

AROUND THE GROUNDS

VENUE RESULTS FOR JUNE 2016, PROGRAM FOR AUGUST 2016



ON A CHILLY NIGHT, MICHELLE QUAN IS PRESENTED THE BOB LEWIS 400m TROPHY BY BOB LEWIS AT EAST BURWOOD WITH PLACEGETTERS ANDREW FRASER AND GRANT WATSON

ABERFELDIE, COBURG, CROYDON, DONCASTER,
EAST BURWOOD, FRANKSTON, GEELONG,
KNOX, MENTONE, SPRINGVALE/ NOBLE PARK

ABERFELDIE 1 JUNE 2016

100 Metres

Dave CHISHOLM	47	13.35
John PAPWORTH	47	13.51
Jamie PAPWORTH	INV	16.85
John HOWES	80	20.18
Imogen PAPWORTH	INV	28.06

1000 Metres Age Graded

			Age %
Brian O'DEA	62	3.53	71.71
Gavin WHITE	42	3.21	69.98
John PAPWORTH	47	3.50	64.03
Doug STOKES	64	4.26	63.82
Michael ENNIS	63	4.25	63.56
Jamie PAPWORTH	INV	4.22	54.86
Maggie ARMSTRONG	54	5.34	52.67
Michael ORELLI	72	6.09	50.16

200 Metres

Dave CHISHOLM	47	26.13
John PAPWORTH	47	28.25
Michael ENNIS	63	39.19

4000 Metres

Brian O'DEA	62	19.00
Doug STOKES	64	20.19
Alfred LENDVAI	62	20.45
Trevor HAWKSWORTH	69	22.44
Tony BRADFORD	76	24.45
Michael ORELLI	72	24.45
Maggie ARMSTRONG	54	29.21

ABERFELDIE 8 JUNE 2016

90 Metres

Jamie PAPWORTH	INV	15.63
Imogen PAPWORTH	INV	26.26

800 Metres

Gavin WHITE	42	2.30
Brian O'DEA	62	3.08
Carolyn BOWEN	54	3.20
Michael ENNIS	63	3.30
Jamie PAPWORTH	INV	3.45
Maggie ARMSTRONG	54	4.15
Michael ORELLI	72	4.51

3000 Metres

Carolyn BOWEN	54	14.16
Doug STOKES	64	15.56
Tony BRADFORD	76	19.28
Michael ORELLI	72	19.29
Maggie ARMSTRONG	54	21.33

1800 Metres

Michael ENNIS	63	9.30
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A young man excitedly tells his mother that he's fallen in love and is going to get married.

He says "Just for fun, Ma, I'm going to bring over three women and you try and guess which one I'm going to marry".

The mother agrees and next day he brings three beautiful women into the house and sits them down on the couch while they chat for a while.

Then he says "OK, Ma - guess which one I'm going to marry?" She immediately replies, "The redhead in the middle".

Stunned, the young man says "That's amazing, Ma. You're right! How did you know?"

"I don't like her", his mother replies.

ABERFELDIE 15 JUNE 2016

100 Metres

Gavin WHITE	42	12.84
John PAPWORTH	47	15.26
Graeme EADIE	65	18.12
John HOWES	80	19.91

1000 Metres

Brian O'DEA	62	4.25
Michael ENNIS	63	4.28
Jamie PAPWORTH	INV	4.45
John PAPWORTH	47	4.45
Stephen BARKER	73	5.11
Maggie ARMSTRONG	54	5.14
Michael ORELLI	72	6.01

200 Metres

Gavin WHITE	42	26.63
John PAPWORTH	47	28.94
Jamie PAPWORTH	INV	40.73
John HOWES	80	42.00

2000 Metres

Shane DRAPER	42	8.03
Michael ENNIS	63	9.47
John DEAN	71	11.35
Tony BRADFORD	76	12.53
Michael ORELLI	72	12.53

4000 Metres

Brian O'DEA	62	18.36
Alfred LENDVAI	62	20.31
Trevor HAWKSWORTH	69	22.25
Stephen BARKER	73	22.27
Graeme EADIE	65	23.42

2800 Metres

Maggie ARMSTRONG	54	18.25
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I NOTICE THERE'S NOT MUCH HAPPENING AT THE
VENUES THESE NIGHTS.
TOO COLD AND WET FOR YOU IS IT ?
50 PUSH UPS !!!!!

THE COACH



ABERFELDIE 22 JUNE 2016**110 Metres**

John PAPWORTH	47	17.93
Jamie PAPWORTH	INV	18.15

1500 Metres

John PAPWORTH	47	5.20
Gavin WHITE	42	5.32
David JONES	65	6.45
Carolyn BOWEN	54	6.47
Stephen BARKER	73	7.36
Jamie PAPWORTH	INV	8.05
Maggie ARMSTRONG	54	8.36

400 Metres N.O.T

			Est	Diff
David JONES	65	95.78	97.00	1.22
John PAPWORTH	47	69.47	68.00	1.47
Jamie PAPWORTH	INV	90.06	87.00	3.06
Michael ENNIS	63	89.97	75.00	14.97

3000 Metres

Shane DRAPER	43	11.34
Carolyn BOWEN	54	13.52
Alfred LENDVAI	63	15.09
Maggie ARMSTRONG	54	20.51

5000 Metres

John DEAN	71	27.23
Stephen BARKER	73	27.30
Trevor HAWKSWORTH	69	28.03
Doug STOKES	64	30.09

ABERFELDIE 29 JUNE 2016**100 Metres**

Jamie PAPWORTH	INV	15.84
John PAPWORTH	47	16.19
Imogen PAPWORTH	INV	28.34

800 Metres

John PAPWORTH	47	2.44
Shane DRAPER	43	3.11
Jamie PAPWORTH	INV	3.28
Levi DRAPER	INV	3.39
Mark SIMMONS	54	4.04
Stephen BARKER	73	4.07
Maggie ARMSTRONG	54	4.19

200 Metres

John PAPWORTH	47	30.44
Jamie PAPWORTH	INV	41.31
Imogen PAPWORTH	INV	64.00

4000 Metres

Brian O'DEA	62	18.39
Ash MCDOWALL	45	18.40
Doug STOKES	64	21.49
Stephen BARKER	73	22.06

2000 Metres

John DEAN	71	11.38
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2800 Metres

Maggie ARMSTRONG	54	20.11
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COBURG 2 JUNE 2016**90m****Heat: 1**

Fiona ELY	46	16.05
Maria BARBETTI	51	17.53
Michael WHIMPEY	62	19.94
Michelle SPORTON	50	20.75
Asha MACIEL	69	21.55
Ken CARTER	63	31.01

Heat: 2

Paul O'NEILL (100m)	50	12.75
Colin HICKIE	32	13.80
Bernie LEDDIN	68	16.21

800m

Warren BURKE	48	2.43
Colin HICKIE	32	2.56
Bernie LEDDIN	68	3.17
Fiona ELY	46	3.31
Maria BARBETTI	51	3.33
Michael WHIMPEY	62	3.41
Maegan KERR	44	4.11
Ken CARTER	63	6.31
Rob DAVEY	76	6.32
Chris HARRAP (W)	55	6.57
Asha MACIEL	69	7.22
Michael MEANEY (W)	60	7.43

3.5km Spiral Handicap

		Clock	Actual
Colin HICKIE	32	23.32	15.52
Maegan KERR	44	23.50	18.50
Spud HARRAP	13	24.04	16.04
Brian DELANEY	62	24.24	16.14
Fiona ELY	46	24.28	16.58
Warren BURKE	48	24.41	13.11
Fraser MURRAY	44	24.51	13.36
Maria BARBETTI	51	24.58	17.23
Bernie LEDDIN	68	25.07	16.12
Nicholas HARRAP	16	26.40	15.34
Bernie GOGGIN	78	27.12	31.42
Rob DAVEY	76	27.15	27.15
Asha MACIEL	69	28.12	34.12
Ken CARTER	63	29.52	37.22

500m

Spud HARRAP	13	1.53
Michael WHIMPEY	62	2.09
Ken CARTER	63	3.36
Michelle SPORTON	50	3.39
Rob DAVEY	76	3.52

COBURG 9 JUNE 2016

100m

Heat: 1

Michael WHIMPEY	62	20.87
Michelle SPORTON	50	23.55
Ken CARTER	63	40.19
Asha MACIEL	69	41.02

Heat: 2

Paul O'NEILL	50	13.06
Ethan O'NEILL	15	14.29
Bernie LEDDIN	68	19.50
Bruce GIBBS	67	20.47

1200m Walk

Chris HARRAP	55	9.23
Rob DAVEY	76	9.36
Asha MACIEL	69	12.12

1600m

Warren BURKE	48	5.51
Bernie LEDDIN	68	6.47
Michael WHIMPEY	62	7.40
Fiona ELY	46	7.51
Maegan KERR	44	9.16
Ken CARTER	63	14.41

200m

Paul O'NEILL	50	26.08
Ethan O'NEILL	15	29.98
Michael WHIMPEY	62	42.48
Bruce GIBBS	67	48.03
Michelle SPORTON	50	59.39
Ken CARTER	63	1.17.1

2km Walk

Asha MACIEL	69	NTT
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3km

Warren BURKE	48	11.17
Bernie LEDDIN	68	13.40
Spud HARRAP	13	14.19
Fiona ELY	46	14.59
Michael WHIMPEY	62	15.02
Maegan KERR	44	17.25
Rob DAVEY	76	23.34
Michael MEANEY (W)	60	29.09
Ken CARTER	63	31.15

COBURG 16 JUNE 2016

110m

Paul O'NEILL	50	15.18
Bruce GIBBS	67	21.96
Bernie LEDDIN	68	24.23
Asha MACIEL	69	26.73
Michelle SPORTON	50	27.70
Ken CARTER	63	38.99

1000m Age-Graded Championship

	Dist	Time
Bernie LEDDIN	68	748m 2.43.9
Brian DELANEY	62	801m 3.13.7
Maria BARBETTI	51	776m 3.32.8
Fiona ELY	46	816m 3.35.8
Asha MACIEL	69	627m 5.10.5
Bruce GIBBS	67	757m 6.11.7
Ken CARTER	63	792m 6.50.8

400m

Michelle SPORTON	50	2.52.9
Ken CARTER	63	3.29.6

20 minute time trial

Bernie LEDDIN	68	4280m
Maria BARBETTI	51	3925m
Fiona ELY	46	3915m
Asha MACIEL	69	2080m
Michael MEANEY (W)	60	1920m
Ken CARTER	63	1492m

COBURG 23 JUNE 2016

No meeting held due to weather.

A man with a winking problem applies for a job as a Sales Rep.

The interviewer says "Your resume is phenomenal and you're experience is unparalleled, but your constant winking will probably distract clients so we just can't hire you"

"But wait," the man says "I can stop the winking if I take aspirin"

"That's great then! Show me"

So the man starts reaching into his pocket and pulling out all sorts of condoms. Colored ones, textures ones, dozens of them. Finally he finds a packet of aspirin, rips the packet open, takes one and almost immediately stops winking.

