Around the Grounds

Venue Results for September 2022

VICTORIAN MASTERS ATHLETICS

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

ABERFELDIE September 7th 2022

110m	Age	Time	Age-grade
Mal Hodgart	61	23.0	51.2%
Bill Ristevski	57	17.1	67.1%
Matthew Goodger	45	17.2	61.7%
1 mile	**Age**	**Time**	**Age-grade**
Michael Orelli	78	10:34	54.6%
Bernie McLoughlan	70	07:46	65.3%
Mal Hodgart	61	07:57	58.5%
Maggie Armstrong	60	08:03	70.9%
Bill Ristevski	57	11:15	40.0%
300m	**Age**	**Time**	**Age-grade**
Bernie McLoughlan	70	81.8	72.1%
Mal Hodgart	61	116.0	45.9%
Maggie Armstrong	60	98.5	64.8%
Matthew Goodger	45	88.4	54.1%
2000m	**Age**	**Time**	**Age-grade**
Michael Orelli	78	12:26	59.1%
Cheryl Beveridge	57	12:26	56.0%
4000m			
Bernie McLoughlan	70	19:27	70.0%
Ruby Beveridge	20	20:49	54.7%
Mal Hodgart	61	21:40	57.7%
Bill Ristevski	57	26:55	44.9%
Ash McDowall	51	25:48	44.5%
Shane Draper	49	17:48	63.5%

ABERFELDIE September 14th 2022

80m	Age	Time	
Mal Hodgart	62	22.5	
Michael Orelli	78	23.0	
Matthew Goodger	45	14.5	
1000m	**Age**	**Time**	**Age-grade**
Michael Orelli	78	06:22	53.2%
Maggie Armstrong	60	04:43	67.7%
Matthew Goodger	45	05:03	47.8%
Mal Hodgart	62	04:58	56.1%
John Papworth	54	03:46	53.2%
400m	**Age**	**Time**	**Age-grade**
Michael Orelli	78	90.9	51.2%
Mal Hodgart	62	87.3	42.9%
Maggie Armstrong	60	65.9	66.8%
Matthew Goodger	45	63.6	52.5%
6000m	**Age**	**Time**	**Age-grade**
Ash McDowall	51	28:53	61.1%
4000m			
Cheryl Beveridge	57	24:28	59.5%
Ruby Beveridge	20	21:16	53.5%
Mal Hodgart	62	21:46	57.9%
Shane Draper	49	18:47	60.2%

ABERFELDIE September 21st 2022

100m	Age	Time	Age-grade
Ian Newey	63	15.7	75.9%
Tony Bradford	83	23.3	64.1%
Michael Orelli	78	29.9	46.1%
Andrew Close	33	14.2	68.9%
1200m	**Age**	**Time**	
Michael Orelli	78	07:37	
John Cooper	70	04:47	
Ian Newey	63	05:12	
Matthew Goodger	45	06:05	
Maggie Armstrong	60	06:09	
200m	**Age**	**Time**	**Age-grade**
Michael Orelli	78	64.4	45.6%
Cheryl Beveridge	57	38.3	61.4%
Matthew Goodger	45	39.2	55.2%
John Cooper	70	34.9	73.9%
Ian Newey	63	35.1	69.7%
3000m	**Age**	**Time**	**Age-grade**
John Papworth	54	20:26	42.4%
Ruby Beveridge	20	17:12	48.6%
Cheryl Beveridge	57	20:26	52.7%
5000m			
Ian Newey	63	24:16	66.4%
Ash McDowall	51	26:00	55.9%

ABERFELDIE September 28th 2022

100m	Age	Time	Age-grade
Michael Orelli	78	30.8	44.7%
David Jones	71	27.2	46.2%
Tony Bradford	83	22.2	67.4%
John Papworth	54	16.5	68.3%
Andrew Close	33	14.3	68.5%
Cheryl Beveridge	57	16.6	79.2%
800m	**Age**	**Time**	**Age-grade**
Michael Orelli	78	05:02	52.1%
John Cooper	70	03:00	76.9%
David Jones	71	04:01	58.3%
John Papworth	54	02:58	67.6%
Cheryl Beveridge	57	05:02	46.2%
Matthew Goodger	45	03:32	52.5%
Maggie Armstrong	60	03:35	67.8%
Andrea Draper	45	05:02	40.3%
300m	**Age**	**Time**	**Age-grade**
Michael Orelli	78	84.4	55.2%
John Cooper	70	57.3	70.7%
John Papworth	54	54.9	64.8%
Cheryl Beveridge	57	59.4	71.9%
Matthew Goodger	45	82.0	40.7%
Maggie Armstrong	60	1636:48	64.5%

ABERFELDIE September 28th 2022 (cont)

4000m	Age	Time	Age-grade
David Jones	71	22:50	60.4%
John Papworth	54	18:24	64.0%
Ruby Beveridge	20	22:37	50.4%
Cheryl Beveridge	57	28:44	50.7%
Andrea Draper	45	28:44	43.4%
6000m			
Ash McDowall	51	28:40	61.6%

CASEY FIELDS September 5th 2022

100m			
Kuldeep Singh	37	Run	13.05
Paul Olsson	65	Run	15.6
Mike Hall	83	Run	17.5
Ariene D'Monte	63	Run	21.2
200m			
Kuldeep Singh	37	Run	27.14
Albin Hess	62	Run	40.72
800m			
Pramesh Prasad	48	Run	3.18
Albin Hess	62	Run	3.39
Gary Meyer	67	Run	3.56
Neil Walsh	72	Run	5.04
Hsien Chian	50	Walk	5.31
Ariene D'Monte	63	Walk	6.35
John Hollo	80	Walk	7.22
Linesay Bearton	71	Walk	7.43
20mins			
Pramesh Prasad	48	Run	4.5km
Steven K	49	Run	4.10km
Matt M	47	Run	3.9km
Harry	35	Run	3.6km
John Delaney	72	Run	3.50km
David Dodson	63	Run	3.24km
Neil Walsh	72	Run	2.18km

CASEY FIELDS September 12th 2022

60m			
Gurmukh Singh	34	Run	7.82
Kuldeep Singh	37	Run	8.35
Ariene D'Monte	63	Run	13.1
150m			
Kuldeep Singh	37	Run	19.2
Gurmukh Singh	34	Run	19.7
Ariene D'Monte	63	Run	29.05
8 laps Spiral Run/ 6 laps spiral walk			
Pramesh Prasad	48	Run	15.30
Matt M	47	Run	16.55
Steven K	49	Run	17.85
David Dodson	63	Run	19.45
Gurmukh Singh	34	Run	20.13
Erlyn Singh	9	Run	20.54
John Delaney	72	Run	21.24
Neil Walsh	72	Run	21.39
1500m			
Pramesh Prasad	48	Run	6.10
Matt M	47	Run	7.01
Gary Meyer	67	Run	7.54
John Delaney	72	Run	8.35
Gurmukh Singh	34	Run	9.52
Neil Walsh	72	Run	9.54
Linesay Bearton	71	Walk	14.37

CASEY FIELDS September 19th 2022

1200m			
Martin K	46	Run	4.16
Rob Italia	56	Run	4.22
Liz Lowther	70	Run	5.30
Steven K	49	Run	5.36
Denni Cutting	11	Run	5.48
Bronwyn Hanns	58	Run	5.48
Andrew W	45	Run	6.07
Barry Jeffs	73	Run	6.09
David Dodson	63	Run	6.11
Gary Meyer	67	Run	6.29
John Delaney	72	Run	6.39
Erlyn Singh	9	Walk	7.42
Heather Carr	73	Walk	7.52
Linesay Bearton	71	Walk	11.18
2000m			
Andrew Cutting	45	Run	7.22
Liz Lowther	70	Run	9.31
Barry Jeffs	73	Run	10.38
John Delaney	72	Run	11.1
Denni Cutting	11	Run	11.45
Heather Carr	73	Walk	12.52
Neil Walsh	72	Run	12.55
Peter E	71	Walk	13.21

CASEY FIELDS September 26th 2022

60m			
Gurmukh Singh	34	Run	7.9
Rob Italia	56	Run	8.86
Denni Cutting	11	Run	10.55
Mike Hall	83	Run	11.3
Ariene D'Monte	63	Run	12.62

CASEY FIELDS September 26th 2022 (cont)

150m

Gurmukh Singh	34	Run	19.3
Rob Italia	56	Run	19.18
Satgur Mann	37	Run	20.6
Matt M	47	Run	24.6
Denni Cutting	11	Run	25.3

600m

Pramesh Prasad	48	Run	2.13
Gurmukh Singh	34	Run	2.56
Gary Meyer	67	Run	2.57
Kylie	23	Walk	3.10
Arlene D'Monte	63	Walk	4.48
Linesay Bearton	71	Walk	5.41

3000m

Pramesh Prasad	48	Run	12.21
Matt M	47	Run	15.16
Gurmukh Singh	34	Run	18.20
Neil Walsh	72	Run	19.23
Peter E	71	Walk	20.13
Frances Halton	60	Run	20.17

COBURG September 1st 2022

100m

Ethan O'NEILL	21	12.72
Patrick GAME	15	13.17
Andrew CLOSE	33	14.99
Bruce GIBBS	73	22.30
Frank BRADLEY	66	28.97

100m

Andrew CLOSE	33	14.98

800m

Fraser MURRAY	50	2.39
Michael MEANEY	67	3.29
Maria BARBETTI	57	3.56
Frank BRADLEY	66	5.16
Yolanda SHAW	70	5.47
Len HALLETT (W)	73	6.02
Fiona ELY	52	6.35

200m

Michael MEANEY	67	38.14
Bruce GIBBS	73	44.07
Yolanda SHAW	70	55.24

1.2km

Fiona ELY (W)	52	10.50

2km

Len HALLETT	73	16.41

2.8km

Gary O'DWYER	63	15.47

4km

Michael MEANEY	67	20.22
Matt HALLETT	33	22.31
Fraser MURRAY	50	23.26
Maria BARBETTI	57	23.26

