

Around the Grounds

Venue Results for November 2023



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

ABERFELDIE 1st November 2023

100m	Age	Time	Age-grade
Tony Bradford	84	20.5	68.6%
John Papworth	55	14.9	74.4%
Michael Orelli	79	30.1	44.0%
Mal Hodgart	63	26.7	43.8%
Gavin White	50	17.1	62.7%
Maggie Armstrong	61	17.3	72.3%
Helen Pelns	61	16.5	75.8%
Marlon Cummings	45	12.9	80.7%

1200m	Age	Time	
John Papworth	55	04:42	
Michael Orelli	79	07:31	
Mojtaba Shariati	50	05:54	
Mal Hodgart	63	05:49	
Marlon Cummings	45	04:31	
Matthew Goodger	46	07:32	
Carl Young	49	05:19	
Bill Ristevski	59	07:22	

400m	Age	Time	Age-grade
John Papworth	55	73.0	68.3%
Mal Hodgart	63	112.5	46.9%
Maggie Armstrong	61	84.4	71.4%
Graham Eadie	72	96.7	58.3%
Helen Pelns	61	87.1	69.2%
Marlon Cummings	45	64.4	72.6%
Mojtaba Shariati	50	102.0	47.3%

2 miles	Age	Time	Age-grade
John Papworth	55	13:21	70.6%
Shane Draper	50	13:40	66.2%
Maria Abfalder	55	18:59	59.5%
Mojtaba Shariati	50	18:58	47.7%
David Jones	72	17:43	62.6%
Mal Hodgart	63	16:09	62.5%
Carl Young	49	15:45	57.0%
Janice Hodgart	60	16:24	73.9%
Graham Eadie	72	20:02	55.3%
Bill Ristevski	59	20:19	48.0%
Cheryl Beveridge	58	17:58	65.5%
John Cooper	71	36.6	68.2%
Mal Hodgart	63	55.1	42.7%
Tony Bradford	84	47.1	60.4%
Maggie Armstrong	61	37.2	69.4%

ABERFELDIE 1st November 2023

110m	Age	Time
Tony Bradford	84	23.0
Bill Ristevski	59	20.0
Michael Orelli	79	27.4
Mal Hodgart	63	28.4
Helen Pelns	61	19.3

1000m	Age	Time	Age-grade
John Papworth	55	03:35	70.4%
Michael Orelli	79	06:13	51.0%
Bill Ristevski	59	05:56	43.9%
Mal Hodgart	63	04:55	54.7%
Cheryl Beveridge	58	06:22	46.2%
Maggie Armstrong	61	04:35	66.2%
Andrea Draper	46	06:22	41.6%

300m	Age	Time	Age-grade
Mal Hodgart	63	83.7	45.1%
Cheryl Beveridge	58	62.5	69.0%
Maggie Armstrong	61	66.1	67.1%

4000m	Age	Time	Age-grade
John Papworth	55	16:52	70.4%
Bill Ristevski	59	26:05	47.1%
Ash McDowall	52	20:39	56.1%
Maria Abfalder	55	22:32	62.9%

2000m			
David Jones	72	11:11	57.8%
Mal Hodgart	63	09:56	59.3%
Michael Orelli	79	14:17	49.3%
Janice Hodgart	60	10:12	64.0%
Andrea Draper	46	14:17	40.2%
Shane Draper	50	09:55	53.1%
Cheryl Beveridge	58	13:14	48.3%

ABERFELDIE 15th November 2023

100m	Age	Time	Age-grade
Tony Bradford	84	20.6	68.4%
John Papworth	55	15.1	73.5%
John Cooper	71	17.3	71.8%
Michael Orelli	79	29.7	44.7%
Mal Hodgart	63	25.7	45.5%
Maggie Armstrong	61	17.7	70.8%
Graham Eadie	72	19.2	65.3%
Bill Ristevski	59	17.2	66.1%
Mojtaba Shariati	50	17.6	61.0%

1200m	Age	Time
John Papworth	55	04:57
Ian Newey	64	05:54
Michael Orelli	79	08:18
Mal Hodgart	63	05:53
Cheryl Beveridge	58	08:19
Maria Abfalder	55	05:37
Andrea Draper	46	08:18
Mojtaba Shariati	50	05:38
Janice Hodgart	60	06:26
Ash McDowall	52	08:18

ABERFELDIE 15th November 2023 (cont)

200m	Age	Time	Age-grade
Tony Bradford	84	46.1	61.7%
John Papworth	55	29.8	74.7%
John Cooper	71	36.2	68.9%
Michael Orelli	79	53.0	50.3%
Mal Hodgart	63	53.6	43.8%
Maggie Armstrong	61	37.1	69.6%
Cheryl Beveridge	58	45.9	54.7%
Graham Eadie	72	42.4	59.3%
Bill Ristevski	59	38.3	59.6%
Mojtaba Shariati	50	39.7	54.4%

3.1k Parkrun

Age	Time
Mal Hodgart	63 16:55
Cheryl Beveridge	58 20:11
Maria Abfalder	55 18:03
Graham Eadie	72 21:15
Andrea Draper	46 23:15
John Papworth	55 18:36
Mojtaba Shariati	50 39:27
Ash McDowall	52 35:06
Bill Ristevski	59 39:26
Peter Black	69 35:07
Janice Hodgart	60 35:57

ABERFELDIE 22nd November 2023

100m	Age	Time	Age-grade
Tony Bradford	84	23.3	60.5%
Mark Simmons	62	18.0	64.4%
Mojtaba Shariati	50	18.1	59.3%
Michael Orelli	79	31.2	42.5%
Mal Hodgart	63	26.1	44.8%
Helen Pelns	61	17.3	72.4%
Marlon Cummings	45	12.8	81.2%

1500m	Age	Time	Age-grade
John Papworth	55	02:49	69.7%
Mal Hodgart	63	03:49	54.8%
Cheryl Beveridge	58	04:24	52.1%
Michael Orelli	79	04:55	50.0%
Mojtaba Shariati	50	03:34	53.0%
Maggie Armstrong	61	03:36	65.6%
Ian Newey	64	03:33	59.3%

200m	Age	Time	Age-grade
Mark Simmons	62	59.0	63.5%
Mal Hodgart	63	83.6	45.1%
Cheryl Beveridge	58	119.6	36.1%
Michael Orelli	79	134.9	35.1%
Marlon Cummings	45	40.9	81.6%
Helen Pelns	61	103.5	42.9%
Maggie Armstrong	61	60.9	72.9%

5000m	Age	Time	Age-grade
Mojtaba Shariati	50	29:46	47.2%
Shane Draper	50	25:15	55.7%
Bill Ristevski	59	30:38	49.8%
Ash McDowall	52	25:30	56.1%
Peter Black	69	25:15	67.0%

3000m	Age	Time	Age-grade
John Papworth	55	17:13	49.5%
Mal Hodgart	63	14:45	62.4%
Cheryl Beveridge	58	20:00	50.3%
Janice Hodgart	60	14:57	68.7%
Marlon Cummings	45	14:59	52.4%

ABERFELDIE 29th November 2023

90m	Age	Time
Bill Ristevski	59	14.3
Michael Orelli	79	29.8
Graham Eadie	72	15.3

1500m	Age	Time	Age-grade
David Jones	72	07:48	60.5%
Maria Abfalder	55	06:27	71.7%
John Papworth	55	06:48	59.1%
Michael Orelli	79	10:10	50.4%
Matthew Goodger	46	09:03	41.5%
Maggie Armstrong	61	07:11	68.2%
Bill Ristevski	59	08:33	48.6%

200m	Age	Time	Age-grade
Maggie Armstrong	61	37.5	68.9%
Bill Ristevski	59	36.3	63.0%
Graham Eadie	72	35.9	70.0%
John Papworth	55	36.6	60.9%

3km River run	Age	Time
John Papworth	55	16:37
Maria Abfalder	55	16:37
David Jones	72	19:21

5km River run	Age	Time
Bill Ristevski	59	32:50
Graham Eadie	72	33:00
Peter Black	69	33:00
John Papworth	55	33:00

COBURG 2nd November 2023**100m**

Bruce GIBBS	74	20.00
Len HALLETT	74	25.86
Ken CARTER	71	1.10.6

800m Walk

Len HALLETT	74	6.03
Fiona ELY	54	6.55

1200m

Fraser MURRAY	51	5.11
Michael MEANEY	68	5.47
Matt HALLETT	34	6.18

300m

Michael MEANEY	68	1.03.3
Matt HALLETT	34	1.14.6
Len HALLETT	74	1.20.1
Bruce GIBBS	74	1.23.0

2km

Fraser MURRAY	51	7.42
Michael MEANEY	68	10.04
Maria BARBETTI	58	10.48
Gary O'DWYER	64	11.39
Len HALLETT	74	13.14

4km

Matt HALLETT	34	22.52
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COBURG 9th November 2023**110m**

Paul O'NEILL	58	17.47
Bruce GIBBS	74	21.20
Rob LEWIS	76	23.25
Len HALLETT	74	26.37
Ken CARTER	71	1.18.0

1000m

Fraser MURRAY	51	4.16
Michael MEANEY	68	4.38
Matt HALLETT	34	4.46
Fiona ELY	54	4.49
Len HALLETT	74	7.38

200m

Matt HALLETT	34	43.93
Bruce GIBBS	74	44.70
Ken CARTER	71	2.22.0

1200m

Gary O'DWYER	64	7.05.5
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Melbourne Cup 3200m

Fraser MURRAY	51	13.00
Michael MEANEY	68	15.33
Matt HALLETT	34	18.10
Maria BARBETTI	58	18.34
Len HALLETT	74	20.38
Rob LEWIS	76	25.25
Bruce GIBBS	74	29.05

COBURG 16th November 2023**100m**

Paul O'NEILL	58	16.20
Bruce GIBBS	74	18.50
Rob LEWIS	76	20.19
Len HALLETT	74	22.25
Frank BRADLEY	67	22.95
Ken CARTER	71	1.08.9

400m

Len HALLETT	74	1.57
Frank BRADLEY	67	2.12
Rob LEWIS	76	2.36
Bruce GIBBS	74	2.46
Ken CARTER	71	4.28

800m

Fraser MURRAY	51	2.12
Matt HALLETT	34	3.33
Fiona ELY	54	3.41

Shot Put**Distance**

Wilson	Inv	8.95
Paul O'NEILL	58	7.89
Tash	Inv	7.87
Matt HALLETT	34	6.73
Ken CARTER	71	6.71
Gary O'DWYER	64	6.00
Brian Delaney	70	5.79
Fraser MURRAY	51	5.75
Frank BRADLEY	67	5.09
Michael MEANEY	68	4.24
Len HALLETT	74	4.22
Maria BARBETTI	58	4.10
Percival	Inv	4.06
Fiona ELY	54	4.00

3km

Fraser MURRAY	51	14.21
Matt HALLETT	34	15.48
Maria BARBETTI	58	18.27
Len HALLETT	74	21.39

COBURG 23rd November 2023**90m**

Paul O'NEILL	58	15.00
Rob LEWIS	76	20.55
Len HALLETT	74	23.46
Ken CARTER	71	1.04.9

1000m Walk

Len HALLETT	74	8.25
Fiona ELY	54	8.58

1600m

Fraser MURRAY	51	7.06
Michael MEANEY	68	8.06
Matt HALLETT	34	9.39
Matt GOODGER	46	11.19

200m

Paul O'NEILL	58	34.27
Michael MEANEY	68	40.41
Ken CARTER	71	2.32.2

3.5km Spiral Handicap Clock Actual

Len HALLETT	74	23.53	21.38
Brian DELANEY	70	24.16	21.15
Fiona ELY	54	24.20	17.39
Fraser MURRAY	51	24.57	14.15
Michael MEANEY	68	25.18	17.33
Maria BARBETTI	58	25.46	21.04
Matt HALLETT	34	26.52	20.21
Rob LEWIS	76	27.07	29.07

COBURG 30th November 2023**100m**

Gary O'DWYER	64	16.15
Matt HALLETT	34	16.52
Bruce GIBBS	74	19.80
Rob LEWIS	76	22.48
Len HALLETT	74	25.85
Ken CARTER	71	1.13.1

800m Walk

Len HALLETT	74	6.26
Fiona ELY	54	6.46

1200m

Fraser MURRAY	51	4.19
Michael MEANEY	68	5.46
Matt HALLETT	34	6.13

400m

Matt HALLETT	34	1.50
Len HALLETT	74	2.04
Bruce GIBBS	74	2.24
Fiona ELY	54	3.16
Ken CARTER	71	5.06

CROYDON 14th November 2023**2 X 2 X 400 METRE RELAY**

Luke CUTTING	51	
Liz WRIGLEY	68	11.45
Sam BUTON	38	
Tony DUFF	58	12.20
Phyllis GOSBELL	85	
Ian UREN	72	13.06
Ron SMITH		
Paul MORITZ	64	13.21
Wendy MURRAY	59	
Gary TURNER	70	14.29
Barry MURLEY	84	
Colin WILLIAMS	76	14.29

100 METRE SPRINTHeat 1:

Luke CUTTING	51	17.0
Leon LI	Inv	20.2
Archie COOPER	Inv	21.3
Andrew EGGINTON	62	22.5

