

# Around the Grounds

Venue Results for December 2023



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

**ABERFELDIE 6th December 2023****100m handicap**

	Age	Time	Age-grade
John Papworth	55	14.5	76.4%
Tony Bradford	84	23.8	
Michael Orelli	79	28.5	
Mark Simmons	62	15.8	
Helen Pelns	61	15.6	
Mal Hodgart	63	22.2	

**1 MILE**

	Age	Time	Age-grade
John Papworth	55	06:44	64.0%
Michael Orelli	79	10:38	52.5%
Mal Hodgart	63	08:08	56.9%
David Jones	72	08:13	62.0%
Matthew Goodger	46	09:31	42.4%
Maggie Armstrong	61	07:52	66.9%

**300m**

	Age	Time	Age-grade
Helen Pelns	61	64.5	68.8%
Michael Orelli	79	84.1	56.3%
Mark Simmons	62	58.4	64.2%
John Papworth	55	48.3	74.1%
Mal Hodgart	63	87.5	43.1%

**2.5K river run**

	Age	Time
John Cooper	71	16:37
Mal Hodgart	63	13:44

**3.0K river run**

	Age	Time
Andrea Draper	46	21:10
John Dean	79	27:30

**3.3K river run**

	Age	Time
Maggie Armstrong	61	21:18

**5.0K river run**

	Age	Time
John Papworth	55	22:55
Bill Ristevski	59	29:43
Shane Draper	50	22:30
Cheryl Beveridge	58	29:59
Ash McDowall	52	29:59

**COBURG 7th December 2023****110m**

Paul O'NEILL	58	17.40
Matt HALLETT	34	18.40
Bruce GIBBS	75	20.53
Rob LEWIS	76	23.74
Len HALLETT	74	29.40
Ken CARTER	71	1.24.9

**1500m Estimate Time**

	Time	Diff
Len HALLETT	74 10.48.9	1.1
Fraser MURRAY	51 5.26.2	3.4
Michael MEANEY	68 6.39.2	9.2
Rob LEWIS	76 11.18.5	31.5
Matt HALLETT	34 7.56.5	33.1
Fiona ELY	54 7.25.5	69.1

**200m**

Paul O'NEILL	58	34.40
Bruce GIBBS	75	41.75
Matt HALLETT	34	48.30
Len HALLETT	74	57.96
Ken CARTER	71	2.31.3

**2km**

Fiona ELY	54	13.42
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**3km**

Michael MEANEY	68	15.33
Fraser MURRAY	51	16.56
Matt HALLETT	34	18.43
Maria BARBETTI	58	18.57
Len HALLETT	74	22.58

**COBURG 14th December 2023****100m**

Paul O'NEILL	58	15.50
Matt HALLETT	34	15.80
Bruce GIBBS	75	19.25
Len HALLETT	74	28.00
Ken CARTER	71	1.13.0

**400m**

Fraser MURRAY	51	1.12.5
Ken CARTER	71	4.34.1
Matt GOODGER	46	4.42.7

**Shot Put**

Wilson RILEY	Inv	9.46
Tash	Inv	7.36
Ken CARTER	71	6.58
Brian DELANEY	70	6.06
Gary O'DWYER	64	5.92
Matt HALLETT	34	5.77
Fraser MURRAY	51	5.70
Len HALLETT	74	5.14
Michael MEANEY	68	4.58
Fiona ELY	54	4.26

**COBURG 14th December 2023 (cont)****800m**

Matt HALLETT	34	3.56.5	
Gary O'DWYER	64	4.18.6	
Len HALLETT	74	6.36.9	W
Fiona ELY	54	6.54.7	W

**2km**

Michael MEANEY	68	9.28	
Matt GOODGER	46	12.22	
Len HALLETT	74	12.24	

**4km**

Fraser MURRAY	51	18.54	
Matt HALLETT	34	22.19	

**COBURG 21st December 2023****Pudding Gift 120m Handicap****Heat: 1**

		<u>Hcp</u>	
Mia MONAGHAN	Inv	30m	12.06
Wilson RILEY	Inv	35m	12.42
Adrian	Inv	12m	12.80
Len HALLETT	74	60m	13.32
Brian DELANEY	70	52m	14.21
Fiona ELY	54	42m	14.55

**Heat 2**

		<u>Hcp</u>	
Miranda GASPI	Inv	28m	11.90
Matt HALLETT	34	42m	12.00
Olivia	Inv	31m	12.70
Rob LEWIS	76	54m	13.24
Bruce GIBBS	75	47m	14.80
Ken CARTER	71	70m	27.00

**Final**

		<u>Hcp</u>	
Miranda GASPI	Inv	28m	12.00
Matt HALLETT	34	42m	12.20
Mia MONAGHAN	Inv	30m	12.54
Wilson RILEY	Inv	35m	12.73
Olivia	Inv	31m	12.89
Adrian	Inv	12m	13.10

**Pudding Gift Mile**

		<u>Clock</u>	<u>Actual</u>
Fiona ELY	54	15.50	7.42
Matt GOODGER	46	15.54	9.06
Alicia SPITTLE		15.56	9.00
Ben PEARMAIN		15.58	5.34
Noah WARREN		15.58	4.46
Fraser MURRAY	51	16.08	6.00
Sarah RESTUCCIA		16.09	6.57
Jett FENTON		16.12	5.4
David FENTON		16.21	6.53
Nick TALBOT		16.21	6.37
Tony CAUCHI		16.25	5.37
Michael MEANEY	68	16.28	7.21
Len HALLETT	74	16.30	10.14
Izzie DEAKIN		16.59	7.07
Bruce GIBBS	75	17.34	14.22
Matt HALLETT	34	18.24	10.05
Ken CARTER	71	19.28	19.28

**CROYDON 5th December 2023****1200 METRE WALK**

Veronica BROWN	58	
Tony DUFF	58	
Harper GRICE	Inv	
Liz WRIGLEY	67	No
Leon LI	Inv	
Wendy MURRAY	59	
Colin WILLIAMS	74	
Tenille RICHARDSON	38	Times
Rob STAGG	57	
Phyllis GOSBELL	85	
Sam BURTON	38	
Tony FREEGARD	67	Available
Gary TURNER	70	
Sandra GEISLER	46	
Andrew EGGINTON	62	
Andrew FRASER	81	

**90 METRE SPRINT****Heat 1:**

Harper GRICE	Inv	13.24
Tennille RICHARDSON	38	14.60
Russell OAKLEY	84	17.28
Leon LI	Inv	19.28
Andrew FRASER	81	28.16

**Heat 2:**

Paul DURRANT	62	13.39
Mark PORTBURY	57	13.78
Rob STAGG	58	14.43
Andrew EGGINTON	62	17.01
Veronica BROWN	58	24.33

**900 METRE RUN N.O.T.**

	<u>Clock</u>	<u>Nom.</u>	
Mark PORTBURY	57	3.20	3.10
Tenille RICHARDSON	38	4.05	5.12
Sam BURTON	38	4.09	5.30
Colin WILLIAMS	74	4.21	
Tony FREEGARD **	67	5.27	5.34 winner
Veronica BROWN	58	5.54	8.00
Leon LI	Inv	7.40	5.40

**42 SECONDS N.O.S.P.**

Veronica BROWN	58	26.26	
Colin WILLIAMS	74	30.15	
Leon LI	Inv	37.45	
Harper GRICE	Inv	38.17	
Kasen WILLIAMS	Inv	39.77	
Rob STAGG	57	40.96	
Tania NEALE	45	41.32	
Tenille RICHARDSON	38	41.93	winner
Russell OAKLEY	84	42.56	
Allan WOOD	86	46.76	
Mark PORTBURY	57	49.05	

**5 OR 10 LAPS RUN****5 laps:**

Rob STAGG	57	11.17
Mark PORTBURY	57	12.24
Tony FREEGARD	67	13.29
Veronica BROWN	58	15.18
Tony DUFF	58	15.19

**10 laps:**

Sam BURTON	38	22.18
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**DISCUS THROW**

Paul DURRANT	62	32.57
Andrew EGGINTON	62	24.73
Tony DUFF	58	22.50
Tania NEALE	45	20.05
Kasen WILLIAMS	Inv	15.27
Allan WOOD	86	14.32
Tenille RICHARDSON	38	13.60
Andrew FRASER	81	13.01
Harper GRICE	Inv	12.88
Veronica BROWN	58	10.22
Leon LI	Inv	5.53

**CROYDON 12th December 2023****1300 METRE WALK N.O.T.**

		<u>Clock</u>	<u>Nom.</u>
Paul MORITZ	64	9.21	
Tony DUFF	58	9.53	10.30
Harper GRICE	Inv	11.03	13.00
Tenille RICHARDSON	38	11.13	13.07
Liz WRIGLEY	68	11.20	10.50
Leon LI	Inv	12.04	10.50
Colin WILLIAMS	74	12.05	13.00
Rob STAGG	57	12.07	13.00
Andrew EGGINTON	62	12.17	
Phyllis GOSBELL **	85	12.18	12.25
Sam BURTON	38	12.19	13.15
Tony FREEGARD	67	12.39	13.10
Gary TURNER	70	12.42	12.15
Barry MURLEY	84	13.50	12.26
Andrew ARNOTT	48	13.51	13.05
Geoff ARNOTT	75	15.46	13.45
Ron SMITH	74	15.54	14.00

