

**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park****Results****Event 1A Mixed 2000 Metre Race Walk RESULTS Results**

Name	Year Team	Finals
Section 1		
1 # 2657 Shuttleworth, Ang	M11 Knox	10:00.0h YLS
2 # 1346 Johns, Lucy	W09 Diamond Valley	10:48.0h YLS
3 # 4357 Evans, Simon	M60 Box Hill	11:06.3h YLS
4 # 1297 Rosenbrock, Carol	W62 Yarra Ranges	11:10.7h YLS
5 # 307 Morgan, Mietta	W09 Knox	11:46.2h YLS
6 # 3513 Smyth, David	M69 Collingwood	11:48.3h YLS
7 # 1445 Cochrane, Andrew	M55 Old Scotch	11:54.3h YLS
8 # 4669 Jamieson, Andrew	M46 Old Scotch	12:16.4h YLS
9 # 3334 Nottle, John	M50 Collingwood	12:23.7h YLS
10 # 1806 Garside, Emilie	W95 Yarra Ranges	12:25.7h YLS
11 # 1208 Elms, Donna-Marie	W61 Preston	13:24.4h YLS
12 # 1184 Dunstone, Phillip	M68 Western Athletics	13:30.6h YLS
13 # 2927 Carr, Heather	W49 Glenhuntly	13:34.7h YLS
14 # 3159 Steed, Gwen	W42 Glenhuntly	14:25.9h YLS
15 # 1015 Barrow, Geoffrey	M49 Mentone	14:27.9h YLS
16 # 1205 Colbert, Tracy	W69 Western Athletics	14:32.9h YLS

**Event 2A Mixed 5000 Metre Race Walk RESULTS Results**

Name	Year Team	Finals
1 # 2919 Morgan, Eden	M05 Knox	23:33.0h YLS
2 # 234 Smith, Emily	W06 Knox	30:06.2h YLS
3 # 1357 Harvey, Michael	M62 Waverley-Malvern	33:35.9h YLS

**Event 3 Men 110 Metre Hurdles Hurdles 1.067m**

Name	Year Team	Finals
Section 1 Wind: -0.1		
1 # 4726 Bachli, Saxon	01 St Kevins	16.01
2 # 2577 Lamb, Lachlan	00 Ringwood	16.08
-- # 4491 Daly, Tom	01 Casey Cardinia	DQ

**Event 4 Men 110 Metre Hurdles Hurdles 0.991m**

Name	Year Team	Finals
1 # 137 Wong, William	06 Glenhuntly	14.14
2 # 129 Byrne, Xander	05 Western Athletics	14.64
3 # 3367 Krawczyk, Brad	75 Knox	15.98
Section 2 Wind: -0.1		
1 # 2728 Attwood, Brayden	06 Casey Cardinia	16.22
2 # 3812 Merrick, William	05 Casey Cardinia	18.69

**Event 5 Men 110 Metre Hurdles Hurdles 0.914m**

Name	Year Team	Finals
Section 1 Wind: -0.6		
1 # 2942 Frost, Jake	08 Nunawading	15.54
2 # 4708 Gray, Charlie	08 Diamond Valley	17.08
3 # 3756 Zheng, William	07 Nunawading	19.79
Section 2 Wind: -0.7		
1 # 4524 Russell, Cooper	06 Mentone	19.77
2 # 3731 Smerdon, Alex	07 Casey Cardinia	19.85

**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park****Results****Event 8 Women 100 Metre Hurdles Hurdles 0.838m**

Name	Year Team	Finals
Section 1 Wind: 0.8		
1 # 2626 Wynne, Alessia	03 Doncaster	14.09
2 # 3455 Boyne, Keely	02 Diamond Valley	14.44
3 # 3480 McBrien, Maddison	03 Box Hill	16.01
Section 2 Wind: -1.5		
1 # 2587 Arendt, Maya	05 Ringwood	16.70
2 # 2327 Hollins, Isabella	06 Glenhuntly	16.99
3 # 3910 Matthews, Charli	06 St Kevins	18.74
4 # 3050 Bullard, Shani	00 Yarra Ranges	21.81

**Event 9 Women 100 Metre Hurdles Hurdles 0.762m**

Name	Year Team	Finals
Section 1 Wind: -2.1		
1 # 147 Fitzgerald, Amy	08 Sandringham	15.34
2 # 3990 Hollingsworth, Al	07 Glenhuntly	16.24
Section 2 Wind: +0.0		
1 # 3837 Goss, Georgia	08 Mornington	16.19
2 # 3667 Palmer, Zoe	06 Knox	17.35
3 # 3410 Kratina, Amaya	07 Casey Cardinia	17.38
4 # 3474 Hui, Morgan	07 Knox	17.70

**Event 10A Men 1500 Metre Run RESULTS Results**

Name	Year Team	Finals
Section 1		
1 # 1648 Blackburn, Jamie	05 Ivanhoe	4:02.90
2 # 1605 Kernahan, Michael	96 Mentone	4:05.26
3 # 1523 Settle, Callum	08 Ringwood	4:05.72
4 # 1776 Milone, Daniel Tn	01 Knox	4:07.33
5 # 1726 Waters, Jack	06 Knox	4:09.34
6 # 3865 Bodycoat, Benjami	08 Box Hill	4:13.44
7 # 1625 Morrison, Benjami	03 Ivanhoe	4:13.96
8 # 1641 Gibbs, James	07 South Melbourne	4:14.37
9 # 1216 Hijlkema, Kane	08 Glenhuntly	4:18.61
10 # 1921 Maddocks, Harry	Doncaster	4:21.96
11 # 2859 Furlong, Liam	05 Ivanhoe	4:27.24
12 # 2529 Mileto, Harley	06 Ivanhoe	4:28.01
Section 2		
1 # 3091 Stewart, Lachlan	03 Old Scotch	4:20.29
2 # 1473 Hettiarachchi, Sh	09 Nunawading	4:23.24
3 # 1541 Warwick, Lachlan	07 Collingwood	4:25.01
4 # 1630 Wallace, Xavier	06 Glenhuntly	4:28.40
5 # 2497 Short, William Tn	07 Glenhuntly	4:30.28
6 # 2799 Low, Samuel	89 Collingwood	4:32.96
7 # 3912 Emons, Angus	07 Glenhuntly	4:35.67
8 # 4338 Bodle, Luke	08 Old Scotch	4:35.85
9 # 1479 Whelan, Rhodri	07 Diamond Valley	4:37.02
10 # 3386 Hughes, William	09 Mornington	4:37.65
Section 3		
1 # 257 Davenport, Kai Tn	07 Mornington	4:37.72
2 # 4164 Banfield, Ethan	09 Mornington	4:41.68
3 # 9103 Wright, Noah	04 Unattached	4:41.77
4 # 3676 Bentley, Ryan	85 Waverley-Malvern	4:42.60
5 # 1107 Fly, Mitchell	93 Mentone	4:44.38

**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park****Results****...Event 10A Men 1500 Metre Run RESULTS Results**