"Well that's all well and good" says the interviewer "but what's a fine upstanding man like you doing carrying around so many condoms?"

The man replies, "Have you ever tried to buy an aspirin in a chemist's shop while constantly winking?"

COBURG 30 JUNE 2016

110m

Heat: 1

Bruce GIBBS	67	20.62
Michael WHIMPEY	62	24.54
Michelle SPORTON	50	26.08
Ken CARTER	63	42.64

Heat: 2

Paul O'NEILL	50	14.55
Bernie LEDDIN	68	22.05
Fraser MURRAY	44	22.42

1200m

Fraser MURRAY	44	4.09
Bernie LEDDIN	68	5.09
Maria BARBETTI	51	5.40
Rey VILLEGAS	51	6.34
Michael WHIMPEY (W)	62	9.20
Ken CARTER	63	9.30
Chris HARRAP (W)	55	9.50

200m

Paul O'NEILL	50	26.90
Bernie LEDDIN	68	37.38
Rey VILLEGAS	51	37.83
Bruce GIBBS	67	39.92
Michael WHIMPEY	62	44.69
Michelle SPORTON	50	1.01.4
Ken CARTER	63	1.07.1

2km

Michael WHIMPEY	62	10.17
Michael MEANEY	61	11.18
Ken CARTER	63	22.42

4km

Bernie LEDDIN	68	19.17
Maria BARBETTI	51	20.25
Fiona ELY	46	21.06

6km

Fraser MURRAY	44	28.09
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CROYDON - 7 JUNE 2016

1200 METRE WALK

1	Paul MORITZ	56	7.51
2	Grant MURFETT	49	9.04
3	Liz WRIGLEY	60	9.14
4	Barrie WICKS	76	9.32
5	Gary TURNER	62	9.47
6	Ros DYER	51	11.25

400 METRE HANDICAP RUN

MANAGER'S 400 HEAT 3

			Clock	Actual
1	Andrew EGGINTON	54	2.16	1.01
2	Ron BOYNE	82	2.17	1.53
3	Gary TURNER	62	2.17	1.20
4	Grant MURFETT	49	2.21	1.06
5	Barry MURLEY	77	2.23	1.54
6	Ros DYER	51	2.23	1.51
7	Cec McKEOWN	76	2.27	1.36
8	Karen ARCHER	53	2.40	2.05

200 METRE SPRINT N.O.T.

			Clock	Nom.
1	Grant MURFETT **	49	28.6	30.3
2	Andrew EGGINTON	54	43.2	41.3
3	Ros DYER	51	49.9	45.0
4	Ron BOYNE	82	50.6	47.1
5	Karen ARCHER	53	57.0	60.0

** Winner - Grant Murfett

2/4 KM RUN

2 km:

1	Andrew EGGINTON	54	8.08
2	Grant MURFETT	49	8.39

4 km:

1	Ros DYER	51	24.32
2	Karen ARCHER	53	26.44

2 X 800 METRE WALK

1	Grant WATSON	68	
	Pam TINDALL	56	10.31
2	Kevin McLAUCHLAN	72	
	Carolyn ROSENBROCK	54	10.48
3	James TENNANT	60	
	Alison THOMPSON	63	10.51
4	Grant MURFETT	49	
	Liz WRIGLEY	60	11.00
5	Ros DYER	51	
	Rod NEAL	59	11.28
6	Barrie WICKS	76	
	Julie CHALLEN	58	11.29

3 KM WALK

1	Paul MORITZ	57	20.24
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• An elderly couple return to a Mercedes dealership to find the salesman had just sold the car they were interested in to a beautiful, leggy, busty blonde.

"I thought you said you would hold that car till we raised the \$75,000 asking price," said the man. "Yet I just heard you closed the deal for \$65,000 to that lovely young lady there. You insisted there could be no discount on this model."

"Well, what can I tell you? She had the ready cash, and just look at her, how could I resist?" replied the grinning salesman.

Just then the young woman approached the old folks and handed them the keys.

"There you go," she said. "I told you I could get this joker to drop the price."

"See you later, grandpa."

Never mess with the elderly!

CROYDON - 14 JUNE 2016**80 METRE SPRINT****Heat 1:**

1	Tania NEALE	38	13.0
2	Andrew FRASER	74	13.5
3	Barry MURLEY	77	16.1
4	Ros DYER	51	17.9
5	Kevin McLAUCLAN	72	21.0

Heat 2:

1	Grant MURFETT	49	11.5
2	Dennis ASPINALL	68	11.9
3	Andrew EGGINTON	54	13.4
4	James TENNANT	60	13.7
5	Cec McKEOWN	76	14.2

1400 METRE RUN

1	Andrew EGGINTON	54	4.47
2	Grant MURFETT	49	5.18
3	Pam TINDALL	56	6.22
4	Cec McKEOWN	76	7.38
5	Ros DYER	51	7.45
6	Tania NEALE	38	7.46

4 X 100 METRE RELAY

1	Cec McKEOWN	76	
	Andrew FRASER	74	
	Tania NEALE	38	
	Grant MURFETT	49	63.5
2	Barry MURLEY	77	
	Dennis ASPINALL	68	
	Pam TINDALL	56	
	Andrew EGGINTON	54	65.3

4 LAPS WALK

1	Julie CHALLEN	58	12.03
2	Lyn BATCHELOR	67	15.39
3	David BATCHELOR	79	15.40
4	Grant WATSON	68	17.10
5	Kevin McLAUCLAN	72	17.12
6	Cec McKEOWN	76	17.14
	Barrie WICKS (Walk/Run)	76	12.35

4 OR 8 LAPS RUN**4 laps:**

1	Andrew EGGINTON	54	6.45
2	Ron BOYNE	82	11.57

8 laps:

1	Grant MURFETT	49	13.42
2	Alison THOMPSON	63	17.48
3	Ros DYER	51	20.25
4	Karen ARCHER	53	23.27
	Barry MURLEY (2½ laps)	77	5.27
	Tania NEALE (7 laps)	38	15.56

CROYDON - 21 JUNE 2016**1000 METRE WALK**

1	Gunther ILGOUTZ	77	6.07
2	Paul MORITZ	57	6.09
3	Julie CHALLEN	58	7.01
4	Phyllis GOSBELL	78	8.20
5	Mark CHALLEN	58	8.27
6	Robert STAGG	49	8.35
7	Grant MURFETT	49	8.36
8	Barrie WICKS	76	8.54
9	Lyn BATCHELOR	67	9.03
10	David BATCHELOR	79	9.41
11	Grant WATSON	68	10.43
12	Ros DYER	52	10.44
13	Ron SMITH	67	10.46

70 METRE SPRINT**Heat 1:**

1	Tania NEALE	38	10.8
2	Andrew FRASER	74	12.5
3	Ron SMITH	67	13.9
4	Ros DYER	52	14.3
5	Barry MURLEY	77	15.0

Heat 2:

1	Grant MURFETT	49	9.7
2	Robert STAGG	49	10.0
3	Andrew EGGINTON	54	10.3
4	Dennis ASPINALL	68	10.6

400 METRE HANDICAP RUN**MANAGER'S 400 HEAT 4**

			Clock	Actual
1	Andrew FRASER	74	2.02	1.39
2	Tania NEALE	38	2.11	1.28
3	Ros DYER	52	2.17	1.48
4	Andrew EGGINTON	54	2.17	1.02
5	Grant MURFETT	49	2.17	1.02
6	Barry MURLEY	77	2.18	1.49
7	Ron BOYNE	82	2.19	1.53
8	Robert STAGG	49	2.21	1.14
9	Dennis ASPINALL	68	2.21	1.14
10	Grant WATSON	68	2.27	2.18

120 METRE SPRINT N.O.T.

1	Grant MURFETT	49	16.0	17.2
2	Andrew FRASER **	74	20.3	21.5
3	Tania NEALE	38	20.6	21.3
4	Andrew EGGINTON	54	22.1	16.5
5	Ron SMITH	67	27.1	22.0
6	Ros DYER	52	30.1	28.0

** Winner - Andrew Fraser

3 KM SEALED HANDICAP RUN

			Clock	Adjust
1	Grant MURFETT	49	13.04	18.04
2	Mark CHALLEN	58	16.03	
3	Andrew TUNNE	57	16.06	20.26
4	Tania NEALE	38	17.06	20.56
5	Ros DYER	52	17.36	19.26
6	Barry MURLEY	77	18.32	19.42

CROYDON - 28 JUNE 2016

1600 METRE WALK

1	Pam TINDAL	56	8.03
2	Paul MORITZ	57	10.18
3	Liz WRIGLEY	60	11.39
4	Barrie WICKS	76	12.33
5	Phyllis GOSBELL	78	15.02
6	Allan WOOD	79	15.57
7	Colin WILLIAMS	67	15.57
8	David BATCHELOR	79	16.08
9	Grant WATSON	68	16.18
10	Gary TURNER	62	16.19
11	Ron SMITH	67	17.26

120 METRE SPRINT

1	Grant MURFETT	49	16.7
2	Robert STAGG	49	17.2
3	Andrew EGGINTON	54	18.3
4	Tania NEALE	38	20.7
5	Cec McKEOWN	76	23.1
6	Allan WOOD	79	29.4
7	Ron SMITH	67	30.2

400 METRE HANDICAP RUN

MANAGER'S 400 FINAL

		Clock	Actual
1	Tania NEALE	38	2.02
2	Ron BOYNE	82	2.03
3	Barry MURLEY	77	2.05
4	Grant WATSON	68	2.10
5	Cec McKEOWN	76	2.11
6	Grant MURFETT	49	2.12
7	Andrew EGGINTON	54	2.12
8	Gary TURNER	62	2.14
9	Robert STAGG	49	2.24

500 METRE RUN

1	Andrew EGGINTON	54	1.30
2	Grant MURFETT	49	1.34
3	Robert STAGG	49	1.48
4	Cec McKEOWN	76	2.14
5	Tania NEALE	38	2.16
6	Grant WATSON	68	3.24

1 OR 3 KM WALK

1 km:

1	Phyllis GOSBELL	78	8.55
2	Grant WATSON	68	11.24
3	Gary TURNER	62	11.26
4	Cec McKEOWN	76	11.27

3 km:

1	Julie CHALLEN	58	22.01
2	David BATCHELOR	79	28.25

1, 3 OR 5 KM RUN

1 km:

