

**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****Event 1 Men 400 Metre Hurdles 0.914m Hurdles 91.4**

Name	Year Team	Finals
Section 1		
1 Ranasinghe, Kulan	Glenhuntly	1:06.41
2 Smerdon, Corey	Casey Cardinia	1:11.79

**Event 2 Men 400 Metre Hurdles 0.840m Hurdles 84.0**

Name	Year Team	Finals
Section 1		
1 Shears-Jones, Alex	Old Scotch	59.41
2 Parker, Frazer	Ringwood	1:00.80
3 Stapleton, Joel	Frankston	1:03.58
Section 2		
1 Banks, Teddy	Mornington	1:00.71
2 Ranasinghe Arachchig, Ni	Glenhuntly	1:10.47
3 Banks, Matthew	Mornington	1:10.74

**Event 3 Women 400 Metre Hurdles 0.762m Hurdles 76.2**

Name	Year Team	Finals
Section 1		
1 Elvey, Paige	Frankston	1:05.21
2 Symonds, Elli	Frankston	1:05.55
3 Holah, Amelie	Box Hill	1:06.75
Section 2		
1 Dreyer, Carla	Ringwood	1:10.30
2 Dickson, Charlee	Diamond Valley	1:15.24
3 Clemow, Rhianna	Mentone	1:17.28

**Event 6 Men 200 Metre Hurdles 0.762m Hurdles 76.2**

Name	Year Team	Finals
Section 1 Wind: 3.0		
1 Frost, Jake	Nunawading	29.18
2 Piccolo, Liam	Casey Cardinia	31.36
3 Browne, Dean	Mornington	35.05
Section 3 Wind: 2.5		
1 Perera, Yenuka	Casey Cardinia	35.41
2 Zheng, William	Nunawading	37.12

**Event 7 Women 200 Metre Hurdles 0.762m Hurdles 76.2**

Name	Year Team	Finals
Section 1 Wind: 2.8		
1 Harding, Shakira	Doncaster	29.03
2 Sullivan, Charli	Sandringham	30.45
3 Williams, Lacey	Box Hill	31.63
4 Harding, Jamison	Doncaster	33.69
Section 2 Wind: 3.0		
1 Chivers, Eliza	Doncaster	35.79
Section 3 Wind: 3.2		
1 Giret, Jasmine	Box Hill	37.18
2 Adams, Jessica	Mentone	38.57

**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****Event 8A Women 800 Metre Run RESULTS**

Name	Year Team	Finals
Section 1		
1 Debargue-Tamai, Celestin	Mentone	2:19.22
2 Clifford, Clea	Frankston	2:25.69
3 Sherry, Briana	Casey Cardinia	2:27.24
4 Williams, Tilly	Mentone	2:27.38
5 Williams, Monique	Box Hill	2:27.72
6 Hastings, Sarah	Mentone	2:30.71
7 Brown, Freya	Mentone	2:32.47
Section 2		
1 Lewis, Sarah	South Coast	2:27.15
2 Muthia, Uma	Waverley-Malvern	2:27.69
3 Tarabay, Maddie	Nunawading	2:30.50
4 Dornom, Charlee	Mornington	2:32.60
5 Nackovski, Kristina	Yarra Ranges	2:32.97
6 Ward, Mikalea	Box Hill	2:34.06
7 Jones, Rori	Yarra Ranges	2:35.29
Section 3		
1 Crawford, Charlotte	Mornington	2:40.21
2 Wilson, Ella	Glenhuntly	2:40.70
3 Williams, Millie	Sandringham	2:41.49
4 Beitmanas, Layla	Mentone	2:46.09
5 Griffiths, Tess	Nunawading	2:46.55
6 Ponchard, Olivia	Mornington	2:46.82
7 Driscoll, Madison	Mentone	2:49.11
8 Gilbert, Kara	Glenhuntly	2:57.08
9 Gniatkiewicz, Lara	Nunawading	2:59.69
10 Mead, Tash	Frankston	3:07.33
Section 4		
1 Danks, Heather	Old Scotch	2:55.44
2 Fox, Carolyn	Box Hill	3:00.29
3 Giret, Jasmine	Box Hill	3:04.25
4 Donner, Keira	Maccabi	3:06.76
5 Burton, Catherine	Glenhuntly	3:11.23
6 Walker, Rozlyn	Glenhuntly	3:13.55
7 Gibson, Kerrie	Mentone	3:17.15
Section 5		
1 Cleary, Caroline	Mentone	3:01.14
2 Edwards, Lesley	Mentone	3:09.69
3 Anderson, Helen	Eaglehawk	3:18.61
4 Clark, Courtney	South Coast	3:19.58
5 Robinson, Christine	Vic Masters	3:23.25
6 Ward, Mia	Nunawading	3:30.89
7 Deramond, Lisa	Glenhuntly	3:46.30
8 Marvin, Layla T20;F20	Glenhuntly	4:01.16
-- Jones, Joelle	Glenhuntly	X3:25.50

**Event 9 Men 200 Metre Sprint All Men**

Name	Year Team	Finals
Section 1 Wind: 3.0		
1 Elvey, Samuel	Frankston	21.62
2 Baker, Corey	Frankston	22.25
3 Gilbert, Jordan	Nunawading	22.35
4 Marriner, Lachlan	Glenhuntly	22.80
5 Sullivan, Joshua	Casey Cardinia	22.87
Section 2 Wind: 3.2		