6 # 2668	Vaughan, David	66	Doncaster	4:44.73
7 # 3920	Shuttleworth, Dou	06	Knox	4:45.61
8 # 187	Warren, Lochlan T	07	Old Xaverians	4:45.90
9 # 1597	Field, Jack	10	Ringwood	4:47.76
10 # 3906	Meier, James	06	Casey Cardinia	4:49.75
11 # 1403	McCann, Gilbert	08	Nunawading	4:50.62
12 # 2173	Lawson, Corey	77	Mentone	5:06.46
13 # 2813	Dyer, Zachery	03	Mornington	5:11.44
Section 4				
1 # 4395	Higlett, Jeremy	93	Old Xaverians	4:33.22
2 # 2153	Pratt, Wil	73	Mornington	4:52.53
3 # 1392	Leith, Neill	79	Waverley-Malvern	4:53.55
4 # 1052	Meagher, John	63	Box Hill	4:57.93
5 # 1126	Hanley, Marcus	75	Mornington	5:01.64
6 # 2007	Lynch, Martin	84	South Coast	5:04.99
7 # 3682	Williams, Chris	90	Sandringham	5:05.40
8 # 1356	Colman, Alan	70	Old Xaverians	5:05.90
9 # 1465	Campillos, Pablo	70	Old Xaverians	5:07.37
10 # 2055	Baxter, Andrew	78	Waverley-Malvern	5:07.76
11 # 2024	Lim, Ernest	74	Waverley-Malvern	5:11.53
12 # 1354	Alder, Angus	10	Ringwood	5:14.02
Section 5				
1 # 1419	Martini, David	76	Old Xaverians	5:17.66
2 # 4091	Byrom, Max	10	Box Hill	5:23.72
3 # 1692	Wright, Jeffrey	58	Knox	5:27.79
4 # 2554	Hester, Andrew	82	Box Hill	5:34.03
5 # 1484	Gibson, Vernon	67	Mentone	5:39.96
6 # 2076	Hall, Brenton	74	Ivanhoe	5:40.92
7 # 3217	Settle, Lee	71	Ringwood	5:42.72
8 # 1382	Taylor, Zachary	08	Old Xaverians	5:50.70
9 # 1008	Zwierlein, Robert	63	Mornington	5:53.51
10 # 4351	Quinn, Jasper	08	Old Scotch	6:10.80
11 # 1370	Meek, Robert	60	Old Xaverians	6:17.89
12 # 2515	McMeeken, Bradley	08	Yarra Ranges	6:37.31
13 # 1772	Ferrer, Richard	60	Waverley-Malvern	7:00.59

**Event 11 Women 100 Metre Sprint All Female**

Name	Year	Team	Finals	
=====				
Section 1 Wind: +0.0				
1 # 3455	Boyne, Keely	02	Diamond Valley	12.43
2 # 2626	Wynne, Alessia	03	Doncaster	12.47
3 # 2	Buschkuehl, Brook	93	Nunawading	12.74
4 # 3903	Gillson, Georgia	02	Diamond Valley	12.89
5 # 4566	Araba, Olamide	06	Mentone	12.91
6 # 4341	Lim, Jennifer	06	Box Hill	13.00
7 # 3990	Hollingsworth, Al	07	Glenhuntly	13.12
8 # 3551	Taylor, Lily	05	Old Scotch	13.64
Section 2 Wind: NWI				
1 # 4584	Romanoff, Lucy	97	Frankston	12.80
2 # 3474	Hui, Morgan	07	Knox	12.89
3 # 2327	Hollins, Isabella	06	Glenhuntly	12.90
4 # 3252	Goodman, Taylah	07	Casey Cardinia	13.14
5 # 3549	Rooke, Ashleigh	05	Yarra Ranges	13.30
6 # 3430	Arnold, Ashleigh	03	Old Scotch	13.46
7 # 3024	Ceglar, Charli	07	Sandringham	13.59
8 # 9102	Upston, Jacquelin	93	Unattached	18.27
Section 3 Wind: -0.5				

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1 #	3480	McBrien, Maddison	03	Box Hill	13.11
2 #	3368	Mierisch, Alana	03	Doncaster	13.29
3 #	3644	Larose, Monique	00	Nunawading	13.30
4 #	3080	Grace, Tahlia	07	Box Hill	13.31
5 #	4638	Boundy, Georgia	00	Yarra Ranges	13.36
6 #	3801	Van Ravenstein, C	06	Nunawading	13.40
7 #	3914	Bolisetty, Shri N	08	Nunawading	13.71
8 #	3837	Goss, Georgia	08	Mornington	13.72
Section 4 Wind: 0.2					
1 #	4567	Kosta, April	10	Doncaster	13.72
2 #	4022	Gillson, Tess	07	Diamond Valley	13.88
3 #	3438	Bourke, Taryn	01	Yarra Ranges	13.95
4 #	3394	Parsons, Lily	06	Mentone	14.11
5 #	3650	Uecker, Giselle	09	Doncaster	14.20
6 #	3050	Bullard, Shani	00	Yarra Ranges	14.42
7 #	3840	Griffiths, Tess	02	Nunawading	14.78
Section 5 Wind: +0.0					
1 #	344	Basile, Allegría	10	Doncaster	13.74
2 #	3410	Kratina, Amaya	07	Casey Cardinia	13.77
3 #	2746	Slade, Nicola	03	Box Hill	13.81
4 #	3694	Bienaime, Gabriel	07	Frankston	13.92
5 #	4766	Laing, Kelly	98	Nunawading	14.26
6 #	295	Dornom, Charlee	08	Mornington	14.39
7 #	4185	Gumley, Lily	10	Old Scotch	14.55
8 #	3719	Peters, Linn	09	St Kevins	14.81
Section 6 Wind: -0.7					
1 #	3269	Ross, Anna	87	Glenhuntly	14.40
2 #	4118	Pfaifer, Hailey	08	Frankston	14.52
3 #	3649	Uecker, Samaya	06	Doncaster	14.59
4 #	2607	Dyer, Kobi-Lee Fn	05	Frankston	14.86
5 #	3651	Davey-Uecker, Mel	76	Doncaster	14.89
6 #	1213	Bukovsan, Kate	09	Ivanhoe	15.23
7 #	201	Campillos, Clara	04	Old Xaverians	15.26
8 #	3123	Bragg, Ruby	11	Mentone	16.10
Section 7 Wind: +0.0					
1 #	3487	Smyth, Milly	07	Ringwood	13.74
2 #	1232	Smith, Wendy	73	Doncaster	15.33
3 #	2205	Richards, Niesha	10	Mornington	15.44
4 #	2656	McLean, Louise	65	Glenhuntly	15.69
5 #	4214	Walsh, Clare	87	Melbourne Uni	16.62
6 #	1346	Johns, Lucy	09	Diamond Valley	16.65
7 #	1580	Jones, Joelle	62	Glenhuntly	17.03
Section 8 Wind: -1.2					
1 #	4246	Anderson, Helen	62	Waverley-Malvern	16.30
2 #	1253	Hewitson, Kathi	72	Yarra Ranges	17.56
3 #	1037	Forbes, Michele	60	Glenhuntly	17.94
4 #	3809	Ebbels, Anne-Mari	73	Yarra Ranges	21.16

**Event 12 Men 100 Metre Sprint All Male**

Name	Year	Team	Finals
Section 1 Wind: -1.9			
1 #	4637	Nicolussi, Kyle	99 Collingwood 10.87
2 #	137	Wong, William	06 Glenhuntly 10.90
3 #	2914	Hum, Nicholas Tnn	93 Glenhuntly 11.31
4 #	3185	Byrne-Jones, Will	03 Old Scotch 11.34
5 #	129	Byrne, Xander	05 Western Athletics 11.35
6 #	4372	Archer, Lucas	99 Box Hill 11.36

