



THE WRAG

Waverley's Results and Gossip

December edition

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ATHLETICS WAVERLEY Inc.
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PRESIDENT'S ADDRESS



As Christmas approaches.....

It is hard to believe that we have already passed the half way mark and have only one round left before the Christmas break. Currently all our teams are in the top four on the ladder which is an excellent team effort.

Our numbers in the men's open teams have been somewhat depleted due to injuries, athletes moving and some lucky devils travelling the world. Several of our victorious U 18 women are now too old for this team and are doing a wonderful job in the open women's teams.

It is important that we have as many athletes as possible qualified in events for program 1 which will be the format for the finals. There are only 2 more chances to qualify for the 5000m. They are Saturday 12 December at Knox and Thursday 14 January at Glenhuntly.

I hope to see as many of you as possible at our annual Christmas barbecue to be held in our clubrooms after competition at Knox on Saturday 12 December. It is a great opportunity to actually stand and chat with other athletes and their families.

The Northcote Gift will be held at Waverley on Sunday 13 December. Yoey is drawing up a roster for people to help in the canteen, cooking the barbecue and directing traffic in the car parks. He would love to hear from anyone who is able to volunteer for that day. Please let him know if you can help.

This is one of our major fundraisers for the year!!

I would like to take this opportunity to wish you all a joyous Christmas spent with loved ones and safe start to 2010. Don't forget while you are enjoying the plum pudding and all the other goodies that competition recommences on Thursday 14 January.

Kerry-Ann

CONTACTS

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- ☺ Committee (Strategic Planning) John Maudsley
- ☺ Committee (Coaching & Social) - Yohan Amerasekera
- ☺ Committee (Uniforms) Simone Albiston
- ☺ Committee (Social) - Janice Marston
- ☺ Committee (Coaching) - Terry McGrath

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FORTHCOMING EVENTS

- 12 December 2009 (Sat) —interclub round 9 Knox
- 12 December 2009 (Sat) 6.30pm onwards Xmas BBQ at the clubrooms
- 13 December 2009 (Sun) —Northcote Gift at the Waverley track
- 14 January 2010 (Thurs) —interclub round 10 Duncan Mackinnon Reserve—night meet
- 21 January 2010 (Thurs) —interclub round 11 Frankston—night meet
- 28 January 2010 (Thurs) —interclub round 12 Knox—night meet
- 6 February 2010 (Sat) - Region Final Knox
- 13 February 2010 (Sat) - Shield Final, Doncaster

NOTES FROM THE COMMITTEE



Mobile Contact

All clubs are asked to check if their members have advised Athletics Victoria of their current mobile phone number, so that they can be contacted by SMS when the weather is unsuitable for competition.

Report from the most recent region meeting:

- **Christmas Round**— this will be held at Knox on Saturday 12th December. Athletes are encouraged to come in Christmas attire, but must wear their registration numbers. There will be a Father Christmas sprint. Members are asked to bring a donation of food, which will be passed onto the Wesley Mission.
- **Top of the Ladder Certificates**—these will be presented at the first meeting in the New Year - 14th January.
- **Registration Numbers**— Officials, at all events, have been asked to record any athlete **not wearing their correct registration number** as an 'invitation' which will mean they will not score points and not count for eligibility. This will continue for the remainder of the season.
- **Competing more than once at an event**— Athletes can only compete **once at any event** on that day of competition. This will be policed for the remainder of the season.

Summer Competition Update

The Summer Committee decided at their meeting that U12 athletes can compete in hurdles, but not in steeple, hammer or pole vault events.

Forty plus athletes must be forty by 1st October to be eligible for that age group. Anyone turning forty after that date remains in the open division for the season..

The final word on Winter season 2009

Friday 3 October saw the Winter season break up organised by James with plenty of help from Simone and Yvonne (and catering from Steve Machar), with special guest World Championship representative, Madeleine giving a personal insight into what it takes to get to the top level.

A summary of the awards:

Individual Trophies

Club points trophy: Stephen Paine 730.97

1 hr Run Trophies: Jeremy Nagle 15:70km, Nickie Scriven 12:72km, Rick Whitehead 8:05km (1/2hr)

10k trophy: James Atkinson 31:34

Club Brownlow: 1st Rick Whitehead, equal 2nd Warren Holst and Mai Le

Lake Handicap: Rick Whitehead 17:27

Best first year: Rohan Claffey and special mentions to Nickie Scriven and Jeremy Nagel

Best junior: Rick Whitehead with special mentions to Georgia Brock and Uma Muthia

Best female: Georgia Brock with special mentions to Uma Muthia and Nickie Scriven

Team Results

Men Div 2 4th with a 2nd at Sandown and 3rd at Jeels Park, Warragul and Burnley

Men Div 5 6th with a 3rd at Geelong

Men Div 7 4th with a 2nd at Jells Park

Women Div 3= 1st with 2nd at Burnley and 3rd at Bendigo

Womens Div 3 will now be promoted next year to Womens Div 2. Congratulations to our ladies on a great year

Novelty Awards

- For turning up to Lardner Park with seconds to spare, and having a military style operation to pin his numbers on and get him to the start line: Stephen Paine—axe for cutting it fine
- Best baking awards (no its not Michael Harvey): Janice & Simone—baking shapes
- For returning from the UK and needing an extra large singlet to run again: John Hand - sports bra
- For an obscure email reference to Sisyphus: Chris Knott—nerdy specks
- For being the most drenched and freezing at the Ballarat event: Georgia Brock - poncho
- For letting Nunawading past in the Ekiden Relay: Michael Young - rear vision mirror
- For being seen walking during their Sandown road relay leg: John Nolan - booby prize
- For running in consecutive weeks the Sri Chimnoy Half, 1 HrRun, Skiing half, AV Burnley: Jeremy Nagel - Mr. Strong book
- For racing in the morning after partying all night: Mai Le - party balloons
- For someone about to get married : Sally Atkinson - handcuffs
- Best barbequer award (sponsored by John Hand): Warren Holst - bottle of red
- Best Officials: Alan and Yvonne—chocolates
- All10 runs award: Clyde Riddoch and Warren Holst water bottle, shirt and drinks voucher

Special thanks to James for all his work during the season and to Warren Holst for his help with the tent, esky and bbq over the year.

WAVERLEY ATHLETES OUT AND ABOUT

Congratulations to Rick Whitehead for:

- Being part of the Victorian team for the 2009 Australian All schools and youth championships (held in Hobart 4-7 December), being selected for the u/17 800m and u/17 1500m
- Getting a bronze medal in the u/17 800m with a time of 1.54.55 (and running a 4.09.98 in the u/17 1500m)



NORTHCOTE GIFT (Sun 13/12)

Thanks to our volunteers (this being one of our major fund-raisers)

	10AM-1PM	1PM-4PM	5:30PM CLEAN UP
CANTEEN	Yvonne Jayghen Kerry B/U Terry	Janice Marston Judy Pearce Seema Muthia B/U Anissa/Jayghen	Terry
BBQ	Yohan Greg Raines Andrew Baxter	Christopher Knott Peter Pulbrook Shane Carstairs	Yohan ? Evan ? Shane ? Jayghen
GATE & CARPARK	<u>Cars</u> Evan Carstairs John Maudsley <u>Gate</u> James Atkinson Rob Carstairs	<u>Cars</u> Thilan Hallock Tim Albiston <u>Gate</u> Simone Albiston Tony/Jess George	

EDITOR'S NOTES

Your editor welcomes any info, results (or gossip) for inclusion in the Wrag.



SUMMER RESULTS AND RANKINGS

At the time of publication we are 2/3rds of the way through the 2009/10 interclub summer season—with 4 rounds left to qualify.

