

Around the Grounds

Venue Results for January 2022



Aberfeldie, Casey Fields, Coburg, Croydon, Doncaster,
East Burwood, Frankston & Peninsula, Geelong,
Glen Eira, Knox, Mentone, Springvale/Noble Park

ABERFELDIE January 12th 2022

100m	Age	Time	Age-grade
Tony Bradford	82	20.2	72.7%
John Papworth	53	15.9	70.4%
Michael Orelli	77	28.1	48.3%
Mark Simmons	60	28.1	41.6%
Bill Ristevski	57	17.1	67.1%
Maggie Armstrong	59	19.2	69.9%
Graham Eadie	70	17.1	72.6%
Ruby Beveridge	20	19.4	54.6%

800m	Age	Time	Age-grade
John Papworth	53	03:01	65.9%
John Cooper	69	03:02	75.3%
Michael Orelli	77	05:14	49.3%
Mark Simmons	60	03:19	26.6%
Marlon Cummings	44	02:50	64.9%
Maggie Armstrong	59	03:59	60.1%

200m	Age	Time	Age-grade
Tony Bradford	82	50.8	62.5%
John Papworth	53	30.6	74.8%
John Cooper	69	34.6	74.0%
Mark Simmons	60	62.0	38.7%
Marlon Cummings	44	30.1	71.3%
Graham Eadie	70	36.4	70.9%
Cheryl Beveridge	56	38.9	69.8%

3000m	Age	Time	Age-grade
John Papworth	53	13:05	65.7%
Bill Ristevski	57	19:00	46.8%
Graham Eadie	70	18:01	55.6%
Maggie Armstrong	59	18:39	59.4%
Ruby Beveridge	20	17:01	49.1%
Cheryl Beveridge	56	21:27	49.5%
Shane Draper	48	11:47	70.0%

2000m	Age	Time	Age-grade
John Dean	77	17:10	41.9%

ABERFELDIE January 19th 2022

80m	Age	Time
Tony Bradford	82	16.0
Ruby Beveridge	20	15.0
Cheryl Beveridge	56	13.5
Matthew Goodger	44	14.4

1200m	Age	Time
Michael Orelli	77	07:12
Trevor Hawksworth	74	06:56
Maggie Armstrong	59	06:17
Matthew Goodger	44	06:05

300m	Age	Time	Age-grade
John Cooper	69	53.7	74.5%
Cheryl Beveridge	56	62.8	67.4%
Maggie Armstrong	59	68.4	63.7%
Marlon Cummings	44	44.7	74.2%

3000m	Age	Time	Age-grade
John Dean	77	27:10	41.2%
Ruby Beveridge	20	19:44	42.4%
Cheryl Beveridge	56	27:10	39.1%
Marlon Cummings	44	16:43	47.8%
Matthew Goodger	44	31:23	25.5%

5000m	Age	Time	Age-grade
Bill Ristevski	57	33:44	45.3%
Ash McDowall	50	25:35	56.4%

ABERFELDIE January 26th 2022

110m	Age	Time
John Cooper	69	17.1
Bill Ristevski	57	18.7
Ruby Beveridge	20	19.1
Cheryl Beveridge	56	18.8
Maggie Armstrong	59	21.3

1 mile	Age	Time	Age-grade
John Cooper	69	07:27	67.3%
Stephen Barker	78	09:52	58.5%
David Jones	71	08:08	63.1%
Bill Ristevski	57	10:58	41.0%
Marlon Cummings	44	07:27	54.3%

250m	Age	Time
John Cooper	69	46.0
Cheryl Beveridge	56	49.8
Maggie Armstrong	59	54.8
David Jones	71	64.7

26 minute NOD	Nom	Actual	Diff (m)
Bill Ristevski	3.5	3.6	100
Andrea Draper	3	3.6	600
Ruby Beveridge	4	4.1	100
Ash McDowall	5	4.88	-120
John Dean	2.4	3.1	700
Cheryl Beveridge	2	2.4	400

Casey January 10th 2022

50m	Age	Time
Kuldeep Singh	38	6.38
Narinder Singh	37	6.77
Pramesh Prasad	47	9.43

150m	Age	Time
Kuldeep Singh	38	19.18
Narinder Singh	37	20.22
Harinder Singh	30	21.9
Pramesh Prasad	47	27.27

Casey January 10th (cont)			
1200m - Run	Age	Time	
Pramesh P	47	4.18	
Kuldeep Singh	38	4.3	
Harinder Singh	30	4.58	
Narinder Singh	37	5.31	
Charlie Mallia	72	5.54	
Gary Meyer	66	6.33	
Frances Halton	60	8.39	
1200m - Walk	Age	Time	
Albin Hess	62	8.05	
2000m - Run	Age	Time	
Pramesh Prasad	47	8.26	
Charlie Mallia	72	10.38	
2000m - Walk	Age	Time	
Albin Hess	62	14.19	
Lindsay Beaton	71	19.18	
Casey January 17th 2022			
100m	Age	Time	
Kuldeep Singh	38	NTT	
Narinder Singh	37	NTT	
Sanjent	36	NTT	
Mike Hall	83	19.38	
200m	Age	Time	
Kuldeep Singh	38	26.2	
Narinder Singh	37	28.29	
Charlie Mallia	72	41.67	
1500m - Run	Age	Time	
Pramesh Prasad	47	6.45	
Harinder Singh	30	7.32	
Charlie Mallia	72	7.5	
Gary Meyer	66	8.32	
1500m - Walk	Age	Time	
Marnie Grace	47	11.14	
Lindsay Beaton	71	14.58	
2000m - Run	Age	Time	
Pramesh Prasad	47	8.54	
Harinder Singh	30	10.04	
Charlie Mallia	72	10.3	
2000m - Walk	Age	Time	
Lindsay Beaton	71	20:00	
Casey January 24th 2022			
60m	Age	Time	
Jinder Singh	34	8.19	
Kuldeep Singh	37	8.48	
Gurvinder Singh	38	8.77	
Gurvir Singh	36	9.49	
Mike Hall	83	11.43	

120m	Age	Time	
Kuldeep Singh	37	16.11	
Jinder Singh	34	17.77	
Gurvinder Singh	38	21.54	
Mike Hall	83	24.31	
1000m - Run	Age	Time	
Pramesh Prasad	47	3.31	
Rod Italia	56	3.45	
Inder	40	4.32	
1000m - Walk	Age	Time	
Albin Hess	62	6.39	
Marnie Grace	47	6.59	
Road C/C Run	Age	Time	
Rod Italia	56	10.12	
Inder	40	12.1	
Gary Meyer	67	12.43	
Road C/C Walk	Age	Time	
Marnie Grace	47	17.07	
Lindsay	72	22.4	
Casey January 31st 2022			
100m	Age	Time	
Kuldeep Singh	37	12:37	
Aaron Hall	30	12.6	
Narinder Singh	37	13.41	
Rod Italia	56	13.82	
Mann	37	14.09	
Mike Hall	83	18.18	
Sanjent	36	18.53	
50m	Age	Time	
Narinder Singh	37	7.11	
Mann	37	7.44	
Jastinder	37	8.5	
Mike Hall	83	9.51	
1500m - Run	Age	Time	
Pramesh Prasad	47	5.34	
Kuldeep Singh	37	6.12	
Rod Italia	56	6.3	
Charlie Mallia	72	7.47	
Gary Meyer	67	8.5	
1500m - Walk	Age	Time	
Albin Hess	62	9.20.6	
Marnie Grace	47	10.52.4	
Lindsay	72	14.45.0	
3200m Run	Age	Time	
Pramesh Prasad	47	12.08.9	
Charlie Mallia	72	17.27.3	
3200m Walk	Age	Time	
Albin Hess	62	23.39.4	

COBURG January 6th 2022**3km Lake run**

Fraser MURRAY	49	13.02
Fiona ELY	52	16.10
Maria BARBETTI	56	17.35
Rob DAVEY	81	29.52
Ken CARTER	69	34.52

COBURG January 13th 2022**100m**

Isabelle RAINES	19	16.07
Frank BRADLEY	66	21.87
Yolanda SHAW	69	24.99
Michelle SPORTON	56	29.57
Rob DAVEY	81	38.77
Ken CARTER	69	59.29

1000m

Isabelle RAINES	19	3.39	
Michael MEANEY	66	4.39	
Fiona ELY	52	5.09	
Maria BARBETTI	56	5.18	
Gary O'DWYER	62	5.24	
Matt HALLETT	32	5.29	
Len HALLETT	72	5.37	
Tracy COLBERT	52	6.44	W
Rob DAVEY	81	9.20	
Ken CARTER	69	10.59	

200m

Isabelle RAINES	19	32.26
Michael MEANEY	66	38.20
Frank BRADLEY	66	48.33
Yolanda SHAW	69	52.73
Rob DAVEY	81	1.14.8
Michelle SPORTON	56	1.19.3
Ken CARTER	69	2.07.9

2.4km Cross Country

Michael MEANEY	66	12.57
Matt HALLETT	32	14.14
Len HALLETT	72	16.49
Rob DAVEY	81	26.26
Ken CARTER	69	28.29

4.8km Cross Country

Gary O'DWYER	62	27.36
Maria BARBETTI	56	31.38
Fiona ELY	52	31.38

COBURG January 20th 2022**60m**

Isabelle RAINES	19	9.50
Frank BRADLEY	66	14.42
Ken CARTER	69	34.88

800m Walk

Donna-Marie ELMS	60	5.06
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1200m

Isabelle RAINES	19	4.20
Fraser MURRAY	49	4.21
Matt HALLETT	32	5.17
Fiona ELY	52	6.07
Gary O'DWYER	62	6.29
Len HALLETT	72	6.43
Ken CARTER	69	13.18