**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park****Results****....Event 12 Men 100 Metre Sprint All Male**

7 # 4255	Brown, Max	06	Collingwood	11.51	
Section 2		Wind: 0.2			
1 # 4403	Ling, Martin	07	Box Hill	11.37	
2 # 2971	Cocking, Flynn	05	Nunawading	11.41	
3 # 309	Milias, Matthew	09	Glenhuntly	11.55	
4 # 3182	Templeton, Tom	06	Glenhuntly	11.61	
5 # 2850	Robinson, Corey	98	Nunawading	11.64	
6 # 1235	Tanojevic, Tom	98	Sandringham	11.66	
7 # 9100	Shapie, Syukri	07	Unattached	13.09	
Section 3		Wind: 0.4			
1 # 4431	Zeng, Elden	06	Old Scotch	11.50	
2 # 4726	Bachli, Saxon	01	St Kevins	11.58	
3 # 3169	Wrigley, Miles	04	South Coast	11.81	
4 # 3102	Macdonald, Liam	06	Nunawading	11.91	
5 # 1004	Maher, Tim	95	Mentone	11.95	
6 # 3164	Cafarella, Stuart	98	Sandringham	12.01	
7 # 4804	Parkinson, Caeden	05	Glenhuntly	12.04	
8 # 3365	Mierisch, Paul	76	Doncaster	12.10	
Section 4		Wind: NWI			
1 # 3845	Wilmot, Zachary	97	Nunawading	11.68	
2 # 2829	Meagher, Jarrod	77	Ringwood	11.73	
3 # 3818	Placella, Thomas	06	Nunawading	11.76	
4 # 3695	De Silva, Tanila	90	Knox	11.78	
5 # 4284	Gadsby, Jett	07	Knox	11.81	
6 # 2231	Russell, Liam	02	Yarra Ranges	12.04	
7 # 4798	Gunnoo, Malik	03	Casey Cardinia	12.19	
8 # 3561	Tassone, Sam	02	Nunawading	12.40	
Section 5		Wind: -2.0			
1 # 4113	Leong, Lucas	04	Keilor St Bernards	12.18	
2 # 3779	Heward, Tyran	01	Ringwood	12.27	
3 # 3372	Krawczyk, Alex	08	Knox	12.31	
4 # 3508	Duncan, Oliver	02	Yarra Ranges	12.43	
5 # 3371	Krawczyk, Nick	03	Knox	12.48	
6 # 3961	Melemenis, Yani	08	Mentone	12.51	
7 # 3226	Kernick, Liam Fnn	01	Nunawading	12.74	
-- # 3693	Ryan, Jackson	07	Knox	DQ	False Start 12.55
Section 6		Wind: NWI			
1 # 4126	Wong, Zachary	08	Doncaster	11.98	
2 # 3816	Merrick, Nicholas	96	Casey Cardinia	12.19	
3 # 4660	Mok, Alex	94	Mentone	12.41	
4 # 3300	Dawborn, Henry	07	Old Scotch	12.42	
5 # 4810	Harris, Connor	05	Box Hill	12.66	
6 # 3640	Wood, Xavier	07	Knox	12.83	
6 # 3812	Merrick, William	05	Casey Cardinia	12.83	
8 # 4554	Armstrong, Tanner	08	Old Scotch	13.02	
Section 7		Wind: +0.0			
1 # 3629	Fairburn, Craig	89	Knox	12.34	
2 # 2337	Graham, Bayley	05	Ringwood	12.40	
3 # 225	Faber, Lucas	06	Glenhuntly	12.42	
4 # 4534	Kannan, Vaibhav	06	Knox	12.55	
5 # 4607	Theodoro, Omal	09	Glenhuntly	12.67	
6 # 3676	Bentley, Ryan	85	Waverley-Malvern	12.76	
7 # 3729	Smerdon, Nicholas	05	Casey Cardinia	12.86	
8 # 3756	Zheng, William	07	Nunawading	13.51	
Section 8		Wind: +0.0			
1 # 3993	Margaritis, Willi	07	Nunawading	12.45	
2 # 3963	Hattwich, Felix	08	Box Hill	12.50	
3 # 3589	Brown, Zachary	08	Ringwood	12.55	
4 # 4204	Firth, David	77	Doncaster	12.78	

**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park****Results****...Event 12 Men 100 Metre Sprint All Male**

5 # 4613	Lai, Edmund	06 Old Scotch	13.00
6 # 3906	Meier, James	06 Casey Cardinia	13.16
7 # 3973	Boyne, Chris	72 Diamond Valley	13.32
Section 9 Wind: +0.0			
1 # 1485	Gibson, Alexander	04 Mentone	12.84
2 # 4182	Gumley, Lachlan	09 Old Scotch	12.89
3 # 4404	Shaw, Fraser	08 South Coast	12.91
4 # 1648	Blackburn, Jamie	05 Ivanhoe	13.20
5 # 1616	Seddon, Matthew	00 Box Hill	13.24
6 # 4557	Prekkash, Khieren	10 Knox	13.28
7 # 3731	Smerdon, Alex	07 Casey Cardinia	13.30
8 # 1541	Warwick, Lachlan	07 Collingwood	13.42
Section 10 Wind: -0.5			
1 # 3340	Schafer, Marcus	89 Mentone	12.71
2 # 3318	Scott, Joshua	02 Diamond Valley	12.77
3 # 1486	Gibson, Edward	06 Mentone	13.23
4 # 3841	Griffiths, Darryl	69 Nunawading	13.29
5 # 1487	Gibson, Samuel	09 Mentone	13.83
6 # 3684	McGough, Thomas T	10 Mornington	14.05
7 # 2173	Lawson, Corey	77 Mentone	14.07
8 # 4164	Banfield, Ethan	09 Mornington	15.14
Section 11 Wind: -2.5			
1 # 3522	Rikanovic, Maksim	06 Mentone	13.12
2 # 1107	Fly, Mitchell	93 Mentone	13.32
3 # 3193	Scott, Adam	71 Diamond Valley	13.51
4 # 4501	Aitken, Edward	08 Old Scotch	13.61
5 # 2894	Banks, Matthew	70 Mornington	13.88
6 # 3091	Stewart, Lachlan	03 Old Scotch	14.01
7 # 4377	Schulz, Isak	10 Old Scotch	14.25
8 # 1264	Dell, Liam	94 Collingwood	14.76
Section 12 Wind: -2.8			
1 # 3030	Murfett, Grant	67 Box Hill	14.22
2 # 2813	Dyer, Zachery	03 Mornington	14.29
3 # 3783	Baldwin, Terry	63 Waverley-Malvern	14.43
4 # 257	Davenport, Kai Tn	07 Mornington	14.47
5 # 1252	Hewitson, Craig	71 Yarra Ranges	14.48
6 # 3799	Shipham, Patrick	04 Knox	15.04
7 # 4336	Harvey, Finnian T	02 Old Xaverians	15.16
Section 13 Wind: +0.0			
1 # 1465	Campillos, Pablo	70 Old Xaverians	15.85
2 # 1262	Dell, Brendan	87 Collingwood	16.76
3 # 2588	Parrott, Andrew	62 Doncaster	16.96
4 # 4771	Clemens, Will Tnn	03 Casey Cardinia	17.84
5 # 3160	Vorchheimer, Myer	45 Maccabi	17.95
Section 14 Wind: 1.5			
1 # 1263	Dell, Kieran	91 Collingwood	16.92
2 # 2076	Hall, Brenton	74 Ivanhoe	19.54
3 # 1370	Meek, Robert	60 Old Xaverians	19.95
4 # 2599	Roach, Tom Tnn;Fn	08 Old Scotch	22.69

**Event 12A Women 1500 Metre Run RESULTS Results**

Name	Year	Team	Finals
Section 1			
1 # 1940	Morton, Amelia	06 Box Hill	4:41.00
2 # 1705	Williams, Bridget	09 South Melbourne	4:46.77
3 # 4366	Servadei, Cassand	10 Mentone	4:50.59
4 # 1243	Williams, Tilly	09 Mentone	4:52.60

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5 # 1441	Marriner, Erin	08 Ringwood	4:52.74
6 # 2338	Louw, Amber	04 Sandringham	4:59.02
7 # 1568	Jackson, Charlott	06 Essendon	4:59.44
8 # 1955	Crowley, Jacinta	08 Glenhuntly	4:59.96
9 # 1610	Donaldson, Ruby	08 South Melbourne	5:01.04
10 # 1045	Sidebottom, Jasmi	06 Mornington	5:07.79
11 # 1678	Harmer, Aleisha	08 Ringwood	5:08.68
12 # 1608	Donaldson, Poppy	08 South Melbourne	5:11.44
13 # 1643	Gibbs, Charlotte	10 South Melbourne	5:29.50
14 # 4839	Grant, Phoebe	11 Old Scotch	5:33.51

