

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women 100 Meter Dash Under 14**

Name	Age	Team	Finals
Section 1 Wind: -3.5			
1 Allie Guillou		South Bendigo AC	14.78
2 Rosy Marsh		Eaglehawk AC	14.84
3 Lily Marsh		Eaglehawk AC	15.05
4 Belle Guillou		South Bendigo AC	15.40
5 Cassidy Miller		South Bendigo AC	15.60
6 Ruby Lynch		Eaglehawk AC	15.75
7 Ivy Van Berkel		Wendouree AC	18.08
Section 2 Wind: -3.7			
1 Grace Kelly		Ballarat Harrier	13.01
2 Jennifer Lim		Box Hill AC	X13.32
3 Jorja Morrison		Eaglehawk AC	13.85
4 Indi Elliott		Geelong Guild AC	13.87
5 Isabella Tarr		Geelong Guild AC	14.73
6 Genevieve Nihill		South Bendigo AC	15.06
7 Kijana Skerke		Geelong Guild AC	15.30

**Women 200 Meter Dash Under 14**

Name	Age	Team	Finals
Section 1 Wind: 0.3			
1 Allie Guillou		South Bendigo AC	29.49
2 Genevieve Nihill		South Bendigo AC	29.82
3 Olivia Lam		Eureka AC	30.82
4 Rosy Marsh		Eaglehawk AC	31.48
5 Ivy Van Berkel		Wendouree AC	36.01
Section 2 Wind: 0.6			
1 Grace Kelly		Ballarat Harrier	26.40
2 Indi Elliott		Geelong Guild AC	27.08
3 Jorja Morrison		Eaglehawk AC	28.18
4 Isabella Tarr		Geelong Guild AC	29.31
5 Erin Foley		Bellarine	29.72
6 Kijana Skerke		Geelong Guild AC	31.02

**Women 400 Meter Run Under 14**

Name	Age	Team	Finals
Section 1			
1 Erin Foley		Bellarine	1:03.53
2 Scarlett Southern		South Bendigo AC	1:04.96
3 Teagan Zurawel		Chilwell	1:05.69
4 Hazel Lockwood		Athletics Essendon	X1:06.57
5 Isabella Tarr		Geelong Guild AC	1:08.49
6 Genevieve Nihill		South Bendigo AC	1:08.66
7 Belle Guillou		South Bendigo AC	1:12.96
8 Rosy Marsh		Eaglehawk AC	1:14.00

**Women 800 Meter Run Under 14**

Name	Age	Team	Finals
1 Megan Wilson		South Bendigo AC	2:36.26
2 Claire Mahony		Wendouree AC	2:37.27
3 Teagan Zurawel		Chilwell	2:38.89
4 Greta Jones		Bellarine	2:40.62

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women 800 Meter Run Under 14**

5	Scarlett Southern	South Bendigo AC	2:41.38
6	Edyn Hill	Wodonga AC	2:46.81
7	Emily Mifsud	Western Athletics	X2:47.40
8	Genevieve Nihill	South Bendigo AC	2:47.52
9	Charlotte Streat	Eureka AC	2:49.36

**Women 1500 Meter Run Under 14**

Name	Age	Team	Finals
1	Claire Mahony	Wendouree AC	5:14.50
2	Sarah Dickson	Chilwell	5:18.05
3	Greta Jones	Bellarine	5:19.18
4	Edyn Hill	Wodonga AC	5:20.11
5	Megan Wilson	South Bendigo AC	5:22.91
6	Cassie Farley	Wellington AC	5:26.29
7	Jasmine Orelli	Chilwell	5:36.25
8	Charlotte Jackson	Athletics Essendon	X5:40.60
9	Matilda Farley	Wellington AC	6:01.65

**Women 3000 Meter Run Under 14**

Name	Age	Team	Finals
1	Sophia Armstrong	Bellarine	11:52.65
2	Claire Mahony	Wendouree AC	12:01.04
3	Jasmine Orelli	Chilwell	12:05.64
4	Cassie Farley	Wellington AC	12:11.41
5	Matilda Farley	Wellington AC	13:41.13

**Women 80 Meter Hurdles Under 14**

Name	Age	Team	Finals
Section 1 Wind: 0.4			
1	Tiara Willis	Yarra Ranges	X13.73
2	Indi Elliott	Geelong Guild AC	13.82
3	Erin Foley	Bellarine	14.79
4	Emily Anderson	Bendigo Harriers AC	15.54
5	Kijana Skerke	Geelong Guild AC	16.50

**Women 200 Meter Hurdles Under 14**

Name	Age	Team	Finals
Section 1 Wind: 0.8			
1	Erin Foley	Bellarine	34.01
2	Teagan Zurawel	Chilwell	34.40
3	Victoria Paapa-Silva	Geelong Guild AC	37.89

**Women 4x100 Meter Relay Under 14**

Team	Finals
Section 1	
1 Geelong Guild AC 'A'	55.17
1) Kijana Skerke 13	2) Isabella Tarr 12
3) Victoria Paapa-Silva 13	4) Indi Elliott 13
2 Eaglehawk AC 'A'	56.07

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women 4x100 Meter Relay Under 14**

1) Ruby Lynch 13	2) Rosy Marsh 13
3) Lily Marsh 13	4) Jorja Morrison 13
3 South Bendigo AC 'A'	59.91
1) Cassidy Miller 13	2) Genevieve Nihill 12
3) Jemma Norton 13	4) Belle Guillou 13
4 Bendigo Harriers AC 'A'	1:04.71
1) Emily Anderson 13	2) Maddison Vaughan 13
3) Brodie Vaughan 11	4) Harriet Gall 13

**Women High Jump Under 14**

Name	Age Team	Finals
Flight 1		
1 Teagan Zurawel	Chilwell	1.50m JUMP OFF - 1.48 O
2 Harriet Gall	Bendigo Harriers AC	1.50m JUMP OFF - 1.48 X
3 Addison Stevens	South Coast Aths	1.45m
4 Lily Marsh	Eaglehawk AC	1.35m
5 Cassidy Miller	South Bendigo AC	1.15m

**Women Pole Vault Under 14**

Name	Age Team	Finals
1 Sophia Armstrong	Bellarine	2.30m
2 Victoria Paapa-Silva	Geelong Guild AC	2.15m

**Women Long Jump Under 14**

Name	Age Team	Finals	Wind
1 Jorja Morrison	Eaglehawk AC	4.87m	0.5
2 Lily Marsh	Eaglehawk AC	4.40m	+0.0
3 Rosy Marsh	Eaglehawk AC	4.35m	-1.1
4 Harriet Gall	Bendigo Harriers AC	4.20m	-1.1
5 Isabella Tarr	Geelong Guild AC	4.07m	-1.3
6 Teagan Zurawel	Chilwell	3.95m	-0.9
7 Tasha Saunders	Wendouree AC	3.74m	-2.5
8 Ivy Van Berkel	Wendouree AC	3.36m	+0.0
9 Jemma Norton	South Bendigo AC	2.91m	-0.9
10 Lynley Sharp	Eureka AC	2.47m	-0.7

**Women Triple Jump Under 14**

Name	Age Team	Finals	Wind
1 Hazel Lockwood	Athletics Essendon	X9.83m	+0.0
2 Emily Anderson	Bendigo Harriers AC	9.63m	+0.0
3 Lily Marsh	Eaglehawk AC	9.60m	+0.0
4 Jorja Morrison	Eaglehawk AC	9.57m	+0.0
5 Rosy Marsh	Eaglehawk AC	9.33m	+0.0
6 Harriet Gall	Bendigo Harriers AC	9.23m	+0.0
7 Tasha Saunders	Wendouree AC	8.84m	+0.0
8 Victoria Paapa-Silva	Geelong Guild AC	8.34m	+0.0
9 Charlotte Streat	Wodonga AC	8.31m	+0.0
10 Ivy Van Berkel	Wendouree AC	7.35m	+0.0
11 Jemma Norton	South Bendigo AC	6.75m	+0.0
12 Giaan Watts	Ballarat Ycw	6.62m	+0.0

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women Shot Put Under 14**

Name	Age	Team	Finals
1 Xylavene Beale		Albury Athletics	11.14m
2 Charlotte Streat		Wodonga AC	9.20m
3 Emily Anderson		Bendigo Harriers AC	8.63m
4 Cassidy Miller		South Bendigo AC	8.03m
4 Riannah Tatlock		Bellarine	8.03m
6 Ashlee Gleeson		Ballarat Ycw	7.96m
7 Jorja Morrison		Eaglehawk AC	7.74m
8 Jemma Norton		South Bendigo AC	5.84m
9 Ruby Lynch		Eaglehawk AC	5.74m
10 Lynley Sharp		Eureka AC	4.35m

**Women Discus Throw Under 14**

Name	Age	Team	Finals
1 Xylavene Beale		Albury Athletics	32.31m
2 Charlotte Streat		Wodonga AC	28.31m
3 Riannah Tatlock		Bellarine	24.87m
4 Eva Wilson		Box Hill AC	X22.29m
5 Cassidy Miller		South Bendigo AC	20.27m
6 Ashlee Gleeson		Ballarat Ycw	19.90m
7 Jorja Morrison		Eaglehawk AC	18.98m
8 Jemma Norton		South Bendigo AC	15.09m
9 Ruby Lynch		Eaglehawk AC	11.88m
10 Lily Marsh		Eaglehawk AC	11.79m
11 Lynley Sharp		Eureka AC	10.51m
-- Emily Anderson		Bendigo Harriers AC	FOUL

**Women Hammer Throw Under 14**

Name	Age	Team	Finals
1 Miah Miles		Geelong Guild AC	30.69m
2 Xylavene Beale		Albury Athletics	26.70m
3 Ashlee Gleeson		Ballarat Ycw	23.86m
4 Eva Wilson		Box Hill AC	X19.87m
5 Isabella Tarr		Geelong Guild AC	16.65m

**Women Javelin Throw Under 14**

Name	Age	Team	Finals
1 Charlotte Streat		Wodonga AC	26.58m
2 Isabella Tarr		Geelong Guild AC	26.40m
3 Xylavene Beale		Albury Athletics	24.29m
4 Emily Anderson		Bendigo Harriers AC	22.31m
5 Victoria Paapa-Silva		Geelong Guild AC	21.09m
6 Riannah Tatlock		Bellarine	18.52m
7 Ashlee Gleeson		Ballarat Ycw	17.99m
8 Jemma Norton		South Bendigo AC	16.34m
9 Giaan Watts		Ballarat Ycw	14.11m
10 Lynley Sharp		Eureka AC	9.85m

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women 1500 Meter Race Walk Under 14**

Name	Age	Team	Finals
Section 1			
1 Riannah Tatlock		Bellarine	8:17.99
2 Emily Smith		Knox AC	X8:33.04
3 Maddison Vaughan		Bendigo Harriers AC	10:47.09

**Women 100 Meter Dash Under 16**

Name	Age	Team	Finals
Section 1 Wind: -1.6			
1 Andrea Archibald		Eaglehawk AC	13.64
2 Madison Wright		Wendouree AC	13.83
3 Georgia Tarr		Geelong Guild AC	13.93
4 Poppy Palmer		Eaglehawk AC	14.00
5 Jorja Peace		Bendigo Harriers AC	14.38
6 Ella Sandford		Ballarat Harrier	14.42
7 Isabella Slabbert		Wodonga AC	14.45
8 Holly Cooper		Wodonga AC	14.56
9 Georgia Lee		Eaglehawk AC	14.94
Section 2 Wind: -0.7			
1 Nyah Brown		Geelong Guild AC	12.84
2 Angelica Selkirk		Ballarat Harrier	13.33
3 Sisley Rosano		Doncaster AC	X13.36
4 Ashley Farmer		Albury Athletics	13.55
5 Abbey Conquer		Bendigo Harriers AC	13.58
6 Gretel Holmes		Bendigo Harriers AC	13.60
7 Nyah Brits		Bendigo Harriers AC	13.86
-- Indy Dunn		Geelong Guild AC	DQ 162.8

**Women 200 Meter Dash Under 16**

Name	Age	Team	Finals
Section 1 Wind: 1.4			
1 Madison Wright		Wendouree AC	27.93
2 Andrea Archibald		Eaglehawk AC	29.38
3 Ella Sandford		Ballarat Harrier	30.15
4 Georgia Lee		Eaglehawk AC	31.22
5 Mackenzie Southern		South Bendigo AC	33.39
Section 2 Wind: -0.6			
1 Indy Dunn		Geelong Guild AC	28.09
2 Grace O'Brien		Wellington AC	28.14
3 Poppy Palmer		Eaglehawk AC	28.76
4 Caitlin Evans		Bendigo Harriers AC	28.96
5 Holly Cooper		Wodonga AC	29.38
-- Jorja Peace		Bendigo Harriers AC	DQ 162.8
Section 3 Wind: 1.1			
1 Nyah Brown		Geelong Guild AC	25.86
2 Angelica Selkirk		Ballarat Harrier	26.61
3 Sisley Rosano		Doncaster AC	X26.69
4 Gretel Holmes		Bendigo Harriers AC	26.85
5 Ashley Farmer		Albury Athletics	27.25
6 Abbey Conquer		Bendigo Harriers AC	27.73
7 Jaz Skerke		Geelong Guild AC	28.29

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women 400 Meter Run Under 16**

Name	Age	Team	Finals
Section 1			
1 Sophie Coltish		Geelong Guild AC	1:04.13
2 Chloe Kinnersly		Ballarat Harrier	1:05.38
3 Indy Dunn		Geelong Guild AC	1:05.52
4 Hannah Brady		Chilwell	1:05.97
5 Caitlin Evans		Bendigo Harriers AC	1:07.82
6 Mackenzie Southern		South Bendigo AC	1:20.78
Section 2			
1 Nyah Brown		Geelong Guild AC	57.92
2 Gretel Holmes		Bendigo Harriers AC	1:00.73
3 Ella Rayson		Corio AC	1:01.58
4 Ashley Farmer		Albury Athletics	1:02.34
5 Sienna Wrench		Geelong Guild AC	1:02.52
6 Jaz Skerke		Geelong Guild AC	1:03.17
7 Jacinta McFarlane		Geelong Guild AC	1:04.21
8 Grace O'Brien		Wellington AC	1:07.56

**Women 800 Meter Run Under 16**

Name	Age	Team	Finals
Section 1			
1 Kiralee Turver		Mornington	X2:21.83
2 Sophie Coltish		Geelong Guild AC	2:22.74
3 Bianca Croucher		Wellington AC	2:23.81
4 Tullie Rowe		Bendigo Uni	2:27.53
5 Ella Rayson		Corio AC	2:28.57
6 Jacinta McFarlane		Geelong Guild AC	2:31.91
7 Ada Hill		Wellington AC	2:37.39
8 Kayla Bridges		Eureka AC	2:40.97
9 Rhianna Watts		Ballarat Ycw	2:41.48
10 Tabatha Ray		Ballarat Harrier	2:49.99
11 Leah Canavan		Eureka AC	2:55.69

**Women 1500 Meter Run Under 16**

Name	Age	Team	Finals
1 Megan Dickson		Chilwell	4:49.31
2 Tullie Rowe		Bendigo Uni	4:59.83
3 Sophie Coltish		Geelong Guild AC	5:03.20
4 Rose Mayhew		Chilwell	5:11.94
5 Esther Houghton		Coburg Harriers AC	X5:17.03
6 Rhianna Watts		Ballarat Ycw	5:20.88
7 Gracie Lee Egner		Eureka AC	5:23.71
8 Ada Hill		Wellington AC	5:30.19
9 Phoebe Lonsdale		Bendigo Uni	5:38.40
10 Shalyn Gibbs		Frankston AC	X6:20.98

**Women 3000 Meter Run Under 16**

Name	Age	Team	Finals
1 Megan Dickson		Chilwell	10:19.76
2 Niamh Tabit		Coburg Harriers AC	X10:20.06
3 Georgina Mees		Ballarat Ycw	10:39.38
4 Debbie Husodo		Wellington AC	10:45.68

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women 3000 Meter Run Under 16**

5	Amira Tabit	Coburg Harriers AC	X10:57.93
6	Callista Race-Stelling	Wodonga AC	11:05.59
7	Bianca Croucher	Wellington AC	11:21.78
8	Rhianna Watts	Ballarat Ycw	11:36.66
--	Phoebe Lonsdale	Bendigo Uni	DNF
--	Rose Mayhew	Chilwell	DNF

**Women 90 Meter Hurdles Under 16**

Name	Age	Team	Finals
Section 1 Wind: 1.7			
1	Ashley Farmer	Albury Athletics	14.17
2	Alarna Gibson-Williamson	South Coast Aths	14.20
3	Isabella Sallee	Ringwood AC	X14.55
4	Grace Henham	Sandringham AC	X14.89
5	Jorja Peace	Bendigo Harriers AC	15.14
6	Paige Duffy	Wodonga AC	15.26

**Women 200 Meter Hurdles Under 16**

Name	Age	Team	Finals
Section 1 Wind: 2.8			
1	Ashley Farmer	Albury Athletics	31.79
2	Isabella Sallee	Ringwood AC	X32.58
3	Sienna Wrench	Geelong Guild AC	32.98
4	Grace Henham	Sandringham AC	X33.24
5	Jorja Peace	Bendigo Harriers AC	34.54
6	Caitlin Evans	Bendigo Harriers AC	36.53

**Women 2000 Meter Steeplechase Under 16**

Name	Age	Team	Finals
Section 1			
1	Georgina Mees	Ballarat Ycw	7:31.54
2	Callista Race-Stelling	Wodonga AC	7:42.47
3	Shalyn Gibbs	Frankston AC	X9:34.26

**Women 4x100 Meter Relay Under 16**

Team	Finals
1 Bendigo Harriers AC 'A'	52.80
1) Nyah Brits 15	2) Abbey Conquer 15
3) Gretel Holmes 15	4) Monique Gavriiadis 15
2 Geelong Guild AC 'A'	53.01
1) Indy Dunn 15	2) Georgia Tarr 15
3) Jaz Skerke 15	4) Nyah Brown 15
3 Eaglehawk AC 'A'	54.80
1) Sophie Dalton 14	2) Poppy Palmer 14
3) Georgia Lee 15	4) Andrea Archibald 14
4 Ballarat Harriers AC 'A'	55.21
1) Ella Sandford 14	2) Grace Kelly 13
3) Tabatha Ray 14	4) Angelica Selkirk 15
5 Wodonga AC 'A'	57.21
1) Charlotte Streat 13	2) Paige Duffy 14
3) Holly Cooper 14	4) Isabella Slabbert 14

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women 4x100 Meter Relay Under 16**

6 Eureka AC 'A'		1:00.38
1) Olivia Lam 13	2) Leah Canavan 15	
3) Charlotte Streat 13	4) Kayla Bridges 14	
7 Bendigo Harriers AC 'B'		1:02.07
1) Caitlin Evans 14	2) Tiahna Robinson 15	
3) Destiney Seymour 15	4) Jorja Peace 15	