**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****....Event 9 Men 200 Metre Sprint All Men**

1	La Fontaine Pollard, Mar	Mornington	22.42
2	D'Silva, Evander	Casey Cardinia	22.81
3	Nielsen, Kai	Nunawading	22.84
4	Brewster, Jack	Frankston	22.98
5	Robinson, Corey	Nunawading	23.00
6	Yermias, Ferdinand	Casey Cardinia	23.42
7	Wilson, Kipp	Sandringham	24.22
Section 3 Wind: 3.4			
1	Stapleton, Joel	Frankston	23.96
2	Taylor, Shaun	Casey Cardinia	24.27
3	Merrick, Samuel	Casey Cardinia	24.63
4	Gunnoo, Malik	Casey Cardinia	24.76
Section 4 Wind: 3.1			
1	Tassone, Sam	Nunawading	24.54
2	Macdonald, Liam	Nunawading	24.89
3	Rowlands, Alexander	Doncaster	25.76
Section 5 Wind: 4.7			
1	Anderson, Alan	Eaglehawk	25.34
2	Ryan, Jackson	Knox	25.45
3	Piccolo, Liam	Casey Cardinia	26.55
Section 6 Wind: 3.9			
1	Gibson, Alexander	Mentone	25.83
2	Sujeendran, Suvan	Dandenong-Sp	26.59
3	Rachor, Noah	Dandenong-Sp	28.01
Section 7 Wind: 2.8			
1	Dridi, Ahmed	Casey Cardinia	25.82
2	Gee, Xavier	Mornington	26.02
3	Merrick, William	Casey Cardinia	26.21
4	Weerasinghe, Nemindu	Casey Cardinia	26.37
5	Griffiths, Darryl	Nunawading	26.38
6	Firth, David	Doncaster	26.74
7	Brown-Porteous, Declan	Doncaster	27.27
Section 8 Wind: 2.9			
1	Michell, Jordan	Melbourne Uni	25.72
2	Russell, Thomas	Old Scotch	26.75
3	Ashok, Arun	Waverley-Malvern	27.01
4	Fly, Mitchell	Mentone	27.08
5	Elliott, Thomas	Mentone	27.67
6	Somasundaram, Sachenn	Knox	27.87
Section 9 Wind: 3.6			
1	Brewster, Harrison	Frankston	25.26
2	Blignaut, Jean	Casey Cardinia	25.43
3	Bickford, Nathan	Glenhuntly	26.15
4	Mellech, Zac	Nunawading	27.29
5	Banks, Matthew	Mornington	27.34
6	Perera, Yenuka	Casey Cardinia	27.67
7	Dawe, Richard	Mornington	28.40
Section 10 Wind: 2.1			
1	Hewett, Archie	Mornington	26.54
2	Smerdon, Nicholas	Casey Cardinia	26.62
3	Conrad, Oliver	Sandringham	27.53
4	Zammit, Sebastian	Glenhuntly	28.32
Section 11 Wind: 3.3			
1	Gibson, Edward	Mentone	27.07
2	Beitmanas, Jake	Mentone	28.05
3	Carter, Nathaniel	St Kevins	28.33
4	Zheng, William	Nunawading	28.36
5	Ong, Syrus	Nunawading	28.40
6	Flynn, Adrian	Casey Cardinia	29.80

**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****....Event 9 Men 200 Metre Sprint All Men**

Section 12 Wind: 2.5

1 Newman, Michael	Knox	27.65
2 Dyer, Zachery	Mornington	29.06
3 Newman, Ethan	Knox	29.11
4 Griffett, Kyle	Mornington	30.63
5 Spiteri, Daniel	Waverley-Malvern	30.85
6 Gibson, Vernon	Mentone	31.66

Section 13 Wind: 5.2

1 Christodoulou, Christian	Dandenong-Sp	29.98
2 Davenport, Kai T20;F20	Mornington	31.07
3 Shipham, Patrick	Knox	31.39
4 Spiteri, Nicholas	Waverley-Malvern	34.26

Section 14 Wind: 5.9

1 Singh, Virendra	Mentone	29.46
2 Hughes, William	Mornington	30.07
3 Boxall, Marcus	Waverley-Malvern	31.23
4 Merrilees, Benjamin	South Coast	31.83

Section 15 Wind: 1.6

1 Chandrasena, Guy	Mentone	30.50
2 McMeeken, Bradley T38;F3	Yarra Ranges	39.22
3 Atkinson, James	Waverley-Malvern	39.39
-- Moore, James	Coburg	DQ 35.14

**Event 10 Women 200 Metre Sprint All Women**

Name	Year Team	Finals
=====		
Section 1 Wind: 3.6		
1 Kurdian, Sienna	Box Hill	25.96
1 Symonds, Elli	Frankston	25.96
3 Elvey, Paige	Frankston	26.38
4 Agostino, Cecilia	Frankston	26.60
Section 2 Wind: 2.7		
1 Zarafa, Sophie	Box Hill	26.18
2 Meddings, Hayley	Frankston	26.33
3 Holah, Amelie	Box Hill	26.43
4 Barrett, Kaylah	Frankston	26.53
5 Lim, Jennifer	Box Hill	27.09
6 Ensil, Mia	Mornington	27.14
-- Araba, Olamide	Mentone	DQ 27.37
Section 3 Wind: 3.3		
1 McMaster, Abigail	Sandringham	26.93
2 Buckley, Hailey	Knox	27.14
3 Tarabay, Maddie	Nunawading	27.35
4 Taylor, Lily	Old Scotch	27.66
5 Zhong, Avestina	Glenhuntly	28.31
Section 4 Wind: 4.0		
1 Arnold, Ashleigh	Old Scotch	27.51
2 Muthia, Uma	Waverley-Malvern	28.12
3 Sommer-Allie, Ameya	Sandringham	28.36
4 Parsons, Lily	Mentone	28.81
Section 5 Wind: 4.9		
1 Sprague, Ariela	Casey Cardinia	25.52
2 Clifford, Clea	Frankston	27.27
3 Brown, Lexie	Mentone	27.51
4 Giret, Jasmine	Box Hill	28.43
4 Harding, Jamison	Doncaster	28.43
6 Griffiths, Tess	Nunawading	30.05
Section 6 Wind: 4.2		