300m

Isabelle RAINES	19	51.89
Rob DAVEY	82	2.39.0
Ken CARTER	69	3.31.0

3km Lake run

Fraser MURRAY	49	14.37	
Michael MEANEY	66	15.35	
Matt HALLETT	32	18.17	
Len HALLETT	72	18.17	
Fiona ELY	52	18.37	
Maria BARBETTI	56	18.37	
Donna-Marie ELMS	60	21.11	W
Tracy COLBERT	52	21.11	W
Ken CARTER	69	35.17	

6km Lake run

Gary O'DWYER	62	33.41
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COBURG January 27th 2022**90m**

Isabelle RAINES	19	14.23
Yolanda SHAW	69	23.50
Ken CARTER	69	50.42

1000m

Isabelle RAINES	19	3.34
Fraser MURRAY	49	4.27
Fiona ELY	52	4.57
Gary O'DWYER	62	5.18
Len HALLETT	72	5.31
Ken CARTER	69	10.59

200m

Isabelle RAINES	19	33.79
Yolanda SHAW	69	56.98
Ken CARTER	69	2.06.2

4.2km Swing Bridge run

Fraser MURRAY	49	18.23
Fiona ELY	52	23.08
Maria BARBETTI	56	25.36
Len HALLETT	72	30.09
Ken CARTER	69	45.51

8.4km Swing Bridge run

Gary O'DWYER	62	48.52
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CROYDON January 11th 2022

1200m WALK NOT		Clock	Nom.	
Grant MURFETT	54	9.11	9.30	
Andrew EGGINTON	60	10.33	11.35	
Liz WRIGLEY	66	10.59	11.35	
Lyn BATCHELOR	72	11.06	12.00	
Jess DUX	37	11.07	11.00	
Rob STAGG	55	11.08		
Gary TURNER	68	11.15	11.50	
John CHERUBIN	63	11.16	12.00	
Allan WOOD **	84	11.40	11.40	winner
Barrie WICKS	81	14.18	13.00	
Ron SMITH	72	14.22	14.00	

90 METRE SPRINT

Jess DUX	37	14.0	
Grant MURFETT	54	15.3	
Rob STAGG	55	16.2	
Russell OAKLEY	82	17.3	
Allan WOOD	84	18.5	
John CHERUBIN	63	19.6	

1200 METRE RUN

Tony FREEGARD	65	5.42	
John CHERUBIN	63	5.42	

42 SECONDS SPRINT N.O.S.P.

Grant MURFETT	54	40.10	
Rob STAGG	55	41.18	
Russell OAKLEY **	82	42.23	winner
Allan WOOD	84	43.68	
Jess DUX	37	47.98	
John CHERUBIN	63	50.60	

DISTANCE

Rob STAGG	55	9.24	4.5 laps run
Jess DUX	37	13.46	4.5 laps R/W
Grant MURFETT	54	13.47	4.5 laps R/W
Tony FREEGARD	65	15.04	3k run
Andrew EGGINTON	60	15.05	6 laps run
John CHERUBIN	63	15.49	3k run
Lyn BATCHELOR	72	19.47	5 laps walk

CROYDON January 18th 2022**1500 METRE WALK**

Paul MORITZ	62	10.00
Grant MURFETT	54	10.02
Gunther ILGOUTZ	83	10.80
Julie CHALLEN	64	11.12
Lyn BATCHELOR	72	12.43
Veronica BROWN	61	12.45
Liz WRIGLEY	66	13.25
Mark CHALLEN	64	13.51
Gary TURNER	68	13.52
Colin WILLIAMS	72	15.24
Ron SMITH	72	16.34
Barrie WICKS	81	16.57

80 METRE SPRINTHeat 1:

Russell OAKLEY	82	14.8
John CHERUBIN	63	15.2
Allan WOOD	84	16.7
Ron SMITH	72	21.4

Heat 2:

Jess DUX	37	11.2
Grant MURFETT	54	12.6

1300 METRE RUN N.O.T.

		Clock	Nom.	
Andrew EGGINTON	60	5.36		
Tony FREEGARD **	65	6.02	6.09	winner
John CHERUBIN	63	6.03	6.30	
Veronica BROWN	56	8.55	8.00	

350 METRE SPRINT N.O.T.

		Clock	Nom.	
Grant MURFETT **	54	57.5	60.0	winner
Jess DUX	37	66.3	63.0	
Russell OAKLEY	82	80.8	87.0	
Allan WOOD	84	114.5	120.0	

8 LAPS SPIRAL RUN/WALK

Tony FREEGARD	65	16.49	Run
John CHERUBIN	63	17.15	Run
Paul MORITZ	62	23.45	Walk
Mark CHALLEN	64	28.33	Walk
Lyn BATCHELOR	72	20.37	5 laps walk

DISCUS THROW

Grant MURFETT	54	21.30
Jess DUX	37	18.78
Veronica BROWN	56	7.37

CROYDON January 25th 2022**1300 METRE WALK N.O.T.**

		<u>Clock</u>	<u>Nom.</u>	
Alison THOMPSON	68	8.53	10.30	
Gunther ILGOUTZ	83	9.35	9.00	
Julie CHALLEN	64	9.43	11.15	
Lyn BATCHELOR	72	11.19	12.00	
Liz WRIGLEY	66	11.49	12.20	
Murray HUTCHISON	72	12.11		
Andrew EGGINTON	60	12.12		
Mark CHALLEN	64	12.20	12.10	
Gary TURNER **	68	12.21	12.20	winner

70 METRE SPRINT

Peter WILLMOTT	55	10.4	
Andrew EGGINTON	60	11.5	
John CHERUBIN	63	14.1	

280 METRE SPRINT

Andrew EGGINTON	60	60.6	
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1500 METRE RUN

Andrew EGGINTON	60	6.32	
John CHERUBIN	63	7.00	
Murray HUTCHISON	72	8.30	
Colin PAGE	67	8.31	

5 LAPS WALK

Alison THOMPSON	68	14.52	
Julie CHALLEN	64	15.44	
Lyn BATCHELOR	72	18.22	

DISTANCE RUN

Murray HUTCHISON	72	11.45	5 laps
Mark CHALLEN	64	14.24	4lapsR/2lapsW
Colin PAGE	67	19.25	10 laps
John CHERUBIN	63	20.04	9 laps

DONCASTER January 3rd 2022**1500 metres**

Doug Sandiford	(64)	06:13.5
Bernie McLoughlan	(69)	07:07.7
Katrina Philip	(60)	07:57.0
Maggie Armstrong	(59)	08:04.0

100 metres

Gerard Brown	(59)	15.16
David McConnell	(69)	15.70
Graham Ford	(72)	16.21
Maggie Armstrong	(59)	19.22
Barry Dorr	(83)	20.56
Kathy Skultety	(80)	21.18 (Record)

800 metres (NOST)

		Finish	Actual	
Gerard Brown	{Scratch	03:30.0	03:30.0	(DQ)
Bernie McLoughlan	{Scratch	03:58.7	03:58.7	(Winner)
Doug Sandiford	(-0.55)	03:59.0	03:04.0	
David McConnell	(-0.20)	04:01.0	03:41.0	
Katrina Philip	{Scratch	04:03.0	04:03.0	
Maggie Armstrong	(-0.10)	04:23.3	04:13.3	
Frank Prowse	{Scratch	05:00.9	05:00.9	

200 metres

Gerard Brown	(59)	32.74
David McConnell	(69)	33.76
Graham Ford	(72)	34.24
Barry Dorr	(83)	43.82
Kathy Skultety	(80)	47.38 (New Record)

3000 metres

Gerard Brown	(59)	04:47.3	(1 km)
Doug Sandiford	(64)	12:49.9	
Bernie McLoughlan	(69)	15:22.8	.2 km Record)
Kath Gawthorn	(47)	16:29.7	
Katrina Philip	(60)	17:26.9	
Frank Prowse	(69)	19:13.7	(2800 walk)
Tom Leong	(80)	20:31.0	(New Record)

DONCASTER January 10th 2022**Doncaster 800 metres (handii) (No times taken)**

Gerard Brown	(-2.15)	(DQ)
Bernie McLoughlan	(-2.17)	(DQ)
Jeffrey Sim	(-2.00)	(Winner)
David Armstrong	(-2.10)	
Frank Prowse	(-0.45)	
Jason Merrett	(-3.12)	
Maggie Armstrong	(-2.10)	

60 metres

Gerard Brown	(59)	9.40
Graham Ford	(72)	9.86
Jason Merrett	(49)	9.96
Jeffrey Sim	(59)	10.56
Kathy Skultety	(80)	13.50

DONCASTER January 10th (cont)**100 metres**

Gerard Brown	(59)	14.96
David McConnell	(69)	16.75
Jeffrey Sim	(59)	17.20
Maggie Armstrong	(59)	19.54
Kathy Skultety	(80)	22.06

300 metres

David McConnell	(69)	53.27
Graham Ford	(72)	56.76
Gerard Brown	(59)	66.32
Maggie Armstrong	(59)	68.32

2000 metres

Jason Merrett	(49)	08:42.3
Bernie McLoughlan	(69)	09:27.2
Tom Leong	(80)	12:47.2 (Venue Record)
Frank Prowse	(70)	13:29.3 (walk record)
David Armstrong	(66)	13:40.4 (walk)

DONCASTER January 17th 2022**Long Jump****Age**

Jameson Perrine	(42)	4.63
David Featherston	(47)	4.55
Gerard Brown	(59)	3.68
Darryl Kilmartin	(55)	3.65
Bernie McLoughlan	(69)	3.35
Graham Ford	(72)	3.19
David McConnell	(69)	2.89
Tom Leong	(80)	2.50 (Record)
Bev Learmont	(73)	2.33

100 metres

Jameson Perrine	(42)	13.24
Gerard Brown	(59)	14.86
Jeffrey Sim	(59)	16.56
Kathy Skultety	(80)	20.28 (Record)
Bev Learmont	(73)	20.46

Javelin Throw

David Featherston	(47)	38.45
Darryl Kilmartin	(55)	22.86
David McConnell	(69)	17.75
Bernie McLoughlan	(69)	15.19
Tom Leong	(80)	15.07
Bev Learmont	(73)	13.08
Graham Ford	(72)	12.45
Sue Kilmartin	(52)	9.59

