

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****Event 1A Mixed 1500 Metre Race Walk RESULTS Results**

Name	Year Team	Finals
Section 1		
1 Matthews, Hannah	W10 Knox	7:37.0h
2 Laurie, Natalie	W91 Nunawading	8:07.0h
3 McLennan, Lewis	M11 Doncaster	8:08.0h
4 Evans, Simon	M60 Box Hill	8:16.0h
5 McLennan, Laura	W76 Doncaster	9:04.0h
6 Elms, Donna-Marie	W61 Preston	9:05.0h
7 Garside, Emilie	W95 Yarra Ranges	9:06.0h
8 Holohan, Dee	W65 Sandringham	9:11.9h
9 Carr, Heather	W49 Glenhuntly	9:42.9h
10 Hodgart, Janice	W63 Western Athletics	10:09.0h
11 Martini, David	M76 Old Xaverians	10:50.1h
12 Peak, Kim	W66 Doncaster	10:50.5h
13 Steed, Gwen	W42 Glenhuntly	10:51.7h
14 Thompson, Merilyn	W65 Mornington	11:13.3h
15 Barrow, Geoffrey	M49 Mentone	11:16.1h
16 Gardiner, Robert	M36 Collingwood	11:53.0h

Event 2 Men 110 Metre Hurdles Hurdles 1.067m

Name	Year Team	Finals
Section 1 Wind: 1.9		
1 Van Der Westhuizen, Ben	90 Nunawading	22.22

Event 3 Men 110 Metre Hurdles Hurdles 0.991m

Name	Year Team	Finals
Section 1 Wind: 0.3		
1 Byrne, Xander	05 Western Athletics	15.10
-- Krawczyk, Brad	75 Knox	DQ

Event 4 Men 110 Metre Hurdles Hurdles 0.914m

Name	Year Team	Finals
Section 1 Wind: 3.8		
1 McKay, Hudson	07 Ringwood	14.25
2 Attwood, Brayden	06 Casey Cardinia	14.82
3 Pidgeon, Aidan	06 Box Hill	16.87
4 Andrews, Asher	07 Diamond Valley	17.32
Section 2 Wind: 1.4		
1 Russell, Cooper	06 Mentone	18.94
2 Zheng, William	07 Nunawading	19.47
3 Smerdon, Alex	07 Casey Cardinia	20.08

Event 5 Men 100 Metre Hurdles Hurdles 0.838m

Name	Year Team	Finals
Section 1 Wind: 3.8		
1 Martin, Aidan	09 Mornington	19.87

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****Event 6 Women 100 Metre Hurdles Hurdles 0.838m**

Name	Year Team	Finals
Section 1 Wind: -1.1		
1 Clemow, Rhianna	03 Mentone	19.21
-- Chapman, Alana	04 Box Hill	DQ
Section 2 Wind: -0.9		
1 Bullard, Shani	00 Yarra Ranges	19.63

Event 7 Women 100 Metre Hurdles Hurdles 0.762m

Name	Year Team	Finals
Section 1 Wind: -2.7		
1 Smith, Amelia	06 Ringwood	15.63
2 Card, Vivienne Helena	06 Mentone	16.93
3 O'Callaghan, Neve	06 Box Hill	18.28
4 Bridle, Teeghan	06 Casey Cardinia	18.30

Event 8 Men 90 Metre Hurdles Hurdles 0.762m

Name	Year Team	Finals
Section 1 Wind: -2.0		
1 Walker, Seb	10 Old Xaverians	17.72

Event 9 Women 90 Metre Hurdles Hurdles 0.762m

Name	Year Team	Finals
Section 1 Wind: -2.5		
1 Wong, Laura	09 Glenhuntly	13.40

Event 10 Women 80 Metre Hurdles Hurdles 0.762m

Name	Year Team	Finals
Section 1 Wind: -1.6		
1 Carah, Karen	68 Box Hill	14.47
2 Byers, Aggie	78 Glenhuntly	16.10

Event 11A Mixed 3000 Metre Race Walk RESULTS Results

Name	Year Team	Finals
Section 1		
1 Blackwood, Mark	M77 Knox	13:48.3h Y LS
2 Davidson, Max	M09 Diamond Valley	15:03.5h Y LS
3 McClure, Mya	W11 Whittlesea C	15:09.6h Y LS
4 Chitty, Jade	W04 Western Athletics	15:39.7h Y LS
5 Hay, Char	W03 Melbourne Uni	16:09.0h Y LS
6 Hvalica, Jaime	M10 Diamond Valley	16:32.6h Y LS
7 Smith, Emily	W06 Knox	16:55.1h Y LS
8 Smyth, David	M69 Collingwood	17:02.6h Y LS
9 Rosenbrock, Carolyn	W62 Yarra Ranges	17:19.4h Y LS
10 Geisler, Sandra	W77 Ringwood	18:40.7h Y LS
11 Van Dongen, Rupert	M74 Mentone	19:35.4h Y LS
12 Xie, Christal	W99 Doncaster	22:27.3h Y LS
13 Reid, Ross	M54 Collingwood	23:35.6h Y LS
-- Stephens, Alejandro	M93 Glenhuntly	DQ Y LS

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****Event 12A Men 1500 Metre Run RESULTS Results**