**Women High Jump Under 16**

Name	Age Team	Finals
Flight 1		
1 Alarna Gibson-Williamson	South Coast Aths	1.65m
2 Madison Wright	Wendouree AC	1.54m
3 Paige Duffy	Wodonga AC	1.50m
4 Heike Paape-Silva	Geelong Guild AC	1.45m
5 Holly Cooper	Wodonga AC	1.40m

**Women Pole Vault Under 16**

Name	Age Team	Finals
1 Georgia Tayler	Box Hill AC	X3.60m
2 Elsie Clifford	Diamond Valley AC	X2.80m
3 Abigail Delia	Casey Cardinia	X2.15m

**Women Long Jump Under 16**

Name	Age Team	Finals	Wind
1 Monique Gavriiliadis	Bendigo Harriers AC	5.07m	1.5
2 Nyah Brown	Geelong Guild AC	5.02m	1.2
3 Heike Paape-Silva	Geelong Guild AC	4.97m	0.8
4 Angelica Selkirk	Ballarat Harrier	4.64m	+0.0
5 Paige Duffy	Wodonga AC	4.55m	1.6
6 Isabella Slabbert	Wodonga AC	4.49m	0.6
7 Poppy Palmer	Eaglehawk AC	4.42m	1.9
8 Sophie Dalton	Eaglehawk AC	4.33m	+0.0
9 Maya Kadri	Eaglehawk AC	4.30m	1.1
10 Alice Lepair	Ballarat Ycw	4.16m	1.6
11 Holly Cooper	Wodonga AC	4.01m	0.5
12 Andrea Archibald	Eaglehawk AC	4.00m	0.5

**Women Triple Jump Under 16**

Name	Age Team	Finals	Wind
1 Tiana Boras	Chilwell	11.03m	+0.0
2 Angelica Selkirk	Ballarat Harrier	10.25m	+0.0
3 Olivia Wood	Athletics Essendon	X10.18m	+0.0
4 Holly Cooper	Wodonga AC	10.11m	+0.0
5 Madison Wright	Wendouree AC	10.03m	0.2
6 Paige Duffy	Wodonga AC	9.71m	+0.0
7 Isabella Slabbert	Wodonga AC	9.09m	+0.0
8 Maya Kadri	Eaglehawk AC	8.99m	+0.0
9 Poppy Palmer	Eaglehawk AC	8.96m	+0.0
10 Caitlin Evans	Bendigo Harriers AC	8.93m	+0.0



**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women Shot Put Under 16**

Name	Age	Team	Finals
1 Monique Gavriiliadis		Bendigo Harriers AC	10.70m
2 Olivia Nigido-Scott		Old Scotch	X10.69m
3 Gemma Craddock		Glenhuntly AC	X10.32m
4 Claire Noonan		Eaglehawk AC	8.72m
5 Tiahna Robinson		Bendigo Harriers AC	7.85m

**Women Discus Throw Under 16**

Name	Age	Team	Finals
1 Tiahna Robinson		Bendigo Harriers AC	25.96m
2 Olivia Nigido-Scott		Old Scotch	X25.81m
3 Claire Noonan		Eaglehawk AC	25.59m
4 Georgia Lee		Eaglehawk AC	20.68m
5 Angelica Selkirk		Ballarat Harrier	18.57m
6 Gretel Holmes		Bendigo Harriers AC	17.83m

**Women Hammer Throw Under 16**

Name	Age	Team	Finals
1 Georgia Tarr		Geelong Guild AC	43.13m
2 Claire Noonan		Eaglehawk AC	32.45m
3 Olivia Nigido-Scott		Old Scotch	X27.56m
4 Sarah Ebbels		Yarra Ranges	X22.76m

**Women Javelin Throw Under 16**

Name	Age	Team	Finals
1 Gemma Craddock		Glenhuntly AC	X35.47m
2 Georgia Tarr		Geelong Guild AC	33.95m
3 Taleisha Wise		Wendouree AC	27.60m
4 Jorja Hill		Bendigo Harriers AC	27.48m
5 Isabella Slabbert		Wodonga AC	25.84m
5 Claire Noonan		Eaglehawk AC	25.84m
7 Monique Gavriiliadis		Bendigo Harriers AC	25.08m
8 Heike Paape-Silva		Geelong Guild AC	24.16m
9 Maya Kadri		Eaglehawk AC	23.97m
10 Tiahna Robinson		Bendigo Harriers AC	21.47m
11 Gretel Holmes		Bendigo Harriers AC	20.01m

**Women 3000 Meter Race Walk Under 16**

Name	Age	Team	Finals
Section 1			
1 Kaylah Heikkila-Dubowik		Corio AC	18:42.30
2 Claire Noonan		Eaglehawk AC	20:27.73

**Women 100 Meter Dash Under 18**

Name	Age	Team	Finals
Section 1      Wind: 1.3			
1 Elyssia Kenshole		Diamond Valley AC	X12.78
2 Leilani Tikfesis		Sandringham AC	X13.18

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3	Aisling O'Connor Buckley	Glenhuntly AC	X13.20
4	Alyssa Neale	Casey Cardinia	X13.30
5	Bianca Sesar	Corio AC	13.49
6	Jalen Hoskin	Bendigo Harriers AC	13.53
7	Jorja Van Den Berg	Bendigo Uni	13.81

Section 2 Wind: 1.0

1	Keely Boyne	Diamond Valley AC	X12.21
2	Adora Arch	Western Athletics	X12.52
3	Kiyani Sydnor	Sandringham AC	X12.53
4	Abbey Krippel	Geelong Guild AC	12.82
5	Alexandra Tarr	Geelong Guild AC	12.86
6	Jasmine Woods	South Coast Aths	13.21
7	Georgia Mills	Frankston AC	X13.29
8	Anastazia Robinson	Eaglehawk AC	13.32

**Women 200 Meter Dash Under 18**

Name	Age	Team	Finals
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Section 1 Wind: 0.7

1	Olivia Gross	Geelong Guild AC	25.96
2	Georgia Mills	Frankston AC	X27.37
3	Jorja Van Den Berg	Bendigo Uni	27.57
4	Bianca Sesar	Corio AC	27.58
5	Rachel Aitken	South Coast Aths	30.88

Section 2 Wind: 0.5

1	Kiyani Sydnor	Sandringham AC	X25.61
2	Nyajima Jock	Wendouree AC	26.35
3	Elyssia Kenshole	Diamond Valley AC	X26.60
4	Alexandra Tarr	Geelong Guild AC	26.64
5	Anastazia Robinson	Eaglehawk AC	27.71

**Women 400 Meter Run Under 18**

Name	Age	Team	Finals
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Section 1

1	Amy Canavan	Eureka AC	1:02.63
2	Paige Elvey	Frankston AC	X1:03.26
3	Sarah Egan	Wodonga AC	1:06.80
4	Madeline Bashiruddin	Geelong Guild AC	1:07.96

Section 2

1	Nyajima Jock	Wendouree AC	1:00.09
2	Skye Ellis	Chilwell	1:00.54
3	Lucy Leutchford	Collingwood	X1:00.96
4	Ruby Luckie	Wellington AC	1:01.83
5	Mikayla Michels	Geelong Guild AC	1:02.49

**Women 800 Meter Run Under 18**

Name	Age	Team	Finals
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Section 1

1	Ruby Luckie	Wellington AC	2:19.93
2	Rachel Jennings	Wellington AC	2:21.67
3	Amy Canavan	Eureka AC	2:22.83
4	Skye Ellis	Chilwell	2:23.72
5	Freya Dess	Geelong Guild AC	2:23.87
6	Mikayla Michels	Geelong Guild AC	2:25.93

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women 800 Meter Run Under 18**

7	Olivia Richardson	Geelong Guild AC	2:29.65
8	Sara Berg	South Bendigo AC	2:35.75
9	Charlotte Drake	Williamstown AC	X2:35.86
10	Madeline Bashiruddin	Geelong Guild AC	2:38.13
11	Alissa Ramsdale	Doncaster AC	X2:42.40

**Women 1500 Meter Run Under 18**

Name	Age	Team	Finals
1	Mia Roux	Collingwood	X4:48.28
2	Rachel Jennings	Wellington AC	4:51.05
3	Freya Dess	Geelong Guild AC	4:53.66
4	Rhemmy Gibbs	Frankston AC	X4:55.48
5	Olivia Richardson	Geelong Guild AC	4:57.13
6	Lily Gilbert	Wendouree AC	5:06.00
7	Ella Stiles	Geelong Guild AC	5:07.13
8	Sara Berg	South Bendigo AC	5:16.70

**Women 3000 Meter Run Under 18**

Name	Age	Team	Finals
1	Rhemmy Gibbs	Frankston AC	X10:46.02
2	Olivia Richardson	Geelong Guild AC	10:50.60
3	Taryn Furletti	South Bendigo AC	11:00.63
4	Lily Gilbert	Wendouree AC	11:20.77
5	Ella Stiles	Geelong Guild AC	11:23.14
6	Mia Lepair	Ballarat Ycw	11:59.37

**Women 100 Meter Hurdles Under 18**

Name	Age	Team	Finals
Section 1 Wind: 1.1			
1	Keely Boyne	Diamond Valley AC	X14.23
2	Aisling O'Connor Buckley	Glenhuntly AC	X15.01
3	Alyssa Neale	Casey Cardinia	X15.97
4	Abbey Hromenko	South Bendigo AC	16.68
5	Meaghan Wilson	South Coast Aths	17.38

**Women 400 Meter Hurdles Under 18**

Name	Age	Team	Finals
Section 1			
1	Paige Elvey	Frankston AC	X1:08.24
2	Sylvia Dang	Ringwood AC	X1:09.68
3	Eliza Connors	Athletics Essendon	X1:09.69

**Women 2000 Meter Steeplechase Under 18**

Name	Age	Team	Finals
1	Taryn Furletti	South Bendigo AC	7:40.05
2	Abigail Thomas	Western Athletics	X7:44.48
3	Aimee Jungfer	Athletics Essendon	X8:01.34

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women 4x100 Meter Relay Under 18**

Team	Finals
1 Geelong Guild AC 'A'	50.77
1) Taylor Sobh 17	2) Alexandra Tarr 17
3) Mikayla Michels 17	4) Olivia Gross 17
2 Eaglehawk AC 'A'	53.27
1) Anastazia Robinson 17	2) Niah Langtree 17
3) Laura Kadri 17	4) Maya Kadri 15
3 South Coast Athletics 'A'	54.86
1) Alarna Gibson-Williamson 15	2) Rachel Aitken 17
3) Nicola Slade 16	4) Jasmine Woods 16
4 Bendigo University AC 'A'	57.09
1) Jazlin Fear 16	2) Tullie Rowe 15
3) Montanna Maud 16	4) Jorja Van Den Berg 16
5 Wellington AC 'A'	57.31
1) Grace O'Brien 15	2) Bianca Croucher 14
3) Ada Hill 14	4) Ruby Luckie 16

**Women High Jump Under 18**

Name	Age Team	Finals
Flight 1		
1 Isabella Lia	Gippsland AC	1.62m
2 Meaghan Wilson	South Coast Aths	1.58m
3 Caitlin Hanley	Diamond Valley AC	X1.54m
3 Abbey Hromenko	South Bendigo AC	1.54m
5 Caytlyn Sharp T20	Eureka AC	1.50m
6 Nicola Slade	South Coast Aths	1.45m
6 Rachel Aitken	South Coast Aths	1.45m
-- Ella Sharp	Eureka AC	NH

**Women Pole Vault Under 18**

Name	Age Team	Finals
1 Olivia Gross	Geelong Guild AC	3.50m
2 Felicity Jouvelet	Casey Cardinia	X3.30m
3 Nicola Slade	South Coast Aths	2.80m
4 Bridget Catania	Bendigo Harriers AC	2.00m

**Women Long Jump Under 18**

Name	Age Team	Finals	Wind
1 Kiyani Sydnor	Sandringham AC	X5.31m	-0.3
2 Elyssia Kenshole	Diamond Valley AC	X5.28m	+0.0
3 Leilani Tikfesis	Sandringham AC	X5.14m	+0.0
4 Jasmine Woods	South Coast Aths	5.05m	0.8
5 Taylor Sobh	Geelong Guild AC	4.94m	+0.0
6 Caytlyn Sharp T20	Eureka AC	4.47m	+0.0
7 Kelsea Gray	Corio AC	4.42m	+0.0
8 Jalen Hoskin	Bendigo Harriers AC	4.37m	+0.0
9 Nicola Slade	South Coast Aths	4.18m	+0.0
10 Ella Sharp	Eureka AC	4.12m	0.1
11 Rachel Aitken	South Coast Aths	4.09m	0.1

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women Triple Jump Under 18**

Name	Age	Team	Finals	Wind
1 Ruby Pizzo		Athletics Essendon	X11.51m	-1.5
2 Taylor Sobh		Geelong Guild AC	11.17m	+0.0
3 Kiyani Sydnor		Sandringham AC	X10.62m	-1.6
4 Jasmine Woods		South Coast Aths	10.44m	-1.2
5 Jalen Hoskin		Bendigo Harriers AC	9.97m	-1.3
6 Sarah Egan		Wodonga AC	9.52m	0.1
7 Meaghan Wilson		South Coast Aths	9.34m	-0.5
8 Nicola Slade		South Coast Aths	8.88m	-1.5

**Women Shot Put Under 18**

Name	Age	Team	Finals
1 Mackenzie Mielczarek		Corio AC	14.01m
2 Tahlee Ferguson		Frankston AC	X12.42m
3 Ruby Hore		Bendigo Harriers AC	9.44m
4 Abby Bicknell		Wendouree AC	9.38m
5 Anastazia Robinson		Eaglehawk AC	8.84m

**Women Discus Throw Under 18**

Name	Age	Team	Finals
1 Mackenzie Mielczarek		Corio AC	35.86m
2 Tahlee Ferguson		Frankston AC	X33.20m
3 Amisha Murugathas		Athletics Essendon	X28.33m
4 Abby Bicknell		Wendouree AC	26.46m
5 Sara Berg		South Bendigo AC	23.63m
6 Ruby Hore		Bendigo Harriers AC	19.13m

**Women Hammer Throw Under 18**

Name	Age	Team	Finals
1 Abby Bicknell		Wendouree AC	24.10m
2 Caytlyn Sharp F20		Eureka AC	22.72m
3 Ella Sharp		Eureka AC	22.14m
4 Ruby Hore		Bendigo Harriers AC	21.48m

**Women Javelin Throw Under 18**

Name	Age	Team	Finals
1 Mackenzie Mielczarek		Corio AC	39.29m
2 Sara Berg		South Bendigo AC	24.91m
3 Ruby Hore		Bendigo Harriers AC	24.80m

**Women 3000 Meter Race Walk Under 18**

Name	Age	Team	Finals
Section 1			
1 Alanna Peart		Ballarat Ycw	13:48.33
2 Charli Walker		Bellarine	19:03.79

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women 100 Meter Dash Under 20**

Name	Age	Team	Finals
Section 1 Wind: 0.1			
1 Laura Kadri		Eaglehawk AC	12.98
2 Aris Patsouras		Preston AC	X13.16
3 Jordan Barry		Wendouree AC	13.29
4 Niah Langtree		Eaglehawk AC	13.68
5 Chelsea Tofful		Bendigo Harriers AC	13.98
Section 2 Wind: -0.3			
1 Mia Gross		Deakin AC	11.97
2 Lateisha Willis		Ringwood AC	X12.14
3 Khoeby Holohan		Sandringham AC	X12.30
4 Gabriella Boulton		Albury Athletics	13.27
5 Alannah Sander		Chilwell	13.40
6 Bridie Kelly		Frankston AC	X13.53

**Women 200 Meter Dash Under 20**

Name	Age	Team	Finals
Section 1 Wind: 2.1			
1 Laura Kadri		Eaglehawk AC	27.25
2 Aris Patsouras		Preston AC	X28.04
3 Summer Sutherland		Albury Athletics	28.25
4 Gabrielle Rusbridge		Eaglehawk AC	28.90
5 Jackelyn Burge		Bendigo Harriers AC	29.49
6 Naomi Merrilees		South Coast Aths	35.72
Section 2 Wind: 1.7			
1 Mia Gross		Deakin AC	24.36
2 Khoeby Holohan		Sandringham AC	X25.38
3 Gabriella Boulton		Albury Athletics	27.11
4 Alannah Sander		Chilwell	27.69
5 Niah Langtree		Eaglehawk AC	28.38

**Women 400 Meter Run Under 20**

Name	Age	Team	Finals
Section 1			
1 Sophia Davis		Box Hill AC	X1:00.27
2 Laura Kadri		Eaglehawk AC	1:01.74
3 Gabriella Boulton		Albury Athletics	1:02.13
4 Alexandra Tarr		Geelong Guild AC	1:02.51
5 Gabrielle Rusbridge		Eaglehawk AC	1:02.67
6 Summer Sutherland		Albury Athletics	1:05.06
7 Naomi Merrilees		South Coast Aths	1:27.11

**Women 800 Meter Run Under 20**

Name	Age	Team	Finals
1 Eliza Lepair		Ballarat Ycw	2:25.72
2 Gabrielle Rusbridge		Eaglehawk AC	2:26.02
3 Summer Sutherland		Albury Athletics	2:34.62
4 Aliesha Wrigley		South Coast Aths	2:39.42
5 Matilda Moore		Bendigo Harriers AC	2:43.13
6 Tiffany Bussem Jorgensen		Bendigo Harriers AC	2:53.09
7 Emily Heislars		Eaglehawk AC	3:09.65
8 Naomi Merrilees		South Coast Aths	3:34.84

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women 1500 Meter Run Under 20**

Name	Age	Team	Finals
1 Rachel O'Brien		Wellington AC	4:56.02
2 Aliesha Wrigley		South Coast Aths	5:42.38
3 Tiffany Bussem Jorgensen		Bendigo Harriers AC	5:55.13
4 Emily Heislars		Eaglehawk AC	6:41.41

**Women 3000 Meter Run Under 20**

Name	Age	Team	Finals
1 Heidi Demeo		Chilwell	10:21.97
2 Georgia Powning T20		Old Xaverians AC	X12:20.87
3 Aliesha Wrigley		South Coast Aths	13:00.81
4 Tiffany Bussem Jorgensen		Bendigo Harriers AC	13:00.83

**Women 100 Meter Hurdles Under 20**

Name	Age	Team	Finals
Section 1 Wind: 1.3			
1 Lateisha Willis		Ringwood AC	X14.22
2 Ellie Murrant		Geelong Guild AC	17.35
3 Jackelyn Burge		Bendigo Harriers AC	19.06
-- Bridie Kelly		Frankston AC	XDNF

**Women 400 Meter Hurdles Under 20**

Name	Age	Team	Finals
Section 1			
1 Olivia Barbour		Sandringham AC	X1:13.38
2 Ellie Murrant		Geelong Guild AC	1:19.03

