

## Mentone AC Rankings 2015-16

\*\*Indicates Mentone AC Club Record\*\*

### 100m Men

William Carter	U16	11.63	10/10/2015 R1	Knox
Patrick Myles	U16	11.67	10/10/2015 R1	Knox
Ayrton Giarrocco	U20	11.86	31/10/2015 R3	Casey
Troy Bateman	U20	11.90	31/10/2015 R3	Casey
Blake Anderson	U20	11.95	10/10/2015 R1	Knox
Andrew Cusack	Open	11.98	10/10/2015 R1	Knox
Antony Symons	U20	12.24	10/10/2015 R1	Knox
Nicholas Grech	U14	12.32	10/10/2015 R1	Knox
Justin Hanrahan	45+	12.44	10/10/2015 R1	Knox
Lawrence Welford	U18	12.67	10/10/2015 R1	Knox
Zac Calvez	U20	12.81	22/11/2015 R5	Casey
Ky Morgenthaler	U16	12.85	22/11/2015 R5	Casey
Max Moyano	U16	13.22	31/10/2015 R3	Casey
Noah Oliver	U14	13.76	10/10/2015 R1	Knox
Pierre Petoud	60+	15.41	10/10/2015 R1	Knox

### 100m Women

Grace Stebbins	U18	13.14	10/10/2015 R1	Knox
Jessica Welford	U16	13.26	31/10/2015 R3	Casey
Zoe Cunningham	U14	13.33	10/10/2015 R1	Knox
Montana Green	U16	13.35	10/10/2015 R1	Knox
Ella Collis	U18	14.02	22/11/2015 R5	Casey
Ruby Paterno	U16	14.10	31/10/2015 R3	Casey
Amy McKinley	U14	14.45	10/10/2015 R1	Knox
Tess Parton	Open	14.63	10/10/2015 R1	Knox
Daina Kasperaitis	U16	14.67	22/11/2015 R5	Casey
Sarah Berntsen	U16	14.78	22/11/2015 R5	Casey
Taylor Alexander	U14	14.78	22/11/2015 R5	Casey
Jemima Savage	U16	15.26	22/11/2015 R5	Casey
Heather Whitaker	Open	15.64	31/10/2015 R3	Casey
Claire Johnson	Open	16.10	31/10/2015 R3	Casey
Helen Bryan	45+	16.62	10/10/2015 R1	Knox
Milly Berntsen	45+	17.45	22/11/2015 R5	Casey
Kim Fernandes	40+	17.55	22/11/2015 R5	Casey
Kuniko Bowden	45+	20.50	31/10/2015 R3	Casey
Hollie McCracken	U18 T/F35	21.51	10/10/2015 R1	Knox

### 200m Men

Will Carter	U16	23.75	24/10/2015 R2	Frankston
Zac Calvez	U20	24.89	14/11/2015 R4	Frankston
Blake Anderson	U20	25.11	14/11/2015 R4	Frankston
Ayrton Giarrocco	U20	25.22	14/11/2015 R4	Frankston
Andrew Cusack	Open	25.52	14/11/2015 R4	Frankston
Nicholas Grech	U14	25.53	24/10/2015 R2	Frankston
Patrick Myles	U16	25.75	24/10/2015 R2	Frankston

Ky Morgenthaler	U16	26.31	14/11/2015 R4	Frankston
Lawrence Welford	U18	27.24	24/10/2015 R2	Frankston
Corey Smith	U14	29.30	24/10/2015 R2	Frankston
Noah Oliver	U14	29.62	14/11/2015 R4	Frankston

### 200m Women

**Zoe Cunningham	U14	26.25	20/10/2015 SSV	Lakeside**
Jessica Welford	U16	26.60	14/11/2015 R4	Frankston
Grace Stebbins	U18	28.93	24/10/2015 R2	Frankston
Taylor Alexander	U14	28.94	14/11/2015 R4	Frankston
Montana Green	U16	29.27	14/11/2015 R4	Frankston
Tess Parton	Open	30.61	24/10/2015 R2	Frankston
Jemima Savage	U16	31.19	14/11/2015 R4	Frankston
Heather Whitaker	Open	31.96	14/11/2015 R4	Frankston
Claire Johnson	Open	33.29	14/11/2015 R4	Frankston
Helen Bryan	45+	35.80	14/11/2015 R4	Frankston
Milly Berntsen	45+	36.79	14/11/2015 R4	Frankston

### 400m Men

William Carter	U16	51.67	10/10/2015 R1	Knox
Nicholas Grech	U14	55.66	31/10/2015 R3	Casey
Lawrence Welford	U18	59.41	22/11/2015 R5	Casey
Michael Kernahan	U20	62.71	10/10/2015 R1	Knox