## Section 2

1 # 1607	Lewis, Sarah	85 South Coast	5:07.77
2 # 3487	Smyth, Milly	07 Ringwood	5:12.77
3 # 1009	Crawford, Charlot	07 Mornington	5:14.27
4 # 2088	Field, Sophie	09 Doncaster	5:18.29
5 # 4498	Christensen, Naom	94 Melbourne Uni	5:28.38
6 # 1937	Austin, Tracey	77 Waverley-Malvern	5:29.02
7 # 1213	Bukovsan, Kate	09 Ivanhoe	5:31.30
8 # 1895	Nelson, Eliza	07 Ivanhoe	5:31.97
9 # 1518	Mithen, Freya	10 South Melbourne	5:34.57
10 # 1586	Mehta, Riddhi	10 Essendon	5:36.58
11 # 1517	Mithen, Isla	07 South Melbourne	5:41.70
12 # 3123	Bragg, Ruby	11 Mentone	5:42.24
13 # 4023	Turner, Alanna	06 Old Scotch	5:54.11
14 # 2872	Walker, Rozlyn	63 Glenhuntly	5:58.98

## Section 3

1 # 9101	Becker, Lola	12 Unattached	6:02.24
2 # 2277	Haeger, Claudia	76 Old Xaverians	6:11.98
3 # 2205	Richards, Niesha	10 Mornington	6:38.71
4 # 1297	Rosenbrock, Carol	62 Yarra Ranges	6:41.69
5 # 1038	Lague, Amelie Tnn	05 Old Xaverians	6:43.47
6 # 2809	Warren, Silvia	72 Old Xaverians	7:01.64
7 # 1383	Gately, Elisse	76 Old Xaverians	7:03.91
8 # 1806	Garside, Emilie	95 Yarra Ranges	8:08.64

**Event 13 Women 400 Metre Sprint All Female**

Name	Year	Team	Finals
=====			
Section 1			
1 # 2626	Wynne, Alessia	03 Doncaster	56.92
2 # 246	Kurdian, Sienna	07 Box Hill	57.58
3 # 247	Harding, Shakira	07 Doncaster	59.20
4 # 3037	Wilcock, Hannah	05 Sandringham	1:01.13
5 # 3738	Upton, Shkyiah	05 Mornington	1:01.81
6 # 3038	Powell, Kundali	03 Sandringham	1:02.35
7 # 3368	Mierisch, Alana	03 Doncaster	1:04.35
Section 2			
1 # 3807	Haidar, Karen	01 Mentone	59.55
2 # 1238	Hastings, Sarah	07 Mentone	1:00.89
3 # 3487	Smyth, Milly	07 Ringwood	1:02.69
4 # 2695	Fernandez, Mia	09 Doncaster	1:03.07
5 # 2456	Wadley, Emma	03 Glenhuntly	1:03.43
6 # 1607	Lewis, Sarah	85 South Coast	1:03.99
7 # 3474	Hui, Morgan	07 Knox	1:04.37
8 # 4022	Gillson, Tess	07 Diamond Valley	1:05.76
Section 3			
1 # 3549	Rooke, Ashleigh	05 Yarra Ranges	1:04.85
2 # 3438	Bourke, Taryn	01 Yarra Ranges	1:05.67

**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park****Results****...Event 13 Women 400 Metre Sprint All Female**

3 #	4531	Tritton, Georgina	08	Box Hill	1:06.09
4 #	295	Dornom, Charlee	08	Mornington	1:07.72
5 #	1045	Sidebottom, Jasmi	06	Mornington	1:08.20
6 #	3649	Uecker, Samaya	06	Doncaster	1:08.34
7 #	3840	Griffiths, Tess	02	Nunawading	1:09.55
8 #	1213	Bukovsan, Kate	09	Ivanhoe	1:10.04
Section 4					
1 #	3903	Gillson, Georgia	02	Diamond Valley	1:06.58
2 #	3765	Fox, Carolyn	68	Box Hill	1:09.58
3 #	1596	Peak, Emma	04	Doncaster	1:10.07
4 #	201	Campillos, Clara	04	Old Xaverians	1:10.36
5 #	1009	Crawford, Charlot	07	Mornington	1:10.41
6 #	4766	Laing, Kelly	98	Nunawading	1:10.85
Section 5					
1 #	3694	Bienaime, Gabriel	07	Frankston	1:14.46
2 #	1346	Johns, Lucy	09	Diamond Valley	1:15.34
3 #	4246	Anderson, Helen	62	Waverley-Malvern	1:16.87
4 #	1937	Austin, Tracey	77	Waverley-Malvern	1:17.68
5 #	2205	Richards, Niesha	10	Mornington	1:18.65
6 #	2872	Walker, Rozlyn	63	Glenhuntly	1:19.57
Section 6					
1 #	1580	Jones, Joelle	62	Glenhuntly	1:26.59
2 #	1383	Gately, Elisse	76	Old Xaverians	1:32.58
3 #	1595	Peak, Kim	66	Doncaster	1:37.96
4 #	1037	Forbes, Michele	60	Glenhuntly	1:41.23

**Event 14 Men 400 Metre Sprint All Male**

Name	Year	Team	Finals
=====			
Section 1			
1 #	128	Gough, Luke	05 Glenhuntly 49.21
2 #	309	Milias, Matthew	09 Glenhuntly 49.35
3 #	4637	Nicolussi, Kyle	99 Collingwood 49.84
4 #	2850	Robinson, Corey	98 Nunawading 50.35
5 #	3007	Gillespie, Ryan	05 Mentone 50.71
6 #	3222	Quinn, Max	06 Richmond 50.95
7 #	2498	Zapris, Christian	08 Doncaster 51.48
8 #	2863	Olarenschaw, Jake	07 Nunawading 51.71
Section 2			
1 #	4372	Archer, Lucas	99 Box Hill 50.99
2 #	3305	Reynolds, Lachlan	06 Doncaster 51.39
3 #	2647	Mattsson, Archie	08 Glenhuntly 52.82
4 #	3102	Macdonald, Liam	06 Nunawading 53.22
5 #	3185	Byrne-Jones, Will	03 Old Scotch 53.26
6 #	2231	Russell, Liam	02 Yarra Ranges 53.36
7 #	3365	Mierisch, Paul	76 Doncaster 54.62
8 #	3371	Krawczyk, Nick	03 Knox 56.47
Section 3			
1 #	1648	Blackburn, Jamie	05 Ivanhoe 53.50
2 #	1485	Gibson, Alexander	04 Mentone 53.71
3 #	3695	De Silva, Tanila	90 Knox 55.08
4 #	1523	Settle, Callum	08 Ringwood 55.49
5 #	3676	Bentley, Ryan	85 Waverley-Malvern 56.32
6 #	4798	Gunnoo, Malik	03 Casey Cardinia 57.33
7 #	3756	Zheng, William	07 Nunawading 58.20
8 #	2859	Furlong, Liam	05 Ivanhoe 1:02.11
Section 4			
1 #	4028	Scott, Jarrod	89 Casey Cardinia 55.24