**Women 4x100 Meter Relay Under 20**

Team	Finals
1 Geelong Guild AC 'A'	53.80
1) Jacinta McFarlane 14	2) Ellie Murrant 18
3) Elly Bayes 18	4) Heike Paape-Silva 15
2 Bendigo Harriers AC 'A'	55.18
1) Jade Richardson 18	2) Jalen Hoskin 17
3) Jackelyn Burge 18	4) Chelsea Tofful 18
3 Bendigo Harriers AC 'B'	58.84
1) Emma Gilligan 16	2) Ruby Hore 17
3) Matilda Moore 18	4) Tiffany Bussem Jorgensen 18
4 Eaglehawk AC 'A'	59.18
1) Gabrielle Rusbridge 19	2) Olivia Graham 19
3) Emily Heislars 18	4) Madeline Hall 18
5 South Bendigo AC 'A'	1:00.21
1) Abbey Hromenko 17	2) Allie Guillou 13
3) Emma Berg 18	4) Ella Dee Farnell 18

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women High Jump Under 20**

Name	Age	Team	Finals
Flight 1			
1 Jade Richardson		Bendigo Harriers AC	1.55m
1 Summer Sutherland		Albury Athletics	1.55m
1 Caitlin Davis		Old Xaverians AC	X1.55m

**Women Pole Vault Under 20**

Name	Age	Team	Finals
1 Sarah Melsom		Box Hill AC	X3.40m
2 Montana Green		Mentone AC	X3.00m
3 Elly Bayes		Geelong Guild AC	2.80m

**Women Long Jump Under 20**

Name	Age	Team	Finals	Wind
1 Montana Djatschenko		Athletics Essendon	X5.57m	0.2
2 Khoeby Holohan		Sandringham AC	X5.45m	0.4
3 Aris Patsouras		Preston AC	X4.97m	+0.0
4 Jordan Barry		Wendouree AC	4.87m	+0.0
5 Chelsea Tofful		Bendigo Harriers AC	4.65m	+0.0
6 Jade Richardson		Bendigo Harriers AC	4.44m	+0.0
7 Ella Dee Farnell		South Bendigo AC	4.35m	0.3

**Women Triple Jump Under 20**

Name	Age	Team	Finals	Wind
1 Jordan Barry		Wendouree AC	10.08m	0.6
2 Ella Dee Farnell		South Bendigo AC	10.05m	+0.0
3 Aris Patsouras		Preston AC	X10.04m	+0.0
4 Chelsea Tofful		Bendigo Harriers AC	9.93m	+0.0
5 Madeline Hall		Eaglehawk AC	8.18m	+0.0
6 Emily Heislars		Eaglehawk AC	6.14m	+0.0

**Women Shot Put Under 20**

Name	Age	Team	Finals
1 Emma Berg		South Bendigo AC	12.97m
2 Kiahna Soroka		Albury Athletics	10.74m
3 Mia Gross		Deakin AC	9.87m
4 Clare McCormack		Wodonga AC	9.29m
5 Olivia Graham		Eaglehawk AC	9.21m
6 Bridie Kelly		Frankston AC	X8.97m
7 Jorja Sharp		Eureka AC	7.71m
8 Madeline Hall		Eaglehawk AC	7.35m
9 Jade Richardson		Bendigo Harriers AC	6.54m

**Women Discus Throw Under 20**

Name	Age	Team	Finals
1 Emma Berg		South Bendigo AC	43.17m
2 Isabella Simonelli		Collingwood	X41.19m
3 Alexandra Mills		Diamond Valley AC	X35.62m



**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women Discus Throw Under 20**

4	Kiahna Soroka	Albury Athletics	33.36m
5	Olivia Graham	Eaglehawk AC	26.17m
6	Anastazia Robinson	Eaglehawk AC	24.86m
7	Madeline Hall	Eaglehawk AC	23.12m
8	Jorja Sharp	Eureka AC	22.78m
9	Naomi Merrilees	South Coast Aths	12.66m
10	Emily Heislars	Eaglehawk AC	12.05m

**Women Hammer Throw Under 20**

Name	Age	Team	Finals
1	Kiahna Soroka	Albury Athletics	45.99m
2	Olivia Graham	Eaglehawk AC	45.63m
3	Isabella Simonelli	Collingwood	X42.96m
4	Clare McCormack	Wodonga AC	35.98m
5	Jorja Sharp	Eureka AC	22.23m

**Women Javelin Throw Under 20**

Name	Age	Team	Finals
1	Clare McCormack	Wodonga AC	30.28m
2	Jackelyn Burge	Bendigo Harriers AC	28.35m
3	Bridie Kelly	Frankston AC	X27.42m
4	Jade Richardson	Bendigo Harriers AC	22.51m
5	Madeline Hall	Eaglehawk AC	22.41m

**Women 5000 Meter Race Walk Under 20**

Name	Age	Team	Finals
Section 1			
1	Jemma Peart	Ballarat Ycw	25:27.46
2	Charlotte Hay	Knox AC	X26:51.63

**Women 100 Meter Dash Open**

Name	Age	Team	Finals
Section 1 Wind: 2.7			
1	Ellie McLinden	Old Xaverians AC	X13.11
2	Jessica Dux	Nunawading	X13.17
3	Denise Snyder	Eaglehawk AC	13.25
4	Jalen Hoskin	Bendigo Harriers AC	13.94
5	Gabrielle Lang	Wendouree AC	15.09
6	Courtney Clark	South Coast Aths	15.35
7	Keely Farnell	South Bendigo AC	15.70
Section 2 Wind: 0.5			
1	Ashleigh Whittaker	Sandringham AC	X11.94
2	Christine Byrne	Glenhuntly AC	X12.17
3	Ebony Lane	Frankston AC	X12.40
4	Nina Lawson	Athletics Essendon	X12.95
5	Ashleigh Terlato	Casey Cardinia	X12.96
6	Alexandra Tarr	Geelong Guild AC	12.98
7	Georgia Mills	Frankston AC	X13.41

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women 200 Meter Dash Open**

Name	Age	Team	Finals
Section 1 Wind: 0.7			
1 Ashleigh Terlato		Casey Cardinia	X26.58
2 Jessica Dux		Nunawading	X27.50
3 Claire McCay		Bendigo Harriers AC	28.53
4 Olivia Attard		South Bendigo AC	28.92
5 Courtney Clark		South Coast Aths	32.57
6 Keely Farnell		South Bendigo AC	33.77
Section 2 Wind: 0.6			
1 Ashleigh Whittaker		Sandringham AC	X24.55
2 Lily Bayes		Deakin AC	24.86
3 Jessica Gulli-Nance		Deakin AC	25.01
4 Christine Byrne		Glenhuntly AC	X25.04
5 Caitlin Hawks		Old Melburnians AC	X26.01
6 Ellie Keratianos		Keilor St Bern	X26.78
7 Stephanie Pompei		South Bendigo AC	28.13

**Women 400 Meter Run Open**

Name	Age	Team	Finals
Section 1			
1 Abbey Badrock		Chilwell	1:01.72
2 Stephanie Pompei		South Bendigo AC	1:01.78
3 Montana Beruldsen		Melbourne Uni	X1:04.62
4 Olivia Attard		South Bendigo AC	1:05.33
5 Madeleine Parris		Glenhuntly AC	X1:07.45
Section 2			
1 Tess Kirsopp-Cole		Chilwell	58.12
2 Stephanie Larkin		Doncaster AC	X58.96
3 Lucy Romanoff		Frankston AC	X59.55
4 Sarah Lewis		South Coast Aths	1:00.42
5 Eleni Gilden		Melbourne Uni	X1:00.45
6 Rosamond Gilden		Melbourne Uni	X1:01.48
Section 3			
1 Jessica Gulli-Nance		Deakin AC	54.97
2 Kendra Hubbard		Old Melburnians AC	X55.09
3 Alexia Loizou		Mornington	X55.61
4 Sophia Fighera		Mornington	X55.89
5 Lily Bayes		Deakin AC	56.00
6 Caitlin Hawks		Old Melburnians AC	X58.88

**Women 800 Meter Run Open**

Name	Age	Team	Finals
Section 1			
1 Shanie Landen		Maccabi AC	X2:16.03
2 Tess Kirsopp-Cole		Chilwell	2:18.21
3 Maddison Caulfield		Athletics Essendon	X2:18.44
4 Rachel Waters		Deakin AC	2:18.85
5 Isabelle Gerardi		Deakin AC	2:21.15
6 Sarah Lewis		South Coast Aths	2:24.21
7 Justine White		Chilwell	2:31.39
8 Anna de Vrieze		South Bendigo AC	2:40.18
9 Stephanie Pompei		South Bendigo AC	2:41.84
10 Eliesha Byrt T20		Geelong Guild AC	2:44.89
11 Kirstie Newcombe T38		Chilwell	2:48.89

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women 1500 Meter Run Open**

Name	Age	Team	Finals
1 Heidi Demeo		Chilwell	4:46.67
2 Rachel Waters		Deakin AC	4:53.28
3 Stephanie Kondogonis		Keilor St Bern	X4:56.35
4 Cassie Dege		Chilwell	5:00.38
5 Simone Brick		South Melbourne AC	X5:08.17
6 Olivia Attard		South Bendigo AC	5:19.15
7 Justine White		Chilwell	5:21.20
8 Sarah Watts		Ballarat Ycw	5:26.85
9 Anna de Vrieze		South Bendigo AC	5:28.14
10 Georgia Powning T20		Old Xaverians AC	X5:42.82

**Women 5000 Meter Run Open**

Name	Age	Team	Finals
1 Cassandra Mesta		Wellington AC	18:34.20
2 Rhiannon White		Eureka AC	19:03.29
3 Tess Rhodes		Chilwell	19:21.87
4 Eliza Lepair		Ballarat Ycw	19:48.80
5 Olivia Attard		South Bendigo AC	21:59.47
6 Chloe Turner T20		Old Xaverians AC	X24:58.78

**Women 10000 Meter Run Open**

Name	Age	Team	Finals
1 Sarah Watts		Ballarat Ycw	43:06.80
2 Juliet Heah		Bendigo Harriers AC	46:37.52

**Women 100 Meter Hurdles Open**

Name	Age	Team	Finals
Section 1 Wind: 0.1			
1 Danielle Shaw		Ringwood AC	X14.21
2 Kira Davey		Melbourne Uni	X15.81
3 Abbey Badrock		Chilwell	15.85
4 Ellie McLinden		Old Xaverians AC	X16.36
5 Denise Snyder		Eaglehawk AC	16.49
6 Jessica Dux		Nunawading	X17.99
7 Emma Werner		Eureka AC	21.66

**Women 400 Meter Hurdles Open**

Name	Age	Team	Finals
Section 1			
1 Stephanie Larkin		Doncaster AC	X1:03.88
2 Abbey Badrock		Chilwell	1:08.52
3 Montana Beruldsen		Melbourne Uni	X1:11.60

**Women 3000 Meter Steeplechase Open**

Name	Age	Team	Finals
1 Simone Brick		South Melbourne AC	X11:31.86
2 Annabel Kitto		South Australia	X11:53.02

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women 3000 Meter Steeplechase Open**

3 Ruby Turner	Melbourne Uni	X12:23.66
4 Ebony Whiley	Eaglehawk AC	17:51.66

**Women 4x100 Meter Relay Open**

Team	Finals
1 Bendigo Harriers AC 'A'	52.80
1) Nyah Brits 15	2) Abbey Conquer 15
3) Gretel Holmes 15	4) Monique Gavriliadis 15
2 Athletics Chilwell AC 'A'	52.82
1) Alannah Sander 18	2) Abbey Badrock 20
3) Justine White 31	4) Tess Kirsopp-Cole 20
3 Corio AC 'A'	55.35
1) Bianca Sesar 16	2) Ella Rayson 15
3) Kelsea Gray 16	4) Sherry Gathercole 49
4 Bendigo Harriers AC 'B'	55.78
1) Jade Richardson 18	2) Jalen Hoskin 17
3) Jackelyn Burge 18	4) Chelsea Tofful 18
5 Eureka AC 'A'	56.55
1) Caytlyn Sharp 17	2) Amy Canavan 17
3) Courtney Scott 24	4) Janelle Mccallum 33
6 South Coast Athletics 'A'	1:00.26
1) Aliesha Wrigley 19	2) Sarah Lewis 34
3) Courtney Clark 20	4) Naomi Merrilees 19
7 Eaglehawk AC 'A'	1:00.44
1) Denise Snyder 27	2) Siobhan Thompson 22
3) Andrea Archibald 14	4) Ebony Whiley 24
8 South Bendigo AC 'A'	1:03.40
1) Stephanie Pompei 24	2) Keely Farnell 21
3) Olivia Attard 20	4) Keely Trew 27

**Women 4x400 Meter Relay Open**

Team	Finals
1 Geelong Guild AC 'A'	4:10.44
1) Klara Dess 19	2) Mikayla Michels 17
3) Freya Dess 17	4) Nyah Brown 15
2 Geelong Guild AC 'B'	4:25.13
1) Alexandra Tarr 17	2) Jaz Skerke 15
3) Sophie Coltish 14	4) Olivia Richardson 17
3 Wellington AC 'A'	4:25.89
1) Ruby Luckie 16	2) Bianca Croucher 14
3) Ada Hill 14	4) Rachel O'Brien 19
4 Eaglehawk AC 'A'	4:29.90
1) Niah Langtree 17	2) Laura Kadri 17
3) Anastazia Robinson 17	4) Gabrielle Rusbridge 19
5 Eureka AC 'A'	4:31.69
1) Kayla Bridges 14	2) Amy Canavan 17
3) Charlotte Streat 13	4) Courtney Scott 24
6 South Bendigo AC 'A'	4:49.27
1) Abbey Hromenko 17	2) Keely Trew 27
3) Anna de Vrieze 33	4) Stephanie Pompei 24
7 Bendigo Harriers AC 'A'	4:57.33
1) Claire McCay 21	2) Yvette Tuohey 29
3) Caitlin Evans 14	4) Tiffany Bussem Jorgensen 18
8 South Coast Athletics 'A'	5:02.44
1) Sarah Lewis 34	2) Courtney Clark 20

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women 4x400 Meter Relay Open**

3) Naomi Merrilees 19

4) Aliesha Wrigley 19

**Women High Jump Open**

Name	Age	Team	Finals
Flight 1			
1 Denise Snyder		Eaglehawk AC	1.76m
2 Madison Alexander		Athletics Essendon	X1.73m
3 Jade Richardson		Bendigo Harriers AC	1.55m
4 Caitlin Christie		Wendouree AC	1.50m

**Women Pole Vault Open**

Name	Age	Team	Finals
1 Katherine Iannello		Melbourne Uni	X3.60m
1 Tamara Mancuso		Melbourne Uni	X3.60m
1 Grace Bath		Corio AC	3.60m
4 Isabelle Napier		Melbourne Uni	X3.40m
4 Kate Abfalter		Melbourne Uni	X3.40m
6 Kira Davey		Melbourne Uni	X3.00m

**Women Long Jump Open**

Name	Age	Team	Finals	Wind
1 Denise Snyder		Eaglehawk AC	5.32m	+0.0
2 Zara Keca		Athletics Essendon	X5.21m	+0.0
3 Jessica Dux		Nunawading	X5.08m	+0.0
4 Tahnee Cannan		Albury Athletics	4.78m	+0.0
5 Chelsea Tofful		Bendigo Harriers AC	4.41m	+0.0
6 Jalen Hoskin		Bendigo Harriers AC	4.23m	+0.0
7 Courtney Clark		South Coast Aths	3.14m	+0.0
8 Ebony Whiley		Eaglehawk AC	2.71m	+0.0
9 Ella Dee Farnell		South Bendigo AC	2.67m	-0.1
-- Jessica Andersen		Collingwood	XND	NWI

**Women Triple Jump Open**

Name	Age	Team	Finals	Wind
1 Emily Portaro		Athletics Essendon	X12.01m	+0.0
2 Zara Keca		Athletics Essendon	X11.44m	1.1
3 Brooke Gordon		St Kevin's	X11.40m	+0.0
4 Denise Snyder		Eaglehawk AC	11.17m	0.3
5 Tahnee Cannan		Albury Athletics	10.43m	0.7
6 Jalen Hoskin		Bendigo Harriers AC	10.08m	+0.0
7 Ella Dee Farnell		South Bendigo AC	10.04m	+0.0
8 Jessica Dux		Nunawading	X9.89m	0.1
9 Chelsea Tofful		Bendigo Harriers AC	9.76m	+0.0
10 Montana Beruldsen		Melbourne Uni	X9.59m	+0.0
11 Gabrielle Lang		Wendouree AC	8.90m	0.3
12 Ebony Whiley		Eaglehawk AC	6.90m	+0.0

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women Shot Put Open**

Name	Age	Team	Finals
1 Emma Berg		South Bendigo AC	13.12m
2 Corey Pendry		Dand Springvale	X11.44m
3 Emma Werner		Eureka AC	10.04m
4 Kira Davey		Melbourne Uni	X9.20m
5 Siobhan Thompson		Eaglehawk AC	8.41m
6 Anna Radnay		Geelong Guild AC	7.96m
7 Ebony Whiley		Eaglehawk AC	7.57m
8 Cathryn Hoare		Bellarine	7.18m
9 Courtney Clark		South Coast Aths	6.57m
10 Josephine Mirarchi		Corio AC	6.36m
11 Keely Farnell		South Bendigo AC	6.10m

**Women Discus Throw Open**

Name	Age	Team	Finals
1 Emma Berg		South Bendigo AC	43.65m
2 Isabella Simonelli		Collingwood	X43.62m
3 Mackenzie Mielczarek		Corio AC	37.90m
4 Kiahna Soroka		Albury Athletics	34.53m
5 Tahnee Cannan		Albury Athletics	32.74m
6 Siobhan Thompson		Eaglehawk AC	28.90m
7 Jayne Norton		South Bendigo AC	27.49m
8 Glenys Whitehead		Albury Athletics	26.98m
9 Anna Radnay		Geelong Guild AC	23.64m
10 Emma Werner		Eureka AC	22.91m
11 Josephine Mirarchi		Corio AC	21.02m
12 Cathryn Hoare		Bellarine	20.82m
13 Amanda Robinson		Bendigo Harriers AC	20.06m
14 Keely Farnell		South Bendigo AC	17.08m
-- Tahlee Ferguson		Frankston AC	XFOUL

**Women Hammer Throw Open**

Name	Age	Team	Finals
1 Stephanie Ratcliffe		Doncaster AC	X52.46m
2 Olivia Graham		Eaglehawk AC	45.58m
3 Emma Werner		Eureka AC	44.07m
4 Kiahna Soroka		Albury Athletics	43.06m
5 Erin Holdway		Nunawading	X38.42m
6 Glenys Whitehead		Albury Athletics	30.77m
7 Anna Radnay		Geelong Guild AC	27.68m
8 Caitlin Christie		Wendouree AC	24.84m
9 Jolanta Scott		Keilor St Bern	X24.22m

**Women Javelin Throw Open**

Name	Age	Team	Finals
1 Breanna Large		Western Athletics	X42.48m
2 Emma Berg		South Bendigo AC	37.91m
3 Irene Margaronis		Box Hill AC	X33.94m
4 Keely Trew		South Bendigo AC	33.76m
5 Siobhan Thompson		Eaglehawk AC	33.37m
6 Kathryn Brooks		Box Hill AC	X28.66m
7 Denise Snyder		Eaglehawk AC	27.88m