COBURG September 8th 2022

90m

Bruce GIBBS	73	20.51
Rob LEWIS	75	22.52

1200m

Michael MEANEY	67	6.24	
Maria BARBETTI	57	7.22	*
Donna-Marie ELMS	61	8.56	
Fiona ELY	52	8.58	
Len HALLETT (W)	73	9.26	

400m Managers' Challenge *

Michael MEANEY	67	1.23.4	*
Matt HALLETT	33	1.37.2	
Maria BARBETTI	57	1.42.9	
Len HALLETT	73	1.54.5	
Donna-Marie ELMS	61	2.06.4	
Rob LEWIS	75	2.18.5	
Bruce GIBBS	73	2.33.2	

1.2km

Fiona ELY (W)	52	10.53

2km

Donna-Marie ELMS	61	13.54

3km

Michael MEANEY	67	15.30
Gary O'DWYER	63	16.36
Matt HALLETT	33	16.39
Maria BARBETTI	57	18.17
Len HALLETT	73	19.36

5km

Fraser MURRAY	50	23.42

COBURG September 15th 2022

100m

Bruce GIBBS	73	23.12
Rob DAVEY	82	35.30

1000m

Fiona ELY	52	6.18
Len HALLETT (W)	73	8.00

1500m

Michael MEANEY	67	7.28
Maria BARBETTI	57	8.49
Yolanda SHAW	70	11.07

300m

Fraser MURRAY	50	51.20
Michael MEANEY	67	1.06.9
Bruce GIBBS	73	1.21.4

COBURG September 15th 2022 (cont)

2km

Fiona ELY	52	12.20	

3.2km

Gary O'DWYER	63	17.30	

4km Managers' Challenge *

Fraser MURRAY	50	20.56	
Matt HALLETT	33	21.57	
Maria BARBETTI	57	24.09	
Len HALLETT	73	26.46	
Bruce GIBBS	73	36.28	

* Achieved challenge time

COBURG September 22nd 2022

80m

Bruce GIBBS	73	15.73	
Rob LEWIS	75	16.31	
Rob DAVEY	82	37.13	

100m

Ethan O'NEILL	21	12.46	

800m

Yolanda SHAW	70	5.49	

1600m

Fraser MURRAY	50	8.30	
Michael MEANEY	67	8.49	

400m Managers' Challenge

Fraser MURRAY	50	1.11.0	
Michael MEANEY	67	1.21.2	*
Rob LEWIS	75	2.08.9	*
Bruce GIBBS	73	2.12.1	
Yolanda SHAW	70	2.18.0	

* Achieved challenge time

15 minutes run		Dist.
Michael MEANEY	67	2940m
Fraser MURRAY	50	2870m
Rob LEWIS	75	1870m

COBURG September 29th 2022

1000m

Yolanda SHAW	70	7.27

2km Walk

Len HALLETT	73	16.58
Fiona ELY	53	17.51

2km

Matt HALLETT	33	10.30	
Fiona ELY	53	11.52	*

4km Managers' Challenge

Fraser MURRAY	50	18.26	
Kylie IRSHAD	50	20.54	
Rob LEWIS	75	30.23	

* Achieved challenge time

DONCASTER September 5th 2022

800 metres

Jameson Perrine	(43)	02:55.0	
Matt Scholes	(52)	03:03.9	
Gerald Brown	(59)	03:13.0	
David McConnell	(70)	03:50.2	
Frank Prowse	(70)	05:15.6	(Walk)
David Armstrong	(66)	05:16.1	(Walk)

100 metres (age-graded)

David McConnell	(-24)	12.48	
Graham Ford	(-24)	12.72	
Barry Dorr	(-33)	13.72	
Carolyn Aughey	(-44)	14.58	
Tom Leong	(-33)	16.32	

600 metres (NOST)

Tom Leong	(-0.05)	03:13.0	03:08.0
Jameson Perrine	(-2.10)	04:17.0	02:07.0
David McConnell	(-1.40)	04:23.7	02:43.7

200 metres

Gerald Brown	(59)	32.11	
Graham Ford	(73)	33.70	
David McConnell	(70)	33.84	
Barry Dorr	(84)	47.32	
Tom Leong	(80)	49.80	

3000 metres

Frank Prowse	(70)	13:15.5	(2km walk)
David Armstrong	(66)	13:31.5	(2km walk)
Rob Sutton	(60)	14:41.0	

DONCASTER September 12th 2022

80 metres

Gerald Brown	(59)	11.92	
Barry Dorr	(84)	12.20	(60m)
Graham Ford	(73)	12.79	
Bernie McLoughlan	(70)	13.56	
Jeffrey Sim	(60)	13.57	

Doncaster 1000 metres (handicap)

Katrina Philip	(-1.15)	06:14.0	04:59.0	DQ
Andrew Thomas	(-3.00)	07:09.2	04:09.2	winner
Bernie McLoughlan	(-2.45)	07:10.2	04:25.2	
David McConnell	(-2.45)	07:12.7	04:27.7	
Frank Prowse	Scratch	07:14.0	07:14.0	

3000 metres

Tom Leong	(80)	NT	(1000 metres)
Frank Prowse	(70)	09:58.6	(2000 metres)
Andrew Thomas	(50)	13:43.7	
Bernie McLoughlan	(70)	14:14.2	
Rob Sutton	(60)	14:46.4	
Simon Evans	(62)	15:08.4	
Katrina Philip	(60)	17:32.2	

DONCASTER September 12th 2022 (cont)

250 metres

Barry Dorr	(84)	32.82	150 metres)
Gerald Brown	(59)	39.52	
David McConnell	(70)	42.62	
Graham Ford	(73)	44.26	
Jeffrey Sim	(60)	46.96	
Katrina Philip	(60)	56.30	

DONCASTER September 26th 2022

Long Jump	**Age**	
David McConnell	(70)	3.17
Bernie McLoughlan	(70)	3.15
Graham Ford	(73)	2.98
Frank Prowse	(70)	2.09
Javelin Throw		
David McConnell	(70)	21.29
Frank Prowse	(70)	17.25
Graham Ford	(73)	16.62
Bernie McLoughlan	(70)	15.43
200 metres		
Gerald Brown	(59)	29.74
David McConnell	(70)	32.75
Graham Ford	(73)	33.82
Bernie McLoughlan	(70)	34.46
Frank Prowse	(70)	43.04
400 metres		
Gerald Brown	(59)	72.70
Andrew Thomas	(50)	74.00
Discus		
David McConnell	(70)	24.85
Graham Ford	(73)	21.79
Bernie McLoughlan	(70)	20.40
Frank Prowse	(70)	15.90
Tom Leong	(80)	15.71
1500 metres		
Andrew Thomas	(50)	06:07.4
Bernie McLoughlan	(70)	06:19.0
Frank Prowse	(70)	06:52.7
Rob Sutton	(60)	06:53.9
David McConnell	(70)	07:30.0
Tom Leong	(80)	10:58.0

Results of the pentathlon:

1st David McConnell (70) 2386

LJ 3.17 (425) Jav 21.29 (401) 200 32.75 (603) Disc 24.85 (499) 1500 7:30.0 (458)

2nd Bernie McLoughlan (69) 2317

LJ 3.15 (419) Jav 15.43 (256) 200 34.46 (498) Disc 20.40 (388) 1500 6:19.0 (756)

3rd Graham Ford (73) 1608

LJ 2.98 (365) Jav 16.62 (285) 200 33.82(536) Disc 21.79 (422) 1500 (0)

4th Frank Prowse (70) 1417

LJ 2.09 (122) Jav 17.25 (300) 200 43.04 (111) Disc 15.90 (278) 1500 6:52.7 (606)

EAST BURWOOD September 1st 2022

60 METRE SPRINT

Heat 1:

Allan WOOD	85	12.4
Kaylie GOODRICK	51	13.0
Gordon ONLEY	87	18.9
Lloyd NICHOLS	81	35.8

Heat 2:

Bill LIOULIAKIS	53	9.1
Chric WORSNOP	64	12.0
Cec McKEOWN	82	13.3
Shirley COPPOCK	86	14.1
Andrew FRASER	80	16.8

880 YARDS SELF HANDICAP RUN

DOUG ORR MEMORIAL HEAT 1

		Clock	Actual
Bill LIOULIAKIS	53	3.57	3.22
Michael COLLINS	56	3.59	3.24
Chris WORSNOP	64	4.06	3.46
Chris ROBINSON	63	4.07	3.33

800m HANDICAP WALK

		Clock	Actual
Allan WOOD	85	8.54	7.09
Gerald BURKE	82	8.57	7.42
Leonie GILLIES	65	8.59	5.39
Chris WORSNOP	64	9.01	5.26
Cec McKEOWN	82	9.02	6.02
Leo WATSON	81	9.03	5.58
Peter BATTRICK	79	9.05	9.05
Gordon ONLEY	87	9.06	8.21
Brian TAIT	80	9.07	7.22
Phyllis GOSBELL	84	9.13	6.28

100 METRE HANDICAP SPRINT

			H'cp Mtrs
Shirley COPPOCK	86	12.9	43
Bill LIOULIAKIS	53	13.2	3
Allan WOOD	85	14.2	33
Andrew FRASER	80	14.6	37
Chris WORSNOP	64	15.5	25
Lloyd NICHOLS	81	16.0	74
Gordon ONLEY	87	17.3	50
Cec McKEOWN	82	19.0	22

3000 METRES HANDICAP RUN

SPRING HANDICAP 2

		Clock	Actual	
Leonie GILLIES	65	17.56	17.56	
Chris WORSNOP	64	18.11	15.51	
Julie PIAO	49	18.15	15.10	
Paul DURRANT	61	18.24	16.44	
Chris ROBINSON	63	18.35	15.50	
Michael COLLINS	56	19.10	13.20	
Also:				
Janet HOLMES	69	5.07		1k

EAST BURWOOD September 1st 2022 (cont)