\*\* Winner - Phyllis Gosbell

**2 x 200 METRE RELAY 12.12.2023**

Ryder DUX	Inv	
Grant MURFETT	57	1.06
Tenille RICHARDSON	38	
Jess DUX	39	1.09
Russell OAKLEY	84	
Rob STAGG	58	1.11
Leon LI	Inv	
Mark PORTBURY	57	1.26

**CROYDON 12th December 2023 (cont)****60 METRE SPRINT****Heat 1:**

Ryder DUX	Inv	9.73
Tenille RICHARDSON	38	10.14
Russell OAKLEY	84	11.11
Leon LI	Inv	12.46
Gerry ROBINSON	84	13.51

**Heat 2:**

Mark PORTBURY	57	8.59
Paul DURRANT	62	8.93
Jess DUX	39	9.33
Rob STAGG	57	9.68
Harper GRICE	Inv	10.12

**1300 METRE RUN N.O.T.**

		<u>Clock</u>	<u>Nom.</u>
Mark PORTBURY	57	4.53	5.20
Andrew ARNOTT	48	5.37	4.20
Tenille RICHARDSON	38	6.12	6.17
Emala DeSILVA	44	6.29	
Sam BURTON **	38	6.32	6.30
Sam DEFANIS	75	6.33	10.00
Geoff ARNOTT	75	7.21	7.00
Tony FREEGARD	67	7.47	8.10
Colin WILLIAMS (90)	74	4.26	

\*\* Winner - Sam Burton

**4 OR 8 LAPS RUN/WALK****4 Laps:**

Rob STAGG	57	8.20	
Tony FREEGARD	67	10.21	
Phyllis GOSBELL	85	15.33	walk

**8 Laps:**

Andre EGGINTON	62	14.35	
Andrew ARNOTT	48	15.23	
Mark PORTBURY	57	17.28	
Geoff ARNOTT	75	17.29	
Sam DEFANIS	75	17.43	
Sam BURTON	38	17.45	
Paul MORITZ	62	24.14	walk
Leon LI (3 laps)	Inv	8.44	
Ryder DUX (5 laps)	Inv	12.50	

**SHOT PUT**

Paul DURRANT	62	10.22
Jess DUX	38	8.80
Tony DUFF	58	8.72
Harper GRICE	Inv	6.55
Tenille RICHARDSON	38	6.50
Ryder DUX	Inv	5.85

**DONCASTER 4th December 2023****50 metres heat 1**

Jeffrey Sim	(61)	8.86	
Andrew Close	(34)	8.88	(60 metres)
Nigel Shipley	(80)	9.18	(Record)
Kathy Skultety	(82)	11.00	(Record)
Carolyn Aughey	(81)	12.42	

**50 metres heat 2**

Stefan Myburgh	(45)	7.08	(Record)
Daniel Patience	(42)	7.10	
Andrew Close	(34)	7.31	
Brent Nunn	(39)	7.34	
Ross Toogood	(47)	7.77	
David Tyrrell	(62)	7.88	
David McConnell	(71)	7.88	(Record)
Arunan Arumainayagam	(46)	8.11	
Bianca Levis	(47)	8.17	

**800 metres**

Jameson Perrine	(44)	02:27.2
Daniel Patience	(42)	02:45.1
Jason Merrett	(51)	02:45.5
Carolyn Fox	(55)	02:45.9
Doug Sandiford	(66)	02:59.3

**100 metres heat 1**

Kathy Skultety	(82)	22.4
Carolyn Aughey	(81)	24.1

**100 metres heat 2**

Jameson Perrine	(44)	13.18
Stefan Myburgh	(45)	13.22
Andrew Close	(34)	14.02
Brent Nunn	(39)	14.06
David Tyrrell	(62)	14.98
Arunan Arumainayagam	(46)	15.58

**400 metres**

Daniel Patience	(42)	60.5
Andrew Close	(34)	73.2
David McConnell	(71)	74.7
Ross Toogood	(47)	84.9
Arunan Arumainayagam	(46)	86.5
Jameson Perrine	(44)	86.8

**3000 metres (NOST)**

Frank Prowse	walk	09:53.6	09:53.6	1 mile rec
Georgina Myburgh	walk	11:25.0	11:25.0	1500 record
Doug Sandiford	(-3.30)	16:52.7	13:22.7	(DQ)
Rob Sutton	(-0.00)	17:13.2	17:13.2	(DQ)
Arunan Arumainayagam	(-0.00)	19:04.4	19:04.4	(Winner)

**DONCASTER 11th December 2023****Long Jump**

	Age		
Stefan Myburgh	(45)	4.81	
Brent Nunn	(39)	4.65	
David Tyrrell	(62)	4.65	(Record)
Melinda Davey	(47)	4.27	(Record)
Arunan Arumainayagam	(46)	4.04	
Bernie McLoughlan	(71)	3.68	
David McConnell	(71)	3.66	
Yashin he	(46)	3.28	
Frank Prowse	(71)	2.17	
Barry Dorr	(85)	2.01	(New Record)
Tom Leong	(82)	1.62	

**Javelin Throw**

Arunan Arumainayagam	(46)	29.69
David McConnell	(71)	18.43
Bernie McLoughlan	(71)	18.17
Frank Prowse	(71)	17.58
Ross Toogood	(47)	16.64
Brent Nunn	(39)	16.44
Barry Dorr	(85)	16.42
Andrew Close	(34)	13.22
Melinda Davey	(47)	13.13
Tom Leong	(82)	12.40
Bev Learmont	(75)	11.44

**100 metres**

Gerald Brown	(61)	13.61	
Brent Nunn	(39)	13.82	
Andrew Close	(34)	13.92	
Melinda Davey	(47)	15.66	
Bianca Levis	(47)	15.87	
Barry Dorr	(85)	15.98	(80 metres)

**200 metres heat 1**

Ross Toogood	(47)	31.93	
Bernie McLoughlan	(71)	32.49	
Barry Dorr	(85)	33.53	(150 metres)
Arunan Arumainayagam	(46)	33.89	
Yashin he	(46)	34.40	
Bianca Levis	(47)	36.10	
Dino Imbriano	(48)	38.47	
Tom Leong	(82)	43.97	

**200 metres heat 2**

Daniel Patience	(42)	27.16	(false start)
Brent Nunn	(39)	28.15	
Gerald Brown	(61)	28.39	
David McConnell	(71)	30.83	(Record)

**Shot Put**

Arunan Arumainayagam	(46)	7.10	
Frank Prowse	(71)	6.46	
Andrew Close	(34)	6.40	
Bev Learmont	(75)	5.70	(New Record)

**400 metres**

Gerald Brown	(61)	69.3
Kath Gawthorn	(49)	93.7

**Discus**

David McConnell	(71)	25.26	
Ross Toogood	(47)	18.84	
Daniel Patience	(42)	18.78	
Bernie McLoughlan	(71)	18.72	
Arunan Arumainayagam	(46)	16.76	
Brent Nunn	(39)	15.92	
Frank Prowse	(71)	15.85	
Bev Learmont	(75)	14.55	(Record)
Tom Leong	(82)	13.41	
Barry Dorr	(85)	11.64	

**800 metres**

Daniel Patience	(42)	02:35.9
Carolyn Fox	(55)	02:44.3
Yashin he	(46)	03:07.9

**1500 metres**

Daniel Patience	(42)	05:27.4
Bernie McLoughlan	(71)	06:30.9
Ross Toogood	(47)	06:49.4
Yashin he	(46)	06:54.0
Kath Gawthorn	(49)	06:54.9
Arunan Arumainayagam	(46)	07:45.8
Tom Leong	(82)	09:48.1

**Results of the pentathlon:****1st Bernie McLoughlan (71) 2327**

LJ 3.68(544) Jav 18.17(275) 200 32.49(587) Disc 18.72(309) 1500 6:30.9(612)

**2nd David McConnell (71) 1974**

LJ 3.66 (537) Jav 18.32 (281) 200 30.83 (698) Disc 25.26 (458) 1500 (0)

**3rd Arunan Arumainayagam (45) 1191**

LJ 4.04(323) Jav 29.69(384) 200 33.89(192) Disc 16.76(238) 1500 7:45.8(54)

**4th Brent Nunn (39) 1090**

LJ 4.65 (348) Jav 17.47 (138) 200 28.15 (407) Discus 15.92 (197) 1500 (0)

**5th Ross Toogood (47) 935**

LJ (0) Jav 16.64 (163) 200 31.93 (292) Disc 18.84 (281) 1500 6:49.4 (199)

**6th Barry Dorr (85) 897**

Long 2.01 (230) Javelin 16.42 (384) 200 (0) Discus 11.64 (283) 1500 (0)

**7th Tom Leong (82) 861**

LJ 1.62(63) Jav 12.40(199) 200 43.97(171) Disc 13.41(277) 1500 9:48.1(151)

**8th Frank Prowse (71) 627**

Long 2.17(119) Javelin 17.58 (262) 200 (0) Discus 15.85 (246) 1500 (0)

**9th Yashin he (46) 527**

Long 3.28 (174) Javelin (0) 200 34.40 (169) Discus (0) 1500 6:54.0 (184)