Heat 2:

Paul DURRANT	62	14.9
Rob STAGG	57	15.4
Mark PORTBURY	57	16.2

800 METRE RUN

Mark PORTBURY	57	2.45
Curtis COOPER	45	2.47
Andrew EGGINTON	62	2.49
Luke CUTTING	51	3.28
Leon LI	Inv	4.53

2 x 250 METRE RELAY

Mark PORTBURY	57	
Curtis COOPER	45	1.22
Rob STAGG	57	
Paul DURRANT	62	1.23
Luke CUTTING	51	
Grant MURFETT	56	1.25

10 OR 20 MINUTE RUN/WALK

<u>10 Mins:</u>	<u>Laps</u>	<u>Metres</u>	
Wendy MURRAY	59	3	10 walk
Gary TURNER	70	2	350 walk
<u>20 Mins:</u>			
Curtis COOPER	45	10	170 run
Ian UREN	72	6	100 walk
Luke CUTTING	51	5	85 run
Paul MORITZ	64	5	70 walk
Claire COOPER	42	5	walk

CROYDON 14th November 2023 (cont)**SHOT PUT**

Paul DURRANT	62	9.65
Tony DUFF	58	8.64
Andrew EGGINTON	62	8.05
Allan WOOD	86	6.41
Sam BUTON	38	5.68
Leon LI	Inv	3.35
Archie COOPER	Inv	1.99

CROYDON 21st November 2023**1000 METRE WALK**

Paul MORITZ	64	6.46
Gunther ILGOUTZ	85	6.51
Tony DUFF	58	6.52
Luke CUTTING	51	7.39
Grant MURFETT	56	7.52
Liz WRIGLEY	68	8.23
Leon LI	Inv	9.10
Sam BURTON	38	9.13
Tenille RICHARDSON	38	9.13
Rob STAGG	57	9.14
Ian UREN	72	9.42
Matthew KOFI	58	9.51
Colin WILLIAMS	74	9.55
Barry MURLEY	84	9.55
Gary TURNER	17	10.21
Andrew FRASER	81	10.43
Geoff ARNOTT	75	10.44
Andrew ARNOTT	48	11.49
Ron SMITH	74	12.00

70 METRE SPRINT**Heat 1:**

Matthew KOFI	58	10.7
Tenille RICHARDSON	38	11.6
Luke CUTTING	51	12.0
Leon LI	Inv	15.7

Heat 2:

Mark PORTBURY	57	10.4
Rob STAGG	57	10.7
Russell OAKLEY	84	14.9

1100 METRE RUN N.O.T.

		<u>Clock</u>	<u>Nom.</u>
Mark PORTBURY	57	4.10	4.30
Andrew ARNOTT	48	4.32	5.40
Grant MURFETT	56	4.34	5.00
Luke CUTTING	51	5.17	6.15
Sam BURTON	38	5.19	6.40
Tenille RICHARDSON	38	5.27	5.39
Geoff ARNOTT **	75	6.19	6.20

** Winner - Geoff Arnott

400m RUN N.O.T.

		<u>Clock</u>	<u>Nom.</u>	
Grant MURFETT **	56	1.06	1.07	winner
Mark PORTBURY	57	1.13	1.08	
Rob STAGG	57	1.15	1.10	
Luke CUTTING	51	1.30	1.17	
Tenille RICHARDSON	38	1.38	1.20	

3k RUN/WALK N.O.T.

		<u>Clock</u>	<u>Nom.</u>	
Andrew ARNOTT	48	17.27	16.02	
Tania NEALE	45	17.33	15.24	
Rob STAGG	57	17.37		
Sam BURTON	38	17.39	20.00	
Mark PORTBURY	57	17.49	20.00	
Geoff ARNOTT	75	19.28	20.05	
Luke CUTTING	51	20.46	22.15	
Paul MORITZ	64	23.48	24.05	
Tony DUFF	58	24.14	25.45	
Ian UREN	72	25.24	28.05	
Matthew KOFI	58	26.34		
Wendy MURRAY	59	11.05	3 laps	

CROYDON 28th November 2023**1500m WALK N.O.T.**

		<u>Clock</u>	<u>Nom.</u>	
Pramesh PRASAD	49	7.45	7.50	winner
Kevin CASSIDY	63	7.49	8.10	
Albin HESS	63	9.54	9.25	
Christopher WORSNOP	66	10.46	10.40	
Ian UREN	72	11.14	11.45	
Tania NEALE	45	11.29		
Ros DYER	59	11.33	12.00	
Harper GRICE	Inv	12.03	15.00	
David WEAR	77	12.59	13.20	
Chris McARDLE	70	13.01	15.20	
Geoff ARNOTT	75	13.04	9.00	
Tony JOHNSON	83	13.09	13.48	
Tenille RICHARDSON	38	13.23	15.15	
Celia JOHNSON	76	13.31	13.40	
Colin WILLIAMS	74	13.43	13.00	
Wendy MURRAY	59	13.43	13.00	
Matthew KOFI	58	13.44		
Angela EDWARDS	57	14.10	8.30	
Glenn CLAUDEN	69	14.38	15.01	
Anne McPHERSON	67	14.39	15.02	
Andrew FRASER	81	15.56		
Lindsay OXENHAM	74	16.08	16.25	
Ron SMITH	74	17.17	16.00	
Neville GARDNER	79	18.12	18.42	

100 METRE SPRINT AGE GRADED**Heat 1:**

			<u>Age %</u>	
Sonya POLLARD	57	13.97	87.46	winner
Maggie ARMSTRONG	61	16.59	76.09	
Geoff ARNOTT	75	17.22	73.36	
Barry MURLEY	84	19.88	68.50	

CROYDON 28th November 2023 (cont)**100 METRE SPRINT AGE GRADED**Heat 2:

Paul DURRANT	62	13.19	87.44
Paul WALSH	60	14.30	79.48
Albin HESS	63	18.77	61.84

Heat 3:

Matthew KOFI	58	14.22	78.23
Mark PORTBURY	57	14.54	76.56
Harper GRICE	12	14.87	
Angela EDWARDS	57	20.04	60.97

Heat 4:

Andrew CLOSE	34	13.18	72.69
Travis HOWELL	46	13.60	75.90
Jenny FOX	72	23.17	65.85
Shirley COPPOCK	87	25.48	64.60

Heat 5:

			<u>Age %</u>
Kate Kirwan	17	15.49	
Chris ROBINSON	64	16.38	79.01
Allan WOOD	86	21.80	64.15
Veronica BROWN	58	25.23	48.82

Heat 6:

Peter WILLMOTT	57	14.80	75.21
Tenille RICHARDSON	38	16.30	64.61
Christopher WORSNOP	66	18.08	65.55

Leon LI Inv 22.98

3200m RUN N.O.T. Clock Nom.

Pramesh PRASAD	49	12.04	12.35	
Laura TOMIC	40	12.11	11.20	
Mark PORTBURY	57	12.28	12.48	
Yassime BELAABED	71	12.50	12.20	
Michael COLLINS	57	14.02	14.05	winner
Andrew ARNOTT	48	15.09	17.20	
Erica BEDYN	61	16.24	15.52	
Tania NEALE	45	16.32	16.02	
Ros DYER	59	16.40	17.50	
Graeme WOOLRIDGE	57	16.41	16.10	
Anne McPHERSON	67	16.47	17.05	
Glenn CLAIKEN	69	16.56	17.17	
Peteer DODGSHUN	71	16.59	17.05	
Bernie McLOUGHLAN	71	17.18	15.55	
Kevin CASSIDY	63	17.24	19.00	
Christopher WORSNOP	66	17.38	17.20	
Sam DEFANIS	75	17.51	18.10	
Geoff ARNOTT	75	18.09	18.30	
David WEAR	77	19.47	19.15	
Veronica BROWN	58	22.28	25.00	

Also:

Wendy MURRAY	7.24	2 laps walk
Colin WILLIAMS	13.37	6 laps
Celia JOHNSON	15.36	4 laps walk
Ian UREN	16.32	5 laps walk

TEAM SPRINT RELAY**100/300/200/400 METRES**

Andrew CLOSE	34		
Mark PORTBURY	57		
Maggie ARMSTRONG	61		
Pramesh PRASAD	49	2.51	
Peter WILLMOTT	57		
Emily KIRWAN			
Rob STAGG	57		
Laura TOMIC	40	2.54	
Paul WALSH	60		
Graeme WOOLRIDGE			
Ros DYER	59		
Travis HOWELL	46	3.13	
Angela EDWARDS			
Harper GRICE	12		
Kate KIRWAN	17		
Paul DURRANT	62	3.14	
Christopher WORSNOP	66		
Tenille RICHARDSON	38		
Veronica BROWN	58		
Grant MURFETT	56	3.29	

JAVELIN THROW N.O.D.

		<u>Best</u>	<u>Nom.</u>
Peter WILLMOTT	57	22.30	22.00
Travis HOWELL	46	21.80	20.00
Paul DURRANT	62	21.00	20.50
Graeme WOOLRIDGE	57	20.17	19.85
Allan WOOD	86	17.99	17.60
Angela EDWARDS	57	16.04	20.01
Andrew CLOSE	34	15.51	15.00
Albin HESS	63	15.47	17.00
Chris ROBINSON	64	14.63	14.30
Tenille RICHARDSON	38	13.22	15.70
Erika BEDYN	61	12.69	15.05
Andrew FRASER	81	11.79	14.00
Harper GRICE	12	10.48	7.10
Maggie ARMSTRONG	61	9.02	10.50

Some results are missing

Winner: Neville Gardner

DONCASTER 6th November 2023**Doncaster 800 metres (handicap)**

Edward Borham	(-3.15)	05:48.9	02:33.9	(DQ)
Elizabeth Grover	(-2.05)	05:53.0	03:48.0	(DQ)
David Armstrong	(-0.30)	05:58.6	05:28.6	(Winner)
Frank Prowse	(-0.00)	06:00.3	06:00.3	
Bernie McLoughlan	(-2.55)	06:01.5	03:06.5	
Doug Sandiford	(-2.55)	06:02.8	03:07.8	
Simon Evans	(-1.50)	06:18.5	04:28.5	(Walk)

60 metres heat 1

Andrew Close	(34)	9.00	
Bianca Levis	(47)	9.30	
Arunan Arumainayagar	(46)	9.78	
Andy Parrott	(60)	10.28	
Barry Dorr	(85)	12.02	
Nigel Shipley	(80)	12.03	

60 metres heat 2

Kristerfer Kardakovski	(32)	7.54	
Corey Williams	(33)	8.28	
Andrew Close	(34)	8.68	
Gerald Brown	(61)	8.73	
David Tyrrell	(62)	9.24	
Paul Durrant	(62)	9.40	

100 metres heat 1

Andrew Close	(34)	14.04	
Bianca Levis	(47)	14.87	
Simon Evans	(63)	15.54	
Arunan Arumainayagar	(46)	15.58	
Nigel Shipley	(80)	17.16	(Record)
Barry Dorr	(85)	19.64	

100 metres heat 2

Kristerfer Kardakovski	(32)	13.12	(110 metres)
Corey Williams	(33)	14.00	(110 metres)
Andrew Close	(34)	14.14	
David Tyrrell	(62)	14.90	
Paul Durrant	(62)	15.38	
Andy Parrott	(60)	18.60	

2000 metres (NOST)

Frank Prowse	(-0.00)	09:56.4	09:56.4	1mile walk
Rob Sutton	(-0.00)	11:25.8	11:25.8	(Winner)
Doug Sandiford	(-2.40)	11:28.2	08:48.2	
Elizabeth Grover	(-1.55)	11:30.9	09:35.9	
Bernie McLoughlan	(-2.35)	11:44.1	09:09.1	
David Armstrong	(-0.00)	11:48.2	11:48.2	
Arunan Arumainayagar	(-0.00)	11:56.6	11:56.6	

400 metres

Corey Williams	(33)	60.64	
Kristerfer Kardakovski	(32)	64.09	
Gerald Brown	(61)	64.37	
Andrew Close	(34)	74.30	

DONCASTER 13th November 2023**Long Jump**

Stefan Myburgh	(45)	4.93
Brent Nunn	(39)	4.41
Arunan Arumainayagam	(46)	3.95
Bernie McLoughlan	(71)	3.89
Justin McFarlane	(39)	3.72
Mike Clapper	(71)	3.71
David McConnell	(71)	3.23
David Armstrong	(67)	2.70
Tom Leong	(82)	1.93

Javelin Throw

Stefan Myburgh	(45)	29.47
Arunan Arumainayagam	(46)	27.37
Justin McFarlane	(39)	21.92
David McConnell	(71)	20.20
Mike Clapper	(71)	19.84
David Armstrong	(67)	17.16
Brent Nunn	(39)	16.40
Bernie McLoughlan	(71)	16.21
Frank Prowse	(71)	15.70
Tom Leong	(82)	13.38

100 metres

Jameson Perrine	(44)	13.10	
Gerald Brown	(61)	13.84	
Brent Nunn	(39)	13.90	
Bianca Levis	(47)	15.14	
Kathy Skultety	(81)	19.14	(80 metres)
Georgina Myburgh	(49)	21.86	