Following are the unofficial results and rankings up to and including Round 8:

100m

1045 Albiston, Tim	MOP	11.26	R6 21/11/09
1045 Albiston, Tim	MOP	11.35	R4 29/10/09
2677 Pearce, Evan	MOP	11.37	R4 29/10/09
2677 Pearce, Evan	MOP	11.38	R6 21/11/09
2677 Pearce, Evan	MOP	11.50	R2 17/10/09
PEARCE, EVAN	MOP	11.66	R8 5/12/09
1041 Carstairs, Greg	MOP	11.86	R6 21/11/09
2006 Wong, James	M18	11.89	R6 21/11/09
1200 Camille, Ryan	MOP	12.08	R2 17/10/09
2498 Tsering, Stephen	M18	12.14	R4 29/10/09
CARSTAIRS, GREG	MOP	12.18	R8 5/12/09
1041 Carstairs, Greg	MOP	12.21	R4 29/10/09
1999 Chiew, Aksel	M18	12.22	R6 21/11/09
2006 Wong, James	M18	12.30	R4 29/10/09
CHIEW, AKSEL	MOP	12.54	R8 5/12/09
2498 Tsering, Stephen	M18	12.54	R2 17/10/09
3198 Johnsen, Kristian	M18	12.54	R2 17/10/09
1042 Carstairs, Shane	MOP	12.61	R4 29/10/09
1999 Chiew, Aksel	M18	12.69	R2 17/10/09
JOHNSEN, KRISTIAN	M18	12.72	R8 5/12/09
2006 Wong, James	M18	12.73	R2 17/10/09
1042 Carstairs, Shane	MOP	12.81	R6 21/11/09
3198 Johnsen, Kristian	M18	12.84	R6 21/11/09
3194 DI Medio, Alexande	M18	12.91	R4 29/10/09
1042 Carstairs, Shane	MOP	13.09	R2 17/10/09
1048 Hassett, Timothy	MOP	13.16	R6 21/11/09
1047 Sanford, Craig	M40+	13.17	R6 21/11/09
1497 Amerasekera, Yohan	MOP	13.18	R6 21/11/09
2205 Baldwin, Emma	FOP	13.19	R6 21/11/09
HALLOCK, THILAN	MOP	13.27	R8 5/12/09
2205 Baldwin, Emma	FOP	13.28	R4 29/10/09
3237 Pulbrook, Peter	M40+	13.35	R6 21/11/09
3237 Pulbrook, Peter	M40+	13.39	R4 29/10/09
SANFORD, CRAIG	M40+	13.51	R8 5/12/09
1043 Carstairs, Robert	MOP	13.51	R6 21/11/09
BALDWIN, EMMA	FOP	13.52	R8 5/12/09
1497 Amerasekera, Yohan	MOP	13.54	R4 29/10/09
1497 Amerasekera, Yohan	MOP	13.56	R2 17/10/09
1043 Carstairs, Robert	MOP	13.57	R4 29/10/09
HASSETT, TIMOTHY	MOP	13.58	R8 5/12/09

100m (cont.)

1508 Baxter, Andrew	MOP	13.62	R2 17/10/09
1043 Carstairs, Robert	MOP	13.63	R2 17/10/09
1048 Hassett, Timothy	MOP	13.65	R2 17/10/09
GEORGE, JESSICA	FOP	13.66	R8 5/12/09
4290 George, Jessica	F18	13.67	R6 21/11/09
CARSTAIRS, ROBERT	MOP	13.69	R8 5/12/09
1505 Little, Aaron	MOP	13.71	R2 17/10/09
1046 Albiston, Bridget	F18	13.81	R4 29/10/09
AMERASEKERA, YOHAN	MOP	13.83	R8 5/12/09
KILLEEN, FORD	M18	13.95	R8 5/12/09
3196 Harrison, Lindsay	MOP	13.98	R6 21/11/09
3197 Harrison, Thomas	M18	14.03	R2 17/10/09
1493 Muthia, Uma	FOP	14.13	R4 29/10/09
3196 Harrison, Lindsay	M40+	14.17	R4 29/10/09
1496 Muthia, Anissa	FOP	14.29	R6 21/11/09
1046 Albiston, Bridget	F18	14.40	R2 17/10/09
MUTHIA, ANISSA	FOP	14.42	R8 5/12/09
3196 Harrison, Lindsay	M40+	14.52	R2 17/10/09
1493 Muthia, Uma	FOP	14.64	R2 17/10/09
1494 Muthia, Seema	F18	14.70	R6 21/11/09
417 Buttigieg, Linda	FOP	14.75	R6 21/11/09
3195 Gorrie, Thomas	MOP	14.75	R2 17/10/09
1496 Muthia, Anissa	FOP	14.89	R2 17/10/09
BALDWIN, JENNIFER	FOP	14.96	R8 5/12/09
1495 Muthia, Ganesha	M18	15.01	R6 21/11/09
417 Buttigieg, Linda	FOP	15.03	R4 29/10/09
1054 Brock, Georgia	F18	15.04	R4 29/10/09
1494 Muthia, Seema	F18	15.16	R4 29/10/09
MUTHIA, SEEMA	FOP	15.28	R8 5/12/09
1054 Brock, Georgia	F18	15.33	R2 17/10/09
1495 Muthia, Ganesha	M18	15.37	R2 17/10/09
BRIDLE, CHRISTINE	FOP	15.43	R8 5/12/09
2497 Tuckett, Peter	M40+	15.51	R6 21/11/09
1494 Muthia, Seema	F18	15.64	R2 17/10/09
3822 Goodings, Liana	FOP	16.66	R6 21/11/09
1051 Riddoch, Clyde	M40+	17.19	R2 17/10/09
1044 Albiston, Simone	FOP	17.88	R6 21/11/09
BALDWIN, JAYGHEN	MOP	18.44	R8 5/12/09
MOLNAR, JOANNE	FOP	18.91	R8 5/12/09
1044 Albiston, Simone	FOP	18.93	R2 17/10/09
2001 Molnar, Joanne	FOP	18.98	R6 21/11/09
3195 Gorrie, Thomas	MOP	21.23	R4 29/10/09

200m

2677 Pearce, Evan	MOP	22.40	R1 10/10/09
2677 Pearce, Evan	MOP	22.49	R7 28/11/09
1200 Camille, Ryan	MOP	22.80	R1 10/10/09
1045 Albiston, Tim	MOP	22.80	R1 10/10/09
1045 Albiston, Tim	MOP	22.86	R7 28/11/09
2677 Pearce, Evan	MOP	22.98	R5 14/11/09
2677 Pearce, Evan	MOP	23.12	R3 24/10/09
1200 Camille, Ryan	MOP	24.24	R3 24/10/09
2498 Tsering, Stephen	M18	24.50	R1 10/10/09
1041 Carstairs, Greg	MOP	24.64	R7 28/11/09
1944 Kerovec, Joshua	M18	24.79	R3 24/10/09
3195 Gorrie, Thomas	MOP	24.80	R1 10/10/09
2006 Wong, James	M18	24.90	R1 10/10/09
2006 Wong, James	M18	24.91	R7 28/11/09
1041 Carstairs, Greg	MOP	25.00	R1 10/10/09
1999 Chiew, Aksel	M18	25.08	R7 28/11/09
2006 Wong, James	M18	25.35	R3 24/10/09
1508 Baxter, Andrew	MOP	25.60	R1 10/10/09
1042 Carstairs, Shane	MOP	25.70	R1 10/10/09
1042 Carstairs, Shane	MOP	25.73	R7 28/11/09
4157 Hallock, Thilan	MOP	25.98	R7 28/11/09
1508 Baxter, Andrew	MOP	26.01	R3 24/10/09
2205 Baldwin, Emma	FOP	26.99	R3 24/10/09
418 Watts, Andrew	M40+	27.05	R7 28/11/09
1048 Hassett, Timothy	MOP	27.05	R3 24/10/09
3237 Pulbrook, Peter	M40+	27.06	R7 28/11/09
3987 Killeen, Ford	M18	27.48	R7 28/11/09
2205 Baldwin, Emma	FOP	27.48	R5 14/11/09
3192 Bartlett, Breanna	FOP	27.53	R3 24/10/09
1497 Amerasekera, Yohan	MOP	27.58	R7 28/11/09
3237 Pulbrook, Peter	M40+	27.65	R5 14/11/09
156 White, Tara	FOP	27.70	R3 24/10/09
156 White, Tara	FOP	27.70	R1 10/10/09
4290 George, Jessica	FOP	27.81	R7 28/11/09
1043 Carstairs, Robert	MOP	27.89	R3 24/10/09
1043 Carstairs, Robert	MOP	28.14	R5 14/11/09
1497 Amerasekera, Yohan	MOP	28.15	R5 14/11/09
1052 McEniry, James	MOP	28.23	R5 14/11/09
3237 Pulbrook, Peter	M40+	28.53	R3 24/10/09
3195 Gorrie, Thomas	MOP	29.18	R3 24/10/09
1493 Muthia, Uma	FOP	29.21	R3 24/10/09
1493 Muthia, Uma	FOP	29.26	R5 14/11/09
4158 Jennings, Michael	MOP	29.73	R5 14/11/09