**DONCASTER 18th December 2023****Christmas Gift (120 handicap) heat 1**

Cassie (6)	(-70)	11.38
Jasmine (8)	(-50)	13.14
Holly Williams (7)	(-45)	13.56
Chloe (9)	(-45)	13.57
Grace (5)	(-80)	13.98
Harper (9)	(-40)	14.16
Eliza (8)	(-60)	14.58
Lilly (8)	(-55)	14.74
Matthew (7)	(-50)	15.08

**Christmas Gift (120 handicap) heat 2**

Kathy Skultety	(-65)	12.10
Jay Chew	(-40)	12.36
Barry Dorr	(-54)	12.60
Ross Toogood	(-27)	13.74
Marg Tweedie	(-35)	14.20
Angela Edwards	(-50)	14.44
Bernie McLoughlan	(-29)	14.94
Tom Leong	(-50)	15.48
Justin McFarlane	(-30)	15.66

**Christmas Gift (120 handicap) heat 3**

Rob McPhee	(-20)	13.30
Gerald Brown	(-19)	13.80
David McConnell	(-23)	13.94
Andrew Close	(-20)	14.14
Brent Nunn	(-18)	14.36
Daniel Patience	(-15)	15.17

**Christmas Gift (120 handicap) final**

Jay Chew	(-40)	12.14
Barry Dorr	(-54)	13.14
Rob McPhee	(-20)	13.22
Gerald Brown	(-19)	13.56
Andrew Close	(-20)	13.62
Ross Toogood	(-27)	13.84
David McConnell	(-23)	14.12
Kathy Skultety	(-65)	14.16
Kristerfer Kardakovski	Scr	14.20 (Record)

**2000 metres (NOST)**

Angela Edwards	[-0.00	05:44.6	05:44.6	800m
Frank Prowse	walk	07:24.8	07:24.8	1200rec
Kath Gawthorn	[-1.30	10:52.8	09:22.8	(DQ)
Justin McFarlane	[-2.05	10:57.5	08:52.5	Winner
Bernie McLoughlan	[-2.05	10:57.8	08:52.8	
Daniel Patience	[-4.00	10:58.2	06:58.2	
Doug Sandiford	[-2.20	11:12.9	08:52.9	
Rob Sutton	[-0.00	11:15.2	11:15.2	
Dino Imbriano	[-4.00	11:22.2	07:22.2	
Elizabeth Grover	[-1.30	11:06.2	09:36.2	

**EAST BURWOOD 7th December 2023****60 METRE SPRINT**Heat 1:

Donna CLARKE	70	10.5
Leon LI	Inv	12.8
Chris LIOULIAKIS	Inv	13.7
Horacio DIAZ	77	23.8

Heat 2:

Andrew CLOSE	34	
Peter WILLMOTT	57	No
Bill LIOULIAKIS	54	
Chris ROBINSON	64	Times
Chris WORSNOP	66	

**700 OR 1500 METRE RUN**700 metres:

Elizabeth LIOULIAKIS	Inv	3.31
Chris LIOULIAKIS	Inv	3.33
Leon LI	Inv	3.40

1500 metres:

Sam GOSBELL	20	6.03
Peter WILLMOTT	57	6.28
Trevor GOSBELL	55	6.44
Chris WORSNOP	66	7.51

**800 METRE HANDICAP WALK**

		<u>Clock</u>	<u>Actual</u>
Donna CLARKE	70	8.31	6.11
Gary TURNER	70	8.34	7.09
Peter SHANAHAN	62	8.39	5.19
Peter BATTRICK	80	8.41	8.21
Leo WATSON	82	8.42	6.37
Liz WRIGLEY	68	8.43	6.18
Chris WORSNOP	66	8.54	5.20
Gerald BURKE	83	8.58	8.03
Paul MORITZ	64	9.02	5.22
Phyllis GOSBELL	85	9.08	7.03
Andrew FRASER	81	10.17	8.52

## Series Winners:

1. Gary Turner
2. Peter Battrick
3. Liz Wrigley

**100 METRE SPRINT HANDICAP**

		<u>H'cp Mtrs</u>
Andrew CLOSE	34	9
Bernie McLOUGHLAN	71	16
Donna CLARKE	70	27
Bill LIOULIAKIS	54	5
Paul DURRANT	62	10
Leon LI	Inv	32
Chris WORSNOP	66	28
Allan WOOD	86	37

**EAST BURWOOD 7th December 2023 (cont)****2 KM RUN/WALK**

Elizabeth LIOULIAKIS (Inv	10.26
Paul MORITZ 64	14.30 walk

**TRI-THROWS SERIES**Total Age Grading

Paul DURRANT 62	134.88
Allan WOOD 86	122.36
Chris ROBINSON 64	120.70
Trevor JUPP 83	116.17
Peter WILLMOTT 57	110.87
Bernie McLOUGHLAN 71	109.69
Erika BEDYN 61	108.90
Andrew FRASER 81	97.23
Fenlu MENG 67	90.17
Andrew CLOSE 34	65.77

**4000 METRE HANDICAP RUN**FAB FOUR SERIES HEAT 2 Clock Actual

Jason MERRETT 51	24.11	16.31
Sam DEFANIS 75	24.27	22.22
Sam GOSBELL 20	24.28	17.43
Chris ROBINSON 64	24.33	20.53
Bernie McLOUGHLAN 71	24.46	19.01
Michael COLLINS 56	24.50	17.25
Julie PIAO 51	24.59	19.44
Trevor GOSBELL 55	25.03	21.23
Kenny WONG 55	25.15	24.40
Stephen DAY 53	25.46	17.51
Geoff WHEELER 65	25.52	23.07
Chris WORSNOP 66	26.30	23.05
Peter SHANAHAN 62	26.32	21.22

Series Winners:

1. Chris Robinson
2. Jason Merrett
3. Bernie McLoughlan

**400m SPRINT N.O.T.**

	<u>Clock</u>	<u>Nom.</u>	
Andrew CLOSE 34	66.2	70.0	
Bill LIOULIAKIS ** 54	79.1	70.0	winner
Leon LI Inv	112.2	120.0	
Chris LIOULIAKIS Inv	114.1	120.0	
Elizabeth LIOULIAKIS Inv	114.7		

**LONG JUMP N.O.D.**

	<u>Best</u>	<u>Nom.</u>	
Paul DURRANT 62	3.67	4.12	
Andrew CLOSE 34	2.90	2.80	
Peter WILLMOTT 57	2.78	3.00	
Julie PIAO 51	2.74	2.70	
Donna CLARKE 70	2.40	2.50	
Peter SHANAHAN 62	2.39	2.20	
Allan WOOD ** 86	2.20	2.20	winner
Kenny WONG 55	2.18	2.10	
Michael COLLINS 57	2.18	2.50	

**EAST BURWOOD 14th December 2023****150 METRE SPRINT - Heat 1**

Chris ROBINSON 64	27.67
Chris WORSNOP 66	32.77
Leon LI Inv	35.47
Shirley COPPOCK 87	46.47
Andrew FRASER 81	74.64
Mrs CLOSE	112.98
Lloyd NICHOLS 82	113.37

**Heat 2:**

Bill LIOULIAKIS 54	<u>21.76</u>
Andrew CLOSE 34	22.03
Peter WILLMOTT 57	23.76
Rob STAGG 57	23.99
Kenny WONG 55	32.47
Angela EDWARDS 57	33.78
Julia ZHAU 55	34.34
Nathan ETTY-LEAL Inv	42.35

**DISCUS HANDICAP**Best Adjusted

Bernie McLOUGHLAN 71	20.84	41.46
Chris ROBINSON 64	17.02	41.42
Julie PIAO 51	11.77	40.97
Peter DODGSHUN 71	16.67	40.67
Peter SHANAHAN 62	20.93	40.48
Andrew CLOSE 34	14.19	40.14
Allan WOOD 86	12.44	39.84
Trevor JUPP 83	16.16	39.71
Kaylie GOODRICK 52	12.58	39.53
Fenlu MENG 67	16.00	39.10
Julia ZHAU 55	10.05	39.05
Angela EDWARDS 57	13.78	38.33
Paul DURRANT 62	32.05	37.90
Lew JENKINS 78	18.07	
Kai CHAN 61	13.88	
Leo WATSON 82	10.0	

**1000 METRE WALK**

Leon LI Inv	
Leonie GILLIES 67	
Liz WRIGLEY 68	
Leo WATSON 82	No
Don JINETTE 77	
Gary TURNER 70	
Donna CLARKE 70	
Bernie McLOUGHLAN 72	Times
Nathan ETTY-LEAL Inv	
Chris WORSNOP 66	
Mrs CLOSE	
Mrs WILLMOTT	Available
Angela EDWARDS 57	
Rob STAGG 57	
Andrew FRASER 81	
Peter BATTRICK 80	

**EAST BURWOOD 14th December 2023 (cont)****1 MILE SELF HANDICAP**

Leon LI	Inv	9.50
Julie PIAO	51	10.02
Fenlu MENG	57	10.04
Julia ZHAU	55	10.05
Geoff WHEELER	67	10.20
Paul DURRANT	62	10.30
Bill LIOULIAKIS	54	10.32
Kenny WONG	55	10.37
Elizabeth LIOULIAKIS	Inv	10.38
Ron GILLIES	68	11.01
Peter SHANAHAN	62	11.03
Kai CHAN	61	11.14
Peter DODGSHUN	71	11.17
Sam DEFANIS	75	11.18
Chris ROBINSON	64	No Time
Bernie McLOUGHLAN	71	No Time
Jason MERRETT	51	No Time
Dean SCIACCA	57	12.48
Stephen DAY	53	12.49
Jeremy ETTY-LEAL	Inv	13.40
Nathan ETTY-LEAL	Inv	14.17