150 METRE SPRINT

Bill LIOULIAKIS	53	23.1
Allan WOOD	85	32.8
Andrew FRASER	80	34.2
Shirley COPPOCK	86	39.0
Lloyd NICHOLS	81	55.1

SHOT PUT HANDICAP		Best	Adjusted
Bill LIOULIAKIS	53	8.72	12.52
Andrew FRASER	80	5.89	12.34
Allan WOOD	85	6.82	12.27
Chris ROBINSON	63	6.42	12.12
Paul DURRANT	61	9.49	11.99
Peter WILLMOTT	55	8.14	11.84
Julie PIAO	49	3.70	11.40
Kaylie GOODRICK	51	6.66	
Brian TAIT	80	4.23	

EAST BURWOOD September 8th 2022

60 METRE SPRINT

Heat 1:

Ann HOLCOMBE	75	11.6
Shirley COPPOCK	86	13.5
Andrew FRASER	80	17.7
Lloyd NICHOLS	81	33.8

Heat 2:

Andrew CLOSE	33	8.7
Bernie McLOUGHLAN	70	9.9
Donna CLARKE	69	10.4
Cec McKEOWN	82	12.3

880 YARDS SELF HANDICAP RUN

DOUG ORR MEMORIAL HEAT 2

Julie PIAO	49	4.39	D.Q.
Bernie McLOUGHLAN	70	4.53	D.Q.
Michael COLLINS	56	4.56	
Sam DEFANIS	77	5.00	
Chris ROBINSON	53	5.01	
Luke SCIACCA	13	5.21	
Dean SCIACCA	55	5.21	

Also:

Andrew CLOSE	33	15.20	100m

1200m HANDICAP WALK		Clock	Actual
Gary TURNER	69	12.28	12.28
Liz WRIGLEY	66	12.28	12.28
Donna CLARKE	69	13.16	11.36
Peter BATTRICK	79	13.54	13.49
Ann HOLCOMBE	75	13.57	8.37
Gerald BURKE	82	13.58	11.48
Julie PIAO	49	14.00	8.55
Cec McKEOWN	82	14.08	9.53
Leo WATSON	81	14.10	9.20
Brian HOLCOMBE	76	17.00	15.05

100 METRE SPRINT

Heat 1:

Donna CLARKE	69	17.3
Ann HOLCOMBE	75	19.4
Lloyd NICHOLS	81	65.0

Heat 2:

Andrew CLOSE	33	14.2
Cec McKEOWN	82	19.1
Janet HOLMES	69	20.0
Shirley COPPOCK	86	24.3
Andrew FRASER	80	31.7

400 METRES RUN N.O.T		Clock	Nom.	
Janet HOLMES **	69	1.38	1.40	winner
Cec McKEOWN	82	1.42	2.18	
Shirley COPPOCK	86	2.51	2.40	
Andrew FRASER	80	3.49	2.30	

5 KM HANDICAP RUN

FRANK TUTCHENER SERIES HEAT 1

		Clock	Actual
Dean SCIACCA	55	28.57	19.37
Luke SCIACCA	13	29.24	18.39
Julie PIAO	49	29.33	27.03
Sam DEFANIS	77	29.38	29.08
Jason MERRET		30.10	22.30
Geoff WHEELER	65	30.17	26.32
Bernie McLOUGHLAN	70	30.26	24.54

3 KM RUN

Michael COLLINS	56	13.34	
Chris ROBINSON	63	16.37	
Paul DURRANT	61	17.36	

DISCUS THROW N.O.D.		Best	Nom.	
Paul DURRANT **	61	29.94	30.00	winner
Bernie McLOUGHLAN	70	22.56	21.50	
Peter WILLMOTT	55	18.40	17.80	
Darren POTTER	36	18.12	17.50	
Chris ROBINSON	63	15.73	16.00	
Andrew CLOSE	33	14.02	13.50	
Allan WOOD	85	12.80	12.54	
Andrew FRASER	80	12.30	12.00	
Donna CLARKE	69	11.60	12.00	

EAST BURWOOD September 15th 2022

JAVELIN THROW HANDICAP

		Best	Adjusted
Peter WILLMOTT	55	22.41	42.51
Chris ROBINSON	63	16.50	41.90
Andrew FRASER	80	13.50	40.80
Donna CLARKE	69	12.12	40.07
Allan WOOD	85	16.31	38.06
Erika BEDYN	59	12.37	
Albin HESS	40	11.22	

EAST BURWOOD September 15th 2022 (cont)

60 METRE SPRINT

Heat 1:

Ann HOLCOMBE	75	12.1	
Leo WATSON	81	13.7	
Gordon ONLEY	87	18.3	
Horacio DIAZ	77	22.2	
Lloyd NICHOLS	81	31.9	

Heat 2:

Donna CLARKE	69	10.6	
Cec McKEOWN	82	12.4	
Allan WOOD	85	12.9	
Shirley COPPOCK	86	13.6	

Heat 3:

Chris JOSEPH	55	8.5	
Andrew CLOSE	33	8.7	
Bill LIOULIAKIS	53	9.3	
Peter WILLMOTT	55	9.6	
Andrew FRASER	80	17.2	

800 METRE WALK N.O.T.

		Clock	Nom.	
Paul MORITZ **	63	5.18	5.15	winner
Ann HOLCOMBE	75	5.37	5.34	
Leonie GILLIES	65	5.48	–	
Peter SHANAHAN	61	5.49	5.35	
Leo WATSON	81	5.57	5.54	
Cec McKEOWN	82	5.58	6.50	
Bill LIOULIAKIS	53	7.00	7.10	
Maggie HAWKES	66	7.12	7.25	
Gary TURNER	69	7.23	7.55	
Liz WRIGLEY	66	7.24	8.00	
Gerald BURKE	82	7.44	7.50	
Donna CLARKE	69	8.01	8.30	
Allan WOOD	85	8.04	7.20	
Andrew FRASER	80	8.05	8.00	
Gordon ONLEY	87	8.10	8.05	
Brian HOLCOMBE	76	8.32	8.10	
Peter BATTRICK	79	9.33	9.10	

100 METRE SPRINT

Heat 1:

Ann HOLCOMBE	75	19.6	
Allan WOOD	85	20.8	
Andrew FRASER	80	21.9	
Gordon ONLEY	87	31.1	
Lloyd NICHOLS	81	62.8	

Heat 2:

Rob ITALIA	56	13.3	
Bill LIOULIAKIS	53	13.7	
Chris JOSEPH	55	14.0	
Andrew CLOSE	33	14.2	
Andrew MOLDRICH	38	16.9	
Cec McKEOWN	82	25.3	
Shirley COPPOCK	86	23.9	

EAST BURWOOD September 22nd 2022

60 METRE SPRINT

Heat 1:

Ann HOLCOMBE	75	12.4	
Shirley COPPOCK	86	14.0	
Gordon ONLEY	87	19.3	
Gerald BURKE	82	20.9	
Lloyd NICHOLS	81	36.0	

Heat 2:

Bill LIOULIAKIS	53	9.4	
Bernie McLOUGHLAN	70	10.1	
Cec Mc KEOWN	82	14.8	

880 YARDS SELF HANDICAP RUN

DOUG ORR MEMORIAL HEAT 3

Kathy LUO	44	3.50	D.Q.
Sam DEFANIS	77	4.33	D.Q.
Ros LORDING	50	4.45	D.Q.
Stephen DAY	52	4.47	D.Q.
Bernie McLOUGHLAN	70	4.57	
Michael COLLINS	56	4.58	
Bill LIOULIAKIS	53	5.01	
Chris ROBINSON	63	5.01	

800m HANDICAP WALK

		Clock	Actual
Ros LORDING	50	8.36	4.51
Liz WRIGLEY	66	8.49	7.29
Gary TURNER	69	8.50	7.30
Gerald BURKE	82	9.04	7.24
Cec Mc KEOWN	82	9.07	5.52
Peter BATTRICK	79	9.09	8.54
Gordon ONLEY	87	9.16	8.16
Ann HOLCOMBE	75	9.17	5.37
Phyllis GOSBELL	84	9.18	6.28
Briann TAIT	80	9.20	7.30
Allan WOOD	85	9.43	7.33
Leonie GILLIES	65	10.03	6.28
Brian HOLCOMBE	76	10.19	8.59

100 METRE HANDICAP SPRINT

			H'cap Mtrs.
Cec McKEOWN	82	12.1	40
Shirley COPPOCK	86	13.2	43
Lloyd NICHOLS	81	13.8	74
Ann HOLCOMBE	75	14.3	32
Allan WOOD	85	14.6	33
Bill LIOULIAKIS	53	15.0	3
Gordon ONLEY	87	16.8	50
Ros LORDING	50	18.1	Scr.

1000 METRE WALK

Liz WRIGLEY	66	10.43	
Gary TURNER	69	10.44	
Cec McKEOWN	82	10.45	

EAST BURWOOD September 22nd 2022 (cont)

300m SPRINT N.O.T.

		Clock	Nom.	
Bill LIOULIAKIS	53	52.6	49.0	
Ann HOLCOMBE **	75	69.6	70.0	winner
Shirley COPPOCK	86	1.57	1.42	
Lloyd NICHOLS	81	4.02		

3000 METRES HANDICAP RUN

SPRING HANDICAP 3

		Clock	Actual
Paul DURRANT	61	17.25	15.50
Bernie McLOUGHLAN	70	17.50	13.50
Kathy LUO	44	17.57	16.17
Janet HOLMES	69	18.00	16.50
Michael COLLINS	56	18.04	12.59
Chris ROBINSON	63	18.11	15.56
Stephen DAY	52	18.15	12.55
Ron GILLIES	66	18.16	14.21
Sam DEFANIS	77	18.19	16.49
Geoff WHEELER	65	18.29	15.29
Leonie GILLIES	65	19.06	19.06
Ros LORDING	50	20.04	14.44

SHOT PUT N.O.D.