200 metres heat 1

David McConnell	(71)	31.68	
Mike Clapper	(71)	31.96	
Bernie McLoughlan	(71)	33.04	
Arunan Arumainayagam	(46)	34.66	
Nigel Shipley	(80)	37.72	(Record)
Tom Leong	(82)	44.58	
Kathy Skultety	(81)	52.58	

200 metres heat 2

Jameson Perrine	(44)	26.64
Stefan Myburgh	(45)	28.22
Brent Nunn	(39)	28.70
Justin McFarlane	(39)	30.30

400 metres

Gerald Brown	(61)	67.3
Jameson Perrine	(44)	67.3

Shot Put

Georgina Myburgh	(49)	5.83
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800 metres

Jason Merrett	(51)	03:27.9	
Doug Sandiford	(66)	03:28.7	
David Armstrong	(67)	05:21.6	(Walk)
Georgina Myburgh	(49)	06:09.6	(Walk Record)

DONCASTER 13th November 2023 (cont)**Discus**

David McConnell	(71)	23.45	
Mike Clapper	(71)	21.52	
Justin McFarlane	(39)	21.31	(Record)
Bernie McLoughlan	(71)	20.10	
Stefan Myburgh	(45)	19.85	
Brent Nunn	(39)	18.35	
Jameson Perrine	(44)	18.21	
Frank Prowse	(71)	17.28	
Arunan Arumainayagar	(46)	16.90	
David Armstrong	(67)	16.80	
Tom Leong	(82)	14.58	

1500 metres

Justin McFarlane	(39)	05:02.2
Jason Merrett	(51)	05:37.8
Doug Sandiford	(66)	06:16.0
Bernie McLoughlan	(71)	06:21.4
Mike Clapper	(71)	06:35.3
Stefan Myburgh	(45)	06:38.9
David McConnell	(71)	07:31.3
David Armstrong	(67)	07:56.7
Arunan Arumainayagar	(46)	07:56.7
Frank Prowse	(71)	09:20.9
Tom Leong	(82)	10:25.8

Results of the pentathlon:

1st Mike Clapper (71) 2452

LJ 3.71(554) Jav 19.84(312) 200 31.96(621) Disc 21.52(372) 1500 6:35.3(593)

2nd Bernie McLoughlan (71) 2396

LJ 3.89(617) Jav 16.21(233) 200 33.04(551) Disc 20.10(340) 1500 6:21.4(655)

3rd David McConnell (71) 2146

LJ 3.23(400) Jav 20.20(320) 200 31.68(640) Disc 23.45(416) 1500 7:31.3(370)

4th Stefan Myburgh (45) 1974

LJ 4.93(527) Jav 29.47(380) 200 28.22(531) Disc 19.85(301) 1500 6:38.9(235)

5th Justin McFarlane (39) 1504

LJ 3.72(184) Jav 21.92(200) 200 30.30(270) Disc 21.31(297) 1500 5:02.2(553)

6th Aranun Arumainayagam (45) 1082

LJ 3.95(304) Jav 27.37(344) 200 34.66(157) Disc 16.90(241) 1500 7:56.7(36)

7th Brent Nunn (39) 1036

LJ 4.41(303) Jav 16.40(123) 200 28.70(369) Disc 18.35(241) 1500(0)

8th Tom Leong (82) 905

LJ 1.93(139) Jav 13.38(224) 200 44.58(150) Disc 14.58(310) 1500 10:25.8(82)

9th David Armstrong (67) 894

LJ 2.70(204) Jav 17.16(224) 200(0) Disc 16.80(231) 1500 7:56.7(215)

10th Frank Prowse (71) 577

LJ (0) Jav 15.70 (222) 200 (0) Disc 17.28 (277) 1500 9:20.9 (78)

11th Georgina Myburgh (49) 339

Long (0) Javelin (0) 100 21.86 (2) Shot 5.83 (337) 800 6:09.6 (0)

DONCASTER 20th November 2023**60 metres heat 1**

Andrew Close	(34)	9.04
Bianca Levis	(47)	9.34
Matt Scholes	(53)	9.42
Arunan Arumainayagar	(46)	9.84
Jeffrey Sim	(61)	10.84
Tom Leong	(82)	12.75
Kathy Skultety	(81)	15.04
Nigel Shipley	(80)	15.12

60 metres heat 2

Kristerfer Kardakovski	(32)	7.54
Corey Williams	(33)	8.11
Brent Nunn	(39)	8.76
Andrew Close	(34)	8.93
Ross Toogood	(47)	9.41
David McConnell	(71)	9.54

800 metres

Matt Scholes	(53)	02:38.6
Antony Gottlieb	(43)	02:40.3
Justin McFarlane	(39)	02:48.8
Carolyn Fox	(55)	02:51.9
Yashin He	(46)	03:00.9
Doug Sandiford	(66)	03:10.4
Michael McLaughlin	(54)	03:25.6
Arunan Arumainayagam	(46)	03:45.6
David Armstrong	(67)	05:23.4 (Walk)
Frank Prowse	(71)	05:47.1 (Walk)

Doncaster Gift (120 handicap)

David McConnell	(-25)	14.14
Andrew Close	(-20)	14.31
Brent Nunn	(-18)	14.32
Kristerfer Kardakovski	SCR	14.39
Ross Toogood	(-25)	14.69
Bianca Levis	(-28)	14.70
Kathy Skultety	(-60)	15.28
David Tyrrell	(-20)	15.37
Matt Scholes	(-20)	17.04
Jeffrey Sim	SCR	21.82
Nigel Shipley	SCR	21.61 (Record)

3000 metres

Stefan Kasari	(59)	10:56.4
Georgina Myburgh	(49)	11:33.6 (New Walk Record)
Doug Sandiford	(66)	13:35.7
Matt Scholes	(53)	14:03.3
Yashin he	(46)	15:25.3
Justin McFarlane	(39)	16:44.7
Ross Toogood	(47)	16:44.7
Rob Sutton	(62)	17:15.2
David Armstrong	(67)	17:37.3
Arunan Arumainayagar	(46)	17:37.3
Frank Prowse	(71)	18:40.9 (Walk Record)

DONCASTER 20th November 2023 (cont)**300 metres**

Matt Scholes	(53)	47.44
David McConnell	(71)	50.38
Carolyn Fox	(55)	53.20

DONCASTER 27th November 2023**Long Jump**

Brent Nunn	(39)	4.47	
David Tyrrell	(62)	4.43	(Record)
Arunan Arumainayagar	(46)	3.95	
Tom Leong	(82)	1.72	

80 metres heats 1

Andrew Close	(34)	11.52
Jay Chew	(33)	12.19
Arunan Arumainayagar	(46)	12.60
Jeffrey Sim	(61)	14.24
Holly Williams	(7)	15.12
Tom Leong	(82)	16.30
Barry Dorr	(85)	17.04
Kathy Skultety	(82)	17.08

80 metres heats 2

Corey Williams	(33)	10.25	
Brent Nunn	(39)	11.08	
Gerald Brown	(61)	11.30	
Andrew Close	(34)	11.40	
David McConnell	(71)	11.86	(Record)
Bianca Levis	(47)	11.96	
Ross Toogood	(47)	12.07	
Daniel Patience	(42)	12.12	
David Tyrrell	(62)	12.24	

1000 metres

Daniel Patience	(42)	03:02.7	
Yashin he	(46)	03:55.0	
Doug Sandiford	(66)	03:56.5	
Bernie McLoughlan	(71)	04:09.5	
David Armstrong	(67)	06:37.1	(Walk)
Frank Prowse	(71)	07:19.1	(Walk)

150 metres heat 1

Andrew Close	(34)	15.82	110 metres)
Jacob	(25)	20.42	
Jay Chew	(33)	23.04	
Bianca Levis	(47)	23.80	
Arunan Arumainayagar	(46)	25.10	
Jeffrey Sim	(61)	27.12	
Tom Leong	(82)	31.62	
Barry Dorr	(85)	33.96	
Kathy Skultety	(82)	34.10	

150 metres heat 2

Andrew Close	(34)	15.76	(110 metres)
Corey Williams	(33)	18.88	
Jacob	(25)	20.74	
Brent Nunn	(39)	20.89	
David McConnell	(71)	24.72	

300 metres

Corey Williams	(33)	42.26
Daniel Patience	(42)	43.68
Gerald Brown	(61)	45.26
David McConnell	(71)	48.96
Holly Williams	(7)	74.72

2000 metres (NOST)

Frank Prowse	(-0.00)	09:57.0	09:57.0	1 mile walk
David Armstrong	(-0.30)	10:56.0	10:26.0	(DQ)
Arunan Arumainayagar	(-0.00)	10:58.3	10:58.3	(DQ)
Gerald Brown	(-2.00)	11:17.7	09:17.7	(DQ)
Ross Toogood	(-2.00)	11:18.6	09:18.6	(DQ)
Daniel Patience	(-2.00)	11:18.9	09:18.9	(DQ)
Rob Sutton	(-0.00)	11:19.3	11:19.3	(DQ)
Bernie McLoughlan	(-2.30)	11:28.8	08:58.8	(Winner)
Doug Sandiford	(-3.00)	11:31.3	08:31.3	
Dino Imbriano	(-4.50)	11:49.5	06:59.5	
Stephen Brennan	(-2.30)	12:10.7	09:40.7	
Yashin he	(-3.00)	12:34.6	09:34.6	

EAST BURWOOD 3rd November 2023**60 METRE SPRINT**Heat 1:

Andrew FRASER	80	13.4
Shirley COPPOCK	86	14.2
Gordon ONLEY	87	17.8
Horacio DIAZ	77	22.5
Lloyd NICHOLS	81	35.7

Heat 2:

Donna CLARKE	69	10.9
Chris WORSNOP	65	11.9
Cec McKEOWN	82	15.0

Heat 3:

Bill LIOULIAKIS	53	8.4
Peter WILLMOTT	55	8.9
Bernie McLOUGHLAN	70	10.2

ONE MILE RUN AGE GRADED

		<u>Clock</u>	<u>Age %</u>
Jason MERRETT	50	6.33	63.48
Michael COLLINS	56	6.42	65.02
Bernie McLOUGHLAN	70	6.51	72.85
Paul DURRANT	61	7.52	57.85
Chris WORSNOP	65	8.06	58.41

1200 METRE N.O.T. WALK SERIES

<u>HEAT 1</u>		<u>Clock</u>	<u>Nom.</u>
Chris WORSNOP	65	6.47	7.00
Leo WATSON	81	7.49	7.30
Phyllis GOSBELL	84	8.30	7.45
Gary TURNER	69	8.57	8.50
Cec McKEOWN	81	8.58	7.35
Brian TAIT	80	10.05	9.15
Andrew FRASER	80	10.05	9.20
Peter BATTRICK **	79	11.05	11.00

** Winner - Peter Battrick

200 METRE SPRINT

Chris WORSNOP	65	
Donna CLARKE	69	No
Andrew FRASER	80	
Shirley COPPOCK	86	
Gordon ONLEY	87	Times
Lloyd NICHOLS	81	

100 METRES SPRINT

Bill LIOULIAKIS	53	14.7
Paul EARLE	58	17.9
Donna CLARKE	69	18.1
Shirley COPPOCK	86	27.1
Lloyd NICHOLS	81	70.6

3000 METRES SPIRAL HANDICAP RUN

		<u>Clock</u>	<u>Actual</u>
Chris WORSNOP	65	16.03	15.43
Paul EARLE	58	16.13	13.08
Geoff WHEELER	65	16.14	14.54
Jason MERRETT	50	16.18	12.53
Michael COLLINS	56	16.25	13.00
Dean SCIACCA	55	16.26	11.11
Luke SCIACCA	13	16.44	10.59
Bernie McLOUGHLAN	70	16.52	14.07
Sam DEFANIS	74	16.54	16.49
Stephen DAY	52	17.03	12.38
Julie PIAO	49	17.33	15.53

LONG JUMP HANDICAP

		<u>Best</u>	<u>Adjusted</u>
Donna CLARKE **	69	2.41	5.26
Bill LIOULIAKIS	53	4.09	5.04
Julie PIAO	49	2.45	5.00
Peter WILLMOTT	55	2.88	4.88
Bernie McLOUGHLAN	70	3.08	4.65
Andrew FRASER	80	1.48	4.63

** Winner - Donna Clarke

EAST BURWOOD 10th November 2023**60 METRE SPRINT**Heat 1:

Chris ROBINSON	63	10.9
Leon LI	Inv	13.0
Allan WOOD	85	14.4
Horacio DIAZ	77	22.1
Lloyd NICHOLS	81	33.3

Heat 2:

Bernie McLOUGHLAN	70	9.8
Donna CLARKE **	69	10.1
Russell OAKLEY	82	10.9
Paul DURRANT	61	11.5
Shirley COPPOCK	86	13.2
Andrew FRASER	80	14.2

800 METRE SELF HANDICAP RUN

Jason MERRETT	50	3.32
Michael COLLINS	56	3.35
Bernie McLOUGHLAN	70	3.39

800 METRE HANDICAP WALK

		<u>Clock</u>	<u>Actual</u>
Leo WATSON	81	8.46	6.01
Liz WRIGLEY	66	8.48	6.48
Gary TURNER	69	8.50	6.45
Paul MORITZ	63	8.52	5.12
Peter BATTRICK	79	8.58	8.33
Janet HOLMES	69	9.02	5.22

EAST BURWOOD 10th November 2023 (cont)**100 METRE SPRINT**

Paul EARLE	58	16.7
Donna CLARKE	69	17.4
Russell OAKLEY	82	18.5
Leon LI	Inv	22.5
Andrew FRASER	80	23.2
Shirley COPPOCK	86	24.1
Lloyd NICHOLS	81	26.1

80 METRE SPRINT

Donna CLARKE	69	14.3
Leon LI	Inv	18.3
Shirley COPPOCK	86	19.2
Lloyd NICHOLS	81	50.1

2 KM WALK

Paul MORITZ	63	14.38
Leo WATSON	81	16.34

2 KM RUN

Chris ROBINSON	63	10.29
Janet HOLMES	69	11.13

4 KM HANDICAP RUN

		<u>Clock</u>	<u>Actual</u>
Paul EARLE	58	22.46	17.36
Sam DEFANIS	74	22.58	22.48
Jason MERRETT	50	23.09	17.29
Stephen DAY	52	23.13	17.18
Michael COLLINS	56	23.37	18.07
Bernie McLOUGHLAN	70	23.33	19.14
Paul DURRANT	61	24.19	22.34

JAVELIN THROW N.O.D.