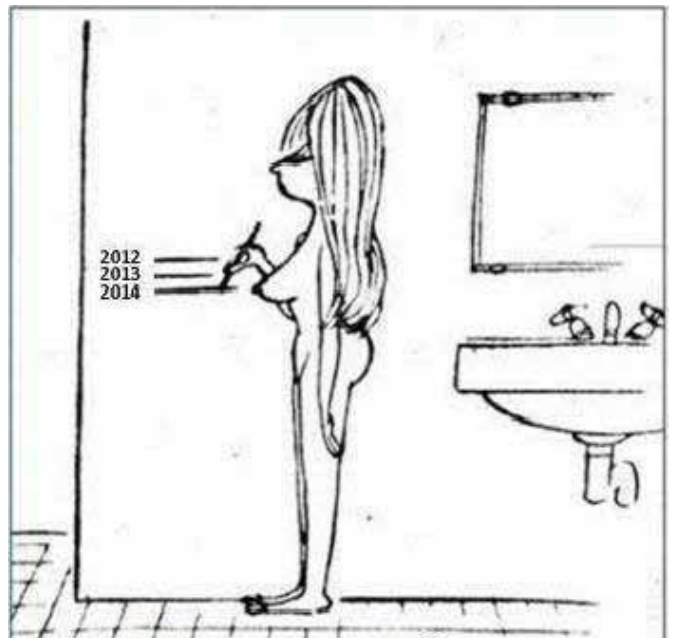
1	Barry MURLEY	77	5.36
2	Ron BOYNE	82	6.29

3 km:

1	Grant MURFETT	49	13.42
2	Tania NEALE	38	18.16

5 km:

1	Andrew TUNNE	57	28.29
2	Mark CHALLEN	58	28.37
	Lyn BATCHELOR (2 km)	67	14.51



DONCASTER 6 JUNE 2016

1600 metres

	Age	Result (min:sec)
1 Graham Walter	58	6.50.0
2 Elizabeth Grover	52	6.57.0
3 Jeffrey Sim	54	NT
Matt Scholes	46	4.38.1 (1200m)
Gavin Gau	31	5.21.4 (1200m)
John Aughey	78	1.44.4 (400m)

120 metres heat 1

	Age	Result (sec)
1 Graham Walter	58	17.7
2 Greg Champion	61	18.4
3 Jeffrey Sim	54	18.9
4 Janine James	68	20.4

120 metres heat 2

	Age	Result (sec)
1 Anthony Paige	32	16.6 (distance ran may have been further)
2 Gavin Gau	31	16.9
3 Phil Rosevear	66	17.3
4 Antony Gottlieb	34	17.4
5 David McConnell	63	18.9

200 metres

	Age	Result (sec)
1 David McConnell	63	28.7
2 Anthony Paige	31	29.4 (220m)
3 Phil Rosevear	66	30.8
4 Graham Walter	58	31.2
5 Greg Champion	61	34.9
6 Jeffrey Sim	54	35.2
7 Janine James	68	37.7
8 Matt Scholes	46	38.9
9 Carolyn Aughey	73	48.8

600 metres

	Age	Est time	Result (min:sec)
1 Anthony Paige	32	1.35	1.36.1
2 Matt Scholes	46	1.40	1.38.7
3 Graham Walter	58		2.33.4

2000 metres

	Age	Est time	Result (min:sec)
1 Matt Scholes	46		8.38.8
2 David McConnell	63	9.15	8.53.8
3 Graham Walter	58		9.05.7
4 Elizabeth Grover	52	9.50	9.10.0

DONCASTER 13 JUNE 2016

1000m handicap

	Age	Time h'cap	Finish time	Act time
1 Matt Scholes	46	2.50	4.56.60	3.06.60
2 Jeffrey Sim	53	0.45	4.57.61	4.12.61
3 Elizabeth Grover	52	0.49	4.57.74	4.08.74
4 Matt Hughes	40	1.15	4.58.74	3.43.74
5 Katrina Philip	54	0	4.59.42	4.59.42
6 David McConnell	63	0	5.16.1	5.16.10

Doncaster 1000 series - standings after 3 rounds

1 Matt Scholes	21 points
2 Elizabeth Grover	17 points
3 Jeffrey Sim	10 points

60 metres

	Age	Time	Elect time
1 Matt Hughes	40	8.1	8.34
2 Anthony Paige	32	8.6	8.92 (63 metres)
3 Greg Champion	61	9.6	9.98
4 Jeffrey Sim	54	10.0	10.40
5 Janine James	68	10.3	10.50 (venue rec)

100 metres Heat 1

	Age	Time (sec)
1 Greg Champion	61	15.5
2 Jeffrey Sim	54	16.6
3 Janine James	68	17.2
4 Elizabeth Grover	52	19.8

100 metres Heat 2

	Age	Time (sec)
1 Anthony Paige	32	13.3
2 Justin McFarlane	34	14.5
3 David McConnell	63	14.5

400 metres

	Age	Time (sec)
1 Anthony Paige	32	59.8
2 Justin McFarlane	34	70.6
3 Matt Hughes	40	73.4
4 Jeffrey Sim	54	83.8
5 Katrina Philip	54	1.45.0
6 Carolyn Aughey	73	2.00.4

1km

	Age	Result (min:sec)
1st Matt Hughes	40	4.07.7
2nd Graham Ford	67	5.11.1

3km

	Age	Result (min:sec)
1 Justin McFarlane	34	12.15.4
2 Elizabeth Grover	52	13.58.0
3 David McConnell	63	14.18.2
4 Katrina Philip	54	16.16.2

At a wedding ceremony, the Pastor asked if anyone had anything to say concerning the union of the bride and groom. "Speak now or forever hold your peace", he said.

At that moment the silence was broken by a young woman carrying a child.

She started walking towards the Pastor.

Everything quickly turned to chaos.

The bride slapped the groom. The groom's mother fainted.

The pastor asked the woman : "Can you tell me why you came forward ? What do you have to say?"

The woman politely replied : "W e can't hear you at the back."

DONCASTER 20 JUNE 2016**Long Jump**

	Age	Result (m)
1	Greg Champion	61 3.49
2	David McConnell	63 3.42
3	Lew Jenkins	71 2.33
4	Marla Trautman	43 1.44

Javelin Throw

	Age	Result (m)
1	David McConnell	63 22.76
2	Graham Ford	67 21.34
3	Lew Jenkins	71 20.43
4	Marla Trautman	43 7.50

100 metres

	Age	Result	Elect time
1	Antony Gottlieb	36 13.9	14.38
2	Anthony Paige	32 14.4	14.78 (110 m)
3	Greg Champion	61 15.1	15.50
4	Janine James	68 16.5	16.94
5	Elizabeth Grover	51 19.4	19.80
6	Marla Trautman	43 26.0	26.34

Shot Put

	Age	Result (m)
1	Marla Trautman	43 4.60

200 metres

	Age	Result	Elect time
1	David McConnell	63 29.1	29.50
2	Anthony Paige	32 29.7	30.12 (220 m)
3	Graham Ford	67 35.5	36.00
4	Janine James	68 36.0	36.52
5	Lew Jenkins	71 42.5	42.96

400 metres

	Age	Result (sec)
1	Anthony Paige	32 66.6 (435 m)
2	John Aughey	78 1.38.6
3	Katrina Philip	54 1.39.6

Discus Throw

	Age	Result (m)
1	David McConnell	63 26.17
2	Graham Ford	67 24.95
3	Lew Jenkins	71 23.67

800 metres

	Age	Result (min:sec)
1	Elizabeth Grover	51 3.15.3
2	Katrina Philip	54 3.40.1
3	Marla Trautman	43 5.21.7

1500 metres

	Age	Result (min:sec)	
1	Graham Walter	57 5.59.4	
2	Scott Chamberlain		6.18.0
3	David McConnell	63 6.20.5	
4	Elizabeth Grover	51 7.01.1	
5	Graham Ford	67 7.29.8	
6	Katrina Philip	54 7.50.7	
7	Lew Jenkins	71 9.18.7	

DONCASTER 27 JUNE 2016**300m Handicap (Doncaster Gift)**

	Age	Hcp(m)	Time
1	Jeffrey Sim	54 -68	38.2
2	Elizabeth Grover	52 -100	38.5
3	Phil Rosevear	66 -43	41.2
4	Anthony Paige	32 scr	42.3
eq 5	David McConnell	63 -10	42.8
eq 5	Janine James	68 -78	42.8
7	Graham Walter	58 -20	43.8
8	Ken Bruce	64 -20	44.5
9	Jeff Zhang	43 -40	45.1
10	Carolyn Aughey	73 -110	46.1
11	Matt Scholes	46 -20	54.2

Jeffrey Sim, Elizabeth Grover and Anthony Paige all share the lead on 17 points for the series!!!

2000m run

	Age	Result (min:sec)
1	Matt Scholes	46 7.24.7
2	Graham Walter	58 8.36.2
3	Elizabeth Grover	52 8.43.0
4	Jeff Zhang	43 8.47.3

1200m

Kath Gawthorn	41	5.27.2
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80m Heat 1

	Age	Result (sec)
1	Graham Walter	58 11.8
2	Greg Champion	61 12.2
3	Jeffrey Sim	54 12.6
4	Janine James	68 13.5
5	Matt Scholes	46 16.6

80m Heat 2

	Age	Result (sec)
1	Ken Bruce	64 11.1
2	Anthony Paige	32 11.2 (85m)
3	Antony Gottlieb	36 11.3
4	Phil Rosevear	66 11.5
5	David McConnell	63 12.3

150 metres

	Age	Result (sec)
1	Anthony Paige	32 21.5 (165m)
2	Ken Bruce	64 21.5
3	Graham Walter	58 22.5
4	Phil Rosevear	66 23.3
5	Jeffrey Sim	54 25.0
6	Janine James	68 26.5
7	Matt Scholes	46 32.7

800 metres estimated time (ET)

	Age	Result	ET	Diff
1	Anthony Paige	32 2.32.5	2.15	17.5
2	Matt Scholes	46 2.34.5	2.30	4.5
3	David McConnell	63 3.04.3	2.45	19.3
4	Graham Walter	58 3.41.9	3.15	27.1
5	Elizabeth Grover	51 3.42.0	3.20	22.0
(400m)	Jeffrey Sim	54 1.41.1		

EAST BURWOOD 2 JUNE 2016**60 METRE SPRINT**

1	Jack DURRANT	19	8.2
2	Gary TURNER	62	10.3
3	Shirley COPPOCK	80	12.1
4	Leo COFFEY	86	12.6
5	Allan WOOD	78	13.9
6	Lloyd NICHOLS	75	19.2

400 METRE HANDICAP RUN**BOB LEWIS TROPHY FINAL**

			Clock	Actual
1	Michelle QUAN	46	2.26	1.28
2	Grant WATSON	68	2.29	2.03
3	Andrew FRASER	74	2.30	1.25
4	Leo WATSON	75	2.31	1.36
5	Shirley COPPOCK	80	2.32	1.55
6	Paul DURRANT	54	2.33	1.05
7	Michael RICHARDS	64	2.35	1.18
8	Janet HOLMES	62	2.37	1.26
9	Allan WOOD	78	2.43	1.48