**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park  
Results****...Event 14 Men 400 Metre Sprint All Male**

2 # 3779	Heward, Tyran	01 Ringwood	55.43
3 # 3169	Wrigley, Miles	04 South Coast	56.21
4 # 3816	Merrick, Nicholas	96 Casey Cardinia	56.73
5 # 3508	Duncan, Oliver	02 Yarra Ranges	58.04
6 # 3489	Hardman, Thomas	07 Knox	59.06
Section 5			
1 # 4204	Firth, David	77 Doncaster	56.50
2 # 2337	Graham, Bayley	05 Ringwood	57.64
3 # 3640	Wood, Xavier	07 Knox	57.66
4 # 3193	Scott, Adam	71 Diamond Valley	57.84
5 # 1107	Fly, Mitchell	93 Mentone	58.14
6 # 3522	Rikanovic, Maksim	06 Mentone	58.61
7 # 3372	Krawczyk, Alex	08 Knox	1:01.16
Section 6			
1 # 4284	Gadsby, Jett	07 Knox	56.94
2 # 1486	Gibson, Edward	06 Mentone	57.31
3 # 3693	Ryan, Jackson	07 Knox	59.64
4 # 4534	Kannan, Vaibhav	06 Knox	1:00.08
5 # 3091	Stewart, Lachlan	03 Old Scotch	1:00.27
6 # 3300	Dawborn, Henry	07 Old Scotch	1:00.63
7 # 3920	Shuttleworth, Dou	06 Knox	1:04.71
Section 7			
1 # 1541	Warwick, Lachlan	07 Collingwood	57.27
2 # 1487	Gibson, Samuel	09 Mentone	57.93
3 # 4404	Shaw, Fraser	08 South Coast	59.73
4 # 2894	Banks, Matthew	70 Mornington	1:01.74
5 # 3386	Hughes, William	09 Mornington	1:02.22
6 # 4557	Prekkash, Khieren	10 Knox	1:02.61
7 # 1479	Whelan, Rhodri	07 Diamond Valley	1:02.70
8 # 3841	Griffiths, Darryl	69 Nunawading	1:03.85
Section 8			
1 # 3030	Murfett, Grant	67 Box Hill	1:03.70
2 # 257	Davenport, Kai Tn	07 Mornington	1:04.70
3 # 1252	Hewitson, Craig	71 Yarra Ranges	1:05.42
4 # 3682	Williams, Chris	90 Sandringham	1:05.73
5 # 3783	Baldwin, Terry	63 Waverley-Malvern	1:08.34
6 # 3812	Merrick, William	05 Casey Cardinia	1:13.71
7 # 4164	Banfield, Ethan	09 Mornington	1:22.56
Section 9			
1 # 3684	McGough, Thomas T	10 Mornington	1:03.48
2 # 1403	McCann, Gilbert	08 Nunawading	1:04.46
3 # 2007	Lynch, Martin	84 South Coast	1:05.37
4 # 1126	Hanley, Marcus	75 Mornington	1:07.37
5 # 1356	Colman, Alan	70 Old Xaverians	1:11.36
6 # 4336	Harvey, Finnian T	02 Old Xaverians	1:13.36
7 # 2813	Dyer, Zachery	03 Mornington	1:15.24
Section 10			
1 # 1484	Gibson, Vernon	67 Mentone	1:09.02
2 # 1692	Wright, Jeffrey	58 Knox	1:15.41
3 # 3217	Settle, Lee	71 Ringwood	1:22.65
4 # 1382	Taylor, Zachary	08 Old Xaverians	1:23.15
5 # 2076	Hall, Brenton	74 Ivanhoe	1:25.73
6 # 1370	Meek, Robert	60 Old Xaverians	1:29.83

**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park****Results****Event 15 Mixed High Jump 1.63+ Cont Sheet 01**

Name	Year Team	Finals
Flight 1		
1 # 225 Faber, Lucas	M06 Glenhuntly	1.88m
2 # 4255 Brown, Max	M06 Collingwood	1.83m
3 # 4607 Theodoro, Omal	M09 Glenhuntly	1.68m

**Event 16 Mixed Long Jump Sheet 01**

Name	Year Team	Finals	Wind
1 # 3508 Duncan, Oliver	M02 Yarra Ranges	5.57m	NWI
2 # 3993 Margaritis, Willi	M07 Nunawading	5.24m	NWI
3 # 4524 Russell, Cooper	M06 Mentone	5.23m	NWI
4 # 3801 Van Ravenstein, C	W06 Nunawading	4.82m	NWI
5 # 3226 Kernick, Liam Fnn	M01 Nunawading	4.80m	NWI
6 # 4765 Colgan, Molly	W08 Mornington	4.52m	NWI
7 # 344 Basile, Allegría	W10 Doncaster	4.46m	NWI
8 # 3549 Rooke, Ashleigh	W05 Yarra Ranges	4.22m	NWI
9 # 3629 Fairburn, Craig	M89 Knox	4.18m	NWI
10 # 3050 Bullard, Shani	W00 Yarra Ranges	4.08m	NWI
11 # 1264 Dell, Liam	M94 Collingwood	3.64m	NWI
12 # 4357 Evans, Simon	M60 Box Hill	3.33m	NWI
13 # 4771 Clemens, Will Tnn	M03 Casey Cardinia	3.13m	NWI
14 # 3160 Vorchheimer, Myer	M45 Maccabi	2.84m	NWI

**Event 16 Mixed Long Jump Controlled Sheet 02**

Name	Year Team	Finals	Wind
1 # 48 Shaw, Blake	M03 Frankston	7.24m	+0.0
7.11m(+0.0) FOUL(0.4)	7.24m(+0.0)		
2 # 2914 Hum, Nicholas Tnn	M93 Glenhuntly	6.80m	-0.2
6.60m(-0.7) 6.69m(+0.0)	6.80m(-0.2)		
3 # 4176 Hatch, Ryan	M00 Nunawading	6.76m	0.5
6.76m(0.5) FOUL(+0.0)	FOUL(+0.0)		
4 # 1100 Nixon, Darcy	M07 Box Hill	5.85m	+0.0
4.50m(0.2) 5.85m(+0.0)	5.48m(-0.8)		
5 # 2626 Wynne, Alessia	W03 Doncaster	5.82m	+0.0
5.67m(+0.0) 5.82m(+0.0)	5.82m(+0.0)		
6 # 4491 Daly, Tom	M01 Casey Cardinia	5.49m	+0.0
3.48m(+0.0) 5.49m(+0.0)	PASS		
7 # 4745 Alexander, Rachel	W98 Essendon	5.17m	-1.2
4.03m(-0.3) FOUL(+0.0)	5.17m(-1.2)		
8 # 1092 Zhang, Isabel	W07 Glenhuntly	5.15m	+0.0
4.77m(-0.1) 5.15m(+0.0)	PASS		

**Event 16E Mixed Long Jump Extra Jumps Non Scoring**

Name	Year Team	Finals	Wind
-- # 48 Shaw, Blake	M03 Frankston	X7.25m	-1.0
7.25m(-1.0) FOUL(+0.0)	6.86m(-0.9)		
-- # 4176 Hatch, Ryan	M00 Nunawading	X6.87m	+0.0
6.87m(+0.0) 6.59m(0.1)	FOUL(0.5)		
-- # 2914 Hum, Nicholas Tnn	M93 Glenhuntly	X6.73m	-0.1
6.73m(-0.1) PASS	FOUL(+0.0)		
-- # 2626 Wynne, Alessia	W03 Doncaster	X5.80m	1.0
5.59m(-1.4) 5.80m(1.0)	PASS		

**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park****Results****...Event 16E Mixed Long Jump Extra Jumps Non Scoring**

-- # 4745 Alexander, Rachel W98 Essendon X5.63m -0.2  
 3.92m(0.3) FOUL(+0.0) 5.63m(-0.2)

**Event 17 Mixed Discus Throw Controlled Sheet 01**

Name	Year	Team	Finals
1 # 63 Beale, Xylavene	W06	Albury	44.32m
PASS			
2 # 189 Healy, Kevin	M05	Essendon	41.01m
3 # 1235 Tanojevic, Tom	M98	Sandringham	39.90m
4 # 4182 Gumley, Lachlan	M09	Old Scotch	39.50m
5 # 200 Keeghan, Elise	W05	Nunawading	39.14m
6 # 4245 Mills, Alexandra	W00	Diamond Valley	38.30m
7 # 3926 Howard, Jack	M58	St Kevins	38.16m
8 # 2750 Carstairs, Shane	M88	Waverley-Malvern	36.74m
9 # 3742 Steen, Charlie	M06	Glenhuntly	36.22m
10 # 3697 Champion, Megan	W80	Mentone	36.10m
11 # 4263 Sutton, Rebekah	W02	Western Athletics	35.26m
12 # 4015 Hall, Matthew	M71	Diamond Valley	31.04m
13 # 4365 Reniguntala, Sona	W10	Coburg	30.98m
14 # 3464 McCowan, Catherin	W85	Box Hill	30.82m
15 # 2574 Barnet, Ebony	W07	Box Hill	29.99m
16 # 3463 Hewitt, Sarah	W74	Box Hill	29.29m
17 # 3925 Zammit, Sebastian	M97	Glenhuntly	29.20m
18 # 2729 Johansen, Nicole	W73	Ringwood	28.89m
19 # 2935 Carstairs, Greg	M85	Waverley-Malvern	25.90m
20 # 3264 Hughes, Kate	W95	Collingwood	24.40m
21 # 3458 Conrad, Oliver	M08	Sandringham	22.96m