		Best	Nom.	
Paul DURRANT	60	9.59	9.80	
Bill LIOULIAKIS	53	8.52	8.80	
Bernie McLOUGHLAN	70	8.49	9.00	
Andrew KASZUBSKI	80	6.80	6.90	
Maria KASZUBSKI	75	6.73	6.50	
Chris ROBINSON	63	6.54	6.20	
Allan WOOD **	85	6.46	6.45	winner
Donna CLARKE	69	5.74	6.00	
Jack FREDRICKSON	83	5.15	5.40	

EAST BURWOOD September 29th 2022

60 METRE SPRINT

Heat 1:

Ann HOLCOMBE	75	12.0
Leo WATSON	81	13.9
Gordon ONLEY	87	18.1
Horacio DIAZ	77	22.6

Heat 2:

Sonya POLLARD	55	10.0
Bernie McLOUGHLAN	70	10.2
Russell OAKLEY	82	11.3
Allan WOOD	85	12.9
Maria KASZUBSKI	75	14.1
Cec McKEOWN	82	15.5

1 KM WALK

Paul MORITZ	63	7.08	
Cec McKEOWN	82	9.59	
Gary TURNER	69	10.00	
Liz WRIGLEY	66	10.00	

880 YARDS SELF HANDICAP RUN

DOUG ORR MEMORIAL HEAT 4

Michael COLLINS	56	4.38	D.Q.
Bill LIOULIAKIS	53	4.42	D.Q.
Bernie McLOUGHLAN	70	4.42	D.Q.
Jason MERRETT	50	4.50	D.Q.
Peter SHANAHAN	61	4.56	
Chris ROBINSON	63	5.01	

200 METRE SPRINT

Bill LIOULIAKIS	53	30.4	
Russell OAKLEY	82	40.1	
Ann HOLCOMBE	75	42.2	
Cec McKEOWN	82	50.6	
Allan WOOD	85	57.2	

800 METRE HANDICAP WALK

		Clock	Actual
Peter SHANAHAN	61	8.52	6.32
Brian TAIT	80	8.58	7.18
Allan WOOD	85	9.00	6.55
Liz WRIGLEY	66	9.01	7.06
Gary TURNER	69	9.02	7.07
Phyllis GOSBELL	84	9.04	6.19
Paul MORITZ	63	9.06	5.11
Gordon ONLEY	87	9.07	8.12
Peter BATTRICK	79	9.10	8.40
Ann HOLCOMBE	75	9.18	5.38
Cec McKEOWN	82	9.26	6.06
Leo WATSON	81	9.26	6.11
Brian HOLCOMBE	76	9.41	8.41
Gerald BURKE	82	9.43	7.48

5 KM HANDICAP RUN

FRANK TUTCHENER SERIES HEAT 2

		Clock	Actual
Julie PIAO	49	28.02	25.02
Peter SHANAHAN	61	28.55	28.55
Bernie McLOUGHLAN	70	29.02	23.52
Jason MERRETT	50	29.58	22.28

3 KM RUN

Michael COLLINS	56	13.50	
Chris ROBINSON	63	16.11	
Paul DURRANT	61	17.07	

DISCUS THROW HANDICAP

		Best	Adjusted
Bernie McLOUGHLAN	70	22.55	41.95
Allan WOOD	85	13.33	40.83
Chris ROBINSON	63	16.19	40.44
Paul DURRANT	61	32.08	40.38
Peter SHANAHAN	61	20.26	39.81
Jack FREDRICKSON	83	11.53	39.03
Jack DURRANT	20	21.14	36.84
Maria KASZUBSKI	75	11.44	
Andrew KASZUBSKI	80	15.35	

Geelong September 7th 2022

300m

Erica Fountain	00:45
Daimin Mole	00:49
Peter Lamb	00:53
John Moore	00:58
Meg Jones	00:59
Stuart Pretty	01:03
Fred Barnett	01:28

2000m

Darren Riviere	07:20
Frank Engelsman	11:05
Jill Coyte	12:21
Fred Barnett	12:28

4000m

Stuart Pretty	17:47
Alan Jenkins	20:08
Jeff Walker	20:38
Kath Oliver	21:15

1600m

Dave Elward	06:10

800m

Darren Riviere	02:47
Daimin Mole	03:07
Stuart Pretty	03:16
Meg Jones	03:26
Jeff Walker	03:50
Frank Engelsman	03:53
Fred Barnett	04:52

Geelong September 14th 2022

200m

Daimin Mole	29.41
Navid Rashid	31.14
John Moore	32.50
Meg Jones	34.07
Oscar Pyle	35.20
Ned Pyle	39.90
Harry Pyle	42.41
Stuart Pretty	47.17
Fred Barnett	54.02
Alan Jenkins	54.91

2000m

Charlie El Hage	08:26
Jill Coyte	14:08

2800m

Angus Jones	10:46
Darren Riviere	11:36
Stuart Pretty	12:24
Ned Pyle	12:51
Alan Jenkins	13:14
Daryl Hurst	14:07
Navid Rashid	14:43
Louis Rowan	14:50
Kath Oliver	14:52
Gerry Fitzpatrick	15:25
Frank Engelsman	15:52
Fiona Fitzpatrick	16:47

800m

Harry Pyle	04:38

1000m

Darren Riviere	03:29
Dave Palmer	03:31
Navid Rashid	03:55
Daimin Mole	04:03
Oscar Pyle	04:12
Stuart Pretty	04:29
Ned Pyle	04:34
Meg Jones	04:53
Gerry Fitzpatrick	05:03
Harry Pyle	05:04
Frank Engelsman	05:04
Kath Oliver	05:05
Daryl Hurst	05:53
John Moore	06:00
Fred Barnett	06:01

Geelong September 21st 2022

100m

Daimin Mole	14.67
John Moore	15.25
Peter Lamb	15.64
Fred Barnett	24.85

2400m

Navid Rashid	10:08
Daryl Hurst	12:09
Jeff Walker	12:21
Frank Engelsman	13:07
Carol Bridgland	14:39
Jill Coyte	15:33

Geelong September 21st 2022 (cont)

1600m

Dave Palmer	06:07
Dave Elward	06:07
Navid Rashid	07:42
Jeff Walker	08:02
Daryl Hurst	08:15
Kath Oliver	08:17
Frank Engelsman	08:29
Carol Bridgland	09:49
Fred Barnett	09:56

Geelong September 28th 2022

400m

Luke Haines	01:02
Daimin Mole	01:09
Navid Rashid	01:16
Meg Jones	01:24
G Jones	01:25
Stuart Pretty	01:34
Fred Barnett	02:09

2000m

Darren Riviere	07:58
Charlie El Hage	08:29
Navid Rashid	10:53
Carol Bridgland	12:13
Jill Coyte	12:26
Fred Barnett	12:33

4000m

Luke Haines	15:15
Stuart Pretty	18:04
Daryl Hurst	20:27
Frank Engelsman	20:34

800m

Dave Palmer	02:44
Darren Riviere	02:45
Peter Lamb	03:17
Frank Engelsman	04:22
Carol Bridgland	04:29
Daryl Hurst	04:41
Fred Barnett	04:52

Glen Eira September 6th 2022

100m H/C (Sealed)		**Clock**	**H/C**	**Diff**
Michelle Edmonds	48	17.40	18.0	-0.6
June Treweek	61	16.08	16.5	-0.42
Vivienne Cash	70	16.59	17.0	-0.41
Chris Brown	66	15.6	16.0	-0.4
Aggie Byers	43	15.29	15.6	-0.31
Jim Rountree	63	16.29	16.5	-0.21
Leisa Hunt	50	18.49	18.6	-0.11
Kurt Golonka	52	13.16	13.1	0.06
Mike Clapper	70	14.51	14.4	0.11
Glad Wishart	78	21.09	20.7	0.39
Greg Hughes	64	19.75	18.6	1.15
Paul Lynch	72	19.38	18.2	1.18
Rock Lee	43	13.20		

700m E/T (Points)		**Clock**	**E/T**	**Diff**
Kurt Golonka	52	2.52.3	3.00	7.7
Janet Holmes	69	3.11.4	3.20	8.6
Oscar Lorentzen	11	2.26	2.35	9.0
Mike Clapper	70	2.20.6	2.30	9.4
Sarah Lorentzen	43	2.29.7	2.40	10.3
Simone O'Brien	50	2.44.2	3.03	18.8
Greg Hughes	63	3.42.3	4.04	21.7
Sean Yao	17	2.30.4	4.00	89.6

200m H/C (Sealed)		**Clock**	**H/C**	**Diff**
Vivienne Cash	70	34.71	36.0	-1.29
Aggie Byers	43	32.73	33.0	-0.27
June Treweek	61	35.1	35.2	-0.1
Jim Rountree	63	34.33	34.2	0.13
Rock Lee	43	30.29	30.0	0.29
Oscar Lorentzen	11	32.42	32.0	0.42
Michelle Edmonds	48	38.64	37.9	0.74
Kurt Golonka	52	28.39	27.3	1.09

Sandra Middleton 3k H/C		**Clock**	**H/C**	**H/C Time**
Terry O'Neill	66	30.05	11.35	18.30
Jim Berrington	66	30.11	11.10	19.01
Cynthia Ellery	73	30.12	4.14	25.58
Karyn O'Neill	67	30.24	9.36	20.48
June Treweek	61	30.27	7.00	23.27
Mark Cant	61	30.28	12.10	18.18
Jim Rountree	63	30.50	9.29	21.21
Alice Sephton	40	30.59	2.35	28.24
Gwen Steed	80	31.01	8.00	23.01
Michael Heffernan	87	31.17	GO	31.17
Tony Doran	70	33.02	9.10	23.52

Ray Kemp 3k H/C sealed		**Clock**	**H/C**	**H/C Time**
Sean Yao	17	17.00	5.00	12.00
Sarah Lorentzen	43	18.45	4.20	14.25
Greg Hughes	64	19.08	1.00	18.08
Simone O'Brien	50	19.13	4.30	14.43
Helen Van Der Nagel	64	19.15	1.00	18.15
Leisa Hunt	50	19.17	1.00	18.17

