris BOYLEN	39	61.34
5	Paul BAN	48	76.15	5	David LOCKE	61	61.54
				6	Vvestly WINDSOR	58	62.12
				7	Bernie LEDDIN	55	62.13
				8	Rod BAYLEY	66	62.26
				9	Mike BOYLEN	63	62.36
				10	Kevin PARDY	37	62.44
				11	Kim LUDINGTON	38	63.23
				12	Mal BROWN	62	64.00
				13	Michael HORN	50	64.16
				14	Wasył DROSDOWSKY	52	64.57
				15	Ian MORGAN	57	64.59
				16	Bruce GIBBS	54	65.43
				17	Carmel PARDY	35	65.52
				18	Murray DICKINSON (W)	64	66.22
				19	Colin HEYWOOD (W)	46	66.23
				20	Lorraine BEALE	60	69.03
				21	Don WARDEN	76	69.12
				22	Arja VELDHIJS	60	69.30

5 Ian MORGAN	47	90.50	20 Lorraine BEALE	60	19.03
	57	90.56	21 Don WARDEN	78	22.12
			22 Arja VELDHUIS	60	25.30

RESULTS FROM CAULFIELD VENUE - MARCH 2003

3K RUN - 18.3.03

	Actual
JEFF BOOT	47 10.32
JIM BERRINGTON	46 10.42
JON HOLMES	51 12.03
MICHAEL O'BRIEN	48 12.37
FRANK NEILL	64 12.59
CHRIS LORENZ	30 13.48
JOHN WAITE	62 14.02
KEVIN BROWNE	66 14.08
PETE BATTRICK	59 14.11
GEORGE YEOMANS	58 14.42
KARIN KING	38 14.55
JOHN MAHONEY	63 14.58
JANET FORD-ADAMS	35 15.11
GERRY BLANCHFIELD	60 16.19
CYNTHIA ELLERY	53 16.53
MARK BENJAMIN	66 16.54
JUDY WINES	65 16.58
HELEN SIMMONS	48 18.00
PAUL MEREDITH	42 18.45
VERONICA MEREDITH	40 19.58
BRIAN HOLCOMBE	57 21.48

5K RUN - 18.3.03

	Actual
WAYNE TIBBITS	44 17.51
DAVE SPACKMAN	31 17.56
ANDREW EDWARDS	49 18.58
ASHLEY BIRRELL	58 20.45
KEITH LOFTHOUSE	54 21.17
JIM McLURE	57 21.28
GREG MAULDON	65 22.57
ANNA O'CONNELL	38 24.28
DOUG ADAMS	37 25.05
STEPHEN YOUNG	50 27.45
RON LEGGETT	69 28.18

70 MTR SPRINT - 18.3.03

	Clock	H/c
PAUL LYNCH	53 9.10	2
JOANNE RUSSELL	46 9.10	3
BOB WISHART	61 9.10	1
JUKIE DACY	45 9.20	3
JIM ROUNTREE	44 10.22	4
EDDY STACK	68 11.23	6
GRAHAM STOCKDALE	60 11.62	5

4K E/T WALK - 18.3.03

	Est	Actual	Diff
TONY JOHNSON	62 25.38	25.38	0.00
JOAN CLARKE	68 36.00	35.57	0.03
RON BILSTON	59 24.16	24.20	0.04
CELIA JOHNSON	55 24.05	24.16	0.05
SANDRA MIDDLETON	54 25.15	25.22	0.07
MAUREEN BINYON	55 27.30	28.06	0.36
ANNE BILSTON	55 26.59	27.36	0.37
JANET HOLMES	49 24.35	23.45	0.50
BEV MACKIE	62 38.00	39.01	1.01
ROBIN WOOD	53 27.00	25.56	1.04
ANN HOLCOMBE	52 28.00	26.00	2.00
BRONWEN CARDY	50 28.00	25.58	2.02
VIC HARLEY	77 31.59	34.07	2.08
JUDY YEOMANS	55 28.00	31.00	3.00

200 MTR H/C - 18.3.03

	Clock	Secs
RAY O'CONNOR	65 39.37	9
JOY HERBERT	59 39.44	2
JOANNE RUSSELL (inv)	46 39.62	12
HELEN SIMMONS	48 39.70	Go
PAUL LYNCH	53 39.84	12
DON ANDERSON	46 40.07	13
DARREL POLGLASE	63 40.10	3
KEVIN MARION	67 40.28	11
DON PRITCHARD	53 40.32	10
JULIE DACEY (inv)	45 40.50	11
EDDY STACK	68 40.65	6
JIM ROUNTREE	44 40.77	12
JOHN WAITE	62 41.18	8
PAUL MEREDITH	41 41.95	9
BEN MORREY	74 42.33	Go
DOUG WALLACE	62 45.71	8

800 MTR H/C - 18.3.03

	Clock	Secs
WAYNE TIBBITS	44 3.10.2	50
GRAHAM STOCKDALE	60 3.12.9	40
KARIN KING	38 3.17.7	15
DOUG ADENEY	58 3.25.3	35
JOHN WAITE	62 3.29.3	22
PETE BATTRICK	59 3.29.8	Go

3K WALK - 11.3.03

	Actual
ANNE BILSTON	55 20.45
CATHIE MOULANG	49 21.14
CHRISTINE GRIFFITHS	53 23.28
JOAN CLARKE	68 27.34
BEV MACKIE	62 27.34
NOLA FINN	66 29.17
MAUREEN BINYON	55 20.59

5K WALK - 11.3.03

JANET HOLMES	49 29.3
GWEN STEED	60 30.23
CELIA JOHNSON	55 30.29
RON BILSTON	59 30.4
SANDRA MIDDLETON	54 32.22
MARG BEAUMONT	65 35.31
IAN BEAUMONT	66 37.51

70 MTRS - 26.3.03

	Actual
JOHN KERAMIDAS	33 8.90
DEAN ANDERSON	46 9.00
PAUL LYNCH	53 9.45
EDDY STACK	68 11.10
RUTH POTTER	71 15.20

THE ONLY WAY to have a friend is to be one.

WHEN I TOOK my fox terrier to the vet for her annual shots, the waiting room was full. After a few minutes, the front door opened slightly and a voice warned, "You'd all better hold your pets tightly."

Expecting a large, vicious brute to make its entrance, we held our pets out of harm's way. In walked the postman with a grin on his face. He made his delivery, smiled his thanks and walked out. - P. Todd

RESULTS FROM COBURG - MARCH, 2003

100 METRES TEAMS H/CAP - 6/3/03

	Clock	Actual
Mario MUSCAT	23.75	14.50
Bernie GOGGIN	24.08	18.78
Gary O'DWYER	24.11	12.81
Len HALLETT	24.36	16.01
Roy McKENZIE	24.46	15.96
Ken CARTER	25.02	19.02
Lorraine BEALE	25.13	25.13
Hugh McKENZIE	25.24	19.74
Barbara DALGLEISH	25.26	21.26
Debbie CANAL	25.38	17.08
Tony BOWMAN	25.57	20.07
John PEACOCK	25.64	20.34
Chris CALLAHAN	25.90	15.75
Tom DALGLEISH	26.92	21.92
Phil CURTAIN	-	15.11
John SCHUIJERS	-	12.45
Dean WILKES	-	12.56

1500M RUN/1000M WALK - 6/3/03

Mark KELLY (W)	40	6.02
Len HALLETT	53	6.38
John PEACOCK	66	6.51
Bernie GOGGIN (W)	65	6.54
Barbara DALGLEISH	66	7.09
Tom DALGLEISH	68	7.27
Lorraine BEALE	60	8.58
Ken CARTER	50	11.29

500 METRES - 6/3/03

Gary O'DWYER	43	1.30
Phil CURTAIN	48	1.38
Sasha CORNALL	Inv	1.44
Tony BOWMAN	49	1.58
Barbara DALGLEISH	66	2.06
Hugh McKENZIE	Inv	2.15
Bernie GOGGIN	65	2.17
George GOODE	75	2.24
Tom DALGLEISH	68	2.29

2/4/6/8 K - 6/3/03

2 k		
Roy McKENZIE	45	8.53
Tom DALGLEISH	68	11.10

Cont'd

2/4/6/8 K - 6/3/03 Cont'd

4 k		
Chris HARRAP	42	17.48
Chris CALLAHAN	38	19.01
Mark KELLY	40	19.21
Len HALLETT	53	19.29
John PEACOCK	66	19.32
Mario MUSCAT	49	19.34
Barbara DALGLEISH	66	20.01
Tony BOWMAN	49	20.22
Sasha CORNALL	Inv	20.54
Lorraine BEALE	60	25.26
Ken CARTER	50	47.51
6 k		
Bernie GOGGIN	65	33.52
Hugh McKENZIE	Inv	35.44
8 k		
Colin FENWICK	36	36.31

90 METRES - 13/3/03

Heat 1		
George GOODE	75	15.64
Fay JOHNSON	Inv	17.66
Ken CARTER	50	18.69
Bob CHARLTON	70	19.22
Tom DALGLEISH	68	20.41
Heat 2		
John SCHUIJERS	42	11.32
Dean WILKES	37	11.56
Bruce GIBBS	54	12.87
Greg HUTCHINSON	56	13.94

1500 METRES TEAMS H/CAP - 13/3/03

	Clock	Actual
Gary O'DWYER	9.00	5.05
Len HALLETT	9.07	6.17
Barbara DALGLEISH	9.12	6.57
Mario MUSCAT	9.18	5.53
Tony BOWMAN	9.19	7.04
Tom DALGLEISH	9.20	7.30
Mark KELLY	9.24	5.34
Hugh McKENZIE	9.30	7.35
John PEACOCK	9.32	6.47
Chris CALLAHAN	9.34	6.04
Bernie GOGGIN	9.39	7.59

Cont'd

1500M H/CAP - 13/3/03 Cont'd

	Clock	Actual
Gordon PROUDFOOT	9.44	6.44
Debbie CANAL	9.46	7.21
Ken CARTER	9.52	9.52
Wasyi DROSDOWSKY	-	6.32
Bruce GIBBS	-	7.20
Fay JOHNSON	-	7.46

300 METRES - 13/3/03

Heat 1		
George GOODE	75	1.07
Barbara DALGLEISH	66	1.12
Bernie GOGGIN	65	1.18
Tom DALGLEISH	68	1.22
Ken CARTER	50	1.45
Heat 2		
John SCHUIJERS	42	42.7
Dean WILKES	37	44.7
Bruce GIBBS	54	52.6
Greg HUTCHINSON	56	53.2

5/7/10 K - 13/3/03

5 k		
Greg HUTCHINSON 4.2	56	18.58
Chris CALLAHAN 4.2k	38	19.51
Mark KELLY 4.2k	40	19.51
Fred RADEMAKER	50	20.43
Chris HARRAP	42	22.26
Tony BOWMAN 4.6k	49	23.36
Tom DALGLEISH 4.2k	68	24.04
Len HALLETT	53	25.08
Mario MUSCAT	49	25.17
Barbara DALGLEISH	66	25.33
Wasyi DROSDOWSKY	52	25.40
Bernie GOGGIN 5.4k	65	29.03
Hugh McKENZIE	Inv	37.39
Fay JOHNSON	Inv	37.39
Ken CARTER	50	55.12
10 k		
Colin FENWICK	36	45.29
Gordon PROUDFOOT	59	50.23

110 METRES - 20/3/03

Heat 1		
John SCHUIJERS	42	13.82
Dean WILKES	37	13.98
Bruce GIBBS	54	16.22
Ken CARTER	50	23.47
Bob CHARLTON	70	25.37
Heat 2		
Kevin PARDY	37	15.04
Hugh McKENZIE	Inv	22.36
John PEACOCK	66	23.53

1000 METRES - 20/3/03

Mohammed REESE	33	3.36
Kevin PARDY	37	3.48
Bruce GIBBS	54	4.19
Barbara DALGLEISH	66	4.41
Tom DALGLEISH	68	4.50
Len HALLETT	53	5.06
John PEACOCK	66	5.10
Bernie GOGGIN (W)	65	7.03
Ken CARTER	50	8.13

400M TEAMS H/CAP - 20/3/03

	Clock	Actual
Hugh McKENZIE	1.49	1.39
Tom DALGLEISH	1.53	1.43
Tony BOWMAN	1.55	1.20
Bernie GOGGIN	1.58	1.48
Len HALLETT	1.59	1.17
Gary O'DWYER	1.59	0.59
Lorraine BEALE	2.00	2.00
Debbie CANAL	2.00	1.30
Mark KELLY	2.01	1.04
Mario MUSCAT	2.02	1.12
John PEACOCK	2.03	1.30
Gordon PROUDFOOT	2.04	1.27
Barbara DALGLEISH	2.07	1.37
Chris CALLAHAN	2.11	1.16
Ken CARTER	3.07	2.52
Kevin PARDY	-	1.11

30 MIN. TIME TRIAL - 20/3/03

	Laps/Min	
Martin VEAL	34	18.050
Mario MUSCAT	49	15.295

Cont'd

RESULTS FROM COBURG - MARCH 03 Cont'd

30 MIN TIME TRIAL 20/3/03 Cont'd L/Ms

Gordon PROUDFOOT	59	15.160
Barbara DALGLEISH	66	14.365
Len HALLETT	53	13.220
Bernie GOGGIN	65	13.210
John PEACOCK	66	13.200
Tom DALGLEISH	68	12.340
Lorraine BEALE	60	11.225
John STAUNTON	47	11.150
Hugh MCKENZIE	Inv	10.000
Bill KYTE (W)	62	9.285
Ken CARTER	50	7.200
Ray BEALE (W)	59	7.160
George GOODE(12m+)	75	5.000

80 METRES - 27/3/03

Ht 1 Steven COLLYER	Inv	13.67
George GOODE	75	13.92
Ken CARTER	50	16.65
Bob CHARLTON	70	19.54
Ht 2 Mohom'd REESE	33	10.83
Wayne BARNES	Inv	11.33
Bruce GIBBS	54	11.72

1200 METRES EST. TIME - 27/3/03

	Actual	Diff.
Bernie GOGGIN (W)	8.33	0.15
Bruce GIBBS	5.24	0.15
Robin WOOD (W)	7.21	0.21
John PEACOCK	5.37	0.23
Steven COLLYER	5.33	0.57
Mark KELLY	4.33	1.14
Wayne BARNES	6.39	1.39
Ken CARTER	8.57	3.01

500 METRES - 27/3/03

Mohammed REESE	33	1.33
Wayne BARNES	Inv	1.50
Barbara DALGLEISH	66	2.04
Steven COLLYER	Inv	2.12
Tom DALGLEISH	68	2.14
George GOODE	75	2.18
Bernie GOGGIN	65	2.19
Lorraine BEALE	60	2.36
Ken CARTER	50	3.42

4KM TEAMS H/CAP - 27/3/03

	Clock	Actual
Len HALLETT	29.21	17.51
Tom DALGLEISH	29.28	21.28
Mario MUSCAT	29.34	17.24
Barbara DALGLEISH	29.40	19.40
Bernie GOGGIN	29.57	21.57
John PEACOCK	30.15	18.45
Lorraine BEALE	30.16	24.41
Mark KELLY	31.18	17.18
Ken CARTER	43.59	43.59
George GOODE (1.6k)	-	10.22
Antonio CHITAS	-	16.49
Chris HARRAP	-	16.54
Steven COLLYER	-	22.55
John STAUNTON	-	24.42
Robin WOOD (W)	-	27.10
Arja VELDHUIS (W)	-	35.09
Ray BEALE (W)	-	39.49

GIVING a sermon one Sunday, I heard two teenage girls in the back giggling and disturbing people. I said sternly, "There are two of you here who have not heard a word I've said." That quietened them down.