**60 METRE SPRINT**Heat 1:

Don JINETTE	77	15.3
Shirley COPPOCK	87	15.7
Chris&Michaela WORSNOP	66	24.1
Jeremy ETTY-LEAL	Inv	24.4
Lloyd NICHOLS	82	41.5

Heat 2:

Elizabeth LIOULIAKIS	Inv	10.6
Leon LI	Inv	12.5
Nathan ETTY-LEAL	Inv	12.9
Chris LIOULIAKIS	Inv	15.0

Heat 3:

Andrew CLOSE	34	8.6
Bill LIOULIAKIS	54	8.9
Rob STAGG	57	9.4
Donna CLARKE	70	10.8
Angela EDWARDS	57	11.8

Heat 4:

Andrew CLOSE	34	8.5
Peter WILLMOTT	57	9.0
Fenlu MENG	67	9.7

**EAST BURWOOD 21st December 2023****60 METRE SPRINT**Heat 1:

Chris ROBINSON	64	10.4
Holly WILLIAMS	Inv	10.8
Donna CLARKE	70	11.2
Leon LI	Inv	12.9
Shirley COPPOCK	87	14.6
Don JINETTE	77	15.0
Lloyd NICHOLS	82	42.0

Heat 2:

Brett GILLIGAN	46	7.38
Aiden SCHANSSEMA	40	8.08
Andrew CLOSE	34	8.72
Peter WILLMOTT	57	9.22
Bill LIOULIAKIS	54	9.46
Paul DURRANT	62	10.02

**400 METRE RUN**

Andrew CLOSE	34	1.07
Bill LIOULIAKIS	54	1.11
Peter WILLMOTT	57	1.11
Elizabeth LIOULIAKIS	Inv	1.23
Chris ROBINSON	64	1.25
Donna CLARKE	70	1.43
Holly WILLIAMS	Inv	1.47
Leon LI	Inv	2.00
Don JINNETT	77	2.01

**1000m WALK N.O.T.**

		<u>Clock</u>	<u>Nom.</u>	
Paul MORITZ	64	6.55	6.53	
Leon LI	Inv	8.01	6.40	
Liz WRIGLEY **	68	8.15	8.16	winner
Phyllis GOSBELL	85	8.24	9.10	
Leo WATSON	82	8.25	8.18	
Don JINNETT	77	8.33	10.00	
Tony FREEGARD	67	8.53	9.45	
Gary TURNER	70	9.05	9.30	
Gerald BURKE	83	9.42	10.00	
Peter BATTRICK	80	10.50	11.05	

**Series Winners:**

1. Liz Wrigley
2. Leo Watson
3. Peter Battrick

**100 METRE SPRINT**Heat 1:

Donna CLARKE	70	18.67
Holly WILLIAMS	Inv	19.96
Leon LI	Inv	20.74
Shirley COPPOCK	87	27.83
Lloyd NICHOLS	82	73.85

**EAST BURWOOD 21st December 2023 (cont)**Heat 2:

Brett GILLIGAN	46	11.67
Aiden SCHANSSEMA	40	12.86
Bill LIOULIAKIS	54	13.18
Andrew CLOSE	34	13.66
Peter WILLMOTT	57	15.28

**150 METRE SPRINT**Heat 1:

Holly WILLIAMS	Inv	29.89
Donna CLARKE	70	30.31
Leon LI	Inv	42.80
Shirley COPPOCK	87	42.96
Lloyd NICHOLS	82	N.T.

Heat 2:

Bill LIOULIAKIS	54	20.11
Andrew CLOSE	34	21.45
Peter WILLMOTT	57	22.93
Don JINNETT	77	37.81

**2000m HANDICAP RUN**      Clock      Actual

Graham ABREY	50	11.12	8.12
Tony FREEGARD	67	11.13	12.23
Geoff WHEELER	67	11.24	10.44
Bernie McLOUGHLAN	71	11.34	8.49
Paul EARLE	60	11.39	8.04
Julie PIAO	51	11.41	9.26
Brett GILLIGAN	46	11.43	8.23
Aiden SCHANSSEMA	40	11.43	8.23
Chris ROBINSON	64	11.44	10.04
Jason MERRETT	51	11.44	7.54
Sam DEFANIS	75	11.56	10.51
Stephen DAY	53	12.03	8.33
Paul DURRANT	62	14.20	12.00
Paul MORITZ (Wal	64	14.21	14.21

**SHOT PUT N.O.D.**      Best      Nom.

Paul DURRANT	62	9.60	10.15
Brett GILLIGAN	44	9.24	
Bill LIOULIAKIS	54	8.89	9.10
Bernie McLOUGHLAN	71	7.96	7.80
Peter WILLMOTT **	57	7.92	8.00
Aiden SCHANSSEMA	40	7.70	7.50
Andrew CLOSE	34	7.05	6.60
Chris ROBINSON	64	6.40	6.20
Allan WOOD	86	6.38	6.60
Don JINNETT	77	5.80	5.50
Elizabeth LIOULIAKIS	Inv	5.69	5.40
Donna CLARKE **	70	5.28	5.20
Jack FREDRICKSON	84	4.93	5.50

\*\* Winners - Donna Clarke &amp; Peter Willmott

**FRANKSTON & PENINSULA 7th December 2023****Results****60m Sprint**

Bill Carr	74	10.35
Chris Sheedy	55	10.40
Mike Hall	85	12.69
Henry Sheedy	li	9.38
Clementine Sheedy	li	10.32

**Ballam Park run 2 laps**

Chris Sheedy	55	21.32
David Southerland	69	22.34
Matt Matin	48	22.35
Liz Lowther	72	22.54
Rob Taylor	55	22.54
Charlie Mallia	74	24.08

**Ballam Park run 1 lap**

Bronwyn Hanns	60	13.20
Bill Carr	74	15.49
Robyn Wheatley	71	18.58

**Ballam Park walk 1 lap**

Peter Ellis	72	17.04
John Delaney	73	20.26
John Hallo	81	20.26

**200m Christmas Sprint A/G%****Age Grade**

Bill Carr	74	33.50	74.96%
Chris Sheedy	55	30.82	72.13%
Liz Lowther	72	43.15	69.97%
David Southerland	69	52.88	45.33%
Lindsay Beaton	73	87.13	28.82%
Henry Sheedy	li	33.25	
Clementine Sheedy	li	39.72	

**800m Walk**

Peter Ellis	72	5.16
John Delaney	73	7.28
Lindsay Beaton	73	7.28

**800m Cool down run**

Chris Sheedy	55	3.44
Matt Matin	48	3.54
David Southerland	69	4.02
Charlie Mallia	74	
Rob Taylor	55	4.03
Bill Carr	74	4.18
Rob Taylor	55	4.50
David Dodson	64	4.50
Robyn Wheatley	71	5.59

**FRANKSTON & PENINSULA 21st December 2023****Nominate own Distance 3minutes and 12 seconds**

Barry Jeffs	75
Charlie Mallia	74 equal winners
David Dodson	64 3rd
Cheater Lennon	46 dq
Claudio Riga	68 dq
Rebekah Lockhart	38 dq
Bill Carr	74 dq
Liz Lowther	72 dq
John Sutton	80 dq
Ian Orr	72 dq
John Delaney	73 dq
Heather Carr	74 dq
Robyn Wheatley	71 dq
Kevin Cassidy	63 dq
Chris Sheedy	55 dq
Matt Matin	48 dq

**1 Lap in the Park run**

Chris Sheedy	55	11.53
David Dodson	64	14.28
Beck Lockhardt	38	16.57
Bec Thwaites	35	16.57

**1 lap in the park walk**

Heather Carr	74	15.11
Marnie Zarkis	49	15.11
Robyn Wheatley	71	18.16
John Sutton	80	20.40
John Delaney	73	20.40
Gary Meyer	68	20.40

**2 laps walk**

Kevin Cassidy	63	26.32
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**2 laps in the park run**

Dave Sutherland	69	19.55
Steven Kompogorgas	50	20.54
Liz Lowther	72	21.49
Ian Orr	72	21.49
Claudio Riga	68	22.40
Chester Lennon	46	22.44
Matt Matin		23.26
Barry Jeffs	75	24.06
Charlie Mallia	74	24.29
Bill Carr	74	27.26
Heather Carr	74	9.57
Robyn Wheatley	71	13.00

**Backwards 60m**

Chris Sheedy	55	11.01
Matt Matin	48	13.35
Bill Carr	74	22.09

**FRANKSTON & PENINSULA 21st December (cont)****4x 100m realay****1 leg must be walked****Team A 1.40**

Matt Matin  
David Dodson  
Charlie Mallia  
Marnie Zakis

**Team B 1.44**

Claudio Riga  
Steven Kompogorgas  
Liz Lowther  
John Delaney

**Team C 1.50**

Ian Orr  
Robyn Wheatley  
Beck Lockhart  
Dave Sutherland

**Team D Dropped the baton**

Chris Sheedy  
Kevin Cassidy  
Bill Carr  
Chester Lennon

**GEELONG 6th December 2023****2800m**

Cameron White	11:18
Peter Fuller	12:03
Alan Jenkins	13:00
Darren Riviere	13:38
Michael Panckridge	13:51
Daryl Hurst	14:54
Jeff Walker	15:22
Gerry Fitzpatrick	16:19
Frank Engelsman	16:32