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women Javelin Throw Open**

8	Ebony Whiley	Eaglehawk AC	23.68m
9	Cathryn Hoare	Bellarine	21.03m
10	Emma Werner	Eureka AC	18.89m
11	Courtney Clark	South Coast Aths	16.71m
12	Anna Radnay	Geelong Guild AC	14.08m
13	Nicole Spehar F36	Geelong Guild AC	4.75m

**Women 5000 Meter Race Walk Open**

Name	Age	Team	Finals
Section 1			
1	Alanna Peart	Ballarat Ycw	24:00.73
2	Barbara Bryant	Eaglehawk AC	32:04.27
3	Ebony Whiley	Eaglehawk AC	32:27.39

**Women 100 Meter Dash 40 Plus**

Name	Age	Team	Finals
Section 1      Wind: 1.2			
1	Sherry Gathercole	Corio AC	14.27
2	Jodie Barry	Wendouree AC	14.48
3	Andrea Smith	Bendigo Uni	14.83
4	Melissa Burge	Bendigo Harriers AC	15.08
5	Cindy Holzer	Geelong Guild AC	15.35
6	Leah Langtree	Eaglehawk AC	16.46
7	Shavaun Roberts	Eaglehawk AC	16.97

**Women 200 Meter Dash 40 Plus**

Name	Age	Team	Finals
Section 1      Wind: 1.0			
1	Sherry Gathercole	Corio AC	29.93
2	Karen Vaughan	Bendigo Harriers AC	30.27
3	Andrea Smith	Bendigo Uni	31.01
4	Melissa Burge	Bendigo Harriers AC	31.49
5	Jackie Guillou	South Bendigo AC	34.05
6	Leah Langtree	Eaglehawk AC	34.96

**Women 400 Meter Run 40 Plus**

Name	Age	Team	Finals
Section 1			
1	Karen Vaughan	Bendigo Harriers AC	1:10.17
2	Andrea Smith	Bendigo Uni	1:11.40
3	Melissa Burge	Bendigo Harriers AC	1:14.67
4	Jackie Guillou	South Bendigo AC	1:21.59
5	Sandra Kadri	Eaglehawk AC	1:26.39
6	Shavaun Roberts	Eaglehawk AC	1:29.85

**Women 800 Meter Run 40 Plus**

Name	Age	Team	Finals
1	Rachel Gibney	Ballarat Harrier	2:37.84
2	Sharon Pedersen	Chilwell	2:46.22

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women 800 Meter Run 40 Plus**

3	Karen Vaughan	Bendigo Harriers AC	2:47.10
4	Andrea Smith	Bendigo Uni	3:03.83

**Women 1500 Meter Run 40 Plus**

Name	Age	Team	Finals
1 Rachel Gibney		Ballarat Harrier	5:20.07
2 Michelle Hawkes		Wendouree AC	5:49.79
3 Melissa Douglas		Bendigo Uni	5:54.96
4 Sandra Kadri		Eaglehawk AC	7:29.00

**Women 5000 Meter Run 40 Plus**

Name	Age	Team	Finals
1 Oya Prelovsek		Eureka AC	20:30.65
2 Michelle Hawkes		Wendouree AC	21:31.93
3 Melissa Douglas		Bendigo Uni	22:21.47

**Women 10000 Meter Run 40 Plus**

Name	Age	Team	Finals
1 Melissa Douglas		Bendigo Uni	46:43.57

**Women 80 Meter Hurdles (76.2cm) 40 Plus**

Name	Age	Team	Finals
Section 1		Wind: 0.4	
1 Toni Phillips		Eaglehawk AC	23.13

**Women 400 Meter Hurdles (76.2cm) 40 Plus**

Name	Age	Team	Finals
Section 1			
1 Toni Phillips		Eaglehawk AC	1:49.07

**Women 2000 Meter Steeplechase (76.2cm) 40 Plus**

Name	Age	Team	Finals
1 Sharon Pedersen		Chilwell	9:02.31
2 Andrea Smith		Bendigo Uni	9:21.05
3 Sandra Kadri		Eaglehawk AC	11:05.27
4 Leah Langtree		Eaglehawk AC	12:08.97

**Women 4x100 Meter Relay 40 Plus**

Team	Finals
1 South Bendigo AC 'A'	1:02.83
1) Trudy Haines 49	2) Jayne Norton 44
3) Carol Coad 58	4) Jackie Guillou 50
2 Athletics Chilwell AC 'A'	1:03.03
1) Cathy Orelli 57	2) Sharon Pedersen 47
3) Karen Kirby 64	4) Jacinta Burns 51



**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women 4x100 Meter Relay 40 Plus**

3 Bendigo Harriers AC 'A'	1:03.37
1) Gayle Saunders 54	2) Karen Vaughan 41
3) Melissa Burge 48	4) Melinda Gilligan 44
4 Bendigo University AC 'A'	1:13.02
1) Alison Cartner 47	2) Melissa Douglas 45
3) Tammy Fear 46	4) Andrea Smith 44
5 Eaglehawk AC 'A'	1:16.84
1) Toni Phillips 47	2) Shavaun Roberts 45
3) Sandra Kadri 49	4) Leah Langtree 43

**Women 4x400 Meter Relay 40 Plus**

Team	Finals
1 Bendigo University AC 'A'	5:19.59
1) Alison Cartner 47	2) Melissa Douglas 45
3) Tammy Fear 46	4) Andrea Smith 44
2 South Bendigo AC 'A'	5:28.82
1) Carol Coad 58	2) Debby Kirne 54
3) Jackie Guillou 50	4) Trudy Haines 49
3 Bendigo Harriers AC 'A'	5:31.68
1) Karen Vaughan 41	2) Leanne Healey 54
3) Anne Buckley 52	4) Melinda Gilligan 44
4 Athletics Chilwell AC 'A'	5:49.36
1) Cathy Orelli 57	2) Jacinta Burns 51
3) Karen Kirby 64	4) Sharon Pedersen 47
5 Eaglehawk AC 'A'	6:38.80
1) Sandra Kadri 49	2) Toni Phillips 47
3) Leah Langtree 43	4) Kathryn Heagney 69

**Women High Jump 40 Plus**

Name	Age Team	Finals
Flight 1		
1 Trudy Haines	South Bendigo AC	1.35m
2 Karen Vaughan	Bendigo Harriers AC	1.20m
3 Cindy Holzer	Geelong Guild AC	1.15m
4 Leah Langtree	Eaglehawk AC	1.05m

**Women Pole Vault 40 Plus**

Name	Age Team	Finals
1 Trudy Haines	South Bendigo AC	2.00m

**Women Long Jump 40 Plus**

Name	Age Team	Finals	Wind
1 Jodie Barry	Wendouree AC	4.39m	+0.0
2 Karen Vaughan	Bendigo Harriers AC	4.01m	+0.0
3 Andrea Smith	Bendigo Uni	3.90m	1.2
4 Leah Langtree	Eaglehawk AC	3.73m	+0.0
5 Melissa Burge	Bendigo Harriers AC	3.70m	+0.0
6 Sherry Gathercole	Corio AC	3.67m	+0.0

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women Triple Jump 40 Plus**

Name	Age	Team	Finals	Wind
1 Jodie Barry		Wendouree AC	8.99m	+0.0
2 Karen Vaughan		Bendigo Harriers AC	8.31m	-1.3
3 Cindy Holzer		Geelong Guild AC	7.98m	0.4
4 Sherry Gathercole		Corio AC	7.78m	1.2
5 Melissa Burge		Bendigo Harriers AC	7.41m	1.7

**Women Shot Put (4kg) 40 Plus**

Name	Age	Team	Finals
1 Jayne Norton		South Bendigo AC	8.73m
2 Yvette Owens		Corio AC	7.60m
3 Kellie Doering		South Bendigo AC	7.58m
4 Samantha Hall		Eaglehawk AC	5.88m

**Women Discus Throw 40 Plus**

Name	Age	Team	Finals
1 Anni Rowe		Diamond Valley AC	X29.17m
2 Jayne Norton		South Bendigo AC	26.69m
3 Yvette Owens		Corio AC	25.97m
4 Leah Langtree		Eaglehawk AC	24.78m
5 Melissa Burge		Bendigo Harriers AC	21.62m
6 Kellie Doering		South Bendigo AC	21.12m
7 Samantha Hall		Eaglehawk AC	14.22m

**Women Hammer Throw (4kg) 40 Plus**

Name	Age	Team	Finals
1 Anni Rowe		Diamond Valley AC	X39.60m
2 Kellie Doering		South Bendigo AC	26.15m
3 Anne-Marie Ebbels		Yarra Ranges	X20.45m
4 Toni Phillips		Eaglehawk AC	13.08m

**Women Javelin Throw (600g) 40 Plus**

Name	Age	Team	Finals
1 Jayne Norton		South Bendigo AC	29.62m
2 Cindy Holzer		Geelong Guild AC	23.69m
3 Andrea Smith		Bendigo Uni	15.60m

**Women 5000 Meter Race Walk 40 Plus**

Name	Age	Team	Finals
Section 1			
1 Sarah Brennan		Ballarat Ycw	28:55.03

**Women 100 Meter Dash 50 Plus**

Name	Age	Team	Finals
Section 1      Wind: 1.4			
1 Jacinta Burns		Chilwell	14.22

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women 100 Meter Dash 50 Plus**

2	Carol Coad	South Bendigo AC	16.11
3	Cathy Orelli	Chilwell	17.48
4	Gayle Saunders	Bendigo Harriers AC	17.68
5	Julie Hovey	Albury Athletics	19.73

**Women 200 Meter Dash 50 Plus**

=====			
Name	Age	Team	Finals
=====			
Section 1      Wind: -0.4			
1	Jacinta Burns	Chilwell	29.37
2	Carol Coad	South Bendigo AC	32.63
3	Cathy Orelli	Chilwell	35.71
4	Julie Hovey	Albury Athletics	41.33

**Women 400 Meter Run 50 Plus**

=====			
Name	Age	Team	Finals
=====			
Section 1			
1	Debby Kirne	South Bendigo AC	1:20.51
2	Cathy Orelli	Chilwell	1:22.30

**Women 800 Meter Run 50 Plus**

=====			
Name	Age	Team	Finals
=====			
1	Anne Buckley	Bendigo Harriers AC	2:56.33
2	Debby Kirne	South Bendigo AC	3:05.74
3	Leanne Healey	Bendigo Harriers AC	3:10.80

**Women 1500 Meter Run 50 Plus**

=====			
Name	Age	Team	Finals
=====			
1	Anne Buckley	Bendigo Harriers AC	5:45.12
2	Leanne Healey	Bendigo Harriers AC	6:33.74

**Women 3000 Meter Run 50 Plus**

=====			
Name	Age	Team	Finals
=====			
1	Anne Buckley	Bendigo Harriers AC	12:16.03
2	Leanne Healey	Bendigo Harriers AC	13:56.08

**Women 300 Meter Hurdles (76.2cm) 50 Plus**

=====			
Name	Age	Team	Finals
=====			
1	Catherine Matthews	Keilor St Bern	X57.03

**Women 4x100 Meter Relay 50 Plus**

=====			
Team			Finals
=====			
1	South Bendigo AC	'A'	1:13.97
	1)	Joan Self 62	2) Jennifer Payne 63
	3)	Annette Curtis 63	4) Debby Kirne 54
2	Eaglehawk AC	'A'	1:28.43

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women 4x100 Meter Relay 50 Plus**

- |                       |                      |
|-----------------------|----------------------|
| 1) Kathryn Heagney 69 | 2) Annette Major 57  |
| 3) Wendy Ennor 62     | 4) Barbara Bryant 65 |

**Women Pole Vault 50 Plus**

Name	Age Team	Finals
Flight 1		
1 Jacinta Burns	Chilwell	2.70m

**Women Long Jump 50 Plus**

Name	Age Team	Finals	Wind
1 Wendy Talbot	Corio AC	3.79m	0.1
2 Carol Coad	South Bendigo AC	3.61m	+0.0
3 Gayle Saunders	Bendigo Harriers AC	2.64m	+0.0

**Women Triple Jump 50 Plus**

Name	Age Team	Finals	Wind
1 Carol Coad	South Bendigo AC	7.93m	-1.4
2 Debbie Voogd	Ringwood AC	X6.16m	1.0

**Women Shot Put (3kg) 50 Plus**

Name	Age Team	Finals
1 Glenys Whitehead	Albury Athletics	9.60m
2 Fiona Saltmarsh	Gippsland AC	7.63m
3 Wendy Talbot	Corio AC	7.60m
4 Beth Montgomery	South Coast Aths	7.53m

**Women Discus Throw 50 Plus**

Name	Age Team	Finals
1 Glenys Whitehead	Albury Athletics	26.79m
2 Beth Montgomery	South Coast Aths	19.70m
3 Sharon Barr	Bendigo Harriers AC	19.01m
4 Carol Coad	South Bendigo AC	18.99m
5 Fiona Saltmarsh	Gippsland AC	17.18m
6 Bernadette Holohan	Sandringham AC	X17.02m
7 Wendy Talbot	Corio AC	16.67m
8 Gayle Saunders	Bendigo Harriers AC	13.71m

**Women Hammer Throw (3kg) 50 Plus**

Name	Age Team	Finals
1 Glenys Whitehead	Albury Athletics	36.70m
2 Sharon Barr	Bendigo Harriers AC	25.84m
3 Debbie Voogd	Ringwood AC	X19.21m
4 Fiona Saltmarsh	Gippsland AC	18.99m

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Women Javelin Throw (500g) 50 Plus**

Name	Age	Team	Finals
1 Glenys Whitehead		Albury Athletics	24.33m
2 Carol Coad		South Bendigo AC	18.28m
3 Wendy Talbot		Corio AC	17.11m
4 Fiona Saltmarsh		Gippsland AC	14.81m
5 Gayle Saunders		Bendigo Harriers AC	11.43m

**Women 3000 Meter Race Walk 50 Plus**

Name	Age	Team	Finals
Section 1			
1 Bernadette Holohan		Sandringham AC	X19:28.35
2 Merylyn Thompson		Casey Cardinia	X22:18.80

**Women 100 Meter Dash 60 Plus**

Name	Age	Team	Finals
Section 1 Wind: -0.4			
1 Kathryn Heagney		Eaglehawk AC	16.36
2 Janet Crocos		Wodonga AC	16.72
3 Joan Self		South Bendigo AC	16.84
4 Karen Kirby		Chilwell	19.21
5 Wendy Ennor		Eaglehawk AC	27.63

**Women 200 Meter Dash 60 Plus**

Name	Age	Team	Finals
1 Kathryn Heagney		Eaglehawk AC	34.23
2 Janet Crocos		Wodonga AC	36.06
3 Annette Curtis		South Bendigo AC	47.00

**Women 400 Meter Run 60 Plus**

Name	Age	Team	Finals
Section 1			
1 Kathryn Heagney		Eaglehawk AC	1:20.58
2 Heather Farley		Traralgon	1:22.55
3 Jennifer Payne		South Bendigo AC	1:34.52
4 Annette Curtis		South Bendigo AC	1:52.78

**Women 800 Meter Run 60 Plus**

Name	Age	Team	Finals
1 Heather Farley		Traralgon	3:14.09
2 Jennifer Payne		South Bendigo AC	3:38.09
3 Kathryn Heagney		Eaglehawk AC	3:58.17

**Women 1500 Meter Run 60 Plus**

Name	Age	Team	Finals
1 Heather Farley		Traralgon	6:40.49
2 Jennifer Payne		South Bendigo AC	7:31.80

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women 1500 Meter Run 60 Plus**

3	Annette Curtis	South Bendigo AC	9:22.34
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**Women 3000 Meter Run 60 Plus**

Name	Age	Team	Finals
1	Jennifer Payne	South Bendigo AC	15:42.75
2	Barbara Bryant	Eaglehawk AC	16:07.25

**Women 300 Meter Hurdles (68.6cm) 60 Plus**

Name	Age	Team	Finals
1	Janet Crocos	Wodonga AC	1:08.97

**Women 2000 Meter Steeplechase (76.2cm) 60 Plus**

Name	Age	Team	Finals
1	Kathryn Heagney	Eaglehawk AC	12:04.75

**Women High Jump 60 Plus**

Name	Age	Team	Finals
Flight 1			
1	Janet Crocos	Wodonga AC	1.10m

**Women Long Jump 60 Plus**

Name	Age	Team	Finals	Wind
1	Janet Crocos	Wodonga AC	3.31m	-0.6
2	Kathryn Heagney	Eaglehawk AC	3.19m	+0.0
3	Annette Curtis	South Bendigo AC	1.96m	+0.0

**Women Triple Jump 60 Plus**

Name	Age	Team	Finals	Wind
1	Joan Self	South Bendigo AC	7.42m	-1.2
2	Janet Crocos	Wodonga AC	6.44m	-2.3

**Women Shot Put (3kg) 60 Plus**

Name	Age	Team	Finals
1	Karen Kirby	Chilwell	8.77m
2	Janet Crocos	Wodonga AC	6.92m
2	Joan Self	South Bendigo AC	6.92m
4	Barbara Bryant	Eaglehawk AC	5.22m
5	Wendy Ennor	Eaglehawk AC	4.64m

**Women Discus Throw 60 Plus**

Name	Age	Team	Finals
1	Joan Self	South Bendigo AC	18.30m
2	Karen Kirby	Chilwell	16.57m

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women Discus Throw 60 Plus**

3 Janet Crocos	Wodonga AC	15.05m
4 Wendy Ennor	Eaglehawk AC	9.94m

**Women Hammer Throw (3kg) 60 Plus**

Name	Age Team	Finals
1 Karen Kirby	Chilwell	25.24m
2 Janet Crocos	Wodonga AC	24.22m
3 Wendy Ennor	Eaglehawk AC	9.64m

**Women Javelin Throw (500g) 60 Plus**

Name	Age Team	Finals
1 Joan Self	South Bendigo AC	18.57m
2 Janet Crocos	Wodonga AC	17.20m
3 Annette Curtis	South Bendigo AC	14.48m
4 Karen Kirby	Chilwell	14.08m
5 Wendy Ennor	Eaglehawk AC	10.06m

**Women 1500 Meter Race Walk 60 Plus**

Name	Age Team	Finals
Section 1		
1 Barbara Bryant	Eaglehawk AC	8:51.14
2 Jennifer Payne	South Bendigo AC	9:45.96
3 Annette Curtis	South Bendigo AC	11:08.16
4 Wendy Ennor	Eaglehawk AC	12:58.12

**Women 100 Meter Dash Ambulatory Para**

Name	Age Team	Finals
Section 1 Wind: +0.0		
1 Caytlyn Sharp T20	Eureka AC	14.33 UNDER 20 - 94.00%
1 Eliesha Byrt T20	Geelong Guild AC	14.90 OPEN - 78.59%
2 Kirstie Newcombe T38	Chilwell	15.92 OPEN - 78.14%
2 Louise Pendred T20	Wendouree AC	27.45 UNDER 20 - 49.07/%
3 Nicole Spehar T36	Geelong Guild AC	25.61 OPEN - 53.42%