**Event 17E Mixed Discus Throw Extra Throws Non Scoring**

Name	Year	Team	Finals
-- # 63 Beale, Xylavene	W06	Albury	X42.94m
-- # 4245 Mills, Alexandra	W00	Diamond Valley	X39.33m
x x x 39.33m			
-- # 200 Keeghan, Elise	W05	Nunawading	X39.06m
-- # 1235 Tanojevic, Tom	M98	Sandringham	XND

**Event 18 Mixed Hammer Throw Sheet 01**

Name	Year	Team	Finals
1 # 274 Amiatsu, Will	M08	Glenhuntly	52.19m
2 # 2974 Derrett, Lucinda	W01	Diamond Valley	37.71m
3 # 3027 Galea, Marty	M56	Collingwood	29.00m
4 # 2414 Hambling, Mark	M79	Geelong Guild	27.56m
5 # 3310 Messerle, Narelle	W58	Ringwood	22.44m
6 # 2790 De Vries, Owen	M01	Ringwood	20.31m
7 # 1529 Pennings, Nicole	W95	Nunawading	19.67m
8 # 3721 Laurie, Natalie	W91	Nunawading	19.36m
9 # 2850 Robinson, Corey	M98	Nunawading	18.76m
10 # 1262 Dell, Brendan	M87	Collingwood	17.60m
11 # 4766 Laing, Kelly	W98	Nunawading	17.01m
12 # 1208 Elms, Donna-Marie	W61	Preston	15.44m

**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park****Results****Event 20 Mixed Long Jump Sheet 04**

Name	Year	Team	Finals	Wind
1 # 4255 Brown, Max	M06	Collingwood	6.77m	NWI
2 # 4090 Brewster, Jack	M07	Frankston	6.17m	NWI
3 # 225 Faber, Lucas	M06	Glenhuntly	5.69m	NWI
4 # 4607 Theodoro, Omal	M09	Glenhuntly	5.53m	NWI
5 # 2231 Russell, Liam	M02	Yarra Ranges	5.40m	NWI
6 # 3589 Brown, Zachary	M08	Ringwood	5.34m	NWI
7 # 3742 Steen, Charlie	M06	Glenhuntly	5.21m	NWI
8 # 3779 Heward, Tyran	M01	Ringwood	5.15m	NWI
9 # 3480 McBrien, Maddison	W03	Box Hill	4.67m	NWI
10 # 1252 Hewitson, Craig	M71	Yarra Ranges	3.61m	NWI
11 # 4365 Reniguntala, Sona	W10	Coburg	3.20m	NWI
12 # 1253 Hewitson, Kathi	W72	Yarra Ranges	3.01m	NWI
13 # 3721 Laurie, Natalie	W91	Nunawading	2.65m	NWI
-- # 2728 Attwood, Brayden	M06	Casey Cardinia	ND	NWI

**Event 21 Mixed Discus Throw Sheet 02**

Name	Year	Team	Finals
1 # 2969 De Vries, Wayne	M73	Ringwood	35.99m
2 # 3390 Holohan, Anthony	M63	Sandringham	33.86m
3 # 2790 De Vries, Owen	M01	Ringwood	33.56m
4 # 4008 Wrzuszczak, Peter	M60	Corio	32.23m
5 # 3993 Margaritis, Willi	M07	Nunawading	31.76m
6 # 2414 Hambling, Mark	M79	Geelong Guild	30.71m
7 # 3629 Fairburn, Craig	M89	Knox	29.97m
8 # 4453 Klep, Chantal	W01	Nunawading	26.11m
9 # 1616 Seddon, Matthew	M00	Box Hill	25.15m
10 # 3721 Laurie, Natalie	W91	Nunawading	23.19m
11 # 3027 Galea, Marty	M56	Collingwood	23.11m
12 # 3399 De Vries, Jade	W06	Ringwood	20.74m
13 # 1264 Dell, Liam	M94	Collingwood	19.91m
14 # 3389 Holohan, Dee	W65	Sandringham	18.26m
15 # 1015 Barrow, Geoffrey	M49	Mentone	18.08m
16 # 234 Smith, Emily	W06	Knox	18.07m
17 # 1263 Dell, Kieran	M91	Collingwood	16.29m
18 # 1595 Peak, Kim	W66	Doncaster	16.22m
19 # 2588 Parrott, Andrew	M62	Doncaster	16.21m
20 # 1596 Peak, Emma	W04	Doncaster	15.77m
21 # 3654 Albiston, Simone	W66	Waverley-Malvern	14.73m

**Event 22 Mixed Hammer Throw Controlled Sheet 02**

Name	Year	Team	Finals
1 # 189 Healy, Kevin	M05	Essendon	62.99m
2 # 1140 Voogd, Benjamin	M02	Ringwood	50.81m
3 # 4506 Rheuben, Briony T	W82	Diamond Valley	48.97m
4 # 233 Wilson, Eva	W06	Box Hill	44.30m
5 # 4263 Sutton, Rebekah	W02	Western Athletics	43.44m
6 # 2750 Carstairs, Shane	M88	Waverley-Malvern	40.06m
7 # 2574 Barnet, Ebony	W07	Box Hill	38.12m
8 # 3174 Wooding, Alyssa	W03	Frankston	38.09m
9 # 3464 McCowan, Catherin	W85	Box Hill	37.02m
10 # 3156 Wooding, Melanie	W06	Frankston	36.64m
11 # 3254 Buttigieg, Linda	W64	Waverley-Malvern	36.37m
12 # 2729 Johansen, Nicole	W73	Ringwood	34.51m

**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park****Results****...Event 22 Mixed Hammer Throw Controlled Sheet 02**

13 # 3264 Hughes, Kate	W95 Collingwood	33.65m
14 # 3926 Howard, Jack	M58 St Kevins	32.11m
15 # 3463 Hewitt, Sarah	W74 Box Hill	29.21m
16 # 2935 Carstairs, Greg	M85 Waverley-Malvern	25.82m
17 # 4015 Hall, Matthew	M71 Diamond Valley	24.23m

**Event 22E Mixed Hammer Throw Extra Throws Non Scoring**

Name	Year Team	Finals
-- # 189 Healy, Kevin	M05 Essendon	X60.93m
-- # 233 Wilson, Eva	W06 Box Hill	X45.16m
-- # 4263 Sutton, Rebekah	W02 Western Athletics	X43.21m

**Event 23 Mixed High Jump 1.28m-1.73m Sheet 03**

Name	Year Team	Finals
1 # 3742 Steen, Charlie	M06 Glenhuntly	1.63m
1 # 3912 Emons, Angus	M07 Glenhuntly	1.63m
3 # 3629 Fairburn, Craig	M89 Knox	1.58m
4 # 2919 Morgan, Eden	M05 Knox	1.48m
5 # 3480 McBrien, Maddison	W03 Box Hill	1.43m
6 # 2327 Hollins, Isabella	W06 Glenhuntly	1.33m
7 # 4134 Dziurek, Eve	W09 Box Hill	1.28m

**Event 24 Mixed Long Jump Sheet 05**

Name	Year Team	Finals	Wind
1 # 3367 Krawczyk, Brad	M75 Knox	5.43m	NWI
2 # 3372 Krawczyk, Alex	M08 Knox	5.38m	NWI
3 # 4534 Kannan, Vaibhav	M06 Knox	5.02m	NWI
4 # 2790 De Vries, Owen	M01 Ringwood	4.78m	NWI
5 # 3252 Goodman, Taylah	W07 Casey Cardinia	4.68m	NWI
6 # 4567 Kosta, April	W10 Doncaster	4.65m	NWI
7 # 1392 Leith, Neill	M79 Waverley-Malvern	4.54m	NWI
8 # 3837 Goss, Georgia	W08 Mornington	4.32m	NWI
9 # 3783 Baldwin, Terry	M63 Waverley-Malvern	4.27m	NWI
10 # 3430 Arnold, Ashleigh	W03 Old Scotch	4.19m	NWI
11 # 4185 Gumley, Lily	W10 Old Scotch	4.14m	NWI
12 # 2607 Dyer, Kobi-Lee Fn	W05 Frankston	3.94m	NWI
13 # 3651 Davey-Uecker, Mel	W76 Doncaster	3.92m	NWI
14 # 2657 Shuttleworth, Ang	M11 Knox	3.51m	NWI
15 # 3399 De Vries, Jade	W06 Ringwood	3.50m	NWI
16 # 2969 De Vries, Wayne	M73 Ringwood	3.42m	NWI
17 # 3650 Uecker, Giselle	W09 Doncaster	3.36m	NWI
18 # 3649 Uecker, Samaya	W06 Doncaster	3.19m	NWI