200m (cont.)

3197 Harrison, Thomas	M18	29.80	R1 10/10/09
1496 Muthia, Anissa	FOP	29.81	R7 28/11/09
1496 Muthia, Anissa	FOP	29.98	R5 14/11/09
2518 Caulfield, Sharyn	FOP	30.44	R7 28/11/09
1496 Muthia, Anissa	FOP	30.56	R3 24/10/09
1494 Muthia, Seema	FOP	30.60	R7 28/11/09
3196 Harrison, Lindsay	M40+	30.67	R3 24/10/09
1494 Muthia, Seema	F18	30.79	R5 14/11/09
1054 Brock, Georgia	F18	30.97	R7 28/11/09
417 Buttigieg, Linda	FOP	30.97	R5 14/11/09
1054 Brock, Georgia	F18	31.00	R1 10/10/09
417 Buttigieg, Linda	FOP	31.07	R7 28/11/09
3196 Harrison, Lindsay	M40+	31.30	R1 10/10/09
412 Bridle, Christine	FOP	32.36	R7 28/11/09
1494 Muthia, Seema	F18	32.40	R1 10/10/09
3822 Goodings, Liana	FOP	34.41	R7 28/11/09
1051 Riddoch, Clyde	M40+	38.44	R3 24/10/09
2001 Molnar, Joanne	FOP	39.24	R3 24/10/09
2001 Molnar, Joanne	FOP	40.30	R7 28/11/09

2000m walk

RIDDOCH, CLYDE	MOP	10.05.49	R8 5/12/09
1051 Riddoch, Clyde	M40+	10.16.6	R6 21/11/09
1051 Riddoch, Clyde	M40+	10.18.43	R2 17/10/09
2941 Maudsley, Fiona	FOP	12.56.6	R6 21/11/09
3822 Goodings, Liana	FOP	13.21.3	R6 21/11/09
3196 Harrison, Lindsay	M40+	14.16.68	R2 17/10/09
3967 Ziguas, Patrick	M18	14.43.4	R4 29/10/09
2518 Caulfield, Sharyn	FOP	15.11.5	R6 21/11/09

3000m walk

1051 Riddoch, Clyde	M40+	16.12.1	R1 10/10/09
1051 Riddoch, Clyde	M40+	16.18.4	R3 24/10/09
2941 Maudsley, Fiona	FOP	20.24.3	R3 24/10/09

2000m steeplechase

1495 Muthia, Ganesha	M18	8.22.8	R6 21/11/09
3967 Ziguas, Patrick	M14	9.50.2	R6 21/11/09

3000m steeplechase

1507 Holst, Warren	M40+	12.22.7	R6 21/11/09
1507 Holst, Warren	M40+	12.57.1	R2 17/10/09
3195 Gorrie, Thomas	MOP	14.54.13	R2 17/10/09

400m

2677 Pearce, Evan	MOP	50.28	R2 17/10/09	
2677 Pearce, Evan	MOP	50.80	R4 29/10/09	
2677 Pearce, Evan	MOP	50.95	R6 21/11/09	
1045 Albiston, Tim	MOP	52.35	R6 21/11/09	
1055 Whitehead, Rick	M18	52.70	R4 29/10/09	
1045 Albiston, Tim	MOP	52.80	R4 29/10/09	
1055 Whitehead, Rick	M18	52.85	R6 21/11/09	
1200 Camille, Ryan	MOP	53.25	R2 17/10/09	
1052 McEniry, James	MOP	56.36	R6 21/11/09	
1508 Baxter, Andrew	MOP	57.23	R2 17/10/09	
1053 Spiteri, Martin	MOP	58.60	R4 29/10/09	
CHIEW, AKSEL	MOP	58.71	R8 5/12/09	
2205 Baldwin, Emma	FOP	59.20	R4 29/10/09	
1047 Sanford, Craig	M40+	59.70	R6 21/11/09	
2205 Baldwin, Emma	FOP	59.87	R6 21/11/09	
HALLOCK, THILAN	M20	59.95	R8 5/12/09	
418 Watts, Andrew	M40+	61.39	R6 21/11/09	
ATKINSON, JAMES	MOP	61.75	R8 5/12/09	
2006 Wong, James	M18	61.77	R6 21/11/09	
4158 Jennings, Michael	MOP	62.00	R6 21/11/09	
156 White, Tara	FOP	62.10	R4 29/10/09	
YOUNG, MICHAEL	MOP	62.45	R8 5/12/09	
CARSTAIRS, GREG	MOP	62.94	R8 5/12/09	
1048 Hassett, Timothy	MOP	62.96	R6 21/11/09	
CARSTAIRS, ROBERT	MOP	63.28	R8 5/12/09	
1048 Hassett, Timothy	MOP	63.68	R2 17/10/09	
1493 Muthia, Uma	FOP	63.70	R4 29/10/09	
KILLEEN, FORD	M18	63.74	R8 5/12/09	
1043 Carstairs, Robert	MOP	64.46	R6 21/11/09	R6 21/11/09
3987 Killeen, Ford	M18	64.70	R6 21/11/09	R2 17/10/09
1042 Carstairs, Shane	MOP	64.88	R2 17/10/09	R6 21/11/09
1493 Muthia, Uma	FOP	65.34	R2 17/10/09	R8 5/12/09
GEORGE, ANTHONY	MOP	65.56	R8 5/12/09	R6 21/11/09
1497 Amerasekera, Yohan	MOP	65.93	R6 21/11/09	
1054 Brock, Georgia	F18	67.04	R2 17/10/09	
3195 Gorrie, Thomas	MOP	68.19	R2 17/10/09	83.17
1054 Brock, Georgia	F18	68.50	R4 29/10/09	93.51
2497 Tuckett, Peter	M40+	69.12	R6 21/11/09	97.16
3196 Harrison, Lindsay	M40+	69.38	R6 21/11/09	98.03
3196 Harrison, Lindsay	M40+	69.60	R4 29/10/09	101.48
BALDWIN, JENNIFER	FOP	69.84	R8 5/12/09	
1496 Muthia, Anissa	FOP	69.97	R2 17/10/09	
1507 Holst, Warren	M40+	71.41	R6 21/11/09	
410 Baldwin, Jennifer	FOP	72.66	R6 21/11/09	
BRIDLE, CHRISTINE	FOP	74.05	R8 5/12/09	
417 Buttigieg, Linda	FOP	75.15	R6 21/11/09	
2518 Caulfield, Sharyn	FOP	75.88	R6 21/11/09	
1507 Holst, Warren	M40+	76.60	R4 29/10/09	
KNOTT, CHRISTOPHER	MOP	82.36	R8 5/12/09	
RIDDOCH, CLYDE	MOP	83.06	R8 5/12/09	
1498 Knott, Christopher	M40+			
1044 Albiston, Simone	FOP			
1044 Albiston, Simone	FOP			
MOLNAR, JOANNE	FOP			
2001 Molnar, Joanne	FOP			