Name	Year	Team	Finals
1 Gibson, Alexander	04	Mentone	4:03.53
2 Wright, Eamon	99	Doncaster	4:14.45
3 Mischel, Liam	06	Glenhuntly	4:15.07
4 Hijlkema, Kane	08	Glenhuntly	4:19.15
5 Sullivan, Riley	09	Mentone	4:19.86
6 Fisher, Gideon	08	Mentone	4:22.49
7 Hughes, Tyler	10	Mornington	4:28.01
8 Mattsson, Archie	08	Glenhuntly	4:29.24
9 Bodle, Luke	08	Old Scotch	4:32.30
10 Short, William Tnn;Fnn	07	Glenhuntly	4:33.59
11 Bayliss, Cooper	07	Mentone	4:42.93
12 Atkinson, James	66	Waverley-Malvern	4:48.87
Section 2			
1 Hewett, Archie	06	Mornington	4:29.60
2 Evans, Eifion	07	Mentone	4:36.59
3 Gibson, Samuel	09	Mentone	4:36.82
4 Sheen, Ethan	10	Mornington	4:37.05
5 Sanford, Craig	68	Waverley-Malvern	4:38.20
6 Emons, Angus	07	Glenhuntly	4:40.52
7 Spiteri, Martin	71	Waverley-Malvern	4:41.28
8 Meier, James	06	Casey Cardinia	4:42.14
9 Ashok, Arun	91	Waverley-Malvern	4:43.28
10 Lynch, Martin	84	South Coast	4:44.42
11 Warren, Lochlan Tnn;Fnn	07	Old Xaverians	4:44.96
12 Bentley, Ryan	85	Waverley-Malvern	4:46.05
13 Davenport, Kai Tnn;Fnn	07	Mornington	4:51.66
14 Dyer, Zachery	03	Mornington	4:52.21
15 Banfield, Ethan	09	Mornington	5:02.93
Section 3			
1 Higlett, Jeremy	93	Old Xaverians	4:35.83
2 McCann, Gilbert	08	Nunawading	4:49.56
3 Manolitsas, Carlo Tnn;Fn	98	Old Xaverians	4:52.63
4 McLennan, Campbell	72	Doncaster	4:55.81
5 McLennan, Hamish	09	Doncaster	4:56.27
6 Thomas, Michael	71	Mornington	4:56.87
7 Trott, Robert	79	Mornington	4:57.37
8 Walker, Seb	10	Old Xaverians	4:57.83
9 Pratt, Wil	73	Mornington	4:58.13
10 Imbriano, Dino	74	St Kevins	4:59.65
11 Hanley, Marcus	75	Mornington	5:01.62
12 McAllister, Harry	11	Sandringham	5:02.28
13 Brooks, Warren	65	Box Hill	5:02.41
14 McGregor, Jackson	05	Mentone	5:14.19
15 O'Callaghan, Alexander	88	Old Xaverians	6:00.33
Section 4			
1 Campillos, Pablo	70	Old Xaverians	5:08.36
2 Williams, Chris	90	Sandringham	5:13.07
3 Imbriano, Glen	08	Diamond Valley	5:17.89
4 Collins, John	70	Knox	5:20.10
5 Michel, Maddix	10	Mentone	5:24.41
6 McGough, Thomas Tnn;Fnn	10	Mornington	5:25.65
7 Byrom, Max	10	Box Hill	5:35.40
8 Walker, Taj	12	Old Xaverians	5:36.42
9 Newling, Rob	59	Mornington	5:36.56
10 Skurka, Ben	76	Mentone	5:50.45
11 Zwierlein, Robert	63	Mornington	5:55.03
12 Dyer, George	64	Knox	6:02.57

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****....Event 12A Men 1500 Metre Run RESULTS Results**

13 Bowes, Phillip	56 Mentone	6:21.45
Section 5		
1 Martini, David	76 Old Xaverians	5:12.18
2 Colgan, Craig	72 Mornington	5:36.59
3 McLennan, Lewis	11 Doncaster	5:42.79
4 Quinn, Jasper	08 Old Scotch	5:59.15
5 Van Dongen, Rupert	74 Mentone	6:02.80
6 Sullivan, William	89 Doncaster	6:08.03
7 McMeeken, Bradley Tnn;Fn	08 Yarra Ranges	6:41.71
8 Hodgart, Mal	60 Western Athletics	6:50.03
9 Worsnop, Christopher	57 Old Xaverians	7:19.60

Event 13 Women 100 Metre Sprint All Female

Name	Year Team	Finals
=====		
Section 1 Wind: -0.1		
1 Wong, Laura	09 Glenhuntly	12.91
2 Chapman, Alana	04 Box Hill	12.97
3 Zhang, Isabel	07 Glenhuntly	12.99
4 Rooke, Ashleigh	05 Yarra Ranges	13.25
5 Buckley, Hailey	07 Knox	13.32
6 Axarlis, Danielle	06 Maccabi	13.47
7 Marcus, Madeline	06 Sandringham	13.88
8 Card, Vivienne Helena	06 Mentone	13.97
Section 2 Wind: -2.0		
1 Hui, Morgan	07 Knox	13.37
2 McMaster, Abigail	06 Sandringham	13.43
3 Larose, Monique	00 Nunawading	13.57
4 Bienaime, Gabrielle	07 Frankston	13.76
5 Powell, Kundali	03 Sandringham	13.91
5 Ceglar, Charli	07 Sandringham	13.91
7 Hughes, Sarai	07 Mornington	13.97
8 Bolisetty, Shri Nidhi	08 Nunawading	14.25
Section 3 Wind: -3.3		
1 Smith, Amelia	06 Ringwood	13.38
2 O'Callaghan, Neve	06 Box Hill	13.72
3 Goodman, Taylah	07 Casey Cardinia	13.77
4 McBrien, Maddison	03 Box Hill	13.85
5 Kuthan, Gabriella	08 Frankston	14.00
6 Kuc, Maya	10 Frankston	14.16
7 Crooks, Imogen	07 Nunawading	14.24
8 Jordan, Amayah	08 Sandringham	14.35
Section 4 Wind: -1.2		
1 Upson, Shkyiah	05 Mornington	13.76
2 Ponchard, Olivia	07 Mornington	13.77
3 Hastings, Sarah	07 Mentone	13.88
4 Bridle, Teeghan	06 Casey Cardinia	14.11
5 Kratina, Amaya	07 Casey Cardinia	14.13
6 Wright, Evie	10 Mornington	14.21
7 Barrett, Rachel	85 Sandringham	14.47
8 Pfaifer, Hailey	08 Frankston	14.69
Section 5 Wind: -1.1		
1 Van Kuyk, Heidi	08 Frankston	14.14
2 Bullard, Shani	00 Yarra Ranges	14.24
3 Cazaux, Claudia	04 Mentone	14.65
4 Clemow, Rhianna	03 Mentone	14.82
5 Chivers, Eliza	07 Doncaster	14.90
6 Campillos, Clara Tnn;Fnn	04 Old Xaverians	15.03

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****....Event 13 Women 100 Metre Sprint All Female**