		<u>Best</u>	<u>Nom.</u>
Peter WILLMOTT	56	23.99	23.00
Paul DURRANT	61	19.30	19.80
Bernie McLOUGHLAN	70	18.18	17.75
Allan WOOD **	85	18.00	18.00
Chris ROBINSON	63	14.30	14.00
Andrew FRASER	80	12.80	13.50
Donna CLARKE	69	12.78	13.50
Jack FREDRICKSON	83	10.43	12.00

** Winner - Allan Wood

EAST BURWOOD 17th November 2023**600 METRE RUN**

Jason MERRETT	50	2.06
Bernie McLOUGHLAN	70	2.13
Michael COLLINS	56	2.16
Chris WORSNOP	65	2.37

150 METRE SPRINT

Andrew CLOSE	33	23.5
Chris ROBINSON	63	27.5
Shirley COPPOCK	86	37.7
Gordon ONLEY	87	50.1
Lloyd NICHOLS	81	106.1

60 METRE SPRINTHeat 1:

Chris ROBINSON	63	10.9
Andrew FRASER	80	12.9
Shirley COPPOCK	86	13.5
Leon LI	Inv	14.2
Gordon ONLEY	87	17.9
Horacio DIAZ	77	21.9
Lloyd NICHOLS	81	35.7

Heat 2:

Andrew CLOSE	33	9.2
Paul DURRANT	61	9.3
Bernie McLOUGHLAN	70	10.4
Donna CLARKE	69	10.9
Chris WORSNOP	65	11.8
Cec McKEOWN	82	12.7

1200 METRE HANDICAP WALK

		<u>Clock</u>	<u>Actual</u>
Peter WILLMOTT	56	12.34	9.19
Andrew CLOSE	33	12.34	9.19
Donna CLARKE	69	12.36	10.11
Liz WRIGLEY	66	12.37	10.12
Gary TURNER	69	12.45	10.15
Leonie GILLIES	65	12.46	8.46
Gerald BURKE	82	12.48	11.53
Peter BATTRICK	79	12.49	12.49
Cec McKEOWN	82	12.52	8.57
Leo WATSON	82	12.55	9.20
Phyllis GOSBELL	84	13.06	9.56
Chris WORSNOP	65	13.11	8.31
Brian TAIT	80	13.19	11.49
Andrew FRASER	80	13.32	12.02
Allan WOOD	85	13.34	11.09

100 METRE HANDICAP SPRINT

			<u>Hcp Mtrs</u>
Bernie McLOUGHLAN	70	12.7	22
Lloyd NICHOLS	81	13.3	74
Shirley COPPOCK	86	13.5	43
Cec McKEOWN	82	13.7	35
Andrew FRASER	80	13.9	37
Andrew CLOSE	33	14.1	7
Donna CLARKE	69	14.4	24
Allan WOOD	85	14.9	33
Gordon ONLEY	87	15.1	50
Chris WORSNOP	65	15.3	25

EAST BURWOOD 17th November 2023 (cont)**RUN**

Janet HOLMES	69	4.56	1k
Leonie GILLIES	65	18.53	3k

5000 METRE HANDICAP RUN

		<u>Clock</u>	<u>Actual</u>
Paul DURRANT	61	27.33	27.13
Julie PIAO	49	27.39	24.29
Geoff WHEELER	65	28.04	24.54
Ron GILLIES	66	28.05	23.05
Michael COLLINS	56	28.10	22.00
Bernie McLOUGHLAN	70	28.16	23.06
Stephen DAY	52	28.24	21.34
Sam DEFANIS	74	28.28	28.13
Paul EARLE	58	28.44	22.19
Jason MERRITT	50	28.58	22.23
Chris WORSNOP	65	29.25	28.00

SHOT PUT AGE GRADED

<u>TRI THROWS SERIES</u>		<u>Best</u>	<u>Age %</u>
Toni MATTERS	54	9.64	55.09
Paul DURRANT	61	9.52	50.77
Bernie McLOUGHLAN	70	8.84	49.38
Donna CLARKE	69	6.15	47.09
Andrew KASZUBSKI	80	7.52	44.77
Allan WOOD	85	6.59	44.29
Peter WILLMOTT	56	8.08	43.61
Chris ROBINSON	63	6.07	41.00
Andrew FRASER	80	6.24	37.15
Darren POTTER	36	7.80	35.28
Jack FREDRICKSON	83	5.40	34.52
Andrew CLOSE	33	6.22	27.15

EAST BURWOOD 24th November 2023**60 METRE SPRINT**Heat 1:

Ryder DUX	Inv	10.8
Leon LI	Inv	12.9
Shirley COPPOCK	86	14.0
Gordon ONLEY	87	18.3
Horacio DIAZ	77	22.5
Lloyd NICHOLS	81	35.6

Heat 2:

Jess DUX	38	8.9
Bernie McLOUGHLAN	70	9.9
Chris ROBINSON	63	10.6
Russell OAKLEY	83	11.5

600 METRE RUN

Bernie McLOUGHLAN	70	2.11
Chris ROBINSON	63	2.19
Col PAGE	68	2.32
Janet HOLMES	69	2.43
Ning TANG	38	3.07

100 METRE SPRINT

Jess DUX	38	15.9
Ryder DUX	Inv	21.3
Shirley COPPOCK	86	25.1
Leon LI	Inv	25.7
Lloyd NICHOLS	81	73.4

1000 METRE WALK N.O.T.

		<u>Clock</u>	<u>Nom.</u>	
Paul MORITZ **	63	6.53	6.55	winner
Leo WATSON	81	7.41	7.37	
Peter WILLMOTT	56	8.07	8.25	
Liz WRIGLEY	67	8.18	8.50	
Gary TURNER	69	8.41	8.55	
Gerald BURKE	82	9.32	9.50	
Brian TAIT	80	10.01	9.20	
Peter BATTRICK	79	10.45	11.05	

200 METRE SPRINT

Jess DUX	38	32.8
Russell OAKLEY	83	39.7
Ryder DUX	Inv	41.5
Janet HOLMES	69	43.3
Shirley COPPOCK	86	57.6
Lloyd NICHOLS	81	147.6

2 KM RUN/WALK

Chris ROBINSON (63	10.16	
Paul MORITZ	63	14.49	walk
Leo WATSON	81	16.26	walk

4 KM HANDICAP RUN

		<u>Clock</u>	<u>Actual</u>
Bernie McLOUGHLAN	70	22.18	18.13
Ron GILLIES	67	22.31	18.26
Sam DEFANIS	74	22.32	22.07
Paul EARLE	58	22.56	17.21
Michael COLLINS	56	22.57	17.17
Stephen DAY	52	23.16	17.21
Julie PIAO	49	23.24	19.44
Geoff WHEELER	65	23.26	20.11
Col PAGE	68	24.14	20.17

DISCUS THROW AGE GRADED

<u>TRI THROWS SERIES</u>		<u>Best</u>	<u>Age %</u>
Toni MATTERS	54	28.62	55.19
Paul DURRANT	61	33.51	45.38
Chris ROBINSON	63	16.85	38.85
Donna CLARKE	69	12.67	33.41
Bernie McLOUGHLAN	70	20.79	33.32
Peter WILLMOTT	56	19.38	29.60
Allan WOOD	85	12.60	29.52
Jess DUX	38	19.96	29.26
Andrew FRASER	80	13.90	28.10
Jack FREDRICKSON	83	12.48	27.47
Julie PIAO	49	10.89	19.18
Ning TANG	37	10.09	14.56

FRANKSTON & PENINSULA 2nd November 2023**70m Sprint**

Chris Sheedy	55	10.90
Bill Carr	74	12.41
Mike Hall	85	16.05
Lindsay Beaton	73	22.85
Aiden Sheedy	Inv	9.66
Veronica Sheedy	Inv	9.69
Henry Sheedy	Inv	11.03
Josh Basile	Inv	14.06

1200m Walk

Kevin Cassidy	63	6.52
Heather Carr	74	8.21
Greg Lovejoy	81	9.00
Carol Johnston	74	11.21
Peter Ellis	72	11.21
Lindsay Beaton	73	11.25

1200m Run

Chris Sheedy	55	4.31
Russ Dow	63	5.07
Wayne Thompson	70	5.22
Liz Lowther	72	5.30
Ian Orr	72	5.33
Charlie Mallia	74	6.31
David Dodson	64	6.36
John Delaney	73	7.00
Matt Matin	48	7.08
Henry Sheedy	Inv	5.01
Aiden Sheedy	Inv	5.02

3.2k Walk

Peter Ellis	72	22.16
Greg Lovejoy	81	23.27
Lindsay Beaton	73	31.51

200m Sprint

Charlie Mallia	74	42.34
Chris Sheedy	55	43.10
John Delaney	73	55.13
Aiden Sheedy	Inv	28.63
Veronica Sheedy	Inv	29.37

700m run E/T

	Estimated	Run	Difference
Charlie Mallia	74	4.09	4.01 -0.08
Matt Matin	48	3.30	3.39 -0.09
David Dodson	64	4.00	3.36 -0.24
Chris Sheedy	55	3.15	2.43 -0.32
Liz Lowther	72	3.36	3.02 -0.34
Ian Orr	72	3.50	3.08 -0.42
Aiden Sheedy	Inv	3.00	2.40 -0.20
Henry Sheedy	Inv	3.10	2.43 -0.27

700m Walk E/T

Heather Carr	74	4.52	
Greg Lovejoy	81	5.30	-0.36
Carol Johnston	74	6.26	

1600m Run

Bill Carr	74	9.00
Chris Sheedy	55	9.00

3.2k RUN

Russ Dow	63	15.03
Liz Lowther	72	15.19
Ian Orr	72	15.46
Kevin Cassidy	63	18.53
Charlie Mallia	74	20.07
John Delaney	73	20.32
Henry Sheedy	Inv	15.18

FRANKSTON & PENINSULA 9th November 2023**70m Sprint**

Bill Carr	74	9.57
Chris Sheedy	55	9.89
Mesh Prashad	49	10.53
Mike Hall	85	11.13
Lindsay Beaton	73	13.44

200m Sprint

Bill Carr	74	35.00
Chris Sheedy	55	35.00
Mesh Prashad	49	36.00
John Delaney	73	55.00

1500m Run

Mesh Prashad	49	5.32
Liz Lowther	72	6.56
Matt Matin	48	7.39
Bronwyn Hanns	60	7.42
Barry Jeffs	75	8.17
David Dodson	64	8.19
Charlie Mallia	74	8.20
John Delaney	73	8.59
Gary Meyer	68	9.44

Keyes Memorial 3k Run/Walk age grade

			A/G %
Heather Carr	74	20.05 W	86.17
Liz Lowther	72	14.23 R	84.46
Peter Ellis	72	20.44 W	73.83
Mesh Prashad	49	11.20 R	69.65
Marnie Zakis	48	20.19 W	63.57
Barry Jeffs	75	18.21 R	57.29
Charlie Mallia	74	17.26 R	56.27
Matt Matin	48	14.29 R	54.50
Robyn Wheatley	71	22.33 R	53.87
Lindsay Beaton	73	29.00 W	52.71

1500m Walk

Kevin Cassidy	63	8.37
Heather Carr	74	9.57
Robyn Wheatley	71	13.00

FRANKSTON & PENINSULA 9th November (cont)**400m Cool down Run/Walk**

Bill Carr	74	1.22
Matt Matin	48	1.34
Charlie Mallia	74	1.48
Barry Jeffs	75	2.15
Liz Lowther	72	2.41
Chris Sheedy	55	2.44
John Delaney	73	2.47
Marnie Zakis	48	3.04
David Dodson	64	3.08
Robyn Wheatley	71	3.26