200 metres heat 1

Jeffrey Sim	(59)	34.64
Bernie McLoughlan	(69)	36.36
Tom Leong	(80)	42.88
Bev Learmont	(73)	46.94
Kathy Skultety	(80)	46.96 (Record)

200 metres heat 2

Jameson Perrine	(42)	28.34
David Featherston	(47)	29.54
Darryl Kilmartin	(55)	32.68
Graham Ford	(72)	34.72
David McConnell	(69)	36.44

Shot Put

Bev Learmont	(73)	5.52
Sue Kilmartin	(52)	4.60

400 metres

Jameson Perrine	(42)	68.9
Gerard Brown	(59)	82.9
Doug Sandiford	(64)	85.1

800 metres

Jameson Perrine	(42)	02:49.0
Jason Merrett	(49)	02:51.5

Discus

David Featherston	(47)	27.15
David McConnell	(69)	25.22
Darryl Kilmartin	(55)	23.07
Graham Ford	(72)	20.30
Bernie McLoughlan	(69)	17.53
Tom Leong	(80)	16.41 (Record)
Kathy Skultety	(80)	13.72
Bev Learmont	(73)	12.39
Sue Kilmartin	(52)	9.44

1500 metres

David Featherston	(47)	05:14.1
Jason Merrett	(49)	06:19.0
Doug Sandiford	(64)	06:26.6
Bernie McLoughlan	(69)	06:38.5
Darryl Kilmartin	(55)	06:39.8
David McConnell	(69)	07:44.3
Tom Leong	(80)	09:17.2
Frank Prowse	(70)	09:41.7 (New walk record)
David Armstrong	(66)	10:06.6 (Walk)

1st David Featherston (47) 2531

LJ 4.55 (431) Jav 38.45 (516) 200 29.54 (427) Disc 27.15 (518) 1500 5:14.1 (639)

2nd Tom Leong (80) 1830 (Record)

LJ 2.50 (375) Jav 15.07 (321) 200 42.88 (329) Disc 16.41 (405) 1500 9:17.2 (400)

3rd Darryl Kilmartin (55) 1772

LJ 3.65 (341) Jav 22.86 (307) 200 32.68 (362) Disc 23.07 (379) 1500 6:39.8 (383)

4th Bernie McLoughlan (69) 1752

LJ 3.35 (398) Jav 15.19 (212) 200 36.36 (304) Disc 17.53 (279) 1500 6:38.5 (559)

5th Bev Learmont (73) 1672

Long 2.33(294) Javelin 13.08 (246) 100 20.46 (438) Shot 5.52 (545)

6th David McConnell (69) 1595

LJ 2.89 (269) Jav 17.75 (267) 200 36.44 (300) Disc 25.22 (451) 1500 7:44.3 (308)

7th Graham Ford (72) 1482

Long 3.19 (431) Javelin 12.45 (184) 200 34.72 (482) Discus 20.30 (385)

DONCASTER January 24th 2022**Doncaster Gift (120 handicap)**

Darryl Kilmartin	(-20)	15.8
Graham Ford	(-20)	15.8
Jason Merrett	(-25)	15.8
Bernie McLoughlan	(-30)	16.1
David McConnell	(-20)	16.7
Maggie Armstrong	(-37)	17.1
Kathy Skultety	(-43)	17.1

Current Standings:

13 Kathy Skultety

12 Bernie McLoughlan, Jason Merrett

11 Magge Armstrong

10 Darryl Kilmartin, Nigel Shipley

80 metres

Gerard Brown	(59)	12.16
Darryl Kilmartin	(55)	12.68
David McConnell	(69)	13.23
Kathy Skultety	(80)	17.64

600 metres

David Armstrong	(-1.15)	03:58.3	02:43.3	(Winner)
Jason Merrett	(-1.58)	03:59.6	02:01.6	
David McConnell	(-1.15)	04:00.0	02:45.0	
Bernie McLoughlan	(-1.35)	04:00.2	02:25.2	
Frank Prowse	(-0.00)	04:00.5	04:00.5	walk rec
Maggie Armstrong	(-1.12)	04:01.7	02:49.7	

150 metres

Gerard Brown	(59)	23.34
Graham Ford	(72)	25.50
Maggie Armstrong	(59)	32.58
Kathy Skultety	(80)	34.82

3000 metres

Tom Leong	(80)	05:42.0	1000m new record
Jason Merrett	(49)	13:36.5	
Bernie McLoughlan	(69)	14:45.5	
Frank Prowse	(70)	20:04.2	(walk record)
David Armstrong	(66)	21:17.8	(Walk)

DONCASTER January 31st 2022**Long Jump**

	Age	
Bernie McLoughlan	(69)	3.34
Graham Ford	(72)	3.12
Tom Leong	(80)	2.29
Barry Dorr	(83)	2.15

1000 metres

Jason Merrett	(49)	03:46.0	
Bernie McLoughlan	(69)	04:23.5	
Elizabeth Grover	(58)	04:25.7	
David Armstrong	(66)	06:46.0	(Walk)

60 metres

Graham Ford	(72)	10.27
Barry Dorr	(83)	12.62
John Aughey	(84)	14.32
Carolyn Aughey	(79)	15.10

200 metres

Elizabeth Grover	(58)	41.54
Tom Leong	(80)	42.22
Barry Dorr	(83)	52.70
Carolyn Aughey	(79)	54.08

400 metres

Elizabeth Grover	(58)	01:38.0
Barry Dorr	(83)	02:15.0

2000 metres

Tom Leong	(80)	04:21.7	(800 metres)
Jason Merrett	(49)	08:38.9	
Bernie McLoughlan	(69)	09:45.9	
Frank Prowse	(70)	10:34.3	(Venue Record)
David Armstrong	(66)	14:08.7	(Walk)

EAST BURWOOD January 6th 2022**60 METRE SPRINT**Heat 1:

Allan WOOD	84	13.2
Shirley COPPOCK	85	14.0
Andrew FRASER	79	14.2
Leo COFFEY	91	21.2

Heat 2:

Graham FORD	72	8.9
Peter WILLMOTT	55	8.9
Donna CLARKE	68	10.7
Christopher WORSNOP	64	11.2
Michael COLLINS	55	11.7

880 YARDS OR ONE MILE880 yards :

Chris ROBINSON	62	4.26
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1 mile:

Michael COLLINS	55	6.30
Christopher WORSNOP	64	7.53

1200 METRE HANDICAP WALK

Christopher WORSNOP	64	12.09
Peter BATTRICK	78	12.15
Donna CLARKE	68	12.41
Allan WOOD	84	14.28
Andrew FRASER	79	14.28

80 METRE SPRINTHeat 1:

Donna CLARKE	68	14.1
Allan WOOD	84	16.0
Shirley COPPOCK	85	19.0
Leo COFFEY	91	28.6

Heat 2:

Graham FORD	72	12.4
Paul EARLE	57	13.9
Christopher WORSNOP	64	15.5
Andrew FRASER	79	20.0
Michelle QUAN	52	22.8

200m SPRINT N.O.T.

	<u>Clock</u>	<u>Nom.</u>	
Graham FORD **	72	32.9	33.0 winner
Chris ROBINSON	62	34.1	37.0
Donna CLARKE	68	39.7	38.0
Allan WOOD	84	51.7	43.0
Andrew FRASER	79	52.2	44.0
Shirley COPPOCK	85	57.1	62.0

20 MINUTE RUN

	<u>Laps</u>	<u>Metres</u>
Michael COLLINS	54	11
Paul EARLE	57	10
Geoff WHEELER	65	9
Paul DURRANT	60	9
Christopher WORSNOP	64	8
Michelle QUAN	52	8

SHOT PUT N.O.D.BestNom.

Peter WILLMOTT	55	8.26	8.00	
Chris ROBINSON	62	6.55	6.45	
Allan WOOD **	84	6.47	6.50	winner
Donna CLARKE	68	6.14	5.90	
Andrew FRASER	79	5.73	5.50	
Jack FREDRICKSON	82	5.40	5.50	
Leo COFFEY	91	4.02	4.50	

EAST BURWOOD January 13th 2022**60 METRE SPRINT**Heat 1:

Donna CLARKE	68	10.4
Allan WOOD	84	13.5
Shirley COPPOCK	85	13.8
Lloyd NICHOLS	80	36.8

Heat 2:

Cam WEST	15	8.0
Graham FORD	72	8.9
Paul DURRANT	60	9.4
Christopher WORSNOP	64	11.1
Bernie McLOUGHLAN	69	11.3

600 OR 1000 METRES N.O.T.600 Metres: Clock Nom.

Janet HOLMES	68	2.43	2.45
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1000 Metres:

Dean SCIACCA	55	3.15	3.25
Cam WEST	15	3.23	4.00
Michael COLLINS	54	4.13	4.20
Bernie McLOUGHLAN	69	4.26	4.20
Christopher WORSNOP	64	4.40	4.30
Chris ROBINSON	62	5.32	6.00

1000 METRE WALK N.O.T.Clock Nom.

Janet HOLMES	68	6.50	7.30
Christopher WORSNOP	64	6.56	6.45
Peter BATTRICK **	78	10.15	10.10

100 METRE SPRINT AGE GRADEDHeat 1:

		<u>Age %</u>
Donna CLARKE	68	17.90
Allan WOOD	84	20.66
Andrew FRASER	79	23.30
Shirley COPPOCK	85	23.77
Lloyd NICHOLS	80	60.14

Heat 2:

Peter WILLMOTT	55	14.96	75.80
Graham FORD	72	16.24	78.33
Bernie McLOUGHLAN	69	17.98	68.69
Christopher WORSNOP	64	18.24	65.73

EAST BURWOOD January 13th (cont)