7	Upston, Jacqueline	93 Unattached	15.15
8	Dyer, Kobi-Lee Fnn	05 Frankston	15.19
Section 6 Wind: -2.3			
1	Carah, Karen	68 Box Hill	14.89
2	Astill, Cara	10 Sandringham	15.05
3	Adams, Jessica	08 Mentone	15.06
4	Richards, Lara	99 Nunawading	15.09
5	Levy, Teiva	08 Doncaster	15.39
6	Lewis, Sarah	85 South Coast	15.54
7	Byers, Aggie	78 Glenhuntly	15.93
8	Barratt, Serana	09 Mentone	16.10
Section 7 Wind: -1.9			
1	Harris, Tora	11 Mornington	15.08
2	Kearney, Madeleine	10 Doncaster	15.14
3	Bizzotto, Ava	06 Sandringham	15.41
4	Laurie, Natalie	91 Nunawading	15.45
4	Guiney, Di	72 Old Xaverians	15.45
6	Hetherington, Isabella	06 Casey Cardinia	15.69
7	Bragg, Ruby	11 Mentone	15.79
8	Korchova, Svitlana	73 Glenhuntly	15.96
Section 8 Wind: -2.5			
1	Hewett, Florence	10 Mornington	14.93
2	Richards, Niesha	10 Mornington	15.96
3	Purcell, Erica	93 Yarra Ranges	16.16
4	Buttigieg, Linda	64 Waverley-Malvern	16.31
5	Jones, Joelle	62 Glenhuntly	16.65
6	Anderson, Helen	62 Waverley-Malvern	17.13
7	Bridle, Christine	57 Waverley-Malvern	17.24
Section 9 Wind: -2.4			
1	Griffett, Ashlyn	08 Mornington	17.50
2	Forbes, Michele	60 Glenhuntly	17.90
3	Xie, Christal	99 Doncaster	18.78

Event 14 Men 100 Metre Sprint All Male

Name	Year	Team	Finals
=====			
Section 1 Wind: -1.4			
1	Theocharides, Perrin	03 Ivanhoe	11.19
2	McHugh, Archer	05 Mornington	11.23
3	Attwood, Brayden	06 Casey Cardinia	11.33
4	Brewster, Jack	07 Frankston	11.43
5	La Fontaine Pollard, Mar	06 Mornington	11.50
6	Shaw, Blake	03 Frankston	11.56
7	Kranz, Oliver	06 Maccabi	11.70
Section 2 Wind: -1.7			
1	Goodman, Nicholas	07 Glenhuntly	11.66
2	Andrews, Asher	07 Diamond Valley	11.74
3	Chandrasena, Amiru	02 Casey Cardinia	11.78
4	Templeton, Tom	06 Glenhuntly	11.84
5	Levy, Kaedin	06 Doncaster	11.92
6	Blecher, Benjamin	08 Maccabi	12.10
7	Tanojevic, Tom	98 Sandringham	12.11
Section 3 Wind: 1.3			
1	Blecher, David	02 Maccabi	11.73
2	Giarrocco, Ayrton	98 Mentone	11.84
3	Wilmot, Zachary	97 Nunawading	12.07
4	Eckhous, Rotem	06 Glenhuntly	12.14
4	Rowley, Oliver	07 Sandringham	12.14

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****...Event 14 Men 100 Metre Sprint All Male**

6	Wrigley, Miles	04	South Coast	12.17
7	Martin, Aidan	09	Mornington	12.30
Section 4 Wind: -1.9				
1	Gadsby, Jett	07	Knox	12.37
2	Somasundaram, Sachenn	99	Knox	12.44
3	Hardman, Thomas	07	Knox	12.50
4	Duncan, Oliver	02	Yarra Ranges	12.80
4	Pidgeon, Aidan	06	Box Hill	12.80
4	Tassone, Sam	02	Nunawading	12.80
7	Anderson, Frankie	06	Mornington	12.94
8	Krawczyk, Alex	08	Knox	13.08
Section 5 Wind: -0.7				
1	Duke, Archer	08	Mentone	12.02
2	Russell, Liam	02	Yarra Ranges	12.18
3	Thomas, Angus	08	Keilor St Bernards	12.42
4	Ryan, Jackson	07	Knox	12.44
5	Krawczyk, Brad	75	Knox	12.46
6	Krawczyk, Nick	03	Knox	12.52
7	Merrick, William	05	Casey Cardinia	12.58
8	Edwards, Hayden	09	Glenhuntly	12.71
Section 6 Wind: -1.4				
1	Wong, Zachary	08	Doncaster	12.11
2	Merrick, Nicholas	96	Casey Cardinia	12.41
3	Phanivong, Orlando	08	Frankston	12.42
4	Wood, Xavier	07	Knox	12.55
5	Heward, Tyran	01	Ringwood	12.59
6	Eliadis, Theodore	09	Casey Cardinia	12.61
7	Kernick, Liam Fnn	01	Nunawading	12.97
8	Bourke, Milo	08	Casey Cardinia	13.27
Section 7 Wind: -1.9				
1	Perry, Ryan	09	Ringwood	12.65
2	Greig, Dane	10	South Melbourne	12.70
3	Kannan, Vaibhav	06	Knox	12.84
4	Siruelo, Xavier	07	Glenhuntly	12.87
5	Lawrence, Ashton	07	Mentone	13.50
6	Shamir, Aadil	09	Knox	13.51
7	Meier, James	06	Casey Cardinia	13.60
8	Zheng, William	07	Nunawading	13.71
Section 8 Wind: -2.3				
1	Shaw, Fraser	08	South Coast	13.38
2	Smerdon, Alex	07	Casey Cardinia	13.51
3	Baker, Cameron	77	Box Hill	13.56
4	Chandrasena, Leonka	09	Mentone	13.60
5	Griffett, Liam	03	Mornington	13.67
6	Steen, Charlie	06	Glenhuntly	13.68
7	Johnston, Joseph	02	Yarra Ranges	13.91
8	Dyer, Zachery	03	Mornington	14.10
Section 9 Wind: -2.4				
1	Firth, David	77	Doncaster	13.58
2	Ashok, Arun	91	Waverley-Malvern	13.64
3	Banks, Matthew	70	Mornington	13.68
4	Griffett, Kyle	06	Mornington	14.12
5	Banfield, Ethan	09	Mornington	14.20
5	McGough, Thomas Tnn;Fnn	10	Mornington	14.20
7	Brown, Gerald	62	Doncaster	14.27
8	Collins, John	70	Knox	14.63
Section 10 Wind: -0.9				
1	Hutchings, Kaden	81	Diamond Valley	14.03
2	Sheen, Ethan	10	Mornington	14.30

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****...Event 14 Men 100 Metre Sprint All Male**