**2000m**

Charlie El Hage	08:29
Jill Coyte (W)	13:49

**1200m**

Kerry Wilson	08:07
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**1000m**

Dave Palmer	03:22
Darren Riviere	03:27
Cameron White	03:38
Peter Fuller	04:05
Daryl Hurst	04:48
Alan Jenkins	04:51
Peter Lamb	04:54
Jeff Walker	05:00
Kath Oliver	05:10
Gerry Fitzpatrick	05:28
Frank Engelsman	05:52

**GEELONG 13th December 2023****3km Cross Country**

Noah Jones	10:59
Dave Palmer	11:01
Darren Riviere	11:17
Andy Bruschi	12:33
Leo Pye	15:17
Gerry Fitzpatrick	16:57
Kath Oliver	17:03
Parvi Kambo	18:27
Fiona Fitzpatrick	18:58
Chris Colley	20:08
Jill Coyte (W)	20:58
Peter Urban	21:43
Fred Barnett	21:48
John Moore	22:30

**6km Cross Country**

Zdenko Coric	25:08
Peter Fuller	25:50
Sharon Pedersen	27:15
Alan Jenkins	29:24
Michael Panckridge	29:48
Jeff Walker	33:33
Frank Engelsman	34:22

**GEELONG 20th December 2023****400m**

Peter Lamb	01:17
Kirstie Newcombe	01:26
Peter Fuller	01:27

**2000m**

Darren Riviere	07:31
Navid Rashid	08:02
Charlie El Hage	08:43
Sharon Pedersen	08:54
Gerry Fitzpatrick	11:22
Jill Coyte (W)	13:23
Trevor Newcombe	14:55

**4000m**

Noah Jones	15:16
Zdenko Coric	15:45
Peter Fuller	16:44
Alan Jenkins	19:05
Michael Panckridge	19:40
Daryl Hurst	20:58
Jeff Walker	21:53
Frank Engelsman	22:58

**800m**

Navid Rashid	02:46
Darren Riviere	02:48
Zdenko Coric	02:54
Peter Fuller	03:13

**GLEN EIRA 5th December 2023**

<b>100m E/T</b>		<b>Clock</b>	<b>E/T</b>	<b>Diff</b>
Jonathan Jackson	52	15.94	16.00	0.06
Michelle Edmonds	49	17.79	17.7	0.09
Natalie Baumgartel	54	15.08	15.2	0.12
Hugh Stevenson	62	14.47	14.7	0.21
June Treweek	62	15.73	14.90	0.83
Rock Lee	41	13.97	13.00	0.97
Jim Rountree	64	17.47	16.50	0.97
Paul Lynch	74	19.46	17.95	1.51
<b>400m E/T Walk</b>		<b>Clock</b>	<b>E/T</b>	<b>Diff</b>
Mark Cant	62	1.57	1.57	0
Paul Lynch	74	3.16	3.2	-4
Natalie Baumgartel	54	2.01	2.05	-4
Sandra Middleton	75	2.31	2.35	-4
Jo Whittle	52	2.20	2.29	-9
Pete Battrick	80	4.08	4.30	-22
<b>800m H/C (Points)</b>		<b>H/C</b>	<b>Clock</b>	<b>H/C time</b>
Kurt Golonka	54	19	3.25.7	3.06.7
Sarah Lorentzen	45	23	3.31.5	3.08.4
Nicky Grafen	12	48	3.34.2	2.46.2
Chris Stewart	69	35	3.41.9	3.06.9
Mike Clapper	71	48	3.44.6	2.56.6
Chris Brown	68	GO	3.45.7	3.45.7
Simone O'Brien	51	13	3.47.1	3.34.1
Greg Hughes	65	10	3.59	3.49
<b>200m H/C (Bob)</b>		<b>H/C</b>	<b>Clock</b>	<b>H/C time</b>
Jonathan Jackson	52	14	47.84	33.84
Jim Rountree	64	13	48.52	35.52
Hugh Stevenson	62	18+3m	48.74	30.24
Bob Wishart	82	15+3m	49.05	33.55
Greg Hughes	65	11	49.29	38.29
June Treweek	62	15	49.77	34.77
Glad Wishart	79	GO	50.00	50.00
Michelle Edmonds	49	12	50.38	38.38
<b>Sandra Middleton 3k</b>		<b>H/C</b>	<b>Clock</b>	<b>H/C Time</b>
Jim Berrington	67	8.13	27.03	18.50
Sandra Middleton	75	5.07	27.06	21.59
Des Middleton	76	5.00	27.13	22.13
Gwen Steed	81	5.13	27.20	22.07
Terry O'Neill	67	8.25	27.34	19.09
Jim Rountree	64	4.46	27.48	23.02
Paul Lynch	74	2.30	27.56	25.26
Cynthia Ellery	74	1.23	28.10	26.47
Tony Doran	71	5.07	29.29	24.22
Greg Hughes	65	6.20	30.09	23.49
Karyn O'Neill	68	3.00	30.13	27.13

<b>Ray Kemp 3k H/C</b>		<b>H/C</b>	<b>Clock</b>	<b>H/C Time</b>
Jo Whittle	52	4.30	19.11	14.41
Chris Brown	68	2.50	19.17	16.27
Michelle Edmonds	49	GO	19.22	19.22
Sarah Lorentzen	45	5.00	19.30	14.30
Simone O'Brien	51	3.30	19.33	16.03
Merle Want	62	2.10	19.35	17.25
James Kingston	55	8.10	20.04	11.54
Janine McKerron	63	4.15	20.05	15.50
Andrew Moore	65	8.00	20.06	12.06
Simon Lloyd	68	8.00	20.13	12.13
Sarah Johnson	40	1.00	20.35	19.35
Mark Cant	62	5.30	20.39	15.09
Phil Urquhart	79	1.15	21.09	19.54
Nicky Grafen	12	7.15	21.39	14.24
Pete Battrick	81	-12.00	21.54	33.54
Chris Grafen	59	6.15	23.48	17.33

**GLEN EIRA 12th December 2023**

<b>60m E/T</b>		<b>Clock</b>	<b>E/T</b>	<b>Diff</b>
John Molineux	69	9.99	10.00	0.01
Viv Cash	71	9.99	10.00	0.01
Jim Rountree	64	10.25	10.20	0.05
Natalie Baumgartel	54	9.04	8.95	0.09
Michelle Edmonds	49	10.79	10.5	0.29
Paul Lynch	74	11.58	11.25	0.33
Jo Whittle	52	11.26	11.62	0.36
Hugh Stevenson	62	8.76	8.25	0.61
<b>600m E/T Walk</b>		<b>Clock</b>	<b>E/T</b>	<b>Diff</b>
Sandra Middleton	75	3.59	4.05	-6
Pete Battrick	80	6.36	6.30	6
Chris Grafen	59	4.51	5.00	-9
Paul Lynch	74	4.48	5.00	-12
Jo Whittle	52	3.21	3.58	-37
<b>700m E/T (Points)</b>		<b>Clock</b>	<b>E/T</b>	<b>Diff</b>
Chris Stewart	69	2.37.9	2.38	0.1
Chris Brown	68	3.10.9	3.15	4.1
Kurt Golonka	54	2.27.5	2.35	7.5
Sarah Lorentzen	45	2.31.3	2.40	8.7
Greg Hughes	65	3.51	4.00	9.0
Jo Whittle	52	3.14.1	3.35	20.9
<b>Sandra Middleton 3k H/C walk</b>		<b>H/C</b>	<b>Clock</b>	<b>H/C Time</b>
Paul Lynch	74	1.34	26.28	24.54
Karyn O'Neill	68	1.30	26.35	25.05
Sandra Middleton	75	5.00	27.07	22.07
Terry O'Neill	67	8.20	27.12	18.52
Cynthia Ellery	74	0.13	27.26	27.13
Jim Rountree	64	3.59	27.32	23.33
Chris Grafen	59	2.30	28.02	25.32
Des Middleton	77	5.00	28.42	23.42
Jim Berrington	67	8.40	28.44	20.04
Greg Hughes	65	6.10	30.00	23.50

**GLEN EIRA 12th December 2023 (cont)**

<b>Ray Kemp 3k H/C</b>	<b>H/C</b>	<b>Clock</b>	<b>H/C Time</b>
Chris Campbell	75	4.00	19.29
Nicky Grafen	12	6.30	19.50
Stephen Barker	63	8.20	19.56
James Kingston	55	8.10	20.05
Merle Want	62	2.35	20.06
Andrew Moore	65	8.00	20.07
Simon Lloyd	68	7.50	20.08
Graham Stockdale	81	GO	20.11
Janine McKerron	63	4.15	20.32
Kurt Golonka	54	2.30	20.36
Sarah Lorentzen	45	5.00	20.37
Pete Battrick	81	-13.00	20.45
Chris Brown	68	3.30	20.48
Phil Urquhart	79	1.00	21.41