After the service, as I farewelled people at the door, three adults apologised for going to sleep in church, promising it would never happen again.

- WILLIAM RUSS

DURING one Victorian election campaign, a North Melbourne restaurant offered a special dish called Politicians' Promises. It consisted of garnished tripe.

- "Odd Spot" in *The Age*, Melbourne

ENTERING a bed-and-breakfast house, I still had my sunglasses on and lost my footing on a step I didn't see. As I pushed myself up from the keyboard of a piano I crashed into, the proprietor remarked, "I see you play the piano about as well as I do."

- REBECCA WALTON

I FEEL INADEQUATE when talking to mechanics, so when my vehicle started making a strange noise I sought help from a friend. He drove the car round the block, listened carefully, then told me how to explain the problem.

At the service centre I proudly recited, "The timing is off and there are premature detonations that may damage the valves."

As I smugly glanced over the mechanic's shoulder, I saw him write on his clipboard: "Lady says it makes a funny noise."

- KATE KELLOGG

I FINALLY MANAGED to lose 18 kilos after months of eating low-fat foods, but still had a way to go. Browsing in the snack aisle at the supermarket with my wife. I came upon salted peanuts and cashews.

"Why can't someone develop a fat-free nut?" I lamented. My wife replied. "I'm working on it, dear."

Ronald Austin

THE POST BOX near my husband's office had only a small slot and, as a result, he was unable to post large envelopes. Each evening he would stand at the box waiting for the postman so he could hand over the day's mail. Fed up with this situation, he rang the post office to complain. Told that there was no call for a box with a larger slot, my husband asked, "How can you be so sure?"

"Because there are never any big letters in the box," came the reply.

- Madge Laycock

I AM GENERALLY SHY about asking taxi drivers to slow down, but when one went through his third red light and careened round a corner, I could keep silent no longer. "Excuse me," I ventured, "would you mind slowing down a little?"

The driver looked back at me and said, "Whatsa matter?"

"I've been in two taxi accidents already," I protested.

"That's nothin'," he said proudly. "I've been in over a hundred!"

- Patricia Cook, quoted by Ron Alexander in *The New York Times*

RESULTS FROM CROYDON VENUE - MARCH 2003

4/6/8 KM RUN 11.3.2003 Contd.

6km:

1 Glenn CLAUDEN	49	25.23
2 Ray MERIDA	59	25.47
3 Ian UREN	51	25.50
4 Rod NEAL	46	26.44
5 Colin THOMPSON	54	29.10

8km:

1 Saul BAKAITIS	58	32.46
2 David POTTAGE	53	32.50
3 Andrew TUNNE	44	36.02
4 Peter GRAY	48	38.19
5 Al WILLEY	63	40.52

4 LAPS WALK N.O.T. TEAMS 18.3.2003

1 Rod NEAL	46	9.33	9.25
Phyllis GOSBELL	64	12.13	12.20
Winners - 1 sec. Out	21.46	21.45	

2 Corrie DeGROOT	75	12.04	12.10
Barrie WICKS	62	10.08	10.20
		22.12	22.30

3 Jan WATSON	56	10.19	9.55
Alan LUCAS	55	8.36	8.43
		18.55	18.38

4 Alison THOMPSON	50	8.16	8.30
Liz FELDMAN	54	8.44	8.50
		17.00	17.20

5 Lynette HILL	57	13.54	13.00
Norm CAMERON	58	11.50	11.55
		25.44	24.55

John YATES	75	12.54	
------------	----	-------	--

80 METRE SPRINT 18.3.2003

Heat 1:

1 John CAVANAGH	52	11.3
2 Russell OAKLEY	63	11.5
3 Gerry ROBINSON	64	11.9
4 Norm CAMERON	58	13.2
5 John DUGGAN	55	13.4
6 Kevin McLAUGHLAN	59	13.6
7 Ron SMITH	54	14.1

Heat 2:

1 Karen ARCHER	40	14.3
2 Frank TUTCHENER	75	15.0
3 Jan WATSON	56	16.4
4 John YATES	75	16.9

DISCUS THROW 18.3.2003

1 George SIMONS	67	25.37
2 John CAVANAGH	52	16.60
3 Lynette HILL	57	13.04
4 Corrie DeGROOT	75	12.32
5 Jan WATSON	56	11.86

1500 METRE RUN 18.3.2003

1 Rod NEAL	46	5.37.8
2 Karen ARCHER	40	5.39.2
3 Colin PAGE	49	5.39.6
4 Glenn CLAUDEN	49	6.00.6
5 Carolyn DICKSON	51	6.24.4
6 Cec McKEOWN	63	6.40.9
7 Frank TUTCHENER	75	7.05.6
8 Gerry ROBINSON	64	7.17.3

250 METRE SPRINT 18.3.2003

Heat 1:

1 Simon TENNANT	36	35.8
2 John CAVANAGH	52	37.5
3 Russell OAKLEY	63	37.7
4 Gerry ROBINSON	64	43.9
5 Norm CAMERON	58	48.0
6 John DUGGAN	55	48.2

Heat 2:

1 Karen ARCHER	40	45.3
2 Kevin McLAUGHLAN	59	45.7
3 Ron SMITH	54	49.5
4 Frank TUTCHENER	75	52.0
5 John YATES	75	63.0
6 Vern GERLACH	78	68.8

3 OR 5 KM WALK 18.3.2003

3km:

1 Liz FELDMAN	54	20.12
2 Jan WATSON	56	22.42
Ken WALTERS (4 laps)	70	12.07

5km:

1 Alan LUCAS	55	29.25
2 Alison THOMPSON	50	33.45

2/4/6/8/10 KM RUN 18.3.2003

2km:

1 Frank TUTCHENER	75	9.26
2 Norm CAMERON	58	9.46
3 Cec McKEOWN	63	10.02
4 Dot BROWNE	62	11.29
5 Kevin McLAUGHLAN	59	11.30

4km:

1 Karen ARCHER	40	18.37
2 Mark CHALLEN	45	19.06
3 John CAVANAGH	52	19.25
4 Barrie WICKS	62	20.40
5 Ray CALLAGHAN	69	20.51
6 Ron BOYNE	69	21.37
7 Lyn BATCHELOR	54	22.03
8 Pat CAVANAGH	62	23.53
9 Lyn CRAVANA	58	25.35
10 George DYER	68	25.36
11 Corrie DeGROOT	75	25.43

2/4/6/8/10 KM RUN 18.3.2003

4km Contd.:

12 Anne CALLAGHAN	65	26.14
13 Phyllis GOSBELL	64	26.14

6km:

1 Glenn CLAUDEN	49	24.57
2 Ray MERIDA	59	25.39

8km:

1 Simon TENNANT	36	40.49
-----------------	----	-------

10km:

1 Colin PAGE	49	41.17
2 Saul BAKAITIS	58	41.32
3 Rod NEAL	46	43.53
4 Andrew TUNNE	44	44.43
5 Al WILLEY	64	51.12

1, 3 OR 5 KM WALK 25.3.2003

1km:

1 Pam RICHARDS	63	7.12
2 Phyllis GOSBELL	64	7.33
3 Corrie DeGROOT	75	7.38
4 John YATES	75	8.09
5 Lynette HILL	57	8.11
6 Madeline ELLERY	59	10.29
7 Heather McKENZIE	49	10.29

3km:

1 Barrie WICKS	62	19.25
2 Terry DUNN	65	19.57
3 Jan WATSON	56	20.11
4 Colin THOMPSON	54	21.46

5km:

1 Alison THOMPSON	50	28.08
2 Alan LUCAS	55	29.01

100 METRE SPRINT 25.3.2003

1km:

1 John CAVANAGH	52	15.0
2 Ron SMITH	54	16.1
3 John DUGGAN	55	16.7
4 Kevin McLAUGHLAN	59	17.1
5 Karen ARCHER	40	18.2
6 Susan GAMBLE	44	19.0
7 Frank TUTCHENER	75	19.2
8 Madeline ELLERY	59	23.6

800 METRE RUN 25.3.2003

1 Colin PAGE	49	2.28.8
2 Philip WAKELEY	39	2.29.6
3 Peter GRAY	48	2.33.6
4 Simon TENNANT	36	2.35.9
5 Russell OAKLEY	63	2.36.8
6 Karen ARCHER	40	2.47.5
7 Rod NEAL	46	2.50.6
8 Glenn CLAUDEN	49	3.01.1
9 Frank TUTCHENER	75	3.29.1
10 Ron SMITH	54	3.38.3

400 METRE SPRINT 25.3.2003

1 Colin PAGE	49	60.6
2 John CAVANAGH	52	67.2
3 Philip WAKELEY	39	69.2
4 Jeff JONES	46	69.7
5 Karen ARCHER	40	77.9
6 Kevin McLAUGHLAN	59	84.0
7 Ron SMITH	54	85.8
8 Norm CAMERON	58	90.4
9 Frank TUTCHENER	75	91.8
10 Susan GAMBLE	44	94.8
11 Vern GERLACH	78	115.0

LONG JUMP 25.3.2003

1 Ron BOYNE	69	2.73
2 Ruth WOOLCOCK	57	2.63
3 Lyn BATCHELOR	54	2.07
4 Heather McKENZIE	49	1.61

1 OR 3 KM WALK 25.3.2003

1km:

1 John YATES	75	8.25
--------------	----	------

3km:

1 Jan WATSON	56	18.35
2 Pam RICHARDS	63	22.03

1, 3 OR 5 KM RUN 25.3.2003

1km:

1 John CAVANAGH	52	3.59
2 Carolyn DICKSON	51	4.19
3 Kevin McLAUGHLAN	59	4.48
4 Frank TUTCHENER	75	4.58
5 Norm CAMERON	58	5.15
6 Vern GERLACH	78	5.55
7 Madeline ELLERY	59	8.43
Heather McKENZIE (1.5 laps)	49	5.27

3km:

1 Russell OAKLEY	63	13.07
2 Jeff JONES	46	13.32
3 Simon TENNANT	36	13.40
4 Karen ARCHER	40	13.55
5 Susan GAMBLE	44	16.29
6 Ruth WOOLCOCK	57	17.09
7 Dot BROWNE	62	17.10
8 Pat CAVANAGH	62	17.29
9 Phyllis GOSBELL	64	17.45
10 Anne CALLAGHAN	65	17.52
11 Corrie DeGROOT	75	17.56
12 Nola CAMERON	61	18.08
Barrie WICKS (8.5 laps)	63	17.47

5km:

20 Colin PAGE	49	19.35
21 Philip WAKELEY	39	19.41
22 Rod NEAL	46	19.47

1, 3 OR 5 KM RUN 25.3.2003

5km: Contd.

23 Saul BAKAITIS	58	19.59
24 Glenn CLAUDEN	49	20.26
25 Ray MERIDA	59	21.10
26 Andrew TUNNE	44	21.10
27 Alan GREEN	53	21.25
28 Peter GRAY	48	22.13
29 Mark CHALLEN	45	23.37
30 Ron BOYNE	69	26.54
31 Anne CALLAGHAN	65	28.01
32 Lyn BATCHELOR	54	28.20

RESULTS FROM CROYDON VENUE - MARCH 2003

1 OR 3 KM WALK 4.3.2003

1km:			
1 Norm CAMERON	58	7.17	
2 Corrie DeGROOT	75	7.29	
3 John YATES	75	8.09	
4 Lynette GILBERT	58	9.07	
5 Vern GERLACH	78	9.08	
6 Pat CAVANAGH	62	9.09	

3km:			
1 Alison THOMPSON	49	16.31	
2 Alan LUCAS	55	16.56	
3 Liz FELDMAN	54	17.19	
4 Dave HERBERT	62	18.15	
5 Barrie WICKS	62	19.45	
6 Terry DUNN	65	21.28	
7 John BACHE	66	21.39	
8 Phyllis GOSBELL	64	22.12	
9 Pam RICHARDS	63	22.17	
10 Colin THOMPSON	54	22.18	

100 METRE SPRINT HANDICAP 4.3.2003

Heat 1:	Hcp.	Metres		
1 Karen ARCHER	40	14.6	20	
2 Frank TUTCHENER	75	15.6	18	
3 Ruth WOOLCOCK	57	15.8	18	
4 Anne CALLAGHAN	65	16.1	31	
5 George SIMONS	67	16.9	12	
6 Corrie DeGROOT	75	17.4	34	
7 John YATES	75	18.4	23	
8 Pat CAVANAGH	62	19.5	23	

Heat 2:				
1 Ron SMITH	54	14.1	12	
2 John WILLS	52	14.6	-10	
3 Rod NEAL	46	15.2	-1	
4 Allan WOOD	65	15.4	4	
5 Kevin McLAUGHLAN	59	15.6	8	
6 Norm CAMERON	58	15.8	2	
7 Cec McKEOWN	63	16.4	3	
8 John CAVANAGH	52	16.8	-5	