**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****....Event 10 Women 200 Metre Sprint All Women**

1	Bolisetty, Shri Nidhi	Nunawading	28.19	
2	Bienaime, Gabrielle	Frankston	28.54	
3	Dornom, Charlee	Mornington	28.89	
4	Donner, Keira	Maccabi	29.08	
5	Rowe, Eden	Mornington	29.39	
6	Letson, Georgia	Wyndham	29.51	
--	Hastings, Sarah	Mentone	DQ	28.02
Section 7 Wind: 3.4				
1	Hui, Morgan	Knox	28.66	
2	Mead, Taya	Frankston	28.68	
3	Woods, Jasmine	Nunawading	28.80	
4	Vassileff, Nicole	Sandringham	29.14	
5	Williams, Millie	Sandringham	29.85	
6	Dyer, Kobi-Lee	Mornington	31.25	
Section 8 Wind: 3.9				
1	Van Kuyk, Heidi	Frankston	29.47	
2	Lewis, Sarah	South Coast	29.89	
3	Jayasena, Tiani	Casey Cardinia	31.56	
4	Crawford, Charlotte	Mornington	31.97	
Section 9 Wind: 7.5				
1	Coffey, Elisabeth	Yarra Ranges	30.21	
2	Adams, Jessica	Mentone	30.43	
3	Dux, Jessica	Nunawading	31.61	
4	Dux, Taylah	Nunawading	32.00	
5	Byers, Aggie	Glenhuntly	33.02	
6	Fox, Carolyn	Box Hill	33.86	
7	Gilbert, Kara	Glenhuntly	33.91	
Section 10 Wind: 3.8				
1	Tanner, Asha	Mornington	32.69	
2	Buttigieg, Linda	Waverley-Malvern	34.89	
3	Burton, Catherine	Glenhuntly	35.42	
4	Bridle, Christine	Waverley-Malvern	35.53	
5	Engler, Claudia	Essendon	35.89	
Section 11 Wind: 4.1				
1	Jones, Joelle	Glenhuntly	34.67	
2	Clark, Courtney	South Coast	34.89	
3	Danks, Heather	Old Scotch	35.31	
4	Marvin, Layla T20;F20	Glenhuntly	47.27	

**Event 11A Men 800 Metre Run RESULTS**

Name	Year	Team	Finals	
=====				
Section 1				
1		Kuol, John	Casey Cardinia	1:57.88
2		Holland, Peter	Doncaster	1:58.15
3		Dale, Christopher	St Stephens	1:58.44
4		Shears-Jones, Alex	Old Scotch	2:00.41
5		Zhou, Kevin	Glenhuntly	2:03.92
6		Robinson, Corey	Nunawading	2:06.01
7		Gibson, Alexander	Mentone	2:07.27
8		Olarenschaw, Jake	Nunawading	2:07.89
Section 2				
1		Ryan, Brady	Glenhuntly	2:03.34
2		Kluckow, Tommy	Old Scotch	2:06.49
3		Michell, Jordan	Melbourne Uni	2:10.98
4		Mattsson, Archie	Glenhuntly	2:12.29
5		Fly, Mitchell	Mentone	2:12.96
6		Russell, Thomas	Old Scotch	2:16.84