FRANKSTON & PENINSULA 16th November 2023**60m Sprint**

Bill Carr	74	10.15
Mike Hall	85	13.47
Matt Matin	48	21.00
Henry Sheedy	Inv	9.44

1000m Run

Chris Sheedy	55	3.55
David Sutherland	69	4.17
Matt Matin	48	4.34
Bill Carr	74	4.58
Charlie Mallia	74	5.08
Russell Dow	64	5.09
John Delaney	73	6.23
Frances Halton	62	6.50
Robyn Wheatley	71	7.06
Henry Sheedy	Inv	4.14

1000m Walk

Heather Carr	74	6.17
Peter Ellis	72	6.34
John Hallo	81	9.48

1 Lap of Ballam Park 2.1k Run/Walk

Bill Carr	74	13.50
Heather Carr	74	14.46
Peter Ellis	72 2.2k	15.59
Robyn Wheatley	71	16.49
Carol Johnston	74	17.57

2 Laps of Ballam Park 4.2k Run

Russell Dow	64	19.34
Chris Sheedy	55	19.34
David Sutherland	69	19.41
Charlie Mallia	74	23.32
Bronwyn Hanns	60	24.11
Matt Matin	48	24.11
David Sutherland	69	25.36
John Delaney	73	28.36
Henry Sheedy	Inv	19.48

600m Cool down Run

Matt Matin	48	2.37
Charlie Mallia	74	2.53
David Sutherland	69	2.54
David Dodson	64	3.45
John Delaney	73	3.48
Robyn Wheatley	71	4.22
Chris Sheedy	55	4.22
Frances Halton	62	6.28
Henry Sheedy	li	2.28

FRANKSTON & PENINSULA 30th November 2023**60m Sprint**

Bill Carr	74	11.92
Mike Hall	85	12.87

2k Run

Bill Carr	74	11.02
Barry Jeffs	75	11.11
Frances Halton	62	14.42
Robyn Wheatley	71	18.13

2k Walk

Heather Carr	74	13.25
John Delaney	73	19.14
Carol Johnston	74	20.45

4k Run

Russell Dow	64	17.53
Liz Lowther	72	19.46
Ian Orr	72	20.23
Matt Matin	48	21.11
Charlie Mallia	74	23.34

4k Walk

Peter Ellis	72	27.44
Marnie Zakis	49	29.44
Greg Lovejoy	81	30.25

1200m Run self handicap	Nom time	Run time	Result	
Ian Orr	72	6.10	5.40	-0.30
Charlie Mallia	74	6.33	6.20	-0.13
Bill Carr	74	6.15	6.04	-0.11
David Dodson	64	6.30	6.20	-0.10
Russell Dow	64	4.50	4.48	-0.02
Liz Lowther	72	5.35	5.34	-0.01
Matt Matin	48	6.00	6.03	0.03
Barry Jeffs	75	6.20	6.24	0.04
Frances Halton	62	8.00	8.05	0.05
1200m Walk self handicap	Nom time	Walk time	Result	
Carol Johnston	74	12.30	11.15	-0.45
Lindsay Beaton	73	12.10	11.55	-0.15
Marnie Zakis	49	9.00	8.51	-0.09
Greg Lovejoy	81	9.00	8.54	-0.06
Heather Carr	74	7.45	8.00	0.15
John Delaney	73	10.00	11.00	1.00
Robyn Wheatley	71	9.15	10.26	1.09

FRANKSTON & PENINSULA 30th November (cont)**600m Cool down Run**

Charlie Mallia	74	2.52
Matt Matin	48	3.07
Russell Dow	64	3.22
Ian Orr	72	3.36
Liz Lowther	72	3.45
Barry Jeffs	75	3.45
Robyn Wheatley	71	4.28
John Delaney	73	6.00
Gary Meyer	68	6.00
Frances Halton	62	7.00

GEELONG 1st November 2023**3km - Cross Country**

Noah Jones	11:12
Darren Riviere	11:35
Dave Palmer	11:52
Navid Rashid	12:44
Charlie El Hage	14:02
Daimin Mole	14:29
Leo Pye	15:07
Daryl Hurst	17:41
Jill Coyte (W)	20:55
John Moore	22:34

7km - Cross Country

Oscar Pyle	31:17
Peter Fuller	31:26
Sharon Pedersen	33:29
Demetrius Churkovich	34:04
Ned Pyle	35:01
Alan Jenkins	35:02
Michael Panckridge	36:01
Jeff Walker	38:25
Frank Engelsman	40:42
Kath Oliver	41:14
Lucy Pyle	42:45

GEELONG 8th November 2023**Alan Foot 800m age graded - Heat 1**

Noah Jones	02:25	73.7%
Hamish Renkin	02:25	71.7%
Darren Riviere	02:42	77.3%
Dan Wright	02:44	69.1%
Sharon Pedersen	02:48	76.6%
Andy Bruschi	02:51	71.5%
Daimin Mole	02:53	66.1%
Peter Lamb	03:04	80.1%
Craig Renkin	03:06	62.5%

Alan Foot 800m age graded - Heat 2

Peter Fuller	03:13	78.9%
Alan Jenkins	03:18	64.8%
Michael Panckridge	04:16	49.7%
Jeff Walker	04:33	55.7%

2800m

Russ Jenkins	10:39
Hamish Renkin	11:03
Dan Wright	11:14
Darren Riviere	11:45
Peter Fuller	11:59
Craig Renkin	12:18
Noah Jones	12:34
Sharon Pedersen	12:34
Michael Panckridge	13:04
Alan Jenkins	13:16
Leo Pye	13:55
Jeff Walker	15:10
Kath Oliver	15:40
Daryl Hurst	15:49

2000m

Jill Coyte (W)	12:57
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1600m

Hamish Renkin	05:51
Russ Jenkins	06:20
Andy Bruschi	06:28
Dan Wright	06:40
Peter Fuller	06:48
Craig Renkin	07:00
Alan Jenkins	08:06
Frank Engelsman	08:20
Jeff Walker	08:24
Daryl Hurst	09:18

GEELONG 15th November 2023**3km - Cross Country**

Daimin Mole	14:05
Leo Pye	14:56
Kath Oliver	16:39
Chris Colley	19:32
Fiona Van Heerwaarden	20:03 walk
Peter Urban	20:36

8km - Cross Country

Hamish Renkin	31:47
Zdenko Coric	32:41
Peter Fuller	34:34
Craig Renkin	37:24
Alan Jenkins	39:12
Michael Panckridge	39:35
Tanya Staehr	40:14
Jeff Walker	46:03

GEELONG 22nd November 2023**300m**

Daimin Mole	46.90
John Moore	52.40
Sharon Pedersen	52.90
Darren Riviere	55.30

GEELONG 22nd November 2023 (cont)**3200m**

Cameron White	12:48
Peter Fuller	13:31
Sharon Pedersen	14:33
Alan Jenkins	15:02
Frank Engelsman	17:41
Jeff Walker	17:52
Fiona Van Heerwaarden (W)	21:11

2000m

Chris Colley	13:00
Jill Coyte (W)	13:47
Fred Barnett	13:51

1000m

Darren Riviere	03:31	
Cameron White	03:44	
Daimin Mole	03:58	
Peter Fuller	03:59	
Peter Lamb	04:10	
Jeff Walker	05:08	
Frank Engelsman	05:09	
Kath Oliver	05:09	
Fiona Van Heerwaarden	06:28	Walk
Fred Barnett	06:50	

GEELONG 29th November 2023**3km - Cross Country**

Sharon Pedersen	12:38
Chris Colley	20:02

5km - Cross Country

Cameron White	20:56
Peter Fuller	21:47
Alan Jenkins	25:26
Frank Engelsman	27:57
Jeff Walker	28:41

GLEN EIRA November 7th 2023**100m H/C**

		H/C(m)	Clock
Hugh Stevenson	62	SCR	13.72
Natalie Baumgartel	54	6	13.72
Alison von Mogel	38	7	13.72
Glad Wishart	79	28	13.93
Aggie Byers	45	3	13.95
Michelle Edmonds	49	15	13.95
John Molineux	69	10	14.26
Bob Wishart	81	5	14.33
Vivienne Cash	71	12	14.50
Cataldo Mase	61	15	14.72

3m walk (choose start)

		Clock	
Sandra Middleton	74	2.48	-12
Mark Cant	62	2.40	-20
Des Middleton	76	2.30	-30.00

600m Age %

		Clock	Age % (2015)
Mike Clapper	71	1.53.7	88.3
Chris Stewart	69	2.05.5	77.6
Andrew Moore	65	2.00.8	76.5
Kurt Golonka	54	1.59.1	71.7
Sarah Lorentzen	44	2.22.0	62.3
Hugh Stevenson	62	2.43.1	55.5

200m E/T

		Clock	E/T	Diff
Alison von Mogel	38	33.26	33.00	0.26
Hugh Stevenson	62	30.55	30.20	0.35
Natalie Baumgartel	54	32.37	32.95	-0.58
Kurt Golonka	54	28.90	29.50	-0.60
Vivienne Cash	71	35.12	36.00	-0.88
Aggie Byers	45	31.66	32.63	-0.97
John Molineux	69	39.97	39.00	0.97
Michelle Edmonds	49	42.82	39.00	3.82
Cataldo Mase	61	44.15	35.00	9.15

Cup spiral (8 laps)

		H/C	Clock	H/C Time
Chris Campbell	75	12.50	17.40	0.00
Jo Cockwill	71	9.10	21.23	0.00
Mark Cant	62	9.10	21.32	0.00
Simon Lloyd	68	16.45	13.59	0.00
Janet Holmes	70	6.00	24.49	0.00
James Kingston	55	17.05	13.46	0.00
Andrew Moore	65	17.05	14.07	31.12
Michelle Edmonds	49	8.35	22.38	0.00
Sam Defanis	75	11.00	20.21	0.00
Sandra Middleton	74	5.30	26.17	0.00
Des Middleton	76	4.15	27.58	0.00

GLEN EIRA November 14th 2023			
Living Legend Relays			
4 x 100 relay		Clock	
Glen Eira 1			
Natalie Baumgurtel	54		
Hugh Stevenson	62		
Aggie Byers	44		
Kurt Golonka	54	55.30	
Mentone			
Bob Wishart	81		
Vivienne Cash	71		
??			
Stephen Wishart	51	56.20	
Glen Eira 2			
Alison von Mogel	38		
Michelle Edmonds	49		
John Molineux	69		
June Treweek	62	63.50	
Living Legend event (3.5k, 3k, 2k walk, 1k)			
Mentone (50+)		Clock	Posn
Trev McCann	58	14.00	
Mat Lorencak	50	12.00	
Kevin Cassidy	63	10.45	
Debbie Rattray	56	4.22	
		41.07	1st 50+
Glen Eira (65+)			
Andrew Moore	65	14.10	
Simon Lloyd	68	12.11	
Janet Holmes	70	13.20	
Mike Clapper	71	4.09	
Total		43.50	1st 65+
Glen Eira (50+)			
James Kingston	55	13.50	
Jo Whittle	51	14.30	
Mark Cant	62	12.11	
Chris Stewart	69	3.59	
Total		44.30	2nd 50+
Frankston/Springvale (Open)			
Russ Dow	64	14.57	
Dave Sutherland	69	13.03	
Heather Carr	74	13.15	
Les Williams	67	3.47	
Total		45.02	1st Open
Mentone (Open)			
Corey Lawson	45+	13.02	
Helen Castel	60	16.14	
Kylie Irshad	52	11.46	
Julian Boland	60	4.26	
Total		45.28	2nd Open

Glen Eira (Open)			
	Clock	Posn	
Chris Campbell	75	17.47	
Sarah Lorentzen	45	12.18	
Terry O'Neill	67	12.22	
Kurt Golonka	54	4.11	
Total		46.38	3rd Open
Fun Team 3 (F/S)			
Matt Matin	48	17.22	
Charlie Mallia	74	13.55	
Anand Thillaisundaran	47	13.21	
Tony		4.22	
Total		49.00	1st Fun
Frankston/Springvale (50+)			
Jason Leonard	52	15.52	
Claudio Riga	68	16.16	
Peter Ellis	72	13.14	
Helen Anderson	61	4.50	
Total		50.12	3rd 50+
Frankston/Springvale (65+)			
Liz Lowther	72	17.00	
Barry Jeffs	75	16.57	
Tony Doran	70	14.28	
Billy Carr	74	4.41	
Total		53.06	2nd 65+
Fun Team 2 (Ment)			
Kylie Irshad	52	17.56	
John Gregory	63	14.25	
Dawn Bennett	78	16.22	
Geoff Barrow	74	6.46	
Total		55.29	2nd Fun
Fun Team 1 (GE)			
Simone O'Brien	51	18.56	
Jo Cockwill	71	18.46	
Sandra Middleton	74	14.28	
Michelle Edmonds	49	5.14	
Total		57.24	3rd Fun
Fun Team 5 (GE)			
Phil Urquhart	79	23.17	
Greg Hughes	65	16.26	
Des Middleton	76	14.39	
John Allan	71	5.52	
Total		60.14	4th Fun
Mentone (65+)			
Ralph Bennett	81	20.34	
Scott Murdoch	74	17.43	
Gwen Steed	81	14.32	
Sylvia Machin	82	7.42	
Total		60.31	3rd 65+