**Women 400 Meter Run Ambulatory Para**

Name	Age Team	Finals
Section 1		
1 Erika Gosney T38	Williamstown AC	X1:11.08 OPEN - 85.41%
1 Louise Pendred T20	Wendouree AC	2:16.21 UNDER 20 - 47.10%
2 Kirstie Newcombe T38	Chilwell	1:12.42 OPEN - 83.83%
3 Eliesha Byrt T20	Geelong Guild AC	1:08.55 OPEN - 81.68%

**Women Shot Put Ambulatory Para**

Name	Age Team	Finals
Flight 1		
1 Claire Keefer F41	Frankston AC	X9.05m 86.85%
2 Eliesha Byrt F20	Geelong Guild AC	5.63m 39.92%

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Women Shot Put Ambulatory Para**

3 Nicole Spehar F36	Geelong Guild AC	2.21m	18.74%
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**Women Discus Throw Ambulatory Para**

Name	Age Team	Finals
1 Caytlyn Sharp F20	Eureka AC	17.49m U20 - 55.71%
2 Nicole Spehar F36	Geelong Guild AC	6.86m Open - 24.49%

**Men 100 Meter Dash Under 14**

Name	Age Team	Finals
Section 1 Wind: -0.9		
1 Moala Christian Vaitohi	Bendigo Harriers AC	13.21
2 Reeve Evans	Bendigo Harriers AC	14.39
3 Vaughan Van Berkel	Wendouree AC	15.84

**Men 200 Meter Dash Under 14**

Name	Age Team	Finals
Section 1 Wind: 1.3		
1 Moala Christian Vaitohi	Bendigo Harriers AC	27.03
2 Reeve Evans	Bendigo Harriers AC	29.30
3 Jake Perrett T46	Wellington AC	30.47
4 Axel Caldow	Wendouree AC	31.18
5 Vaughan Van Berkel	Wendouree AC	31.74

**Men 400 Meter Run Under 14**

Name	Age Team	Finals
Section 1		
1 Moala Christian Vaitohi	Bendigo Harriers AC	1:02.48
2 Daniel Noden	Bendigo Harriers AC	1:07.15
3 Reeve Evans	Bendigo Harriers AC	1:10.91
4 Scott Peart	Ballarat Ycw	1:13.93
5 William Egner	Eureka AC	1:17.50

**Men 800 Meter Run Under 14**

Name	Age Team	Finals
1 Dilan Egodawatte	Keilor St Bern	X2:17.91
2 Archie Caldow	Wendouree AC	2:20.30
3 Logan Tickell	South Bendigo AC	2:26.48
4 Dylan Rowbottom	Western Athletics	X2:36.77
5 Daniel Noden	Bendigo Harriers AC	2:46.57
6 Reeve Evans	Bendigo Harriers AC	2:54.17
7 Axel Caldow	Wendouree AC	2:54.19

**Men 1500 Meter Run Under 14**

Name	Age Team	Finals
1 Dilan Egodawatte	Keilor St Bern	X4:37.42
2 Archie Caldow	Wendouree AC	4:42.16
3 Archie Hewett	Mornington	X4:44.02



**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Men 1500 Meter Run Under 14**

4 Tom Forster	St Kevin's	X4:47.29
5 Logan Tickell	South Bendigo AC	4:51.46
6 Bart Leeton	Old Scotch	X4:55.53
7 Max Rowe	Bendigo Uni	5:32.27
8 Scott Peart	Ballarat Ycw	6:14.77

**Men 3000 Meter Run Under 14**

Name	Age Team	Finals
1 Archie Hewett	Mornington	X10:16.96
2 Archie Caldwell	Wendouree AC	10:21.48
3 Logan Tickell	South Bendigo AC	10:37.38
4 Tim Creer	Bendigo Uni	12:14.95

**Men 200 Meter Hurdles Under 14**

Name	Age Team	Finals
Section 1 Wind: 1.3		
1 Alexander Jarman	Chilwell	38.06

**Men 4x100 Meter Relay Under 14**

Team	Finals
Section 1	
1 Bendigo Harriers AC 'A'	56.95
1) Reeve Evans 12	2) Moala Christian Vaitohi 13
3) Jake Gavriliadis 13	4) Daniel Noden 13

**Men High Jump Under 14**

Name	Age Team	Finals
Flight 1		
1 Alexander Jarman	Chilwell	1.50m

**Men Pole Vault Under 14**

Name	Age Team	Finals
1 Johnny Soares	Box Hill AC	X3.15m
2 Noah Burns	Chilwell	2.95m
3 Alexander Jarman	Chilwell	2.85m
4 Cooper Patton	Chilwell	2.45m
5 Daniel Noden	Bendigo Harriers AC	1.80m

**Men Long Jump Under 14**

Name	Age Team	Finals	Wind
1 Dylan Rowbottom	Western Athletics	X4.21m	+0.0
2 Reeve Evans	Bendigo Harriers AC	4.07m	-1.1
3 Vaughan Van Berkel	Wendouree AC	3.96m	+0.0

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men Triple Jump Under 14**

Name	Age	Team	Finals	Wind
1 Vaughan Van Berkel		Wendouree AC	8.53m	0.1
2 Will Roberts		Ballarat Harrier	6.80m	+0.0

**Men Shot Put Under 14**

Name	Age	Team	Finals
1 Logan Sandland		Albury Athletics	14.26m
2 Jake Gavriiadis		Bendigo Harriers AC	13.78m

**Men Discus Throw Under 14**

Name	Age	Team	Finals
1 Jake Gavriiadis		Bendigo Harriers AC	38.19m
2 Logan Sandland		Albury Athletics	29.53m
3 Reeve Evans		Bendigo Harriers AC	22.47m
4 Axel Caldwell		Wendouree AC	15.46m

**Men Hammer Throw Under 14**

Name	Age	Team	Finals
1 Logan Sandland		Albury Athletics	43.57m
2 Harry Pearce		Athletics Waverley	X19.88m
3 Will Roberts		Ballarat Harrier	14.90m

**Men Javelin Throw Under 14**

Name	Age	Team	Finals
1 Logan Sandland		Albury Athletics	33.42m
2 Alexander Jarman		Chilwell	33.02m
3 Jake Gavriiadis		Bendigo Harriers AC	31.16m

**Men 1500 Meter Race Walk Under 14**

Name	Age	Team	Finals
Section 1			
1 Scott Peart		Ballarat Ycw	9:09.39

**Men 100 Meter Dash Under 16**

Name	Age	Team	Finals
Section 1 Wind: -1.4			
1 Sebastyn Andrea		South Bendigo AC	12.83
2 Sam Warelow		Corio AC	12.97
3 Tristan Eriksson		Wodonga AC	13.14
4 Matthew Parrott		Doncaster AC	X13.99
5 Harry Roberts		Eaglehawk AC	14.08
6 Samuel Blood		Ballarat Ycw	16.12
7 Harrison Clark		South Coast Aths	16.34
Section 2 Wind: 0.7			
1 Jack Boulton		Albury Athletics	11.48
2 Patrick Poulter		Geelong Guild AC	11.97

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Men 100 Meter Dash Under 16**

3	James Bentley	Eaglehawk AC	12.05
4	Matthew O'Brien	Ballarat Harrier	12.13
5	Lucas Targett	Sandringham AC	X12.15
6	Seth Hoskin	Bendigo Harriers AC	12.26
7	Liam Gay	South Bendigo AC	12.42

**Men 200 Meter Dash Under 16**

=====			
Name	Age	Team	Finals
=====			
Section 1 Wind: 0.8			
1	Andrew Wills	Ballarat Ycw	27.76
2	Lachlan O'Keefe	Wendouree AC	28.05
3	Harry Roberts	Eaglehawk AC	29.20
4	Harrison Clark	South Coast Aths	32.97
5	Samuel Blood	Ballarat Ycw	33.20
Section 2 Wind: +0.0			
1	Lucas Targett	Sandringham AC	X24.67
2	Liam Gay	South Bendigo AC	24.93
3	Sam Warelow	Corio AC	25.44
4	Harvey Mason	Geelong Guild AC	25.80
5	Sebastyn Andrea	South Bendigo AC	26.14
6	Tristan Eriksson	Wodonga AC	26.38
7	Matthew Parrott	Doncaster AC	X28.38
--	Keelan Perry	Ballarat Ycw	DQ 162.8
Section 3 Wind: 0.4			
1	Jack Boulton	Albury Athletics	22.88
2	Jake Ashmore	Ballarat Harrier	23.88
3	Patrick Poulter	Geelong Guild AC	24.03
4	James Bentley	Eaglehawk AC	24.11
5	Wil Barbary	Wendouree AC	24.30
6	Matthew O'Brien	Ballarat Harrier	24.57
7	Seth Hoskin	Bendigo Harriers AC	24.69

**Men 400 Meter Run Under 16**

=====			
Name	Age	Team	Finals
=====			
Section 1			
1	Harvey Mason	Geelong Guild AC	57.40
2	Tristan Eriksson	Wodonga AC	58.53
3	Zackery Tickell	South Bendigo AC	59.55
4	Matthew Noden	Bendigo Harriers AC	59.72
5	Andrew Wills	Ballarat Ycw	1:05.15
6	Harry Roberts	Eaglehawk AC	1:10.51
Section 2			
1	Jack Boulton	Albury Athletics	51.49
2	James Bentley	Eaglehawk AC	53.21
3	Wil Barbary	Wendouree AC	53.83
4	Matthew O'Brien	Ballarat Harrier	54.23
5	Jack Warelow	Corio AC	56.64
6	Sebastyn Andrea	South Bendigo AC	58.13

**Men 800 Meter Run Under 16**

=====			
Name	Age	Team	Finals
=====			
Section 1			
1	Oliver Armstrong	Chilwell	2:16.35

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Men 800 Meter Run Under 16**

2 Nelson Bowey	Wodonga AC	2:20.21
3 Zackery Tickell	South Bendigo AC	2:25.68
4 Matthew Noden	Bendigo Harriers AC	2:30.40
5 Jack Ellis	Chilwell	2:31.35
6 Archer Wiltshire	Chilwell	2:32.26
7 Declan Foley	Bellarine	2:34.80
8 Andrew Wills	Ballarat Ycw	2:38.02
9 Flynn Hill	Wodonga AC	2:43.43

## Section 2

1 Ethan Grills	Geelong Guild AC	2:05.55
2 Kye Gillingham	Keilor St Bern	X2:05.60
3 James Bentley	Eaglehawk AC	2:06.15
4 Jack Diamond	Eureka AC	2:09.17
5 Jack Warelou	Corio AC	2:10.09
6 Jayden Padgham	Bendigo Uni	2:15.26
7 Noah Wright	Nunawading	X2:18.04
8 Elias Stott	Geelong Guild AC	2:18.11
9 Benjamin Purser	Doncaster AC	X2:18.87

**Men 1500 Meter Run Under 16**

Name	Age Team	Finals
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## Section 1

1 Ethan Grills	Geelong Guild AC	4:21.07
2 Mitchel Langborne	Keilor St Bern	X4:22.79
3 Harry Bowen	St Kevin's	X4:23.60
4 Jhye Hadfield	Knox AC	X4:24.34
5 Fred Leeton	Old Scotch	X4:26.22
6 Isaac Rossato	Eureka AC	4:28.85
7 Jayden Padgham	Bendigo Uni	4:33.32
8 Jack Warelou	Corio AC	4:34.09
9 Elias Stott	Geelong Guild AC	4:39.44
10 Nelson Bowey	Wodonga AC	4:51.16
11 William Gleisner	Ballarat Ycw	4:52.41
12 Loki Dess	Geelong Guild AC	4:53.43
13 Jack Ellis	Chilwell	4:56.90
14 Samuel Scroggie	St Kevin's	X5:01.06
15 Archer Wiltshire	Chilwell	5:08.46
16 Flynn Hill	Wodonga AC	5:22.04

**Men 3000 Meter Run Under 16**

Name	Age Team	Finals
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1 Bailey Morrell	Frankston AC	X9:46.44
2 Riley Lovick	Frankston AC	X9:59.57
3 Javier Tabit	Coburg Harriers AC	X10:10.60
4 Elias Stott	Geelong Guild AC	10:13.21
5 Flynn Connolly	Diamond Valley AC	X10:15.11
6 Benjamin Purser	Doncaster AC	X10:16.29
7 Ben Mornane	Eureka AC	10:24.82
8 Harvey Mason	Geelong Guild AC	10:30.92
9 Loki Dess	Geelong Guild AC	10:51.12
10 William Gleisner	Ballarat Ycw	10:54.30

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men 100 Meter Hurdles Under 16**

Name	Age	Team	Finals
Section 1 Wind: -1.0			
1 Sean Cameron		Geelong Guild AC	16.62
2 Grady Murrant		Bellarine	17.09

**Men 200 Meter Hurdles Under 16**

Name	Age	Team	Finals
Section 1 Wind: 1.3			
1 Jack Warelow		Corio AC	31.00
2 Keelan Perry		Ballarat Ycw	31.97
3 Zackery Tickell		South Bendigo AC	34.04
4 Samuel Elvey		Frankston AC	X39.20

**Men 2000 Meter Steeplechase Under 16**

Name	Age	Team	Finals
Section 1			
1 Ethan Grills		Geelong Guild AC	6:46.19
2 Jhye Hadfield		Knox AC	X6:48.46
3 Riley Lovick		Frankston AC	X6:54.02
4 Benjamin Purser		Doncaster AC	X7:07.44
5 Jack Ellis		Chilwell	7:34.11
6 Flynn Hill		Wodonga AC	8:17.04
7 Wian Swanevelder		Ringwood AC	X8:46.02
-- Oliver Armstrong		Chilwell	DNF

**Men 4x100 Meter Relay Under 16**

Team	Finals
1 Geelong Guild AC 'A'	50.89
1) Elias Stott 15	2) Patrick Poulter 14
3) Sean Cameron 15	4) Harvey Mason 14
2 South Bendigo AC 'A'	55.08
1) Sebastyn Andrea 14	2) Andrew Hill 15
3) Logan Hromenko 14	4) Zackery Tickell 14
3 Athletics Chilwell AC 'A'	56.71
1) Campbell Braden 14	2) Cooper Patton 13
3) Jack Ellis 14	4) Noah Burns 13

**Men High Jump Under 16**

Name	Age	Team	Finals
Flight 1			
1 Joshua Tweedale		Wodonga AC	1.74m
2 Lachlan O'Keefe		Wendouree AC	1.70m
3 Sebastyn Andrea		South Bendigo AC	1.50m
3 Declan Foley		Bellarine	1.50m

**Men Pole Vault Under 16**

Name	Age	Team	Finals
1 Andre Di Medio		Box Hill AC	X4.10m

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Men Pole Vault Under 16**

2	Campbell Braden	Chilwell	2.80m
3	Logan Hromenko	South Bendigo AC	2.40m
4	Matthew Noden	Bendigo Harriers AC	2.00m

**Men Long Jump Under 16**

Name	Age	Team	Finals	Wind
1	Jack Boulton	Albury Athletics	6.10m	+0.0
2	Liam Gay	South Bendigo AC	5.64m	2.5
3	Sam Warelow	Corio AC	5.46m	2.5
4	Seth Hoskin	Bendigo Harriers AC	5.45m	1.6
5	Lachlan O'Keefe	Wendouree AC	5.14m	+0.0
6	Ryan Hovey	Ballarat Harrier	5.05m	2.7
7	Harry Roberts	Eaglehawk AC	4.62m	+0.0
8	Matthew Parrott	Doncaster AC	X4.30m	+0.0
9	Harrison Clark	South Coast Aths	3.64m	1.5

**Men Triple Jump Under 16**

Name	Age	Team	Finals	Wind
1	Sebastyn Andrea	South Bendigo AC	11.42m	0.5
2	Seth Hoskin	Bendigo Harriers AC	11.30m	+0.0
3	Sam Warelow	Corio AC	11.24m	+0.0
4	Liam Gay	South Bendigo AC	10.97m	+0.0
5	Ryan Hovey	Ballarat Harrier	10.58m	1.3
6	Harry Roberts	Eaglehawk AC	10.55m	0.9
7	Samuel Elvey	Frankston AC	X9.28m	0.7
8	Harrison Clark	South Coast Aths	7.87m	0.7
9	Joshua Evans	Bendigo Harriers AC	7.82m	0.9

**Men Shot Put Under 16**

Name	Age	Team	Finals
1	Ben Locke	Eureka AC	10.80m
2	James Bentley	Eaglehawk AC	10.71m
3	Jasper Soroka	Albury Athletics	10.24m
4	William Pearce	Athletics Waverley	X8.28m
5	Sebastyn Andrea	South Bendigo AC	8.24m
6	Aaron Saltmarsh-Milne	Gippsland AC	8.10m
7	Harry Roberts	Eaglehawk AC	7.41m

**Men Discus Throw Under 16**

Name	Age	Team	Finals
1	Ben Locke	Eureka AC	38.87m
2	Grady Murrant	Bellarine	35.28m
3	Aaron Saltmarsh-Milne	Gippsland AC	32.03m
4	William Pearce	Athletics Waverley	X25.71m
5	Jasper Soroka	Albury Athletics	24.18m
6	Alex Gavriiliadis	Bendigo Harriers AC	22.66m
7	Declan Foley	Bellarine	20.57m
8	Joshua Evans	Bendigo Harriers AC	18.34m
9	Harrison Clark	South Coast Aths	14.20m

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men Hammer Throw Under 16**

Name	Age	Team	Finals
1 Jasper Soroka		Albury Athletics	28.25m
2 William Pearce		Athletics Waverley	X27.08m
3 Aaron Saltmarsh-Milne		Gippsland AC	22.03m

**Men Javelin Throw Under 16**

Name	Age	Team	Finals
1 Grady Murrant		Bellarine	33.40m
2 Keelan Perry		Ballarat Ycw	29.68m
3 Declan Foley		Bellarine	24.08m
4 Aaron Saltmarsh-Milne		Gippsland AC	21.37m
5 Logan Hromenko		South Bendigo AC	21.35m
6 Wian Swanevelder		Ringwood AC	X21.19m
7 Alex Gavriiliadis		Bendigo Harriers AC	19.57m
8 Harrison Clark		South Coast Aths	14.98m

**Men 3000 Meter Race Walk Under 16**

Name	Age	Team	Finals
Section 1			
1 Fraser Saunder		Ballarat Ycw	14:34.51

**Men 100 Meter Dash Under 18**

Name	Age	Team	Finals
Section 1 Wind: -2.0			
1 Danai Mahachi		Bendigo Harriers AC	11.97
2 Jacob Eastwood		Geelong Guild AC	12.17
3 Matthew Merrilees		South Coast Aths	12.24
4 Corey Heagney		Eaglehawk AC	12.38
5 Declan Berne		Athletics Essendon	X12.48
6 Lachlan Parrott		Doncaster AC	X12.70
7 Oliver Muggleton		South Bendigo AC	13.00
8 Bailey Richmond-Craig		Geelong Guild AC	13.34
Section 2 Wind: -1.4			
1 Kye Mason		Eaglehawk AC	11.28
2 Antonio Vaitohi		Bendigo Harriers AC	11.38
3 Thomas Johnstone		Albury Athletics	11.54
4 James Miller		Bendigo Harriers AC	11.59
5 Cadyn Howden		Frankston AC	X11.89
6 Hamish Poulter		Geelong Guild AC	12.01
7 Brandon Richmond-Craig		Geelong Guild AC	12.18
8 Brayden Hall		Eaglehawk AC	12.41