300m SPRINT N.O.T.		<u>Clock</u>	<u>Nom.</u>	
Graham FORD **	72	55.0	57.0	winner
Chris ROBINSON	62	60.1	65.0	
Donna CLARKE	68	75.0	70.0	
Allan WOOD	84	90.1		
Lloyd NICHOLS	80	249.0		

3 KM HANDICAP RUN		<u>Clock</u>	<u>Actual</u>
Sam DEFANIS	74	16.05	15.20
Michael COLLINS	54	16.33	13.28
Christopher WORSNOP	64	16.38	15.08
Dean SCIACCA	55	16.39	11.59
Geoff WHEELER	65	17.17	15.47
Paul DURRANT	60	17.30	15.30
Bernie McLOUGHLAN	69	17.41	15.06

LONG JUMP

Graham FORD	72	3.35
Peter WILLMOTT	55	3.34
Bernie McLOUGHLAN	69	3.11
Chris ROBINSON	62	2.78
Donna CLARKE	68	2.60
Allan WOOD	84	2.44

EAST BURWOOD January 20th 2022**60 METRE SPRINT**

Bernie McLOUGHLAN	69	10.6
Christopher WORSNOP	64	11.3
Allan WOOD	84	12.6
Shirley COPPOCK	85	14.4
Lloyd NICHOLS	80	35.6

800 METRE RUN SELF HANDICAP

Bernie McLOUGHLAN	69	4.22	
Christopher WORSNOP	64	4.27	
Michael COLLINS	55	4.28	
Ron GILLIES	66	4.28	
Dean SCIACCA	55	4.34	
Janet HOLMES	68	4.36	
Chris ROBINSON	62	4.23	DQ

1200 METRES HANDICAP WALK

		<u>Clock</u>	<u>Actual</u>
Phyllis GOSBELL	83	11.47	9.57
Gerald BURKE	82	11.57	11.47
Christopher WORSNOP	64	12.02	9.22
Peter BATTRICK	78	12.10	12.10
Leonie GILLIES	64	12.13	10.08

DISCUS THROW

Toni MATTERS	54	29.54
Llew JENKINS	76	19.01
Bernie McLOUGHLAN	69	17.76
Chris ROBINSON	62	16.86
Allan WOOD	84	14.23
Jack FREDRICKSON	82	11.99

100 METRE HANDICAP SPRINT

GWEN DAVIDSON MEMORIAL		HEAT 1	
			<u>H'cp Mtrs</u>
Allan WOOD	84	12.9	36
Shirley COPPOCK	85	13.2	42
Stephen DAY	51	13.8	12
Toni MATTERS	54	14.0	20
Bernie McLOUGHLAN	69	14.3	19
Lloyd NICHOLS	80	14.7	72
Christopher WORSNOP	64	15.0	20
Leo WATSON	80	17.4	40

2 KM HANDICAP RUN

TERRIFIC TETRA		HEAT 1	
Ahmet LATIFOGLU	56	10.42	8.37
Paul DURRANT	60	11.35	9.20
Dean SCIACCA	55	11.37	7.27
Ron GILLIES	66	11.37	8.22
Paul EARLE	57	11.38	8.23
Michael COLLINS	55	11.38	8.18
Geoff WHEELER	65	11.46	9.41
Stephen DAY	51	11.47	8.02
Leonie GILLIES	64	11.48	11.48
Bernie McLOUGHLAN	69	11.52	9.12
Sam DEFANIS	73	11.55	10.00
Christopher WORSNOP	64	12.16	10.01

400 METRE RUN

Chris ROBINSON	62	91.1
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EAST BURWOOD January 27th 2022**60 METRE SPRINT****Heat 1:**

Shirley COPPOCK	85	
Horacio Diaz	77	No
Leo COFFEY	91	
John MATHEW	85	Times
Lloyd NICHOLS	80	

Heat 2:

Paul MORITZ	62	9.7
Arthur KAPOULITSA	74	10.1
Bernie McLOUGHLAN	69	10.8
Christopher WORSNOP	64	11.7
Andrew FRASER	80	15.7

1000 METRE SELF HANDICAP

		<u>Actual</u>	<u>Est.</u>	
Dean SCIACCA	55	3.49	3.45	
Christopher WORSNOP	64	4.48	4.40	
Ron GILLIES	66	3.54	4.05	DQ
Bernie McLOUGHLAN	69	4.26	4.35	

EAST BURWOOD January 27th 2022**100 METRE SPRINT**

Cameron WEST	15	12.4
Zac MATTERS	15	13.7
Shirley COPPOCK	85	23.2
Andrew FRASER	80	23.8
Lloyd NICHOLS	80	81.0

1000m WALK N.O.T.

		<u>Clock</u>	<u>Nom.</u>	
Zac MATTERS	15	4.41	4.50	
Paul MORITZ	62	6.57	6.50	
Christopher WORSNOP	64	7.12	6.45	
Arthur KAPOULITSA	74	7.53	7.50	
Gerald BURKE **	82	10.00	10.00	winner
Andrew FRASER	80	10.03		
Peter BATTRICK	78	10.24	10.15	
John MATHEW	85	11.43	13.00	

110 METRE SPRINT

Zac MATTERS	15	15.4
Arthur KAPOULITSA	74	18.8
Christopher WORSNOP	64	19.1
Andrew FRASER	80	24.9
Shirley COPPOCK	85	25.7
John MATHEW	85	35.8
Lloyd NICHOLS	80	84.5

3100 METRE RUN N.O.T

		<u>Clock</u>	<u>Nom.</u>	
Dean SCIACCA	55	12.39	12.30	
Stephen DAY	51	13.22	13.20	
Michael COLLINS	55	13.23	13.40	
Paul EARLE **	58	13.30	13.30	winner
Ron GILLIES	66	13.31	14.00	
Bernie McLOUGHLAN	69	15.16	14.30	
Geoff WHEELER	65	15.26	15.30	
Sam DEFANIS	73	15.49	15.30	
Christopher WORSNOP	64	16.57	15.30	
Leonie GILLIES	64	19.09		

JAVELIN HANDICAP

		<u>Best</u>	<u>Adjusted</u>
Bernie McLOUGHLAN	69	17.95	42.25
Jack FREDRICKSON	82	11.65	40.65
Toni MATTERS	53	23.73	40.58
Allan WOOD	85	19.44	40.29
Andrew FRASER	80	12.10	40.10
Leo COFFEY	91	6.67	39.92
Donna CLARKE	68	10.56	39.66
Chris ROBINSON	62	14.14	39.09
Dean SCIACCA	55	25.20	

Frankston & Peninsula January 6th 2022**90 metre sprint**

	<u>Age</u>	<u>Time</u>
Chris Sheedy	53	13.56
Mesh Prasad	47	13.60
Rob Taylor	53	14.67
Bill Carr	72	16.50
Heather Carr	72	not recorded

150m sprint

Veronica Sheedy	inv	20.35
Mesh Prasad	47	21.11
Chris Sheedy	53	21.45
Bill Carr	72	24.17
Henry Sheedy	inv	24.22
Nonie Chan	36	26.51
Rob Taylor	53	27.30
Graham Stockdale	79	29.81
Heather Carr	72	34.05

1500m run

Mesh Prasad	47	5.36
Rob Taylor	53	6.02
Barry Jeffs	73	7.24
Charlie Mallia	72	8.05
Frances Halton	60	10.00

1500m walk

Heather Carr	72	9.17	
Kylie Irshad	50	9.55	
Greg Lovejoy	79	11.13	
John Sutton	78	13.16	
Lindsay Beaton	71	14.24	
John Hallo	79	14.24	
Carol Johnson	72	10.00	700m

2km run

Mesh Prasad	47	7.48
Gary Meyer	66	10.47
Chris Sheedy	53	10.48
David Dodson	62	11.18
Bill Carr	72	12.13
Fran Halton	60	14.12

3km Walk

Heather Carr	72	20.11	
Greg Lovejoy	79	22.33	
Lindsay Beaton	71	30.30	
Kylie Irshad	50	6.35	800m

3km Run

Rob Taylor	53	13.03
Barry Jeffs	73	15.34
Charlie Mallia	72	17.21
Nonie Chan	36	26.49

Frankston & Peninsula January 13th 2022

100m handicap	Age	H'c metres	Time
Veronica Sheedy	inv	1	13.84
Glenn Shannon	55	15	14.00
Chris Sheedy	53	0.5	14.09
Tony Nematic	69	17	14.59
Mesh Prasad	47	0	15.72
Bill Carr	72	6.5	16.05
Henry Sheedy	inv	1	16.14
Tiny Sheedy	inv	1	19.27

200m	Age	Time
Mesh Prasad	47	29.50
Veronica Sheedy	inv	30.28
Brigetta Nematic	inv	30.79
Bill Carr	72	34.39
Henry Sheedy	inv	39.74
Tony Nematic	69	41.66
Charlie Mallia	72	42.00

500m run	Age	Time
Mesh Prasad	47	1.35
Chris Sheedy	61	1.37
Russ Dow	62	1.43
Rob Taylor	53	1.46
Bill Carr	72	1.48
Charlie Mallia	72	2.02
Veronica Sheedy	inv	2.08
Tony Nematic	69	2.20
Henry Sheedy	inv	2.21
Glenn Shannon	55	2.23
Graham Stockdale	79	2.25
Gary Meyer	66	2.35
John Delaney	72	2.41
David Dodson	62	2.52
Tiny Sheedy	inv	2.57
Frances Halton	60	3.13
Nonie Chan	36	3.16

500m walk	Age	Time
Heather Carr	72	3.07
Greg Lovejoy	79	4.00
Lindsay Beaton	71	4.39
John Hallo	79	4.39
Carol Johnson	72	4.50

2km walk	Age	Time	
Heather Carr	72	12.42	
Greg Lovejoy	79	16.16	
John Hallo	79	7.46	800m

3km walk	Age	Time
Lindsay Beaton	72	29.52

2km Run	Age	Time
Mesh Prasad	47	8.05
Chris Sheedy	53	9.45
Gary Meyer	66	11.08
Glenn Shannon	55	11.26
Bill Carr	71	11.49
David Dodson	62	11.50
Graham Stockdale	79	12.00
John Delaney	72	12.44