800 METRE WALK HANDICAP

			Clock	Actual
1	Gary TURNER	62	6.50	5.45
2	Bob LEWIS	88	6.57	6.57
3	Phyllis GOSBELL	77	7.07	6.22
4	Peter BATTRICK	72	7.08	6.43
5	Liz WRIGLEY	60	7.09	5.44
6	Harry SUMMERS	80	7.12	5.52
7	Gerald BURKE	76	7.16	6.31
8	Leo WATSON	75	7.20	5.55
9	Grant WATSON	68	7.26	6.41
10	Eddy STACK	82	7.27	7.12
11	Hawley THOMAS	77	7.37	6.57

100 METRE SPRINT

1	Jack DURRANT	19	12.7
2	Janet HOLMES	62	17.8
3	Allan WOOD	78	19.9
4	Shirley COPPOCK	80	21.2
5	Gerald BURKE	76	22.4
6	Grant WATSON	68	26.7
7	Lloyd NICHOLS	75	37.1

50 SECONDS N.O.S.P.

1	Hawley THOMAS	77	44.4
2	Shirley COPPOCK	80	44.8
3	Andrew FRASER **	74	48.4
4	Allan WOOD	78	54.7

** Winner - Andrew Fraser

10/15/20 MINUTE RUN/WALK

10 mins:		Laps	Metres	
	Michelle QUAN (Run)\	46	5	100
	Rob BAULCH (Run)	68	4	280
	Michael RICHARDS (Run)	64	4	270
	Liz WRIGLEY (Walk)	60	3	100
15 mins:				
	Gary TURNER (Walk)	62	4	250
20 mins:				
	Peter DODGSHUN (Run)	63	10	220
	Sam DEFANIS (Run)	68	10	200
	Bob LEWIS (Walk)	88	5	
	Grant WATSON (Walk)	68	5	
	Peter BATTRICK (Walk)	72	5	

EAST BURWOOD 2 JUNE 2016 cont**SHOT PUT AGE GRADED**

		Metres	Age %	
	Paul DURRANT	54	8.90	47.97
	Jack DURRANT	19	7.21	33.04
	Allan WOOD	78	6.30	45.21
	Jack FREDRICKSON	77	5.19	36.01
	Wyvern BURKE	84	5.15	48.66
	Leo COFFEY	86	4.69	46.41

EAST BURWOOD 9 JUNE 2016**2 KM WALK**

1	Grant WATSON	68	19.47
2	Bob LEWIS	88	19.46

800 METRE RUN

1	Christopher WORSNOP	58	3.22
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70 METRE SPRINT

1	Tracey CARPENTER	49	11.0
2	Paul DURRANT(80 metre)	54	11.3
3	Christopher WORSNOP	58	12.1
4	Lew JENKINS	71	14.2
5	Shirley COPPOCK	80	14.6
6	Horacio DIAZ	71	16.4
7	Lloyd NICHOLS	75	27.6

1500 METRE HANDICAP WALK

		Clock	Actual	
1	Leo WATSON	75	13.14	10.39
2	Lew JENKINS	71	13.15	10.40
3	Brian TAIT	74	13.19	12.09
4	Peter BATTRICK	72	13.23	12.33
5	Hawley THOMAS	77	13.26	12.26
6	Christopher WORSNOP	58	13.32	9.52
7	Bob LEWIS	88	13.34	13.34
8	Leonie GILLIES	58	13.34	11.24
9	Gerald BURKE	76	13.42	12.32
10	Harry SUMMERS	80	13.51	11.41
11	Grant WATSON	68	13.56	12.36
	Eddy STACK (3 laps)	82	10.20	

90 METRE SPRINT

1	Christopher WORSNOP	58	14.7
2	Andrew FRASER	74	16.0
3	Shirley COPPOCK	80	19.8
4	Horacio DIAZ	71	21.6
5	Lloyd NICHOLS	75	42.0

200 METRE HANDICAP

1	Tracey CARPENTER	49	27.7
2	Paul DURRANT	54	28.3
3	Andrew FRASER	74	29.9
4	Leo WATSON	75	30.7
5	Shirley COPPOCK	80	31.7
6	Horacio DIAZ	71	34.3
7	Hawley THOMAS	77	38.2
8	Lloyd NICHOLS	75	49.2

4 KM HANDICAP RUN

		Clock	Actual	
1	Michelle QUAN	46	22.24	19.24
2	Christopher WORSNOP	58	23.05	18.50
3	Sam DEFANIS	68	23.15	19.00
4	Rob BAULCH	68	23.25	22.09
5	Peter DODGSHUN	64	23.29	19.08
6	Leonie GILLIES	58	24.25	24.25

EAST BURWOOD 9 JUNE 2016 cont

JAVELIN THROW AGE GRADED			
	Metres	Age	%
Paul DURRANT	55	22.60	32.26
Allan WOOD	79	20.09	46.63
Lew JENKINS	71	18.00	32.28
Tracey CARPENTER	49	14.56	27.83
Jack FREDRICKSON	77	12.72	27.63
Wyvern BURKE	84	9.28	24.65

EAST BURWOOD 16 JUNE 2016**80 METRE SPRINT**

1	Graham WALTER	58	
2	Gary TURNER	62	No
3	Shirley COPPOCK	80	Times
4	Horacio DIAZ	71	Available
5	John MATHEW	79	
6	Lloyd NICHOLS	75	

2 KM WALK

1	Bob LEWIS	88
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100 METRE HADICAP SPRINT H'cp Mtrs

1	Shirley COPPOCK	80	35
2	Lloyd NICHOLS	75	55
3	Tracey CARPENTER	49	14
4	Paul DURRANT	55	2
5	Horacio DIAZ	71	38
6	Andrew FRASER	74	22
7	Gary TURNER	62	18
8	Grant MURFETT	49	3
9	John MATHEW	79	40

2 KM WALK

1	Peter BATTRICK	72	17.02
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1200 METRE WALK N.O.T. Clock Nom.

1	Liz EASTWOOD	46	7.20	9.10
2	Paul MORITZ	57	7.21	7.42
3	Liz WRIGLEY	60	8.24	8.53
4	Leo WATSON	75	8.25	8.29
5	Gary TURNER	62	9.21	9.30
6	Leonie GILLIES	58	9.33	9.20
7	Gerald BURKE **	76	9.59	10.00
8	Peter BATTRICK	72	10.14	10.25
9	Bob LEWIS	88	10.31	10.45
10	Geoff WHEELER	60	10.45	12.22
11	Eddy STACK	82	11.33	12.50
12	John MATHEW	79	12.37	12.00

** Winner - Gerald Burke

EAST BURWOOD 23 JUNE 2016**60 METRE SPRINT**

1	Paul DURRANT	55	9.0
2	Andrew FRASER	74	10.3
3	Christopher WORSNOP	58	10.5
4	Leo COFFEY	86	13.4
5	Horacio DIAZ	71	14.1

600 METRES HANDICAP Clock Actual

1	Paul DURRANT	55	2.35	1.55
2	Christopher WORSNOP	58	2.39	2.24
3	Michelle QUAN	46	2.53	2.44

EAST BURWOOD 23 JUNE 2016 cont**800 METRE WALK N.O.T.** Clock Nom.

1	Christopher WORSNOP	58	5.29	5.10
2	Hawley THOMAS	77	6.42	7.30
3	Michelle QUAN	46	6.46	6.00
4	Peter BATTRICK **	72	6.49	7.00
5	Gerald BURKE	76	7.29	6.50

** Winnner - Peter Battrick

110 METRE SPRINT

1	Paul DURRANT	55	15.8
2	Christopher WORSNOP	58	19.3
3	Leo COFFEY	86	22.6
4	Horacio DIAZ	71	26.3
5	Lloyd NICHOLS	75	56.4

300 METRE SPRINT N.O.T. Clock Nom.

1	Andrew FRASER **	74	59.4	54.2
2	Leo COFFEY	86	80.5	63.0

** Winner - Andrew Fraser

4 KM RUN

1	Christopher WORSNOP	58	19.45
2	Michelle QUAN	46	20.42

EAST BURWOOD 30 JUNE 2016**60 METRE SPRINT**

1	Paul DURRANT	55	8.7
2	Tracey CARPENTER	49	9.0
3	Leo COFFEY	86	11.4
4	Shirley COPPOCK	80	12.5
5	Horacio DIAZ	71	13.2
6	Lloyd NICHOLS	75	23.6

800 METRE RUN SELF HANDICAP

1	Rob BAULCH	68	4.56
2	Liz EASTWOOD	46	5.00
3	Gary TURNER	62	5.02
4	Michael RICHARDS	64	5.04

1200 METRE WALK N.O.T. Clock Nom.

1	Liz EASTWOOD	46	7.34	7.40
2	Liz WRIGLEY **	60	8.40	8.40
3	Leo WATSON	75	8.47	8.27
4	Leonie GILLIES	58	9.14	9.45
5	Brian TAIT	74	9.55	10.05
6	Phyllis GOSBELL	78	10.00	9.58
7	Bob LEWIS	88	10.35	10.30
8	Peter BATTRICK	72	10.36	10.20
9	Eddy STACK	82	12.42	11.40

** Winner - Liz Wrigley

JAVELIN THROW

	Metres	
Paul DURRANT	55	25.50
Allan WOOD	79	18.73
Tracey CARPENTER	49	14.55
Frank PROWSE	64	13.67
Jack FREDRICKSON	77	12.77
Brian TAIT	74	11.38
Leo COFFEY	86	9.28

100 METRE HANDICAP SPRINT

	H'cap Mtrs		
1	Tracey CARPENTER	49	14
2	Paul DURRANT	55	2
3	Horacio DIAZ	71	39
4	Shirley COPPOCK	80	34
5	Lloyd NICHOLS	75	18
6	Gary TURNER	62	25
7	Leo COFFEY	86	55

EAST BURWOOD 30 JUNE 2016 cont**2 KM WALK**

Bob LEWIS	88	18.18
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2 OR 4 KM RUN**2 km:**

1 Rob BAULCH	68	10.33
2 Peter BATTRICK	72	15.57

4 km:

1 Michael RICHARDS	64	18.45
2 Leonie GILLIES	58	423.29

200 METRE SPRINT

1 Paul DURRANT	55	28.8
2 Tracey CARPENTER	49	32.8
3 Janet HOLMES	63	39.3
4 Shirley COPPOCK	80	49.3

FRANKSTON 7 APRIL 2016**100m**

1 Bill Carr	66	14.72
2 Chris Sheedy	47	15.61
3 Mike Hall	78	17.37
4 John Sutton	73	22.56

200m

1 Chris Sheedy	47	28.79
2 Bill Carr	66	30.15
3 John Sutton	73	45.74

800m

1 Mike Thomas	44	2.23
2 Barry Jeffs	67	3.10
3 Charlie Mallia	67	3.47
4 Caitlin O'Connell	41	4.01

800m Walk

1 Pramesh Prasad	41	3.52
2 Lyn Pimm	65	5.32
3 John Sutton	73	5.53
4 John Hallo	73	6.01
5 Lyndsay Beaton	66	7.20
6 Kees Zwynenburg	87	7.37