GLEN EIRA November 14th 2023 (cont)				
Fun Team 4 (GE)	Clock	Posn		
Jane Sturzaker	70	22.27		
Karyn O'Neill	68	18.20		
Cynthia Ellery	74	16.59		
Janine McKerron	63	4.45		
Total	62	5th Fun		
Fastest 1st lap - Corey Lawson (Mentone) - 13.02				
Fastest 3k - Matt Lorencak (Mentone) - 12.00				
Fastest 2k walk - Kevin Cassidy (Mentone) - 10.45				
Fastest 1k - Les Williams (Springvale) - 3.47				
Overall Results				
1st=	Glen Eira (16 points)			
1st=	Frankston/Springvale (16 points)			
1st=	Mentone (16 points)			
GLEN EIRA November 21st 2023				
80m E/T	Clock	E/T	Diff	
Viv Cash	71	13.48	13.5	0.02
Paul Lynch	74	15.28	15.3	0.02
June Treweek	62	12.82	12.9	0.08
Michelle Edmonds	49	14.04	14.2	0.16
Natalie Baumgurtel	54	12.13	12.4	0.27
Aggie Byers	45	11.87	11.6	0.27
Hugh Stevenson	62	11.53	11.2	0.33
Chris Brown	68	12.55	13.0	0.45
Jim Rountree	64	13.73	13.2	0.53
Greg Hughes	65	14.45	16.0	1.55
600m Walk E/T	Clock	E/T	Diff	
Sandra Middleton	74	4.05	4.05	0
Mark Cant	62	3.13	3.15	-2
Terry O'Neill	67	3.32	3.30	2
Paul Lynch	74	4.59	4.55	4
Pete Battrick	80	6.32	6.50	-18
1200m H/C	H/C	Clock	H/C Time	
John Allan	70	GO	6.15	6.15
Ralph Bennett	81	GO	6.27	6.27
Kurt Golonka	54	95	6.49	5.14
Chris Brown	68	60	7.01	6.01
Mike Clapper	71	130	7.06	4.56
Chris Stewart	69	120	7.07	5.07
Hugh Stevenson	62	45	7.16	6.31
Simone O'Brien	51	100	7.21	5.41
Stephen Barker	63	155	7.21	4.46

200m H/C Bob Wishart Wk 1	H/C	Clock	H/C Time	
Greg Hughes	65	7	46.62	39.62
Kurt Golonka	54	19	47.40	28.40
Michelle Edmonds	49	10	48.01	38.01
Bob Wishart	81	14+3m	48.40	33.90
Natalie Baumgurtel	54	15+3m	48.63	33.13
Aggie Byers	45	16	48.82	32.82
Hugh Stevenson	62	17	48.93	31.93
June Treweek	62	14	49.32	35.32
Viv Cash	71	13	49.55	36.55
Glad Wishart	79	GO	49.77	49.77
Jim Rountree	64	13	51.19	38.19
2k walk H/C (Trophy)	H/C	Clock	H/C Time	
Ralph Bennett	81	4.06	16.34	12.28
Sandra Middleton	74	2.31	17.05	14.34
Jim Berrington	67	4.27	17.06	12.39
Terry O'Neill	67	4.49	17.15	12.26
June Treweek	62	2.31	17.22	14.51
Des Middleton	76	2.20	17.30	15.10
Karyn O'Neill	68	3.42	17.34	13.52
Tony Doran	71	2.31	17.43	15.12
Conrad Hamann	71	3.00	17.48	14.48
Jim Rountree	64	2.27	17.57	15.30
Paul Lynch	74	1.20	17.59	16.39
Greg Hughes	65	3.42	18.48	15.06
Pete Battrick	80	(800m)	8.41	
Mark Benjamin 3k Age graded	Clock	Age %		
Simon Lloyd	68	12.03	81.09	
Andrew Moore	65	12.03	78.63	
Stephen Barker	63	13.05	70.99	
Chris Campbell	75	16.53	62.53	
Mark Cant	62	14.53	61.79	
Jo Cockwill	71	19.11	61.03	
Chris Brown	68	17.16	56.59	
Merle Want	62	18.58	55.49	
Mike Clapper	71	19.11	52.60	
Michelle Edmonds	49	19.56	46.26	
GLEN EIRA November 28th 2023				
4 x 100 Relay	Clock			
Michelle Edmonds	49			
Jim Rountree	64			
Vivienne Cash	71			
June Treweek	62	1.06.0		
Glad Wishart	79			
John Molineux	69			
Jonathan Jackson	52			
Hugh Stevenson	62	1.06.2		

GLEN EIRA November 28th 2023 (cont)

500m Walk E/T	Clock	E/T	Diff	
Sandra Middleton	75	3.19	3.19	0
Tony Doran	71	3.29	3.35	-6
Jim Berrington	67	2.54	3.00	-6
Natalie Baumgurtel	54	2.55	3.05	-10
600m H/C	H/C	Clock	H/C Time	
Sarah Lorentzen	45	22	2.36.1	2.14.1
Chris Stewart	69	33	2.43.1	2.10.1
Chris Brown	68	6	2.45.7	2.39.7
Cataldo Mase	61	10	3.03.6	2.53.6
Hugh Stevenson	62	GO	3.05	3.05
200m H/C Bob Wishart Wk 2	H/C	Clock	H/C Time	
Greg Hughes	65	9+3m	47.82	38.32
Michelle Edmonds	49	11	48.00	37.00
Hugh Stevenson	62	18	48.12	30.12
Glad Wishart	79	GO	48.79	48.79
Jim Rountree	64	13	49.05	36.05
Cataldo Mase	61	8	50.18	42.18
Bob Wishart	81	15+3m	50.83	35.33
June Treweek	62	15	50.89	35.89
Viv Cash	71	14	50.93	36.93
John Molineux	69	12	51.99	39.99
Jonathan Jackson	52	18	52.90	34.90
3k walk E/T	Clock	E/T	Diff	
Des Middleton	76	22.34	22.40	-6
Greg Hughes	65	26.02	25.43	19
Sandra Middleton	75	22.52	22.30	22
Jim Berrington	67	20.52	20.15	37
Tony Doran	71	22.27	23.09	-42
Jim Rountree	64	26.02	23.01	-181
4k	Clock			
James Kingston	55	18.09		
Sarah Lorentzen	45	20.10		
Chris Brown	68	23.58		
Chris Grafen	59	24.21		
Michelle Edmonds	49	27.58		
10k	Clock	Age %		
Stephen Barker	63	41.19	80.7	
Simon Lloyd	68	44.21	78.6	
Terry O'Neill	67	55.30	62.3	
Merle Want	62	60.34	61.5	
Phhil Urquhart	79	57.23	(8k)	

KNOX November 1st 2023

800m walk		
Mick Carr	70	5.39
Sayad Khatab	74	5.50
Peter Shanahan	62	6.03
Ron Harris	73	6.16
Noel Fairburn	62	6.54
Maggie Hawkes	67	7.38
Natalie Irvine	76	8.31
Claudio Riga	68	8.32
Frank Allan	79	8.34
Anne McPherson	67	8.35
Glenn Claiden	69	8.36
Peter Thorne	75	8.37
Bill Irvine	75	8.42
Dennis Phillips	81	8.43
David Wear	76	8.47
Graeme Leticq	68	8.48
Lindsay Oxenham	74	9.25
Jenny Fox	82	9.57
Paul Bainbridge	60	9.58
Gerard McDonald	59	10.02
300m NOT		
Paul Durrant	62	52.03
Paul Walsh	59	56.33
Helen Anderson	61	60.59
Paul Bainbridge	60	65.08
Peter Shanahan	62	67.74
Bill Irvine	75	74.26
Helen Stanley	68	75.78
Anne McPherson	67	89.07
Glenn Claiden	69	91.38
Graeme Leticq	68	92.84
Mick Carr	70	121.74
Celia Johnson	78	141.7
Frank Allan	79	158.09
Natalie Irvine	76	166.86
Jenny Fox	82	173.69
Peter Thorne	75	184.69
Claudio Riga	68	185.72
Gerard McDonald	59	215.28
Lindsay Oxenham	74	219.51
Sprint		
Paul Durrant	62	8.85
Paul Walsh	59	9.47
Sayad Khatab	74	9.89
Helen Anderson	61	10.53
Jenny Fox	82	14.43

KNOX November 1st 2023 (cont)**Mid Dist**

Sayad Khatab	74	1.05	300m
Paul Walsh	59	2.58	700m
Helen Stanley	68	3.09	700m
Helen Anderson	61	3.16	700m
Graeme Leticq	68	3.36	700m
Anne McPherson	67	3.41.14	700m
Bill Irvine	75	3.41.99	700m
Paul Bainbridge	60	3.43	700m
Gerard McDonald	59	4.27	300mw
Celia Johnson	78	5.44	700m
Peter Shanahan	62	5.46	1100m
Dennis Phillips	81	6.23	700mw
Frank Allan	79	6.33	700mw
Natalie Irvine	76	7	700mw
Claudio Riga	68	7.01	700mw
Mick Carr	70	7.43	1100mw
Lindsay Oxenham	74	8.18	700mw

Distance

Bill Irvine	75	10.05	800w
Mick Carr	70	14.2	2kw
Graeme Leticq	68	15.03	3k
Anne McPherson	67	16.02	3k
Paul Bainbridge	60	16.35	3k
Sam Defanis	75	16.41	3k
Dennis Phillips	81	17.3	2kw
Sayed Khatab	74	17.36	3k
Maggie Hawkes	67	18.28	2kw
Peter Shanahan	62	18.34	3k
Frank Allan	79	19.15	2kw
Celia Johnson	78	23.4	2kw
Peter Thorne	75	23.42	2kw
Claudio Riga	68-9	23.44	2kw
Gerard McDonald	59	25.15	2kw
Paul Walsh	59	25.16	2kw
Helen Stanley	68	26.09	5k
Glenn Claiden	69	27.2	5k

KNOX November 8th 2023**Sprint**

Rebecca Redfern	48	11.19	60m
Paul Durrant	62	12.05	80m
Paul Walsh	59	12.62	80m
Jenny Fox	82	14.66	60m

NOT

Paul Durrant	62	2.26	SECOND
Paul Walsh	60	2.29	FIRST
Helen Stanley	68	2.45	
Claudio Riga	68	3.13	
Glenn Claiden	69	3.16	
Bob Henderson	77	3.18	
Rebecca Redfern	48	3.33	
Peter Thorne	75	3.51	
Paul Twining	73	4.03	
Tony Doran	71	4.27	
Ian Uren	72	4.34	
Anne McPherson	67	5.08	1000m
Gerard McDonald	59	6.56	
Jenny Fox	82	6.58	
David Talbot	68	6.59	
Mick Carr	70	7.03	1000m

Distance

Anne McPherson	67	10.27	2k
Paul Mullins	82	10.28	1.6k
Bob Henderson	77	13.26	2k
Mick Carr	70	14.27	2k
Helen Stanley	68	16.01	3.2k
Glenn Claiden	69	17.17	3.2k
Ian Uren	72	17.18	2k
Tony Doran	71	17.2	2k
Claudio Riga	68	18.03	3.2k
David Talbot	68	18.43	1.6k
Gerard McDonald	59	18.45	1.6k
Paul Walsh	60	18.45	1.6k
Sam Defanis	75	18.47	3.2k
Rebecca Redfern	48	20.13	3.2k
Peter Thorne	75	21.23	3.2k
Maggie Hawkes	67	21.37	3.2k

200m

Paul Walsh	59	31.71	
Rebecca Redfern	48	40.95	
Jenny Fox	82	61.8	
Mick Carr	70	78.37	

KNOX November 8th 2023 (cont)**800m walk**

Ian Uren	72	6.57
Mick Carr	70	6.57
Glenn Claiden	69	7.37
Maggie Hawkes	67	7.38
David Talbot	68	9.11
Sam Defanis	75	9.11 3rd
Anne McPherson	67	9.19
Paul Twining	73	9.2 2nd
Claudio Riga	68	9.25
Peter Thorne	75	9.26
Rebecca Redfern	48	9.27
Tony Doran	71	9.28
Peter Le Get	89	10.1
Bob Henderson	77	10.12
Gerard McDonald	59	10.13

KNOX November 15th 2023**1000 Steps FTG**

Peter Shanahan	23.27
Claudio Riga	24.52
Erika Bedyne	24.55
Graham Woolrich	25.02
Paul Durrant	28.35
Peter Thorne	29.28
Jack Durrant	30.39
Mark Harris	34.32
Noel Fairburn	37.12
Paul Walsh	40+
Gerard McDonald	40+

KNOX November 22nd 2023**Sprint**

Paul Durrant	62	9.1	60m
Stephen Richards	62	9.69	60m
Helen Anderson	61	10.19	60m
Rebecca Redfern	48	10.94	60m
Sayed Khatab	74	11.19	60m
Alan Anderson	31	11.25	80m
Jenny Fox	82	14.82	60m
Paul Walsh	60	15.59	100m
Noel Fairburn	62	17.73	100m