800m

1055 Whitehead, Rick	M18	1.53.3	R5 14/11/09
1055 Whitehead, Rick	M18	1.58.0	R7 28/11/09
1053 Spiteri, Martin	MOP	2.07.2	R7 28/11/09
1505 Little, Aaron	MOP	2.09.8	R1 10/10/09
1053 Spiteri, Martin	MOP	2.11.1	R5 14/11/09
1508 Baxter, Andrew	MOP	2.13.6	R5 14/11/09
1508 Baxter, Andrew	MOP	2.14.6	R3 24/10/09
1047 Sanford, Craig	M40+	2.14.7	R1 10/10/09
1508 Baxter, Andrew	MOP	2.15.9	R1 10/10/09
3200 Smith, Wesley	M18	2.21.0	R5 14/11/09
1493 Muthia, Uma	FOP	2.23.3	R3 24/10/09
4158 Jennings, Michael	MOP	2.23.8	R5 14/11/09
1052 McEniry, James	MOP	2.24.0	R5 14/11/09
2205 Baldwin, Emma	FOP	2.24.5	R3 24/10/09
1493 Muthia, Uma	FOP	2.24.7	R1 10/10/09
1493 Muthia, Uma	FOP	2.24.9	R5 14/11/09
3200 Smith, Wesley	M18	2.24.9	R1 10/10/09
1556 Trowell, Danielle	F18	2.25.1	R5 14/11/09
418 Watts, Andrew	M40+	2.25.5	R5 14/11/09
1501 George, Anthony	M40+	2.26.4	R7 28/11/09
3195 Gorrie, Thomas	MOP	2.26.7	R3 24/10/09
1507 Holst, Warren	MOP	2.28.3	R7 28/11/09
3195 Gorrie, Thomas	MOP	2.29.1	R1 10/10/09
3987 Killeen, Ford	M18	2.29.7	R5 14/11/09
1053 Spiteri, Martin	MOP	2.29.7	R3 24/10/09
418 Watts, Andrew	M40+	2.31.9	R7 28/11/09
1048 Hassett, Timothy	MOP	2.32.8	R5 14/11/09
1504 Raines, Gregory	MOP	2.34.2	R7 28/11/09
1048 Hassett, Timothy	MOP	2.35.7	R7 28/11/09
1507 Holst, Warren	M40+	2.36.9	R5 14/11/09
1495 Muthia, Ganesha	M18	2.39.6	R3 24/10/09
1495 Muthia, Ganesha	M18	2.40.4	R1 10/10/09
1495 Muthia, Ganesha	MOP	2.40.9	R7 28/11/09
1496 Muthia, Anissa	FOP	2.41.8	R5 14/11/09
1495 Muthia, Ganesha	M18	2.43.7	R5 14/11/09
1496 Muthia, Anissa	F20	2.44.2	R7 28/11/09
1496 Muthia, Anissa	FOP	2.44.5	R3 24/10/09
1054 Brock, Georgia	F18	2.44.6	R7 28/11/09
1054 Brock, Georgia	F18	2.45.2	R1 10/10/09
1048 Hassett, Timothy	MOP	2.46.7	R3 24/10/09
1048 Hassett, Timothy	MOP	2.47.0	R1 10/10/09
1054 Brock, Georgia	F18	2.49.8	R5 14/11/09
156 White, Tara	FOP	2.51.0	R1 10/10/09
1498 Knott, Christopher	M40+	2.57.8	R7 28/11/09
417 Buttigieg, Linda	FOP	3.00.4	R5 14/11/09
1494 Muthia, Seema	F18	3.01.3	R1 10/10/09
410 Baldwin, Jennifer	FOP	3.05.4	R5 14/11/09

1500m

1055 Whitehead, Rick	M18	4.00.6	R6 21/11/09
1506 Paine, Stephen	MOP	4.14.1	R4 29/10/09
ATKINSON, JAMES	MOP	4.23.21	R8 5/12/09
1505 Little, Aaron	MOP	4.27.6	R6 21/11/09
PAINE, STEPHEN	MOP	4.29.07	R8 5/12/09
1505 Little, Aaron	MOP	4.31.31	R2 17/10/09
1047 Sanford, Craig	M40+	4.38.8	R6 21/11/09
SANFORD, CRAIG	M40+	4.48.44	R8 5/12/09
1052 McEniry, James	MOP	4.51.5	R4 29/10/09
1508 Baxter, Andrew	MOP	4.52.59	R2 17/10/09
BAXTER, ANDREW	MOP	4.54.16	R8 5/12/09
2088 Nagel, Jeremy	MOP	4.54.6	R4 29/10/09
JENNINGS, MICHAEL	MOP	4.57.59	R8 5/12/09
3967 Ziguras, Patrick	M18	5.00.8	R4 29/10/09
1507 Holst, Warren	M40+	5.02.4	R6 21/11/09
1049 Young, Michael	MOP	5.06.6	R6 21/11/09
3195 Gorrie, Thomas	MOP	5.06.8	R4 29/10/09
GEORGE, ANTHONY	MOP	5.09.09	R8 5/12/09
1507 Holst, Warren	M40+	5.11.91	R2 17/10/09
1507 Holst, Warren	M40+	5.12.7	R4 29/10/09
1493 Muthia, Uma	FOP	5.12.76	R2 17/10/09
MUTHIA, GANESHA	M18	5.12.94	R8 5/12/09
3195 Gorrie, Thomas	MOP	5.14.48	R2 17/10/09
1495 Muthia, Ganesha	M18	5.19.7	R6 21/11/09
1495 Muthia, Ganesha	M18	5.22.7	R4 29/10/09
1495 Muthia, Ganesha	M18	5.22.92	R2 17/10/09
1493 Muthia, Uma	FOP	5.37.2	R4 29/10/09
2037 McGee, Darren	M40+	5.42.5	R6 21/11/09
1496 Muthia, Anissa	FOP	5.42.7	R6 21/11/09
1496 Muthia, Anissa	FOP	5.45.02	R2 17/10/09
1054 Brock, Georgia	F18	5.52.12	R2 17/10/09
KILLEEN, FORD	M18	5.52.45	R8 5/12/09
1048 Hassett, Timothy	MOP	5.53.8	R6 21/11/09
MUTHIA, ANISSA	FOP	5.58.17	R8 5/12/09
1048 Hassett, Timothy	MOP	5.58.5	R2 17/10/09
HASSETT, TIMOTHY	MOP	5.58.85	R8 5/12/09
1054 Brock, Georgia	F18	6.00.9	R4 29/10/09
1494 Muthia, Seema	F18	6.18.9	R6 21/11/09
1056 Marston, Janice	FOP	6.20.8	R4 29/10/09
MUTHIA, SEEMA	FOP	6.30.77	R8 5/12/09
1044 Albiston, Simone	FOP	7.13.7	R6 21/11/09
1044 Albiston, Simone	FOP	7.22.9	R4 29/10/09
1044 Albiston, Simone	FOP	7.41.38	R2 17/10/09