2000m Walk

1 Pramesh Prasad	41	9.48
2 Lyn Pimm	65	13.48
3 John Hallo	73	15.32
4 John Sutton	73	15.48
5 Kees Zwynenburg	87	20.51

2000m

1 Mike Thomas	44	7.18
2 David Dodson	57	9.45
3 Chris Sheedy	47	9.48
4 Gary Meyer	61	11.10
5 Ray O'Connor	78	13.55

4000m

1 Caitlin O'Connell	41	24.18
2 Barry Jeffs	67	DNF

FRANKSTON 14 APRIL 2016**100m**

1 Ian Walles	40	13.13
2 Chris Sheedy	47	14.05
3 Russ Dow	56	14.61
4 Veronica Sheedy	Inv	16.58
5 Alan Radford	64	17.74
6 John Sutton	73	22.30

300m

1 Ian Walles	40	50.09
2 Alan Radford	64	58.55
3 Veronica Sheedy	Inv	70.42
4 John Sutton	73	75.55

800m Walk

1 Pramesh Prasad	42	3.44
2 Iwetta Paldus	53	5.49
3 Alan Radford	64	5.55
3 John Sutton	73	5.56
4 John Hallo	73	5.59
5 Lindsay Beaton	66	7.00
6 Kees Zwynenburg	87	7.50

1000m

1 Ian Walles	40	3.29
2 Russ Dow	56	3.30
3 Chris Sheedy	47	3.41
4 Charlia Mallia	67	4.53
5 Veronica Sheedy	Inv	5.32
6 Frances Halton	54	6.19
7 Caitlin O'Connell	41	6.20

6 and 10 Lap Spiral Walk

		Laps	Clock
1 Pramesh Prasad	41	6	13.14
2 John Hallo	73	6	19.56
3 John Sutton	73	6	20.44
4 Alan Radford	64	6	20.45
5 Lyndsay Beaton	66	6	23.10
1 Peter Ellis	65	10	28.20
2 Lyn Pimm	55	10	28.53

6 and 10 Lap Spiral

		Laps	Clock
1 Ray O'Connor	78	6	12.21
2 David Dodson	57	6	12.29
3 Gary Meyer	61	6	14.08
4 Caitlin O'Connell	41	6	15.44
5 Lew Jenkins	71	6	16.14
1 Russ Dow	56	10	17.27
2 Charlie Mallia	67	10	22.28
3 Nonie Chan	30	10	23.09
4 Frances Halton	54	10	25.28

FRANKSTON 21 APRIL 2016**2000m Walk**

1 John Hallo	73	15.46
2 Lindsay Beaton	66	18.10

2400m

1 Ian Walles	40	9.35
2 Pramesh Prasad	42	9.44
3 David Dodson	57	13.17
4 Gary Meyer	61	13.40
5 Caitlin O'Connell	41	16.04
6 Frances Halton	54	16.13
6 Chris Sheedy	47	15.37
7 Ray O'Connor	78	19.00

FRANKSTON 28 APRIL 2016**110m**

1	Chris Sheedy	47	15.10
2	Graham Kilfoyle	64	17.87
3	Veronica Sheedy	Inv	17.94
4	Mike Hall	78	18.89
5	Alan Radford	64	19.64
6	Pramesh Prasad	42	22.99

200m

1	Mike Thomas	44	30.17
2	Graham Kilfoyle	64	32.35
3	John Steward	57	35.58
4	Alan Radford	64	36.55
5	Veronica Sheedy	Inv	42.02
6	Pramesh Prasad	42	43.36

600m

1	Mike Thomas	44	1.42
2	Ian Walles	40	1.44
3	Chris Sheedy	47	1.51
4	John Steward	57	2.05
5	Bill Carr	66	2.14
6	Barry Jeffs	67	2.31
7	Alan Radford	64	2.52
8	Caitlin O'Connell	41	2.55
9	Veronica Sheedy	Inv	3.23
10	Frances Halton	54	3.25

2000m Walk

1	Lyn Pimm	55	14.04
2	Lyndsay Beaton	66	18.05

2800m

1	Ian Walles	40	11.51
2	Barry Jeffs	67	13.29
3	David Dodson	57	14.23
4	Bill Carr	66	14.32
5	Gary Meyer	61	15.26
6	Chris Sheedy	47	15.37
7	Ray O'Connor	78	19.00

3000m Walk

1	Pramesh Prasad	42	15.37
2	John Steward	57	19.36
3	Peter Ellis	65	20.19
4	Graham Kilfoyle	64	27.13

4000m

1	Frances Halton	54	24.45
1	Caitlin O'Connell	41	24.45

FRANKSTON 2 JUNE 2016**100m**

1	Russ Dow	56	14.54
2	Graham Kilfoyle	64	15.58
3	Mike Hall	78	17.27
4	John Sutton	73	23.95

200m

1	Russ Dow	56	30.83
2	Graham Kilfoyle	64	31.91
3	Veronica Sheedy	Inv	35.52

600m

1	Ian Walles	40	1.43
2	Mike Thomas	44	1.47
3	Russ Dow	56	2.04
4	Caitlin O'Connell	41	3.12
5	David Dodson	57	3.17

600m Walk

1	Pramesh Prasad	42	2.43
2	John Hallo	73	4.24
3	John Sutton	73	4.27
4	Lindsay Beaton	66	5.20
5	Kees Zwynenburg	87	5.47

1600m Walk

1	Lynn Pimm	55	11.16
2	John Sutton	73	12.43
3	Graham Kilfoyle	64	13.19
4	Kees Zwynenburg	87	17.26

2000m

1	David Dodson	57	9.42
2	Gary Meyer	61	11.46
	Ray O'Connor	78	DNF

2800m Walk - Estimated time

				Est Time	Diff
1	Lindsay Beaton	66	24.53	25.00	-0.07
2	Pramesh Prasad	42	14.24	14.50	-0.26
3	John Hallo	73	22.39	21.50	0.49
4	Peter Ellis	65	21.22	19.53	1.29

3000m - Estimated time

				Est Time	Diff
1	Ian Walles	40	12.10	12.00	0.10
2	Caitlin O'Connell	41	18.48	19.00	-0.12
3	Nonie Chan	30	15.44	16.30	-0.46
4	Russ Dow	56	12.11	13.00	-0.49
	Chris Sheedy	48	16.27	-	

FRANKSTON 9 JUNE 2016**80m**

1	Chris Sheedy	48	11.15
2	Russ Dow	56	11.77
3	Bill Carr	66	12.05
4	Graham Kilfoyle	64	12.42
5	Alan Radford	64	14.95
6	John Sutton	73	19.14

300m

1	Russ Dow	56	49.33
2	Bill Carr	66	51.77
3	Alan Radford	64	58.98

800m

1	Chris Sheedy	48	2.42
2	Russ Dow	56	2.49
3	David Dodson	57	3.34
4	Caitlin O'Connell	41	4.04

800m Walk

1	Pramesh Prasad	42	3.42
2	John Sutton	73	5.59
3	Graham Kilfoyle	64	6.05
3	Alan Radford	64	6.05
4	John Hallo	74	6.09
5	Lindsay Beaton	66	6.46
6	Kees Zwynenburg	87	7.42

2000m Walk

1	Pramesh Prasad	42	10.07
2	John Sutton	73	15.34
3	John Hallo	74	15.35
4	Graham Kilfoyle	64	15.36
4	Alan Radford	64	15.36

2400m

1	David Dodson	57	12.23
2	Gary Meyer	61	13.54
3	Ray O'Connor	78	16.17
	Bill Carr	66	DNF

4000m

1	Russ Dow	56	17.00
2	Caitlin O'Connell	41	24.27

FRANKSTON 16 JUNE 2016**110m**

1	Graham Kilfoyle	64	16.91
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200m

1	Chris Sheedy	47	29.17
2	Graham Kilfoyle	64	30.83
3	Nonie Chan	30	35.99

800m Walk

1	Pramesh Prasad	42	3.52
2	John Hallo	74	6.14
3	Lindsay Beaton	66	7.10

1000m

1	Caitlin O'Connell	41	5.17
2	Ray O'Connor	78	5.19
3	David Dodson	57	5.46

6 Lap Spiral Walk Handicap

		H'cap	Clock
1	Graham Kilfoyle	64	1.01 21.02
2	Lyn Pimm	55	3.24 21.21
3	John Hallo	74	1.38 21.32
4	Pramesh Prasad	42	9.27 22.18
5	Lindsay Beaton	66	0.00 23.54
6	Peter Ellis	65	5.39 24.02

6 Lap Spiral Handicap

		H'cap	Clock
1	Caitlin O'Connell	41	0.00 14.09
2	Nonie Chan	30	0.52 15.08
3	David Dodson	57	2.42 15.15
4	Gary Meyer	61	0.57 15.37

FRANKSTON 23 JUNE 2016

Cancelled due to heavy rain and wind

FRANKSTON 30 JUNE 2016**600m**

1	Ian Walles	40	1.53
2	John Steward	57	2.08
3	Caitlin O'Connell	41	3.08
4	David Dodson	57	3.37

600m Walk

1	Lyn Pimm	55	4.12
2	John Hallo	74	4.41
3	Lyndsay Beaton	66	5.08

2000m

1	Ian Walles	40	7.45
2	David Dodson	57	9.43
3	Ray O'Connor	78	12.46

2000m Walk

1	Lyn Pimm	55	14.09
	John Hallo	74	DNF

3200 Walk

1	John Steward	57	21.14
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3600m

1	Caitlin O'Connell	41	20.53
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GEELONG 1 JUNE 2016**CANCELLED - NO LIGHTS****GEELONG 8 JUNE 2016****400m**

David Jenkins	01:32
Sharon Pedersen	01:43
Noah Jones	01:43

2000m

Craig Scott	06:32
Charlie El-Hage	07:18
Sharon Pedersen	07:47
Alan Jenkins	08:46
Jill Coyte	10:54
Jill Gillies	11:39

4000m

David Jenkins	14:45
Jeff Walker	18:53

1600m

David Jenkins	06:23
Craig Scott	06:24
Jeff Walker	07:14
Jill Gillies	09:39

GEELONG 15 JUNE 2016**300m**

Sharon Pedersen	50.10
Peter Lamb	50.25
Liam Polizzi	48:00
Noah Jones	01:07
Steve Polizzi	01:22
Phoebe Polizzi	01:22