**Men 200 Meter Dash Under 18**

Name	Age	Team	Finals
Section 1 Wind: 1.6			
1 Brayden Hall		Eaglehawk AC	24.04
2 Matthew Merrilees		South Coast Aths	24.22
3 Danai Mahachi		Bendigo Harriers AC	24.44
4 Corey Heagney		Eaglehawk AC	25.25
5 Oliver Muggleton		South Bendigo AC	25.77

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Men 200 Meter Dash Under 18**

Section 2 Wind: 0.3

1	Kye Mason	Eaglehawk AC	22.38
2	Antonio Vaitohi	Bendigo Harriers AC	22.79
3	Thomas Johnstone	Albury Athletics	22.94
4	Brandon Richmond-Craig	Geelong Guild AC	24.59
5	Eugene Read-Spinks	Wendouree AC	24.70

**Men 400 Meter Run Under 18**

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Name	Age	Team	Finals
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Section 1

1	Daniel Baldwin	Bendigo Harriers AC	53.70
2	Lachlan Sayer	Collingwood	X55.46
3	Oliver Muggleton	South Bendigo AC	55.60
4	Antonio Vaitohi	Bendigo Harriers AC	56.70
5	Kenan Seebah	Eaglehawk AC	58.33

Section 2

1	Nathan Corbett	Mornington	X51.05
2	Oscar Mazaraki	Geelong Guild AC	51.13
3	Jack Clarke	Diamond Valley AC	X51.60
4	Thomas Johnstone	Albury Athletics	52.90
5	Cadyn Howden	Frankston AC	X54.08
6	Eugene Read-Spinks	Wendouree AC	55.06
7	Benjamin Lang	Wellington AC	56.74

**Men 800 Meter Run Under 18**

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Name	Age	Team	Finals
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Section 1

1	Nathan Corbett	Mornington	X1:57.50
2	Angus Dalton	Old Xaverians AC	X1:59.74
3	Oscar Mazaraki	Geelong Guild AC	2:00.00
4	Bayley Camillo	Williamstown AC	X2:00.78
5	Oliver Wiltshire	Chilwell	2:00.85
6	Jack Coltish	Geelong Guild AC	2:01.67
7	Jaron Hobbs	Chilwell	2:04.65
8	Zachary (Zac) Norton	Geelong Guild AC	2:06.43
9	Deklen Emonson	Eureka AC	2:10.33
10	Daniel Baldwin	Bendigo Harriers AC	2:15.76
11	Max Jones	Chilwell	2:16.51

**Men 1500 Meter Run Under 18**

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Name	Age	Team	Finals
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1	Thomas Langdon	Ivanhoe Harriers AC	X4:11.25
2	Luca Di Conza	St Kevin's	X4:11.45
3	Rhys Hadfield	Knox AC	X4:14.02
4	Josh Berry	Deakin AC	4:15.09
5	Jaron Hobbs	Chilwell	4:16.11
6	Marco Els	South Australia	X4:16.23
7	Archibald Lawrence	Deakin AC	4:17.66
8	Zachary (Zac) Norton	Geelong Guild AC	4:20.60
9	Oliver Wiltshire	Chilwell	4:22.28
10	Jonathan Peck	Geelong Guild AC	4:36.85
11	Deklen Emonson	Eureka AC	4:48.89
12	Max Jones	Chilwell	4:57.25



**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men 3000 Meter Run Under 18**

Name	Age	Team	Finals
1 Harry Sharp		Wendouree AC	9:10.44
2 Ramen Nayar		South Melbourne AC	X9:14.00
3 Zachary (Zac) Norton		Geelong Guild AC	9:16.70
4 Ben Ludbrook		Eureka AC	9:19.56
5 Marco Els		South Australia	X9:27.35
6 Josh Berry		Deakin AC	9:30.85
7 Matthew Catterson		Wendouree AC	9:32.56
8 Archibald Lawrence		Deakin AC	9:34.06

**Men 110 Meter Hurdles Under 18**

Name	Age	Team	Finals
Section 1 Wind: 0.1			
1 Tayleb Willis		Ringwood AC	X14.63
2 Jeremy Shum		Box Hill AC	X16.60
3 Daniel Baldwin		Bendigo Harriers AC	16.85
4 Hamish Poulter		Geelong Guild AC	17.03
-- Brayden Hall		Eaglehawk AC	DQ

**Men 400 Meter Hurdles Under 18**

Name	Age	Team	Finals
Section 1			
1 Bailey Culbert		Box Hill AC	X59.41
2 Daniel Baldwin		Bendigo Harriers AC	1:01.19
3 Jeremy Shum		Box Hill AC	X1:02.98
4 Hayden Rooke		Yarra Ranges	X1:03.51
5 Brayden Hall		Eaglehawk AC	1:06.12

**Men 2000 Meter Steeplechase Under 18**

Name	Age	Team	Finals
1 Harry Sharp		Wendouree AC	5:57.11
2 Aidan Roberts		Diamond Valley AC	X6:04.99
3 Matthew Catterson		Wendouree AC	6:23.62
4 Marco Els		South Australia	X6:27.08
5 Archibald Lawrence		Deakin AC	6:41.09
6 Jack Coltish		Geelong Guild AC	6:47.98
7 Jonathan Peck		Geelong Guild AC	6:59.80
8 Liam Morgan		Western Athletics	X7:00.74
9 Ryan Anderson		Wendouree AC	7:21.00
10 Corey Heagney		Eaglehawk AC	8:23.72

**Men 4x100 Meter Relay Under 18**

Team	Finals
1 Geelong Guild AC 'A'	45.41
1) Jacob Eastwood 16	2) Hamish Poulter 16
3) Ezekiel Blyton 16	4) Brandon Richmond-Craig 17
2 Bendigo Harriers AC 'A'	45.50
1) Seth Hoskin 15	2) Antonio Vaitohi 16
3) Danai Mahachi 17	4) James Miller 17
3 Eaglehawk AC 'A'	45.82

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Men 4x100 Meter Relay Under 18**

1) Kenan Seebah 16	2) Kye Mason 17
3) Brayden Hall 16	4) James Bentley 15
4 Ballarat Harriers AC 'A'	47.98
1) Ryan Hovey 14	2) Matthew O'Brien 14
3) James Oro 17	4) Jake Ashmore 15
5 Bendigo Harriers AC 'B'	1:00.92
1) Matthew Noden 15	2) Daniel Baldwin 17
3) Alex Gavriadiadis 15	4) Joshua Evans 14

**Men High Jump Under 18**

Name	Age Team	Finals
Flight 1		
1 James Miller	Bendigo Harriers AC	1.86m
2 James Woods	South Bendigo AC	1.82m
2 Josh Hazelton	Diamond Valley AC	X1.82m
2 Matthew Merrilees	South Coast Aths	1.82m
5 Harry Doyle	Albury Athletics	1.78m
6 Will Jarman	Chilwell	1.55m

**Men Pole Vault Under 18**

Name	Age Team	Finals
1 James Woods	South Bendigo AC	4.20m
2 Shaun Warren	Casey Cardinia	X3.95m
3 Hayden Burns	Chilwell	3.65m
4 Jade Guglielmino	Athletics Essendon	X3.35m
5 Lachlan Parrott	Doncaster AC	X3.20m
5 Will Jarman	Chilwell	3.20m
-- Andrew Conkling	Melbourne Uni	XNH

**Men Long Jump Under 18**

Name	Age Team	Finals	Wind
1 Hamish Poulter	Geelong Guild AC	6.29m	+0.0
2 James Miller	Bendigo Harriers AC	6.26m	+0.0
3 Corey Heagney	Eaglehawk AC	5.83m	+0.0
4 D'Artagnan Reed-Broekman	Chilwell	5.82m	+0.0
5 David Mekonnen	Chilwell	5.12m	-0.1
6 Joe Labas	Wendouree AC	5.09m	-0.2
7 Brayden Hall	Eaglehawk AC	5.05m	-0.1

**Men Triple Jump Under 18**

Name	Age Team	Finals	Wind
1 Tayleb Willis	Ringwood AC	X13.19m	0.4
2 Finn Murphy	Chilwell	13.02m	0.2
3 D'Artagnan Reed-Broekman	Chilwell	12.10m	0.9
4 David Mekonnen	Chilwell	11.79m	+0.0
5 Joshua Furze	Albury Athletics	11.17m	0.6
6 Brayden Hall	Eaglehawk AC	10.56m	0.6
7 Joe Labas	Wendouree AC	9.76m	+0.0

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men Shot Put Under 18**

Name	Age	Team	Finals
1 Benjamin Voogd		Ringwood AC	X14.20m
2 Evan Sheedy		Ringwood AC	X11.98m
3 Jacob Eastwood		Geelong Guild AC	11.61m
4 Zachary Devonish		Geelong Guild AC	11.46m
5 Joshua Furze		Albury Athletics	11.30m
6 Matthew Merrilees		South Coast Aths	10.57m
7 Lachlan Hawkes		Wendouree AC	9.60m
8 Brayden Hall		Eaglehawk AC	8.26m

**Men Discus Throw Under 18**

Name	Age	Team	Finals
1 Rhys Tonkin		Dand Springvale	X46.21m
2 Joshua Furze		Albury Athletics	42.86m
3 Benjamin Voogd		Ringwood AC	X42.78m
4 Ryan Blair		Diamond Valley AC	X38.58m
5 Jacob Eastwood		Geelong Guild AC	37.34m
6 Ruan Swanevelder		Ringwood AC	X35.45m
7 Evan Sheedy		Ringwood AC	X34.29m
8 Zachary Devonish		Geelong Guild AC	31.21m
9 Flynn Eriksson		Wodonga AC	29.22m
10 Lachlan Hawkes		Wendouree AC	28.60m
11 Matthew Merrilees		South Coast Aths	22.13m

**Men Hammer Throw Under 18**

Name	Age	Team	Finals
1 Benjamin Voogd		Ringwood AC	X58.67m
2 Ben Sandilands		Ringwood AC	X50.71m
3 Evan Sheedy		Ringwood AC	X44.47m
4 Ruan Swanevelder		Ringwood AC	X42.40m
5 Lachlan Hawkes		Wendouree AC	40.39m
6 Zachary Devonish		Geelong Guild AC	36.26m
7 Brandon Richmond-Craig		Geelong Guild AC	30.40m

**Men Javelin Throw Under 18**

Name	Age	Team	Finals
1 Flynn Eriksson		Wodonga AC	44.30m
2 Ruan Swanevelder		Ringwood AC	X39.38m
3 Jacob Eastwood		Geelong Guild AC	30.03m
4 Will Jarman		Chilwell	27.99m

**Men 3000 Meter Race Walk Under 18**

Name	Age	Team	Finals
Section 1			
1 Will Thompson		Casey Cardinia	X13:46.74

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men 100 Meter Dash Under 20**

Name	Age	Team	Finals
Section 1 Wind: -0.6			
1 Damien Furlong		Diamond Valley AC	X11.66
2 Bryce Stephenson		Eureka AC	11.73
3 Jiakai Fan		Box Hill AC	X12.11
4 Jakob Butcher		Bendigo Harriers AC	12.30
5 Kenan Seebah		Eaglehawk AC	12.35
Section 2 Wind: 0.7			
1 Massimo Acquaro		St Kevin's	X11.29
2 Daniel Mouratch		Sandringham AC	X11.37
3 Jamie Harrison		Eaglehawk AC	11.41
4 Fraser Paull		Geelong Guild AC	11.55
5 Hugh Hoffmann		Ballarat Ycw	11.59
6 Ronan Berne		Athletics Essendon	X11.68
7 Angus Wood		Athletics Essendon	X11.80

**Men 200 Meter Dash Under 20**

Name	Age	Team	Finals
Section 1 Wind: 0.1			
1 Damien Furlong		Diamond Valley AC	X24.06
2 Kenan Seebah		Eaglehawk AC	25.49
3 Aaron Broadbridge		Wellington AC	25.59
4 Jakob Butcher		Bendigo Harriers AC	25.63
5 Tom Mirarchi		Corio AC	26.39
Section 2 Wind: -1.4			
1 Massimo Acquaro		St Kevin's	X23.01
2 Finlay Kirsopp-Cole		Chilwell	23.10
3 Daniel Mouratch		Sandringham AC	X23.22
4 Hugh Hoffmann		Ballarat Ycw	23.33
5 Dilina De Silva		Old Xaverians AC	X23.41
6 Marcus Guglielmino		Athletics Essendon	X23.48
7 Jamie Harrison		Eaglehawk AC	24.31

**Men 400 Meter Run Under 20**

Name	Age	Team	Finals
Section 1			
1 Hallam Angelini		Albury Athletics	53.60
2 Bryce Stephenson		Eureka AC	54.03
3 Damien Furlong		Diamond Valley AC	X54.20
4 Aaron Broadbridge		Wellington AC	55.21
5 Tom Mirarchi		Corio AC	59.22
6 Declan Osborne		Bendigo Harriers AC	1:00.54
Section 2			
1 Vishnu Satish		Athletics Essendon	X49.17
2 Finlay Kirsopp-Cole		Chilwell	49.35
3 Marcus Guglielmino		Athletics Essendon	X50.58
4 Daniel Mouratch		Sandringham AC	X50.58
5 Jamie Harrison		Eaglehawk AC	50.86
6 Hugh Hoffmann		Ballarat Ycw	51.57
7 Matt McKenna		Old Xaverians AC	X52.09
8 Fraser Jones		Diamond Valley AC	X52.26

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men 800 Meter Run Under 20**

Name	Age	Team	Finals
Section 1			
1 George Lancaster		Wellington AC	2:01.21
2 Jack Popplestone		South Bendigo AC	2:02.20
3 Jamie Harrison		Eaglehawk AC	2:03.97
4 Ryan Blackwell		Wodonga AC	2:04.95
5 Luke Padgham		Bendigo Harriers AC	2:05.38
6 Riley Osborne		Bendigo Harriers AC	2:07.87
7 Michael Tripodi		Traralgon	2:09.41
8 Keith Scott		Ballarat Harrier	2:13.89
9 Declan Osborne		Bendigo Harriers AC	2:14.05

**Men 1500 Meter Run Under 20**

Name	Age	Team	Finals
1 Joshua Hawkes		Wendouree AC	4:24.22
2 Ryan Blackwell		Wodonga AC	4:25.15
3 Keith Scott		Ballarat Harrier	4:39.76

**Men 5000 Meter Run Under 20**

Name	Age	Team	Finals
1 Archie Reid		South Bendigo AC	15:10.0h
2 George Lancaster		Wellington AC	16:29.0h
3 Alex Race-Stelling		Wodonga AC	16:32.8h
4 Max Taylor		Athletics Essendon	X17:36.4h
5 Michael Tripodi		Traralgon	18:02.4h
6 Joshua Hawkes		Wendouree AC	18:04.7h

**Men 10000 Meter Run Under 20**

Name	Age	Team	Finals
1 Patrick O'Leary (Jr)		Ballarat Ycw	40:47.59

**Men 400 Meter Hurdles Under 20**

Name	Age	Team	Finals
1 Chris Papapetrou		Old Scotch	X56.96
2 Edward Durand-Kennedy		Old Xaverians AC	X1:04.40

**Men 3000 Meter Steeplechase Under 20**

Name	Age	Team	Finals
1 Marcus Evans		Albury Athletics	10:38.19
2 Ryan Blackwell		Wodonga AC	10:50.39

**Men 4x100 Meter Relay Under 20**

Team	Finals
1 Bendigo Harriers AC 'A'	47.60
1) Declan Osborne 18	2) Benjamin Powell 18
3) Jakob Butcher 18	4) Luke Padgham 18

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Men 4x100 Meter Relay Under 20**

2 South Bendigo AC 'A'		48.19
1) Oliver Muggleton 17	2) James Woods 16	
3) Liam Gay 15	4) Jack Popplestone 19	
3 Eaglehawk AC 'A'		48.64
1) Corey Heagney 16	2) Lachlan Start 19	
3) Jamie Harrison 19	4) Harry Roberts 14	

**Men High Jump Under 20**

Name	Age Team	Finals
Flight 1		
1 Yual Reath	Ballarat Ycw	2.06m
2 Liam Tully	Nunawading	X1.90m
3 Haydn Stutchbury	Chilwell	1.85m

**Men Pole Vault Under 20**

Name	Age Team	Finals
1 Dalton Di Medio	Box Hill AC	X4.70m
2 Bryce Stephenson	Eureka AC	4.10m
2 Jonathan Burns Jnr	Chilwell	4.10m
4 Cooper Saunders	Bendigo Harriers AC	3.20m

**Men Long Jump Under 20**

Name	Age Team	Finals	Wind
1 Lachlan Start	Eaglehawk AC	6.65m	+0.0
2 Bryce Stephenson	Eureka AC	6.45m	+0.0
3 Fraser Paull	Geelong Guild AC	6.17m	+0.0
4 Nathan Andersen	Collingwood	X5.93m	+0.0
5 Jakob Butcher	Bendigo Harriers AC	5.43m	+0.0
6 Kenan Seebah	Eaglehawk AC	4.71m	+0.0

**Men Triple Jump Under 20**

Name	Age Team	Finals	Wind
1 Fraser Paull	Geelong Guild AC	14.04m	+0.0
2 Angus Wood	Athletics Essendon	X13.77m	0.8
3 Lachlan Start	Eaglehawk AC	12.96m	-0.4

**Men Shot Put Under 20**

Name	Age Team	Finals
1 Declan Osborne	Bendigo Harriers AC	8.02m

**Men Discus Throw Under 20**

Name	Age Team	Finals
1 Bryce Stephenson	Eureka AC	38.30m
2 Lachlan Start	Eaglehawk AC	35.51m
3 Agaash Murugathas	Athletics Essendon	X34.65m

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men Javelin Throw Under 20**