4km run		
Russ Dow	62	17.40
Rob Taylor	53	17.48
Dave Sutherland	66	19.51
Charlie Mallia	71	21.48
Frances Halton	60	26.28
Nonie Chan	36	

Frankston & Peninsula January 20th 2022

90 metre sprint	Age	time
Chris Sheedy	53	12.90
Mesh Prasad	47	13.81
Bill Carr	72	13.97
Mike Hall	83	16.70
John Delaney	72	23.66

300 metre sprint		
Mesh Prasad	47	46.41
Chris Sheedy	53	47.62
Bill Carr	72	49.21
Alan Kemp	63	49.91

1km handicap run	Age	H'cap time	time
John Delaney	72	0.00	6.00
Charlie Mallia	72	1.40	6.18
Mesh Prasad	47	2.50	6.18
Henry Sheedy	inv	1.30	6.20
Russ Dow	62	2.40	6.38
Dave Sutherland	66	2.00	6.39
Barry Jeffs	73	1.50	6.42
Alan Kemp	63	2.55	6.52
David Dodson	63	1.45	7.02
Nonie Chan	36	1.50	7.03
Chris Sheedy	53	2.45	7.36

1km h'cap walk	Age	H'cap	time
Kylie Irshad	50	2.45	8.28
Heather Carr	72	2.30	8.34
Carol Johnston	72	0.00	9.57

Frankston & Peninsula January 20th (cont)

2km Run	Age	Time
Mesh Prasad	47	8.06
Alan Kemp	63	8.41
David Dodson	63	10.46
Chris Sheedy	53	10.48
Graham Stockdale	79	12.37
Bill Carr	72	14.28
Nonie Chan	36	14.58

5km Run	Age	Time
Russ Dow	62	23.30
Dave Sutherland	66	24.29
Barry Jeffs	73	27.24
Charlie Mallia	72	28.20

Paul Curran Memorial 3.2 km self handicap

Walkers started together, so result had to be worked back

	Age	H'cap	Clock	+ H'cap
Lindsay Beaton	72	0.00	31.44	31.44
Heather Carr	72	10.50	21.06	31.56
Kylie Irshad	50	13.30	20.09	33.39

Frankston & Peninsula January 27th 2022

100 m ag% Sprint	Age	Time	ag%
Mike Hall	83	18.11	82.55
Bill Carr	72	15.69	81.07
Katia Mondous	inv	14.46	72.54
Sam Mondous	inv	13.83	71.00
Mesh Prasad	47	15.38	69.96
Phil Rafah	inv	16.32	60.00
John Delaney	72	24.66	51.58
Tony Nemaric	69	28.82	42.85

3 minutes NOS	Age	Time
Heather Carr	72	1 st
Charlie Mallia	72	2 nd
Bill Carr	72	
Carol Johnston	72	
David Dodson	63	
John Sutton	78	
Russ Dow	62	
Tony Nemaric	69	
Mesh Prasad	47	
Rob Taylor	53	
Lindsay Beaton	72	
Graham Stockdale	79	
Greg Lovejoy	79	
Nonie Chan	36	
Sam Mondous	inv	
Phil Rafah	inv	

Geelong January 5th 2022

3km Cross Country	
Navid Rashid	12:24
Dave Elward	12:31
Leo Pye	14:43
Jill Coyte	20:01
John Moore	20:27
Peter Urban	22:49

5km Cross Country

Darren Riviere	20:05
Alf Bluch	26:09
Jeff Walker	33:45

Geelong January 12th 2022

200m	
Navid Rashid	30.10
John Moore	32.80
Sue Howell	35.00

2800m

Sue Howell	12:11
Navid Rashid	12:59
Leo Pye	13:32
Alf Bluch	13:41
Frank Engelsman	14:55
Jeff Walker	15:35
Daryl Hurst	15:37

2000m

Jill Coyte	13:10
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1500m

Dave Palmer	05:24
Navid Rashid	06:36
Alf Bluch	07:14
Frank Engelsman	07:41
Daryl Hurst	08:03
Kath Oliver	08:04
Jeff Walker	08:48

Geelong January 19th 2022

3km Cross Country

Dave Elward	12:54
Sue Howell	13:12
Leo Pye	14:05
Cameron White	14:07
Daimin Mole	14:46
Alf Bluch	15:34
Kath Oliver	16:43
Daryl Hurst	17:01
Fiona Fitzpatrick	18:35
Jill Coyte	19:58
John Moore	20:15

6km Cross Country

David Jenkins	24:34
Paul Stewart	28:02
Michael Panckridge	28:13
Gerry Fitzpatrick	33:05
Jeff Walker	33:15
Frank Engelsman	33:25

Geelong January 26th 2022

400m

Erica Fountain	01:02
Andy Bruschi	01:11
Sue Howell	01:15
John Moore	01:24

3200m

David Jenkins	11:41
Sam Sise?	11:45
Michael Panckridge	14:41
Marcus Bolin	17:45
Jeff Walker	17:58

2000m

Andy Bruschi	09:18
Jill Coyte	12:41

1000m

Erica Fountain	03:05
Sam Sise?	03:33
Andy Bruschi	03:48
Paul Stewart	03:56
David Jenkins	04:02
Jeff Walker	05:24

Glen Eira January 4th 2022

80m E/T		Clock	E/T	Diff
Glad Wishart	77	16.72	16.72	0.23
Sarah Johnson	37	15.80	15.3	0.5
Jim McLure	76	14.23	13.25	0.09
Paul Lynch	72	15.04	13.95	1.09
Yu Tang	34	10.81	9.7	1.11
Emma Middleton	13	12.00	10	2.00
Sandra Middleton	73	18.03	16.00	2.03
Michelle Edmonds	47	16.49	13.8	2.69

500m E/T		Clock	E/T	Diff
Mike Clapper	69	1.33.0	1.33.5	0.5
Sarah Lorentzen	43	1.36.9	1.40	3.1
Greg Hughes	63	2.09.4	2.03	6.4
Graham Stockdale	79	2.12.03	1.53	19.03
Paul Tyrer	65	DNF		

150m E/T		Clock	E/T	Diff
Yu Tang	34	19.72	19.30	0.42
Jim McLure	76	26.94	26.20	0.74
Paul Lynch	72	28.73	27.00	1.73
Michelle Edmonds	47	32.40	30.50	1.90

20 min walk NOD		Distance	E/D	Diff
Jim Berrington	65	7laps280	7laps300	20
Karyn O'Neill	66	6laps375	7laps	25
Gwen Steed	79	7laps50	7laps80	30
Paul Lynch	72	5laps370	6laps	30
Emma Middleton	13	7laps160	7laps200	40
John Zeleznikow	71	4laps380	5laps50	70
Terry O'Neill	65	8laps	8laps100	100
Peter McGrath	82	4laps280	4laps175	105
Sandra Middleton	73	6laps290	6laps175	115
Michael Heffernan	87	4laps230	5laps	170
Tony Doran	69	6laps135	6laps355	220

3k E/T		Clock	E/T	Diff
Mike Clapper	69	15.31	15.30	1
Steve Strelecky	72	15.48	15.45	3
Jo Cockwill	69	17.32	17.40	8
Helen Van Der Nagel	64	19.10	19.00	10
James Kingston	53	12.10	11.45	25
Sarah Lorentzen	43	14.26	14.00	26
Sarah Johnson	37	19.25	20.00	35
Janet Holmes	68	17.25	18.30	65
Chris Campbell	73	15.55	17.00	65
Greg Hughes	63	19.34	18.27	67
Michelle Edmonds	47	20.39	19.30	69
Graham Stockdale	79	dnf		
Paul Tyrer	65	dnf		

Glen Eira January 11th 2022				
70m E/T		Clock	E/T	Diff
Bob Wishart	80	11.93	11.90	0.03
Yu Tang	34	9.16	8.90	0.26
Michelle Edmonds	47	13.49	13.20	0.29
Jim McLure	76	12.18	11.85	0.33
Sarah Johnson	38	13.91	14.30	0.39
Mike Clapper	69	11.34	10.65	0.69
Jim Rountree	62	11.94	11.05	0.89
Kurt Golonka	52	10.19	9.00	1.19
Jo Whittle	50	14.40	13.16	1.24
Paul Lynch	72	13.20	11.95	1.25
Glad Wishart	77	15.16	13.46	1.70
700m H/C		Clock	H/C	H/C time
Sarah Lorentzen	43	2.51.2	25	2.26.2
Jo Whittle	50	3.03.1	10	2.53.1
Janet Holmes	68	3.15.6	GO	3.15.6
Graham Stockdale	79	dnf		
200m H/C		Clock	H/C	H/C Time
Michelle Edmonds	47	40.91	GO	40.91
Mike Clapper	69	41.66	11	30.66
Vivienne Cash	69	41.87	6 (+3m)	35.87
Kurt Golonka	52	42.19	15	27.19
Jim Rountree	62	42.30	8 (+3m)	34.30
Yu Tang	34	42.8	17	25.8
Jim McLure	76	43.38	6 (+3m)	37.38
Paul Lynch	72	43.94	4	39.94
Jo Whittle	50	53.57	6	47.57
Walk 2k		Clock		
Emma Middleton	13	12.46		
Gwen Steed	79	14.06		
Sandra Middleton	73	14.44		
Jim Rountree	62	14.45		
June Treweek	61	15.08		
Tony Doran	69	15.21		
Cynthia Ellery	72	17.45		
Michael Heffernan	87	20.44		
Peter McGrath	82	21.44		
Walk 4k		Clock		
Terry O'Neill	66	26.06		
Jim Berrington	65	27.08		
Karyn O'Neill	66	29.58		
John Allan	69	32.29		
Paul Lynch	72	33.56		
John Zeleznikow	71	41.42		
2k Age %		Clock	Age %	
Simon Lloyd	66	7.50	79.09	
Janet Holmes	68	11.09	73.72	
Ewen Wilson	68	8.34	73.68	
Sarah Lorentzen	43	9.07	63.84	
Jo Whittle	50	10.05	62.86	
Phil Urquhart	77	12.55	55.72	