2800m

Michael Low	09:10
Craig Scott	09:11
Louis Rowan	09:25
David Jenkins	10:07
Tony McRae	10:15
Dan Wright	10:29
Sharon Pedersen	11:08
Alan Jenkins	11:41
Jo Foran	11:56
Jeff Walker	12:16
Gerry Fitzpatrick	12:22
Frank Engelsman	13:51
Grant Baensch	14:46
Fiona Fitzpatrick	16:16
Joanna MacCarthy	16:26
Jill Coyte	17:56

2400m

Isobelle Engelsman	18:04
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1000m

David Jenkins	03:17
Charlie El-Hage	03:18
Tony McRae	03:20
Dan Wright	03:22
Sharon Pedersen	03:28
Craig Scott	03:38
Robbie Parsons	03:48

GEELONG 15 JUNE 2016 cont

Gerry Fitzpatrick	04:02
Jo Foran	04:07
Jeff Walker	04:10
Steve Polizzi	04:20
Frank Engelsman	04:49
Grant Baensch	04:50
Liam Polizzi	05:15
Noah Jones	05:15
Joanna MacCarthy	05:19

GEELONG 22 JUNE 2016**200m**

Steve Polizzi	29.82
Andy Bruschi	30.04
Liam Polizzi	39.17
Noah Jones	39.69

3000m

David Jenkins	10:58
Sharon Pedersen	11:58
Montana Jones	12:28
Alan Jenkins	13:03
Andy Bruschi	13:09
Gerry Fitzpatrick	13:23
Jeff Walker	13:24
Frank Engelsman	15:40
Grant Baensch	16:15
Fiona Fitzpatrick	17:22
Jill Coyte	17:22
Isobelle Engelsman	23:10

800m

Charlie El-Hage	02:33
Peter Lamb	02:36
Sharon Pedersen	02:49
Andy Bruschi	02:50
Noah Jones	03:28
Jeff Walker	03:28
Liam Polizzi	03:43
Grant Baensch	03:43
Steve Polizzi	03:44
Frank Engelsman	03:59

GEELONG 29 JUNE 2016**NO RESULTS**

KNOX 1 JUNE 2016

Phil Twining 1000 metre handicap

Michelle Quan	46	4.24
Ryan Clark	40	3.46
Peter LeGet	82	5.21
Glenn Claiden	1st 62	4.09
Mick Carr	2nd 63	4.05
Liz Eastwood	3rd 47	3.51
Karl Piatek	40	4.36
John Graham	65	3.25
Chris Crennan	45	3.44
Peter Thorne	68	4.52

1000 metre consolation handicap

Al Harris	49	3.44
John Signorini	62	3.46
Brian Mee	78	5.05
Helen Stanley	60	3.37
Nicola Van Reenan	44	4.46
Toscha Stopar	46	4.26
Lavinia Petrie	72	4.16
Stephen Richards	55	4.18

70 metre sprint

Jack Durrant	19	8.98
Paul Durrant	54	9.71
Tracey Carpenter	49	10.92
Andrea Putting	53	12.87

200 metres

Paul Durrant	54	28.64
Stephen Richards	55	32.58

Distance event

John Graham	3k 65	12.3
Helen Stanley	60	14.12
Glenn Claiden	62	14.4
Anne McPherson	59	14.54
Toscha Stopar	46	16.04
Stephen Richards	55	16.17
Michelle Quan	46	16.42
Nicola Van Reenan	44	16.42
Peter Thorne	68	16.43
Lavinia Petrie	72	16.46
Ryan Clark	40	16.49
Paul Connor	5k 53	20.35
Paul Twining	66	21.35
Mick Carr	63	24.27

KNOX 8 JUNE 2016

60 metre sprint

Paul Durrant	54	8.64
Tracey Carpenter	49	9.36
Helen Stanley	60	10.77
Andrea Putting	53	11.32

1 mile handicap

Matt Morris	50	6.49
Stephen Richards	55	7.08
Toscha Stopar	46	7.21
Gary Stopar	68	7.11
Al Harris	49	6.29
Paul Connor	53	5.49
Helen Stanley	60	7
Ryan Clark	40	6.57
Liz Eastwood	47	7.12
Peter LeGet	82	10.37
Glenn Claiden	62	8.45

110 metre handicap

Stephen Richards	55	
Andrea Putting	53	
Paul Durrant	54	13
Tracey Carpenter	49	
Evelyn Kuys	59	

Distance event

Evelyn Kuys	1k 59	5.34
Hank Kuys	2k 61	9.47
Paul Connor	3k 53	11.39
Gary Stopar	68	14.15
Helen Stanley	60	14.18
Matt Morris	50	15.27
Glenn Claiden	62	15.45
Michelle Quan	46	15.59
Stephen Richards	55	16.08
Peter Thorne	68	17.24
Sue Stopar	67	17.54
Paul Twining	5k 66	20.42
Graeme Leticq	61	21.51
Toscha Stopar	46	26.3



KNOX 15 JUNE 2016**60 metres**

Tracey Carpenter	49	9.12
Hank Kuys	61	9.46
Paul Durrant	54	9.73

800 metres

Mike Rennie	34	2.21
Paul Connor	53	2.39
Matthew Morris	50	2.46
John Graham	65	2.49
Stephen Richards	55	3.11
Lavinia Petrie	72	3.16
Evelyn Kuys	59	3.27
Chas McCrae	83	3.44
Glenn Claiden	62	3.49
Karl Piatek	40	3.54
Peter Thorne	68	4.01
Sue Stopar	67	4.12

400 metres

Evan Thomson	41	60.77
Paul Durrant	54	64.83
Stephen Richards	55	76.48
Lavinia Petrie	72	86.19

5k handicap**3k**

Glenn Claiden	62	14.47
Evelyn Kuys	59	16.3

5k

Mike Rennie	34	19.09	
Paul Connor	53	19.1	2nd
John Graham	65	20.25	
Graeme Leticq	61	20.39	
Paul Twining	66	20.4	3rd
Gary Stopar	68	23.14	1st
Lavinia Petrie	72	23.47	
Matthew Morris	50	25.15	
Hank Kuys	61	25.47	
Stephen Richards	55	26.48	

KNOX 22 JUNE 2016**70 metres**

Paul Durrant	55	9.67
Steven Richards	55	10.38
Tracey Carpenter	49	10.78

1000 metres NOT

Liz Eastwood	47	4.1	3rd
Steven Richards	55	4.2	4th
Toscha Stopar	46	4.3	2nd
Glenn Claiden	62	4.44	1st

400 metre handicap

Paul Durrant	55	1.05
Steven Richards	55	1.21
Michelle Quan	46	1.32
Liz Eastwood	47	1.37
Ryan Clark	40	1.19
Toscha Stopar	46	1.41

Distance event**2k**

Glenn Claiden	62	9.54
Michelle Quan	46	9.59
Toscha Stopar	46	10.37
Steven Richards	55	11.24
David Wear	69	14.05

4k

Graham Leticq	61	16.35
Paul Twining	66	18.17
Liz Eastwood	47	19.43

KNOX 29 JUNE 2016**3 lap spiral**

Matthew Morris	50	5.03
Liz Eastwood	47	5.42
Toscha Stopar	46	7.1
Graeme Leticq	61	7.1
Chas McCrae	2laps 83	7.28

Distance Event**1k**

Toscha Stopar	46	5.17
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3k

Liz Eastwood	47	14.24
Steven Richards	55	15.1
Peter Thorne	68	16.36
Paul Twining	66	16.41

5k

Graeme Leticq	61	20.31
Glenn Claiden	62	24.54
Michelle Quan	46	26
Nicola Van Reenan	44	26.37

MENTONE 1 JUNE 2016**500m Walk E.T.**

			Clock	Diff
1	Sylvia Machin	74	3.31	0.01
2	John Morrison	76	3.43	0.03
3=	Bev Hugo	76	3.50	-0.05
3=	Sonya McLennan	63	3.14	0.05
5	Margaret Beaumont	78	4.10	0.06
6	Ian Beaumont	80	3.48	-0.12
7	Janette Atkins	63	4.00	0.50

1500 m Self H/cap

			Clock	Actual
1	Avril Britter	57	8.13.2	7.30.2
DQ	Sandra Wynne	64		7.43.3
DQ	Adam Walsh	44		6.44.0
DQ	Kuni Bowden	50		6.13.9
DQ	Ashley Page	75		7.48.0

150m E.T.

			Clock	Diff
1	Bob Wishart	74	22.98	-0.32
2	Sandra Wynne	64	29.27	-0.73
3	Avril Britter	57	28.17	-0.83
4	Kuni Bowden	50	33.32	1.32
5	Ross Kent	74	27.37	2.07

3 Km E.T. *Agg Event***Point Score Series 1**

			Clock	Diff	Pts
1	Avril Britter	57	16.55	0.00	7
2	Sandra Wynne	64	16.40	0.05	5
3	Kuni Bowden	50	13.01	0.11	4
4	Sonya McLennan	63	14.49	0.16	3
5	Ashley Birrell	71	14.38	-0.22	2
6	Adam Walsh	44	15.03	-0.27	2
7	Ashley Page	75	14.46	-0.29	1
8	David Dodson	57	15.14	-0.31	1
9	John Zeleznikow	65	24.35	0.35	1
10	John Kneen	73	20.01	1.01	1

1500m/ 5000m Walk E.T.

			Clock	Diff
1	John Morrison	76	11.35	0.05
2	Margaret Beaumont	78	12.39	-0.10
3	Ian Beaumont	80	12.24	0.14
4	Ian Cassell	62	10.02	-0.38
5	Glennis McPherson	69	10.34	-0.46
6	Bev Hugo	76	11.48	-0.51
7	Joan Clarke	81	13.57	-1.23

5000m

1	Sylvia Machin	74	36.40	0.20
2	Janette Atkins	63	42.23	-0.37

MENTONE 8 JUNE 2016**600m Walk E.T.**

			Clock	Diff
1	Bev Hugo	76	4.42	0.01
2	Sylvia Machin	74	4.12	0.02
3	John Morrison	76	4.31	-0.04
4	Sonya McLennan	63	3.50	0.05
5	Janette Atkins	63	4.46	0.08
6	Ian Beaumont	80	4.56	0.11
7	Margaret Beaumont	78	5.09	0.16

800m E.T.