3	Davenport, Kai Tnn;Fnn	07	Mornington	14.38
4	Christodoulou, Christian	10	Dandenong-Sp	14.48
5	Harvey, Finnian Tnn;Fnn	02	Old Xaverians	15.16
6	Shipham, Patrick	04	Knox	15.65
Section 11 Wind: -0.3				
1	Baldwin, Terry	63	Waverley-Malvern	14.72
2	Merrilees, Benjamin	09	South Coast	14.92
3	Gibson, Vernon	67	Mentone	15.34
4	Kilmartin, Darryl	66	Doncaster	15.47
5	Campillos, Pablo	70	Old Xaverians	15.85
6	Evans, Simon	60	Box Hill	15.93
7	Zwierlein, Robert	63	Mornington	16.59
8	Newling, Rob	59	Mornington	16.67
Section 12 Wind: -1.0				
1	Morgenthaler, Ky	00	Glenhuntly	12.25
2	Olaniyan, Israel	09	Casey Cardinia	12.45
2	McGregor, Jackson	05	Mentone	12.48
3	Wyatt, Peter	57	Mornington	16.27
4	Triep, Jhett	09	Frankston	12.59
4	Atkinson, James	66	Waverley-Malvern	16.50
5	Vorchheimer, Myer	45	Maccabi	17.21
6	Worsnop, Christopher	57	Old Xaverians	19.03

Event 15A Women 1500 Metre Run RESULTS Results

Name	Year	Team	Finals	
Section 1				
1	Williams, Tilly	09	Mentone	4:50.33
2	Powning, Georgia Tnn;Fnn	99	Old Xaverians	5:02.56
3	Sidebottom, Jasmine	06	Mornington	5:04.47
4	Crawford, Charlotte	07	Mornington	5:14.71
5	Debargue-Tamai, Celestin	07	Mentone	5:15.88
6	Wetzels, Emily	11	Unattached	5:21.63
7	Guiney, Di	72	Old Xaverians	5:29.30
8	Lewis, Sarah	85	South Coast	5:29.40
9	Buisman, Olin	09	Glenhuntly	5:30.41
10	Austin, Tracey	77	Waverley-Malvern	5:40.57
11	Butler, Molly	00	Mentone	5:42.85
Section 2				
1	Bragg, Ruby	11	Mentone	5:30.77
2	Gilbert, Kara	69	Glenhuntly	5:53.49
3	Mossman, Grace	08	Mentone	5:56.28
4	Bizzotto, Ava	06	Sandringham	5:56.31
5	Allen, Talia	04	Nunawading	5:56.98
6	Turner, Alanna	06	Old Scotch	5:57.99
7	Richards, Niesha	10	Mornington	6:16.47
8	Wood, Michaela	02	Sandringham	6:24.24
9	Kilmartin, Sue	69	Doncaster	6:29.62
10	Tibos, Isabella	07	Ringwood	6:40.69
11	Rosenbrock, Carolyn	62	Yarra Ranges	6:43.34
12	Warren, Silvia	72	Old Xaverians	6:54.60
13	Lague, Amelie Tnn;Fnn	05	Old Xaverians	6:55.50
14	Hicks, Josita	63	Old Xaverians	6:57.58
Section 3				
1	Edwards, Lesley	75	Mentone	5:57.85
2	Hodgart, Janice	63	Western Athletics	6:56.09
3	McLennan, Laura	76	Doncaster	7:35.64
4	Garside, Emilie	95	Yarra Ranges	7:59.71

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****....Event 15A Women 1500 Metre Run RESULTS Results**

5 Forbes, Michele 60 Glenhuntly 8:12.89

Event 16 Women 400 Metre Sprint All Female

Name	Year Team	Finals
Section 1		
1 Dreyer, Carla	03 Ringwood	1:01.44
2 Powell, Kundali	03 Sandringham	1:01.60
3 Upson, Shkyiah	05 Mornington	1:02.80
4 Axarlis, Danielle	06 Maccabi	1:03.12
5 Chapman, Alana	04 Box Hill	1:03.32
6 Buckley, Hailey	07 Knox	1:03.57
7 Hui, Morgan	07 Knox	1:04.17
8 Chivers, Eliza	07 Doncaster	1:06.05
Section 2		
1 Kuc, Maya	10 Frankston	1:03.02
2 Hastings, Sarah	07 Mentone	1:04.31
3 Rooke, Ashleigh	05 Yarra Ranges	1:04.71
4 Kuthan, Gabriella	08 Frankston	1:05.20
5 Kearney, Madeleine	10 Doncaster	1:05.45
6 Debargue-Tamai, Celestin	07 Mentone	1:07.45
7 Levy, Teiva	08 Doncaster	1:07.71
8 Lewis, Sarah	85 South Coast	1:08.37
Section 3		
1 Crooks, Imogen	07 Nunawading	1:03.43
2 Ponchard, Olivia	07 Mornington	1:04.80
3 Upston, Jacqueline	93 Unattached	1:06.50
4 Richards, Lara	99 Nunawading	1:07.86
5 Guiney, Di	72 Old Xaverians	1:08.29
6 Mossman, Grace	08 Mentone	1:10.32
7 Campillos, Clara Tnn;Fnn	04 Old Xaverians	1:12.85
8 Laurie, Natalie	91 Nunawading	1:13.44
Section 4		
1 Carah, Karen	68 Box Hill	1:09.29
2 Hewett, Florence	10 Mornington	1:11.13
3 Adams, Jessica	08 Mentone	1:12.46
4 Tibos, Isabella	07 Ringwood	1:12.57
5 Bragg, Ruby	11 Mentone	1:13.07
6 Wood, Michaela	02 Sandringham	1:15.58
7 Bullard, Shani	00 Yarra Ranges	1:21.41
Section 5		
1 Crawford, Charlotte	07 Mornington	1:10.88
2 Harris, Tora	11 Mornington	1:13.85
3 Anderson, Helen	62 Waverley-Malvern	1:20.17
4 Austin, Tracey	77 Waverley-Malvern	1:23.25
5 Purcell, Erica	93 Yarra Ranges	1:23.37
Section 6		
1 Jones, Joelle	62 Glenhuntly	1:26.22
2 Forbes, Michele	60 Glenhuntly	1:40.95

Event 17 Men 400 Metre Sprint All Male

Name	Year Team	Finals
Section 1		
1 O'Rourke, Tom	05 Sandringham	49.59
2 Gillespie, Ryan	05 Mentone	50.30
3 Byrne, Xander	05 Western Athletics	50.97

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****....Event 17 Men 400 Metre Sprint All Male**