Sarah Johnson	38	10.41	52.34	
Kurt Golonka	52	10.46	50.94	
Michelle Edmonds	47	13.55	43.87	
4k Age %		Clock	Age %	
Jo Cockwill	69	23.19	75.13	
Merle Want	60	22.47	66.72	
Steve Strelecky	72	21.35	64.71	
Chris Campbell	73	22.03	64.32	
Helen Van Der Nagel	64	25.28	63.42	
Glad Wishart	77	46.14	Go+3m	
Glen Eira January 18th				
100m E/T		Clock	E/T	Diff
Mike Clapper	69	15.56	15.60	0.04
Jo Whittle	50	19.68	19.60	0.08
Glad Wishart	77	20.68	20.80	0.12
Bob Wishart	80	17.17	17.30	0.13
Paul Lynch	72	18.34	18.95	0.61
Jim Rountree	62	16.84	16.20	0.64
Hugh Stevenson	61	15.77	15.00	0.77
Kurt Golonka	52	14.27	13.50	0.77
Michelle Edmonds	47	18.62	19.50	0.88
Jim McLure	76	17.66	16.25	1.41
Shane Usher	46	20.89	18.00	2.89
1600m Age %		Clock	Age %	
Janet Holmes	68	8.23	78.4	
Sarah Lorentzen	43	6.45.5	67.7	
Oscar Lorentzen	10	6.45	67.3	
300m H/C		Clock	H/C	H/C time
Mike Clapper	69	1.06	16	50.0
Jo Whittle	50	1.06.1	5	61.1
Kurt Golonka	52	1.07	23	44.0
Jim Rountree	62	1.08.6	14	54.6
Michelle Edmonds	47	1.08.9	2	66.9
Oscar Lorentzen	10	1.10.6	11	59.6
Hugh Stevenson	61	1.14.8	12	62.8
Walk 3k Age % (Trophy)		Clock	Age %	
Gwen Steed	79	21.51	78.9	
Sandra Middleton	73	22.32	72.1	
Jim Berrington	65	20.11	67.1	
Tony Doran	69	22.34	63.1	
Michael Heffernan	87	30.08	62.0	
Cynthia Ellery	72	26.19	61.1	
Paul Lynch	72	24.59	59.2	
John Zeleznikow	71	29.34	49.4	
3k		Clock	Age %	
Simon Lloyd	66	12.18	78.2	
Simone O'Brien	49	15.46	61.4	
Shane Usher	46	17.30	46.4	
Hugh Stevenson	61	19.16	47.7	
Phil Urquhart	77	20.02	55.8	
Michelle Edmonds	47	21.01	44.9	

Glen Eira January 18th (cont)				
5k		Clock	Age %	
Steve Strelecky	72	27.02	65.4	
Merle Want	60	28.47	66.6	
Glen Eira January 25th				
4 x 100m		Clock		
Michelle Edmonds	47			
Paul Lynch	72			
Vivienne Cash	70			
Hugh Stevenson	61	67.00		
Glad Wishart	78			
Jim McLure	76			
Bob Wishart	80			
Jim Rountree	62	70.20		
800m H/C (Sealed)		Clock	H/C	H/C time
Sarah Lorentzen	43	3.03	2.58	5
Janet Holmes	68	3.49	3.35	14
Greg Hughes	63	4.05	3.40	25
Geoff Todd	60	4.18	3.20	58
400m H/C (Sealed)		Clock	H/C	H/C time
Chelsea Whittle	15	71.1	74	-2.9
Mike Clapper	69	70.2	70	0.2
Oscar Lorentzen	10	77.5	77	0.5
Michelle Edmonds	47	92.7	88	4.7
Jim Rountree	62	79.3	74	5.3
Hugh Stevenson	61	101.8	80	21.8
Geoff Todd	60	125.0	88	37.0
Jo Whittle	50	124.1	85	39.1
1600m walk E/T		Clock	E/T	Diff
Sandra Middleton	73	11.45	11.50	-5
Terry O'Neill	66	10.00	10.10	-10
Paul Lynch	72	13.07	12.50	17
Tony Doran	69	12.44	12.25	19
Karyn O'Neill	66	11.34	12.00	-26
Jim Berrington	65	10.17	10.50	-33
Gwen Steed	79	11.11	11.47	-36
Michael Heffernan	87	16.26	15.45	41
Des Middleton	75	14.47	14.00	47
John Allan	69	14.48	14.00	48
Jim Rountree	62	12.31	11.30	61

1200/800/400 Relay		Clock
Steve Strelecky	72	
Jo Whittle	50	22.25
Sarah Lorentzen	43	
Michelle Edmonds	50	23.47
Helen Van Der Nagel	64	
Oscar Lorentzen	10	23.49
Jo Cockwill	69	
Mike Clapper	69	24.33
Phil Urquhart	77	
Chris Grafen	57	25.23
James Kingston	53	
John Zeleznikow	71	26.07
Geoff Todd	60	
Greg Hughes	63	29.20

KNOX JANUARY 5th 2022**800m walk**

Mick Carr	68	5.54
Jack Durrant	24	6.24
Glenn Claiden	67	6.28
Bob Henderson	75	8.1
Anne McPherson	65	8.35
Graeme Leticq	67	8.4
Ian U'Ren	70	8.41
Peter Thorne	73	8.53
David Wear	75	8.53
Paul Twining	72	8.54
Ryan Clark	45	9.06
Paul Durrant	60	9.07
Peter LeGet	88	9.18

600m

Jack Durrant	24	2.43
Bob Henderson	75	2.58
Glenn Claiden	67	3.07
Peter Thorne	73	3.14
Mick Carr	68	4.24 walk
Ian U'Ren	70	4.29 walk/run
David Wear	75	4.3 walk

1000m

Ryan Clark	45	5.27
Paul Twining	72	5.52
Graeme Leticq	67	5.53

3k

Bob Henderson	75	18.36
David Wear	75	24.51
Maggie Hawkes	65	24.52
Anne McPherson	65	33.23 walk
Ian U'Ren	70	33.23 walk

5k

Graeme Leticq	67	23.4
Paul Twining	72	26.04
Paul Durrant	60	26.22
Ryan Clark	45	28.13
Peter Thorne	73	28.47
Glenn Claiden	67	29.49
Mick Carr	68	38.22 walk

KNOX JANUARY 12th 2022**800m walk**

Mick Carr	68	6
Mark Harris	53	6.25
Ian U'Ren	70	6.34
Celia Johnson	74	7.21
Glenn Berry	51	7.51
Glenn Claiden	67	7.52
Murray Hutchison	72	7.52
Shane Grund	40	8.26
Bob Henderson	75	8.27
Anne McPherson	65	8.28
David Wear	75	8.28
Peter Thorne	73	8.41
Sam De Fanis	73	8.42
Paul Twining	72	8.47
Graeme Leticq	67	8.48

700m

Bob Henderson	75	3.21
Peter Thorne	73	3.48
Glenn Berry	51	4.01 walk
Glenn Claiden	67	4.01 walk
David Wear	75	4.1 walk
Murray Hutchison	72	4.26
Celia Johnson	74	4.52
Mick Carr	68	5.08

1100metres

Graeme Leticq	67	5.59
Paul Twining	72	6.27

1500metres

Shane Grund	40	4.36
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Distance**2k**

Ian U'Ren	70	15.43 walk
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3k

Bob Henderson	75	17.04
Glenn Berry	51	19.24
Celia Johnson	74	22.36

5k

Shane Grund	40	15.46
Graeme Leticq	67	23.18
Paul Durrant	60	26.25
Sam De Fanis	73	27.03
Peter Thorne	73	28.21
Glenn Claiden	67	28.46
David Wear	75	29.17
Paul Twining	72	30.32
Murray Hutchison	72	31.12
Mick Carr	68	37.57 walk

KNOX JANUARY 19th 2022**500m relay**

Arthur Kapoulitsa	74	2.51	
Shane Grund	40	1.32	4.23

John Graham	71	2.06	
Chris Worsnop	64	2.20	4.26

Paul Durrant	60	2.03	
Ros Dyer	57	2.47	4.5

Graeme Leticq	67	2.28	
Peter Thorne	73	2.38	5.06

Paul Twining	2.34		
Bob Henderson	75	2.45	5.19

Sam De Fanis	73	2.48	
Ryan Clark	45	2.45	5.33

Glenn Caliden	67	2.54	
David Wear	75	2.39	5.33

Distance

2.4k			
Stephen Richards	60	13.15	
Bob Henderson	75	13.52	
Brian Mee	84	16.28	
Arthur Kapoulitsa	74	17.01	
Celia Joohnson	74	17.53	
Tony Johnson	81	21.07	
4.8k			
Shane Grund	40	14.56	
Bryan Poggenpoel	51	20.27	
John Graham	71	22.01	
Graeme Leticq	67	22.14	
Paul Twining	72	24.5	
Sam De Fanis	73	25	
Chris Wornsop	64	25.23	
Michelle Quan	52	25.55	
Paul Durrant	60	26.46	
David Wear	75	26.52	
Glenn Claiden	67	26.57	
Peter Thorne	73	28.16	
Ryan Clark	45	28.18	
Ros Dyer	57	29.11	
Peter Shanahan	60	32.55	
Mick Carr	68	37.08	walk

KNOX JANUARY 26th 2022**800m walk**

Mick Carr	68	5.55
Ian U'Ren	70	6.19
Bob Henderson	75	6.22
Glenn Claiden	67	7.46
Arthur Kapoulitsa	74	7.46
Peter Thorne	73	8.49
Anne McPherson	65	8.5
Paul Twining	72	8.54
Sam De Fanis	73	8.55
Maggie Hawkes	65	9
Ryan Clark	46	9.14