### 400m Women

Jessica Welford	U16	59.08	22/11/2015 R5	Casey
Kisarna Berntsen	U14	61.85	22/11/2015 R5	Casey
Grace Stebbins	U18	63.11	22/11/2015 R5	Casey
Skye Carter	U14	63.49	31/10/2015 R3	Casey
Amy McKinley	U14	67.11	31/10/2015 R3	Casey
Claire Johnson	Open	67.72	31/10/2015 R3	Casey
Heather Whitaker	Open	69.46	10/10/2015 R1	Knox
Helen Bryan	45+	73.20	10/10/2015 R1	Knox
Kim Fernandes	40+	81.84	22/11/2015 R5	Casey
Jeanne Bryan	70+	88.19	22/11/2015 R5	Casey
Milly Bernsten	45+	89.43	31/10/2015 R3	Casey
Kuniko Bowden	45+	90.85	31/10/2015 R3	Casey
Christina Petrakos	Open	1.42.63	22/11/2015 R5	Casey

### 800m Men

Neil Brennan	Open	2.00.6	10/11/2015 VM1	Lakeside
Rhys Whitaker	Open	2.08.4	14/11/2015 R4	Frankston
Michael Kernahan	U20	2.09.0	24/10/2015 R2	Frankston
Andy Johnson	Open	2.11.4	24/10/2015 R2	Frankston
Lachie Moorhouse	U18	2.19.0	24/10/2015 R2	Frankston
Justin Hanrahan	45+	2.29.7	24/10/2015 R2	Frankston

### 800m Women

**Jessica Welford	U16	2.21.5	10/11/2015 VM1	Lakeside**
Ella Rizzi	U16	2.23.7	24/10/2015 R2	Frankston

**Kisarna Berntsen	U14	2.26.3	24/10/2015 R2	Frankston**
Claire Johnson	Open	2.27.4	24/10/2015 R2	Frankston
Grace Gordon	U16	2.30.7	14/11/2015 R4	Frankston
Heather Whitaker	Open	2.32.7	10/11/2015 VM1	Lakeside
Amelija Belleville	U14	2.36.7	24/10/2015 R2	Frankston
Helen Bryan	45+	2.38.3	14/11/2015 R4	Frankston
Amy McKinley	U14	2.51.0	24/10/2015 R2	Frankston
Milly Berntsen	45+	3.29.9	14/11/2015 R4	Frankston
Jeanne Bryan	70+	3.40.4	14/11/2015 R4	Frankston

### 1500m Men

Michael Kernahan	U20	4.11.9	22/11/2015 R5	Casey
Andy Johnson	Open	4.26.38	31/10/2015 R3	Casey
Rhys Whittaker	Open	4.32.4	10/10/2015 R1	Knox
Sam Bunnage	U14	4.42.1	22/11/2015 R5	Casey
Lachie Moorhouse	U18	4.51.9	10/10/2015 R1	Knox
Justin Hanrahan	45+	5.12.4	10/10/2015 R1	Knox
Derek Couper	45+	5.26.7	22/11/2015 R5	Casey
Taylor Ogden	Open	5.44.0	10/10/2015 R1	Knox

### 1500m Women

Claire Johnson	Open	4.56.74	31/10/2015 R3	Casey
**Amelija Belleville	U14	5.07.8	22/11/2015 R5	Casey**
Helen Bryan	45+	5.24.26	31/10/2015 R3	Casey
Heather Whitaker	Open	5.25.32	31/10/2015 R3	Casey
Kuniko Bowden	45+	5.57.69	31/10/2015 R3	Casey
Kim Fernandes	40+	6.22.5	22/11/2015 R5	Casey
Jeanne Bryan	70+	7.22.2	10/10/2015 R1	Knox

### 3000m Men

Michael Kernahan	U20	9.01.8	24/10/2015 R2	Frankston
Andy Johnson	Open	9.30.9	10/11/2015 VM1	Lakeside
Rhys Whitaker	Open	9.54.6	24/10/2015 R2	Frankston
Lachie Moorhouse	U18	10.03.4	24/10/2015 R2	Frankston
Sam Bunnage	U14	10.15.4	24/10/2015 R2	Frankston
Derek Couper	45+	11.52.0	22/11/2015 R5	Casey