Glen Eira September 6th 2022 (cont)

Mike Clapper	70	19.41	4.30	15.11
Merle Want	61	19.42	2.30	17.12
Simon Lloyd	67	19.43	7.35	12.08
Nora Lau	48	19.45	1.30	18.15
Chris Brown	66	19.54	3.50	16.04
Jo Cockwill	70	19.58	2.30	17.28
Chris Campbell	73	20.08	4.40	15.28
James Kingston	54	20.15	8.20	11.55
Karen Monohan	56	20.22	GO	20.22
Michelle Edmonds	48	20.38	GO	20.38
Janet Holmes	69	21.05	3.30	17.35
Jane Sturzaker	69	21.15	1.30	19.45

Glen Eira September 13th 2022

4 x 100m relay		**Clock**		
Leisa Hunt	50			
Jim Rountree	63			
Hugh Stevenson	61			
Kurt Golonka	52	62.40		
Glad Wishart	78			
Vivienne Cash	70			
June Treweek	61			
Rock Lee	40	66.10		
Michelle Edmonds	48			
Bob Wishart	80			
Simon Lloyd	67			
Aggie Byers	43	66.50		
500m E/T		**E/T**	**Clock**	**Diff**
Rowan Cole	57	2.20	2.19.6	0.4
James Kingston	54	1.30	1.27.9	2.1
Mike Clapper	70	1.32	1.34.2	2.2
Janet Holmes	69	2.10	2.07.6	2.4
Kurt Golonka	52	1.26	1.30.2	4.2
Simone O'Brien	50	2.03	1.56.1	6.9
Greg Hughes	64	2.30	2.16.8	13.2
Alice Sephton	00:00	3.00	2.44	16
150m H/C		**Clock**	**H/C**	**H/C time**
Kurt Golonka	52	32.61	12	20.61
Hugh Stevenson	61	32.70	9	23.70
Rock Lee	40	32.79	12	20.79
Glad Wishart	78	33.31	GO	33.31
Jim Rountree	63	33.59	8	25.59
June Treweek	61	33.81	7	26.81
Aggie Byers	43	33.83	10	23.82
Greg Hughes	64	34.7	3	31.7
Vivienne Cash	70	34.81	8	26.81
Michelle Edmonds	48	35.97	5	30.97
Sean Yao	17	36.25	6	30.25
Spiral H/C (6 laps) Walk/Run			**H/C**	**H/C time**
Karen Monohan	56	24.49	8.05	16.44
Greg Hughes	64	24.55	3.30	21.25
Jim Rountree	63	25.09	7.25	17.44
Jim Berrington	66	25.16	9.10	16.06
Hugh Stevenson	61	25.21	8.45	16.36
Mark Cant	61	25.21	10.15	15.06
Leisa Hunt	50	25.23	10.55	14.28
Michael Heffernan	87	25.23	0.15	25.08
June Treweek	61	25.23	5.55	19.28
Simone O'Brien	50	25.24	13.10	12.14
Jo Cockwill	70	25.24	10.45	14.39
Helen Van Der Nagel	65	25.25	10.05	15.20
Rowan Cole	57	25.27	13.10	12.17
Karyn O'Neill	67	25.28	7.55	17.33
Janet Holmes	69	25.35	11.25	14.10
James Kingston	54	25.37	15.30	10.07
Chris Campbell	73	25.39	13.10	12.29
Terry O'Neill	66	25.44	10.05	15.39
Gwen Steed	80	25.46	6.35	19.11
Mike Clapper	70	25.47	13.10	12.37
Simon Lloyd	67	25.48	15.45	10.03
Chris Grafen	58	26.08	14.25	11.43
Phil Urquhart	77	26.11	3.30	22.41
Nora Luo	48	26.16	10.45	15.31
Sandra Middleton	73	26.16	7.15	19.01
Tony Doran	70	26.16	7.15	19.01
Des Middleton	75	26.41	3.30	23.11
Michelle Edmonds	48	27.39	9.40	17.59
Alice Sephton	40	28.07	1.35	26.32
Sean Yao	17	29.52	15.45	14.07

Glen Eira September 20th 2022

60m E/T		**Clock**	**E/T**	**Diff**
Hugh Stevenson	61	9.11	9.10	0.01
Aggie Byers	43	8.87	8.80	0.07
Glad Wishart	78	12.55	12.90	0.35
Mike Clapper	70	8.62	9.00	0.38
Jarvis Wishart	8	12.52	12.95	0.43
Stephen Wishart	50	7.98	8.45	0.47
Bob Wishart	80	10.11	10.60	0.49
Leisa Hunt	50	11.68	12.22	0.54
June Treweek	61	9.23	9.80	0.57
Rock Lee	40	8.15		
Vivienne Cash	70	9.42		
Sean Yao	17	9.57		
Nemo Yao	14	9.80		
Max Luo	9	12.28		
800m H/C (age %)		**Clock**	**H/C**	**H/C time**
Janet Holmes	69	4.56.1	69	3.47.1
Simone O'Brien	50	4.53.8	98	3.15.8
Rowan Cole	57	4.55.6	79	3.36.6
Alice Sephton	40	4.45.3	40	4.45.3
Sophie McCaffrey	11	5.28.2	120	3.28.2

Glen Eira September 20th 2022 (cont)

400m E/T		**Clock**	**E/T**	**Diff**
Aggie Byers	43	76.2	76	0.2
Mike Clapper	70	69.9	70	0.4
Nemo Yao	11	80.8	85	4.2
Hugh Stevenson	61	82.2	87	4.8
Sean Yao	17	78.4	84	5.6
Maxwell Luo	9	110.90	94	16.9
Rock Lee	40	72.40	90	17.6
Nora Luo	48	116.70	96	20.7
3k walk E/T		**Clock**	**E/T**	**Diff**
Gwen Steed	80	22.16	22.15	1
Janet Holmes	69	21.44	21.30	14
Des Middleton	75	24.41	24.15	26
Linda McCaffrey	44	29.30	30.00	-30
Tony Doran	70	22.02	22.45	-43
Michael Heffernan	87	31.57	31.00	57
Leisa Hunt	50	29.30	25.00	270
5k walk E/T		**Clock**	**E/T**	**Diff**
Jim Berrington	66	34.03	33.2	43.00
Sandra Middleton	73	37.09	38.0	-51.00
Karyn O'Neill	67	35.02	36.0	-58.00
June Treweek	61	38.37		
Judy Wines 6k H/C		**Clock**	**H/C**	**Diff**
Hugh Stevenson	61	38.44	39.30	-0.46
Nicky Grafen	11	30.48	31.30	-0.42
Chris Campbell	73	31.24	32.00	-0.36
Merle Want	61	35.31	36.00	-0.29
Simon Lloyd	67	26.00	26.00	0
Terry O'Neill	66	30.01	30.00	0.01
Nora Luo	48	38.09	38.00	0.09
Chris Grafen	58	27.42	27.30	0.12
Simone O'Brien	50	31.23	31.00	0.23
Chris Brown	67	34.02	33.00	1.02
Karen Monohan	56	43.09	42.00	1.09
Jane Sturzaker	69	40.31	39.00	1.31
Sarah Johnson	39	43.08	39.00	4.08
Sean Yao	17	36.40	32.00	4.40
Nemo Yao	14	36.40		
Maxwell Luo	9	41.02		
Rowan Cole	57	20.00	(4k)	
Phil Urquhart	78	28.40	(4k)	

Glen Eira September 27th 2022

110m E/T		**Clock**	**E/T**	**Diff**
Chris Brown	67	18.33	18.00	0.33
Rock Lee	40	15.58	16.00	0.42
Mike Clapper	70	16.84	16.40	0.44
Aggie Byers	43	17.06	16.42	0.64
Hugh Stevenson	61	17.3	16.6	0.7
Bob Wishart	80	18.07	18.78	0.71
Kurt Golonka	52	15.35	14.50	0.85
Vivienne Cash	70	19.00	18.1	0.90
Glad Wishart	78	24.95	24.0	0.99
Jim Rountree	63	18.26	17.0	1.26
Michelle Edmonds	48	21.57	20,2	1.37
Jo Whittle	50	24.33	20.2	4.13
150m E/T		**Clock**	**E/T**	**Diff**
Mike Clapper	70	22.58	22.6	0.02
Jo Whittle	50	33.16	33.2	0.04
Vivienne Cash	70	26.17	26	0.17
Hugh Stevenson	61	23.28	23.1	0.18
Aggie Byers	43	23.89	23.7	0.19
Jim Rountree	63	25.67	25.0	0.67
Chris Brown	67	25.68	25.0	0.68
Michelle Edmonds	48	31.18	29.9	1.28
Glad Wishart	78	35.93	34.2	1.70
Kurt Golonka	52	23.54	20.5	3.04
Rock Lee	40	22.40	30.0	7.60
500m H/C		**Clock**	**H/C**	**H/C time**
Kurt Golonka	52	2.02.6	32	1.30.6
James Kingston	54	2.03.3	32	1.31.3
Sarah Lorentzen	43	2.06.6	22	1.44.6
Jo Whittle	50	2.10.2	GO	2.10.2
Spiral H/C (7 laps) Walk/Run			**H/C**	**H/C TIME**
Greg Hughes	64	29.43	5.00	24.43
Cynthia Ellery	73	29.49	4.15	25.34
Karyn O'Neill	67	30.04	9.25	20.39
Michelle Edmonds	48	30.08	10.45	19.23
Gwen Steed	80	30.12	7.55	22.17
Sandra Middleton	73	30.17	8.25	21.52
Jo Cockwill	70	30.18	13.05	17.13
Hugh Stevenson	61	30.19	10.45	19.34
Jim Berrington	66	30.25	11.15	19.10
Terry O'Neill	66	30.36	12.05	18.31
Mark Cant	61	30.39	12.35	18.04
Michael Heffernan	87	30.41	0.35	30.06
Janet Holmes	69	30.52	13.40	17.12
Jim Rountree	63	31.07	9.25	21.42
Mike Clapper	70	31.17	16.15	15.02
James Kingston	53	31.26	18.40	12.46
Sarah Lorentzen	43	31.30	17.20	14.10
Jo Whittle	50	31.31	15.30	16.01
Simon Lloyd	67	31.38	18.55	12.43
Chris Campbell	73	31.40	15.45	15.55
Helen Van Der Nagel	65	31.45	12.20	19.25
Phil Urquhart	78	31.54	11.50	20.04
Tony Doran	70	31.56	8.25	23.31
Jane Sturzaker	69	32.26	12.20	20.06
Syd Bone	65	32.45	17.50	14.55
Chris Brown	67	32.55	15.45	17.10