**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****....Event 11A Men 800 Metre Run RESULTS**

7 Freedman, Shamir	Glenhuntly	2:17.48
Section 3		
1 Hewett, Archie	Mornington	2:07.71
2 Lund, Ben	Unattached	2:10.55
3 Banks, Teddy	Mornington	2:10.68
4 Turver, Andrew	Mornington	2:11.06
5 Evans, Eifion	Mentone	2:12.10
6 Gee, Xavier	Mornington	2:12.87
7 Nguyen, Trevor	Waverley-Malvern	2:13.58
8 Vernal, Alan	Nunawading	2:13.96
9 Gibson, Edward	Mentone	2:15.75
Section 4		
1 Benedict, Scott	Box Hill	2:10.69
2 Pizer-Di Ciero, James	Mentone	2:11.09
3 Sujeendran, Suvan	Dandenong-Sp	2:14.64
4 Gadsden, Paris	Melbourne Uni	2:16.15
5 Stubbs, Hugo	Old Scotch	2:17.20
6 Williams, Chris	Sandringham	2:21.14
7 Mellech, Zac	Nunawading	2:22.97
Section 5		
1 Deane, Matthew	Doncaster	2:13.61
2 Lindeman, Thomas	Old Scotch	2:17.45
3 Van Eeten, Antony	Glenhuntly	2:18.10
4 Dawe, Richard	Mornington	2:21.78
5 Ashok, Arun	Waverley-Malvern	2:26.19
6 Bergin, Matthew	Mentone	2:27.18
7 Rowlands, Alexander	Doncaster	2:27.75
8 Zheng, William	Nunawading	2:29.88
9 Hughes, William	Mornington	2:39.86
10 Deane, Phillip	Doncaster	2:45.54
Section 6		
1 Oconnor, Oscar	Doncaster	2:07.76
2 Mangoni, Oliver	Dandenong-Sp	2:13.58
3 Lambourne, James	Mornington	2:26.82
4 Newman, Michael	Knox	2:29.08
5 Long, Jarrod	Nunawading	2:29.94
6 Newman, Ethan	Knox	2:30.74
7 Spiteri, Daniel	Waverley-Malvern	2:39.35
8 Atkinson, James	Waverley-Malvern	2:39.57
Section 7		
1 Gunnoo, Malik	Casey Cardinia	2:31.57
2 Spiteri, Martin	Waverley-Malvern	2:32.79
3 Beitmanas, Jake	Mentone	2:38.37
4 Anderson, Alan	Eaglehawk	2:41.65
5 Davenport, Kai T20;F20	Mornington	2:42.59
6 Christodoulou, Christian	Dandenong-Sp	2:43.05
7 Carter, Nathaniel	St Kevins	2:46.17
8 Gibson, Vernon	Mentone	2:48.34
Section 8		
1 Merrick, Benjamin	Casey Cardinia	2:53.07
2 Spiteri, Nicholas	Waverley-Malvern	2:55.40
3 Zwierlein, Robert	Mornington	2:56.56
4 Dyer, George	Knox	3:07.18
5 McMeeken, Bradley T38;F3	Yarra Ranges	3:28.39

**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****Event 12A Women 3000 Metre Run RESULTS**

Name	Year Team	Finals
Section 1		
1 Wilson, Vanessa	Old Scotch	10:06.7h YLS
2 Debargue-Tamai, Celestin	Mentone	10:55.2h YLS
3 Williams, Tilly	Mentone	11:02.2h YLS
4 Crawford, Charlotte	Mornington	11:05.0h YLS
5 Hessel, Amy	Waverley-Malvern	11:11.4h YLS
6 Hastings, Sarah	Mentone	11:40.4h YLS
7 Sidebottom, Jasmine	Mornington	11:45.8h YLS
8 Lewis, Sarah	South Coast	12:21.3h YLS
9 Beitmanas, Layla	Mentone	12:21.6h YLS
10 Johnson, Rachel	Box Hill	12:44.5h YLS
11 Edwards, Lesley	Mentone	12:46.5h YLS
12 Cleary, Caroline	Mentone	12:47.7h YLS
13 Gilbert, Kara	Glenhuntly	14:22.2h YLS
14 Walker, Rozlyn	Glenhuntly	14:26.8h YLS
15 Deramond, Lisa	Glenhuntly	15:18.1h YLS

**Event 13A Men 3000 Metre Run RESULTS**

Name	Year Team	Finals
1 Dale, Christopher	St Stephens	9:03.1h YLS
2 Dyer, Zachery	Mornington	9:38.0h YLS
3 Hijlkema, Kane	Glenhuntly	9:45.7h YLS
4 Van Eeten, Antony	Glenhuntly	10:05.8h YLS
5 Meier, James	Casey Cardinia	10:20.3h YLS
6 Bergin, Matthew	Mentone	10:24.2h YLS
7 Mitchell, David	Doncaster	10:29.2h YLS
8 Boxall, Marcus	Waverley-Malvern	10:44.3h YLS
9 Green, Shaun	Waverley-Malvern	10:57.3h YLS
10 Spiteri, Martin	Waverley-Malvern	11:09.6h YLS
11 Davenport, Kai T20;F20	Mornington	11:22.2h YLS
12 Hughes, William	Mornington	11:23.0h YLS
13 Michel, Maddix	Mentone	11:54.8h YLS
14 Zwierlein, Robert	Mornington	11:57.6h YLS
15 Merrick, Benjamin	Casey Cardinia	11:59.6h YLS
16 Curry, John	Doncaster	12:15.4h YLS
17 Beitmanas, Jake	Mentone	12:24.0h YLS

**Event 14A Mixed 5000 Metre Run RESULTS**

Name	Year Team	Finals
1 Trott, Robert	M Mornington	18:35.6h YLS
2 Hanley, Marcus	M Mornington	19:10.9h YLS
3 Spiteri, Daniel	M Waverley-Malvern	21:16.4h YLS
4 Dyer, George	M Knox	21:49.7h YLS
5 Spiteri, Nicholas	M Waverley-Malvern	23:32.5h YLS
-- Wilson, Vanessa	W Old Scotch	X18:02.9h YLS

**Event 19 Mixed High Jump 1.00pm 1.65m High Jump 1**

Name	Year Team	Finals
Flight 1		
1 Curry, Lochlan	M Glenhuntly	1.85m
2 Merrilees, Matthew	M South Coast	1.80m