4 Duke, Archer	08 Mentone	51.36
5 Harper, Jack	03 Ivanhoe	51.53
6 Latu, Sami	02 Ringwood	52.77
7 O'Rourke, Archie	08 Sandringham	53.13
8 Blecher, Benjamin	08 Maccabi	53.30
Section 2		
1 McHugh, Archer	05 Mornington	51.37
2 Theocharides, Perrin	03 Ivanhoe	52.68
3 Olaniyan, Zion-Great	07 Casey Cardinia	53.27
4 Russell, Liam	02 Yarra Ranges	53.97
5 Krawczyk, Nick	03 Knox	54.66
5 Hardman, Thomas	07 Knox	54.66
7 Bentley, Ryan	85 Waverley-Malvern	54.73
8 Evans, Eifion	07 Mentone	55.20
Section 3		
1 Kranz, Oliver	06 Maccabi	53.26
2 Wood, Xavier	07 Knox	57.08
3 Merrick, Nicholas	96 Casey Cardinia	57.14
4 Sanford, Craig	68 Waverley-Malvern	57.70
5 Tassone, Sam	02 Nunawading	57.98
6 Lawrence, Ashton	07 Mentone	58.18
7 Zheng, William	07 Nunawading	58.38
8 Krawczyk, Alex	08 Knox	58.55
Section 4		
1 Levy, Kaedin	06 Doncaster	55.51
2 Duncan, Oliver	02 Yarra Ranges	56.11
3 Collins, Luke	08 Knox	57.22
4 Wrigley, Miles	04 South Coast	57.36
5 Triep, Jhett	09 Frankston	58.06
6 Sullivan, Riley	09 Mentone	58.65
7 Bourke, Milo	08 Casey Cardinia	59.17
8 Ashok, Arun	91 Waverley-Malvern	1:00.30
Section 5		
1 Gibson, Samuel	09 Mentone	58.89
2 McLennan, Campbell	72 Doncaster	59.86
3 Banks, Matthew	70 Mornington	1:00.09
4 Dawe, Richard	68 Mornington	1:00.60
5 Lynch, Martin	84 South Coast	1:03.06
6 Davenport, Kai Tnn;Fnn	07 Mornington	1:04.02
7 McCann, Gilbert	08 Nunawading	1:05.17
8 Williams, Chris	90 Sandringham	1:05.51
Section 6		
1 Baker, Cameron	77 Box Hill	1:01.47
2 Christodoulou, Christian	10 Dandenong-Sp	1:03.95
3 Brown, Gerald	62 Doncaster	1:04.18
4 Merrick, William	05 Casey Cardinia	1:04.77
5 Dyer, Zachery	03 Mornington	1:05.12
6 Manolitsas, Carlo Tnn;Fn	98 Old Xaverians	1:05.24
7 Harvey, Finnian Tnn;Fnn	02 Old Xaverians	1:11.17
Section 7		
1 Hewett, Archie	06 Mornington	58.68
2 McLennan, Hamish	09 Doncaster	1:01.64
3 Sheen, Ethan	10 Mornington	1:03.44
4 Johnston, Joseph	02 Yarra Ranges	1:03.95
5 Collins, John	70 Knox	1:04.95
6 Spiteri, Martin	71 Waverley-Malvern	1:05.83
7 Trott, Robert	79 Mornington	1:24.62
Section 8		
1 McGough, Thomas Tnn;Fnn	10 Mornington	1:07.47

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****....Event 17 Men 400 Metre Sprint All Male**

2 Baldwin, Terry	63	Waverley-Malvern	1:09.78
3 Zwierlein, Robert	63	Mornington	1:13.00
4 Newling, Rob	59	Mornington	1:15.03
5 McLennan, Lewis	11	Doncaster	1:15.57
6 Wyatt, Peter	57	Mornington	1:21.22

Section 9

1 Evans, Simon	60	Box Hill	1:25.25
2 Hodgart, Mal	60	Western Athletics	1:45.51
3 Belcher, Howard	46	Old Scotch	1:45.65

Event 22 Mixed Long Jump Sheet 01

Name	Year Team	Finals	Wind
Flight 1			
1 Griffett, Liam	M03 Mornington	5.70m	NWI
2 Russell, Liam	M02 Yarra Ranges	5.46m	NWI
3 Edwards, Hayden	M09 Glenhuntly	5.26m	NWI
4 Van Der Westhuizen, Ben	M90 Nunawading	5.09m	NWI
4 Russell, Cooper	M06 Mentone	5.09m	NWI
6 Kernick, Liam Fnn	M01 Nunawading	5.01m	NWI
7 Emons, Angus	M07 Glenhuntly	4.80m	NWI
8 Bourke, Milo	M08 Casey Cardinia	4.60m	NWI
9 Kratina, Amaya	W07 Casey Cardinia	4.38m	NWI
10 Costello, Liam Tnn;Fnn	M07 Mentone	4.27m	NWI
11 Griffett, Kyle	M06 Mornington	4.00m	NWI
12 Barratt, Serana	W09 Mentone	3.97m	NWI
13 Shipham, Patrick	M04 Knox	3.83m	NWI
14 Griffett, Ashlyn	W08 Mornington	3.15m	NWI
15 Astill, Cara	W10 Sandringham	3.03m	NWI
16 Vorchheimer, Myer	M45 Maccabi	3.02m	NWI
17 Cook, Sharon	W82 Yarra Ranges	2.14m	NWI

Event 23 Mixed Long Jump Controlled Sheet 02

Name	Year Team	Finals	Wind
1 McGregor, Jackson	M05 Mentone	5.67m	0.3
5.26m(-2.8) 5.67m(0.3) 5.63m(+0.0)			
2 Davy, Geena	W07 Mornington	5.64m	-0.1
5.41m(1.6) 5.64m(-0.1) 4.06m(0.6)			
3 Phanivong, Orlando	M08 Frankston	5.58m	0.6
5.57m(-2.0) 5.58m(0.6) FOUL(-0.8)			
4 Zhang, Isabel	W07 Glenhuntly	5.39m	-0.8
FOUL(-2.0) FOUL(0.6) 5.39m(-0.8)			
-- Melemenis, Yani	M08 Mentone	FOUL	
FOUL(+0.0) FOUL(-1.5) FOUL(0.6)			

Event 23E Mixed Long Jump Extra Jumps Non Scoring

Name	Year Team	Finals	Wind
-- Davy, Geena	W07 Mornington	X5.46m	-0.3
5.46m(-0.3) 5.13m(-2.2) 5.33m(-1.7)			
-- Zhang, Isabel	W07 Glenhuntly	X5.21m	-0.7
5.21m(-0.7) 5.19m(-1.4) FOUL(-1.9)			

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****Event 24 Mixed Discus Throw Controlled Sheet 01**