700 METRES N.O.T. 4.3.2003

	Clock	Norm.
1 Rod NEAL	46 2.09.5	2.19
2 Russell OAKLEY	63 2.16.7	2.20
3 Jeff JONES	46 2.19.1	2.45
4 Peter GRAY	48 2.19.7	2.21
5 Karen ARCHER	40 2.24.0	2.30
6 Ian UREN	51 2.31.2	
7 Glenn CLAUDEN	48 2.39.8	2.45
8 Carolyn DICKSON	51 2.41.2	2.50
9 Cec McKEOWN	63 2.47.5	2.55
10 Colin THOMPSON	54 2.57.3	2.59
11 Frank TUTCHENER	75 2.58.8	3.00

700 METRES N.O.T. 4.3.2003 Contd.

	Clock	Norm.
12 Norm CAMERON	58 3.02.1	3.30
13 Ray MERIDA	59 3.03.4	
14 Ruth WOOLCOCK	57 3.22.4	3.30
15 George SIMONS	67 3.23.5	3.40
16 Vern GERLACH **	78 3.49.3	3.50
17 Anne CALLAGHAN	65 3.49.5	3.53

** Winner - Vern Gerlach 0.7 sec. Out

200 METRE SPRINT 4.3.2003

Heat 1:			
1 Peter GRAY	48	30.6	
2 Karen ARCHER	40	35.4	
3 Frank TUTCHENER	75	40.6	
4 George SIMONS	67	41.5	
5 Ruth WOOLCOCK	57	42.4	
6 Vern GERLACH	78	50.0	

Heat 2:			
1 John WILLS	52	29.2	
2 John CAVANAGH	52	31.9	
3 Norm CAMERON	58	34.1	
4 Cec McKEOWN	63	34.7	
5 Allan WOOD	65	35.1	
6 Kevin McLAUGHLAN	59	36.6	
7 Ron SMITH	54	38.9	

TWIN TAG TEAM 20 MINS. 4.3.2002

(Change-over every 2 mins)			
1 Karen ARCHER	40		
John CAVANAGH	52	14	0

2 Colin THOMPSON	54		
Ray MERIDA	59	13	300
3 Rod NEAL	46		
Norm CAMERON	58	12	280
4 Russell OAKLEY	63		
Cec McKEOWN	63	12	200
5 Saul BAKAITIS	58		
Peter GRAY	48	12	130
5 Ian UREN	51		
Richard TODD		12	95

7 Alison THOMPSON	49		
Glenn CLAUDEN	48	12	30
8 Dot BROWNE			
Ruth WOOLCOCK	57	10	50

SHOT PUT 4.3.2003

1 George SIMONS	67	7.43
2 Colin BROWNE	70	6.60
3 Lynette HILL	57	6.06

1500 METRE HANDICAP WALK 11.3.2003

	Clock	Actual
1 Norm CAMERON	58 12.50	10.25
2 Corrie DeGROOT	75 12.57	10.52
3 Alan LUCAS	55 13.03	8.03
4 Lynette HILL	57 13.06	12.46
5 John YATES	75 13.06	11.31
6 Pam RICHARDS	63 13.07	10.37
7 Alison THOMPSON	49 13.13	7.48
8 Liz FELDMAN	54 13.14	8.24
9 Lynette GILBERT	58 13.24	?
10 Colin THOMPSON	54 13.30	10.25
11 Barrie WICKS	62 13.32	9.27
12 Sandra GEISLER	Inv 13.49	17.59
13 Frank TUTCHENER	75 13.56	12.26
14 Terry DUNN	65 13.56	9.41
15 Mandy EMMETT	40 14.00	9.20
16 Pat CAVANAGH	62 14.00	12.00
17 Dave HERBERT	62 14.04	9.14
18 Vern GERLACH	78 14.04	12.34
19 Ingrid POTTAGE	46 14.25	?

60 METRE SPRINT 11.3.2003

Heat 1:		
1 John CAVANAGH	52	9.5
2 Allan WOOD	65	9.8
3 Ron SMITH	54	10.5
4 John DUGGAN	55	10.8
5 Kevin McLAUGHLAN	59	11.1
6 Karen ARCHER	40	12.0

Heat 2:		
1 Norm CAMERON	58	10.1
2 George SIMONS	67	10.1
3 John YATES	75	13.1

800 METRE RUN 11.3.2003

1 Rod NEAL	46	2.26.5
2 Peter GRAY	48	2.31.7
3 Russell OAKLEY	63	2.39.3
4 Jeff JONES	46	2.39.5
5 Simon TENNANT	36	2.43.0
6 Karen ARCHER	40	2.49.9
7 Ian UREN	51	2.53.0
8 Glenn CLAUDEN	49	3.06.8
9 Colin THOMPSON	54	3.20.2
10 Frank TUTCHENER	75	3.28.1
11 Cec McKEOWN	63	3.32.4
12 Ron SMITH	54	3.34.6
13 Ruth WOOLCOCK	57	3.39.7
14 Vern GERLACH	78	4.17.6
15 George SIMONS	67	4.18.5

300 METRE SPRINT 11.3.2003

1 John CAVANAGH	52	46.7
2 Simon TENNANT	36	47.1
3 Cec McKEOWN	63	55.1
4 Norm CAMERON	58	56.2
5 Allan WOOD	65	57.2
6 Karen ARCHER	40	58.4
7 Kevin McLAUGHLAN	59	59.2
8 Ron SMITH	54	62.8
9 Frank TUTCHENER	75	63.6
10 John DUGGAN	55	64.7
11 Terry DUNN	65	73.1
12 George SIMONS	67	76.3

2 OR 4 KM WALK 11.3.2003

2km:		
1 Liz FELDMAN	54	12.04
Lynette GILBERT (4 laps)	58	14.34
Ingrid POTTAGE (4 Laps)	46	19.42

4km:

1 Alan LUCAS	55	24.41
2 Dave HERBERT	62	26.48
Pam RICHARDS (9 laps)	63	26.20

2 KM RUN N.O.T. 11.3.2003

	Clock	Norm.
1 Ian UREN	51	8.37 8.27
2 Colin THOMPSON	54	9.19 8.51
3 John CAVANAGH	52	9.28 11.00
4 Frank TUTCHENER	75	9.36 9.45
5 Al WILLEY **	63	9.49 9.50
6 Norm CAMERON	58	9.51 9.53
7 Karen ARCHER	40	9.52 9.30
8 Simon TENNANT	36	9.53 9.10
9 Andrew TUNNE	44	10.00 8.40
10 Cec McKEOWN	63	10.08 9.40
11 Ron BOYNE	69	10.14 10.00
12 Barrie WICKS	62	10.45 10.10
13 Alison THOMPSON	49	10.45 10.00
14 Ruth WOOLCOCK	57	11.23 12.20
15 Dot BROWNE	62	11.23 12.20
16 Pat CAVANAGH	62	11.42 11.50
17 Kevin McLAUGHLAN	59	11.57
18 Corrie DeGROOT	75	12.19 12.40
Carolyn DICKSON (4 laps)	51	7.11

** Winner Al Willey, 1 second out

4/6/8 KM RUN 11.3.2003

4km:		
1 Karen ARCHER	40	19.48
2 Simon TENNANT	36	19.50
3 Alison THOMPSON	49	21.13
4 Barrie WICKS	62	21.19
5 Richard TODD	55	22.16
6 Ray CALLAGHAN	69	23.11
7 Pat CAVANAGH	62	23.53

DONCASTER VENUE RESULTS

		3/3/03			10/3/03			17/3/03			24/3/03			31/3/03						
100 metre Heat 1			100 metre Heat 1			100 metre Heat 1			100 metre Heat 1			100 metre Heat 1								
John BROWN	51	14.5	John BROWNE	51	14.5	Mandy LEE	46	15.5	Sonya FITZGERALD	36	14.9	Tom LEONG	61	15.0						
Nanette COMPTE	59	15.4	June REEVES	57	15.5	Allan WOOD	65	15.6	Tom LEONG	61	15.3	June REEVES	57	15.6						
Des BENJAMIN	61	16.2	Jill ALLEN	64	15.8	Kerrin BRAITHWAITE	46	17.0	June REEVES	57	15.3	Jill ALLEN	64	16.1						
Allan WOOD	65	16.3	Kathleen COOK	65	17.7	100 metre Heat 2		John BROWNE	51	14.2	Nanette COMPTE	59	15.6	Nanette COMPTE	59	16.4				
Kerrin BRAITHWAITE	46	18.0	100 metre Heat 2		Phil ROSEVEAR	53	13.2	Bob GRACE	58	14.3	Jill ALLEN	64	15.9	Kerrin BRAITHWAITE	46	17.2				
100 metre Heat 2			Richard KERRIDGE	54	13.5	June REEVES	57	15.1	Alex HARRIS	73	15.3	Kathleen COOK	65	17.5	Kathleen COOK	65	17.5			
Ian MCLEOD	57	13.5	Gary MAHON	52	14.3	Nanette COMPTE	59	15.3	Kay BURNIE	50	15.5	Dee SHEFFRIN	18.0		Dee SHEFFRIN	18.0				
David FENTON	39	13.8	Jodi CHANDLER	34	14.6	Jill ALLEN	64	15.7	100 metre Heat 2		Phil ROSEVEAR	53	12.6	Phil ROSEVEAR	53	13.3				
Christie FAULKS	42	14.2	300 metre Est. Time		Act.	Est.	Kay BURNIE	50	16.2	Andy LEONG	Inv.	13.0	Christie FAULKS	42	13.8	Christie FAULKS	42	13.8		
Bob GRACE	58	14.6	Richard KERRIDGE	54	43.5	44.0	Kathleen COOK	65	17.4	Adrian BROWNE	Inv.	13.0	Mariene JOHNS	39	14.3	Mariene JOHNS	39	14.3		
Hartin FRUIN	37	16.1	Phil ROSEVEAR	53	44.2	45.0	100 metre Heat 3		David FENTON	39	13.1	Jodi CHANDLER	34	14.6	Jodi CHANDLER	34	14.6			
100 metre Heat 3			Jodi CHANDLER	34	48.0	50.2	Craig QUILTY	38	12.7	Con MATTHEWS	66	14.7	Con MATTHEWS	66	14.6	Con MATTHEWS	66	14.6		
Brendan ROSEVEAR	Inv.	12.6	John BROWNE	51	46.5	52.5	Phil ROSEVEAR	53	13.0	Christie FAULKS	42	13.9	Christie FAULKS	42	29.2	Christie FAULKS	42	29.2		
Phil ROSEVEAR	53	13.1	June REEVES	57	53.5	54.0	Ian MCLEOD	57	13.3	John BROWNE	51	14.2	Tom LEONG	61	31.3	Tom LEONG	61	31.3		
Richard KERRIDGE	54	13.2	Jill ALLEN	64	58.7	59.0	*** David FENTON	39	13.5	Con MATTHEWS	66	14.3	Jodi CHANDLER	34	31.3	Jodi CHANDLER	34	31.3		
Rod JELLETT	50	14.1	Kathleen COOK	65	63.7	68.0	Christie FAULKS	42	13.9	Jodi CHANDLER	34	14.7	Kathleen COOK	65	39.5	Kathleen COOK	65	39.5		
Con MATTHEWS	66	14.7	Combined 100m & 300m		Act.	Est.	Jodi CHANDLER	34	14.4	200 metre Heat 1		Sonya FITZGERALD	36	31.7	Phil ROSEVEAR	53	27.0	Phil ROSEVEAR	53	27.0
Jodi CHANDLER	34	15.1	Phil ROSEVEAR	53	57.4	57.9	*** Sonya FITZGERALD	36	14.8	June REEVES	57	32.3	Rod JELLETT	50	28.5	Rod JELLETT	50	28.5		
400 metre			Jill ALLEN	64	74.5	75.0	200 metre Heat 1		Nanette COMPTE	59	33.0	Jill ALLEN	64	33.6	Mariene JOHNS	39	29.1	Mariene JOHNS	39	29.1
Richard KERRIDGE	54	61.6	Richard KERRIDGE	54	57.0	57.7	Mandy LEE	46	31.9	Jill ALLEN	64	33.6	Con MATTHEWS	66	30.7	Con MATTHEWS	66	30.7		
Ian MCLEOD	57	62.0	June REEVES	57	69.0	70.5	Allan WOOD	65	32.9	200 metre Heat 2		Marlene JOHNS	39	28.9	Marlene JOHNS	39	28.9			
David FENTON	39	63.1	Jodi CHANDLER	34	62.6	65.1	Alex HARRIS	73	33.2	Christie FAULKS	42	29.4	Christie FAULKS	42	29.4	Christie FAULKS	42	29.4		
Phil ROSEVEAR	53	65.6	John BROWNE	51	63.0	67.0	Kay BURNIE	50	35.0	Con MATTHEWS	66	29.6	Con MATTHEWS	66	29.6	Con MATTHEWS	66	29.6		
Con MATTHEWS	66	68.8	Kathleen COOK	65	81.4	87.0	Kathleen COOK	65	36.1	Jodi CHANDLER	34	30.5	Jodi CHANDLER	34	30.5	Jodi CHANDLER	34	30.5		
Jodi CHANDLER	34	72.0	600 metre Relay				Kerrin BRAITHWAITE	46	37.2	200 metre Heat 3		David FENTON	39	27.1	David FENTON	39	27.1			
150 metre Est. Time Heat 1		Act.	Est.	Red Team	1.37.3		200 metre Heat 2		John BROWNE	51	29.3	Rod JELLETT	50	27.3	Rod JELLETT	50	27.3			
David FENTON	39	21.5	25.0	Jill ALLEN	64	33.5	John BROWNE	51	29.3	June REEVES	57	32.0	Andy LEONG	Inv.	27.7	Andy LEONG	Inv.	27.7		
Con MATTHEWS	66	21.9	22.8	Richard KERRIDGE	54	27.0	Nanette COMPTE	59	32.9	Jill ALLEN	64	33.5	Adrian BROWNE	Inv.	28.6	Adrian BROWNE	Inv.	28.6		
Bob GRACE	58	22.9	23.7	John BROWNE	51	29.5	Jill ALLEN	64	33.5	200 metre Heat 3		John BROWNE	51	29.5	John BROWNE	51	29.5			
Nanette COMPTE	59	24.0	27.0	Yellow Team		1.38.5	Craig QUILTY	38	26.2	David FENTON	39	27.1	Tom LEONG	61	31.3	Tom LEONG	61	31.3		
Allan WOOD	65	25.0	25.2	Jodi CHANDLER	34	21.7	Phil ROSEVEAR	53	26.5	Dee SHEFFRIN	40.1		Dee SHEFFRIN	40.1		Dee SHEFFRIN	40.1			
Kerrin BRAITHWAITE	46	31.2	36.0	Gary MAHON	52	14.3	Ian MCLEOD	57	27.0	400 metre		Phil ROSEVEAR	53	62.5	Phil ROSEVEAR	53	62.5			
150 metre Heat 2			Kathleen COOK	65	21.6	21.0	David FENTON	39	27.6	David FENTON	39	65.3	David FENTON	39	65.3	David FENTON	39	65.3		
Brendan ROSEVEAR	Inv.	13.4	20.0	Christie FAULKS	42	20.8	23.5	Rod JELLETT	50	28.6	John BROWNE	51	71.2	John BROWNE	51	71.2	John BROWNE	51	71.2	
Phil ROSEVEAR	53	20.0	20.5	Richard KERRIDGE	54	21.6	21.0	Christie FAULKS	42	26.7	Con MATTHEWS	66	73.6	Con MATTHEWS	66	73.6	Con MATTHEWS	66	73.6	
Rod JELLETT	50	20.3	21.0	Jodi CHANDLER	34	22.5	24.8	Jodi CHANDLER	34	30.1	Jodi CHANDLER	34	74.2	Jodi CHANDLER	34	74.2	Jodi CHANDLER	34	74.2	
Ian MCLEOD	57	20.7	21.7	600 metre & 3x200 metre Relay		David NOBBS	62	1.40.3	David FENTON	39	1.40.9	Marlene JOHNS	39	74.7	Marlene JOHNS	39	74.7	Marlene JOHNS	39	74.7
Christie FAULKS	42	20.8	23.5	Relay			Team Red	1.34.1	800 metre		Kay BURNIE	50	90.4	Kay BURNIE	50	90.4	Kay BURNIE	50	90.4	
Richard KERRIDGE	54	21.6	21.0	Team Green	1.40.6		Team Green	1.40.6	Dee HANEK	31	2.50.3	Dee SHEFFRIN	3.21.5		Dee HANEK	31	2.50.3	Dee SHEFFRIN	3.21.5	
Jodi CHANDLER	34	22.5	24.8	Team Yellow	1.44.3		Team Yellow	1.44.3	Dee SHEFFRIN	3.21.5					Dee SHEFFRIN	3.21.5				