**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****...Event 19 Mixed High Jump 1.00pm 1.65m High Jump 1**

2 Bickford, Nathan	M Glenhuntly	1.80m
4 Faber, Lucas	M Mentone	1.75m
5 Macdonald, Liam	M Nunawading	1.70m

**Event 20 Mixed Triple Jump 1.00pm Contr Triple Jump 1**

Name	Year Team	Finals	Wind
1 Hinson, Aiden	M Frankston	15.42m	2.0
2 Sullivan, Joshua	M Casey Cardinia	13.14m	2.6
3 Harvey, Quinn	M Frankston	12.69m	1.8
4 Louey, Jasper	M Collingwood	12.57m	3.1
5 Chandrasena, Danuka	M Casey Cardinia	12.06m	1.2
6 Brewster, Jack	M Frankston	11.69m	2.4
7 Zarafa, Sophie	W Box Hill	11.38m	2.8
8 Liyanage, Neha	W Ringwood	11.25m	1.9
9 Gee, Xavier	M Mornington	11.10m	3.6
10 Liyanage, Nethaya	W Ringwood	8.90m	2.5

**Event 21 Mixed Shot Put 1.00pm Shot Put 1**

Name	Year Team	Finals
1 Revale, Ian	M Maccabi	13.52m
2 Newman, Colin	M Diamond Valley	12.02m
3 Tarabay, Maddie	W Nunawading	11.21m
4 Chandrasena, Leonka	M Mentone	10.41m
5 De Vries, Wayne	M Ringwood	9.93m
6 Cazaux, Claudia	W Mentone	9.91m
7 Chandrasena, Vilka	M Mentone	9.79m
8 De Vries, Jade	W Ringwood	9.50m
9 Brown, Lexie	W Mentone	8.54m
10 Holohan, Anthony	M Sandringham	8.33m
11 Dux, Jessica	W Nunawading	8.25m
12 Mead, Taya	W Frankston	7.84m
13 Mead, Tash	W Frankston	6.55m
14 Byers, Aggie	W Glenhuntly	6.54m
15 Letson, Georgia	W Wyndham	6.49m
16 Chandrasena, Guy	M Mentone	6.27m
17 Dux, Taylah	W Nunawading	5.75m
18 Holohan, Dee	W Sandringham	5.34m

**Event 22 Mixed Shot Put 1.00pm Shot Put 2**

Name	Year Team	Finals
1 Conrad, Oliver	M Sandringham	12.35m
2 Mattinson, Fraser	M Glenhuntly	10.16m
3 Zammit, Sebastian	M Glenhuntly	9.79m
4 Dawe, Richard	M Mornington	9.75m
5 Hughes, Kate	W Collingwood	9.37m
6 Gibson, Vernon	M Mentone	8.85m
7 Galea, Marty	M Collingwood	8.14m
8 Moore, James	M Coburg	8.08m
9 Gibson, Samuel	M Mentone	7.89m
10 Bridle, Christine	W Waverley-Malvern	7.54m
11 Wilson, Gary	M Sandringham	7.08m
12 Flynn, Adrian	M Casey Cardinia	6.87m
13 Clark, Courtney	W South Coast	6.47m



**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****....Event 22 Mixed Shot Put 1.00pm Shot Put 2**

14 Louey, Grace	W Knox	5.39m
15 Coffey, Elisabeth	W Yarra Ranges	5.24m
16 Gibson, Kerrie	W Mentone	5.20m

**Event 23 Mixed Hammer Throw 1.00pm Contr Hammer 1**

Name	Year Team	Finals
1 Amiatsu, Will	M Waverley-Malvern	50.15m
2 Voogd, Benjamin	M Ringwood	48.92m
3 Swanevelde, Ruan	M Ringwood	47.54m
4 Wilson, Eva	W Box Hill	46.83m
5 Sutton, Rebekah	W Western Athletics	40.82m
6 Wooding, Melanie	W Frankston	40.77m
7 Wooding, Alyssa	W Frankston	40.25m
8 Firth, David	M Doncaster	37.70m
9 El Shorbagy, Haddi	M Mentone	37.38m
10 Olsson, Paul	M Casey Cardinia	36.73m
11 Buttigieg, Linda	W Waverley-Malvern	34.11m
12 Champion, Megan	W Mentone	30.10m
13 Wilson, Freya	W Box Hill	27.85m
14 El Shorbagy, Seif	M Mentone	26.73m

**Event 24 Mixed Shot Put 1.30pm Seated Shot Put**

Name	Year Team	Finals
1 Wyatt, Jessee F33	M Casey Cardinia	8.84m
8.68m 8.58m 8.84m		
2 Smith, Michael F33	M Chilwell	6.66m
6.20m 6.56m 6.66m		
3 Clemens, Will T37;F37	M Casey Cardinia	6.46m
6.30m 6.18m 6.46m		
4 Crees, Dayna F34	W Casey Cardinia	6.14m
6.14m 6.03m 5.93m		
5 Fawkner, Kate F34;T00	M Waverley-Malvern	5.32m
5.12m 5.32m 5.14m		

**Event 24E Mixed Shot Put Extra Throws Shot Put-NonScore**

Name	Year Team	Finals
-- Wyatt, Jessee F33	M Casey Cardinia	X8.77m
x x 8.65m 8.77m 8.31m		
-- Smith, Michael F33	M Chilwell	X6.60m
x x 6.17m 6.15m 6.60m		
-- Crees, Dayna F34	W Casey Cardinia	X6.15m
x x 6.15m 6.06m ND		
-- Clemens, Will T37;F37	M Casey Cardinia	X6.12m
x x 6.12m 5.95m 5.84m		
-- Fawkner, Kate F34;T00	M Waverley-Malvern	X5.46m
x x x 5.46m 5.08m 5.30m		

**Event 25 Mixed Shot Put 2.00pm Shot Put 3**

Name	Year Team	Finals
1 Amiatsu, Will	M Waverley-Malvern	11.79m
2 Giddy, Penny	W Box Hill	10.90m