**Event 25 Mixed Long Jump Sheet 06**

Name	Year Team	Finals	Wind
1 # 1596 Peak, Emma	W04 Doncaster	4.35m	NWI
2 # 3551 Taylor, Lily	W05 Old Scotch	3.97m	NWI
3 # 4766 Laing, Kelly	W98 Nunawading	3.94m	NWI
4 # 3799 Shipham, Patrick	M04 Knox	3.90m	NWI
5 # 3719 Peters, Linn	W09 St Kevins	3.64m	NWI
6 # 3269 Ross, Anna	W87 Glenhuntly	3.34m	NWI

**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park****Results****...Event 25 Mixed Long Jump Sheet 06**

7 # 2729 Johansen, Nicole W73 Ringwood 2.49m NWI

**Event 26 Mixed Discus Throw Sheet 03**

Name	Year Team	Finals
1 # 233 Wilson, Eva	W06 Box Hill	29.51m
2 # 1529 Pennings, Nicole	W95 Nunawading	28.47m
2 # 2974 Derrett, Lucinda	W01 Diamond Valley	28.47m
4 # 2979 Cauchi, Mark	M57 Knox	26.64m
5 # 3549 Rooke, Ashleigh	W05 Yarra Ranges	26.35m
6 # 2153 Pratt, Wil	M73 Mornington	24.42m
7 # 3310 Messerle, Narelle	W58 Ringwood	21.52m
8 # 1008 Zwierlein, Robert	M63 Mornington	21.11m
9 # 344 Basile, Allegrgia	W10 Doncaster	20.65m
10 # 2668 Vaughan, David	M66 Doncaster	20.33m
11 # 3254 Buttigieg, Linda	W64 Waverley-Malvern	20.01m
12 # 4771 Clemens, Will Tnn	M03 Casey Cardinia	19.48m
13 # 2894 Banks, Matthew	M70 Mornington	19.36m
14 # 1262 Dell, Brendan	M87 Collingwood	17.59m
15 # 3050 Bullard, Shani	W00 Yarra Ranges	17.04m
16 # 3840 Griffiths, Tess	W02 Nunawading	16.22m
17 # 3801 Van Ravenstein, C	W06 Nunawading	16.20m
18 # 3281 Bridle, Christine	W57 Waverley-Malvern	15.63m
19 # 3809 Ebbels, Anne-Mari	W73 Yarra Ranges	14.55m
20 # 4246 Anderson, Helen	W62 Waverley-Malvern	11.97m

**Event 27 Mixed Hammer Throw Throw & Go Sheet 03**

Name	Year Team	Finals
1 # 1253 Hewitson, Kathi	W72 Yarra Ranges	23.75m
2 # 3445 Handasyde, Ian	M53 Old Scotch	19.90m
3 # 3269 Ross, Anna	W87 Glenhuntly	16.56m

**Event 28 Mixed Hammer Throw Sheet 04**

Name	Year Team	Finals
1 # 3210 Jenkins, Dorn	W55 Mentone	35.89m
2 # 4008 Wrzuszczyk, Peter	M60 Corio	35.67m
3 # 3657 Crawley, Andrew	M65 Mentone	34.17m
4 # 3808 Ebbels, Sarah	W05 Yarra Ranges	33.28m
5 # 2969 De Vries, Wayne	M73 Ringwood	29.96m
6 # 3399 De Vries, Jade	W06 Ringwood	27.18m
7 # 2211 Bruce, Allison	W72 Collingwood	26.77m
8 # 4365 Reniguntala, Sona	W10 Coburg	26.75m
9 # 1595 Peak, Kim	W66 Doncaster	25.91m
10 # 3809 Ebbels, Anne-Mari	W73 Yarra Ranges	25.70m
11 # 4453 Klep, Chantal	W01 Nunawading	23.46m
12 # 3167 Barrett, Rachel	W85 Sandringham	23.43m
13 # 3281 Bridle, Christine	W57 Waverley-Malvern	21.94m
14 # 1015 Barrow, Geoffrey	M49 Mentone	17.84m
15 # 1205 Colbert, Tracy	W69 Western Athletics	16.71m
16 # 3684 McGough, Thomas T	M10 Mornington	16.16m
17 # 1263 Dell, Kieran	M91 Collingwood	14.36m
18 # 1419 Martini, David	M76 Old Xaverians	12.48m

**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park****Results****Event 29 Mixed High Jump 1.13m-1.58m Sheet 04**

Name	Year	Team	Finals
1 # 1235 Tanojevic, Tom	M98	Sandringham	1.58m
2 # 4534 Kannan, Vaibhav	M06	Knox	1.48m
3 # 3682 Williams, Chris	M90	Sandringham	1.38m
3 # 2607 Dyer, Kobi-Lee Fn	W05	Frankston	1.38m
3 # 3386 Hughes, William	M09	Mornington	1.38m
6 # 1264 Dell, Liam	M94	Collingwood	1.33m
6 # 3269 Ross, Anna	W87	Glenhuntly	1.33m
8 # 1262 Dell, Brendan	M87	Collingwood	1.23m
9 # 2657 Shuttleworth, Ang	M11	Knox	1.18m
-- # 3783 Baldwin, Terry	M63	Waverley-Malvern	NH

**Event 30 Mixed Long Jump Sheet 08**

Name	Year	Team	Finals	Wind
1 # 2850 Robinson, Corey	M98	Nunawading	6.08m	NWI
2 # 3961 Melemenis, Yani	M08	Mentone	5.79m	NWI
3 # 3169 Wrigley, Miles	M04	South Coast	5.50m	NWI
4 # 1616 Seddon, Matthew	M00	Box Hill	5.38m	NWI
5 # 3729 Smerdon, Nicholas	M05	Casey Cardinia	5.16m	NWI
6 # 3640 Wood, Xavier	M07	Knox	4.85m	NWI
7 # 3731 Smerdon, Alex	M07	Casey Cardinia	4.69m	NWI
8 # 3561 Tassone, Sam	M02	Nunawading	4.67m	NWI
9 # 2894 Banks, Matthew	M70	Mornington	4.51m	NWI
10 # 4336 Harvey, Finnian T	M02	Old Xaverians	4.38m	NWI
11 # 3841 Griffiths, Darryl	M69	Nunawading	4.37m	NWI
12 # 257 Davenport, Kai Tn	M07	Mornington	4.21m	NWI
13 # 3840 Griffiths, Tess	W02	Nunawading	4.19m	NWI
14 # 1523 Settle, Callum	M08	Ringwood	4.05m	NWI
15 # 3091 Stewart, Lachlan	M03	Old Scotch	3.70m	NWI
16 # 1479 Whelan, Rhodri	M07	Diamond Valley	3.69m	NWI
17 # 2979 Cauchi, Mark	M57	Knox	3.29m	NWI
18 # 4023 Turner, Alanna	W06	Old Scotch	3.04m	NWI
19 # 1263 Dell, Kieran	M91	Collingwood	2.93m	NWI
20 # 2599 Roach, Tom Tnn;Fn	M08	Old Scotch	2.06m	NWI