RESULTS FROM FRANKSTON VENUE- 2003

70m run 6/3/03

1 Phil Lancaster	m46	10.43
2 Ian MacArthur	m62	10.59

300m run 6/3/03

1 Phil Lancaster	m46	41.87
2 Tony Nematic	m50	48.33
3 Georgia Fanning	f11	49.14
4 Ian MacArthur	m62	51.17
5 Shae Cottrell	f11	51.37

2000m walk 6/3/03

1 Sarah Alexander	inv	10.30
2 Kath Westthorp	f41	12.47
3 Denise Leggett	f43	14.22
4 Wendy Seers	f61	15.05
5 Cath Latham	f60	16.38
5 Stan Ross	m64	16.38

4000m walk 6/3/03

1 John Hallo	m60	24.36
2 Heather Lancaster	f46	27.26
3 Jayne C	f51	27.27
4 Gordon Loughnan	m50	29.12
5 Kees Zynenburg	m74	29.55
6 Marlene Petroff	f60	30.03
7 Syd Elks	m77	30.13
8 Jenny Graham	f53	35.42

4000m run 6/3/03

1 Martin Leggett	m46	14.08
2 Ian Muir	m58	15.47
3 Mick O'Ryan	m53	15.48
4 D Smith	m54	15.51
5 David Painter	m60	16.44
6 Ian Kraska	m47	16.58
7 Ian Willis	m38	17.03
8 Gary Meyer	M48	17.08
9 John Wallace	m59	18.54
10 Karen Elliott	f44	20.10
11 Ron Leggett	m69	21.43
12 Lyndsay Beaton	m53	23.30

2000m run 6/3/03

1 Peter Ellis	m52	8.21
2 Hellen Simmons	f48	10.58

100m run 13/3/03

1 Len Warren	m37	11.94
2 Ross Kent	m60	13.80
3 Ian MacArthur	m62	15.23
4 Leo Charles	m69	15.47
5 Kevin Irons	m58	16.00

500m walk 13/3/03

1 Marlene Petroff	f61	3.26
2 Doug Petroff	m61	3.27
3 Sylvia Ross	f	3.53

4 x 200m run 13/3/03

1 Kevin Irons	m58	
Ian MacArthur	m62	
Mike Hall	m64	
Ian Willis	m38	2.08
2 Charlie Mallia	m54	
Doug Petroff	m61	
Len Warren	m37	
Helen Simmons	f48	2.23
3 Sandy Howarth	f40	
Marg McCormack	f	
Denise Leggett	f43	
Kathy Westthorp	f41	2.53

1600m walk 13/3/03

1 Gwen Steed	f60	9.06
2 Doug Petroff	m61	10.20
3 Kath Westthorp	f41	10.28
4 Marlene Petroff	f61	11.30
4 Stan Ross	m64	11.30
6 Marg McCormack	f58	11.47
7 Denise Leggett	f43	12.00
8 Wendy Seers	f61	12.12
9 Cath Latham	f60	12.55
10 Jenny Graham	f53	13.56

3000m walk 13/3/03

1 Sarah Alexander	F13	16.06
2 John Hallo	m60	17.50
3 Kees Zynenburg	m74	22.19
4 Sandra Howarth	f40	32.35 5km

5000m run 13/3/03

1 Karen Elliott	f44	24.32
2 Ron Leggett	m69	27.24

3000m run 13/3/03

1 Ian Muir	m58	11.32
2 Mick O'Ryan	m53	11.33
3 Dennis Smith	m55	11.34
4 Charlie Mallia	m54	12.01
5 Ian Kraska	m47	12.10
6 David Painter	m60	12.15
7 Ian Willis	m38	12.24
8 Peter Ellis	m52	13.18
9 Helen Simmons	f48	16.05

200m run 20/03/03

1 Tony Nematic	m50	30.84
2 Kevin Irons	m58	31.93
3 Mike Hall	m64	32.30

800m walk 20/03/03

1 John Hallo	m60	4.38
2 Wendy Seers	f61	6.49
3 Lyndsay Beaton	m53	6.50

400m run 20/03/03

1 Arron Hall	m11	67.62
2 Kevin Irons 300m	m58	54.06

1500m walk 20/03/03

1 Cath Latham	f60	11.35
---------------	-----	-------

2800m walk 20/03/03

1 Gwen Steed	f60	16.17
2 John Hallo	m60	17.03
3 Sandra Howarth	f40	18.30
4 Marlene Petroff	f61	20.51
5 Kees Zynenburg	m74	20.58
6 Gordon Loughnan	m50	21.27

**CONGRATULATIONS
GWEN STEED ON
AUST AGE RECORD IN
3000M WALK AT
VIC CHAMPS 29/3/03
TIME 17m29secs**

2400m run 20/03/03

1 Ian Kraska	m47	9.30
2 Tony Nematic	m50	11.33
3 Karen Elliott	f44	11.38
4 Doug Petroff	m61	11.46
5 Lyndsay Beaton	m53	13.59
Peter Ellis	m51	6.21

4800m run 20/03/03

1 Martin Leggett	m43	17.15
2 D Smith	m54	18.48
3 Ian Muir	m58	19.21
4 Mick O'Ryan	m53	19.35
5 Ian Willis	m38	20.22
6 John Wallace	m59	21.47
7 Ron Leggett	m69	26.04
8 Helen Simmons	f48	27.11

100m run 27/03/03

1 Len Warren	m37	12.80
2 Phil Lancaster	m46	12.81
3 Brigitta Nematic	f11	15.25
4 Tony Nematic	m50	16.24
5 Jade Warren		16.73

300m run 27/03/03

1 Phil Lancaster	m46	41.76
2 Len Warren	m37	46.15

3x400m walk relay 27/03/03

1 Doug Petroff	m61	
Denise Leggett	f43	
Marlene Petroff	f61	21.45
2 John Hallo	m60	
Kees Zynenburg	m74	
Wendy Seers		22.26
3 Heather Lancaster	f46	
Cath Latham	f60	
Tony Nematic	m50	22.36
4 Kath Westthorp	f41	
Penny Hall		
Jenny Graham	f53	24.31

3200m run 27/03/03

1 D Smith	m54	12.33
2 Ian Muir	m58	12.34
3 Ian Willis	m38	13.16
4 Ian Kraska	m47	13.46
5 Karen Elliott	f44	15.33
6 Ron Leggett	m69	17.21
7 Helen Simmons	f48	18.00

RESULTS FROM KNOX VENUE - MARCH 2003

Delayed 1/2 & Marathon 05/03/2003

<u>1900 Mts</u>	<u>Time</u>
1 Russell WEST	43 0:06:29
2 Graeme LETIQ	48 0:06:42
3 Bruce RATTENBURY	50 0:06:46
4 Neville SMITH	43 0:07:21
5 Anne McPHERSON	46 0:07:48
6 David WEAR	56 0:07:49
7 Joel KING	52 0:08:01
8 Chas McRAE	70 0:09:00

<u>1900 Mts</u>	<u>Time</u>
1 Mark MEX	39 0:07:19
2 Phil KENNINGTON	46 0:07:23
3 Derek HIGHAM	46 0:07:29
4 Gary STEWART	57 0:07:30
5 Mick CARR	49 0:07:46
6 Ian UREN	51 0:08:00
7 Lavinia PETRIE	59 0:08:46
8 Phil TWINING	42 0:08:48
9 Tom BOYD	37 0:08:49
10 Tom RICHARDSON	50 0:09:09

<u>4 Klm</u>	<u>Time</u>
1 Russell WEST	43 0:14:36
2 Mark MEX	39 0:14:45
3 Graeme LETIQ	48 0:14:51
4 Bruce RATTENBURY	50 0:15:14
5 Neville SMITH	43 0:16:37
6 David WEAR	56 0:16:49
7 Anne McPHERSON	46 0:16:56
8 Des CLANCY	53 0:17:08
9 Joel KING	52 0:17:26
10 Helen STANLEY	47 0:18:12
11 Chas McRAE	70 0:20:38
12 Tom RICHARDSON	50 0:29:29 6Klm

<u>10 Klm</u>	<u>Time</u>
1 Phil KENNINGTON	46 0:39:41
2 Phil TWINING	42 0:39:48
3 Mick CARR	49 0:41:09
4 Gary STEWART	57 0:41:28
5 Glenn CLAIDEN	48 0:41:43
6 Ian UREN	51 0:42:53
7 Tom BOYD	37 0:46:27
8 Tim KENNINGTON	Inv 0:46:28
9 Lavinia PETRIE	59 0:26:49
10 Peter LeGET	69 0:50:32

<u>100 Mts 12/03/2003</u>	<u>Time</u>
1 Andrew WATTS	47 12.64
2 Rick NELSON	42 13.27
3 Julie NORNEY	34 13.92
4 Mick CARR	49 14.13
5 David MURRIHY	45 14.34
6 Eddy JEDRYS	40 16.03

<u>200 Mts 12/03/2003</u>	<u>Time</u>
1 Andrew WATTS	47 26.32
2 Rick NELSON	42 26.77
3 Julie NORNEY	34 29.20
4 Mick CARR	49 29.97
5 Brian MEE	65 32.84
6 Eddy JEDRYS	40 33.28
7 Chas McRAE	70 40.71

<u>1600 Mts 12/03/2003</u>	<u>Time</u>
1 David MURRIHY	45 05:22.5
2 Neville WARBURTON	42 05:27.4
3 Graeme LETIQ	48 05:29.1
4 Peter NORDHOFF	46 05:40.7
5 Russell SPEIGHT	45 05:52.4
6 Phil KENNINGTON	46 05:56.1
7 Tom BOYD	37 06:05.7
8 Mick CARR	49 06:11.7
9 Russell WEST	43 06:12.3
10 Tim KENNINGTON	Inv 06:13.1
11 Eddy JEDRYS	40 06:21.9
12 Neville SMITH	43 06:23.7
13 Anne McPHERSON	46 06:27.7
14 John SIGNORINI	49 06:34.5
15 David WEAR	56 06:59.4
16 Tom RICHARDSON	50 07:04.1
17 Chas McRAE	70 07:23.5
18 Ian UREN	51 07:24.3

<u>3/5/7 Klm 12/03/2003</u>	<u>Dist</u>	<u>Time</u>
1 Mick CARR	49 3Klm	09:16.0
2 Derek HIGHAM	46 "	11:39.0
3 Brian MEE	65 "	12:46.0
4 David MURRIHY	45 "	12:47.0
5 David WEAR	56 "	12:50.0
6 Julie NORNEY	34 "	13:09.0
7 Des CLANCY	53 "	13:51.0
8 Eddy JEDRYS	40 "	14:19.0
9 Chas McRAE	70 "	15:36.0
10 Paul TWINING	53 5Klm	18:27.0
11 Graeme LETIQ	48 "	18:31.0

<u>3/5/7 Klm 12/03/2003(Cont)</u>	<u>Dist</u>	<u>Time</u>
12 Peter NORDHOFF	46 "	18:43.0
13 Gary STEWART	57 "	18:48.0
14 David BURTON	35 "	20:11.0
15 Neville WARBURTON	42 "	20:14.0
16 Russell SPEIGHT	35 "	20:21.0
17 Glenn CLAIDEN	49 "	20:49.0
18 Neville SMITH	43 "	20:52.0
19 Ian UREN	51 "	21:32.0
20 Shaun EXTON	43 "	21:34.0
21 Peter LeGET	69 "	23:52.0
22 Ron MILSOME	56 "	24:30.0
23 John SIGNORINI	49 "	24:37.0
24 Anne McPHERSON	46 "	24:58.0
25 Helen STANLEY	47 "	25:36.0
26 Tom RICHARDSON	50 "	25:37.0
27 Russell WEST	43 7Klm	26:44.0
28 Tom BOYD	37 "	28:41.0
29 Phil KENNINGTON	46 "	28:42.0
30 David ROLFE	57 "	32:27.0
31 Milan STANISIC	48 "	32:28.0
32 Tim KENNINGTON	Inv "	32:59.0