**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****...Event 25 Mixed Shot Put 2.00pm Shot Put 3**

3	McMaster, Abigail	W Sandringham	10.09m
4	Olsson, Paul	M Casey Cardinia	9.24m
5	Parsons, Lily	W Mentone	9.23m
6	Carstairs, Greg	M Waverley-Malvern	9.20m
7	Champion, Megan	W Mentone	8.98m
8	Buttigieg, Linda	W Waverley-Malvern	7.65m
9	Ranasinghe, Kulan	M Glenhuntly	6.90m
10	Shipham, Patrick	M Knox	6.06m
11	Anderson, Helen	W Eaglehawk	5.37m
12	Edwards, Lesley	W Mentone	4.89m

**Event 26 Mixed Shot Put 2.00pm Contr Shot Put 4**

Name	Year Team	Finals
1	Carstairs, Shane	M Waverley-Malvern 14.87m
2	El Shorbagy, Haddi	M Mentone 13.71m
3	Keeghan, Elise	W Nunawading 12.84m
4	El Shorbagy, Seif	M Mentone 12.57m
5	Sutton, Rebekah	W Western Athletics 10.89m
6	Symonds, Elli	W Frankston 10.76m
7	Holah, Amelie	W Box Hill 10.52m
8	McCormick, Caitlyn	W Casey Cardinia 9.47m
9	Clemow, Rhianna	W Mentone 9.13m
10	Kankanamage, Anusha	W Glenhuntly 4.78m

**Event 26E Mixed Shot Put Extra Throws Shot Put-NonScore**

Name	Year Team	Finals
--	Keeghan, Elise	W Nunawading X13.01m
--	El Shorbagy, Seif	M Mentone X12.61m
--	McCormick, Caitlyn	W Casey Cardinia X10.32m

**Event 27 Mixed Hammer Throw 2.00pm Hammer 2**

Name	Year Team	Finals
1	Newman, Colin	M Diamond Valley 35.69m
2	Galea, Marty	M Collingwood 28.70m
3	Bridle, Christine	W Waverley-Malvern 25.26m
4	De Vries, Wayne	M Ringwood 23.73m
5	Hughes, Kate	W Collingwood 23.02m
6	Moore, James	M Coburg 21.59m
7	Brown, Nigel	M Mentone 21.16m
8	Voogd, Debbie	W Ringwood 21.06m
9	De Vries, Jade	W Ringwood 20.69m
10	Skurka, Ben	M Mentone 18.21m
11	Chandrasena, Leonka	M Mentone 17.50m
12	Chandrasena, Guy	M Mentone 15.04m
13	Holohan, Dee	W Sandringham 14.50m
14	Holohan, Anthony	M Sandringham 14.44m
15	Dux, Jessica	W Nunawading 14.22m
16	Dux, Taylah	W Nunawading 11.61m

**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****Event 27E Mixed Hammer Throw Extra Throws Hammer-NonScore**

Name	Year Team	Finals
-- Wooding, Melanie	W Frankston	X43.88m
-- Sutton, Rebekah	W Western Athletics	X43.59m
-- Wilson, Eva	W Box Hill	X41.49m

**Event 28 Mixed High Jump 2.00pm 1.40m High Jump 2**

Name	Year Team	Finals
1 Russell, Cooper	M Mentone	1.65m
2 Kino, Noa	W Glenhuntly	1.60m
2 Golonka, Nathan	M Glenhuntly	1.60m
2 Bertram, Cooper	M Nunawading	1.60m
5 Frost, Jake	M Nunawading	1.55m
5 Banks, Teddy	M Mornington	1.55m
5 Cox, Matthew	M Glenhuntly	1.55m
8 Chivers, Eliza	W Doncaster	1.50m
9 Sullivan, Charli	W Sandringham	1.45m
9 Zarafa, Sophie	W Box Hill	1.45m
11 Robinson, Corey	M Nunawading	1.40m

**Event 29 Mixed Triple Jump 2.15pm Triple Jump 2**

Name	Year Team	Finals	Wind
1 Phanivong, Orlando	M Frankston	11.59m	NWI
2 Smerdon, Nicholas	M Casey Cardinia	11.56m	NWI
3 Brewster, Harrison	M Frankston	10.20m	NWI
4 Muthia, Uma	W Waverley-Malvern	10.06m	NWI
5 Ong, Jaslene	W Nunawading	9.95m	NWI
6 Letson, Georgia	W Wyndham	9.23m	NWI
7 Taylor, Lily	W Old Scotch	8.60m	NWI
8 Louey, Grace	W Knox	8.09m	NWI
9 Byers, Aggie	W Glenhuntly	7.64m	NWI
10 Beitmanas, Layla	W Mentone	7.62m	NWI
11 Merrilees, Benjamin	M South Coast	6.76m	NWI
12 Cleary, Caroline	W Mentone	5.66m	NWI

**Event 30 Mixed High Jump 3.00pm 1.30m High Jump 3**

Name	Year Team	Finals
1 Smerdon, Nicholas	M Casey Cardinia	1.65m
2 Meier, James	M Casey Cardinia	1.55m
3 Ryan, Jackson	M Knox	1.50m
4 Conrad, Oliver	M Sandringham	1.45m
4 Carter, Nathaniel	M St Kevins	1.45m
6 Clemow, Rhianna	W Mentone	1.40m
7 Louey, Grace	W Knox	1.35m
8 Parsons, Lily	W Mentone	1.30m