KNOX September 7th 2022

800m walk

Mick Carr	69	5.19	
Peter Shanahan	61	5.20	
Glenn Claiden	68	7.40	
Anne McPherson	66	7.41	
Andrea Putting	59	8.28	
Maggie Hawkes	66	8.29	
Erika Bedyn	59	8.51	
Glenys Brown	69	8.52	
Bob Henderson	75	9.02	
Sam De Fanis	74	9.03	
David Wear	76	9.04	
Paul Twining	73	9.05	
Peter Thorne	74	9.06	
Stephen Richards	61	9.07	
Paul Bainbridge	58	9.43	
Paul Walsh	58	9.45	
Gerard McDonald	58	9.46	

Sprint

Paul Walsh	58	15.2	100m
Peter Shanahan	61	17.85	80m
Paul Bainbridge	58	18.79	100m

Half mile self hcp

Paul Walsh	58	3.24	dq
Paul Bainbridge	58	3.45	dq
Sam De Fanis	74	4.28	dq
Bob Henderson	75	4.16	dq
Stephen Richards	61	3.50	dq
Mick Carr	69	5.12	1st
Erika Bedyn	59	3.49	2nd
Paul Twining	73	4.00	3rd
Peter Shanahan	61	3.56	
Paul Durrant	61	3.16	
Helen Stanley	66	3.46	
Peter Thorne	74	4.17	
David Wear	76	4.26	
Anne McPherson	66	4.34	

Distance event

Bob Henderson	75	10.33	1.6k
Stephen Richards	61	10.57	2k
Anne McPherson	66	11.03	2k
Peter Shanahan	61	11.36	2k
Erika Bedyn	59	12.32	2k
David Wear	76	12.35	2k
Paul Bainbridge	58	15.15	2k
Paul Walsh	58	15.16	2k
Paul Twining	73	21.53	4k
Sam De Fanis	74	22.04	4k
Helen Stanley	66	24.04	4k
Peter Thorne	74	24.33	4k
Mick Carr	69	27.46	4k

KNOX September 14th 2022

800m walk

Mick Carr	69	5.44	
Peter Shanahan	61	5.46	
Glenn Claiden	68	7.36	
Sam De Fanis	74	8.35	
Stephen Richards	61	9.11	
Bob Henderson	75	9.12	
Julie Richards	59	9.16	
Marina Curnow	74	9.17	
Peter Thorne	74	9.22	
Gerard McDonald	58	9.24	
Paul Bainbridge	58	9.25	
Paul Walsh	58	9.26	
Peter LeGet	88	10.08	
Mark Harris	54	10.53	

60m

Paul Walsh	58	14.8	
Paul Bainbridge	58	17.13	
Peter Shanahan	61	18.05	

Half mile self hcp

No times		
Bob Henderson	75	winner
Stephen Richards	61	2nd
Peter Thorne	74	3rd
Paul Durrant	61	
Peter Shanahan	61	
Paul Walsh	58	
Mick Carr	69	
Paul Bainbridge	58	
Ryan Clark	46	
Sam De Fanis	74	

10lap spiral

Ryan Clark	46	22.14	
Paul Bainbridge	58	22.22	
Sam De Fanis	74	24.03	
Peter Thorne	74	26.14	
Stephen Richards	61	27.42	
Peter Shanahan	61	29.15	
Mick Carr	69	30.1	
Bob Henderson	75	9.57	1.2k

KNOX September 14th 2022 (cont)

200m

Paul Walsh	58	32.3	
Stephen Richards	61	35.44	
Ryan Clark	46	48.77	
Peter Shanahan	61	52	
Mick Carr	69	69.65	

KNOX September 21st 2022

800m walk

Mick Carr	69	5.38	
Peter Shanahan	61	5.53	
Glenn Claiden	68	7.32	
Anne McPherson	66	8.3	
Graeme Leticq	7	8.31	
Bob Henderson	76	9.36	
David Wear	76	9.37	
Mark Harris	54	9.49	
Gerard McDonald	58	9.51	
Paul Walsh	58	9.52	

Sprint

Paul Walsh	58	15.49	100m
Gerard McDonald	58	16.96	60m
Peter Shanahan	61	18.36	80m

300m

Paul Walsh	58	51.72	
Peter Shanahan	61	61.13	
Gerard McDonald	58	61.26	

Half mile self hcp

Bob Henderson	76	4.59dq	
Mick Carr	69	5.13dq	
Peter Shanahan	61	3.52	winner
Paul Durrant	61	3.07	2nd
David Wear	76	4.41	3rd
David Wear	76	3.12	
Sam De Fanis	74	4.32	
Anne McPherson	66	4.26	
Helen Stanley	66	3.52	
Graeme Leticq	67	4.39	
Glenn Claiden	68	5.4	

Distance

1k

Anne McPherson	66	6.01	
David Wear	76	6.31	
Glenn Claiden	68	13.2	
Bob Henderson	76	13.26	

3k

Sam De Fanis	74	17.26	

5k

Helen Stanley	66	29.18	
Graeme Leticq	67	29.2	
Peter Shanahan	61	30.05	
Mick Carr	69	35.59	

KNOX September 28th 2022

800m walk

Mick Carr	69	5.44	
Jack Durrant	25	7.39	
Anne McPherson	66	7.49	
Stephen Richards	61	7.5	
Maggie Hawkes	66	9.12	
Mark Harris	54	9.36	
Paul Twining	73	9.47	
David Wear	76	9.48	
Bob Henderson	76	9.49	
Paul Walsh	58	10.35	
Gerard McDonald	58	10.35	
Ian U'Ren	71	10.55	

Sprint

Stephen Richards	61	14.44	80m
Gerard McDonald	58	16.52	65m
Paul Walsh	58	17.76	110m

800m NOT

Gerard McDonald	58	2.03	400m
Paul Durrant	61	3.04	winner
Paul Walsh	58	3.17	
Stephen Richards	61	3.35	
Paul Twining	73	3.58	3rd
Anne McPherson	66	4.18	2nd
David Wear	76	4.41	
Mick Carr	69	7.58	1200m

200m

Paul Walsh	58	32.12	
Stephen Richards	61	34.86	
Gerard McDonald	58	52.7	

Long Distance

Anne McPherson	66	10.5	2k
David Wear	76	11.17	2k
Stephen Richards	61	11.46	2k
Paul Durrant	61	13.16	2k
Maggie Hawkes	66	15.29	2k
Paul Walsh	58	23.28	2.4k
Paul Twining	73	20.59.86	4k
Mick Carr	69	28.43	4k

MENTONE September 7th 2022

800m E.T. Walk

		Clock	Diff
Maureen Seedsman	85	6.27	0.01
Sylvia Machin	81	6.06	0.01
Jenny Swinden	67	5.31	0.01
Jim Swinden	68	6.06	-0.02
Nola Finn	86	10.17	-0.03
Chrissie Georgakis	60	6.05	-0.05
Ian Beaumont	86	7.59	-0.07
Susan Short	48	5.09	0.09
Daniel Short	Inv	5.24	0.09
Gwen Steed	80	5.47	-0.17
Julian Boland	59	5.06	0.26
Margaret Beaumont	84	8.02	-0.44

300m H/C "Agg Event"

		Clock	Metres	Pts
Stephen Wishart	50	40.65	40	7
John Mackay	55	41.04	40	5
Ron Arthur	82	42.07	84	4
Vivienne Cash	70	43.70	57	3
Julian Boland	59	47.74	40	2
Greg Hughes	64	62.54	40	1
Mila Wishart	Inv	42.45	100	
Gemma Mackay	Inv	44.46	100	
Jarvis Wishart	Inv	51.65	100	

1000m E.T.

		Clock	Diff
Avril Britter	63	5.18.1	-1.9
Tony Cartwright	46	4.37.7	-2.3
Ciara Short	Inv	4.17.3	2.3
Susan Short	48	3.56.8	-3.2
Daniel Short	Inv	4.09.2	-5.8
David Short	45	3.24.7	-10.3
Sandra Wynne	71	5.01.7	10.7

2 Miles E.T. "Agg Event"

		Clock	Diff	Pts
Sandra Wynne	71	17.54	-0.01	7
Avril Britter	63	19.56	0.40	5
Ashley Birrell	77	19.17	0.47	4

60m E.T.