<u>800 Mts H/C 19/03/2003</u>	<u>Clock</u>	<u>H/C</u>	<u>Act</u>
1 David BURTON	35 03:32.0	00:54.0	02:38.0
2 Derek HIGHAM	46 03:37.0	01:00.0	02:37.0
3 Russell SPEIGHT	45 03:39.0	01:00.0	02:39.0
4 Neville WARBURTON	42 03:40.0	01:16.0	02:24.0
5 David WEAR	56 03:42.0	00:50.0	02:52.0
6 Tom BOYD	37 03:42.4	01:06.0	02:36.4
7 John SIGNORINI	49 03:43.0	00:47.0	02:56.0
8 Russell WEST	43 03:47.0	01:16.0	02:31.0
9 Peter NORDHOFF	46 03:50.0	01:07.0	02:43.0
10 Shaun EXTON	43 03:53.0	01:05.0	02:48.0
11 Gary STEWART	57 03:55.0	01:06.0	02:49.0
12 Glenn CLAIDEN	49 03:55.3	00:51.0	03:04.3
13 Toscha STOPAR	33 03:59.0	00:35.0	03:24.0
14 Phil KENNINGTON	46 04:03.0	01:10.0	02:53.0

<u>400 Mts H/C 19/03/2003</u>	<u>Clock</u>	<u>H/C</u>	<u>Act</u>
1 Andrew WATTS	47 01:33.9	00:36.0	00:57.9
2 Mick CARR	49 01:34.4	00:27.0	01:07.4
3 Derek HIGHAM	46 01:38.0	00:26.0	01:12.0
4 Shaun EXTON	43 01:39.0	00:31.0	01:08.0
5 Gary STEWART	57 01:40.0	00:24.0	01:16.0
6 Toscha STOPAR	33 01:42.0	00:15.0	01:27.0

<u>10Klm W/R Est Dist</u>	<u>Est</u>	<u>Act</u>	<u>Diff</u>
1 Neville WARBURTON	42 16.100	16.080	0.020
2 Derek HIGHAM	49 15.200	15.250	0.050
3 Peter LeGET	69 13.200	13.140	0.060
4 Mick CARR	49 15.100	15.240	0.140
5 Graeme RANSOME	12.200	12.350	0.150
6 Helen STANLEY	47 16.200	16.360	0.160
7 Peter NORDHOFF	46 16.000	16.200	0.200
8 Anne McPHERSON	46 16.150	16.350	0.200
9 Phil KENNINGTON	46 15.000	15.270	0.270
10 Rob DREW	49 15.000	15.300	0.300
11 John SIGNORINI	49 15.000	14.350	0.650
12 David WEAR	56 15.000	14.150	0.850
13 Phil TWINING	42 17.000	16.100	0.900
14 Russell WEST	43 16.100	17.060	0.960
15 David BURTON	35 16.100	15.000	1.100
16 Tom BOYD	37 15.000	16.200	1.200
17 JGraeme LETIQ	48 15.000	16.300	1.300
18 Paul TWINING	53 17.000	15.310	1.690
19 Gary STEWART	57 15.000	13.290	1.710
20 Toscha STOPAR	33 12.150	12.150	

<u>80 Mts 28/03/2003</u>	<u>Time</u>
1 Andrew WATTS	47 10.05
2 Rick NELSON	42 10.29
3 Ian McLeod	57 10.29
4 Mark MEX	39 12.21
5 Earl COOK	72 14.93

<u>300 Mts 26/03/2003</u>	<u>Time</u>
1 Andrew WATTS	47 40.15
2 Rick NELSON	42 42.94
3 Ian McLeod	57 42.95
4 Mark MEX	35 50.48

<u>15/20/30 Min TT 26/03/2003</u>	<u>Dist</u>	<u>Time</u>
Helen STANLEY	47 9.000	15
Paul TWINING	53 9.300	"
Graeme LETIQ	48 10.050	"
Russell WEST	43 12.050	20
Neville WARBURTON	42 12.300	"
David BURTON	35 12.120	"
David WEAR	56 11.300	"
Neville SMITH	43 11.300	"
Shaun EXTON	43 11.150	"
Joel KING	52 10.320	"
Ron MILSOME	56 15.075	30
Tom BOYD	37 17.100	"
David ROLFE	57 17.110	"
Des CLANCY	54 16.205	"
Mick CARR	49 18.004	"
Tom RICHARDSON	50 10.200	"
Anne McPHERSON	46 11.250	"
Gary STEWART	57 18.080	"
	46 17.000	"

Mike CARR	49	10.00	"
Tom RICHARDSON	50	10.200	"
Anne McPHERSON	46	11.250	"
Gary STEWART	57	18.080	"
John STONORINI	40	17.000	"

JANUARY 2003

300M E.T. 05/03/03

		Clock	Diff
1. Sonya McLennan	50	60.34	0.34
2. Ross Kent	60	44.39	0.39
3. Peter Weeks	48	50.50	-1.50
4. Gordon Gourlay	73	62.10	2.10

1500M ET - 05/03/03

		Clock	Diff
1. Stephen Young	50	6.10.4	1.40
2. Michael O'Brien	48	5.27.3	-2.70
3. Bronwyn Haans	39	5.31.0	-4.00
4. Peter weeks	48	5.22.5	-5.50
5. Phil Dunshea	41	5.22.7	-19.30

30M E.T. - 05/03/03

		Clock	Diff
1. Dorn Jenkins	47	11.53	-0.07
2. Mike Johnston	81	12.89	0.09
3. Ross Kent	60	11.40	-0.10
4. Gordon Gourlay	73	13.60	0.18
5. Glad Wishart	59	13.20	0.20
6. Bob Wishart	61	11.10	-0.70
7. Patrick Thompson	52	12.92	0.92
8. Darrel Polglaise	63	14.20	1.18

4KM - 05/03/03

1. Michael O'Brien	48	16.18
2. John Moore	52	16.19
3. Phil Dunshea	41	16.26
4. Laurie Collard	45	17.15
5. David Dobson	44	18.17
6. Patrick Thompson	52	19.21
7. Ashley Page	62	19.55
8. Ray Kemp	75	19.58
8. George Yeomans	58	19.58
10. Stephen Young	50	20.03

8KM - 05/03/03

1. Peter Weeks	48	30.45
2. Damien Garrard	Inv	32.33
3. Bronwyn Haans	39	33.33
4. Loius Waser	57	35.18
5. Peter Smart	57	35.57
6. Sonya McLennan	50	36.31
7. Greg Mauldon	65	37.28

4 Laps Road WALK E.T.-05/03/03

		Clock	Diff
1. Judy Yeomans	55	25.40	0.00
2. Rebecca Haans	Inv	25.14	-0.16
3. Beverly Higo	63	25.54	0.19
4. Gordon Gourlay	73	23.05	-0.40
5. M. Seedsman	65	23.05	-0.45
6. Rae Atkins	71	25.18	0.48
7. Sylvia Machin	61	20.35	-1.25
7. Ian Cassell	49	22.25	1.25
9. John Morrison	63	19.33	-1.52
10. Jim Machin	72	27.34	-1.56
11. Joan Clarke	68	27.34	-3.06

600M - 12/03/03

1. Phil Dunshea	41	1.48.6
2. Bronwyn Haans	39	2.01.2
3. Sonya McLennan	50	2.10.2

100M ET-12/3/03 Trophy

		Clock	Diff
1. Mike Johnston	81	15.88	-0.02
2. Gordon Gourlay	73	16.91	-0.09
3. Doug Wallace	62	17.20	-0.10
4. Patrick Thompson	52	16.04	-0.16
5. Darrel Polglase	63	17.25	-0.23
6. Glad Wishart	59	16.6	-0.30
6. Ross Kent	60	13.4	0.30
8. Bob Wishart	61	14.19	-0.87

5KM Road ET- 12/03/03

		Clock	Diff
1= Bronwyn Haans	39	20.23	3.00
1= Stephen Young	50	24.03	3.00
2. S. Reghevezani	44	23.55	4.00
3. Ray Kemp		28.05	5.00
4= David Dobson	44	23.20	-10.00
4= Greg Maldon	65	22.30	-10.00
5. Phil Dunshea	41	22.03	-12.00
6. Sonya McLennan	50	22.45	-15.00
7. Laurie Collard	45	21.06	22.00
8. Peter Weeks	48	20.24	24.00
9. Janet Ford		28.00	30.00
10. Ben Morrey	74	31.33	53.00
John Moore	52	21.15	

3KM WALK-12/02/03

		Clock	Diff
Murray Brown trophy			
1= Sylvia Machin	61	18.10	-0.02
1= M. Seedsman	65	20.47	0.02
2= Gordon Gourlay	73	20.37	-0.03
2= G McPherson	56	23.33	0.03
3. Geoff Barrow	54	17.01	0.04
4. Joan Clarke	68	24.55	-0.05
5. Beverly Hugo		22.28	0.10
6. Jim Machin	72	24.01	0.14
7. Vivienne Cash	51	22.49	0.19
8. John Morrison	63	17.28	-0.20
9. Maureen Binyon	55	20.57	-0.23
10. Nola Finn	66	28.56	-0.24
11. Louis Waser	56	20.21	0.32
12. Rae Atkins	71	21.40	0.40
13. Pat Graham	55	22.00	1.00
14. Ian Cassell	49	19.02	1.02
15. Glad Wishart	59	25.38	4.38

400M ET- 19/03/03

1. Ross Kent	61	64.26	1.26
2. Mike Johnston	81	76.41	-1.69
3. G. Stockdale	60	66.14	3.00
4. John Waite	62	81.53	-3.47
5. Dick Jeffrey	51	73.26	-11.74

1Mile ET- 19/03/03

		Clock	Diff
1. Louis Waser	56	6.37.3	-8.70
2. Stephen Young	50	3.39.3	-9.70
3. Bronwyn Haans	39	5.54.1	-15.90
4. Phil Dunshea	41	5.31.3	-16.70
5. Peter Weeks	48	5.28.5	-18.50
6. John Waits	62	7.01.4	-18.60
7. Sonya McLennan	50	6.32.9	-27.10
8. Laurie Collard	45	6.41.9	-28.10

50M - 19/03/03 Heat 1

1. Ross Kent	61	6.98
2. Bob Wishart	61	7.15
3. Dorn Jenkins	47	7.46
4. John Waite	62	8.68

50M - 19/03/03 Heat 2

1. Mike Johnson	81	8.36
2. Glad Wishart	59	8.78
3. Gordon Gourlay	73	8.93
4. Kevin McGrath	72	10.73

6KM - 19/03/03

1. Damien Garrard	Inv	23.47
2. Peter Weeks	48	24.33
3. Bronwyn Haans	39	25.15
4. Laurie Collard	45	25.24
5. Phil Dunshea	41	25.25
6. Peter Smart	57	26.31
7. Sonya McLennan	50	26.50
8. Greg Mauldon	65	28.01
9. Loius Waser	56	28.04
10. David Dodson	44	29.33
11. Stephen Young	50	29.56
12. Ashley Page	62	30.29

2x2 Laps Road WALK Relay-19/03/03

1. Ian Cassell	49	9.21	
Gordon Gourlay	73	11.25	20.46
2. Gwen Steed	60	9.43	
Joan Clarke	68	12.54	22.37
3. Maureen Binyon	55	11.14	
Rae Atkins	71	12.05	23.19
4. M. Seedsman	65	11.17	
Ian Beaumont	66	12.08	23.25
5. John Morrison	63	9.28	
Heidi Engel	60	14.02	23.3
6. Sylvai Machin	61	10.00	
Betty Browning	71	13.38	23.38

* Venue Record

**RESULTS FROM MENTONE VENUE
JANUARY 2003**

00M - 26/03/03

1. Bronwyn Haans	39	2.43.6
2. Michael O'Brien	48	2.44.6
3. Sonya McLennan	50	3.03.1
4. John Waite	62	3.06.1

00M AG % - 26/03/03

		Time	%
1. Mike Johnson	81	32.98	91.05
2. Ross Kent	61	28.00	86.32
3. Dorn Jenkins	47	28.81	84.58
4. Leo Charles	69	31.24	83.06
5. Nyala Millar	61	34.50	79.50
3. Gordon Gourlay	74	35.42	77.35
7. John Waite	62	32.70	74.49
3. Glad Wishart	59	36.70	73.43
9. Joy Herbert	59	38.72	69.60
0. Doug wallace	62	36.25	67.20
1. Darrel Polglaise	63	37.80	65.00

Laps Road - 26/03/03

Event 1 of Point Score Series

Damian Garrard	Inv	13.00	0.00
1=Bronwyn Haans	39	13.16	0.01
1=Stephen Young	50	14.30	-0.01
2=Louis Waser	56	14.23	-0.03
2=S. Reghenzani	44	14.58	-0.03
3. John Moore	52	13.33	0.13
4= John Waite	61	15.34	0.14
4=Ray Kemp	75	16.33	-0.14
4=Ashley Page	62	16.33	-0.14
5. Peter Smart	57	13.39	-0.21
6. Michael O'Brien	48	13.38	0.26
7. David Dodson	44	15.16	-0.29
8. Sonya McLennan	50	14.26	-0.32
9. Greg Mauldon	65	15.08	0.33
10. Jeff Mark	54	15.14	-1.11

2KM H/C Walk - 26/03/03 Trophy

1. Nola Finn	66	18.02	0.00
2. Beverly Hugo	63	18.46	4.30

3. Robin Wood	53	6.40	18.46
4. Joan Clarke	68	19.06	3.20
5. Ian Beaumont	66	19.07	4.42
6. John Beck	66	19.19	4.30
7. Pat Graham	55	19.37	5.42
8. Heidi Engel	60	19.38	2.47
9. G. McPherson	56	19.44	5.51
10. Betty Browning	71	19.47	3.29
11. Sylvia Machin	61	19.48	8.00
12. M. Beaumont	65	19.54	6.24
13. M. Seedsman	65	19.56	6.33
14. Rae Atkins	71	20.05	5.53
15. John Morrisom	63	20.16	8.40
16. Gordon Gourlay	74	21.06	6.16

They refuse to give up

IN THE cross-country leg of the three-day equestrian event at Atlanta in 1996, Gillian Rolton's mount slipped in gravel going round

a bend in the course, throwing her to the ground. Rolton, of Adelaide, broke her collarbone and two ribs in the fall. But she pulled herself back onto her horse, but fell once again at the next jump – this time into water. Amazingly, Rolton mounted one more time and completed the remaining 15 jumps with one hand and in obvious pain. Her determination helped Australia win the team event.