60m

Arthur Kapoulitsa	74	11.23
Paul Durrant	60	19.87
Mick Carr	68	24.39
Maggie Hawkes	65	29.88

Distance

3k		
Paul Twining	72	14.49
Bob Henderson	75	17.33
Arthur Kapoulitsa	74	21.49
Ian U'Ren	70	24.06 walk
5k		
Shane Grund	40	17.05
Sam De Fanis	73	27.15
Ryan Clark	46	27.58
Glenn Claiden	67	29.08
Paul Durrant	60	30.08
Peter Thorne	73	32.1
Mick Carr	68	37.27 walk

Mentone January 5th 2022

<u>800m E.T. Walk</u>		<u>Clock</u>	<u>Diff</u>
Julian Boland	58	2.23	0.01
Maureen Seedsman	84	3.05	0.01
Ralph Bennett	80	2.26	-0.02
Dawn Bennett	76	3.17	0.02
Nola Finn	85	4.48	0.03
Michael Boulton	67	3.13	0.03
Sylvia Machin	80	3.01	-0.04
Debbie Thomson	64	4.28	0.08
John Zeleznikow	71	3.42	-0.08
John Mathew	85	4.10	0.10
Joan Clarke	86	3.52	-0.11
Ian Beaumont	85	3.46	-0.11
Pook Machin	49	3.47	0.17
Margaret Beaumont	83	4.26	0.36

<u>800m Self H/cap</u>		<u>Clock</u>	<u>Actual</u>
Sandra Wynne	70	4.08.7	4.03.7
Avril Britter	63	4.20.6	4.20.6
Greg Hughes	63		3.44.9 DQ
Stephen Bird	58		2.59.2 DQ
Col Waring	76		3.22.6 DQ

<u>110m E.T.</u>		<u>Clock</u>	<u>Diff</u>
Glad Wishart	77	23.96	0.01
Sandra Wynne	70	21.26	-0.24
Ron Arthur	82	19.21	-0.39
John Mathew	85	18.68	0.68
Vivienne Cash	69	18.20	-0.80
Bob Wishart	80	18.94	-0.81
Avril Britter	63	21.81	0.86
Greg Hughes	63	21.53	-2.47

<u>2.5Km Road E.T.</u>		<u>Clock</u>	<u>Diff</u>
Stephen Bird	58	11.29	0.29
Sandra Wynne	70	15.13	1.23

<u>5 Km Road E.T.</u>		<u>Clock</u>	<u>Diff</u>
John Zeleznikow	71	51.18	-0.42
Graham Stockdale	79	30.51	0.51
Avril Britter	63	34.13	1.52
Helen Castel	58	30.40	-2.20

<u>2000m E.T. Walk</u>		<u>Clock</u>	<u>Diff</u>
Maureen Seedsman	84	17.14	-0.01
Gwen Steed	79	14.02	0.05
Ian Beaumont	85	20.22	0.07
Dawn Bennett	76	17.18	0.08
Julian Boland	58	13.19	0.19
Sylvia Machin	80	16.10	-0.20
John Mathew	85	26.26	-0.34
Joan Clarke	86	21.18	-0.57
Ralph Bennett ***	80	12.12	-1.01
Pook Machin	49	18.10	-1.50
Michael Boulton	67	18.05	3.05
Greg Hughes	63	17.11	-3.29
Nola Finn 2 laps	85	13.06	

Mentone January 12th 2022

<u>150m E.T. *Agg Event* -</u>		<u>Clock</u>	<u>Diff</u>	<u>Pts</u>
David Short	45	21.07	0.07	7
Daniel Short	Inv	26.40	0.40	
Glad Wishart	77	33.34	0.75	5
Vivienne Cash	69	26.18	1.08	4
Ron Arthur	82	27.50	1.50	3
Stephen Bird	80	25.41	-1.59	2
John Mathew 60m	85	19.03	1.03	

<u>600m E.T. Walk</u>		<u>Clock</u>	<u>Diff</u>
Julian Boland	58	3.38	0.00
Susan Short	48	3.46	0.01
Maureen Seedsman	84	4.47	0.02
Ashley Birrell	77	6.24	0.02
Debbie Thomson	64	6.48	0.03
Sylvia Machin	80	4.35	0.05
Joan Clarke	86	6.24	0.06
Kevin Cassidy	61	2.54	-0.06
Geoff Barrow	72	4.16	0.06
Iris Boulton	72	4.52	-0.08
Nola Finn	85	7.32	0.12
Margaret Beaumont	83	6.40	0.20
Ian Beaumont	85	5.52	-0.23
Jill Mannering	85	5.53	-0.32
Michael Boulton	67	5.12	-0.38
John Mathew	85	6.40	0.40

<u>1500m E.T.*Agg Event*</u>		<u>Clock</u>	<u>Diff</u>	<u>Pts</u>
Greg Hughes	63	9.13.6	-3.4	7
Sandra Wynne	70	8.01.4	-8.6	5
Susan Short	48	6.20.0	-10.0	4
Daniel Short	Inv	6.19.1	-10.9	
Helen Castel	58	7.55.7	-14.3	3
Avril Britter	63	8.29.4	15.4	2
Ashley Page	81	8.23.8	15.8	1
David Short	45	6.02.0	22.0	1
Ciara Short	Inv	6.59.9	-30.1	

<u>70m E.T.</u>		<u>Clock</u>	<u>Diff</u>
Ron Arthur	82	12.15	-0.05
Avril Britter	63	13.85	-0.24
Greg Hughes	63	14.53	0.53
Sandra Wynne	70	13.61	0.56
Ciara Short	Inv	11.95	0.75
Susan Short	48	11.37	0.77
Stephen Bird	58	11.86	0.86
Bob Wishart	80	11.65	0.90
David Short	45	9.94	0.94
Glad Wishart	77	14.90	1.00
Daniel Short	Inv	11.63	1.03
John Mathew	85	23.80	2.80

Mentone January 12th (cont)			
<u>2 Km Self H/cap</u>		<u>Clock</u>	<u>Actual</u>
Ashley Page	81	12.23	11.45
Greg Hughes	63	12.46	12.46
Sandra Wynne	70	12.47	11.15
Avril Britter	63	13.51	12.13
Stephen Bird	58		8.55 DQ
Helen Castel	58		11.19 DQ
Graham Stockdale	79		11.48 DQ
<u>3 laps Road E.T. Walk</u>		<u>Clock</u>	<u>Diff</u>
Geoff Barrow	72	18.42	-0.18
Sylvia Machin	80	19.56	0.26
Ian Beaumont	85	26.06	-0.34
Gwen Steed	79	18.17	-0.38
Kevin Cassidy	61	14.09	-0.51
Maureen Seedsman	84	21.50	-1.20
Michael Boulton	67	23.22	-1.38
Ashley Birrell	77	21.46	-2.24
Iris Boulton	72	21.59	-2.51
<u>5 laps Road E.T. Walk</u>		<u>Clock</u>	<u>Diff</u>
John Zeleznikow	71	44.40	-0.20
Julian Boland	58	28.06	1.26

Mentone January 19th 2022			
<u>800m E.T. Walk</u>		<u>Clock</u>	<u>Diff</u>
Bev Hugo	81	6.55	0.00
Joan Clarke	86	8.14	0.00
Ian Beaumont	85	8.01	0.02
Geoff Barrow	72	6.17	0.02
Iris Boulton	72	6.25	-0.05
Nola Finn	85	10.25	-0.05
Maureen Seedsman	84	6.24	-0.06
Ashley Birrell	77	8.36	0.06
Michael Boulton	67	6.56	0.06
Susan Short	48	5.03	-0.07
John Mathew	85	9.10	0.10
Jill Mannering	85	8.01	0.11
Gwen Steed	79	5.25	-0.20
Kevin Cassidy	61	3.58	-0.22
Margaret Beaumont	83	8.36	0.22
Julian Boland	58	6.57	0.26
<u>900m E.T.</u>		<u>Clock</u>	<u>Diff</u>
Daniel Short	Inv	3.38.8	-1.2
Col Waring	76	3.57.3	-2.7
Marlene Gourlay	70	3.40.2	-4.8
Sandra Wynne	70	4.30.9	5.9
Ashley Page	81	4.49.4	-6.6
Ciara Short	Inv	3.50.2	-9.8
Lydia Rands	33	4.47.6	-12.4
Susan Short	48	3.25.0	-15.0
Greg Hughes	63	4.32.4	17.4
Helen Castel	58	4.33.5	17.5

Avril Britter	63	4.50.6	25.6
Oli Turner	Inv	4.29.0	-31.0
Sam Turner	Inv	4.13.9	-46.1
<u>100m E.T.</u>		<u>Clock</u>	<u>Diff</u>
Glad Wishart	77	20.80	0.00
Susan Short	48	16.12	0.12
Greg Hughes	63	18.70	0.15
Vivienne Cash	69	16.70	-0.30
Ron Arthur	82	17.73	0.33
Daniel Short	Inv	16.60	-0.40
Ciara Short	Inv	17.60	-0.40
Avril Britter	63	19.97	0.76
Sandra Wynne	70	19.30	-0.80
Bob Wishart	80	15.91	-1.39
John Mathew 60m	85	19.90	
<u>3.336Km 4 laps Road</u>		<u>Clock</u>	<u>Diff</u>
John Zeleznikow	71	34.32	0.02
Greg Hughes	63	22.10	-0.56
Sandra Wynne	70	19.47	1.12
Helen Castel	58	20.02	1.17
Graham Stockdale	79	19.20	1.20
Avril Britter	63	20.40	1.38
Ashley Page	81	20.59	2.41