			Clock	Diff
1	Matt Bowden	49	2.54.1	-0.90 @
2	David Dodson	57	3.33.3	1.30
3	Kuni Bowden	50	3.13.6	-1.40
4	Col Waring	70	3.07.5	-2.50
5	Ashley Page	75	4.00.3	3.30
6	Bronwyn Hanns	52	3.35.8	10.80
7	Adam Walsh	44	3.04.5	-15.50

8	Sandra Wynne	64	4.11.2	19.20
9	Pam Mews	81	7.02.8	22.80 ***

100m H/cap *Agg Event*

			Clock	Metres	Pts
1	Glad Wishart	72	13.92	30	7
2	Kuni Bowden	50	14.18	30	5
3	Ross Kent	74	14.40	20	4
4	Bob Wishart	74	14.60	0	3

3.336 Km E.T.**Point Score Series 2**

			Clock	Diff
1	Bronwyn Hanns	52	15.57	-0.01
2	John Zeleznikow	66	29.10	0.10
3	Kuni Bowden	50	14.33	0.13
4	Matt Bowden	49	15.12	-0.18
5	Sandra Wynne	64	18.52	0.22
6	Sonya McLennan	63	16.58	0.26
7	Ashley Page	75	17.12	0.39
8	David Dodson	57	17.37	0.42
9	John Kneen	73	22.52	2.52

*Series Winner - Kuni Bowden @***3000m Walk E.T. *Agg Event*****Frank Maguire Trophy**

			Clock	Diff	Pts
1	Bev Hugo	76	24.38	0.03	7
2	Sylvia Machin	74	21.36	-0.04	5
3	Ian Beaumont	80	26.25	-0.25	4
4	Ian Cassell	62	20.26	0.28	3
5	Janette Atkins	63	24.56	-0.30	2
6	John Morrison	75	24.06	0.51	1
7	Margaret Beaumont	78	26.29	-1.41	1
8	Joan Clarke	81	28.16	-2.19	1
9	Gwen Steed	73	20.53	-2.27	1
10	Pam Mews	81	27.56	-2.44	1

MENTONE 15 JUNE 2016**800m Walk E.T.**

			Clock	Diff
1	Bev Hugo	76	6.15	-0.01
2	Rae Atkins	84	7.33	0.03
3	Sonya McLennan	63	5.24	0.04
4	Margaret Beaumont	78	6.31	0.07
5	Janette Atkins	63	6.24	0.08
6	Ian Beaumont	80	6.30	-0.10
7	Pam Mews	81	7.11	0.21

1600m E.T.

			Clock	Diff
1	Adam Walsh	44	7.15.95	7.95
2	Col Waring	70	7.06.82	8.82
3	Sandra Wynne	64	8.28.05	10.05
4	Avril Britter	57	8.27.67	11.67
5	Kuni Bowden	50	6.55.06	15.06
6	Corey Lawson	38	5.59.05	39.05

60m E.T.

			Clock	Diff
1=	Bob Wishart	74	10.77	0.02
1=	Avril Britter	57	10.94	-0.02
3	Ross Kent	74	11.29	-0.21
4	Glad Wishart	72	11.71	-0.29

4 Km Self H/cap

			Clock	Actual
1	Sonya McLennan	63	32.41	20.11
2	Corey Lawson	38	32.45	15.15
3	Kuni Bowden	50	33.12	18.07
4	Adam Walsh	44	33.21	22.16
5	Sandra Wynne	64	33.58	22.36
6	John Zeleznikow	66	35.29	35.29
7	John Kneen	73	36.03	28.03
DQ	David Dodson	57		20.39
DQ	Avril Britter	57		22.31

MENTONE 15 JUNE 2016 cont**2000m Walk E.T.**

			Clock	Diff
1	Ian Beaumont	80	16.40	0.00
2	Margaret Beaumont	78	16.39	-0.01
3=	Geoff Barrow	67	13.57	0.07
3=	Ian Cassell	62	13.13	-0.07
5	Janette Atkins	63	16.21	0.16
6	Glennis McPherson	69	14.29	0.24
7	Sylvia Machin	74	14.33	0.33
8	Joan Clarke	81	18.08	-1.27
9	Pam Mews	81	18.08	-1.42
10	Bev Hugo	76	16.18	-4.51
11	Katherine Ashton	46	15.28	-7.13

MENTONE 29 JUNE 2016**600m Walk E.T.**

			Clock	Diff
1	Sonya McLennan	63	3.47	0.00
2	John Mathew	79	5.41	0.01
3	Ralph Bennett	74	3.58	-0.02
4	Janette Atkins	63	4.44	0.09
5	Sylvia Machin	75	4.21	0.11
	Judy Farrell		5.15	

300m H/cap

			Clock	Metres
1	Bob Wishart	74	43.50	31
2	Glad Wishart	72	43.76	99
3	John Mathew	79	44.72	135
4	Ross Kent	74	45.65	71
5	Kuni Bowden	50	49.87	72

1000m E.T.

			Clock	Diff
1	Finn Gibson	Inv	4.21.9	1.90
2	Col Waring	70	3.57.7	-2.30
3	Katie Gibson	Inv	4.43.5	3.50
4	Ashley Page	75	4.51.9	-4.10
5	Kuni Bowden	50	4.04.5	4.50
6	Avril Britter	57	4.57.8	-7.20
7	Matt Bowden	49	3.38.2	-8.80
8	David Dodson	57	4.25.9	-9.10
9	Sandra Wynne	64	4.56.3	11.30
10	Helen Bryan	46	4.45.8	15.80
11	Jeanne Bryan	74	5.03.9	-56.10

2 Miles E.T.

			Clock	Diff
1	Kuni Bowden	50	14.02.5	2.50
2	John Zeleznikow	66	26.50.0	-5.00
3	Sandra Wynne	64	17.40.5	12.50
4	David Dodson	57	16.43.6	13.60
5	Ashley Birrell	71	15.30.6	-19.40
6	Sonya McLennan	63	15.51.0	-26.00
7	Ashley Page	75	17.25.3	37.30
8	Avril Britter	57	17.37.3	-39.70
9	Matt Bowden	49	15.10.1	40.10
10	John Kneen	73	19.59.3	-60.70
11	Helen Bryan	46	14.10.3	-79.70

1500m/ 5000m Walk E.T.

			Clock	Diff
1	Joan Clarke	81	14.11	-0.11
2	John Mathew	79	18.11	4.11

5000m

1	Sylvia Machin	74	36.38	0.23
2	Geoff Barrow	67	36.27	0.27
3	Janette Atkins	63	41.42	-1.18

MENTONE 22 JUNE 2016**400m Walk E.T.**

			Clock	Diff
1	John Mathew	79	3.50	0.00
2	Sonya McLennan	63	2.25	0.01
3	Pam Mews	81	3.27	-0.03
4	Janette Atkins	63	3.10	0.09
5	John Morrison	76	2.48	-0.10

800m E.T. *Agg Event*

			Clock	Diff	Pts
1	Ashley Page	75	3.47.3	0.30	7
2	Col Waring	70	3.05.5	0.50	5
3	David Dodson	57	3.33.5	-1.50	4
4	Matt Bowden	49	2.52.0	-2.00	3
5	Kuni Bowden	50	3.25.4	5.40	2
6	Helen Bryan	46	3.45.3	5.50	1
7	Sandra Wynne	64	3.49.2	-5.80	1
8	Avril Britter	57	3.54.9	-7.10	1
9	Katie Gibson	Inv	3.40.7	-9.30	
10	Michael Bishop	44	2.45.7	15.70	1

110m E.T.

			Clock	Diff
1	Avril Britter	57	20.65	0.00
2	Ross Kent	74	20.02	0.52
3	Kuni Bowden	50	22.76	-1.24
4	Bob Wishart	74	16.70	1.60
5	Glad Wishart	72	22.16	-2.57
6	John Mathew	79	30.68	3.68
7	Katie Gibson	Inv	19.21	-3.79
8	Helen Bryan	46	20.78	-4.22

5 Km E.T.

			Clock	Diff
1	Kuni Bowden	50	22.28	-0.02
2=	Matt Bowden	49	23.56	0.11
2=	Sonya McLennan	63	26.38	0.11
4	Sandra Wynne	64	27.54	-0.28
5	David Dodson	57	27.24	-1.06
6	Avril Britter	57	29.09	1.09
7	Ashley Birrell	71	27.59	1.14
8	Ashley Page	75	28.14	1.48
9	Michael Bishop	44	20.26	1.54

5 Lap Spiral Walk E.T.

			Clock	Diff
1	Janette Atkins	63	17.17	-0.08
2	Ian Cassell	62	14.21	0.11
3=	Pam Mews	81	20.14	0.14
3=	Joan Clarke	81	20.14	0.14
5	John Morrison	76	15.57	0.47
6	John Mathew	79	24.30	2.30

70m E.T.

			Clock	Diff
1	Avril Britter	57	12.82	-0.21
2	Sandra Wynne	64	13.16	0.26
3	Kuni Bowden	50	14.52	-0.42
4	Glad Wishart	72	14.05	0.60
5	John Mathew	79	17.65	0.65
6	Bob Wishart	74	10.34	0.74
7	Finn Gibson	Inv	12.39	-1.71

SPRINGVALE 1 JUNE 2016

100 metres			hcp
Graham KILFOYLE	64	13.70	22 mts
Mick COLGAN	65	13.90	10.00
Juan PEREZ	76	14.50	23.00
Lindsay OXENHAM	66	14.70	27.00
Les WILLIAMS	60	15.20	0.00
Jim SINCLAIR	91	15.50	28.00

400 metre relay**Team 1**

Ray O~CONNOR	79	1.38	
Lindsay OXENHAM	66	1.29	
Claudio RIGA	60	1.28	4.35

Team 2

Juan PEREZ	76	1.46	
Mick COLGAN	65	1.45	
Les WILLIAMS	60	1.10	4.51

2000 metre run

Bill IRVINE	67	9.38	
Paul WINTERTON	61	9.48	
Rob CLUTTERBUCK	63	10.53	

4000 metre run

Alan BENNIE	69	17.51	
Dave TALBOT	61	19.33	
Lindsay OXENHAM	66	19.36	
Howard REES	68	20.34	
Ian TREGEAR	66	22.00	
Juan PEREZ	76	26.15	
Lou BUCCIERI 6 km	60	32.45	

8000 metres

Les WILLIAMS 7.2 km	60	30.47	
Claudio RIGA	60	39.51	

2000 metre walk

			clock
Frank ALLEN	71	19.16	
Tony DORAN	64	19.32	
Graham KILFOYLE	64	19.35	
Peter BATTRICK	72	19.36	
Natalie IRVINE	69	20.05	
Trevor JUPP	76	20.07	
Pam THOMAS	66	20.23	
Celia JOHNSON	68	20.36	
Ernie JEFFS	71	20.52	
Ron LITTLE	72	21.28	
Eric NEGROS	53	21.51	
John ABEL	63	21.27	

SPRINGVALE 8 JUNE 2016

70 metres			
Graham KILFOYLE	64	11.30	
Mick COLGAN	65	13.00	
Juan PEREZ	76	13.80	
Lindsay OXENHAM	66	14.10	
Lew JENKINS	71	14.50	
Bill IRVINE	67	15.10	

200 metres

Graham KILFOYLE	64	32.40	
Dave TALBOT	61	34.40	
Paul MULLINS	75	38.00	
Bill IRVINE	67	38.00	
Mick COLGAN	65	42.00	
Lindsay OXENHAM	66	44.40	
Lew JENKINS	71	44.80	
Juan PEREZ	76	49.50	