Name	Year Team	Finals
1 Eliadis, Theodore	M09 Casey Cardinia	49.58m
2 El Shorbagy, Haddi	M04 Mentone	40.63m
3 El Shorbagy, Seif	M06 Mentone	40.33m
4 Seton, William	M97 Box Hill	40.02m
5 Keeghan, Elise	W05 Nunawading	39.78m
6 Chandrasena, Leonka	M09 Mentone	38.68m
7 Steen, Charlie	M06 Glenhuntly	37.76m
8 Champion, Megan	W80 Mentone	34.08m
9 Hewitt, Sarah	W74 Box Hill	32.51m
10 McCowan, Catherine	W85 Box Hill	30.30m
11 Zammit, Sebastian	M97 Glenhuntly	29.93m
12 Almond, Ash	M91 Yarra Ranges	27.88m
13 Reniguntala, Sonali	W10 Coburg	27.85m
14 McLennan, Laura	W76 Doncaster	21.34m

Event 24E Mixed Discus Throw Extra Throws Non Scoring

Name	Year Team	Finals
-- Eliadis, Theodore	M09 Casey Cardinia	X54.10m
-- El Shorbagy, Seif	M06 Mentone	X42.02m
-- Champion, Megan	W80 Mentone	X34.48m
-- Hewitt, Sarah	W74 Box Hill	X33.57m

Event 25 Mixed Javelin Throw Sheet 01

Name	Year Team	Finals
1 Andrews, Asher	M07 Diamond Valley	44.78m
2 Loudon, Kelsey	W11 Box Hill	33.71m
3 Wilkins, Hayley	W03 Yarra Ranges	33.09m
4 McLennan, Campbell	M72 Doncaster	28.58m
5 Van Der Westhuizen, Ben	M90 Nunawading	27.63m
6 Rooke, Ashleigh	W05 Yarra Ranges	24.97m
7 Wrzuszcak, Peter	M60 Corio	23.66m
8 Dawe, Richard	M68 Mornington	23.60m
9 McLennan, Lewis	M11 Doncaster	22.73m
10 Hutchings, Kaden	M81 Diamond Valley	21.58m
11 McLennan, Hamish	M09 Doncaster	20.79m
12 Buttigieg, Linda	W64 Waverley-Malvern	20.13m
13 Sparkes, Meg	W03 Yarra Ranges	16.46m
14 Bridle, Christine	W57 Waverley-Malvern	15.96m
15 Peak, Kim	W66 Doncaster	12.86m
16 Elms, Donna-Marie	W61 Preston	7.47m
-- Richards, Lara	W99 Nunawading	ND

Event 26 Mixed Long Jump Sheet 03

Name	Year Team	Finals	Wind
1 Attwood, Brayden	M06 Casey Cardinia	5.89m	NWI
2 Krawczyk, Brad	M75 Knox	5.50m	NWI
3 Duncan, Oliver	M02 Yarra Ranges	5.13m	NWI
4 Eliadis, Theodore	M09 Casey Cardinia	5.06m	NWI
5 Smerdon, Alex	M07 Casey Cardinia	4.95m	NWI
6 Harvey, Finnian Tnn;Fnn	M02 Old Xaverians	4.62m	NWI
7 Kilmartin, Darryl	M66 Doncaster	3.93m	NWI

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****...Event 26 Mixed Long Jump Sheet 03**

8	Evans, Simon	M60	Box Hill	3.31m	NWI
9	Sandison, Flynn	M12	Williamstown	3.25m	NWI
--	Wyatt, Peter	M57	Mornington	ND	NWI

Event 27 Mixed Long Jump Sheet 04

Name	Year	Team	Finals	Wind	
1	Tassone, Sam	M02	Nunawading	4.91m	NWI
2	Martin, Aidan	M09	Mornington	4.83m	NWI
3	Baldwin, Terry	M63	Waverley-Malvern	4.57m	NWI
4	Hetherington, Isabella	W06	Casey Cardinia	3.98m	NWI
5	Zheng, William	M07	Nunawading	3.94m	NWI
6	Merrilees, Benjamin	M09	South Coast	3.70m	NWI
7	Buttigieg, Linda	W64	Waverley-Malvern	3.30m	NWI
8	Bridle, Christine	W57	Waverley-Malvern	3.17m	NWI
9	Thompson, Merilyn	W65	Mornington	3.03m	NWI
10	Benke, Geza	M56	Old Melburnians	2.99m	NWI

Event 28 Mixed Discus Throw Sheet 02

Name	Year	Team	Finals	
1	Pidgeon, Aidan	M06	Box Hill	35.88m
2	McLennan, Campbell	M72	Doncaster	28.13m
3	Sparkes, Meg	W03	Yarra Ranges	27.38m
4	Van Der Westhuizen, Ben	M90	Nunawading	24.41m
5	Eliadis, Marika	W11	Casey Cardinia	22.60m
6	McLennan, Hamish	M09	Doncaster	22.04m
7	Dyer, George	M64	Knox	22.03m
8	McLennan, Lewis	M11	Doncaster	20.50m
9	Holohan, Dee	W65	Sandringham	18.55m
9	Loudon, Kelsey	W11	Box Hill	18.55m
11	Barrow, Geoffrey	M49	Mentone	18.22m
12	Smith, Emily	W06	Knox	17.95m
13	Cook, Sharon	W82	Yarra Ranges	16.07m
14	Shipham, Patrick	M04	Knox	13.95m
15	Garside, Emilie	W95	Yarra Ranges	12.49m
16	Hay, Char	W03	Melbourne Uni	12.17m
17	Hodgart, Janice	W63	Western Athletics	11.05m
18	Carr, Heather	W49	Glenhuntly	10.59m
--	Andrews, Asher	M07	Diamond Valley	X36.58m

Event 29 Mixed Javelin Throw Controlled Sheet 02

Name	Year	Team	Finals	
1	El Shorbagy, Haddi	M04	Mentone	56.56m
2	Almond, Ash	M91	Yarra Ranges	50.26m
3	El Shorbagy, Seif	M06	Mentone	41.73m
4	Nolan, Jessica	W08	Doncaster	38.06m
5	De Vries, Jade	W06	Ringwood	37.68m
6	Craddock, Gemma	W04	Glenhuntly	37.49m
7	Chandrasena, Leonka	M09	Mentone	35.53m
8	Latu, Susana	W03	Ringwood	34.59m
9	Collins, Luke	M08	Knox	34.51m
10	Carstairs, Greg	M85	Waverley-Malvern	34.39m
11	Steen, Charlie	M06	Glenhuntly	31.92m
12	Clemow, Rhianna	W03	Mentone	31.79m

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****...Event 29 Mixed Javelin Throw Controlled Sheet 02**

13 Laurie, Natalie	W91 Nunawading	29.87m
14 Zammit, Sebastian	M97 Glenhuntly	29.00m
15 Griffett, Liam	M03 Mornington	27.89m
16 McLennan, Laura	W76 Doncaster	14.47m