800m walk

Ian Uren	72	6.05
Sayed Khatab	74	6.25
Ron Harris	73	6.56
Bob Henderson	77	7.14
Chris McArdle	70	7.31
Ron Maher	71	7.33
Glenn Claiden	69	7.45
Anne McPherson	67	7.5
Graeme Leticq	68	7.51
Celia Johnson	78	7.53
Peter Thorne	75	7.58
Stephen Richards	62	7.58
Frank Allan	79	8
Sam Defanis	75	8.02
Tony Johnson	83	8.04
Rebecca Redfern	48	8.24
David Wear	76	8.25
David Talbot	68	8.26
Lindsay Oxenham	74	9.08
Eric Negros	60	10.16

500m

Alan Anderson	31	1.55
Paul Durrant	62	2.04
Bob Henderson	77	2.14
Paul Walsh	60	2.15
Stephen Richards	62	2.37
Rebecca Redfern	48	2.42
Ian Uren	72	3.46
Ron Harris	73	3.51
Jack Durrant	26	4.15
Frank Allan	79	4.30
Graeme Leticq	68	4.49
Tony Johnson	83	4.56
Sayed Khatab	74	5.03
Celia Johnson	78	5.12
David Talbot	68	5.12
Lindsay Oxenham	74	5.46
Jenny Fox	82	5.52
Maggie Hawkes	67	5.53

400m NOT

Alan Anderson	31	1.05
Paul Walsh	60	1.14 SIXTH
Stephen Richards	62	1.17 THIRD
Helen Anderson	61	1.25
Noel Fairburn	62	1.34
Paul Mullins	82	1.4 FIFTH
Rebecca Redfern	48	1.43
Sayed Khatab	74	1.47

KNOX November 22nd 2023 (cont)**400m NOT (cont)**

Glenn Claiden	69	1.58	FOURTH
Bob Henderson	77	2.04	
Anne McPherson	67	2.12	
David Wear	76	2.14	
Ian Uren	72	2.52	
Peter Thorne	75	3	SECOND
Ron Harris	73	3.1	
Frank Allan	79	3.27	
Tony Johnson	83	3.46	
Graeme Leticq	68	3.51	
Celia Johnson	78	3.55	FIRST
David Talbot	68	3.58	
Jenny Fox	82	4.02	
Eric Negros	60	4.49	
Lindsay Oxenham	74	4.51	

Distance

Glenn Claiden	69	12.15	
Sayed Khatab	74	13.07	
Jack Durrant		13.08	
David Wear	76	13.18	
Paul Mullins	82	16.02	
Ron Harris	73	20.1	
Frank Allan	79	20.22	
Tony Johnson	83	21.4	
Celia Johnson	78	21.41	
Chris McArdle	70	21.56	
Helen Anderson	61	21.56	
Ron Maher		21.58	
Graeme Leticq	68	22.22	
David Talbot	68	22.53	
Allan Bennie	76	22.54	
Anne McPherson	67	23.42	
Ian Uren	72	23.43	
Tracey Carpenter		24.11	
Paul Walsh	60	24.12	
Stephen Richards	62	26.2	
Peter Thorne	75	27.07	
Noel Fairburn	62	27.15	
Jenny Fox	82	27.16	
Eric Negros	60	27.17	

KNOX November 29th 2023**Sprint**

Paul Durrant	62	9.09	
Paul Walsh	59	9.49	
Claudio Riga	68	13.69	
Jenny Fox	82	15.24	

800m walk

Claudio Riga	68	5.58	
Mark Harris	54	6.09	
Ron Harris	73	6.26	
David Wear	76	6.28	
Celia Johnson	78	7.12	
Kaye McAloney	?	7.14	
Alan Bennie	76	7.55	
Frank Allan	79	8.02	
Sam de Fanis	75	8.04	
Bill Irvine	75	8.14	
David Talbot	69	8.15	
Anne McPherson	67	8.34	
Graeme Leticq	68	8.35	
Paul Twining	74	8.36	
Bob Henderson	77	8.55	
Gleny Brown	70	9.3	
Peter LeGet	89	9.33	
Peter Thorne	75	9.48	
Ian U'Ren	72	9.49	

800m NOT

Paul Walsh	59	3.31	winner
David Talbot	69	3.52	
Claudio Riga	68	4.02	
Paul Mullins	82	4.03	
Bill Irvine	75	4.04	
Chris McArdle	70	4.5	
Peter Ellis	72	5.1	3rd
Tony Doran	71	5.55	
David Wear	76	5.57	2nd
Ian U'Ren	72	6	
Graeme Leticq	68	6.18	
Ron Harris	73	6.54	
Celis Johnson	76	6.58	
Frank Allan	79	7.31	
Paul Twining	74	7.32	
Alan Bennie	76	7.35	
Bob Henderson	77	8.22	

150m

Paul Walsh	59	30.81	
David Talbot	69	35.44	
Paul winterton	69	44.8	
Jenny Fox	82	48.11	

KNOX November 29th 2023 (cont)**Long Distance****2k walk or run**

Peter Ellis	72	13.45
Chris McArdle	70	15.29
Paul Mullins	82	15.29
Tony Doran	71	16.34
Alan Bennie	76	16.34
Ron Harris	73	17.03
David Wear	76	19.10
Tony Johnson	83	19.26
Celia Johnson	76	19.26
Frank Allan	79	19.56
David Talbot	69	20.37
Paul Twining	74	20.49
Gleny Brown	70	23.29
Kaye McAloney	?	23.30
Paul Walsh	60	23.33

3k

Paul Durrant	62	20.46
Bob Henderson	76	22.02
Ian U'Ren	72	23.41

5k

Helen Stanley	68	25.47
Graeme Leticq	68	25.54
Claudio Riga	68	27.28
Sam De Fanis	75	31.09
Peter Thorne	75	31.08

MENTONE November 1st 2023**400m Walk E.T.**

		<u>Clock</u>	<u>Diff</u>
Sylvia Machin	82	3.00	0.00
Dawn Bennett	78	3.10	0.00
Troy Jeffs	48	2.57	0.01
John Manning	77	3.19	0.01
Julian Boland	86	2.58	-0.03
Maureen Seedsman	86	3.12	-0.03
Ernie Jeffs	78	3.47	-0.03
Tony Doran	71	2.53	-0.05
Ian Beaumont	87	4.00	-0.06
Stephen Wishart	51	2.41	-0.08
Emma Wishart	47	2.50	-0.08
Susan Short	49	2.52	-0.08
Margaret Beaumont	85	4.00	-0.09
Jarvis Wishart	Inv	2.36	-0.10
Kevin Cassidy	63	1.54	-0.11
Nola Finn	87	4.41	-0.12
Daniel Short	Inv	2.57	-0.13
John Mathew	86	5.17	0.17
Bev Hugo	83	4.27	0.23
Scott Murdoch	74	2.27	-0.33
Joan Clarke	88	4.29	0.51
John Nottle	73	1.48	0.52

300m H/C "Agg Event"

		<u>Clock</u>	<u>Mts</u>	<u>Pts</u>
Bob Wishart	81	39.20	71	7
Ron Arthur	84	39.20	91	7
John Gregory	63	42.90	110	4
Cam Male	49	50.35	35	3
Vivienne Cash	71	51.52	35	2
Ellie Nidorfer	53	56.90	110	1

60m E.T.

		<u>Clock</u>	<u>Diff</u>
Stephen Wishart	51	7.99	-0.05
Mila Wishart	Inv	9.79	-0.06
Cam Male	49	9.12	-0.07
Daniel Short	Inv	10.81	-0.19
Glad Wishart	79	12.42	0.22
Ron Arthur	84	10.81	-0.29
Vivienne Cash	71	10.31	-0.39
Avril Britter	64	11.65	-0.46
Bob Wishart	81	10.03	-0.57
John Mathew	86	22.35	-0.65
Jarvis Wishart	Inv	12.38	0.83
Cataldo Mase	61	11.24	-13.76

MENTONE November 1st 2023 (cont)**800m E.T.****Rob Jennings Trophy**

		<u>Clock</u>	<u>Diff</u>
Cam Male @	49	3.45.4	0.4
Ashley Page	83	4.21.3	-2.7
Avril Britter @	64	4.03.8	2.8
John Gregory	63	4.56.5	-3.5
Mat Lorencak	50	2.47.7	-4.3
Trev McCann	58	2.54.3	4.3
Debbie Rattray	56	3.22.1	-7.9
Col Waring	77	3.20.1	-8.9
Helen Castel-Boland	60	4.01.1	-13.9
Sandra Wynne	72	4.10.3	-19.7
Eloisa Nidorfer	53	4.44.2	24.2
Julian Boland	60	3.48.9	-26.1
Susan Short	49	3.55.3	35.3
Graham Stockdale	82	4.39.7	54.7
Cataldo Mase	61	4.08.0	-1.52.0
Daniel Short	Inv	3.12.3	14.3

2.5km E.T.**Jean Albury Trophy Event 1**

		<u>Clock</u>	<u>Diff</u>
Troy Jeffs	48	12.45	-0.05
Mat Lorencak	50	10.31	0.06
Trev McCann	58	10.13	-0.17
Sandra Wynne	72	14.24	-0.36
Avril Britter	64	14.05	-0.39
Cam Male	49	14.16	-0.44
Debbie Rattray	56	11.47	-0.53
Ashley Page	83	14.46	-0.59
John Gregory	63	15.51	-1.09
Cataldo Mase	61	14.21	1.21
Eloisa Nidorfer	53	14.25	-2.35
Helen Castel-Boland	60	14.14	-2.36

2km Walk E.T.**Jean Albury Trophy Event 1**

		<u>Clock</u>	<u>Diff</u>
Maureen Seedsman	86	17.29	-0.01
Tony Doran	71	15.16	-0.01
Geoff Barrow	74	14.53	-0.03
Sylvia Machin	82	15.23	-0.07
Dawn Bennett	78	16.53	-0.09
John Nottle	73	13.00	-0.10
Ernie Jeffs	78	19.19	-0.11
Kevin Cassidy	63	10.58	-0.13
John Manning	77	17.01	0.19
Gwen Steed	81	14.40	-0.25
Ian Beaumont	87	22.19	0.53
Scott Murdoch	74	13.29	1.24
Margaret Beaumont	85	22.18	1.24
Karleen Joss-Knight	55	18.20	1.30
Nola Finn	87	29.21	-3.59
John Mathew 4 Laps	86	25.18	

MENTONE November 8th 2023**500m Walk****Frank Kealy Trophy Event 1**

		<u>Clock</u>	<u>Diff</u>
Dawn Bennett	78	3.59	-0.01
Michael Boulton	69	4.16	0.01
Margaret Beaumont	85	4.58	-0.02
Julian Boland	60	3.52	0.02
Ian Beaumont	87	4.59	0.02
Maureen Seedsman	86	4.02	0.04
John Manning	77	4.03	-0.07
Sylvia Machin	82	3.37	-0.08
Greg Hughes	65	3.22	-0.11
Kevin Cassidy	63	2.30	-0.15
Scott Murdoch	74	3.08	-0.17
Nola Finn	87	5.55	-0.25
John Mathew	87	5.44	0.44
Joan Clarke	89	5.44	0.44

1 Mile E.T.

		<u>Clock</u>	<u>Diff</u>
Cataldo Mase	61	10.06.2	6.2
Mat Lorancak	50	6.12.5	-7.5
Greg Hughes	65	8.52.1	9.1
Sandra Wynne	72	8.59.7	9.7
Avril Britter	64	8.49.1	11.1
Ralph Bennett	81	8.46.0	-12.0
Eloisa Nidorfer	53	9.15.4	-14.6
Col Waring	77	7.39.0	24.0
Cam Male	49	8.58.1	26.2
Helen Castel-Boland	60	8.41.0	-31.0
Ashley Page	83	9.13.2	-35.8
John Gregory	63	10.50.3	50.3

100m E.T.