"The pain was intense, but I braced myself against it at each jump," she says, "I didn't want to let down my team-mates or my horse, who was incredibly brave to keep jumping when I couldn't steer him properly. So I just kept going."

AS MASTER OF ceremonies for our high school reunion, I handed out a bottle of champagne to the graduate who had travelled the farthest,

and another to the person who had been married the longest.

When we got to the classmate with the most children, I said, "Trudy, you win with 11 kids." Then, trying to be clever, I continued, "And champagne is only half the prize. The other half is a giant, economy-size bottle of aspirin."

"Don't bother," Trudy replied. "I've never had a headache."

- JOHN LIZZA

ONE of our executives was retiring, and I was asked to purchase his farewell gift. Since he owned a large sailing-boat, the office decided to give him a sextant. After checking with the local boating shop and finding the sextant was out of stock, I decided to try sporting-goods shops.

I called the first one on my list and asked the salesman if they had any sextants in stock. "Lady," he replied, "we sell all kinds of tents. What you do in them is *your* business." — Joy VanHatten



I couldn't steer him properly.
So I just kept going."

CHALLENGE TEAMS

KNOX B TEAM	KN	
Paul TWINING	10.30	
Julie NORNEY	11.28	
Graeme LETTICQ	11.02	
Bert PELGRIM	10.03	43.04
DIAMOND VALLEY	DV	
Rob WENDEL	10.23	
Ruth REIDY	12.31	
Gary HAMMET	10.56	
Antony MILOVAC	9.36	43.26
PLODDERS	SV	
Peter FIELD	10.38	
Theresia BAIRD	12.04	
Tony MCGARRIGLE	10.31	
John NEWSOME	10.46	43.59
SILLY BUGGERS	EB	
Graham PHILPOT	10.58	
Peter MAY	10.45	
Annette PELGRIM	13.07	
Tim CROSBY	9.29	44.19
CAULFIELD FLYERS	CA	
Jeff BOOT	10.29	
Jim BERRINGTON	10.55	
Andrew EDWARDS	10.56	
Julia THORN	12.29	44.29
KNOX NO. 1	KN	
Russell WEST	10.58	
DEREK HIGHAM	11.51	
Lavinia PETRIE	12.22	
Mick CARR	11.54	47.06
FUN RUN TEAMS		
FUN GUNS	SV	
Rob CLUTTERBUCK	11.05	
Paul WINTERTON	11.50	
Allan BENNIE	11.25	
Ross MARTIN	11.09	45.29
KNOX WHATEVERS	KN	
Russell SPEIGHT	11.55	
Anne MCPHERSON	12.50	
Gary STEWART	11.32	
Phil TWINING	12.01	48.18

ANDY SALTER RELAY SPRINGVALE VENUE 5/2/2003

FUN RUN TEAMS CONT..

THE MIXTURES	EB	
Rob HENDERSON	12.03	
Sam DEFANIS	11.29	
Bob HAYES	13.40	
Eddy STACK		
I H D B	KN	
Brian MEE	12.09	
Helen STANLEY	12.54	
Ian UREN	12.36	
Dave BURTON	11.40	49.19
MEAN MACHINE	PE	
Ian ORR	12.18	
Greg LOVEJOY	11.48	
Bill CARR	12.52	
Barry FRY	12.29	49.27
BUTTERCUPS	SV	
Bill IRVINE	12.05	
Neil GRAY	12.34	
Bill HAINS	12.34	
Ian KRASKA	12.21	49.35
LOOSE BOYS	SV	
Howard REES	12.31	
Lou BUCCIERI	12.23	
John ANDERSON	12.30	
Juan PEREZ	12.55	50.19
ALSO RANS	CA	
Chris BROWN	12.37	
Jim MCLURE	12.20	
Denis THORNTON	12.57	
John KEEN	12.27	50.21
CHAMAREL	SV	
Lindsay OXENHAM	12.53	
Daniel JUHEL	13.13	
Leigh CASSIDY	13.05	
Karl FAUVRELLE	12.56	52.07
ROVERS	PE	
Dennis ARDLEY	12.36	
Max BROOK	13.40	
Heather CARR	14.06	
David APPLEBY	12.26	52.48

RUNNERS TEAMS OF
4 X 3.1 KM.

BERT WARBURTON WALK
TEAMS 3 X 2 KM.

FUN RUN TEAMS CONT..

WILLEYS WAGTAILS	CR	
Andrew TUNNE	12.18	
Nancy CHARLEY	13.15	
Al WILLEY	15.07	
Simon TENNANT	12.45	53.25
MAD MAGPIES	CO	
Garry BELL	13.27	
Nicole DIAMOND	13.42	
Bryan KELLY	13.43	
Kim LUDDINGTON	13.23	54.15
GAS BUSTERS	SV	
Graeme STEVENS	13.20	
Howard ROSS	14.16	
R HARDING	14.10	
Jim SMITH	13.20	55.06
OLDIES	CA	
Kevin BROWNE	15.03	
Terry STUBBS	13.38	
Rhonda TREMGRAME	15.13	
John WAITE	12.54	56.48
MAD MAGPIES 2	CO	
Wasyli DROSDOWSKI	14.03	
Shirley YOUNG	15.55	
Graham PAUL	13.13	
Ron YOUNG	14.05	57.16
PENINSULA TUGS	PE	
Doug PETROFF	14.10	
Stephen POLATIDES	15.06	
Bernard POWNALL	13.31	
Ken POWNALL	14.46	57.33
HUFF & PUFF	SV	
Brian LYNCH	14.26	
Ted MORRISON	13.50	
Jack GUBBINS	16.20	
Ken HOUGH	13.56	58.32
KNOX CROX	KN	
David WEAR	12.39	
Chas MCRAE	15.44	
Peter LEGGET	14.43	
George SIMONS	18.00	61.06

VENUES

CAULFIELD	CA
CROYDON	CR
COLLINGWOOD	CO
DIAMOND VALLEY	DV
EAST BURWOOD	EB
KNOX	KN
FRANKSTON	FR
SPRINGVALE	SV
PENINSULA	PE

FUN RUN TEAMS CONT..

MIXED BAG	SV	
John SUTTON	13.57	
Alison DEVINE	15.21	
Don PRITCHARD	16.32	
Celia JOHNSON	15.56	61.46
OVER 75	EB	
Bob LEWIS	13.18	
Corrie DEGROOT	17.42	
Tony MARTIN	16.02	
Frank TUTCHENER	15.22	62.24
CEE CEE	CR	
Anne CALLAGHAN	18.14	
Vern GERLACH	17.25	
Phyllis GOSBELL	16.25	
John GOSBELL	17.00	70.04
JUDY'S MEN	CA	
Paul MEREDITH	16.51	
Judy WINES	17.56	
Michael HEFFERNAN	17.57	
Ben MORREY	17.23	70.05
WALKERS TEAMS		
LEE'S LOCOS	PE	
Heather CARR	10.07	
Ann BILSON	13.15	
Lee POWNALL	12.27	35.49
MARLENE'S MOVERS	PE	
Marlene PETROFF	14.03	
Natalie KING	14.38	
Ron BILSON	11.32	40.13
LAST MINUTES	FR	
Jenny GRAHAM	16.51	
Nyala MILLER	15.36	
Stan ROSS	13.30	45.57
WOBLERS	SV	
Celia JOHNSON	11.29	
Tony DORAN	11.12	
Tony JOHNSON	11.18	33.59
BEAUTIES&BEAST	EB	
Cynthia HERBERT	15.00	
Shirley COPP	15.17	
Dave HERBERT	12.51	43.08
DOLPHINS	FR	
Gwen STEED	11.22	
John HALLO	11.34	
Heather LANCASTER	13.28	36.24
100 METRES SPRINT		
Daniel JUHEL	14.28	
Leo CHARLES	15.30	
Lindsay OXENHAM	16.00	

<u>5/3/03 400 METRES</u>		clock	HCP.
Kevin ONLEY	69	2.48	1m 14s
Daniel JUHEL	54	2.49	1.40
Bill HAINS	39	2.50	1.50
Leigh CASSIDY	55	2.50.4	1.37
Frank ALLEN	59	2.50.7	6s - walk
Ken BOOCOOCK	44	2.51	1.49
Frank LANG	32	2.51.7	1.40
Lou BUCCIERI	47	2.52	1.36
Howard REES	55	2.52.3	1.42
Lyn ARNEL	47	2.53.6	1.33
Lindsay OXENHAM	53	2.53.8	1.36
Brian LYNCH	68	3.08	1.27
<u>5 KM ROAD RUN</u>		actual	HCP.
Jack GUBBINS	73	26.44	0.30
Jenny FIELD	44	25.58	1.40
Ian KRASKA	47	21.30	6.10
Lindsay OXENHAM	53	22.34	5.10
Rob CLUTTERBUCK	49	18.55	8.50
John MANNING	56	26.58	1.40
Howard REES	55	21.19	6.30
Ken HOUGH	58	23.34	4.20
Alan BENNIE	56	19.26	8.30
Kevin ONLEY	69	26.08	1.50
Paul WINTERTON	48	20.49	7.30
Lou BUCCIERI	47	21.59	6.30
Bill SELICK		19.32	9.00
Bill IRVINE	54	21.16	7.20
Frank LANG	32	21.17	7.20
Tony MCGARRIGLE	36	19.00	9.50
Neil GRAY	55	21.56	7.00
Lyn ARNEL	47	24.48	4.10
Celia JOHNSON	54	26.55	2.20
Juan PEREZ	63	23.08	6.10
Daniel JUHEL	54	24.05	5.20
Ken BOOCOOCK	44	20.52	8.40
Karl FAUVRELLE	62	23.25	6.10
Dennis PHILLIPS	60	25.09	4.50
Mike DAVIN	51	25.23	4.50
Graeme STEVENS	61	24.49	5.30
Frank ALLEN	59	30.26	W
Jim SINCLAIR	78	30.27	W
Brian LYNCH	68	25.24	5.10
Alan LARKINS	52	26.11	4.30
Don CORRIE	53	29.14	1.30
Alan DOUGLAS	57	26.20	4.50
Jacinta TELFER	IN	27.32	4.30
Laurie TELFER	53	27.32	4.30

SPRINGVALE VENUE MARCH 2003

<u>12/3/03 300 METRES</u>		actual	HCP.
Frank ALLEN	59	1.58.4	5 sec walk
Kevin ONLEY	69	64.0	65
Frank LANG	32	48.3	83
Leigh CASSIDY	55	55.1	78
Daniel JUHEL	54	48.4	85
Ken BOOCOOCK	44	44.8	89
Howard REES	55	48.1	86
Lou BUCCIERI	47	53.4	81
Bill HAINS	39	42.8	92
Lyn ARNEL	47	58.8	79
<u>800 METRES</u>			
Tony MCGARRIGLE	36	2.25.6	
Ken BOOCOOCK	44	2.41.5	
Ian ORR	51	2.45.1	
Lou BUCCIERI	47	2.45.4	
Howard REES	55	2.53.1	
Daniel JUHEL	54	2.58.9	
<u>3.1 KM ROAD RUN</u>			
Tony MCGARRIGLE	36	10.55	
Rob CLUTTERBUCK	49	10.58	
Peter FIELD	45	10.58	
Bill SELICK		11.15	
Alan BENNIE	56	11.24	
Paul WINTERTON	48	11.50	
Theresa BAIRD	61	12.15	
Neil GRAY	55	12.21	
John ANDERSON	64	12.36	
Michael ALEVRAS	40	12.49	
Ian ORR	51	12.53	
Chris MURPHY	45	12.53	
Juan PEREZ	63	13.04	
Howard REES	55	13.06	
Frank LANG	32	13.23	
Ian KRASKA	47	13.25	
Karl FAUVRELLE	62	13.27	
Lou BUCCIERI	47	13.31	
Graeme STEVENS	61	13.38	
Leigh CASSIDY	55	13.44	
Ken HOUGH	58	13.48	
Ron LITTLE	58	13.53	
Daniel JUHEL	54	13.58	
Mike DAVIN	51	14.08	
Brian LYNCH	68	14.53	
Lyn ARNEL	47	14.57	
Alan DOUGLAS	57	15.16	
Jacinta TELFER	IN	15.27	
Laurie TELFER	53	15.27	
Jenny FIELD	44	15.29	

12/3/03 3.1 KM CONT.