### 3000m Women

Claire Johnson	Open	11.24.1	24/10/2015 R2	Frankston
Amelija Belleville	U14	11.29.2	24/10/2015 R2	Frankston
Heather Whitaker	Open	12.06.8	24/10/2015 R2	Frankston
Helen Bryan	45+	12.37.3	24/10/2015 R2	Frankston
Kuniko Bowden	45+	12.48.4	22/11/2015 R5	Casey
Kim Fernandes	40+	14.28.4	22/11/2015 R5	Casey
Christina Petrakos	Open	14.43.4	22/11/2015 R5	Casey
Jeanne Bryan	70+	16.27.0	24/10/2015 R2	Frankston

### 5000m Men

Michael Kernahan	U20	15.08.67	19/11/2015 VC	Lakeside
Andy Johnson	Open	16.32.07	19/11/2015 VC	Lakeside

Rhys Whittaker	Open	17.33.0	14/11/2015 R4	Frankston
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### 5000m Women

Kuniko Bowden	45+	21.02.9	14/11/2015 R4	Frankston
Heather Whitaker	Open	21.03.6	14/11/2015 R4	Frankston
Jeanne Bryan	70+	27.19.0	14/11/2015 R4	Frankston

### 4x100m Relay Men

Mentone U20	U20	46.85	22/11/2015 R5	Casey
Mentone U20	U20	48.25	10/10/2015 R1	Knox
Mentone U20	U20	48.58	31/10/2015 R3	Casey
Mentone Open	Open	50.26	10/10/2015 R1	Knox

### 4x100m Relay Women

Mentone U18	U18	54.12	22/11/2015 R5	Casey
Mentone U14	U14	54.14	10/10/2015 R1	Knox
Mentone U16	U16	54.30	10/10/2015 R1	Knox
Mentone U18	U18	54.76	10/10/2015 R1	Knox
Mentone Open	Open	57.77	22/11/2015 R5	Casey
Mentone Open	Open	62.57	31/10/2015 R3	Casey
Mentone Open	Open	66.23	10/10/2015 R1	Knox

### 4x200m Relay Men

Mentone U20	U20	1.41.47	24/10/2015 R2	Frankston
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### 4x200m Relay Women

Mentone U18	U18	1.52.05	24/10/2015 R2	Frankston
Mentone U14	U14	2.05.01	24/10/2015 R2	Frankston
Mentone Open	Open	2.05.41	24/10/2015 R2	Frankston

### 4x400m Relay Men

### 4x400m Relay Women

Mentone Open	Open	4.34.25	14/11/2015 R4	Frankston
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### Sprint Hurdles Men

#### 90m

Noah Oliver	U14	17.76	10/10/2015 R1	Knox
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#### 110m

Zac Calvez	U20	16.15	22/11/2015 R5	Casey
Justin Hanrahan	45+	18.21	10/10/2015 R1	Knox

### Sprint Hurdles Women

#### 100m

#### 80m

Skye Carter	U14	14.06	31/10/2015 R3	Casey
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Amy McKinley	U14	14.32	10/10/2015 R1	Knox
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### **Hurdles Men**

#### **200m**

**Will Carter	U16	27.49	14/11/2015 R4	Frankston**
Ky Morgenthaler	U16	31.50	14/11/2015 R4	Frankston

#### **400m**

Justin Hanrahan	45+	63.15	24/10/2015 R2	Frankston
Antony Symons	U20	62.33	14/11/2015 R4	Frankston
Andy Johnson	Open	78.74	24/10/2015 R2	Frankston

### **Hurdles Women**

#### **200m**

Amy McKinley	U14	37.50	24/10/2015 R2	Frankston
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#### **400m**

Claire Johnson	Open	79.65	14/11/2015 R4	Frankston
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### **3000m Steeple Chase Men**

#### **2000m**

#### **3000m**

Andrew Johnson	Open	11.27.6	10/10/2015 R1	Knox
Antony Symons	U20	13.48.75	31/10/2015 R3	Casey

### **Steeple Chase Women**

#### **2000m**

**Kisarna Berntsen	U14	8.54.03	31/10/2015 R3	Casey**
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#### **3000m**

Claire Johnson	Open	12.35.0	10/10/2015 R1	Knox
Kuniko Bowden	45+	14.38.74	31/10/2015 R3	Casey
Milly Berntsen	45+	19.26.55	31/10/2015 R3	Casey

### **2000m Walk Men**

Julian Boland	50+	12.18.3	10/10/2015 R1	Knox
Geoff Barrow	60+	13.34.8	10/10/2015 R1	Knox

### **2000m Walk Women**

Kuniko Bowden	45+	13.23.84	31/10/2015 R3	Casey
Jeanne Bryan	70+	16.56.7	10/10/2015 R1	Knox

### **3000m Walk Men**

Geoff Barrow	60+	20.06.5	14/11/2015 R4	Frankston
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### **3000m Walk Women**