Event 29E Mixed Javelin Throw Extra Throws Non Scoring

Name	Year Team	Finals
-- Almond, Ash	M91 Yarra Ranges	X52.53m
-- El Shorbagy, Seif	M06 Mentone	X45.48m
-- De Vries, Jade	W06 Ringwood	X37.95m
-- Nolan, Jessica	W08 Doncaster	X37.61m
-- Craddock, Gemma	W04 Glenhuntly	X36.34m

Event 31 Mixed Long Jump Sheet 05

Name	Year Team	Finals	Wind
1 Latu, Sami	M02 Ringwood	6.03m	NWI
2 Shannon, Thomas	M07 Frankston	5.61m	NWI
3 Olaniyan, Zion-Great	M07 Casey Cardinia	5.36m	NWI
4 Triep, Jhett	M09 Frankston	5.07m	NWI
5 Collins, Luke	M08 Knox	4.98m	NWI
6 Steen, Charlie	M06 Glenhuntly	4.80m	NWI
7 Clemow, Rhianna	W03 Mentone	4.64m	NWI
8 O'Callaghan, Neve	W06 Box Hill	4.47m	NWI
9 Bridle, Teeghan	W06 Casey Cardinia	4.28m	NWI
10 Chivers, Eliza	W07 Doncaster	4.21m	NWI
11 Bullard, Shani	W00 Yarra Ranges	4.11m	NWI
12 Laurie, Natalie	W91 Nunawading	3.80m	NWI
13 Axarlis, Danielle	W06 Maccabi	3.56m	NWI
14 Dyer, Kobi-Lee Fnn	W05 Frankston	3.55m	NWI
15 Byers, Aggie	W78 Glenhuntly	3.42m	NWI
16 Kearney, Madeleine	W10 Doncaster	3.26m	NWI
17 Purcell, Erica	W93 Yarra Ranges	3.03m	NWI

Event 32 Mixed Long Jump Sheet 06

Name	Year Team	Finals	Wind
1 Brown, Max	M06 Collingwood	6.85m	NWI
2 Olaniyan, Israel	M09 Casey Cardinia	5.26m	NWI
3 Brown, Lara	W07 Box Hill	5.02m	NWI
4 Hughes, Tyler	M10 Mornington	4.76m	NWI
5 Somasundaram, Sachenn	M99 Knox	4.64m	NWI
6 Cazaux, Claudia	W04 Mentone	4.48m	NWI
7 Hughes, Sarai	W07 Mornington	2.47m	NWI

Event 33 Mixed Discus Throw Sheet 03

Name	Year Team	Finals
1 McMaster, Abigail	W06 Sandringham	35.21m
2 Rooke, Ashleigh	W05 Yarra Ranges	30.81m
3 Nolan, Jessica	W08 Doncaster	28.27m
4 Carstairs, Greg	M85 Waverley-Malvern	28.17m
5 Craddock, Gemma	W04 Glenhuntly	26.74m
6 Laurie, Natalie	W91 Nunawading	26.61m

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****....Event 33 Mixed Discus Throw Sheet 03**

7 Dawe, Richard	M68	Mornington	25.74m
8 Barrett, Rachel	W85	Sandringham	25.43m
9 Wilkins, Hayley	W03	Yarra Ranges	25.24m
10 Bentley, Ryan	M85	Waverley-Malvern	23.37m
11 Zwierlein, Robert	M63	Mornington	22.88m
12 Cauchi, Mark	M57	Knox	22.54m
13 Richards, Lara	W99	Nunawading	22.02m
14 Newling, Rob	M59	Mornington	21.07m
15 Bridle, Christine	W57	Waverley-Malvern	17.73m
16 Martini, David	M76	Old Xaverians	11.70m

Event 34 Mixed Javelin Throw Sheet 03

Name	Year	Team	Finals
1 Plant, Hannah	W07	Box Hill	31.45m
2 Chapman, Alana	W04	Box Hill	29.68m
3 Carah, Karen	W68	Box Hill	28.08m
4 Barratt, Serana	W09	Mentone	26.28m
5 McBrien, Maddison	W03	Box Hill	23.36m
6 Reniguntala, Sonali	W10	Coburg	22.98m
7 Plant, Ava	W10	Box Hill	21.63m
8 Thomas, Michael	M71	Mornington	20.28m
9 Kearney, Leighton	M76	Doncaster	20.13m
10 Buckley, Hailey	W07	Knox	19.53m
11 Sandison, Flynn	M12	Williamstown	19.25m
12 Benke, Geza	M56	Old Melburnians	18.35m
13 Costello, Liam Tnn;Fnn	M07	Mentone	16.89m
14 Smith, Emily	W06	Knox	14.41m
15 Xie, Christal	W99	Doncaster	13.32m
16 Barrow, Geoffrey	M49	Mentone	13.20m
17 Cook, Sharon	W82	Yarra Ranges	12.36m
18 Hay, Char	W03	Melbourne Uni	11.84m
19 Shipham, Patrick	M04	Knox	10.29m
20 Griffett, Ashlyn	W08	Mornington	10.20m
21 Carr, Heather	W49	Glenhuntly	9.76m

Event 36 Mixed Long Jump Sheet 07

Name	Year	Team	Finals	Wind
1 Wrigley, Miles	M04	South Coast	5.66m	NWI
2 Hardman, Thomas	M07	Knox	5.35m	NWI
3 McMaster, Abigail	W06	Sandringham	4.88m	NWI
4 Buckley, Hailey	W07	Knox	4.81m	NWI
5 Kannan, Vaibhav	M06	Knox	4.79m	NWI
6 Soldati, Theo	M02	Glenhuntly	4.72m	NWI
7 Wood, Xavier	M07	Knox	4.70m	NWI
8 Banks, Matthew	M70	Mornington	4.69m	NWI
9 Davenport, Kai Tnn;Fnn	M07	Mornington	4.54m	NWI
10 McBrien, Maddison	W03	Box Hill	4.37m	NWI
11 Plant, Hannah	W07	Box Hill	4.05m	NWI
11 Ashok, Arun	M91	Waverley-Malvern	4.05m	NWI
11 Plant, Ava	W10	Box Hill	4.05m	NWI
14 Jahshan, David	M77	Glenhuntly	3.94m	NWI
15 Hutchings, Kaden	M81	Diamond Valley	3.82m	NWI

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****Event 38 Mixed Discus Throw Throw & Go Sheet 04**