**GLEN EIRA 19th December 2023****Family Feud 2 x 200m E/T****Heat 1**

<b>Clock</b>	<b>E/T</b>	<b>Diff</b>
Chelsea Whittle	16	
Jo Whittle	52	71.0
Jim Rountree	64	
June Treweek	62	70.0
Nicky Grafen	13	
Chris Grafen	59	88.1
Glad Wishart	79	
Jarvis Wishart	9	94.8
Aaron Buxton Rella	44	
Xavier Buxton Rella	9	68.7

**Heat 2**

Greg Hughes	65	
Simone O'Brien	51	79.4
Bob Wishart	81	
Stephen Wishart	51	61.1
Simon Lloyd	68	
Chris Brown	68	65.6
Georgie Whittle	23	
K	22	62.6
Natalie Baumgurtel	74	
Aleesha Whittle	20	69.5

**Festive five fifty E/T Run/Walk**

<b>Clock</b>	<b>E/T</b>	<b>Diff</b>
Georgie Whittle (W)	23	2.58
Aleesha Whittle	20	2.19.3
Greg Hughes	65	2.49.7
Kurt Golonka	54	1.50.7
Jo Whittle (W)	52	3.23.8
Chris Brown	68	2.40.7
Alice Sephton (W)	41	5.14.3

**Reindeer Sprint 100m H/C**

<b>H/C(m)</b>	<b>Clock</b>
John Molineux	69
Kurt Golonka	54
June Treweek	62
Natalie Baumgurtel	54
Viv Cash	71
Greg Hughes	65

**Turkey Leg Walk 5 laps Lane 3**

<b>Clock</b>	<b>E/T</b>	<b>Diff</b>
Terry O'Neill	67	13.08
Jim Berrington	67	13.04
Janet Holmes	70	15.04
Tony Doran	71	16.36
Conrad Hamann	72	16.37
Pete Battrick	80	22.44
Gwen Steed	81	16.36
Greg Hughes	65	17.10

**Santa's Run 5 laps Lane 6**

<b>Clock</b>	<b>E/T</b>	<b>Diff</b>
Aaron Buxton Rella	44	10.02
Chris Campbell	75	11.06
Simon Lloyd	68	9.04
Merle Want	62	12.49
Georgie Whittle	23	10.36
Nicky Grafen	13	9.39
Chris Grafen	59	12.40
K	22	10.38
Simone O'Brien	51	11.30
Sarah Johnson	40	13.57
Aleesha Whittle	20	11.25
Phil Urquhart	79	13.57
Chris Brown	68	12.06

**Family Feud 2 x 200 H/C Final**

<b>H/C</b>	<b>Clock</b>	<b>H/C time</b>
Chris Grafen	59	
Nicky Grafen	13	GO
Jo Whittle	52	
Chelsea Whittle	17	17
Greg Hughes	65	
Simone O'Brien	51	9
Simon Lloyd	68	
Chris Brown	68	22
Jim Rountree	64	
June Treweek	62	18
Bob Wishart	82	
Stephen Wishart	51	25

**KNOX December 6th 2023****800m walk**

Claudio Riga	68	6.22
Ron Harris	73	6.26
Bill Irvine	75	6.45
Marty Joss	18	6.58
Sayed Khatab	74	7.00
Celia Johnson	78	7.10
Karlene Joss-Knight	55	7.16
Kay Macaloney	67	7.49
Peter Shanahan	62	7.56
Glenn Claiden	69	8.00
Sam De Fanis	75	8.04
Anne McPherson	67	8.1
Alan Bennie	76	8.12
Tony Johnson	83	8.15
David Talbot	68	8.31
Graeme Leticq	68	8.38
David Wear	77	8.38
Peter Thorne	75	9.09
Paul Twining	74	9.23
Bob Henderson	77	9.25
Eric Negros	60	9.32

**Sprint**

Paul Durrant	62	10.06
Sayed Khatab	74	10.55
Helen Anderson	61	10.91
Rebecca Redfern	48	11.15
Ron Harris	73	12.9
Marty Joss	18	13.39 100m
Paul Walsh	60	15.45 100m
Noel Fairburn	68	16.95 100m

**600/1000m**

Marty Joss	18	2.06
Paul Walsh	60	2.19
Helen Anderson	61	2.29
Ron Maher?	2.4	
Paul Mullins	82	2.41
David Talbot	68	2.42
Sayed Khatab	74	3.01
Claudio Riga	68	3.06
Peter Shanahan	62	3.19
Chris Mcardle	70	3.20
Bob Henderson	77	4.55
Karlene Joss-Knight	55	4.57
Ron Harris	73	5.05
Kay Macaloney	67	5.07
Graeme Leticq	68	5.15 1k
Anne McPherson	67	5.18 1k
Natalie Irvine	77	6.49
Eric Negros	60	6.57

**KNOX December 6th 2023****200m NOT**

Marty Joss	18	30.96
Paul Walsh	60	33.05
Noel Fairburn	68	35.98
Helen Anderson	61	37.17
Sayed Khatab	74	40.24
Rebecca Redfern	48	40.61
David Talbot	68	41 winner
Peter Shanahan	62	44.02
Claudio Riga	68	47.05
Bill Irvine	75	50.02
Peter Thorne	75	55.77
Glenn Claiden	69	56.3
Bob Henderson	77	58.72
Anne McPherson	67	60.09
David Wear	77	68.14
Graeme Leticq	68	71.98
Tony Johnson	83	77.42
Ron Harris	73	82.24
Karlene Joss-Knight	55	82.6
Kay Macaloney	67	84.87
Paul Twining	73	90.77
Alan Bennie	76	91.55
Eric Negros	60	94.65

**4k**

Graeme Leticq	68	19.49
Claudio Riga	68	21.21
Peter Shanahan	62	21.41
Bob Henderson	77	21.55
David Talbot	68	22.16
Alan Bennie	76	22.17
Sam De Fanis	75	22.17
Noel Fairburn	68	24.00
Sayed Khatab	74	24.01
Eric Negros	60	24.08
Paul Twining	73	24.17
Paul Durrant	62	24.50
Celia Johnson	78	27.15
Tony Johnson	83	27.20
Glenn Claiden	69	31.21
Peter Thorne	75	34.17

**KNOX December 6th 2023 (cont)****2k**

Anne McPherson	67	10.27
Marty Joss	18	11.00
Bill Irvine	75	11.11
David Wear	77	11.42
Ron Maher?	2.4	12.30
Rebecca Redfern	48	13.27
Chris Mcardle	70	16.34
Helen Anderson	61	16.35
Paul Mullins	82	16.49
Ron Harris	73	18.51
Kay Macaloney	67	18.51

**KNOX December 13th 2023****800 walk**

Sayed Khatab	74	6.12
Celia Johnson	77	6.32
Ron Harris	73	6.34
Glenn Claiden	69	7.37
Tony Doran	71	7.38
James O'Driscoll	57	7.57
Alan Bennie	76	7.58
Tony Johnson	83	7.59
Sam De Fanis	75	8.23
Anne McPherson	67	8.41
Graeme Leticq	68	8.42
Paul Twining	74	8.45
Kay McAloney	67	8.59
Glenys Brown	70	9.00
David Wear	77	9.05
Bob Henderson	77	9.07
Lindsay Oxenham	74	9.09
Claudio Riga	68	9.1

**Sprint**

Paul Walsh	60	8.36
Sayed Khatab	73	9.75
Paul Durrant	62	9.97
Helen Anderson	61	10.26
Chris McArdle	70	12.6
James O'Driscoll	57	24.89

**400metre**

Paul Walsh	60	1.16
Paul Mullins	82	1.41
Chris McArdle	70	1.49
Helen Anderson	61	1.49
James O'Driscoll	57	1.57

**700/1100m**

Paul Walsh	60	2.59	
Helen Anderson	61	3.06	
Sayed Khatab	73	3.09	
Claudio Riga	68	3.23	
Glenn Claiden	69	3.31	
David Wear	77	3.51	
Noel Fairburn	63	4.10	
Bob Henderson	77	4.14	
Graeme Leticq	68	4.49	
Paul Twining	74	4.58	
Peter Shanahan	62	5.32	1100
James O'Driscoll	57	5.45	
Ron Harris	73	5.46	700w
Celia Johnson	77	5.48	
Alan Bennie	76	6.20	
Frank Allan	80	6.54	700w
Tony Doran	71	7.05	
Tony Johnson	83	7.06	
Lindsay Oxenham	74	7.23	

**Dog Loop relay walk**

Alan Bennie	
Tony Doran	22
Anne McPherson	
Noel Fairburn	23
Kay McAloney	
Ron Harris	23
Maggie Hawkes	
Glenys Brown	24
Celis Johnson	
Frank Allan	24
Tony Johnson	
Paul Twining	25

**Dog Loop relay – run**

Peter Shanahan	
Helen Stanley	
Sayed Khatab	
Claudio Riga –	27.14
Rika Bedyne	
Paul Mullins	
Sam De Fanis	
Graeme Leticq –	29.43
Peter Thorne	
Paul Durrant	
Helen Anderson	
Glenn Claiden –	30.11

**KNOX December 27th 2023****800m walk**

Leonie Gillies	67	5.58
Ian U'Ren	72	6.00
Ron Harris	73	6.35
Celia Johnson	78	6.37
Liz Wrigley	68	6.37
Gary Turner	70	7.29
Bill Liouliokis	54	7.32
Alan Bennie	77	8.21
David Talbot	68	8.22
Paul Twining	74	8.28
Peter Thorne	75	8.30
James O'Driscoll	57	8.30
Tony Freegard	67	8.34
Bill Irvine	74	9.03
Eric Negros	60	9.03