		Clock	Diff
David Short	45	8.38	0.02
Stephen Wishart	50	8.31	0.06
Bob Wishart	80	10.54	0.14
Sandra Wynne	71	11.68	0.33
Susan Short	48	9.57	-0.43
Ron Arthur	82	10.45	0.75
Glad Wishart	78	12.81	0.85
Mila Wishart	Inv	11.02	0.97
Jarvis Wishart	Inv	13.34	1.79
Julian Boland	59	9.79	
Ciara Short	Inv	10.05	
Daniel Short	Inv	10.22	
Gemma Mackay	Inv	*No result*	
John Mackay	55	*No result*	
Jim Swinden	68	*No result*	
Avril Britter	63	*No result*	
Vivienne Cash	70	*No result*	

5 Lap Spiral Walk E.T. "Agg Event"

		Clock	Diff	Pts
Maureen Seedsman	85	18.02	-0.03	7
Jenny Swinden	67	15.26	-0.19	5
Jim Swinden	68	16.13	-0.32	4
Ian Beaumont	86	21.42	-0.35	3
Chrissie Georgakis	60	15.40	-1.01	2
Sylvia Machin	81	16.15	-1.05	1
Margaret Beaumont	84	21.45	-1.15	1
Greg Hughes	64	18.01	-2.46	1
Julian Boland	59	13.56	3.57	1

MENTONE September 14th 2022

1 Mile Self H/C

John Waite Trophy

		Clock	Actual	
Avril Britter	63	8.55.5	8.55.5	
Greg Hughes	64	10.18.0	9.28.0	
Becky Cartwright	40	10.44.5	10.18.5	
Josh Cartwright	Inv	8.35.9	7.00.1	DQ
Col Waring	76	8.37.7	7.56.7	DQ
Helen Castel	59	8.38.3	8.12.3	DQ
Sandra Wynne	71	8.42.5	8.24.5	DQ

MENTONE September 14th 2022

400m E.T. Walk		Clock	Diff
Ian Beaumont	86	3.57	0.00
Jim Swinden	68	2.56	0.01
Sylvia Machin	81	2.58	-0.02
Dawn Bennett	77	3.05	-0.03
Michael Boulton	67	3.12	-0.03
Jenny Swinden	67	2.38	0.03
Maureen Seedsman	85	3.04	-0.05
Julian Boland	59	2.31	0.05
Ethan Cartwright	Inv	2.54	-0.06
Nola Finn	86	4.46	-0.09
Jarvis Wishart	Inv	3.12	0.10
Mila Wishart	Inv	2.49	-0.11
Ralph Bennett	80	2.23	-0.12
Kevin Cassidy	62	1.57	-0.13
Kylie Irshad	50	2.02	-0.13
John Mathew	85	3.55	-0.20
Margaret Beaumont	84	3.59	-0.21
Helen Bryan	52	5.24	0.44
Jeanne Bryan	80	5.24	0.54

150m E.T.	John Waite Trophy		
		Clock	Diff
Greg Hughes	64	31.73	0.03
Stephen Wishart	50	21.18	0.13
Vivienne Cash	70	25.85	0.25
John Mackay	55	23.34	0.66
Sandra Wynne	71	31.07	0.93
Glad Wishart	78	34.16	1.02
Avril Britter	63	30.64	1.04
Julian Boland	59	24.80	2.32
Becky Cartwright	40	31.12	7.12
Helen Castel	59	29.72	8.28
John Mathew 60m	85	20.58	1.58
Mila Wishart	Inv	26.92	0.33
Josh Cartwright	Inv	27.37	6.37
Jarvis Wishart	Inv	36.42	6.57
Ethan Cartwright	Inv	28.59	6.59

4km E.T.	Waite Trophy		
		Clock	Diff
Helen Castel	59	25.05	-0.01
Avril Britter	63	25.40	-0.15
Ashley Birrell	77	24.23	1.23
Sandra Wynne	71	22.50	-1.40
Greg Hughes	64	26.59	4.31

1000m E.T. Walk		Clock	Diff
Julian Boland	59	6.38	-0.04
Stephen Bird	59	9.17	0.17
Margaret Beaumont	84	10.42	-1.00
Nola Finn	86	13.29	1.09
Jeanne Bryan	80	13.46	-1.34
John Mathew	85	12.51	1.51
Helen Bryan	52	13.46	2.14
Kylie Irshad ***	50	6.24	

3000m E.T. Walk		Clock	Diff
Dawn Bennett	77	25.43	-0.02
Sylvia Machin	81	23.47	0.02
Jenny Swinden	67	21.56	0.06
Jim Swinden	68	23.46	0.06
Geoff Barrow	73	22.39	-0.19
Ian Beaumont	86	32.02	-0.28
Gwen Steed ***	80	22.58	-0.31
Kevin Cassidy	62	16.54	-0.36
Michael Boulton	67	27.06	-1.04
Ralph Bennett ***	80	18.33	-2.27

John Waite Trophy - Results		
Avril Britter	15	Points
Helen Castel	10	Points
Sandra Wynne	9	Points

John Waite Trophy - Results		
Greg Hughes	19	Points
Ashley Birrell	7	Points
Stephen Wishart	5	Points

MENTONE September 21st 2022

500m E.T. Walk		Clock	Diff
Michael Boulton @	67	4.08	-0.02
Kylie Irshad @	50	2.37	0.02
Ralph Bennett	80	2.58	0.03
Sylvia Machin	81	3.48	0.03
Ian Beaumont	86	5.00	0.04
Greg Hughes	64	3.47	0.04
Dawn Bennett	77	3.58	-0.07
Susan Short	48	2.53	-0.07
Margaret Beaumont	84	5.02	0.11
Julian Boland	59	3.04	0.13
Emma Wishart	46	3.39	-0.21
John Mathew	85	5.26	0.26
Nola Finn	86	6.09	-0.46
Daniel Short	Inv	3.14	-0.01
Jarvis Wishart	Inv	3.40	-0.30

3km E.T.		Clock	Diff
Avril Britter	63	18.19	0.10
Greg Hughes	64	18.36	0.30
Sandra Wynne	71	16.21	-0.49
Helen Castel	59	16.13	-1.25

MENTONE September 21st 2022 (cont)

800m E.T.		Clock	Diff
Daniel Short	Inv	3.05.6	0.6
Avril Britter	63	4.09.6	2.6
Susan Short	48	3.06.1	6.1
Col Waring	76	3.38.1	-11.9
Sandra Wynne	71	3.55.3	12.7
Jarvis Wishart	Inv	4.12.4	-2.20.6

110m E.T.		Clock	Diff
Vivienne Cash @	70	18.14	-0.01
Ron Arthur	82	19.71	-0.09
Susan Short	48	17.87	-0.13
Julian Boland	59	17.38	-0.39
Glad Wishart	78	24.43	0.47
Avril Britter	63	20.98	-0.59
Greg Hughes	64	22.15	-0.85
Stephen Wishart	50	15.37	0.92
Bob Wishart	80	18.25	-0.95
John Mathew 60mts	85	20.24	1.24
Daniel Short	Inv	18.66	0.51
Jarvis Wishart	Inv	25.68	3.18

1500m E.T.		Clock	Diff
Sylvia Machin	81	11.42	0.02
Geoff Barrow	73	11.06	-0.04
Margaret Beaumont	84	16.26	-0.07
Dawn Bennett	77	12.29	-0.11
Gwen Steed ***	80	10.58	-0.12
Ian Beaumont	86	16.10	0.22
Julian Boland	59	10.28	0.35
Ralph Bennett	80	9.09	-0.41
Stephen Bird	59	12.44	0.44
John Mathew	85	21.04	4.04

MENTONE September 28th 2022

250m E.T.		Clock	Diff
Julian Boland ***	59	46.83	0.17
Vivienne Cash	70	47.05	1.05
John Mathew 60m	85	19.72	0.28

3km E.T.		Clock	Diff
Avril Britter	63	18.07	-0.02
Sandra Wynne	71	17.24	0.34
Kylie Irshad	50	17.18	1.18
Peta Hough	31	17.18	-2.82

600m E.T. Walk		Clock	Diff
Jim Swinden	68	4.24	0.00
Kylie Irshad	50	3.09	-0.01
Maureen Seedsman	85	4.45	0.01
Michael Boulton	67	5.11	0.01
Sylvia Machin	81	4.33	-0.02
Jenny Swinden	67	4.08	0.02
Greg Hughes	64	4.45	0.03
Ralph Bennett	80	3.36	0.03
Chriss Georgakis	60	4.25	-0.05
Nola Finn	86	7.25	0.05
Dawn Bennett	77	4.54	-0.11
Margaret Beaumont	84	6.11	0.16
Ian Beaumont	86	6.16	0.18
Julian Boland	59	4.03	0.23
John Mathew	85	6.57	0.27

3km Walk E.T.		Clock	Diff
Sylvia Machin	81	23.40	0.00
Jenny Swinden	67	21.56	0.00
Margaret Beaumont	84	34.02	0.02
Michael Boulton	67	27.16	0.06
Jim Swinden	68	23.39	-0.11
Gwen Steed ***	80	22.13	-0.12
Geoff Barrow	73	22.30	0.18
Ian Beaumont	86	31.43	-0.24
Dawn Bennett	77	25.46	-0.44
Maureen Seedsman	85	26.44	1.04
Greg Hughes	64	26.44	1.09
Chriss Georgakis	60	22.56	-1.14
Ralph Bennett ***	80	18.28	1.28

1200m Self H/C "Agg Event"

		Clock	Actual	Pts
Greg Hughes	64	6.44.6	6.44.6	7
Sandra Wynne	71	6.46.9	6.16.9	5
Avril Britter	63	6.42.4	6.22.4	4
Roz Walker	59	6.40.4	5.20.4	3
Col Waring	76	6.29.0	5.34.0	1
Helen Castel	59	6.36.7	5.56.7	1

60m E.T.		Clock	Diff
Greg Hughes	64	12.01	0.01
Vivienne Cash	70	10.15	0.05
Julian Boland	59	10.09	0.12
John Mathew	85	20.18	0.18
Glad Wishart	78	12.80	0.24
Bob Wishart	80	10.90	0.40
Helen Castel	59	11.09	0.41
Avril Britter	63	11.59	0.44
Jim Swinden	68	13.06	0.94

SPRINGVALE September 7th 2022

ROSS MARTIN HCP. Final heat

3000 metres hcp.		actual	clock
Lindsay OXENHAM	73	17.25	20.50
Helen ANDERSON	60	15.59	21.03
Bill IRVINE	74	16.08	21.09
Tracey HUTCHINSON	52	21.23	21.23
Dominique RUELLOT	70	21.24	21.24
Lou BUCCIERI	67	16.35	21.36
Troy JEFFS	47	16.17	22.08