Celia JOHNSON	54	15.38
Kevin ONLEY	69	15.54
Jack GUBBINS		16.18
Ian TREGEAR	52	17.24
Trevor JUPP	62	17.30
Roland BROWN	61	17.33
Jan LEE	40	19.55
Jean ONLEY	70	20.10

19/3/03 200 METRES

	HCP.	actual
Lindsay OXENHAM	53	31
Kevin ONLEY	69	26
Daniel JUHEL	54	34
Bill HAINS	39	40
Leigh CASSIDY	55	30
Lyn ARNEL	47	30
Frank LANG	32	33
Frank ALLEN	59	5

600 METRES

Paul WINTERTON	48	1.53.2
Howard REES	55	1.58.5
Daniel JUHEL	54	2.00.8
Leigh CASSIDY	55	2.05.0
Lindsay OXENHAM	53	2.09.2

3 KM

Bill SELICK		11.41
Frank LANG	32	12.08
Bill IRVINE	54	12.10
Ian KRASKA	47	12.16
Ian ORR	51	12.23
Jim SMITH	62	13.23
Tony JOHNSON	62	14.27
Dennis PHILLIPS	60	14.47
Graeme STEVENS	61	14.57
Lyn ARNEL	47	15.07
Celia JOHNSON	54	15.32
Jenny FIELD	44	15.50
Alison DEVINE	46	15.57
Daniel JUHEL	54	16.05
Jack GUBBINS	73	16.24
Brian LYNCH	68	16.25
Roland BROWN	61	16.59
<u>3 KM WALK</u>		
Tony DORAN	50	21.24
Frank ALLEN	59	21.58
Vanna WALSH	56	24.14
Clare MCKERR	73	25.25

19/3/03 6 KM

Peter FIELD	45	18.36
Rob CLUTTERBUCK	49	19.06
Chris MURPHY	45	19.29
Michael ALEVRAS	40	20.05
Howard REES	55	21.45
John ANDERSON	64	21.49
Lou BUCCIERI	47	21.50
Juan PEREZ	63	22.18
Lindsay OXENHAM	53	25.08

26/3/03 100 METRES FINAL

	HCP.	actual
Daniel JUHEL	54	11.6
Lindsay OXENHAM	53	11.9
Lyn ARNEL	47	12.1
Bill HAINS	39	12.2
Leigh CASSIDY	55	12.5
Lou BUCCIERI	47	12.7
Frank ALLEN	59	14.2
<u>1500 METRES</u>		actual
Howard REES	55	5.28
Peter FIELD	45	4.45
Lou BUCCIERI	47	5.36
Lindsay OXENHAM	53	5.57
Ian KRASKA	47	5.37
Paul WINTERTON	48	5.22
Rob HENDY		5.18
Daniel JUHEL	54	5.50
Bill HAINS	39	7.05

2 KM

Ken BOOCOOCK	44	6.04
Ross MARTIN	51	8.21
Leigh CASSIDY	55	3.22
Lyn ARNEL	47	3.05
Jacinta TELFER	IN	9.34
Laurie TELFER	53	9.34
Mike DAVIN	51	9.42
Alison DEVINE	46	10.2
Don CORRIE	53	10.32

2 KM WALK

Kevin ONLEY	69	16.31
Celia JOHNSON	54	13.15
Frank ALLEN	59	14.02
Roland BROWN	61	15.31
Clare MCKERR	73	17.05

26/3/03 4 KM

Rob CLUTTERBUCK	50	14.31
Chris MURPHY	45	14.37
Peter FIELD	45	15.51
Theresa BAIRD	61	16.12
Daniel JUHEL	54	16.18
Ian ORR	51	16.19
John ANDERSON	64	16.31
Michael ALEVRAS	40	16.46
Juan PEREZ	63	17.14
Howard REES	55	17.25
Jim SMITH	62	17.34
Lou BUCCIERI	47	17.35
Ron LITTLE	58	17.59
Ian KRASKA	47	18.07
Graeme STEVENS	61	18.25
Ken HOUGH	58	18.40
Lindsay OXENHAM	53	19.35
Alan DOUGLAS	57	20.55
Jenny FIELD	44	21.06
Jean ONLEY	70	26.18

RESULTS FROM EAST BURWOOD VENUE - MARCH 2003

600 METRE WALK 6.3.2003

1 Alan LUCAS	55	3.02
2 Dave HERBERT	62	3.09
3 Tina BAARSLAG	69	3.58
4 Annette HAWKINS	52	4.07
5 Shirley COPPOCK	66	4.21
6 Cynthia HERBERT	60	4.29
7 Sally LEWIS	53	5.19
8 Tony MARTIN	74	5.19
9 Wai RILEY	80	6.11

110 METRE SPRINT 6.3.2003

Heat 1:

1 Allan WOOD	65	18.1
2 Marg DONAGHEY	35	18.5
3 Eddie STACK	68	19.0
4 Kathleen COOK	65	19.4
5 Judy CORAM	53	20.7
6 Frank TUTCHENER	75	21.8

Heat 2:

1 Ian McLEOD	57	15.0
2 Richard TREMBATH	61	15.3
3 Marlene JOHNS	39	15.6
4 Geoff_s WHEELER	49	16.2
5 Amanda LEE	46	16.5
6 Horacio DIAZ	58	17.5
7 Brian TAIT	61	20.0

600 METRE RUN 6.3.2003

1 Darren McGEE	40	1.35.6
2 Ashley RYAN	48	1.36.8
3 Emma RUSSELL	24	1.37.8
4 David NOBBS	62	1.38.6
5 Peter MAY	42	1.40.8
6 Stewart HANDASYDE	51	1.44.0
7 Bob HENDERSON	56	1.50.1
8 Ron ARTHUR	63	2.04.9
9 Rob BAULCH	55	2.07.6
10 Bob HAYES	64	2.08.7
11 Barry BOYD	58	2.11.1
12 Robin LEWIS	52	2.12.5
13 Geoff_s WHEELER	49	2.20.4
14 Graham EDWARDS	67	2.21.3
15 Frank TUTCHENER	75	2.27.3
16 Gordon STEPHEN	49	2.40.1

400 METRE HANDICAP 6.3.2003

Heat 1:

	Clock	Actual
1 Amanda LEE	46	116.8 77.8
2 Allan WOOD	65	121.6 82.6
3 Frank TUTCHENER	75	126.2 93.2
4 Peter BATTRICK	59	134.2 105.2
5 Lloyd NICHOLS	61	140.8 118.8
6 Wai RILEY	80	202.4 202.4

400 METRE HANDICAP Contd. 6.3.2003

Heat 2:

	Clock	Actual
1 Peter TUCKETT	43	118.4 53.4
2 Marlene JOHNS	39	118.8 66.8
3 Richard TREMBATH	61	119.1 60.1
4 Ian McLEOD	57	120.2 61.2
5 Terry BALDWIN	40	120.5 54.5
6 Bob HAYES	64	121.0 76.0
7 Geoff_s WHEELER	49	121.7 75.7
8 Peter MAY	42	122.2 65.2
9 Bob LEWIS	75	123.5 79.5
10 Eddie STACK	68	125.6 84.6
11 Andrew FRASER	61	125.9 73.9
12 Ashley RYAN	48	126.6 66.6
13 Ron ARTHUR	63	126.9 68.9

70 METRE SPRINT 6.3.2003

Heat 1:

1 Richard TREMBATH	61	9.9
2 Ian McLEOD	57	9.9
3 Ashley RYAN	48	9.9
4 Marlene JOHNS	39	10.2
5 Geoff_s WHEELER	49	10.6
6 Jack BUCKINGHAM	52	11.1

Heat 2:

1 Allan WOOD	65	11.5
2 Margaret SHELDON	45	11.8
3 Eddie STACK	68	11.8
4 Horacio DIAZ	58	12.7
5 Wai RILEY	80	16.4

6 LAP WALK 6.3.2003

1 Alan LUCAS	55	13.34
2 Dave HERBERT	62	14.05
3 Annette HAWKINS	52	17.30
4 Cynthia HERBERT	60	17.56
5 Shirley COPPOCK	66	17.56

5, 8 OR 12 LAP RUN 6.3.2003

5 laps:

1 Bob HENDERSON	56	7.37
2 Frank TUTCHENER	75	9.29
3 Bob HAYES	64	9.39
4 Gerry CLARKE	66	10.00
5 ??		10.28
6 Anne CALLAGHAN	65	12.25
Sam DEFANIS (7 laps)	54	10.20

8 laps:

1 Peter MAY	42	12.15
2 Rob BAULCH	55	13.40
3 Bob LEWIS	75	14.28
4 John CUNNINGHAM	58	15.29
5 Peter BATTRICK	59	15.35
6 Tony MARTIN	74	17.22

5, 8 OR 12 LAP RUN 6.3.2003 Contd.

12 laps:

1 Barry BOYD	58	19.57
2 Robin LEWIS	52	20.06
3 Graham EDWARDS	67	24.32
4 Ray CALLAGHAN	69	25.31

HIGH JUMP 6.3.2003

1 Marg DONAGHEY	35	1.35
2 Judy CORAM	53	1.00

JAVELIN THROW 6.3.2003

1 Brian TAIT	61	20.62
2 Judy CORAM	53	20.50
3 Marg DONAGHEY	35	16.13
4 Andrew FRASER	61	15.90

1500 METRE WALK 13.3.2003

1 Alan LUCAS	55	8.08
2 Elaine McLEAN	47	10.10
3 Annette HAWKINS	52	10.21
4 Adrian McLEAN	Inv	10.21
5 Tina BAARSLAG	69	10.26
6 Phyllis GOSBELL	64	11.21
7 Fiona JOHNSON	33	12.07
8 Frank TUTCHENER	75	15.21
9 Tony MARTIN	74	15.21

60 METRE SPRINT 13.3.2003

Heat 1:

1 Marg DONAGHEY	35	10.0
2 Horacio DIAZ	58	10.9
3 Judy CORAM	53	11.3
4 Lloyd NICHOLS	61	14.2
5 Wai RILEY	80	19.6

Heat 2:

1 Bob GRACE	58	9.3
2 Ron ARTHUR	63	9.7
3 Leo COFFEY	73	9.7
4 Allan WOOD	65	10.1
5 Brian HOLCOMBE	57	10.7

Heat 3:

1 Ian McLEOD	57	8.3
2 Geoff_s WHEELER	49	8.8
3 Andrew FRASER	61	9.5

4 X 100 METRE RELAY 13.3.2003

1 Amanda LEE	46
Ron ARTHUR	63
Leo COFFEY	73
Geoff_s WHEELER	49 58.50
2 Andrew FRASER	61
Bob GRACE	58
Michael RICHARDS	51
Brian TAIT	61 58.90

4 X 100 METRE RELAY 13.3.2003 Contd.

3 Marg DONAGHEY	35
Judy CORAM	53
Allan WOOD	65
Margaret SHELDON	44 66.50
4 Brian HOLCOMBE	57
Eddie STACK	68
Horacio DIAZ	58
Kathleen COOK	65 74.50

1000 METRE RUN 13.3.2003

1 Colin PAGE	49	2.59.2
2 Stewart HANDASYDE	51	3.13.7
3 David NOBBS	62	3.14.7
4 Michael RICHARDS	51	3.16.3
5 Graham PHILPOTT	60	3.19.0
6 John BELL	58	3.46.8
7 Rob BAULCH	55	3.52.8
8 Bob LEWIS	75	3.53.2
9 John SUTTON	59	4.03.0
10 Frank TUTCHENER	75	4.25.3
11 Gerry CLARKE	66	4.25.8

200 METRE SPRINT 13.3.2003

Heat 1:

1 Ian McLEOD	57	26.9
2 Stewart HANDASYDE	51	28.9
3 Richard TREMBATH (H)	61	29.1
4 Andrew FRASER	61	31.1

Heat 2:

1 Kathleen COOK	65	37.8
2 Judy CORAM	53	43.1
3 Lloyd NICHOLS	61	49.1
4 Wai RILEY	80	77.0

Heat 3:

1 Ron ARTHUR	63	30.6
2 Amanda LEE	46	32.6
3 Allan WOOD	65	34.0
4 Horacio DIAZ	58	42.0

Heat 4:

1 Geoff_s WHEELER	49	30.6
2 Brian TAIT	61	31.1
3 Adrian McLEAN	Inv	35.0
4 Eddie STACK	68	36.5

4 LAP WALK 13.3.2003

1 Alan LUCAS	55	8.44
2 Adrian McLEAN	Inv	11.36
3 Annette HAWKINS	52	11.36

4 OR 8 KM RUN 13.3.2003

8 km:

1 Andrew SCOTT	36	28.25
2 Michael RICHARDS	51	34.35
3 John BELL	58	35.24

RESULTS FROM EAST BURWOOD VENUE - MARCH 2003

4 OR 8 KM RUN 13.3.2003 Contd.

4 km:		
1 Colin PAGE	49	16.13
2 Graham PHILPOTT	60	16.14
3 Rob BAULCH	55	17.47
4 Bob LEWIS	75	18.10
5 John SUTTON	59	19.50
6 Lavinia PETRIE	59	23.15
7 Tony MARTIN	74	23.15
8 Frank TUTCHENER	75	23.54
9 Phyllis GOSBELL	64	24.29

JAVELIN THROW 13.3.2003

1 Graham PHILPOTT	60	22.44
2 Allan WOOD	65	21.73
3 Judy CORAM	53	19.36
4 Andrew FRASER	61	18.60
5 George SIMONS	67	17.65
6 Ruth WOOLCOCK	57	17.54
7 Marg DONAGHEY	35	10.96
8 Barbara BROOKS	69	8.48
9 Neil WILSON	35	2.38

1 MILE WALK 20.3.2003

1 Alan LUCAS	55	8.52
2 Marlaire STANWAY	68	10.26
3 Annette HAWKINS	52	11.09
4 Tina BAARSLAG	69	11.17
5 Shirley COPPOCK	66	11.58
6 Elaine McLEAN	47	12.04
7 Phyllis GOSBELL	64	12.32
8 Tony MARTIN	74	12.32

100 METRE SPRINT 20.3.2003

Heat 1:		
1 Horacio DIAZ	58	16.9
2 Eddie STACK	68	17.3
3 Brian HOLCOMBE	57	17.7
4 Judy CORAM	53	18.4
5 Wal RILEY	80	31.4

Heat 2:		
1 Ian McLEOD	57	13.5
2 Geoff_s WHEELER	49	14.5
3 Amanda LEE	46	15.6
4 Allan WOOD	65	16.1

800 METRE HANDICAP 20.3.2003

	Clock	Actual
1 Graham EDWARDS	67	4.08.1 3.13.1
2 Ron ARTHUR	63	4.21.1 2.54.1
3 Ashley RYAN	48	4.21.6 2.16.6
4 Michael RICHARDS	51	4.23.5 2.28.5
5 Elaine McLEAN	47	4.24.8 3.29.8
6 Sam DEFANIS	55	4.25.5 2.45.5
7 Colin PAGE	49	4.26.9 2.15.9
8 Stewart HANDASYDE	51	4.29.5 2.24.5

800 METRE HANDICAP 20.3.2003 Contd.

	Clock	Actual
9 Gerry CLARKE	66	4.35.2 3.20.2
10 Rob BAULCH	55	4.36.7 3.01.7
11 John SUTTON	59	4.41.2 3.11.2
12 Tony MARTIN	74	4.47.7 3.52.7
13 Judy CORAM	53	4.57.2 4.52.2

300 METRE SPRINT 20.3.2003

Heat 1:		
1 Amanda LEE	46	51.9
2 Brian HOLCOMBE	57	54.3
3 Eddie STACK	68	57.2
4 Annette PELGRIM	48	60.1
5 Horacio DIAZ	58	62.7
6 Lloyd NICHOLS	61	79.8
7 Wal RILEY	80	130.0

Heat 2:		
1 Ian McLEOD	57	42.0
2 Geoff_s WHEELER	49	44.6
3 Ron ARTHUR	63	45.0
4 Ashley RYAN	48	49.2
5 Andrew FRASER	61	55.9
6 Allan WOOD	65	57.0

70 METRE SPRINT 20.3.2003

Heat 1:		
1 Allan WOOD	65	11.4
2 Horacio DIAZ	58	12.0
3 Eddie STACK	68	12.0
4 Wal RILEY	80	22.8