**Event 31 Mixed Triple Jump 3.00pm Triple Jump 3**

Name	Year Team	Finals	Wind
1 Robinson, Corey	M Nunawading	13.23m	NWI
2 Cvetanoski, Brandon	M Keilor St Bernards	12.54m	NWI
3 Griffett, Liam	M Mornington	11.26m	NWI

**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****...Event 31 Mixed Triple Jump 3.00pm Triple Jump 3**

4	Agostino, Cecilia	W Frankston	11.10m	NWI
5	Golonka, Nathan	M Glenhuntly	11.08m	NWI
6	Russell, Cooper	M Mentone	10.87m	NWI
7	Anderson, Alan	M Eaglehawk	10.24m	NWI
8	Woods, Jasmine	W Nunawading	9.68m	NWI
9	Cheep, Sophie	W Mentone	9.65m	NWI
10	Ashok, Arun	M Waverley-Malvern	9.44m	NWI
11	O'Dea, Finley	M Casey Cardinia	9.15m	NWI
12	Rachor, Noah	M Dandenong-Sp	8.74m	NWI
13	Moore, James	M Coburg	7.70m	NWI
14	Galea, Marty	M Collingwood	7.05m	NWI
15	Clark, Courtney	W South Coast	6.57m	NWI

**Event 32 Mixed Shot Put 3.00pm Shot Put 5**

Name	Year Team	Finals
1	Hambling, Mark	M Essendon 10.41m
2	Makin, Imogen	W Essendon 9.94m
3	Ong, Jaslene	W Nunawading 8.97m
4	Messerle, Narelle	W Ringwood 8.30m
5	Brown, Nigel	M Mentone 8.17m
6	Bickford, Nathan	M Glenhuntly 7.82m
7	Handasyde, Ian	M Old Scotch 7.53m
8	Davenport, Kai T20;F20	M Mornington 7.20m
9	Makin, Matthew	M Essendon 6.96m
10	Williams, Chris	M Sandringham 6.94m
11	Moore, Oliver	M Old Scotch 6.84m
11	Skurka, Ben	M Mentone 6.84m
13	Golonka, Kurt	M Glenhuntly 6.79m
14	Lang, Jeff	M Glenhuntly 6.74m
15	Hambling, Mason	M Essendon 6.73m
16	Robinson, Christine	W Vic Masters 5.76m
17	Muthia, Uma	W Waverley-Malvern 5.66m
18	Atkinson, James	M Waverley-Malvern 5.56m

**Event 33 Mixed Shot Put 3.00pm Shot Put 6**

Name	Year Team	Finals
1	Griffiths, Darryl	M Nunawading 8.88m
2	Banks, Matthew	M Mornington 8.85m
3	Tassone, Sam	M Nunawading 6.36m
4	Long, Jarrod	M Nunawading 5.99m
5	Newman, Michael	M Knox 5.95m
6	Russell, Thomas	M Old Scotch 5.92m
7	Ward, Mia	W Nunawading 5.72m
8	Singh, Virendra	M Mentone 5.38m
9	Spiteri, Martin	M Waverley-Malvern 4.94m
10	Walker, Rozlyn	W Glenhuntly 4.53m
11	Vernal, Alan	M Nunawading 4.48m

**Event 34 Mixed Hammer Throw 3:00pm Hammer 3**

Name	Year Team	Finals
1	Carstairs, Shane	M Waverley-Malvern 36.35m
2	Carstairs, Greg	M Waverley-Malvern 18.90m
3	Singh, Virendra	M Mentone 16.28m

**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****Event 35 Mixed Javelin Throw 3.00pm Non-S Seated Javelin**

Name	Year Team	Finals
-- Clemens, Will T37;F37	M Casey Cardinia	X18.29m
16.50m 14.18m 15.69m 15.92m 18.29m FOUL		
-- Crees, Dayna F34	W Casey Cardinia	X15.43m
14.40m 15.43m 15.07m FOUL 15.16m FOUL		
-- Fawkner, Kate F34;T00	M Waverley-Malvern	X12.67m
12.51m FOUL 11.34m 11.92m 12.05m 12.67m		

**Event 36 Mixed High Jump 4.00pm 1.15m High Jump 4**

Name	Year Team	Finals
1 Cvetanoski, Brandon	M Keilor St Bernards	1.50m
2 O'Dea, Finley	M Casey Cardinia	1.45m
2 Tarabay, Maddie	W Nunawading	1.45m
4 Perera, Yenuka	M Casey Cardinia	1.40m
5 Adams, Jessica	W Mentone	1.35m
6 Merrilees, Benjamin	M South Coast	1.25m

**Event 37 Mixed Triple Jump 4.00pm Triple Jump 4**

Name	Year Team	Finals	Wind
1 Symonds, Elli	W Frankston	11.98m	NWI
2 Buckley, Hailey	W Knox	10.82m	NWI
3 Bickford, Nathan	M Glenhuntly	10.71m	NWI
4 Giret, Jasmine	W Box Hill	10.22m	NWI
5 Banks, Matthew	M Mornington	10.17m	NWI
6 Brown, Lexie	W Mentone	9.97m	NWI
7 Boxall, Marcus	M Waverley-Malvern	9.03m	NWI
8 Arnold, Ashleigh	W Old Scotch	8.99m	NWI
9 Kino, Noa	W Glenhuntly	8.84m	NWI
10 Shipham, Patrick	M Knox	7.84m	NWI
11 Bridle, Christine	W Waverley-Malvern	7.46m	NWI
12 Skurka, Ben	M Mentone	7.30m	NWI
13 Buttigieg, Linda	W Waverley-Malvern	6.55m	NWI