1800 metres walk hcp.		clock	hcp.
Simon FERGUSON	43	16.46	0m20s
Eric NEGROS	59	19.07	1 30
Dennis PHILLIPS	80	19.18	5 50
Ernie JEFFS	77	19.23	3 00
Peter ELLIS	71	19.24	7 30
Anand THILLAISUNDARAM	46	19.42	8 30
Tony DORAN	70	19.44	7 00
Celia JOHNSON	74	19.46	5 20
Jim SMITH	81	19.48	6 10
Rebecca KENNY	53	19.52	4 30
Pam THOMAS	76	19.54	4 50
Jenny FOX	81	19.59	0 20
Karleen JOSS KNIGHT	54	20.00	4 30
Sayed KHATAB	71	20.08	6 00
Ian TREGEAR	72	20.25	3 00
Frank ALLEN	77	20.35	4 30
Louisa WEST	44	20.45	0 00
Bronwyn GUYATT	65	21.09	0 00

800 metres hcp.		actual	clock
Lindsay OXENHAM	73	4.03	5.08
Lou BUCCIERI	67	3.45	5.15
Dominique RUELLOT	70	5.00	5.18
Dave TALBOT	67	3.19	5.19
Alan BENNIE	75	3.11	5.26
Helen ANDERSON	60	3.32	5.27
Bill IRVINE	74	3.55	5.30
Alan ANDERSON	31	3.03	5.48

200 metres walk hcp.		actual	hcp.
Jenny FOX	81	1.33	3.00
Tony DORAN	70	1.08	36.00
Pam THOMAS	76	1.26	20.00
Rebecca KENNY	53	1.22	25.00
Frank ALLEN	77	1.33	16.00
Simon FERGUSON	43	1.40	0.00
Celia JOHNSON	74	1.25	27.00
Louisa WEST	44	1.55	3.00
Mick COLGAN	71	1.36	26.00
Eric NEGROS	59	1.55	8.00
Sayed KHATAB	71	1.34	32.00

200 metres hcp.		actual	hcp.
Helen ANDERSON	60	34.00	19 sec.
Alan ANDERSON	31	24.00	30.00
Lindsay OXENHAM	73	55.00	24.00
Vin Duggal		52.00	4.00
Dominique RUELLOT	70	57.80	2.00
Chris McARDLE	69	41.40	18.00

90 metres ht.1		
Dominique RUELLOT	70	21.00
Jenny FOX	81	22.30
Celia JOHNSON	74	24.80
Simon FERGUSON	43	29.50
Louisa WEST	44	48.50
Bronwyn GUYATT	65	51.90

90 metres ht.2		
Helen ANDERSON	60	17.60
Mick COLGAN	71	18.10
Karleen JOSS KNIGHT	54	21.40
Rebecca KENNY	53	22.90
Lindsay OXENHAM	73	23.20
Eric NEGROS	59	27.20
Sayed KHATAB	71	31.50

SPRINGVALE September 14th 2022

3000 metres walk hcp.		clock	hcp.
Varlie BARNES	51	31.02	5m 30s
Jim SMITH	81	31.20	8 00
Karleen JOSS KNIGHT	54	31.47	5 20
Frank ALLEN	77	31.49	5 00
Pam THOMAS	76	31.58	5 30
Peter ELLIS	71	32.06	11 40
Anand THILLAISUNDARAM	46	32.07	12 40
Rebecca KENNY	53	32.17	7 30
Marty JOSS	16	32.20	10 30
Celia JOHNSON	74	32.35	7 20
Ernie JEFFS	77	32.39	4 00
Rob CLUTTERBUCK	69	33.00	8 00
Tony DORAN	70	33.31	9 00
Dennis PHILLIPS	80	34.26	8 30
Jenny FOX	81	35.56	0 00
Bronwyn GUYATT	65	35.56	0 00

5000 metres		clock	actual
Tracey HUTCHINSON	52	36.31	36.31
Lou BUCCIERI	67	36.44	28.34
Troy JEFFS	47	37.24	26.59
Les WILLIAMS	66	37.32	19.42
Bill IRVINE	74	37.35	28.15
Helen ANDERSON	60	37.35	27.45
Alan BENNIE	75	37.45	23.50
Lindsay OXENHAM	73	38.46	31.06

****new venue age record**

SPRINGVALE September 14th 2022 (cont)

100 metres

Alan ANDERSON	31	13.20
Marty JOSS	16	14.50
Helen ANDERSON	60	20.00
Ron HARRIS	64	22.50
Tracey HUTCHINSON	52	24.20
Dominique RUELLOT	70	24.70
Lindsay OXENHAM	73	26.20
Jenny FOX	81	27.00

other

Dominique RUELLOT	70	2.2k 16.41
Eric NEGROS	59	2.6k 30.15

800 metres

Alan ANDERSON	31	2.54
Troy JEFFS	47	3.59
Lou BUCCIERI	67	4.06
Paul MULLINS	82	4.20
Chris McARDLE	69	4.21
Lindsay OXENHAM	73	4.41
Dominique RUELLOT	70	5.12

SPRINGVALE September 21st 2022

300 metres		actual	hcp.
Lindsay OXENHAM	73	86.3	13
Padraig BRADY	40	51.6	47
Marty JOSS	16	50.1	49
Helen ANDERSON	60	57.6	46
Dominique RUELLOT	70	103.0	6
Alan ANDERSON	31	56.0	57
800 metres		actual	hcp.
Bill IRVINE	74	3.40	1m 30s
Lou BUCCIERI	67	3.41	1 35
Dominique RUELLOT	70	4.56	0 20
Helen ANDERSON	60	3 30	1 48
Lindsay OXENHAM	73	4.12	1 07
Alan BENNIE	75	3.10	2 10
Alan ANDERSON	31	2.38	2 42
Dave TALBOT	68	3.19	2 05
Paul MULLINS	82	4.05	1 20
Neil GRAY	74	3.49	1 40
Chris McARDLE	69	4.10	1 20
Troy JEFFS	47	3.31	2 00
Padraig BRADY	40	3.59	2 05

80 metres heat 1

Alan ANDERSON	31	10.90
Marty JOSS	16	11.70
Mick COLGAN	71	16.30
Ron HARRIS	65	18.00
Dominique RUELLOT	70	19.40

heat 2

Padraig BRADY	40	12.00
Helen ANDERSON	60	14.40
Bill IRVINE	74	17.20
Lindsay OXENHAM	73	19.50
Jenny FOX	81	19.70
Sayed KHATAB	71	37.30
Natalie IRVINE	77	41.20

300 metres walk		clock	hcp.
Simon FERGUSON	43	2.44	10 sec.
Ron HARRIS	65	2.51	35
Sayed KHATAB	71	2.51	45
Celia JOHNSON	74	2.51	37
Karleen JOSS KNIGHT	54	2.52	33
Jenny FOX	81	2.54	20
Pam THOMAS	76	2.56	35
Frank ALLEN	77	2.57	30
Eric NEGROS	59	2.57	10
Louisa WEST	44	3.03	0
Tony DORAN	70	3.08	50
Bronwyn GUYATT	65	3.17	0

2000 metres

Anand THILLAISUNDARAM	46	9.46
Helen ANDERSON	60	11.57
Paul WINTERTON	68	13.32
Howard REES	75	13.34
Sayed KHATAB	71	14.22
Dominique RUELLOT	70	14.41

4000 metres

Alan BENNIE	75	23.10
Lou BUCCIERI	67	23.49
Lindsay OXENHAM	73	24.06
Padraig BRADY	40	25.50

SPRINGVALE September 28th 2022

400 metres walk hcp.		actual	hcp.
Anand THILLAISUNDARAM	46	2.08	1m 40s
Rebecca KENNY	53	2.43	1 10
Frank ALLEN	77	3.13	0 45
Celia JOHNSON	74	3.00	1 00
Pam THOMAS	76	3.10	0 50
Jenny FOX	81	3.26	0 35
Eric NEGROS	59	3.39	0 25
Ron HARRIS	65	3.05	1 00
Tony DORAN	70	2.51	1 20
Natalie IRVINE	77	3.39	0 35
Bronwyn GUYATT	65	4.29	0.00

SPRINGVALE September 28th 2022 (cont)

400 metrs hcp.		actual	hcp.
Alan ANDERSON	31	60s	1m 23s
Padraig BRADY	40	74.00	1 00
Helen ANDERSON	60	83.00	0 58
Dave TALBOT	68	87.00	0 56
Dominique RUELLOT	70	145.00	0.00
700 metres			
Alan ANDERSON	31	3.04	
Neil GRAY	74	3.10	
Chris McARDLE	69	3.25	
Paul MULLINS	82	3.29	
Dominique RUELLOT	70	4.19	
70 metres			
Mick COLGAN	71	14.20	
Jenny FOX	81	17.30	
Eric NEGROS	59	22.50	
5000 metres hcp			
Troy JEFFS	47	26.18	9m 40s
Les WILLIAMS	66	19.06	17 00
Lou BUCCIERI	67	28.19	7 50
Alan BENNIE	75	23.23	13 00
Dave TALBOT	68	27.28	9 00
Tracey HUTCHINSON	52	36.30	0 10
Helen ANDERSON	60	27.42	9 00
Bill IRVINE	74	28.15	8 30
Padraig BRADY	40	30.57	9 00

** Les resets his own age venue record

3000 metres walk hcp.		clock	hcp.
Tony JOHNSON	82	31.54	8m 00s
Tony DORAN	70	32.06	9 40
Celia JOHNSON	74	32.07	8 00
Jim SMITH	81	32.33	9 40
Frank ALLEN	77	32.37	6 00
Ian TREGEAR	72	32.38	5 00
Anand THILLAISUNDARAM	46	33.06	13 20
Pam THOMAS	76	33.09	6 30
Ernie JEFFS	77	33.12	4 50
John MANNING	76	33.17	7 50
Rebecca KENNY	53	33.43	8 10
Eric NEGROS	59	33.43	4 00
Ron HARRIS	65	34.52	7 30
Bronwyn GUYATT	65	36.38	0 00
Jenny FOX	81	31.57	2.6 km
Howard REES	75	30.5	3.3km
Dominique RUELLOT	70	23.34	3 km