Mentone January 26th 2022			
<u>Relay Walk 2x 400m</u>		<u>Clock</u>	
Ian Beaumont	85	24.24	
Marlene Gourlay	70		
Sylvia Machin	80	25.02	
Maureen Seedsman	84		
Jill Mannering	85	25.05	
Julian Boland	58		
Iris Boulton	72	27.53	
Michael Boulton	67		
Kevin Cassidy	61	26.52	
John Mathew	85		
Ashley Birrell	77	27.53	
Geoff Barrow	72		
<u>400m E.T. Walk</u>		<u>Clock</u>	<u>Diff</u>
Maureen Seedsman	84	3.05	-0.01
Joan Clarke	86	4.06	0.01
John Zeleznikow	71	3.49	-0.01
Jill Mannering	85	3.57	-0.03
Sylvia Machin	80	2.57	-0.03
Bev Hugo	81	3.26	0.05
Debbie Thomson	64	4.35	0.05
Julian Boland	58	2.18	-0.08
Geoff Barrow	72	2.47	-0.09
Nola Finn	85	5.08	0.18
Gwen Steed	79	2.34	-0.22
Jeanne Bryan	79	4.50	0.30
Helen Bryan	51	4.50	-0.40

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Mentone January 26th (cont)

<u>1200m Self H/cap</u>		<u>Clock</u>	<u>Actual</u>
Helen Castel	58	6.27.1	6.03.1
Sandra Wynne	70	6.38.8	6.14.8
Avril Britter	63	6.53.6	6.28.6
Greg Hughes	63	7.02.4	7.02.4

Col Waring	76		5.32.7 DQ
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<u>200m E.T.</u>		<u>Clock</u>	<u>Diff</u>
Vivienne Cash	69	34.68	-1.32
Bob Wishart	80	36.14	-2.26
Ron Arthur	82	37.63	-4.47
Glad Wishart	77	53.20	9.70

<u>3 Km E.T. *Agg Event*</u>		<u>Clock</u>	<u>Diff</u>	<u>Pts</u>
Ashley Page	81	17.42	0.25	7
Greg Hughes	63	20.52	-0.29	5
Avril Britter	63	18.58	1.00	4
Sandra Wynne	70	19.17	1.32	3

<u>2500m E.T. Walk *Agg Event*</u>		<u>Clock</u>	<u>Diff</u>	<u>Pts</u>
Sylvia Machin ***	80	19.36	-0.04	7
Julian Boland	58	16.10	-0.25	5
John Zeleznikow	71	25.45	-0.30	4
Geoff Barrow	72	18.38	-0.37	3
Gwen Steed	79	18.16	-1.01	2

Maureen Seedsman	84	14.45	2 laps
Bev Hugo	81	16.35	
Jeanne Bryan	79	22.36	
Helen Bryan	51	22.36	

Joan Clarke	86	11.00	1 lap
Jill Mannering	85	11.00	

SPRINGVALE January 5th 2022

<u>100 metres</u>		
Alan ANDERSON	30	12.70
Zappa		12.90
Sayed KHATAB	71	16.20
Helen ANDERSON	59	16.70
Paul WINTERTON	67	21.90
Lindsay OXENHAM	72	24.10
Jenny		29.30

<u>700 metres</u>		
Alan ANDERSON	30	2.40
Dave TALBOT	67	3.03
Helen ANDERSON	59	3.13
Howard REES	74	3.15
Neil GRAY	74	3.31
Zappa		3.45
Lindsay OXENHAM	72	3.51

<u>300 metres walk</u>		
Anand THILLAISUNDARAM	45	1.49
Jenny		3.17

<u>4000 metres road run</u>		
Alan BENNIE	74	18.55
Howard REES	74	19.26
Sayed KHATAB	71	24.16
Lindsay OXENHAM	72	25.11
Paul MULLINS	81	27.02

<u>2500 metres road walk</u>		
Zatta	56	21.02
Tony DORAN	69	21.06
Anand THILLAISUNDARAM	45	21.06
Dennis PHILLIPS	79	22.18
Chris McARDLE	68	23.01
Helen ANDERSON	59	23.01
Pam THOMAS	75	24.47
John ABEL	71	24.47

SPRINGVALE January 12th 2022

<u>120 metres</u>		
Alan ANDERSON	30	14.90
Padraig BRADY	39	18.80
Sayed KHATAB	71	19.00
Helen ANDERSON	59	19.50
Dominique RUELOT	70	30.00
Lindsay OXENHAM	72	30.00
Ernie JEFFS	77	43.90

SPRINGVALE January 12th (cont)**600 metres**

Sayed KHATAB	71	2.23
Helen ANDERSON	59	2.23
Dave TALBOT	67	2.30
Paul MULLINS	81	2.36
Howard REES	74	2.51
Padraig BRADY	39	3.01
Lindsay OXENHAM	72	3.06
Paul WINTERTON	67	3.19
Neil GRAY	74	3.26

1000 metres

Alan ANDERSON	30	4.01
Alan BENNIE	74	4.04

80 metres

Sayed KHATAB	71	12.90
Helen ANDERSON	59	13.60
Dave TALBOT	67	15.30
Tracey HUTCHINSON	51	16.60
Lindsay OXENHAM	72	19.30
Dominique RUELOT	70	19.50
Ernie JEFFS	77	24.60

2300 metres road walk

Tony DORAN	69	20.16
Anand THILLAISUNDARAM	45	20.16
Dennis PHILLIPS	79	25.11
Ernie JEFFS	77	25.09
Pam THOMAS	75	25.11
Ian TREGGAR	71	26.03
John ABEL	71	26.04
Natalie IRVINE	76	25.20
Bill IRVINE	73	25.21
Kelly DAVIDSON	42	25.22

5000 metres road run

Alan BENNIE	74	24.18
Padraig BRADY	39	24.18
Troy JEFFS	47	27.24

2300 metres

Tracey HUTCHINSON	51	19.36
Dominique RUELOT	70	19.37

3100 metres road run

Howard REES	74	13.41
Sayed KHATAB	71	17.24
Helen ANDERSON	59	18.06
Lindsay OXENHAM	72	20.02
Paul MULLINS	81	20.08
Padraig BRADY	39	24.18

SPRINGVALE January 19th 2022**80 metres heat 1**

Troy HAMILTON	32	12.00
Helen ANDERSON	59	13.00
Padraig BRADY	39	13.60
Mike HALL	83	14.50
Lindsay OXENHAM	72	18.50

heat 2

Muzafer ALI	32	10.30
Sayed KHATAB	71	11.80
Dave TALBOT	67	12.80
Dominique RUELOT	70	15.80
Rebecca		21.40
Ernie JEFFS	77	22.80

500 metres

Troy HAMILTON	32	1.47
Sayed KHATAB	71	1.54
Muzafer ALI	32	1.58
Helen ANDERSON	59	1.58
Neil GRAY	74	2.07
Paul MULLINS	81	2.08
Lou BUCCIARI	66	2.18
Howard REES	74	2.22
Padraig BRADY	39	2.23
Paul WINTERTON	67	2.27
Lindsay OXENHAM	72	2.42

2000 metres road walk/run

Anand THILLAISUNDARAM	45	14.04
Dominique RUELOT	70	14.08
Tony DORAN	69	15.02
Peter ELLIS	70	16.16
John ABEL	71	16.34
Jim SMITH	81	17.43
Dennis PHILLIPS	79	17.43
Frank ALLEN	77	17.52
Ian TREGGAR	71	19.38
Ernie JEFFS	77	19.38
Natalie IRVINE	76	20.09
Pam THOMAS	75	20.09

3100 metres road run

Alan ANDERSON	30	14.26
Alan BENNIE	75	14.41
Muzafer ALI	32	15.08
Howard REES	74	15.36
Sayed KHATAB	71	16.26
Dave TALBOT	67	16.41
Lou BUCCIARI	66	17.33
Helen ANDERSON	59	17.32
Troy JEFFS	47	17.51
Bill IRVINE	73	18.10

SPRINGVALE January 19th (cont)

Lindsay OXENHAM	72	18.45
Rebecca		18.55
Troy HAMILTON	32	19.15
Paul MULLINS	81	20.03
Padraig BRADY	39	20.18

SPRINGVALE January 26th 2022**50 metres**

Mick COLGAN	71	15.00
Lindsay OXENHAM	72	16.20
Dominique RUELOT	70	17.40
Celia JOHNSON	74	18.20
Jenny		19.30

heat 2

Muzafer ALI	32	9.20
Alan ANDERSON	30	10.40
Padraig BRADY	39	11.40
Manny		11.70
Helen ANDERSON	59	12.00
Sayed KHATAB	71	12.60
Mike HALL	83	13.00

150 metres

Muzafer ALI	32	19.50
Alan ANDERSON	30	22.10
Helen ANDERSON	59	27.40
Manny		30.40
Troy HAMILTON	32	47.30

heat 2

Padraig BRADY	39	24.10
Sayed KHATAB	71	25.30
Mike HALL	83	28.00
Paul WINTERTON	67	33.60
Lindsay OXENHAM	72	36.70
Dominique RUELOT	70	40.50
Mick COLGAN	71	41.70

600 metres

Muzafer ALI	32	2.28
Manny		2.37
Paul MULLINS	81	2.40
Padraig BRADY	39	2.50
Howard REES	74	2.55
Helen ANDERSON	59	3.02
Neil GRAY	74	3.05
Lou BUCCIERI	66	3.06
Paul WINTERTON	67	3.10
Lindsay OXENHAM	72	3.11

1000 metres

Alan BENNIE	75	4.07
Alan ANDERSON	30	4.16

road walks

Pam THOMAS	75	14.38
Mick COLGAN	71	14.38
Natalie IRVINE	76	16.09
Visitor		16.09
Muzafer ALI	32	17.36
Tony JOHNSON	81	25.09
Alan ANDERSON	30	28.20
Frank ALLEN	77	28.28
Helen ANDERSON	59	28.38
Ernie JEFFS	77	30.26
John MANNING	75	30.26
Ian TREGEAR	71	31.07
Padraig BRADY	39	31.07

3100 metres road run

Howard REES	74	15.07
Sayed KHATAB	71	17.29
Lou BUCCIERI	66	17.34
Bill IRVINE	73	18.29
Dominique RUELOT	70	23.56
Celia JOHNSON	74	23.56