15 minutes walk or run

			mts
Ian TREGEAR	66	2650	
Celia JOHNSON	68	1770	
Dave TALBOT	61	2900	
Rob CLUTTERBUCK	63	2890	
Howard REES	68	1300	
Juan PEREZ	76	2320	

30 minutes walk or run

Lindsay OXENHAM	66	2800	
Frank ALLEN	71	3500	
Eric NEGROS	53	2600	

SPRINGVALE 15 JUNE 2016**2000 metre walk**

			clock
Frank ALLEN	71	19.32	
Peter BATTRICK	72	19.36	
Ernie JEFFS	71	20.45	
Graham KILFOYLE	64	21.12	
Ron LITTLE	73	21.56	
John ABEL	66	22.21	
Eric NEGROS	51	22.30	

2000 metre run

			actual
Dave TALBOT	61	9.53	
Paul WINTERTON	61	10.28	
Alison DEVINE	60	11.20	
John MANNING	70	14.44	

4000 metre run

Rob CLUTTERBUCK	63	19.32	
Howard REES	68	21.00	
Juan PEREZ	76	25.28	

6000 metre run

Claudio RIGA	60	29.57	
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100 metres

			actual	hcp.
Mick COLGAN	65	13.60	23 m	
Graham KILFOYLE	64	13.90	9.00	
Juan PEREZ	76	14.20	23.00	
Jim SINCLAIR	91	15.00	29.00	
Les WILLIAMS	60	15.30	0.00	

800 metres

			actual	hcp.
Dave TALBOT	61	3.00	60 sec	
Ray O~CONNOR	79	3.53	0.00	
Les WILLIAMS	60	2.35	98.00	
Bill IRVINE	67	3.21	46.00	
Juan PEREZ	76	4.13	0.00	
Claudio RIGA	60	3.26	52.00	

SPRINGVALE 15 JUNE 2016 cont**70 metres**

Graham KILFOYLE	64	11.00
Claudio RIGA	60	12.20
Mick COLGAN	65	13.00
Juan PEREZ	76	13.90
Lew JENKINS	71	14.40

1600 metres actual hcp.

Juan PEREZ	76	8.58	0.00
Claudio RIGA	60	7.27	2m00s
Bill IRVINE	67	7.41	2 00
Paul WINTERTON	61	7.57	1 50
Neil GRAY	68	6.43	3 05
Ray O~CONNOR	79	9.10	0 40
Dave TALBOT	61	7.05	3 05

SPRINGVALE 22 JUNE 2016**3000 metres** actual hcp.

Rob CLUTTERBUCK	63	14.26	8m25s
Claudio RIGA	60	14.45	7 40
Dave TALBOT	61	14.58	7 06
Howard REES	68	15.41	8 40
Ian TREGEAR	66	17.17	6 40
Lou BUCCIERI	60	18.23	7 15
Juan PEREZ	76	18.29	4 35

1800 metre walk

Tony DORAN	64	12.23
Tony JOHNSON	76	13.13
Lew JENKINS	71	13.14
Frank ALLEN	71	14.45
Graham KILFOYLE	64	14.45
Peter BATTRICK	72	23.55

70 metres

Graham KILFOYLE	64	11.00
Claudio RIGA	60	12.20
Mick COLGAN	65	13.00
Juan PEREZ	76	13.90
Lew JENKINS	71	14.40

1600 metres actual hcp.

Juan PEREZ	76	8.58	0.00
Claudio RIGA	60	7.27	2m00s
Bill IRVINE	67	7.41	2 00
Paul WINTERTON	61	7.57	1 50
Neil GRAY	68	6.43	3 05
Ray O~CONNOR	79	9.10	0 40
Dave TALBOT	61	7.05	3 05
Ernie JEFFS	71	11.36	0.00

SPRINGVALE 29 JUNE 2016**200 metres walk/run**

Graham KILFOYLE	64	31.90
Juan PEREZ	77	46.00
Tony DORAN	64	46.40
Tony JOHNSON	76	60.30
Pam THOMAS	66	81.20
Celia JOHNSON	68	81.90
Frank ALLEN	66	83.20

1800 metres walk

Tony DORAN	64	12.20
Sue BUCHAN	54	12.57
Claudio RIGA	60	13.27
Tony JOHNSON	76	13.27
Graham KILFOYLE	64	14.33
Pam THOMAS	66	14.36
Frank ALLEN	71	14.37
Peter BATTRICK	72	15.58
Dennis PHILLIPS	74	16.33
Ernie JEFFS	71	17.37
Eric NEGROS	53	21.21
John MANNING	70	21.23

3200 metre run

Les WILLIAMS	60	12.58
Alan BENNIE	69	14.57
Claudio RIGA	60	16.10
Dave TALBOT	61	16.10
Howard REES	68	16.16
Ian TREGEAR	66	17.58
Lou BUCCIERI	60	18.39
Alison DEVINE	60	18.41
Juan PEREZ	77	18.45

70 metres**Heat 1**

Les WILLIAMS	60	10.90
Graham KILFOYLE	64	11.20
Claudio RIGA	60	13.90
Dave TALBOT	61	14.30
Howard REES	68	16.50
Tony JOHNSON	76	21.80
Pam THOMAS	66	26.10

Heat 2

Juan PEREZ	77	13.50
Tony DORAN	64	14.20
Alan BENNIE	69	16.90
Celia JOHNSON	68	24.40
Frank ALLEN	71	24.70

600 metres

Les WILLIAMS	60	1.51
Neil GRAY	68	2.07
Dave TALBOT	61	2.10
Helen A		2.22
Paul WINTERTON	61	2.22
Bill IRVINE	67	2.26
Alan BENNIE	69	2.31
Claudio RIGA	60	2.43
Ray O~CONNOR	79	2.46
Howard REES	68	2.47

AUGUST PROGRAMS 2016

MON AUGUST 1	DONCASTER	800W 1600R	120M	200M	600M NOT	2000M W/R
	CASEY					
TUES AUGUST 2	COLLINGWOOD					
	CROYDON	3 LAPS WALK NOT	22.2 SECS	800M	250M	10/20/30 TT
	GLEN EIRA	60M ET	500M S HCP	200M	3K WALK	5K HCP
WEDS AUGUST 3	ABERFELDIE	110M	1000M AG	400M	4/6K	
	GEELONG	400M	2800M	1500M		
	MENTONE	400W ET	800M ET	110M ET	3.336K ET	1/2 MILE ET
	KNOX	L 1/800M WALK HCP	110M HCP	200M 80M	1500M	15/25/35 MIN
	SPRINGVALE	120M	600M HCP	1800M WALK HCP	3K HCP	
THURS AUGUST 4	COBURG	100M	1500M AG	200M	2/4/6K	
	EAST BURWOOD					
	FRANKSTON	800M WALK	80M	800M	200M	2/3K 1600/2800 WALK
MON AUGUST 8	DONCASTER	DONCASTER 1000	60M	100M/100M H	400M/300M H	1/3/5K NOT R/W
	CASEY					
TUES AUGUST 9	COLLINGWOOD					
	CROYDON	4 LAPS WALK	70M	1200M	200M	1/3/5K 1/3W
	GLEN EIRA	70M ET	800M S HCP	150M S HCP	SPIRAL 5 LAPS WALK	4K HCP
WEDS AUGUST 10	ABERFELDIE	100M	1200M	200M	3/5K	
	GEELONG	300M	2/4K	800M		
	MENTONE	300M HCP 600W	1500M ET	70M ET	4K SELF HCP	1500M/5000M ET
	KNOX	DISC 800M WALK	60M 400M HCP	100M	800M/1600M	2/4/6K
	SPRINGVALE	200M HCP	1200M HCP	2/4K WALK	2/4/6K	
THURS AUGUST 11	COBURG	80M	2 MIN SSP	400M	3/5K	SSP = SELECT START PT.
	EAST BURWOOD					
	FRANKSTON	800M WALK	110M	1000M	150M	8 LAP MAX SPIRAL R/W
MON AUGUST 15	DONCASTER	1000W/ L J	100M / JAV	200M/ SHOT	400M / DISC	800/1500M WALK/RUN
	CASEY					
TUES AUGUST 16	COLLINGWOOD					
	CROYDON	800M WALK	85M NOT	1600M	400M	8 LAPS SPIRAL 3/5K WALK
	GLEN EIRA	100M HCP	800M HCP	200M HCP ET	2K WALK	EST DIST 19 MIN
WEDS AUGUST 17	ABERFELDIE	100	800M	400M	5K HCP	
	GEELONG	200M	3200M	1600M		
	MENTONE	800M WALK ET	600M ET	200M HCP	2.5K ET	3000M ET
	KNOX	GARY STEWART	NIGHT TBA			
	SPRINGVALE	70M	300/1500M	1800M WALK HCP	3000M HCP	
THURS AUGUST 18	COBURG	110M	1200M	300M TIME CHALL.	6/9/12 LAPS	
	EAST BURWOOD					
	FRANKSTON	800M WALK	90M	800M	250M	4K/2400M R/W 3K S/H
MON AUGUST 22	DONCASTER	300M GIFT	1000W 2000R	80M	150M	800M NOT W/R
	CASEY					
TUES AUGUST 23	COLLINGWOOD					
	CROYDON	1500HCP WALK	90M	1500M	270M NOT	5K HCP RUN 1/3K WALK
	GLEN EIRA	60M ET	800M S HCP	150M HCP	1500/3K WALK ET	4K SELF HCP
WEDS AUGUST 24	ABERFELDIE	100M	1500M	300M	3K HCP	
	GEELONG	100M	3/5K	800M		
	MENTONE	400M WALK ET	1000M SELF HCP	120M ET	2 MILES SELF HCP	2/4K ET
	KNOX	S P/ 800M WALK	60M 500M NOT	100M	1000M	2/4/6K
	SPRINGVALE	120M	600/1000M	3K WALK	3/5K	
THURS AUGUST 25	COBURG	100M	1000M	200M	3/5K	
	EAST BURWOOD					
	FRANKSTON	600M WALK	100M	600M	200M	2K ET 2K ET WALK
MON AUGUST 29	DONCASTER	800W/1600R	120M	200M	600M NOT	2000M W/R
	CASEY					
TUES AUGUST 30	COLLINGWOOD					
	CROYDON	1200M WALK	80M	DOUG ORR 1/2 MILE	100/200/100 RELAY	2/4/6/8/10 LAP RUN
	GLEN EIRA	100M S HCP	700M ET	700M	3K WALK	5K HCP
WEDS AUGUST 31	ABERFELDIE	90M	800M	200M	4/6K	
	GEELONG	400M	2400M	1500M		
	MENTONE	600M WALK ET	900M SELF HCP	100M HCP	5K ET	5 LAP SPIRAL ET
	KNOX	JAV/ 2X600 WALK	110M HCP	300M 80M	800/1600M	5K HCP
	SPRINGVALE	200M HCP	400M	1000M WALK	3000M HCP	