3000m

SPITERI, MARTIN	MOP	9.55.7	R8 5/12/09
1053 Spiteri, Martin	MOP	10.07.2	R7 28/11/09
1047 Sanford, Craig	M40+	10.18.7	R7 28/11/09
4158 Jennings, Michael	MOP	10.25.0	R7 28/11/09
1053 Spiteri, Martin	MOP	10.36.5	R3 24/10/09
SANFORD, CRAIG	M40+	10.37.6	R8 5/12/09
1052 McEniry, James	MOP	10.38.7	R7 28/11/09
GEORGE, ANTHONY	MOP	10.56.3	R8 5/12/09
1507 Holst, Warren	M40+	11.23.9	R7 28/11/09
1495 Muthia, Ganesh	M18	11.37.9	R7 28/11/09
1056 Marston, Janice	FOP	13.37.5	R7 28/11/09
1044 Albiston, Simone	FOP	15.23.7	R7 28/11/09
1044 Albiston, Simone	FOP	16.28.6	R3 24/10/09
3822 Goodings, Liana	FOP	19.50.2	R7 28/11/09

5000m

1053 Spiteri, Martin	MOP	18.00.6	R5 14/11/09
1047 Sanford, Craig	M40+	19.13.9	R1 10/10/09
1507 Holst, Warren	M40+	21.09.0	R5 14/11/09
1056 Marston, Janice	FOP	23.52.9	R5 14/11/09
3195 Gorrie, Thomas	MOP	24.47.0	R1 10/10/09
1044 Albiston, Simone	FOP	27.37.9	R1 10/10/09
1044 Albiston, Simone	FOP	27.48.4	R5 14/11/09

Hammer

1042 Carstairs, Shane	MOP	43.21	7.26kg	R1 10/10/09
1042 Carstairs, Shane	MOP	42.53	7.26kg	R7 28/11/09
1042 Carstairs, Shane	MOP	42.51	7.26kg	R3 24/10/09
1497 Amerasekera, Yohan	MOP	33.20	7.26kg	R7 28/11/09
1497 Amerasekera, Yohan	MOP	30.85	7.26kg	R3 24/10/09
1497 Amerasekera, Yohan	MOP	27.79	7.26kg	R1 10/10/09
1508 Baxter, Andrew	MOP	19.74	7.26kg	R7 28/11/09
1041 Carstairs, Greg	MOP	19.25	7.26kg	R1 10/10/09
1041 Carstairs, Greg	MOP	19.18	7.26kg	R7 28/11/09
1043 Carstairs, Robert	MOP	15.89	7.26kg	R3 24/10/09
1043 Carstairs, Robert	MOP	13.57	7.26kg	R7 28/11/09
1051 Riddoch, Clyde	M40+	25.63	6kg	R1 10/10/09
1051 Riddoch, Clyde	M40+	22.72	6kg	R3 24/10/09
3987 Killeen, Ford	M18	18.60	5kg	R7 28/11/09
417 Buttigieg, Linda	FOP	39.11	4kg	R7 28/11/09
417 Buttigieg, Linda	FOP	34.98	4kg	R3 24/10/09
2001 Molnar, Joanne	FOP	26.37	4kg	R7 28/11/09
412 Bridle, Christine	FOP	25.99	4kg	R7 28/11/09
412 Bridle, Christine	FOP	23.85	4kg	R3 24/10/09
2001 Molnar, Joanne	FOP	20.62	4kg	R3 24/10/09
2421 Wilmann, Eloise	FOP	15.97	4kg	R1 10/10/09
2941 Maudsley, Fiona	FOP	15.39	4kg	R3 24/10/09
2518 Caulfield, Sharyn	FOP	15.13	4kg	R3 24/10/09
3199 Rosevear, Kerry	FOP	12.69	4kg	R1 10/10/09
3199 Rosevear, Kerry	FOP	12.54	4kg	R7 28/11/09

Javelin

CARSTAIRS, SHANE	MOP	54.23	800g	R8 5/12/09
1042 Carstairs, Shane	MOP	48.85	800g	R4 29/10/09
1042 Carstairs, Shane	MOP	47.60	800g	R6 21/11/09
2677 Pearce, Evan	MOP	40.87	800g	R4 29/10/09
2677 Pearce, Evan	MOP	40.45	800g	R6 21/11/09
1041 Carstairs, Greg	MOP	40.11	800g	R2 17/10/09
1041 Carstairs, Greg	MOP	39.96	800g	R6 21/11/09
CARSTAIRS, GREG	MOP	39.95	800g	R8 5/12/09
PEARCE, EVAN	MOP	37.57	800g	R8 5/12/09
1497 Amerasekera, Yohan	MOP	37.55	800g	R2 17/10/09
1497 Amerasekera, Yohan	MOP	36.40	800g	R6 21/11/09
1041 Carstairs, Greg	MOP	36.19	800g	R4 29/10/09
1497 Amerasekera, Yohan	MOP	35.98	800g	R4 29/10/09
AMERASEKERA, YOHAN	MOP	33.64	800g	R8 5/12/09
BALDWIN, TERRY	MOP	31.54	800g	R8 5/12/09
BAXTER, ANDREW	MOP	29.43	800g	R8 5/12/09
RIDDOCH, CLYDE	MOP	26.67	800g	R8 5/12/09
1043 Carstairs, Robert	MOP	22.51	800g	R2 17/10/09
CARSTAIRS, ROBERT	MOP	21.18	800g	R8 5/12/09
1043 Carstairs, Robert	MOP	20.02	800g	R6 21/11/09
1043 Carstairs, Robert	MOP	16.77	800g	R4 29/10/09
418 Watts, Andrew	M40+	34.56	700g	R6 21/11/09
1051 Riddoch, Clyde	M40+	31.98	700g	R2 17/10/09
418 Watts, Andrew	M40+	31.25	700g	R4 29/10/09
1051 Riddoch, Clyde	M40+	29.55	700g	R6 21/11/09
3237 Pulbrook, Peter	M40+	28.71	700g	R6 21/11/09
3237 Pulbrook, Peter	M40+	27.19	700g	R4 29/10/09
1051 Riddoch, Clyde	M40+	26.15	700g	R4 29/10/09
KILLEEN, FORD	M18	26.07	700g	R8 5/12/09
3987 Killeen, Ford	M18	25.05	700g	R4 29/10/09
3987 Killeen, Ford	M18	24.62	700g	R6 21/11/09
3197 Harrison, Thomas	M18	23.35	700g	R2 17/10/09
3190 Amerasekera, Errol	M40+	21.95	700g	R2 17/10/09
AMERASEKERA, ERROL	M40+	21.75	700g	R8 5/12/09
3190 Amerasekera, Errol	M40+	21.42	700g	R4 29/10/09
3190 Amerasekera, Errol	M40+	20.73	700g	R6 21/11/09
3191 Baldwin, Jayghen	M18	18.49	700g	R4 29/10/09
BALDWIN, JAYGHEN	M18	16.12	700g	R8 5/12/09
417 Buttigieg, Linda	FOP	21.00	600g	R6 21/11/09
2421 Wilmann, Eloise	FOP	21.00	600g	R2 17/10/09
BUTTIGIEG, LINDA	FOP	20.68	600g	R8 5/12/09
417 Buttigieg, Linda	FOP	19.23	600g	R4 29/10/09
412 Bridle, Christine	FOP	17.54	600g	R4 29/10/09
412 Bridle, Christine	FOP	16.63	600g	R6 21/11/09
410 Baldwin, Jennifer	FOP	16.61	600g	R6 21/11/09
BRIDLE, CHRISTINE	FOP	16.49	600g	R8 5/12/09
2518 Caulfield, Sharyn	FOP	12.13	600g	R4 29/10/09
MOLNAR, JOANNE	FOP	11.87	600g	R8 5/12/09
2001 Molnar, Joanne	FOP	10.95	600g	R4 29/10/09
2001 Molnar, Joanne	FOP	9.95	600g	R6 21/11/09
3199 Rosevear, Kerry	FOP	9.52	600g	R4 29/10/09