**Sprint (Heat 1)**

Paul Durrant	62	8.86	60m
Peter Willmott	57	9.2	60
Andrew Close	34	9.68	60
Chris Robinson	64	10.16	60
Rebecca Redfern	48	10.54	60
Noel Fairburn	63	10.86	
Holly Williams	8	11.28	

**Heat 2**

Corey Williams	?	9.62	70
Andrew Close	34	10.11	70
Bill Liouliakis	54	13.92	100
Stephen Day	53	15.95	100
David Talbot	68	19.25	100
James O'Driscoll	57	25.08	100

**800m**

Peter Willmott	57	2.56
Andrew Close	34	3.06
Paul Mullins	82	3.54
James O'Driscoll	57	4.08
Tony Freegard	67	4.31
Peter Thorne	75	4.51
Bill Liouliakis	54	5.00
Ron Harris	73	6.25
Celia Johnson	78	6.32
Ian U'Ren	72	6.35
Alan Bennie	77	7.26
Maggie Hawkes	67	9.13
Eric Negros	60	9.20

**1200m**

Stephen Day	53	5.04
Ron Gillies	68	5.09
Mark Harris	55	6.34

**Discus**

Bill Liouliakis	23.17m
Peter Willmott	21.57m
Andrew Close	15.15m
Chris Robinson	14.34m

**300m NOT**

Bill Liouliakis	54	45.82
Paul Durrant	62	53.33
Stephen Day	53	55.74
Chris Robinson	64	58.03
Noel Fairburn	63	62.53
David Talbot	68	66.52
Rebecca Redfern	48	67.69
Holly Williams	8	74.81
Bill Irvine	75	76.38
Peter Thorne	75	80.42
James O'Driscoll	57	94.11
Ian U'Ren	72	129.95
Celia Johnson	78	135.14
Ron Harris	73	137.39
Paul Twining	74	146.52
Alan Bennie	77	163.32
Andrew Close	34	55.74
Eric Negros	60	182.85

**Long distance**

Mark Harris	54	9.44
Noel Fairburn	63	15.29 2k
Chris Robinson	64	15.53
Ron Harris	73	16.59
Alan Bennie	77	17.27
Bill Irvine	75	17.49
Leonie Gillies	67	18.27
Tony Freegard	67	18.35
Liz Wrigley	68	19.13 2k
Maggie Hawkes	67	19.21 2k
Gary Turner	70	19.34 2k
Peter Thorne	75	20.12 3k
David Talbot	68	20.56
Paul Twining	74	21.09
Ian U'Ren	72	21.16
Paul Mullins	82	21.28
Eric Negros	60	22.5
Stephen Day	53	23.44 5k
Ron Gillies	68	23.52 5k
Celia Johnson	78	25.48
Paul Durrant	62	32.42 5k
Rebecca Redfern	48	34.1 5k

**MENTONE December 6th 2023****400m Walk E.T.**

	<u>Clock</u>	<u>Diff</u>
Scott Murdoch	75 2.25	0.00
Troy Jeffs	49 3.04	0.00
Nola Finn	87 4.50	0.00
Margaret Beaumont	85 3.50	-0.01
Ernie Jeffs	79 3.53	-0.02
John Manning	77 3.22	0.02
Michael Boulton	69 3.22	-0.03
Daniel Short	Inv 2.48	0.03
Sylvia Machin	82 3.00	0.03
Greg Hughes	65 2.41	-0.04
Maureen Seedsman	86 3.08	-0.04
Ian Beaumont	87 4.01	0.04
Kevin Cassidy	63 2.10	-0.05
Jenny Fox	82 3.52	0.05
Margaret Marion	83 3.44	-0.06
Susan Short	50 2.38	0.08
Jarvis Wishart	Inv 2.54	0.09
Emma Wishart	47 2.57	0.12
Peter Dwyer	82 3.17	-0.13
Julian Boland	60 3.21	0.19
Joan Clarke	88 4.25	0.20
Dawn Bennett	78 3.12	0.58
Cataldo Mase	61 3.26	-1.35
Mia Mase	Inv 3.41	-1.40

**250m E.T.**

	<u>Clock</u>	<u>Diff</u>
Cam Male	49 47.47	1.83
John Mackay ***	56 38.39	-2.11
Bob Wishart ***	82 45.21	-3.44
David Short ***	46 36.15	-3.75
Ciara Short	Inv 39.93	-4.07
Daniel Short	Inv 44.28	-4.72
John Gregory	63 63.37	7.37
Ron Arthur	84 58.09	9.79
Peter Dwyer	82 71.45	10.45
Ellie Nidorfer	53 76.23	23.23

**4km E.T.**

	<u>Clock</u>	<u>Diff</u>
Avril Britter	65 23.34	-0.02
John Gregory	63 27.37	0.07
Stephen Bird	60 22.52	-0.08
Kylie Irshad	51 20.49	-0.11
Troy Jeffs	49 20.52	-0.11
Trev McCann	58 16.43	-0.17
Debbie Rattray	57 19.31	-0.19
Mat Lorencak	50 17.03	0.28
Helen Castel-Boland	60 23.29	-0.31
Ellie Nidorfer	53 29.17	-0.43
Michele Hart	41 21.10	-1.50
Jarrad Bloomfield	38 18.11	1.51

**1000m S/H**

		<u>Clock</u>	<u>Actual</u>
Helen Castel-Boland	60	5.03.8	6.25.8
Ralph Bennett	81	5.26.7	6.26.7
David Short	46	3.57.8	6.27.8
Ellie Nidorfer	53	6.24.5	6.54.5

**Faster than 5 secs ET Margin**

Susan Short	50	4.43.7	5.43.7
Daniel Short	Inv	3.57.8	6.06.8
Trev McCann	58	3.53.3	6.08.3
Jarrold Bloomfield	38	4.09.9	6.09.9
Debbie Rattray	57	4.20.3	6.10.3
Julian Boland	60	4.08.6	6.18.6
Cam Male	49	5.01.1	6.19.1
Peter Dwyer	82	5.50.8	6.20.8
Avril Britter	65	5.10.3	6.21.3
Sandra Wynne	72	5.18.7	6.23.7
Mat Lorencak	50	3.34.3	6.24.3
John Gregory	63	6.24.5	6.30.0

**70m E.T.**

		<u>Clock</u>	<u>Diff</u>
Stephen Wishart	51	9.23	-0.02
Cam Male	49	11.03	0.16
Jenny Fox ***	82	16.59	0.19
Ron Arthur	84	13.46	0.26
Avril Britter	65	13.52	0.32
John Gregory	63	13.62	-0.38
David Short	46	9.60	-0.40
Jarvis Wishart	Inv	14.00	0.45
Mila Wishart	Inv	10.83	0.58
Bob Wishart	82	11.06	0.96
Ciara Short	Inv	10.63	-1.37
Daniel Short	Inv	11.43	-1.57
Michael Boulton	69	17.96	1.96
Cataldo Mase	61	16.08	2.08
Ellie Nidorfer	53	17.87	2.87
Glad Wishart	79	19.30	4.72
Peter Dwyer	82	17.30	-7.70

**MENTONE December 6th 2023 (cont)****5 Lap Spiral E.T.**

		<u>Clock</u>	<u>Diff</u>
Gwen Steed	81	15.18	-0.03
Greg Hughes	65	16.07	-0.03
Maureen Seedsman	86	17.56	-0.04
Julian Boland	60	14.31	-0.10
Sylvia Machin	82	16.10	-0.10
Margaret Beaumont	85	22.14	-0.17
Dawn Bennett	78	17.57	0.20
Ralph Bennett	81	13.37	-0.23
John Manning	77	17.33	0.23
Scott Murdoch	75	13.44	-0.26
Tony Doran	71	15.17	-0.32
Ian Beaumont	87	23.20	0.43
Ernie Jeffs	79	20.27	0.47
Geoff Barrow	74	15.24	-0.51
Nola Finn	87	31.57	3.57
Michael Boulton 3L	69	11.40	

**MENTONE December 13th 2023****110m E.T. - 13/12/23**

		<u>Clock</u>	<u>Diff</u>
Daniel Short	Inv	17.95	-0.05
Stephen Wishart	51	14.01	-0.14
John Mackay	56	15.40	0.65
Ciara Short	Inv	16.71	0.71
Jarvis Wishart	Inv	22.80	-0.75
Glad Wishart	79	23.52	-0.92
Bob Wishart	82	16.96	-0.93
Avril Britter	65	21.43	-0.96
Greg Hughes	65	19.83	-1.22
Michael Boulton	69	28.61	-1.39
Vivienne Cash	71	17.87	-2.13
John Gregory	63	22.28	-3.72

**800m E.T.**

		<u>Clock</u>	<u>Diff</u>
Debbie Rattray	57	3.30.8	0.8
Avril Britter	65	4.01.4	-1.6
Ralph Bennett	81	4.18.5	3.5
Sandra Wynne	72	4.06.0	-4.0
Daniel Short	Inv	3.04.5	4.5
John Gregory	63	5.05.2	5.2
Ciara Short	Inv	3.25.2	5.2
Ashley Page	83	4.25.9	5.9
Helen Castel-Boland	60	3.56.1	6.1
Trev McCann	58	2.53.6	-6.4
Jarrad Bloomfield	38	2.43.0	-7.0
Ellie Nidorfer	53	4.58.9	18.9
Julian Boland	60	3.21.6	-27.4