		<u>Clock</u>	<u>Diff</u>
Ellie Nidorfer	53	25.06	0.06
Vivienne Cash	71	16.50	0.30
Avril Britter	64	19.55	-0.32
Cam Male	49	15.49	0.33
Greg Hughes	65	18.50	-0.50
Bob Wishart	81	15.52	-0.58
Cataldo Mase	61	18.88	-1.12
Glad Wishart	79	22.32	1.32
Michael Boulton	69	26.61	1.61
John Gregory	63	21.01	-2.49
John Mathew 60mts	87	25.19	2.19

MENTONE November 8th 2023 (cont)**2km E.T.****Jean Albury Trophy Event 2**

		<u>Clock</u>	<u>Diff</u>
Mat Lorencak	50	8.06	0.06
Ashley Page	83	11.48	-0.07
Avril Britter	64	11.35	0.08
Cataldo Mase	61	12.58	-0.12
Sandra Wynne	72	11.34	0.19
Ellie Nidorfer	53	11.54	0.24
Julian Boland	60	11.08	-0.37
Helen Castel-Boland	60	11.17	-0.45
John Gregory	63	13.58	0.58
Cam Male	49	11.40	4.40

1 Mile Walk E.T. "Agg Event"**Jean Albury Trophy Event 2**

		<u>Clock</u>	<u>Diff</u>	<u>Pts</u>
Kevin Cassidy	63	8.55	-0.05	7
Michael Boulton	69	15.15	0.05	7
Scott Murdoch ***	74	10.34	0.06	4
Greg Hughes	65	11.40	-0.07	3
Gwen Steed	81	11.33	-0.12	2
Ralph Bennett ***	81	9.55	-0.15	1
John Manning	77	13.13	-0.20	1
Maureen Seedsman	86	14.12	0.22	1
Geoff Barrow	74	11.37	-0.23	1
Dawn Bennett	78	13.43	0.30	1
Sylvia Machin	82	12.13	-0.37	1
Nola Finn	87	24.23	-0.37	1
Ian Beaumont	87	17.14	-1.08	1
Margaret Beaumont	85	16.49	-1.50	1
John Mathew	87	26.02	1.56	1

MENTONE November 15th 2023**900m E.T. "Agg Event"**

		<u>Clock</u>	<u>Diff</u>	<u>Pts</u>
Helen Castel-Boland	60	4.20.5	0.5	7
Sandra Wynne	72	4.50.3	5.3	5
Ashley Page	83	4.59.9	5.9	4
Mat Lorencak	50	3.07.9	-7.1	3
Ralph Bennett	81	5.01.2	7.2	2
Greg Hughes	65	4.27.7	7.7	1
John Gregory	63	5.31.4	-8.6	1
Trev McCann	58	3.17.3	-12.7	1
Cam Male	49	4.16.9	12.9	1
Debbie Rattray	57	3.56.5	-28.5	1
Daniel Short	Inv	3.43.6	28.6	

400m E.T.

		<u>Clock</u>	<u>Diff</u>
Greg Hughes	65	1.49.2	17.2
Freddie Fleischman	Inv	1.20.1	43.9
Cam Male	49	1.51.7	1.06.7

600m Walk**Frank Kealy Trophy Event 2**

		<u>Clock</u>	<u>Diff</u>
Maureen Seedsman	86	4.50	0.00
Troy Jeffs	49	4.28	0.01
Margaret Beaumont	85	6.00	-0.02
Julian Boland	60	4.42	0.02
John Manning	77	5.03	0.03
Jenny Fox	82	6.41	0.04
Susan Short	50	4.55	-0.05
Dawn Bennett	78	4.49	0.05
Ernie Jeffs	78	5.43	-0.07
Sylvia Machin	82	4.37	-0.08
Ian Beaumont	87	6.13	-0.11
Scott Murdoch	74	3.57	0.15
Rupert Van Dongen	49	3.56	0.26
John Mathew	87	7.00	0.30
Bev Hugo	83	6.57	0.31
Joan Clarke	89	6.59	0.33
Emma Wishart	47	5.24	0.35
Greg Hughes	65	4.12	-0.44
Margaret Marion		6.55	No ET
Freddie Fleischman	Inv	3.55	-0.05
Daniel Short	Inv	4.30	-0.30
Jarvis Wishart	Inv	5.15	1.05

200m E.T.**Trophy Event**

		<u>Clock</u>	<u>Diff</u>
Vivienne Cash @	71	35.00	-0.20
Glad Wishart	79	46.50	0.29
Stephen Wishart	51	28.30	0.45
Bob Wishart	81	34.30	-0.50
Jarrod Bloomfield	38	31.20	-0.80
Cam Male	49	41.10	8.03
Jenny Fox ***	82	47.40	-11.19
John Gregory	63	30.70	-17.30
John Mathew 60mts	87	22.60	0.40
Daniel Short	Inv	35.10	0.10
Jarvis Wishart	Inv	44.70	0.51
Freddie Fleischman	Inv	28.50	-9.50

3km E.T.**Jean Albury Trophy Event 3**

		<u>Clock</u>	<u>Diff</u>
Mat Lorencak	50	12.17	0.02
Troy Jeffs	49	15.38	0.02
Debbie Rattray	56	14.25	0.05
Trev McCann	58	12.06	-0.09
Cam Male	49	17.34	-0.13
Ashley Page	83	17.58	-0.20
Sandra Wynne	72	18.10	-0.30
Helen Castel-Boland	60	17.21	-0.39
Michelle Hart	40	16.34	-1.24
Jarrod Bloomfield	38	11.46	-2.14
Kylie Irshad	52	17.49	2.19
John Gregory	63	21.29	2.39

MENTONE November 15th 2023 (cont)**3000m Walk E.T. Jean Albury Trophy Event 3**

		<u>Clock</u>	<u>Diff</u>
John Manning	77	25.17	0.02
Ralph Bennett	81	19.36	0.07
Gwen Steed	81	22.15	0.10
Sylvia Machin	82	23.42	0.12
Geoff Barrow	74	22.28	-0.17
Dawn Bennett	78	25.36	-0.19
Greg Hughes	65	25.43	-0.23
Scott Murdoch	74	21.18	0.28
Frank Allan	79	27.59	-1.29
Ernie Jeffs	78	27.52	-1.38
Margaret Beaumont	85	31.53	-2.09
Ian Beaumont	87	32.10	-2.23
John Mathew 2km	87	31.45	-0.15

MENTONE November 22nd 2023**1500m E.T. Clock Diff**

Cam Male	49	7.49.0	1.0
Mat Lorencak	50	5.47.2	-2.8
Avril Britter	64	8.07.0	-4.0
David Short	46	5.52.7	-7.3
Debbie Rattray	57	6.42.0	-13.0
Trev McCann	58	5.33.6	-17.4
Jarrold Bloomfield	38	5.31.8	28.2
John Gregory	63	9.59.3	29.3
Ciara Short	Inv	6.52.9	-37.1
Daniel Short	Inv	6.01.3	-43.7
Ellie Nidorfer	53	9.59.0	44.0

120m E.T. "Agg Event" Clock Diff Pts

Vivienne Cash	71	20.34	-0.06	7
David Short ***	46	16.07	0.07	5
Cam Male	49	19.41	0.09	4
Ron Arthur	84	21.93	-0.13	3
Avril Britter	64	23.49	0.28	2
Jarrold Bloomfield	38	16.34	0.34	1
Stephen Wishart ***	51	15.40	0.40	1
Bob Wishart ***	81	19.00	-0.70	1
Greg Hughes ***	65	21.63	0.92	1
John Gregory	63	25.20	1.20	1
Glad Wishart	79	26.04	1.54	1
Ellie Nidorfer	53	28.56	2.56	1
Michael Boulton	69	31.99	8.99	1
John Mathew 60mts	87	23.46	0.46	
Ciara Short	Inv	17.59	-0.41	
Mila Wishart	Inv	18.56	-0.59	
Daniel Short	Inv	20.16	-0.84	
Freddie Fleischmann	Inv	16.09	1.99	

800m Walk**Frank Kealy Trophy Event 3**

		<u>Clock</u>	<u>Diff</u>
Troy Jeffs	49	5.57	0.01
Maureen Seedsman	86	6.34	-0.03
Ernie Jeffs	79	7.33	0.03
Margaret Beaumont	85	8.03	-0.04
Scott Murdoch	74	5.11	0.06
John Manning	77	6.42	0.06
Rupert Van Dongen	49	4.53	-0.07
Sylvia Machin	81	6.02	-0.08
Bev Hugo	83	9.09	0.10
Joan Clarke	89	9.09	0.11
Emma Wishart	47	6.25	0.20
Ian Beaumont	87	8.04	-0.24
Greg Hughes	65	5.37	-0.31
Michael Boulton	69	7.11	0.31
Julian Boland	60	5.57	-0.32
Margaret Marion	83	8.13	0.43
John Mathew	87	9.46	0.46
Susan Short	50	5.29	-1.01
Nola Finn	87	10.25	-1.35
Daniel Short	Inv	5.58	-0.27
Freddie Fleischmann	Inv	4.59	0.39
Jarvis Wishart	Inv	7.28	1.31

3km E.T. "Agg Event" Jean Albury Trophy Event 4

		<u>Clock</u>	<u>Diff</u>	<u>Pts</u>
Mat Lorencak	50	12.12	-0.03	7
Troy Jeffs	49	15.47	-0.04	5
Trev McCann	58	12.06	-0.09	4
Stephen Bird	60	17.10	0.10	3
Debbie Rattray	57	14.35	0.15	2
Ellie Nidorfer	53	18.25	0.15	2
Michelle Hart	40	16.29	-0.16	1
Cam Male	49	17.55	0.25	1
John Gregory	63	19.34	-0.26	1
Sandra Wynne	72	17.54	-0.46	1
Avril Britter	64	17.35	0.56	1
Jarrold Bloomfield	38	16.29	4.44	1
Freddie Fleischmann	Inv	15.46	0.54	1

MENTONE November 22nd 2023 (cont)**2km Walk E.T. "Agg Event"****Jean Albury Trophy Event 4**

		<u>Clock</u>	<u>Diff</u>	<u>Pts</u>
John Manning	77	16.39	-0.01	7
Ernie Jeffs	79	18.54	-0.06	5
Scott Murdoch	74	13.27	0.09	4
Sylvia Machin	81	15.20	-0.10	3
Greg Hughes	65	15.22	-0.13	2
Michael Boulton	69	19.18	0.18	1
Tony Doran	71	14.38	-0.23	1
Margaret Beaumont	85	21.23	-0.29	1
Geoff Barrow	74	14.45	-0.40	1
Ian Beaumont	87	21.26	-0.44	1
Rupert Van Dongen	49	11.59	-1.01	1
John Nottle	72	12.54	-1.06	1
Julian Boland	60	14.18	-1.37	1
Nola Finn	87	32.00	1.40	1
John Mathew	87	30.38	3.38	1

MENTONE November 29th 2023**300m H/C**

		<u>Clock</u>	<u>Mts</u>
Cam Male	49	39.71	68
Cataldo Mase	61	40.63	100
Vivienne Cash	71	41.28	74
Freddie Fleischmann Inv		48.55	0
Ron Arthur	84	50.13	65

500m E.T. Walk

Freddie Fleischmann Inv		2.30	0.00
Joan Clarke	88	5.18	0.00
Troy Jeffs	49	3.59	-0.01
John Manning	77	4.11	-0.01
Sylvia Machin	82	3.44	-0.01
Ernie Jeffs	79	4.51	0.01
Margaret Beaumont	85	4.57	-0.03
Nola Finn	87	6.23	0.03
Kevin Cassidy	63	2.31	-0.04
Rupert Van Dongen	49	2.56	-0.04
Maureen Seedsman	86	3.57	-0.05
Scott Murdoch	75	3.12	-0.08
Ian Beaumont	87	5.03	0.09
Greg Hughes	65	3.34	0.12
Bev Hugo	83	5.40	0.22
Margaret Marion	83	4.45	-0.37
Michael Boulton	69	4.18	-0.52

600m E.T. "Agg Event"

		<u>Clock</u>	<u>Diff</u>	<u>Pts</u>
Avril Britter	64	2.56.6	-1.4	7
Mat Lorencak	50	2.07.0	-3.0	5
John Gregory	63	3.34.2	4.2	4
Debbie Rattray	57	2.28.8	-6.2	3
Ellie Nidorfer	53	3.10.6	-12.4	2
Sandra Wynne	72	3.02.3	-17.7	1
Cam Male	49	2.45.2	-19.8	1
Col Waring	78	2.28.1	28.1	1
Julian Boland	60	2.26.2	-31.8	1
Cataldo Mase	61	3.29.8	33.8	1
Freddie Fleischmann Inv		2.20.2	50.2	

150m E.T.

		<u>Clock</u>	<u>Diff</u>
Bob Wishart	82	24.64	0.44
Glad Wishart	79	33.98	0.48
Cam Male	49	25.25	-1.14
Ron Arthur	84	29.65	1.25
Ellie Nidorfer	53	36.91	2.89
John Gregory	63	32.89	-5.11
Freddie Fleischmann Inv		22.05	-5.95
Michael Boulton	69	42.07	6.27

5km E.T. "Agg Event"**Jean Albury Trophy Event 5**

		<u>Clock</u>	<u>Diff</u>	<u>Pts</u>
Debbie Rattray	57	24.36	0.06	7
Mat Lorencak	50	20.48	-0.12	5
Kevin Cassidy	63	28.22	0.22	4
Kylie Irshad	52	26.05	-0.25	3
Avril Britter	64	30.07	-0.38	2
Ellie Nidorfer	53	34.14	-0.46	1
Troy Jeffs	49	26.02	-0.53	1
Cam Male	49	31.05	1.05	1
John Gregory	63	34.14	-1.46	1
Freddie Fleischmann Inv		27.59	-5.01	

1500m Walk E.T.**Jean Albury Trophy Event 5**

		<u>Clock</u>	<u>Diff</u>
John Manning	77	12.38	0.02
Sylvia Machin	82	11.30	-0.05
Greg Hughes	65	11.37	-0.09
Gwen Steed	81	10.56	0.09
Maureen Seedsman	86	13.48	-0.12
Julian Boland	60	9.46	-0.19
Ernie Jeffs	79	14.38	0.23
Margaret Beaumont	85	16.15	0.24
Scott Murdoch	75	9.48	-0.27
Ian Beaumont	87	16.15	-0.35
Michael Boulton	69	13.53	0.43
Geoff Barrow	74	11.30	-0.55
Nola Finn	87	22.52	-1.08