Heat 2:		
1 Ian McLEOD	57	9.9
2 Ashley RYAN	48	10.2
3 Geoff_s WHEELER	49	10.6
4 Brian TAIT	61	11.0
5 Andrew FRASER	61	11.3

2 KM WALK SEALED HCP 20.3.2003

	Clock	Adjusted Time
1 Alan LUCAS	55	10.59 10.29
2 Marlaire STANWAY	64	13.03
3 Don McLEAN	69	14.33
4 Annette HAWKINS	52	14.34 10.39
5 Shirley COPPOCK	66	15.00 10.50

600 METRE WALK 27.3.2003

1 Alan LUCAS	55	2.58
2 Karen BRAITHWAITE	46	3.51
3 Adrian McLEAN	Inv	4.09
4 Annette HAWKINS	52	4.09
5 Shirley COPPOCK	67	4.21
6 Elaine McLEAN	47	4.23
7 Phyllis GOSBELL	64	4.27
8 Wal RILEY	80	6.03

5 KM RUN SEALED HCP 20.3.2003

	Clock	Adjusted Time
1 ??		17.00
2 Sam DEFANIS	55	19.38 17.28
3 Michael RICHARDS	51	20.42 17.32
4 Rob BAULCH	55	23.00 18.50
5 Bob HAYES	64	24.30 19.10
6 John SUTTON	59	25.12 18.02
7 Graham EDWARDS	67	26.06
8 Ray CALLAGHAN	69	26.10 17.20
9 Hawley THOMAS	64	26.25
10 Peter BATTRICK	59	26.43 19.38
11 Tony MARTIN	74	26.53 17.08
12 Gerry CLARKE	66	29.53 20.53
13 Anne CALLAGHAN **	65	31.07 15.57
Judy CORAM (2 km)	53	17.34
Margaret HAMMOND (2 km)	61	17.45
Phyllis GOSBELL (3 km)	64	19.11

Winner - Anne Callaghan

80 METRE SPRINT 27.3.2003

Heat 1:		
1 Ron ARTHUR	63	11.5
2 Geoff_s WHEELER	49	12.1
3 Rachael WHEELER	Inv	12.6
4 Amanda LEE	46	13.1
5 Frank TUTCHENER	75	16.2
6 Allan WOOD	65	17.7

Heat 2:		
1 Marg DONAGHEY	35	12.6
2 Horacio DIAZ	58	13.2
3 Judy CORAM	53	14.0
4 Fiona JOHNSON	33	14.7
5 Wal RILEY	80	24.9

Heat 3:		
1 Andrew FRASER	61	11.5
2 Brian TAIT	61	11.5
3 Brian HOLCOMBE	57	13.4
4 Eddie STACK	68	13.7

1500 METRE RUN 27.3.2003

1 Graham PHILPOTT	60	5.14.7
2 Sam DEFANIS	55	5.19.9
3 Bob HENDERSON	56	5.50.5
4 John BELL	58	5.52.1
5 Adrian McLEAN	Inv	5.55.6
6 Rob BAULCH	55	6.05.6
7 Robin LEWIS	52	6.15.2
8 Annette PELGRIM	48	6.19.6
9 Bob HAYES	64	6.20.2
10 John SUTTON	60	6.21.1
11 Gerry CLARKE	66	6.33.3
12 Graham EDWARDS	67	6.54.2
13 Frank TUTCHENER	75	7.06.2

200 METRE SPRINT 27.3.2003

Heat 1:		
1 Horacio DIAZ	58	37.3
2 Judy CORAM	53	38.3
3 Frank TUTCHENER	75	38.3
4 Fiona JOHNSON	33	39.0
5 Lloyd NICHOLS	61	40.8
6 Wal RILEY	80	47.6

Heat 2:		
1 Andrew FRASER	61	29.1
2 Graham PHILPOTT	60	29.5
3 Brian TAIT	61	30.1
4 Brian HOLCOMBE	57	33.6
5 Marg DONAGHEY	35	35.0
6 Eddie STACK	68	35.0
7 Karen BRAITHWAITE	46	38.1

Heat 3:		
1 Darren McGEE	40	26.6
2 Ron ARTHUR	63	27.4
3 Darren ARTHUR	37	28.1
4 Geoff_s WHEELER	49	29.5
5 Adrian McLEAN	Inv	31.5
6 Rachael WHEELER	Inv	33.0

100 METRE SPRINT 27.3.2003

Heat 1:		
1 Margaret SHELDON	44	16.5
2 Horacio DIAZ	58	17.1
3 Karen BRAITHWAITE	46	17.5
4 Allan WOOD	65	19.6
5 Wal RILEY	80	33.9

Heat 2:		
1 Geoff_s WHEELER	49	13.8
2 Brian TAIT	61	14.5
3 Eddie STACK	68	16.3
4 Kathleen COOK	66	17.2

15 OR 30 MINUTE RUN/WALK 27.3.2003

15 mins:	Laps	Metres
1 Graham PHILPOTT	60	8 250
2 Bob HENDERSON	56	8 160
3 Rob BAULCH	55	8 140
4 David SHEEHAN	56	8 100
5 Bob LEWIS	75	8 50
6 Bob HAYES	64	7 389
7 John SUTTON	60	7 350
8 Peter BATTRICK	59	7 300
9 John CUNNINGHAM	58	7 255
10 Graham EDWARDS	67	7 170
11 Frank TUTCHENER	75	6 300
12 Anne CALLAGHAN	65	5 280
13 Phyllis GOSBELL	64	5 280
14 Shirley COPPOCK (Walk)	67	4 200
16 Annette HAWKINS (Walk)	52	4 200

WEIGHT PENTATHLON - 2 March 2003

Event:			Hammer			Shot Put			Discus			Javelin			Weight			Total	shot estimate	difference
Grp	Name	Age	Distance	%	Points	Distance	%	Points	Distance	%	Points	Distance	%	Points	Distance	%	Points			
M45	Sandy Scott	45	15.72	23.24	171	7.59	40.37	392	23.40	36.02	359	25.27	34.22	314	6.32	30.68	308	1544	7.95	-0.36
M55	Graeme Rose	59	44.45	80.06	805	11.52	75.49	769	34.36	63.43	619	45.78	80.78	804	15.08	76.90	922	3919	11.90	-0.38
M60	George Christodoulou	63	22.59	40.39	378	6.89	44.97	411	22.60	37.95	374	16.98	29.78	231	0.00	0.00	0	1394	7.50	-0.61
	Ken Priestley	64	38.08	69.49	735	8.69	57.93	548		0.00	0		0.00	0	14.53	71.61	824	2107	9.00	-0.31
M70	Wim van Weenen	71	45.09	85.16	1055	10.43	72.33	702	28.28	56.49	663	25.27	51.52	502	15.79	77.59	1048	3970	10.26	0.17
	Harry Wynhoven	73	28.34	55.83	605	8.55	61.96	553	27.04	56.44	628	16.70	35.37	287	12.53	63.51	804	2877	8.80	-0.25
	Milton Ballantyne	74	27.50	55.29	583	9.63	71.28	639	24.00	51.17	542	20.37	43.95	378	9.47	48.74	579	2721	9.55	0.08
M85	Roy Foley	86	18.88	53.36	720	6.17	65.08	696	19.54	59.46	767	12.87	37.74	351	8.67	49.66	802	3336	6.50	-0.33
	John Fraser	88	23.04	72.18	913	6.62	77.70	757	18.65	63.22	725	12.20	39.24	326	10.78	66.54	1029	3750	7.00	-0.38
Grp	Name	Age	Distance	%	Points	Distance	%	Points	Distance	%	Points	Distance	%	Points	Distance	%	Points	Total	estimate	
W40	Sandra Howorth	40	28.1	52.17	635	7.46	37.17	447	24.78	35.55	414	17.13	28.36	266	9.33	68.4	681	2443	7.63	-0.17
W50	Judy Coram	53	28.79	60.05	623	9.27	57.26	718	20.6	40.67	404	22	43.27	477	9.57	67.97	608	2830	9.40	-0.13
	Lorraine Mussett	54	16.77	35.67	300	6.16	39.09	434	13.48	27.25	235	9.94	20.04	170	5.12	36.89	273	1412	6.35	-0.19
W55	Rhondda Dundas	58	29.18	67.24	713	8.48	60.06	719	21.49	47.95	478	15.55	34.76	364	9.21	70.47	647	2921	8.75	-0.27
	Astrid Rose	59	28.68	67.39	698	7.64	55.56	635	19.73	45.08	430	17.93	41.09	433	8.25	64.00	567	2763	8.20	-0.56
W65	Shirley McFarland	67	16.69	46.00	463	5.01	45.42	490	11.4	31.69	284	7.62	21.44	195	6.46	45.62	447	1879	5.50	-0.49
W80	Gwen Davidson	80	21.29	70.19	1111	5.92	68.68	1002	15.11	52.30	768	11.66	41.27	584	7.39	59.64	911	4316	6.00	-0.08

They anticipate problems

AT THE Seoul Olympics in 1988, Australia played South Korea in the women's hockey final. A crowd of 26,000 turned out for the event, cheering fanatically for the local team, whose members reportedly had been promised a lifelong monthly pension of \$1600 if they won. The Australians were not distracted by the cacophony. They had planned for it by playing some of their practice matches in Canberra to the sound of amplified tape-recordings of hostile crowds. Their steely concentration won them the match 2-0.

In Atlanta, Kieren Perkins was also prepared. After his 1500-metre heat, he told his coach he performed so poorly because he'd suffered agonising abdominal cramps throughout the race. Intense physiotherapy before the final ensured the cramps did not return.

As in sports, not everything in life turns out as we planned. The secret is to anticipate trouble so that it never catches you by surprise.

RESULTS FROM EAST BURWOOD VENUE - MARCH 2003

15 OR 30 MIN. RUN/WALK 27.3.2003 Contd

30 mins:

1 Geoff WHEELER	47	20	30
2 Sam DEFANIS	55	18	0
3 John BELL	58	16	50
4 Ray CALLAGHAN	69	14	60
5 Gerry CLARKE	66	13	0
6 Liz FELDMAN (Walk)	54	12	130
7 Alan LUCAS (Walk)	55	12	105
8 Jack FREDRICKSON	64	11	178

LONG JUMP 27.3.2003

1 Graham PHILPOTT	60	4.23
2 Mary DONAGHEY	35	3.86
3 Rachael WHEELER	Inv	3.29
4 Judy CORAM	53	2.78
5 Geoff_s WHEELER	49	2.27

12-5

764 + 36.

MAY PROGRAM 2003

		FIELD	WALK	SPRINT	MID DIST	LONG SPRINT	LONG DISTANT/WALK
Thur	1	E Burwood Coburg Frankston	Discus 1500M	90M 90M	600M 1200M	400M Hcp 300M	2/4/6K Run 6 Laps Walk 100m 5/7K Run
Sun	4	V.V.A.C. HALF MARATHON FOOTSCRAY BOAT HOUSE 9.30 A.M. MELWAY 2S G3					
		Throwers	Rasenkratt/Hammer 12.45 Start				
Mon	5	Doncaster		100M	800M	300M	2/4/6K Run
Tues	6	Caulfield Collingwood Croydon Gippsland Aberfeldie	8 Laps 3 K 10Min Team	70M 50M 70M	400M Hcp 1200M 4 x 200M	300M 250M 47.6 Secs	10 Laps Spiral Hcp 3/5K Run 12Laps Team Drop Out 6 Laps Walk
Wed	7	Geelong Knox Mentone Springvale		300M	1000M		3/5/7K Run 4/10K
Thurs	8	E Burwood Coburg Frankston	Javelin 800M 1200M	80M 110M	1200M 1600M	300M 400M	5/8/12Laps Run 5 Laps Walk 60M 4/8K Run
Sun	11	Altona	Apex park	The Esplanade Altona 8.00A.M. Melway 209 D1			BYO Breakfast
Mon	12	Doncaster		100M	400M	200M	2/4/6K
Tues	13	Caulfield Collingwood Croydon Gippsland Aberfeldie	9 Laps 4K 4 Laps	70M 100M 100M	400/800M 600M H.H.H.H.	100M 400M 300M	4/6K Run 4/8K Run 2/4/6/8K Run 2/4K Walk
Wed	14	Geelong Knox Mentone Springvale		200M	1/2Mile Hcp	400M	4K / 10K Hcp
Thur	15	E. Burwood Coburg Frankston	Shot Put 1200M	100m Hcp 100M	800M Hcp 1000M	4x100M Relay 200M Hcp	20/25 Mins Run 7 Laps Walk 80M 3.5K Spiral Hcp
Sun	18	Throwers	Discus and Shot / Heavy Weight 12.45 Start				
Mon	19	Doncaster		100M	800M	300M	2/4/6K Run
Tue	20	Caulfield Collingwood Croydon Gippsland Aberfeldie	4K Hcp 3/5K 1200M	80M 110M 50M	800/1600M 800M Hcp 1600M Relay	110M Hcp 190M 120M	6K 3/5/7K Run 3/5/7K Run 1/3/5K Walk
Wed	21	Geelong Knox Mentone Springvale		100M	2K	600M	2 x 10 x 2 Mins Teams
Thur	22	E. Burwood Coburg Frankston	L Jump 1000M 1000M	120M 80M 90M	600M 600M 1500M	400M Hcp 500M	4/8K Run 5K Hcp Run 2K Hcp Walk 100M 3/6K Run
Sun	25	Altona Throwers Sth Peninsula	You Yangs Run 12.30 P.M.		Kurrajong Drive Picnic Area		BYO BBQ
Mon	26	Doncaster		100M	400M	200M	2/4/6K Run
Tue	27	Caulfield Collingwood Croydon Gippsland Aberfeldie	28Mins 2/4K Walk 1/3K	70M 100M 80M	800M Hcp 1000M H.H.H.H.	200M Hcp 200M Hcp 200M	5K Run 2/6/10K Run Twin Tag Teams 25 Mins
Wed	28	Geelong Knox Mentone Springvale		100M	1200M	400M	2/4/6K Run
Thur	29	E. Burwood Coburg Frankston	T Jump 600M	110M 110M	800M Hcp 800M Steeple	200M Hcp 600M	8 Laps Spiral Run 5 Laps Spiral Walk 70M 2/4/6/8K Run