**500m Walk E.T.**

		<u>Clock</u>	<u>Diff</u>
Ian Beaumont	87	5.03	0.00
Scott Murdoch	75	3.09	-0.01
Jarvis Wishart	Inv	3.29	-0.01
Sylvia Machin	82	3.46	0.01
Nola Finn	87	6.18	-0.02
John Manning	77	4.09	-0.03
Michael Boulton	69	4.17	-0.03
Margaret Beaumont	85	4.53	-0.03
Greg Hughes	65	3.28	-0.04
Dawn Bennett	78	4.02	0.04
Ernie Jeffs	79	4.54	0.06
Troy Jeffs	49	3.45	-0.07
Daniel Short	Inv	3.35	-0.10
Joan Clarke	89	5.39	0.11
Maureen Seedsman	80	4.08	-0.12
John Nottle	73	3.58	0.18
Susan Short	50	3.05	-0.25
Margaret Marion	83	4.51	0.34
Ellie Nidorfer	53	5.39	

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

		<u>Clock</u>	<u>Diff</u>
Mat Lorencak @	50	12.05	-0.05
Jarrad Bloomfield	38	11.51	-0.09
Steve Bird	60	16.52	-0.14
Trev McCann	58	11.57	-0.15
Debbie Rattray	57	14.27	-0.33
Ashley Page	83	18.48	0.39
Troy Jeffs	49	16.35	1.05
Avril Britter	65	17.54	1.15
Julian Boland	60	16.40	2.59
John Gregory	63	20.57	3.27
Ellie Nidorfer	53	21.32	5.01

**2km Walk E.T****Trophy Event**

		<u>Clock</u>	<u>Diff</u>
Ralph Bennett @	81	13.11	-0.02
Scott Murdoch	75	13.20	0.02
Gwen Steed	81	14.53	-0.03
Greg Hughes	65	15.25	0.05
Maureen Seedsman	86	17.33	-0.07
Geoff Barrow	74	14.53	0.09
Sylvia Machin	82	15.25	0.10
John Manning	77	16.35	-0.13
Dawn Bennett	78	17.31	0.14
Ian Beaumont	87	22.09	-0.15
Ernie Jeffs	79	19.14	-0.16
Michael Boulton	69	18.46	-0.19
Michelle Hart	41	16.28	2.00
John Nottle	73	14.49	-2.51
Nola Finn	87	32.52	2.52
Marg Beaumont	85	8.50	2 laps

**MENTONE December 20th 2023**

<b>600m Walk E.T.</b>		<u>Clock</u>	<u>Diff</u>
Greg Hughes	65	4.25	0.00
Nola Finn	87	7.30	0.00
Rupert Van Dongen	49	3.59	-0.01
Troy Jeffs	49	4.28	-0.01
Sylvia Machin	82	4.31	0.01
Emma Wishart	47	4.30	0.02
John Manning	77	4.57	-0.03
Daniel Short	Inv	3.41	-0.04
Maureen Seedsman	87	4.54	0.04
Jarvis Wishart	Inv	4.16	-0.05
Michael Boulton	69	5.25	0.05
Dawn Bennett	78	4.53	0.08
Margaret Marion	83	5.47	-0.13
Ralph Bennett	81	3.58	0.13
Kevin Cassidy	63	3.06	-0.14
Bev Hugo	83	6.44	-0.16
Tony Doran	71	4.50	0.18
John Mathew	87	6.49	0.19
Susan Short	50	3.54	0.24
Ernie Jeffs	79	6.25	0.25
Scott Murdoch	75	3.49	-1.01
Ron Rabone	71	4.17	1.07
John Nottle	73	3.44	-1.16
Gwen Steed	81	5.17	2.17

<b>1200m E.T.</b>		<u>Clock</u>	<u>Diff</u>
Avril Britter	65	6.19.5	-2.5
Trev McCann	58	4.34.2	4.2
Helen Castel-Boland	60	5.56.3	-9.7
John Gregory	63	7.52.5	12.5
Sandra Wynne	72	6.27.8	-22.2
Ashley Page	83	6.47.4	-24.6
Susan Short	50	5.35.1	-24.9
Daniel Short	Inv	5.03.0	-3.3
Ellie Nidorfer	53	6.42.3	-37.7
Julian Boland	60	5.17.6	44.6
Cataldo Mase	61	7.49.1	49.1
Debbie Rattray	57	6.47.4	1.07.4
Cam Male	49	4.16.9	12.9
Debbie Rattray	57	3.56.5	-28.5

<b>2km E.T.</b>		<u>Clock</u>	<u>Diff</u>
Ashley Page	83	12.02	0.02
Avril Britter	65	11.38	0.03
Kylie Irshad	52	13.41	0.11
Debbie Rattray	57	9.28	-0.22
Sandra Wynne	72	11.36	-0.22
Trev McCann	58	7.42	-0.28
Helen Castel-Boland	60	10.49	-0.30
John Gregory	63	13.31	0.31
Troy Jeffs	49	10.38	0.39
Ellie Nidorfer	53	12.45	0.43

**100m H/C**

<b>Trophy Event</b>		<u>Clock</u>	<u>Metres</u>
John Mathew @	87	12.37	68
Ellie Nidorfer	53	12.50	45
John Gregory	63	12.59	36
Stephen Wishart	51	12.86	0
Glad Wishart	79	13.03	37
John Mackay	56	13.32	10
Vivienne Cash	71	13.37	20
Ron Arthur	84	13.50	27
Michael Boulton	69	13.74	48
Avril Britter	65	13.84	31
Bob Wishart	82	14.06	15
Cataldo Mase	61	19.33	29
Daniel Short	Inv	12.95	19
Ciara Short	Inv	13.85	12
Jarvis Wishart	Inv	15.18	27

**2 x 400m Walk Relay**

Greg Hughes	65
Ron Rabone	71
Dawn Bennett	78
Rupert Van Dongen	49
Tony Doran	71
Geoff Barrow	74
Sylvia Machin	82
Gwen Steed	81
Maureen Seedsman	86
Julian Boland	60
Michael Boulton	69
Scott Murdoch	75
Ernie Jeffs	79
John Nottle	73
Susan Short	50
Daniel Short	Inv
Nola Finn	87
Kevin Cassidy	63

**MENTONE December 27th 2023**

<b>800m Walk E.T.</b>		<u>Clock</u>	<u>Diff</u>
Kevin Cassidy	63	4.20	0.00
Susan Short	50	5.04	0.04
Maureen Seedsman	86	6.41	0.07
Michael Boulton	65	7.17	0.07
Daniel Short	Inv	5.38	0.08
Julian Boland	60	5.39	0.11
Sylvia Machin	82	6.14	0.14
Margaret Marion	83	7.55	-0.35
John Mathew	87	10.16	1.16
Tony Doran	71	7.34	1.29
Nola Finn	87	10.50	-8.00

**MENTONE December 27th 2023 (cont)****900m E.T.**

		<u>Clock</u>	<u>Diff</u>
Debbie Rattray	57	3.57.7	0.7
Cam Male	49	4.15.3	-1.6
John Gregory	63	5.58.0	-2.0
Helen Castel-Boland	60	4.17.8	2.8
Sandra Wynne	72	4.36.0	-4.0
Mat Lorencak	50	3.10.8	-4.2
David Short	47	3.09.3	-5.7
Ashley Page	83	5.02.1	6.1
Ben Lorencak	Inv	3.08.8	-6.2
Avril Britter	65	4.39.3	6.3
Daniel Short	Inv	3.40.1	10.1
Cataldo Mase	61	6.24.4	24.4
Susan Short	50	4.02.6	-27.4

**150m E.T.**

		<u>Clock</u>	<u>Diff</u>
Vivienne Cash	71	25.22	0.22
Bob Wishart ***	82	23.56	0.29
David Short	47	20.21	0.99
Cam Male	49	23.87	1.38
John Gregory	63	32.07	6.53
John Mathew 60mts	87	20.68	-2.32

Timing Malfunction

Daniel Short	Inv
Avril Britter	65
Glad Wishart	79
Michael Boulton	69

**2 Miles E.T.**

		<u>Clock</u>	<u>Diff</u>
Mat Lorencak ***	50	13.15	0.00
Avril Britter	65	19.40	0.00
Debbie Rattray	57	15.47	0.06
Ben Lorencak	Inv	13.13	-0.07
Cam Male	49	19.23	-0.08
Ashley Page	83	20.08	0.28
John Gregory	63	22.31	0.31
Sandra Wynne	72	19.30	-0.40
Helen Castel-Boland	60	17.57	-0.48
Steve Bird	60	17.32	1.32

**1500m S/H**

		<u>Clock</u>	<u>Actual</u>
Gwen Steed	81	11.13	21.48
John Mathew	87	21.52	29.42

Faster than 7.5 secs ET Margin

Catoldo Mase	61	14.28	23.18
Michael Boulton	69	14.01	24.46
Nola Finn	87	25.31	25.31
Kevin Cassidy	63	8.18	25.38
Sylvia Machin	82	11.33	26.08
Tony Doran	71	12.18	26.13