Name	Year Team	Finals
1 Collins, Luke	M08 Knox	32.64m
2 Bourke, Milo	M08 Casey Cardinia	27.75m
3 Kannan, Vaibhav	M06 Knox	27.07m
4 Sutherland, Ella	W09 Keilor St Bernards	26.89m
5 Pratt, Wil	M73 Mornington	25.79m
6 Krawczyk, Nick	M03 Knox	24.80m
7 Krawczyk, Alex	M08 Knox	20.61m
8 Kilmartin, Darryl	M66 Doncaster	18.93m
9 Sidebottom, John	M69 Mornington	18.86m
10 Campillos, Pablo	M70 Old Xaverians	18.43m
11 Atkinson, James	M66 Waverley-Malvern	16.35m
12 Bullard, Shani	W00 Yarra Ranges	16.31m
13 Hall, Brenton	M74 Ivanhoe	13.07m
14 Gibson, Samuel	M09 Mentone	12.25m
15 Kilmartin, Sue	W69 Doncaster	10.21m
16 Gibson, Alexander	M04 Mentone	9.60m
17 Sidebottom, Jasmine	W06 Mornington	9.44m
-- Blecher, Benjamin	M08 Maccabi	ND
-- Sanford, Craig	M68 Waverley-Malvern	ND

Event 39 Mixed Javelin Throw Sheet 04

Name	Year Team	Finals
1 Smerdon, Alex	M07 Casey Cardinia	31.67m
2 Gibson, Vernon	M67 Mentone	31.37m
3 Baker, Cameron	M77 Box Hill	31.36m
4 Firth, David	M77 Doncaster	30.40m
5 Baldwin, Terry	M63 Waverley-Malvern	27.34m
6 Zwierlein, Robert	M63 Mornington	24.19m
7 Cazaux, Claudia	W04 Mentone	22.52m
8 Newling, Rob	M59 Mornington	22.20m
9 Cauchi, Mark	M57 Knox	20.87m
10 Skurka, Ben	M76 Mentone	20.07m
11 Kilmartin, Darryl	M66 Doncaster	19.97m
12 Barrett, Rachel	W85 Sandringham	17.06m
13 Kilmartin, Sue	W69 Doncaster	17.00m
14 Heward, Tyran	M01 Ringwood	16.57m
15 Merrilees, Benjamin	M09 South Coast	16.56m
16 Allen, Talia	W04 Nunawading	12.86m
-- Williams, Chris	M90 Sandringham	ND
-- Sutherland, Ella	W09 Keilor St Bernards	ND

Event 40 Mixed Discus Throw Sheet 05

Name	Year Team	Finals
1 Olaniyan, Israel	M09 Casey Cardinia	34.89m
2 Miller, Clint	M80 Sandringham	32.95m
3 Sandison, Flynn	M12 Williamstown	30.70m
4 Tanojevic, Tom	M98 Sandringham	30.40m
5 Baldwin, Terry	M63 Waverley-Malvern	28.91m
6 Edwards, Madeleine	W06 Glenhuntly	27.23m
7 Matters, Toni	W68 Glenhuntly	27.17m
8 Kearney, Leighton	M76 Doncaster	25.10m
9 Fox, Eloise	W11 Ringwood	24.30m
10 Skurka, Ben	M76 Mentone	23.30m

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****....Event 40 Mixed Discus Throw Sheet 05**

11 Plant, Hannah	W07 Box Hill	21.88m
12 Haag-Witherden, Chelsea	W00 Ringwood	21.20m
13 Gibson, Vernon	M67 Mentone	20.93m
14 Somasundaram, Sachenn	M99 Knox	16.91m
15 Plant, Ava	W10 Box Hill	15.92m
16 Benke, Geza	M56 Old Melburnians	15.23m
17 Gardner, Neville	M43 Box Hill	15.10m
18 Albiston, Simone	W66 Waverley-Malvern	14.12m
19 Hodgart, Mal	M60 Western Athletics	11.51m

Event 41 Mixed Discus Throw Seated Sheet 07

Name	Year Team	Finals
-- Fawkner, Kate Tnn	W58 Waverley-Malvern	ND Limited Facility

Event 42 Mixed Javelin Throw Seated Sheet 07

Name	Year Team	Finals
-- Fawkner, Kate Tnn	W58 Waverley-Malvern	ND Limited Facility

Event 43 Mixed Long Jump Sheet 09

Name	Year Team	Finals	Wind
1 Heward, Tyran	M01 Ringwood	4.90m	NWI
2 Barrett, Rachel	W85 Sandringham	3.79m	NWI

Event 45 Mixed Javelin Throw Throw & Go Sheet 05

Name	Year Team	Finals
1 Pratt, Wil	M73 Mornington	24.93m
2 Galea, Marty	M56 Collingwood	20.00m
3 Hall, Brenton	M74 Ivanhoe	12.81m
4 Anderson, Helen	W62 Waverley-Malvern	10.32m
5 Gardner, Neville	M43 Box Hill	9.81m Moved
6 Hodgart, Janice	W63 Western Athletics	6.93m
-- Bourke, Milo	M08 Casey Cardinia	ND

Event 46 Mixed Discus Throw Sheet 06

Name	Year Team	Finals
1 Murugathas, Agaash	M01 Essendon	31.38m
2 Crawley, Andrew	M65 Mentone	31.36m
3 Bain, Shannon	M99 Essendon	26.07m
4 Evans, Simon	M60 Box Hill	24.61m
5 Galea, Marty	M56 Collingwood	23.41m
6 Wyatt, Peter	M57 Mornington	21.06m
7 Lang, Jeffrey	M65 Glenhuntly	17.71m
8 Davenport, Kai Tnn;Fnn	M07 Mornington	17.28m

Event 47 Mixed Javelin Throw Sheet 06

Name	Year Team	Finals
1 Kannan, Vaibhav	M06 Knox	49.07m

2023/24 AVSL Round 05 - Frankston - 18/11/2023**Ballam Park Athletics Track****Results****....Event 47 Mixed Javelin Throw Sheet 06**

2	Krawczyk, Brad	M75	Knox	38.08m
3	Tanojevic, Tom	M98	Sandringham	32.79m
4	Miller, Clint	M80	Sandringham	28.57m
5	Banks, Matthew	M70	Mornington	25.98m
6	Fox, Eloise	W11	Ringwood	24.41m
7	Matters, Toni	W68	Glenhuntly	18.56m
8	Haag-Witherden, Chelsea	W00	Ringwood	13.67m
9	Lang, Jeffrey	M65	Glenhuntly	13.10m