**Event 38 Mixed Shot Put 4.00pm T&G Shot Put 7**

Name	Year Team	Finals
1 Taylor, Shaun	M Casey Cardinia	6.38m
2 Gilbert, Kara	W Glenhuntly	5.58m
3 Stubbs, Hugo	M Old Scotch	5.40m
4 Spiteri, Nicholas	M Waverley-Malvern	4.37m
-- Spiteri, Daniel	M Waverley-Malvern	ND

**Event 39 Mixed Shot Put 4.00pm T&G Shot Put 8**

Name	Year Team	Finals
1 Deramond, Lisa	W Glenhuntly	4.03m

**Event 40 Mixed Hammer Throw 4.00pm Hammer 4**

Name	Year Team	Finals
1 Hall, Matthew	M Diamond Valley	28.53m

**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****....Event 40 Mixed Hammer Throw 4.00pm Hammer 4**

2 Messerle, Narelle	W Ringwood	24.30m
3 Hambling, Mark	M Essendon	23.55m
4 Handasyde, Ian	M Old Scotch	21.49m
5 Makin, Imogen	W Essendon	18.16m
6 Hambling, Mason	M Essendon	18.13m
7 Makin, Matthew	M Essendon	13.72m

**Event 41 Mixed Shot Put 4.30pm Shot Put 9**

Name	Year Team	Finals
1 Hall, Matthew	M Diamond Valley	10.08m
2 Firth, David	M Doncaster	8.64m
3 Buckley, Hailey	W Knox	7.96m
4 Sidebottom, John	M Mornington	7.62m
5 Ebbels, Sarah	W Yarra Ranges	7.44m
6 Griffiths, Tess	W Nunawading	7.36m
7 Merrilees, Benjamin	M South Coast	6.96m
8 Jouvelet, Felicity	W Casey Cardinia	6.95m
9 Somasundaram, Sachenn	M Knox	6.23m
10 Ebbels, Anne-Marie	W Yarra Ranges	6.14m

**Event 42 Mixed Shot Put 4.30pm Shot Put 10**

Name	Year Team	Finals
1 Gilbert, Jordan	M Nunawading	10.99m
2 Lambourne, James	M Mornington	10.59m
3 Banks, Teddy	M Mornington	10.02m
4 Matters, Toni	W Glenhuntly	9.80m
5 Arnold, Ashleigh	W Old Scotch	6.65m
-- Lodder, Aaron	M Unattached	X11.81m

**Event 43 Mixed Discus Throw 4.30pm Seated Discus**

Name	Year Team	Finals
-- Clemens, Will T37;F37	M Casey Cardinia	X17.29m
16.52m ND ND 15.16m ND 17.29m		
-- Crees, Dayna F34	W Casey Cardinia	X15.98m
14.81m 15.98m 15.81m ND ND 15.76m		
-- Fawkner, Kate F34;T00	M Waverley-Malvern	X14.13m
13.80m 13.62m 14.13m 13.97m 14.03m 13.15m		
-- Roach, Tom T36;F36	M Old Scotch	X12.25m
11.03m 11.87m 7.92m 12.25m ND 10.22m		

**Event 45 Mixed Hammer Throw 5.00pm T&G Hammer 5**

Name	Year Team	Finals
1 Peska, Stan	M Western Athletics	28.30m

**Event 46 Mixed High Jump 5.00pm 1.05m High Jump 5**

Name	Year Team	Finals
1 Dyer, Kobi-Lee	W Mornington	1.35m
2 Skurka, Ben	M Mentone	1.25m
3 Vernal, Alan	M Nunawading	1.15m

**2022/23 AVSL - Round 5 - Casey - 19/11/2022****Casey Fields Regional Athletics Centre****Results****...Event 46 Mixed High Jump 5.00pm 1.05m High Jump 5**

3	Galea, Marty	M Collingwood	1.15m
3	Wilson, Gary	M Sandringham	1.15m
3	Shipham, Patrick	M Knox	1.15m
7	Bridle, Christine	W Waverley-Malvern	1.10m

**Event 47 Mixed Triple Jump 5.00pm Triple Jump 5**

Name	Year	Team	Finals	Wind
1	Haggai, Tesia	W Essendon	10.70m	NWI
2	Griffiths, Tess	W Nunawading	9.36m	NWI
3	Griffiths, Darryl	M Nunawading	8.75m	NWI

**Event 48 Mixed Shot Put 5.30pm Shot Put 11**

Name	Year	Team	Finals
1	Mitchell, David	M Doncaster	5.40m

**Event 49 Mixed Shot Put 5.30pm Shot Put 12**

Name	Year	Team	Finals
1	Peska, Stan	M Western Athletics	11.62m

**Event 50 Mixed Hammer Throw 5.30pm Hammer 6**

Name	Year	Team	Finals
1	Ebbels, Sarah	W Yarra Ranges	32.65m
2	Cvetanoski, Brandon	M Keilor St Bernards	22.00m
3	Ebbels, Anne-Marie	W Yarra Ranges	21.29m
4	Matters, Toni	W Glenhuntly	17.15m
5	Lang, Jeff	M Glenhuntly	12.91m