Shot put

1042 Carstairs, Shane	MOP	13.86	7.26kg	R5 14/11/09
1042 Carstairs, Shane	MOP	13.64	7.26kg	R1 10/10/09
1042 Carstairs, Shane	MOP	13.61	7.26kg	R3 24/10/09
1042 Carstairs, Shane	MOP	13.58	7.26kg	R7 28/11/09
1497 Amerasekera, Yohan	MOP	13.24	7.26kg	R5 14/11/09
1497 Amerasekera, Yohan	MOP	12.65	7.26kg	R3 24/10/09
1497 Amerasekera, Yohan	MOP	12.54	7.26kg	R7 28/11/09
1497 Amerasekera, Yohan	MOP	12.11	7.26kg	R1 10/10/09
1041 Carstairs, Greg	MOP	10.20	7.26kg	R5 14/11/09
3821 Emmerson, Gareth	MOP	9.95	7.26kg	R3 24/10/09
1508 Baxter, Andrew	MOP	9.55	7.26kg	R3 24/10/09
1041 Carstairs, Greg	MOP	9.48	7.26kg	R7 28/11/09
2677 Pearce, Evan	MOP	9.46	7.26kg	R5 14/11/09
1508 Baxter, Andrew	MOP	9.38	7.26kg	R7 28/11/09
1041 Carstairs, Greg	MOP	9.30	7.26kg	R1 10/10/09
1508 Baxter, Andrew	MOP	9.19	7.26kg	R5 14/11/09
1508 Baxter, Andrew	MOP	8.96	7.26kg	R1 10/10/09
1043 Carstairs, Robert	MOP	6.67	7.26kg	R3 24/10/09
1043 Carstairs, Robert	MOP	6.37	7.26kg	R7 28/11/09
3195 Gorrie, Thomas	MOP	5.09	7.26kg	R1 10/10/09
405 Baldwin, Terry	M40+	9.50	6kg	R3 24/10/09
3237 Pulbrook, Peter	M40+	9.23	6kg	R5 14/11/09
3237 Pulbrook, Peter	M40+	8.78	6kg	R3 24/10/09
1051 Riddoch, Clyde	M40+	8.33	6kg	R1 10/10/09
3237 Pulbrook, Peter	M40+	8.13	6kg	R7 28/11/09
1051 Riddoch, Clyde	M40+	7.83	6kg	R3 24/10/09
3196 Harrison, Lindsay	M40+	7.80	6kg	R5 14/11/09
3190 Amerasekera, Errol	M40+	6.66	6kg	R3 24/10/09
3200 Smith, Wesley	M18	10.39	5kg	R1 10/10/09
3200 Smith, Wesley	M18	10.06	5kg	R5 14/11/09
3197 Harrison, Thomas	M18	7.84	5kg	R1 10/10/09
3197 Harrison, Thomas	M18	7.42	5kg	R5 14/11/09
2421 Wilmann, Eloise	FOP	9.38	4kg	R1 10/10/09
2518 Caulfield, Sharyn	FOP	8.29	4kg	R3 24/10/09
417 Buttigieg, Linda	FOP	8.04	4kg	R5 14/11/09
417 Buttigieg, Linda	FOP	7.83	4kg	R7 28/11/09
2421 Wilmann, Eloise	FOP	7.49	4kg	R5 14/11/09
410 Baldwin, Jennifer	FOP	7.16	4kg	R5 14/11/09
412 Bridle, Christine	FOP	7.13	4kg	R5 14/11/09
412 Bridle, Christine	FOP	6.92	4kg	R7 28/11/09
412 Bridle, Christine	FOP	6.80	4kg	R3 24/10/09
2941 Maudsley, Fiona	FOP	6.40	4kg	R3 24/10/09
2518 Caulfield, Sharyn	FOP	6.17	4kg	R7 28/11/09
2001 Molnar, Joanne	FOP	5.11	4kg	R7 28/11/09
2001 Molnar, Joanne	FOP	5.00	4kg	R3 24/10/09
3199 Rosevear, Kerry	FOP	4.79	4kg	R7 28/11/09

Discus

AMERASEKERA, YOHAN	MOP	45.28	2kg	R8 5/12/09
1497 Amerasekera, Yohan	MOP	43.13	2kg	R4 29/10/09
1497 Amerasekera, Yohan	MOP	42.31	2kg	R6 21/11/09
AMERASEKERA, YOHAN	MOP	42.17	2kg	R8 5/12/09
1042 Carstairs, Shane	MOP	40.70	2kg	R6 21/11/09
CARSTAIRS, SHANE	MOP	40.27	2kg	R8 5/12/09
1497 Amerasekera, Yohan	MOP	39.86	2kg	R2 17/10/09
CARSTAIRS, SHANE	MOP	38.01	2kg	R8 5/12/09
1042 Carstairs, Shane	MOP	37.83	2kg	R4 29/10/09
3821 Emmerson, Gareth	MOP	35.36	2kg	R4 29/10/09
CARSTAIRS, GREG	MOP	30.32	2kg	R8 5/12/09
1041 Carstairs, Greg	MOP	29.90	2kg	R6 21/11/09
1041 Carstairs, Greg	MOP	27.82	2kg	R4 29/10/09
1041 Carstairs, Greg	MOP	27.73	2kg	R2 17/10/09
1508 Baxter, Andrew	MOP	27.11	2kg	R2 17/10/09
BAXTER, ANDREW	MOP	26.97	2kg	R8 5/12/09
RIDDOCH, CLYDE	MOP	26.11	2kg	R8 5/12/09
1508 Baxter, Andrew	MOP	25.08	2kg	R6 21/11/09
1508 Baxter, Andrew	MOP	24.80	2kg	R4 29/10/09
PEARCE, EVAN	MOP	21.86	2kg	R8 5/12/09
1043 Carstairs, Robert	MOP	15.22	2kg	R2 17/10/09
1043 Carstairs, Robert	MOP	15.08	2kg	R4 29/10/09
CARSTAIRS, ROBERT	MOP	14.98	2kg	R8 5/12/09
405 Baldwin, Terry	M40+	31.20	1.75kg	R6 21/11/09
418 Watts, Andrew	M40+	30.23	1.75kg	R4 29/10/09
1051 Riddoch, Clyde	M40+	28.01	1.75kg	R2 17/10/09
1051 Riddoch, Clyde	M40+	27.18	1.75kg	R4 29/10/09
418 Watts, Andrew	M40+	27.15	1.75kg	R6 21/11/09
1051 Riddoch, Clyde	M40+	26.82	1.75kg	R6 21/11/09
3190 Amerasekera, Errol	M40+	22.57	1.75kg	R2 17/10/09
3237 Pulbrook, Peter	M40+	22.39	1.75kg	R4 29/10/09
AMERASEKERA, ERROL	M40+	21.66	1.75kg	R8 5/12/09
3190 Amerasekera, Errol	M40+	20.79	1.75kg	R6 21/11/09
3196 Harrison, Lindsay	M40+	19.83	1.75kg	R6 21/11/09
3190 Amerasekera, Errol	M40+	19.61	1.75kg	R4 29/10/09
CARSTAIRS, EVAN	M40+	7.14	1.75kg	R8 5/12/09
SMITH, WESLEY	M18	31.05	1.5kg	R8 5/12/09
3200 Smith, Wesley	M18	30.03	1.5kg	R6 21/11/09
3200 Smith, Wesley	M18	29.85	1.5kg	R2 17/10/09
3200 Smith, Wesley	M18	28.26	1.5kg	R4 29/10/09
3987 Killeen, Ford	M18	24.53	1.5kg	R6 21/11/09
3197 Harrison, Thomas	M18	22.16	1.5kg	R2 17/10/09
3987 Killeen, Ford	M18	20.10	1.5kg	R4 29/10/09
BALDWIN, JAYGHEN	M18	12.26	1.5kg	R8 5/12/09
2421 Wilmann, Eloise	FOP	25.52	1kg	R2 17/10/09
BUTTIGIEG, LINDA	FOP	24.55	1kg	R8 5/12/09
417 Buttigieg, Linda	FOP	24.38	1kg	R6 21/11/09
410 Baldwin, Jennifer	FOP	23.42	1kg	R6 21/11/09
2518 Caulfield, Sharyn	FOP	22.37	1kg	R6 21/11/09
412 Bridle, Christine	FOP	19.94	1kg	R6 21/11/09

Discus (cont.)