Name	Age	Team	Finals
1 Lachlan Start		Eaglehawk AC	46.36m

**Men 100 Meter Dash Open**

Name	Age	Team	Finals
Section 1 Wind: -0.9			
1 Cameron Searle		Athletics Essendon	X10.72
2 Luke Matthews		Bendigo Harriers AC	12.35
3 Louis Schenker		Bendigo Harriers AC	12.90
4 Aaron Norton		South Bendigo AC	12.99
5 Matthew Wade		Geelong Guild AC	13.16
6 Michael Little		Geelong Guild AC	14.18
Section 2 Wind: +0.0			
1 Brendan Ashcroft		Athletics Essendon	X11.14
2 Jake Hilson		South Bendigo AC	11.25
3 Brian Mayengo		Athletics Essendon	X11.33
4 Corey Baker		Frankston AC	X11.38
5 Tom Templeton		Mornington	X11.40
6 Parvinder Bajwa		Dand Springvale	X11.58
7 Callum Kirsopp		Chilwell	11.69
-- Kyle Nicolussi		Doncaster AC	XDQ 162.8
Section 3 Wind: 0.9			
1 Michael Romanin		St Kevin's	X10.64
2 Jake Penny		Geelong Guild AC	10.77
3 Michael Hansford		Casey Cardinia	X10.88
4 Kye Mason		Eaglehawk AC	10.95
5 Jacob Sesar		Corio AC	11.03
6 Spencer Browne		Glenhuntly AC	X11.05
7 Zach Mooseek		Geelong Guild AC	11.11
7 Jackson Bennett		St Kevin's	X11.11
9 Luke Baker		Dand Springvale	X11.19
10 Nathan Riali		Mornington	X35.60

**Men 200 Meter Dash Open**

Name	Age	Team	Finals
Section 1 Wind: 1.5			
1 Darci Hughes		Nunawading	X23.12
2 Parvinder Bajwa		Dand Springvale	X23.24
3 Callum Kirsopp		Chilwell	23.31
4 Ben Hugall		Albury Athletics	23.43
5 Matthew Cindric		South Bendigo AC	24.14
Section 2 Wind: 1.3			
1 Kyle Nicolussi		Doncaster AC	X21.58
2 Jarrod Michael Robinson		Nunawading	X22.35
3 Matthew Gambetta		Deakin AC	22.60
4 Benjamin Powell		Bendigo Harriers AC	22.62
5 Corey Baker		Frankston AC	X23.26
6 Jake Hilson		South Bendigo AC	53.15
Section 3 Wind: 0.8			
1 Michael Romanin		St Kevin's	X21.35
2 Michael Hansford		Casey Cardinia	X21.87
3 Jara Konteh		Athletics Essendon	X21.88
4 Cameron De Bruin		Casey Cardinia	X21.97
5 Jake Penny		Geelong Guild AC	22.05

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Men 200 Meter Dash Open**

6	Joshua Perdrisat	Geelong Guild AC	22.08
7	Spencer Browne	Glenhuntly AC	X22.31
8	Jacob Sesar	Corio AC	22.41

**Men 400 Meter Run Open**

Name	Age	Team	Finals	
Section 1				
1		Matthew Cindric	South Bendigo AC	52.92
2		Christian Paynter	Melbourne Uni	X53.67
3		Liam Hanrahan	Ballarat Harrier	55.78
4		Nicholas Chapman	Bellarine	56.37
5		Luke Matthews	Bendigo Harriers AC	56.75
6		Aaron Norton	South Bendigo AC	58.67
Section 2				
1		Jacob Reed	Deakin AC	49.53
2		Fraser Symons	Old Melburnians AC	X49.75
3		Darci Hughes	Nunawading	X49.80
4		Michael Giese	Old Melburnians AC	X49.88
5		Jake Hilson	South Bendigo AC	50.33
6		Matthew Gambetta	Deakin AC	50.44
Section 3				
1		Michael Beltrame	Old Xaverians AC	X47.58
2		Joshua Perdrisat	Geelong Guild AC	48.75
3		Jarrold Michael Robinson	Nunawading	X49.09
4		Jayden Barmby	Chilwell	49.23
5		Benjamin Powell	Bendigo Harriers AC	49.28
--		Thomas Wilson	St Kevin's	XDQ

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**Men 800 Meter Run Open**

Name	Age	Team	Finals	
Section 1				
1		Dean Ryan	Eureka AC	2:01.97
2		Hein Reimert	Eureka AC	2:05.29
3		Andrew Semmens T20	Bellarine	2:07.00
4		Lachlan Carr	Bendigo Harriers AC	2:20.63
5		Aaron Norton	South Bendigo AC	2:20.85
Section 2				
1		Grant Muir	Chilwell	1:51.79
2		Jacob Reed	Deakin AC	1:51.85
3		William Lewis	St Kevin's	X1:52.81
4		Lachlan Mann	Doncaster AC	X1:53.43
5		Michael Giese	Old Melburnians AC	X1:58.47
6		Jesse Dunsmore	Frankston AC	X1:59.53
7		Jordan Mayston	Eureka AC	2:00.88
8		Liam Hanrahan	Ballarat Harrier	2:02.81

**Men 1500 Meter Run Open**

Name	Age	Team	Finals	
Section 1				
1		Grant Muir	Chilwell	4:04.25
2		Kye Jenkyn	Bendigo Uni	4:11.93
3		Jordan Mayston	Eureka AC	4:13.56
4		Dean Ryan	Eureka AC	4:14.26



**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Men 1500 Meter Run Open**

5 Glenn McMillan	Bendigo Uni	4:21.74
6 Hein Reimert	Eureka AC	4:21.93

**Men 5000 Meter Run Open**

Name	Age Team	Finals
1 Erik Ueda	Melbourne Uni	X15:23.5h
2 Daniel Hutchinson	Chilwell	15:28.3h
3 Nigel Preston	Bendigo Uni	15:50.2h
4 Kye Jenkyn	Bendigo Uni	16:01.1h
5 Peter Dutton	Frankston AC	X16:14.2h
6 Alexander Howard	Ballarat Ycw	16:34.7h
7 Frank Ciancio	Melbourne Uni	X16:52.8h
8 Timon Sideris T20	South Australia	X18:54.4h
9 John Curry	Doncaster AC	X20:53.5h
10 Leigh Browell	South Bendigo AC	22:15.2h
-- Lachlan Carr	Bendigo Harriers AC	DNF
-- Craig Huffer	Wellington AC	DNF

**Men 10000 Meter Run Open**

Name	Age Team	Finals
1 Callum Drake	Western Athletics	X32:28.28
2 Nigel Preston	Bendigo Uni	33:10.55
3 Jamie Cook	Bendigo Harriers AC	33:52.80
4 Matthew Connolly	Melbourne Uni	X34:28.54
5 Erik Ueda	Melbourne Uni	X34:28.57
6 Frank Ciancio	Melbourne Uni	X35:05.04
7 Grant Hicks	Eaglehawk AC	39:11.72
8 Timon Sideris T20	South Australia	X41:19.55
9 Harry Mezger T20	Old Xaverians AC	X42:19.92

**Men 110 Meter Hurdles Open**

Name	Age Team	Finals
Section 1 Wind: -0.8		
1 Ben Khongbut	Frankston AC	X14.75
2 David Ancrum	Frankston AC	X16.19
3 Christian Paynter	Melbourne Uni	X17.04
4 Peter Curtis	South Bendigo AC	22.98
-- Lachlan McPherson	Geelong Guild AC	DNF

**Men 400 Meter Hurdles Open**

Name	Age Team	Finals
Section 1		
1 Conor Fry	St Kevin's	X52.12
2 Fraser Symons	Old Melburnians AC	X53.17
3 Matthew Harcourt	Box Hill AC	X54.42
4 Harvey Murrant	Geelong Guild AC	55.06
5 Stephen Dang	Ringwood AC	X55.72
6 Dylan Burrows	Frankston AC	X56.51
7 Timothy Petersen	Keilor St Bern	X57.69
8 Peter Curtis	South Bendigo AC	1:09.57

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men 3000 Meter Steeplechase Open**

Name	Age	Team	Finals
1 Jesse Dunsmore		Frankston AC	X9:49.78
2 Lachlan Carr		Bendigo Harriers AC	12:09.74
3 Leigh Browell		South Bendigo AC	13:50.88
4 Geoff Jordan		Bendigo Harriers AC	15:35.23
-- John Curry		Doncaster AC	XDNF

**Men 4x100 Meter Relay Open**

Team	Finals
1 Geelong Guild AC 'A'	43.57
1) Joshua Perdrisat 20	2) Jake Penny 23
3) Harvey Murrant 20	4) Fraser Paull 19
2 Bendigo Harriers AC 'A'	46.44
1) Seth Hoskin 15	2) Antonio Vaitohi 16
3) Danai Mahachi 17	4) James Miller 17
3 Eaglehawk AC 'A'	46.89
1) Kenan Seebah 16	2) Lachlan Start 19
3) Brayden Hall 16	4) Kye Mason 17
4 Corio AC 'A'	48.19
1) Sam Warelow 14	2) Jack Warelow 14
3) Tom Mirarchi 19	4) Jacob Sesar 20
5 South Bendigo AC 'A'	50.24
1) James Woods 16	2) Peter Curtis 25
3) Sebastyn Andrea 14	4) Aaron Norton 40
6 South Coast Athletics 'A'	59.95
1) Benjamin Merrilees 10	2) Harrison Clark 14
3) Colin Gibson-Williamson 43	4) Matthew Merrilees 16
-- Bendigo Harriers AC 'B'	DQ
1) Louis Schenker 26	2) Benjamin Powell 18
3) Jakob Butcher 18	4) Luke Padgham 18

**Men 4x400 Meter Relay Open**

Team	Finals
1 Geelong Guild AC 'A'	3:25.20
1) Oscar Mazaraki 17	2) Hamish Nelson 31
3) Joshua Perdrisat 20	4) Harvey Murrant 20
2 Athletics Chilwell AC 'A'	3:32.52
1) Callum Kirsopp 24	2) Nicholas O'Brien 16
3) Finlay Kirsopp-Cole 18	4) Grant Muir 26
3 Eaglehawk AC 'A'	3:42.11
1) Jamie Harrison 19	2) James Bentley 15
3) Brayden Hall 16	4) Kye Mason 17
4 Eureka AC 'A'	3:44.90
1) Dean Ryan 32	2) Jack Diamond 15
3) Hein Reimert 23	4) Jordan Mayston 30
5 Ballarat Harriers AC 'A'	3:44.93
1) James Oro 17	2) Liam Hanrahan 23
3) Keith Scott 18	4) Jake Ashmore 15
6 South Bendigo AC 'A'	3:53.92
1) Sebastyn Andrea 14	2) Aaron Norton 40
3) Jack Popplestone 19	4) Oliver Muggleton 17
7 Bendigo Harriers AC 'B'	4:07.43
1) Riley Osborne 18	2) Declan Osborne 18
3) Jeremy Vaughan 39	4) Lachlan Carr 23

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men High Jump Open**

Name	Age	Team	Finals
Flight 1			
1 Joseph Baldwin		Melbourne Uni	X2.10m
2 Haydn Stutchbury		Chilwell	1.85m
3 Lachlan McPherson		Geelong Guild AC	1.80m
4 Lachlan O'Keefe		Wendouree AC	1.75m
5 Harry Doyle		Albury Athletics	1.70m
6 Louis Schenker		Bendigo Harriers AC	1.60m
-- Peter Curtis		South Bendigo AC	NH

**Men Pole Vault Open**

Name	Age	Team	Finals
1 Lachlan Burns		Chilwell	4.80m
2 Dalton Di Medio		Box Hill AC	X4.70m
3 Hamish Nelson		Geelong Guild AC	4.30m
3 Jarrod Pageot		Melbourne Uni	X4.30m
5 James Woods		South Bendigo AC	4.20m
6 Christian Paynter		Melbourne Uni	X4.10m
7 Stefan Mancuso		Melbourne Uni	X3.95m

**Men Long Jump Open**

Name	Age	Team	Finals	Wind
1 Harrison Williams		Athletics Essendon	X6.93m	+0.0
2 Matthew Gambetta		Deakin AC	6.84m	-0.3
3 Lachlan Start		Eaglehawk AC	6.73m	-0.3
4 Harvey Murrant		Geelong Guild AC	6.68m	+0.0
5 Mitchell Fontaine		Wyndham	X6.58m	+0.0
6 Louis Schenker		Bendigo Harriers AC	5.41m	+0.0
7 Peter Curtis		South Bendigo AC	4.99m	+0.0
8 Jeremy Vaughan		Bendigo Harriers AC	4.90m	+0.0
9 Jordan Mancuso		Athletics Essendon	X3.90m	+0.0

**Men Triple Jump Open**

Name	Age	Team	Finals	Wind
1 Alwyn Jones		Athletics Essendon	X15.98m	+0.0
2 Denis Finnegan		Melbourne Uni	X14.48m	+0.0
3 Lachlan Start		Eaglehawk AC	13.24m	+0.0
4 Nicholas Chapman		Bellarine	12.56m	+0.0
5 Jeremy Vaughan		Bendigo Harriers AC	10.31m	+0.0
6 Peter Curtis		South Bendigo AC	10.09m	+0.0

**Men Shot Put Open**

Name	Age	Team	Finals
1 Mackenzie Cooper		Bendigo Harriers AC	10.97m
2 Bailey Cooper		Bendigo Harriers AC	10.60m
3 Aaron Norton		South Bendigo AC	7.95m
4 Robert West		Ballarat Ycw	7.86m

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men Discus Throw Open**

Name	Age Team	Finals
1 Declan Carman	Doncaster AC	X51.27m
2 Jack Bannister	Athletics Essendon	X41.20m
3 Dylan Jones	Athletics Essendon	X39.11m
4 Anthony Messerle	Bendigo Uni	37.26m
5 Lachlan McPherson	Geelong Guild AC	33.74m
6 Shannon Bain	Athletics Essendon	X29.97m
7 Lachlan Start	Eaglehawk AC	27.54m
8 Mackenzie Cooper	Bendigo Harriers AC	27.52m
9 Louis Schenker	Bendigo Harriers AC	26.23m
10 Bailey Cooper	Bendigo Harriers AC	25.81m
11 Aaron Norton	South Bendigo AC	22.85m
12 Robert West	Ballarat Ycw	20.38m

**Men Hammer Throw Open**

Name	Age Team	Finals
1 Paul Olsson	Casey Cardinia	X33.77m
2 Craig Graham	Eaglehawk AC	28.59m
3 Mackenzie Cooper	Bendigo Harriers AC	23.42m
4 Robert West	Ballarat Ycw	22.39m
5 Bailey Cooper	Bendigo Harriers AC	20.99m
6 Aaron Norton	South Bendigo AC	20.08m

**Men Javelin Throw Open**

Name	Age Team	Finals
1 Michal Burian	Sandringham AC	X58.71m
2 Christian Paynter	Melbourne Uni	X56.64m
3 Lachlan Start	Eaglehawk AC	51.21m
4 Isaiah Abrahams	Casey Cardinia	X50.45m
5 Anthony Messerle	Bendigo Uni	46.42m
6 Bailey Cooper	Bendigo Harriers AC	40.77m
7 Mackenzie Cooper	Bendigo Harriers AC	38.95m
8 Louis Schenker	Bendigo Harriers AC	31.79m
9 Aaron Norton	South Bendigo AC	29.66m

**Men 5000 Meter Race Walk Open**

Name	Age Team	Finals
Section 1		
1 Will Thompson	Casey Cardinia	X24:29.77
2 Peter Curtis	South Bendigo AC	30:10.74

**Men 100 Meter Dash 40 Plus**

Name	Age Team	Finals
Section 1 Wind: 0.3		
1 Conrad Oberholzer	Ballarat Harrier	12.55
2 Benjamin Bailey	Traralgon	13.11
3 Neil Shaw	Bendigo Harriers AC	13.19
4 Christopher Kadri	Eaglehawk AC	13.66
5 Gregory Hilson	South Bendigo AC	13.81
6 Leigh Browell	South Bendigo AC	14.60

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Men 100 Meter Dash 40 Plus**

7 Shane Miller	South Bendigo AC	14.70
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**Men 200 Meter Dash 40 Plus**

Name	Age Team	Finals
Section 1 Wind: 1.2		
1 Timothy Sullivan T38	Eaglehawk AC	26.37
2 Benjamin Bailey	Traralgon	27.18
3 Leigh Hall	Eaglehawk AC	27.21
4 Gregory Hilson	South Bendigo AC	27.78
5 Neil Shaw	Bendigo Harriers AC	27.83
6 Leigh Browell	South Bendigo AC	31.53

**Men 400 Meter Run 40 Plus**

Name	Age Team	Finals
Section 1		
1 Benjamin Bailey	Traralgon	59.64
2 Leigh Hall	Eaglehawk AC	1:03.29
3 Gregory Hilson	South Bendigo AC	1:05.07
4 Leigh Browell	South Bendigo AC	1:09.55

**Men 800 Meter Run 40 Plus**

Name	Age Team	Finals
1 Philip Noden	Bendigo Harriers AC	2:21.15
2 Gregory Hilson	South Bendigo AC	2:31.30
3 Colin Gibson-Williamson	South Coast Aths	2:32.08
4 Leigh Hall	Eaglehawk AC	2:34.97

**Men 1500 Meter Run 40 Plus**

Name	Age Team	Finals
1 Philip Noden	Bendigo Harriers AC	4:38.27
2 Grant Hicks	Eaglehawk AC	4:41.52
3 Mark Rossiter	Traralgon	5:05.42
4 Colin Gibson-Williamson	South Coast Aths	5:09.08
5 Leigh Hall	Eaglehawk AC	5:36.00
6 Leigh Browell	South Bendigo AC	5:59.28

**Men 5000 Meter Run 40 Plus**

Name	Age Team	Finals
1 Mark Rossiter	Traralgon	19:29.3h
2 Leigh Browell	South Bendigo AC	22:15.2h

**Men 10000 Meter Run 40 Plus**

Name	Age Team	Finals
1 Dan Wright	Chilwell	38:29.32
2 Andrew Creer	Bendigo Uni	38:50.84
3 Grant Hicks	Eaglehawk AC	39:11.72
4 Mark Rossiter	Traralgon	42:15.87

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men 110 Meter Hurdles (99.1cm) 40 Plus**

Name	Age	Team	Finals
Section 1 Wind: -0.8			
1 Geoff Jordan		Bendigo Harriers AC	21.93

**Men 400 Meter Hurdles (91.4cm) 40 Plus**

Name	Age	Team	Finals
Section 1			
1 Gregory Hilson		South Bendigo AC	1:12.32
2 Geoff Jordan		Bendigo Harriers AC	1:24.24

**Men 3000 Meter Steeplechase (91.4cm) 40 Plus**

Name	Age	Team	Finals
1 Leigh Browell		South Bendigo AC	13:50.88
2 Geoff Jordan		Bendigo Harriers AC	15:35.23

**Men 4x100 Meter Relay 40 Plus**

Team	Finals
1 Eaglehawk AC 'A'	54.57
1) Timothy Sullivan 44	2) Leigh Hall 45
3) Christopher Kadri 50	4) Grant Hicks 41
2 Ballarat Harriers AC 'A'	54.89
1) Peter Roberts 53	2) Jeffrey Sargent 61
3) Conrad Oberholzer 44	4) Rodney Hansen 47
3 Bendigo Harriers AC 'A'	57.90
1) Geoff Jordan 50	2) Neil Shaw 46
3) Ian Wellard 51	4) Eric Baker 57
4 South Bendigo AC 'A'	58.54
1) Gregory Hilson 50	2) Jason Hill 48
3) Leigh Browell 45	4) Shane Miller 44