**Event 31 Mixed Discus Throw Throw & Go Sheet 04**

Name	Year	Team	Finals
1 # 3783 Baldwin, Terry	M63	Waverley-Malvern	35.76m
2 # 4028 Scott, Jarrod	M89	Casey Cardinia	24.47m
3 # 1484 Gibson, Vernon	M67	Mentone	20.91m
4 # 3480 McBrien, Maddison	W03	Box Hill	18.35m
5 # 4519 Lang, Jeffrey	M65	Glenhuntly	16.35m
6 # 3445 Handasyde, Ian	M53	Old Scotch	15.92m
7 # 3695 De Silva, Tanila	M90	Knox	15.86m
8 # 1356 Colman, Alan	M70	Old Xaverians	13.62m
9 # 1772 Ferrer, Richard	M60	Waverley-Malvern	12.81m
10 # 1487 Gibson, Samuel	M09	Mentone	12.59m
11 # 1107 Fly, Mitchell	M93	Mentone	12.21m
12 # 1486 Gibson, Edward	M06	Mentone	11.64m
13 # 1482 Gibson, Kerrie	W71	Mentone	11.36m
14 # 1419 Martini, David	M76	Old Xaverians	11.20m
15 # 1485 Gibson, Alexander	M04	Mentone	11.02m
16 # 1253 Hewitson, Kathi	W72	Yarra Ranges	10.10m
17 # 3650 Uecker, Giselle	W09	Doncaster	7.95m

**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park****Results****...Event 31 Mixed Discus Throw Throw & Go Sheet 04**

-- # 1382 Taylor, Zachary	M08	Old Xaverians	ND
-- # 3649 Uecker, Samaya	W06	Doncaster	ND
-- # 4011 Walker, John	M55	Ringwood	ND
-- # 1465 Campillos, Pablo	M70	Old Xaverians	ND

**Event 32 Mixed Discus Throw Sheet 05**

Name	Year	Team	Finals
1 # 3657 Crawley, Andrew	M65	Mentone	31.09m
2 # 3546 Wilkins, Hayley	W03	Yarra Ranges	29.75m
3 # 1081 Matters, Toni	W68	Glenhuntly	28.79m
4 # 3481 Peska, Stan	M56	Western Athletics	28.57m
5 # 3367 Krawczyk, Brad	M75	Knox	26.89m
6 # 3167 Barrett, Rachel	W85	Sandringham	24.74m
7 # 3676 Bentley, Ryan	M85	Waverley-Malvern	24.68m
8 # 3372 Krawczyk, Alex	M08	Knox	23.34m
9 # 2656 McLean, Louise	W65	Glenhuntly	22.55m
10 # 3193 Scott, Adam	M71	Diamond Valley	21.12m
11 # 2211 Bruce, Allison	W72	Collingwood	17.59m
12 # 2599 Roach, Tom Tnn;Fn	M08	Old Scotch	15.81m
13 # 1143 Voogd, Debbie	W65	Ringwood	14.14m
14 # 2076 Hall, Brenton	M74	Ivanhoe	13.38m
-- # 3318 Scott, Joshua	M02	Diamond Valley	ND

**Event 33 Mixed Hammer Throw Sheet 05**

Name	Year	Team	Finals
1 # 1121 Werner, Emma	W92	Eureka	43.54m
2 # 1498 Sanchez, Keira	W06	Diamond Valley	39.55m
3 # 4204 Firth, David	M77	Doncaster	35.76m
4 # 3481 Peska, Stan	M56	Western Athletics	30.03m
5 # 2289 Merino, Paula	W69	Diamond Valley	25.84m
6 # 1006 Mahony, Craig	M58	Mornington	23.22m
7 # 3160 Vorchheimer, Myer	M45	Maccabi	21.08m
7 # 3367 Krawczyk, Brad	M75	Knox	21.08m
9 # 4519 Lang, Jeffrey	M65	Glenhuntly	18.15m
10 # 4373 Miller, Clint	M80	Sandringham	17.51m
11 # 3841 Griffiths, Darryl	M69	Nunawading	17.44m
12 # 4011 Walker, John	M55	Ringwood	16.91m
13 # 1822 Skurka, Ben	M76	Mentone	16.79m
14 # 3371 Krawczyk, Nick	M03	Knox	16.16m
15 # 3840 Griffiths, Tess	W02	Nunawading	15.47m
16 # 2588 Parrott, Andrew	M62	Doncaster	14.99m
17 # 3580 Sparkes, Meg	W03	Yarra Ranges	13.54m

**Event 34 Mixed High Jump 1.03m-1.48m Sheet 05**

Name	Year	Team	Finals
1 # 3399 De Vries, Jade	W06	Ringwood	1.28m
2 # 3799 Shipham, Patrick	M04	Knox	1.23m
2 # 1822 Skurka, Ben	M76	Mentone	1.23m
2 # 1692 Wright, Jeffrey	M58	Knox	1.23m
5 # 2969 De Vries, Wayne	M73	Ringwood	1.18m



**2023/24 AVSL Round 11 - Knox - 10/02/2024****Knox Park****Results****Event 35 Mixed Long Jump Sheet 10**

Name	Year	Team	Finals	Wind
1 # 1118 Chandrasena, Leon	M09	Mentone	4.79m	NWI
2 # 3318 Scott, Joshua	M02	Diamond Valley	4.36m	NWI

**Event 36 Mixed Discus Throw Sheet 06**

Name	Year	Team	Finals
1 # 263 Smith, Eden	M07	Ringwood	39.30m
2 # 3559 McMaster, Abigail	W06	Sandringham	35.08m
3 # 1118 Chandrasena, Leon	M09	Mentone	34.56m
4 # 4373 Miller, Clint	M80	Sandringham	32.00m
5 # 274 Amiatu, Will	M08	Glenhuntly	30.07m
6 # 3423 Bain, Shannon	M99	Essendon	27.39m
7 # 4534 Kannan, Vaibhav	M06	Knox	26.46m
8 # 3580 Sparkes, Meg	W03	Yarra Ranges	26.31m
9 # 3371 Krawczyk, Nick	M03	Knox	22.28m
10 # 2972 Ryan, Kate	W78	Diamond Valley	17.26m
11 # 1822 Skurka, Ben	M76	Mentone	16.82m
12 # 257 Davenport, Kai Tn	M07	Mornington	14.42m
13 # 3799 Shipham, Patrick	M04	Knox	13.45m

**Event 37 Mixed Hammer Throw Sheet 06**

Name	Year	Team	Finals
1 # 303 Ryan, Zoey	W09	Diamond Valley	40.72m
2 # 1584 McLennan, Lewis	M11	Doncaster	30.88m
3 # 2979 Cauchi, Mark	M57	Knox	26.49m
4 # 1118 Chandrasena, Leon	M09	Mentone	24.40m
5 # 1081 Matters, Toni	W68	Glenhuntly	23.79m
6 # 1143 Voogd, Debbie	W65	Ringwood	20.41m
7 # 1579 McLennan, Campbel	M72	Doncaster	20.14m
8 # 1581 McLennan, Laura	W76	Doncaster	18.54m
-- # 1582 McLennan, Hamish	M09	Doncaster	ND

**Event 119 Mixed High Jump 1.38m-1.73m Sheet 02**

Name	Year	Team	Finals
1 # 3729 Smerdon, Nicholas	M05	Casey Cardinia	1.78m
2 # 2942 Frost, Jake	M08	Nunawading	1.68m
2 # 3508 Duncan, Oliver	M02	Yarra Ranges	1.68m
2 # 3961 Melemenis, Yani	M08	Mentone	1.68m
2 # 2055 Baxter, Andrew	M78	Waverley-Malvern	1.68m
6 # 3458 Conrad, Oliver	M08	Sandringham	1.63m
6 # 3372 Krawczyk, Alex	M08	Knox	1.63m
6 # 3489 Hardman, Thomas	M07	Knox	1.63m
9 # 3367 Krawczyk, Brad	M75	Knox	1.58m
9 # 4524 Russell, Cooper	M06	Mentone	1.58m
11 # 3731 Smerdon, Alex	M07	Casey Cardinia	1.53m
12 # 3910 Matthews, Charli	W06	St Kevins	1.48m
-- # 3693 Ryan, Jackson	M07	Knox	NH