BRIDLE, CHRISTINE	FOP	19.05	1kg	R8 5/12/09
412 Bridle, Christine	FOP	18.85	1kg	R4 29/10/09
MOLNAR, JOANNE	FOP	18.44	1kg	R8 5/12/09
2001 Molnar, Joanne	FOP	18.29	1kg	R6 21/11/09
2518 Caulfield, Sharyn	FOP	17.76	1kg	R4 29/10/09
2001 Molnar, Joanne	FOP	15.86	1kg	R4 29/10/09
1044 Albiston, Simone	FOP	15.59	1kg	R4 29/10/09
1044 Albiston, Simone	FOP	14.62	1kg	R2 17/10/09
3199 Rosevear, Kerry	FOP	11.83	1kg	R4 29/10/09

Triple Jump

JOHNSEN, KRISTIAN	M18	12.90		R8 5/12/09
3198 Johnsen, Kristian	M18	12.58		R6 21/11/09
CHIEW, AKSEL	MOP	12.56		R8 5/12/09
2677 Pearce, Evan	MOP	12.20		R6 21/11/09
1999 Chiew, Aksel	M18	12.04		R6 21/11/09
3194 DI Medio, Alexande	M18	10.30		R4 29/10/09
3192 Bartlett, Breanna	FOP	10.21		R4 29/10/09
1494 Muthia, Seema	F18	9.91		R6 21/11/09
1494 Muthia, Seema	F18	9.87		R4 29/10/09
KILLEEN, FORD	M18	9.77		R8 5/12/09
MUTHIA, ANISSA	FOP	9.73		R8 5/12/09
HALLOCK, THILAN	M20	9.70		R8 5/12/09
1496 Muthia, Anissa	FOP	9.70		R6 21/11/09
1493 Muthia, Uma	FOP	9.61		R4 29/10/09
GEORGE, JESSICA	FOP	9.57		R8 5/12/09
1043 Carstairs, Robert	MOP	9.43		R6 21/11/09
MUTHIA, SEEMA	FOP	9.37		R8 5/12/09
CARSTAIRS, ROBERT	MOP	9.34		R8 5/12/09
BAXTER, ANDREW	MOP	9.29		R8 5/12/09
1046 Albiston, Bridget	F18	9.26		R4 29/10/09
3196 Harrison, Lindsay	MOP	8.94		R6 21/11/09
RIDDOCH, CLYDE	MOP	8.77		R8 5/12/09
3196 Harrison, Lindsay	M40+	8.32		R4 29/10/09
1042 Carstairs, Shane	MOP	8.28		R6 21/11/09
1497 Amerasekera, Yohan	MOP	8.28		R4 29/10/09
MUTHIA, GANESHA	M18	8.24		R8 5/12/09
1051 Riddoch, Clyde	M40+	8.24		R6 21/11/09
AMERASEKERA, YOHAN	MOP	8.18		R8 5/12/09
1497 Amerasekera, Yohan	MOP	8.01		R6 21/11/09
1495 Muthia, Ganesha	M18	7.89		R4 29/10/09
3191 Baldwin, Jayghen	M18	7.81		R4 29/10/09
1051 Riddoch, Clyde	M40+	6.43		R4 29/10/09

High jump

3198 Johnsen, Kristian	M18	1.80	R1 10/10/09
JOHNSEN, KRISTIAN	MOP	1.75	R8 5/12/09
3198 Johnsen, Kristian	M18	1.75	R5 14/11/09
1508 Baxter, Andrew	MOP	1.75	R2 17/10/09
BAXTER, ANDREW	MOP	1.70	R8 5/12/09
1508 Baxter, Andrew	MOP	1.70	R1 10/10/09
1508 Baxter, Andrew	MOP	1.60	R5 14/11/09
KILLEEN, FORD	M18	1.55	R8 5/12/09
3987 Killeen, Ford	M18	1.55	R7 28/11/09
1508 Baxter, Andrew	MOP	1.55	R3 24/10/09
3196 Harrison, Lindsay	M40+	1.55	R1 10/10/09
1493 Muthia, Uma	FOP	1.50	R5 14/11/09
3196 Harrison, Lindsay	M40+	1.50	R5 14/11/09
1494 Muthia, Seema	FOP	1.50	R7 28/11/09
1041 Carstairs, Greg	MOP	1.50	R7 28/11/09
1493 Muthia, Uma	FOP	1.50	R3 24/10/09
1041 Carstairs, Greg	MOP	1.50	R2 17/10/09
3196 Harrison, Lindsay	M40+	1.50	R2 17/10/09
CARSTAIRS, GREG	MOP	1.45	R8 5/12/09
1496 Muthia, Anissa	FOP	1.45	R5 14/11/09
1043 Carstairs, Robert	MOP	1.45	R5 14/11/09
1041 Carstairs, Greg	MOP	1.45	R5 14/11/09
1508 Baxter, Andrew	MOP	1.45	R7 28/11/09
1496 Muthia, Anissa	FOP	1.45	R3 24/10/09
1043 Carstairs, Robert	MOP	1.45	R3 24/10/09
3196 Harrison, Lindsay	M40+	1.45	R3 24/10/09
1493 Muthia, Uma	FOP	1.45	R2 17/10/09
1493 Muthia, Uma	FOP	1.45	R1 10/10/09
1496 Muthia, Anissa	FOP	1.40	R7 28/11/09
1496 Muthia, Anissa	FOP	1.40	R2 17/10/09
1043 Carstairs, Robert	MOP	1.40	R2 17/10/09
3197 Harrison, Thomas	M18	1.40	R2 17/10/09
1041 Carstairs, Greg	MOP	1.40	R1 10/10/09
MUTHIA, ANISSA	FOP	1.35	R8 5/12/09
1494 Muthia, Seema	F18	1.35	R5 14/11/09
1052 McEniry, James	MOP	1.35	R5 14/11/09
1043 Carstairs, Robert	MOP	1.35	R7 28/11/09
3197 Harrison, Thomas	M18	1.35	R1 10/10/09
BRIDLE, CHRISTINE	FOP	1.30	R8 5/12/09
MUTHIA, SEEMA	FOP	1.30	R8 5/12/09
412 Bridle, Christine	FOP	1.30	R7 28/11/09
1494 Muthia, Seema	F18	1.30	R2 17/10/09
MUTHIA, GANESHA	M18	1.25	R8 5/12/09
RIDDOCH, CLYDE	MOP	1.25	R8 5/12/09
1495 Muthia, Ganesha	M18	1.25	R5 14/11/09
1495 Muthia, Ganesha	M18	1.25	R7 28/11/09
417 Buttigieg, Linda	FOP	1.25	R7 28/11/09
417 Buttigieg, Linda	FOP	1.25	R3 24/10/09
3191 Baldwin, Jayghen	M18	1.25	R3 24/10/09
1495 Muthia, Ganesha	M18	1.25	R3 24/10/09
1051 Riddoch, Clyde	M40+	1.25	R2 17/10/09

High jump (cont.)