**Men 4x400 Meter Relay 40 Plus**

Team	Finals
1 Eaglehawk AC 'A'	4:11.23
1) Antony Langdon 51	2) Terry Hicks 65
3) Grant Hicks 41	4) David Chisholm 51
2 Ballarat Harriers AC 'A'	4:16.72
1) Peter Roberts 53	2) Jeffrey Sargent 61
3) Conrad Oberholzer 44	4) Rodney Hansen 47
3 Bendigo Harriers AC 'A'	4:26.69
1) Philip Noden 49	2) Geoff Jordan 50
3) Eric Baker 57	4) Neil Shaw 46
4 South Bendigo AC 'A'	4:40.08
1) Gregory Hilson 50	2) Shane Miller 44
3) Leigh Browell 45	4) Jason Hill 48
5 Eaglehawk AC 'B'	4:43.99
1) Timothy Sullivan 44	2) Christopher Kadri 50
3) Brian Cornell 66	4) Leigh Hall 45
6 Bendigo University AC 'A'	4:57.58
1) Andrew Creer 48	2) Ross Douglas 53
3) David Heislars 54	4) David Lonsdale 51

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men High Jump 40 Plus**

Name	Age Team	Finals
Flight 1		
1 Conrad Oberholzer	Ballarat Harrier	1.60m
2 Gregory Hilson	South Bendigo AC	1.50m
3 Geoff Jordan	Bendigo Harriers AC	1.25m

**Men Pole Vault 40 Plus**

Name	Age Team	Finals
1 Conrad Oberholzer	Ballarat Harrier	2.50m
2 Geoff Jordan	Bendigo Harriers AC	2.35m
3 Christopher Timewell	South Bendigo AC	2.20m

**Men Long Jump 40 Plus**

Name	Age Team	Finals	Wind
1 Gregory Hilson	South Bendigo AC	4.88m	-2.0
2 Neil Shaw	Bendigo Harriers AC	4.81m	+0.0
3 Geoff Jordan	Bendigo Harriers AC	4.43m	+0.0
4 Christopher Kadri	Eaglehawk AC	4.11m	-0.1

**Men Triple Jump 40 Plus**

Name	Age Team	Finals	Wind
1 Gregory Hilson	South Bendigo AC	10.34m	+0.0
2 Geoff Jordan	Bendigo Harriers AC	8.60m	+0.0
3 Leigh Browell	South Bendigo AC	6.56m	+0.0

**Men Shot Put (7.26kg) 40 Plus**

Name	Age Team	Finals
1 Travis Wilson	Athletics Essendon	X10.75m
2 Nick Foley	Bellarine	10.16m
3 Matthew Hall	Diamond Valley AC	X10.00m
4 Brendan Hawkes	Wendouree AC	8.66m
5 Neil Shaw	Bendigo Harriers AC	7.94m
6 Christopher Timewell	South Bendigo AC	7.83m
7 Leigh Browell	South Bendigo AC	6.77m
8 Christopher Kadri	Eaglehawk AC	6.32m

**Men Discus Throw (2kg) 40 Plus**

Name	Age Team	Finals
1 Graham Hicks	Athletics Essendon	X43.89m
2 Travis Wilson	Athletics Essendon	X35.18m
3 Matthew Hall	Diamond Valley AC	X30.44m
4 Nick Foley	Bellarine	30.31m
5 Derek Bowey	Wodonga AC	28.16m
6 Brendan Hawkes	Wendouree AC	24.93m
7 Christopher Timewell	South Bendigo AC	24.40m
8 Neil Shaw	Bendigo Harriers AC	22.85m
9 Leigh Browell	South Bendigo AC	17.51m

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men Hammer Throw (7.26kg) 40 Plus**

Name	Age	Team	Finals
1 Brendan Hawkes		Wendouree AC	28.33m
2 Travis Wilson		Athletics Essendon	X28.18m
3 Christopher Timewell		South Bendigo AC	22.64m
4 Geoff Jordan		Bendigo Harriers AC	21.41m
5 Leigh Browell		South Bendigo AC	6.33m

**Men Javelin Throw (800g) 40 Plus**

Name	Age	Team	Finals
1 Nick Foley		Bellarine	37.08m
2 Christopher Timewell		South Bendigo AC	31.47m
3 Christopher Kadri		Eaglehawk AC	26.03m
4 Geoff Jordan		Bendigo Harriers AC	24.84m
5 Leigh Browell		South Bendigo AC	20.94m

**Men 5000 Meter Race Walk 40 Plus**

Name	Age	Team	Finals
Section 1			
1 Leigh Browell		South Bendigo AC	39:40.22

**Men 100 Meter Dash 50 Plus**

Name	Age	Team	Finals
Section 1 Wind: -0.4			
1 David Chisholm		Eaglehawk AC	12.71
2 Andrew Drummond		Ballarat Harrier	13.02
3 Antony Langdon		Eaglehawk AC	13.39
4 Gerard Skene		Ballarat Ycw	13.96
5 Chris Lang		Wendouree AC	14.65
6 Eric Baker		Bendigo Harriers AC	15.40

**Men 200 Meter Dash 50 Plus**

Name	Age	Team	Finals
Section 1 Wind: 2.1			
1 David Chisholm		Eaglehawk AC	26.29
2 Antony Langdon		Eaglehawk AC	27.67
3 Gerard Skene		Ballarat Ycw	28.99
4 Eric Baker		Bendigo Harriers AC	30.31

**Men 400 Meter Run 50 Plus**

Name	Age	Team	Finals
Section 1			
1 Andrew Drummond		Ballarat Harrier	57.67
2 David Chisholm		Eaglehawk AC	58.05
3 Antony Langdon		Eaglehawk AC	1:03.02
4 Gerard Skene		Ballarat Ycw	1:04.15
5 Jim Sayer		Collingwood	X1:05.32
6 Ross Douglas		Bendigo Uni	1:07.46
7 Eric Baker		Bendigo Harriers AC	1:17.58



**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men 800 Meter Run 50 Plus**

Name	Age	Team	Finals
1 David Chisholm		Eaglehawk AC	2:34.67
2 Gerard Skene		Ballarat Ycw	2:36.49
3 Ross Douglas		Bendigo Uni	2:53.02
4 Paul Sideris		South Australia	X3:02.49

**Men 1500 Meter Run 50 Plus**

Name	Age	Team	Finals
1 David Leeton		Old Scotch	X4:44.49
2 Grant Gilbert		Wendouree AC	5:03.49
3 Peter Cowell		Bendigo Harriers AC	5:05.52
4 Mark Carey		Athletics Essendon	X5:13.39
5 David Heislars		Bendigo Uni	5:28.02
6 Eric Baker		Bendigo Harriers AC	5:56.78
7 Paul Sideris		South Australia	X6:01.17

**Men 3000 Meter Run 50 Plus**

Name	Age	Team	Finals
1 Peter Cowell		Bendigo Harriers AC	10:54.42
2 Grant Gilbert		Wendouree AC	11:24.61
3 David Heislars		Bendigo Uni	11:47.07
4 Paul Sideris		South Australia	X12:47.41
5 Eric Baker		Bendigo Harriers AC	13:06.68

**Men 10000 Meter Run 50 Plus**

Name	Age	Team	Finals
1 David Heislars		Bendigo Uni	42:04.91
2 Patrick O'Leary		Ballarat Ycw	44:55.72

**Men 100 Meter Hurdles (91.4cm) 50 Plus**

Name	Age	Team	Finals
Section 1 Wind: +0.0			
1 David Chisholm		Eaglehawk AC	17.53
2 Antony Langdon		Eaglehawk AC	21.62

**Men 400 Meter Hurdles (84.0cm) 50 Plus**

Name	Age	Team	Finals
Section 1			
1 David Chisholm		Eaglehawk AC	1:06.91
2 Antony Langdon		Eaglehawk AC	1:15.16

**Men 3000 Meter Steeplechase (91.4cm) 50 Plus**

Name	Age	Team	Finals
1 Digby Race		Wodonga AC	13:36.76
2 Eric Baker		Bendigo Harriers AC	14:43.67
3 Peter Roberts		Ballarat Harrier	15:03.39

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men 4x100 Meter Relay 50 Plus**

Team	Finals
1 Eaglehawk AC 'A'	1:00.41
1) David Chisholm 51	2) Antony Langdon 51
3) Terry Hicks 65	4) Trevor Kelly 60

**Men High Jump 50 Plus**

Name	Age Team	Finals
Flight 1		
1 David Chisholm	Eaglehawk AC	1.40m
2 Ross Douglas	Bendigo Uni	1.35m
3 Peter Roberts	Ballarat Harrier	1.30m

**Men Pole Vault 50 Plus**

Name	Age Team	Finals
1 Warren Hill	Melbourne Uni	X2.30m
2 David Chisholm	Eaglehawk AC	1.60m

**Men Long Jump 50 Plus**

Name	Age Team	Finals	Wind
1 David Chisholm	Eaglehawk AC	4.92m	+0.0
2 Antony Langdon	Eaglehawk AC	4.47m	+0.0
3 David Heislars	Bendigo Uni	3.86m	-0.3
4 Ross Douglas	Bendigo Uni	3.77m	-1.7

**Men Triple Jump 50 Plus**

Name	Age Team	Finals	Wind
1 David Chisholm	Eaglehawk AC	10.40m	+0.0
2 Jeffter Ihomana	South Coast Aths	9.21m	+0.0
3 Antony Langdon	Eaglehawk AC	8.32m	+0.0
4 Peter Roberts	Ballarat Harrier	8.14m	+0.0
5 David Heislars	Bendigo Uni	6.79m	-0.2

**Men Shot Put (6kg) 50 Plus**

Name	Age Team	Finals
1 David Fossey	Geelong Guild AC	10.30m
2 Leon Whitehand	Keilor St Bern	X9.11m
3 David Chisholm	Eaglehawk AC	8.88m
4 Craig Graham	Eaglehawk AC	7.77m
5 Eric Baker	Bendigo Harriers AC	7.06m
6 Peter Roberts	Ballarat Harrier	6.37m
7 Stephen McLennan	Wendouree AC	6.36m

**Men Discus Throw (1.5kg) 50 Plus**

Name	Age Team	Finals
1 David Fossey	Geelong Guild AC	29.34m
2 Leon Whitehand	Keilor St Bern	X29.08m

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****....Men Discus Throw (1.5kg) 50 Plus**

3	David Chisholm	Eaglehawk AC	27.04m
4	Craig Graham	Eaglehawk AC	26.99m
5	Shane Bicknell	Wendouree AC	23.37m
6	Stephen McLennan	Wendouree AC	19.92m
7	Jeffter Ihomana	South Coast Aths	17.92m
8	Peter Roberts	Ballarat Harrier	16.13m

**Men Hammer Throw (6kg) 50 Plus**

Name	Age	Team	Finals
1	Craig Graham	Eaglehawk AC	32.99m
2	David Chisholm	Eaglehawk AC	23.59m
3	Shane Bicknell	Wendouree AC	21.43m
4	Stephen McLennan	Wendouree AC	19.90m

**Men Javelin Throw (700g) 50 Plus**

Name	Age	Team	Finals
1	David Chisholm	Eaglehawk AC	34.85m
2	Ross Douglas	Bendigo Uni	22.11m

**Men 100 Meter Dash 60 Plus**

Name	Age	Team	Finals
Section 1      Wind: 1.0			
1	Jeffrey Sargent	Ballarat Harrier	13.24
2	Paul Turner	Corio AC	13.39
3	Terry Hicks	Eaglehawk AC	14.33
4	Peter Savage	Eaglehawk AC	17.01
5	Kevin Shanahan	Eaglehawk AC	21.08

**Men 200 Meter Dash 60 Plus**

Name	Age	Team	Finals
Section 1      Wind: 2.3			
1	Jeffrey Sargent	Ballarat Harrier	28.61
2	Terry Hicks	Eaglehawk AC	31.50
3	Peter Savage	Eaglehawk AC	35.35
4	Kevin Shanahan	Eaglehawk AC	38.24
5	Michael Orelli	Chilwell	45.35

**Men 400 Meter Run 60 Plus**

Name	Age	Team	Finals
Section 1			
1	Jeffrey Sargent	Ballarat Harrier	1:04.38
2	Terry Hicks	Eaglehawk AC	1:06.58
3	Geoff Shaw	Bendigo Harriers AC	1:10.82
4	Kevin Shanahan	Eaglehawk AC	1:36.09
5	Peter Savage	Eaglehawk AC	1:47.71

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men 800 Meter Run 60 Plus**

Name	Age	Team	Finals
1 Andrew Webb		Chilwell	2:57.83
2 Brian Cornell		Eaglehawk AC	3:20.66
3 Hunter Gill		Bendigo Harriers AC	3:25.57
4 Michael Orelli		Chilwell	3:46.97
5 Kevin Shanahan		Eaglehawk AC	3:52.42
6 George Flack		Eaglehawk AC	5:19.82

**Men 1500 Meter Run 60 Plus**

Name	Age	Team	Finals
1 Ian Twite		Traralgon	5:47.98
2 Andrew Webb		Chilwell	6:09.14
3 Hunter Gill		Bendigo Harriers AC	6:34.83
4 Kevin Shanahan		Eaglehawk AC	6:48.02
5 Michael Orelli		Chilwell	7:53.98
-- George Flack		Eaglehawk AC	DNF

**Men 3000 Meter Run 60 Plus**

Name	Age	Team	Finals
1 Ian Twite		Traralgon	12:33.03
2 Charles Chambers		Bendigo Uni	12:49.44
3 Andrew Webb		Chilwell	13:12.34
4 Kevin Shanahan		Eaglehawk AC	13:59.70
5 Hunter Gill		Bendigo Harriers AC	14:11.89
6 Michael Orelli		Chilwell	18:12.22

**Men 10000 Meter Run 60 Plus**

Name	Age	Team	Finals
1 Ian Twite		Traralgon	46:31.83
2 Charles Chambers		Bendigo Uni	48:06.46
3 Hunter Gill		Bendigo Harriers AC	51:19.22

**Men 100 Meter Hurdles (84.0cm) 60 Plus**

Name	Age	Team	Finals
Section 1 Wind: +0.0			
1 Terry Hicks		Eaglehawk AC	24.23

**Men 300 Meter Hurdles (76.2cm) 60 Plus**

Name	Age	Team	Finals
Section 1			
1 Terry Hicks		Eaglehawk AC	54.54

**Men 2000 Meter Steeplechase (76.2cm) 60 Plus**

Name	Age	Team	Finals
1 Kevin Shanahan		Eaglehawk AC	10:12.11

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men 4x100 Meter Relay 60 Plus**

Team	Finals
1 Eaglehawk AC 'A'	1:14.74
1) Brian Cornell 66	2) Kevin Shanahan 63
3) Peter Savage 65	4) George Flack 66
2 Bendigo Harriers AC 'A'	1:23.88
1) Garnet Rodda 70	2) Geoff Shaw 71
3) Hunter Gill 71	4) John Watson 69

**Men High Jump 60 Plus**

Name	Age Team	Finals
Flight 1		
1 Geoff Shaw	Bendigo Harriers AC	1.40m
2 Terry Hicks	Eaglehawk AC	1.25m

**Men Pole Vault 60 Plus**

Name	Age Team	Finals
1 Geoff Shaw	Bendigo Harriers AC	2.75m

**Men Long Jump 60 Plus**

Name	Age Team	Finals	Wind
1 Terry Hicks	Eaglehawk AC	4.55m	2.7
2 Geoff Shaw	Bendigo Harriers AC	4.43m	+0.0
3 Peter Savage	Eaglehawk AC	2.38m	-0.5

**Men Triple Jump 60 Plus**

Name	Age Team	Finals	Wind
1 Geoff Shaw	Bendigo Harriers AC	9.69m	+0.0
2 Paul Olsson	Casey Cardinia	X9.09m	+0.0
3 Terry Hicks	Eaglehawk AC	7.76m	+0.0

**Men Shot Put (5kg) 60 Plus**

Name	Age Team	Finals
1 Stan Peska	Western Athletics	X11.63m
2 Terry Hicks	Eaglehawk AC	8.94m
3 Peter Savage	Eaglehawk AC	6.82m

**Men Discus Throw (1kg) 60 Plus**

Name	Age Team	Finals
1 Terry Hicks	Eaglehawk AC	31.15m
2 Geoff Shaw	Bendigo Harriers AC	24.48m
3 Robert Holzer	Geelong Guild AC	23.79m
4 Ian Twite	Traralgon	19.90m
5 Brian Cornell	Eaglehawk AC	17.61m
6 Peter Savage	Eaglehawk AC	17.05m
7 John Carter	South Bendigo AC	15.32m

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Results****Men Hammer Throw (5kg) 60 Plus**

Name	Age	Team	Finals
1 Paul Olsson		Casey Cardinia	X40.14m
2 Robert Holzer		Geelong Guild AC	35.93m
3 Stan Peska		Western Athletics	X29.85m
4 Peter Savage		Eaglehawk AC	17.22m

**Men Javelin Throw (600g) 60 Plus**

Name	Age	Team	Finals
1 Terry Hicks		Eaglehawk AC	32.56m
2 Robert Holzer		Geelong Guild AC	28.94m
3 Geoff Shaw		Bendigo Harriers AC	25.18m
4 Peter Savage		Eaglehawk AC	20.65m
5 Kevin Shanahan		Eaglehawk AC	17.93m
6 Brian Cornell		Eaglehawk AC	17.56m
7 John Carter		South Bendigo AC	9.04m

**Men 100 Meter Dash Ambulatory Para**

Name	Age	Team	Finals
Section 1 Wind: -1.9			
1 Andrew Semmens T20		Bellarine	12.47 OPEN - 85.65%
1 James Pendred T20		Wendouree AC	14.50 UNDER 20 - 82.21%
1 Jake Perrett T46		Wellington AC	14.91 UNDER 16 - 77.93%
2 Timothy Sullivan T38		Eaglehawk AC	13.32 OPEN - 80.18%

**Men 400 Meter Run Ambulatory Para**

Name	Age	Team	Finals
Section 1			
1 Andrew Semmens T20		Bellarine	53.92 OPEN - 87.57%
1 James Pendred T20		Wendouree AC	1:02.52 UNDER 20 - 84.84%
2 Timothy Sullivan T38		Eaglehawk AC	1:01.35 OPEN - 76.97%

**Men Shot Put Ambulatory Para**

Name	Age	Team	Finals
Flight 1			
1 Marty Jackson F38		Chilwell	14.21m OPEN - 89.09%
1 Jake Perrett F46		Wellington AC	7.18m UNDER 16 - 56.22%

**Men Discus Throw Ambulatory Para**

Name	Age	Team	Finals
1 Jake Perrett F46		Wellington AC	16.46m

**Men Shot Put Ambulatory Seated**

Name	Age	Team	Finals
1 Jessee Wyatt F33		Frankston AC	X8.72m

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019**

**LaTrobe University Bendigo Athletics Complex**

**Results**

**Men Discus Throw Ambulatory Seated**

=====			
Name	Age	Team	Finals
=====			
1 Michael Fawkner	F34	Malvern Harriers AC	X17.96m