3191 Baldwin, Jayghen	M18	1.20	R5 14/11/09
4157 Hallock, Thilan	MOP	1.20	R7 28/11/09
1051 Riddoch, Clyde	M40+	1.20	R3 24/10/09
1495 Muthia, Ganesha 1	M18	1.20	R2 17/10/09
2421 Wilmann, Eloise	FOP	1.15	R2 17/10/09
1042 Carstairs, Shane	MOP	1.15	R2 17/10/09
1497 Amerasekera, Yohan	MOP	1.15	R2 17/10/09
1051 Riddoch, Clyde	M40+	1.15	R1 10/10/09
405 Baldwin, Terry	M40+	1.10	R5 14/11/09
1497 Amerasekera, Yohan	MOP	1.10	R7 28/11/09
405 Baldwin, Terry	M40+	1.10	R3 24/10/09

Long jump

3198 Johnsen, Kristian	M18	6.40	R5 14/11/09
2677 Pearce, Evan	MOP	6.08	R7 28/11/09
3198 Johnsen, Kristian	M18	5.98	R1 10/10/09
2677 Pearce, Evan	MOP	5.83	R5 14/11/09
1999 Chiew, Aksel	M18	5.66	R1 10/10/09
1999 Chiew, Aksel	M18	5.56	R7 28/11/09
1200 Camille, Ryan	MOP	5.46	R3 24/10/09
2001 Molnar, Joanne	FOP	5.36	R5 14/11/09
1041 Carstairs, Greg	MOP	5.15	R7 28/11/09
1493 Muthia, Uma	FOP	4.71	R3 24/10/09
1493 Muthia, Uma	FOP	4.68	R5 14/11/09
418 Watts, Andrew	M40+	4.62	R7 28/11/09
4322 Brand, Simon	MOP	4.61	R7 28/11/09
1041 Carstairs, Greg	MOP	4.50	R1 10/10/09
4290 George, Jessica	FOP	4.44	R7 28/11/09
418 Watts, Andrew	M40+	4.40	R5 14/11/09
1493 Muthia, Uma	FOP	4.33	R1 10/10/09
1494 Muthia, Seema	FOP	4.26	R7 28/11/09
3196 Harrison, Lindsay	M40+	4.21	R3 24/10/09
3196 Harrison, Lindsay	M40+	4.18	R1 10/10/09
1497 Amerasekera, Yohan	MOP	4.15	R5 14/11/09
1496 Muthia, Anissa	FOP	4.12	R7 28/11/09
1494 Muthia, Seema	F18	4.10	R1 10/10/09
1494 Muthia, Seema	F18	4.06	R5 14/11/09
1496 Muthia, Anissa	FOP	4.06	R3 24/10/09
3197 Harrison, Thomas	M18	4.05	R1 10/10/09
1043 Carstairs, Robert	MOP	4.02	R5 14/11/09
1496 Muthia, Anissa	FOP	4.00	R5 14/11/09
Muthia, Ganesha	MOP	3.96	R7 28/11/09
2006 Wong, James	M18	3.94	R7 28/11/09
3196 Harrison, Lindsay	M40+	3.80	R5 14/11/09
1495 Muthia, Ganesha	M18	3.79	R3 24/10/09
3191 Baldwin, Jayghen	M18	3.64	R3 24/10/09
3822 Goodings, Liana	FOP	3.45	R7 28/11/09
1051 Riddoch, Clyde	M40+	3.39	R1 10/10/09
1051 Riddoch, Clyde	M40+	3.17	R3 24/10/09
1495 Muthia, Ganesha	M18	2.96	R5 14/11/09
3191 Baldwin, Jayghen	M18	2.21	R5 14/11/09

Pole vault

417 Buttigieg, Linda	FOP	2.55	R4 29/10/09
BUTTIGIEG, LINDA	FOP	2.4	R8 5/12/09
KILLEEN, FORD	M18	2.4	R8 5/12/09
417 Buttigieg, Linda	FOP	2.4	R6 21/11/09
BAXTER, ANDREW	MOP	1.8	R8 5/12/09

100Hurdles

GEORGE, JESSICA	FOP	17.59	R8 5/12/09
MUTHIA, ANISSA	FOP	19.61	R8 5/12/09

110Hurdles

3196 Harrison, Lindsay	M40+	19.80	R2 17/10/09
3196 Harrison, Lindsay	M40+	20.05	R6 21/11/09
CARSTAIRS, GREG	MOP	21.44	R8 5/12/09

200Hurdles

3194 DI Medio, Alexander		29.89	R5 14/11/09
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400Hurdles

1041 Carstairs, Greg	MOP	74.69	R7 28/11/09
1043 Carstairs, Robert	MOP	81.53	R7 28/11/09
4157 Hallock, Thilan	MOP	71.63	R7 28/11/09
1497 Amerasekera, Yohan	MOP	87.64	R7 28/11/09
1508 Baxter, Andrew	MOP	63.33	R3 24/10/09
3196 Harrison, Lindsay	M40+	83.40	R1 10/10/09

SUMMER CALENDAR—2010

January			
Thu 14 Jan	AV Shield - Round 10 (SOUTHEAST REGION)	Duncan MacKinnon Reserve (Glenhuntly), Murrumbeena	69 A9
Sat 16 Jan	Victorian Milers Club (VMC) - Meet 3	Moonee Valley Athletics Centre (Aberfeldie), Moonee Ponds	28 C6
Thu 21 Jan	AV Shield - Round 11 (SOUTHEAST REGION)	Ballam Park Athletic Track, Frankston	103 B4
Thu 28 Jan	AV Shield - Round 12 (SOUTHEAST REGION)	Knox Athletic Track, Scoresby	73 D7
February			
Thu 4 Feb	AV Throwers (AVT) - Meet 2	Reischiek's Reserve (Doncaster), Doncaster	33 J11
Sat 6 Feb	AV Shield - Region Final (SOUTHEAST REGION)	Knox Athletic Track, Scoresby	73 D7
Thu 11 Feb	Rare Air Club (RAC) - Meet 3	Melbourne University, Parkville	2B D4
Thu 11 Feb	High Velocity Club (HVC) - Meet 2	Reischiek's Reserve (Doncaster), Doncaster	33 J11
Sat 13 Feb	AV Shield - FINAL	Reischiek's Reserve (Doncaster), Doncaster	33 J11
Sun 14 Feb	AV Throwers (AVT) - Meet 3	Landy Field (Geelong), South Geelong	452 B9
Thu 18 Feb	AV All Comers Meet (incl. Victorian 5km Walk Championships - Open & U20)	Olympic Park, Melbourne	2G C9
Sat 20 Feb	Rare Air Club (RAC) - Meet 4	Hagenauer's Reserve (Box Hill), Box Hill	47 C7
Sat 20 Feb	Peter Norman Classic (TBC)	Moonee Valley Athletics Centre (Aberfeldie), Moonee Ponds	28 C6
Sun 21 Feb	Victorian Masters Outdoor Pentathlon Championships	Duncan MacKinnon Reserve (Glenhuntly), Murrumbeena	69 A9
Tue 23 Feb	Victorian Milers Club (VMC) - Meet 4	Hagenauer's Reserve (Box Hill), Box Hill	47 C7
26-28 Feb	Victorian Youth Track & Field Championships	Olympic Park, Melbourne	2G C9
26-28 Feb	Victorian Open Track & Field Relay Championships	Olympic Park, Melbourne	2G C9
27-28 Feb	Victorian Open Multi Event Championships	Olympic Park, Melbourne	2G C9