Jeanne Bryan	70+	25.00.5	14/11/2015 R4	Frankston
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### **5000m Walk Men**

Geoff Barrow	60+	34.46.7	22/11/2015 R5	Casey
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### 5000m Walk Women

Kuniko Bowden	45+	36.03.8	22/11/2015 R5	Casey
Jeanne Bryan	70+	45.11.0	22/11/2015 R5	Casey

### Long Jump Men

Zac Calvez	U20	5.89m	22/11/2015 R5	Casey
Patrick Myles	U16	5.93m	22/11/2015 R5	Casey
Antony Symons	U20	5.14m	10/10/2015 R1	Knox
Noah Oliver	U14	4.60m	10/10/2015 R1	Knox

### Long Jump Women

Ella Collis	U18	5.06m	10/10/2015 R1	Knox
Jessica Welford	U16	4.90m	22/11/2015 R5	Casey
Zoe Cunningham	U14	4.82m	10/10/2015 R1	Knox
Grace Stebbins	U18	4.55m	10/10/2015 R1	Knox
Daina Kasperaitis	U16	4.51m	10/10/2015 R1	Knox
Tess Parton	Open	4.80m	22/11/2015 R5	Casey
Amy McKinley	U14	4.35m	10/10/2015 R1	Knox
Sarsha Berntsen	U16	4.26m	22/11/2015 R5	Casey
Claudia Cazaux	U14	4.05m	10/10/2015 R1	Knox
Helen Bryan	45+	2.94m	31/10/2015 R3	Casey
Milly Berntsen	45+	2.91m	22/11/2015 R5	Casey

### Triple Jump Men

Antony Symons	U20	11.76m	24/10/2015 R2	Frankston
Noah Oliver	U14	9.94m	14/11/2015 R4	Frankston
Corey Smith	U14	9.65m	24/10/2015 R2	Frankston

### Triple Jump Women

Zoe Cunningham	U14	10.89m	14/11/2015 R4	Frankston
Jessica Welford	U16	9.98m	14/11/2015 R4	Frankston
Tess Parton	Open	9.96m	24/10/2015 R2	Frankston
Claudia Cazaux	U14	8.90m	14/11/2015 R4	Frankston
Claire Johnson	Open	8.14m	14/11/2015 R4	Frankston
Helen Bryan	45+	7.47m	14/11/2015 R4	Frankston

### High Jump Men

Stefan Nel	U16	1.90m	20/10/2015 SSV	Lakeside
Antony Symons	U20	1.75m	24/10/2015 R2	Frankston
Zac Calvez	U20	1.75m	14/11/2015 R4	Frankston
Conor Murray	U16	1.70m	24/10/2015 R2	Frankston

### High Jump Women

Jessica Welford	U16	1.40m	14/11/2015 R4	Frankston
Zoe Cunningham	U14	1.40m	14/11/2015 R4	Frankston
Daina Kasperaitis	U16	1.35m	24/10/2015 R2	Frankston
Montana Green	U16	1.35m	14/11/2015 R4	Frankston
Kisarna Berntsen	U14	1.30m	14/11/2015 R4	Frankston
Helen Bryan	45+	1.15m	14/11/2015 R4	Frankston
Milly Berntsen	45+	1.10m	14/11/2015 R4	Frankston

### **Pole Vault Men**

Antony Symons	U20	4.00m	31/10/2015 R3	Casey
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### **Pole Vault Women**

**Montana Green	U16	2.80m	22/11/2015 R5	Casey**
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### **Discus Men**

Brendan Smith	U18	47.88m	10/10/2015 R1	Knox
Brendan Smith	U20	38.63m	10/10/2015 R1	Knox
Nicholas Grech	U14	29.38m	10/10/2015 R1	Knox
Corey Smith	U14	24.80m	10/10/2015 R1	Knox
Taylor Ogden	Open	24.67m	10/10/2015 R1	Knox
Geoff Barrow	60+	13.32m	22/11/2015 R5	Casey

### **Discus Women**

Tess Parton	Open	35.67m	22/11/2015 R5	Casey
Renee Herbert	U14	32.36m	31/10/2015 R3	Casey
Dorn Jenkins	60+	27.57m	22/11/2015 R5	Casey
Daina Kasperaitis	U16	25.56m	10/10/2015 R1	Knox
Kisarna Berntsen	U14	26.64m	22/11/2015 R5	Casey
Sarsha Berntsen	U16	20.31m	22/11/2015 R5	Casey
Madeline Collis	U20	20.12m	22/11/2015 R5	Casey
Zoe Cunningham	U14	19.61m	10/10/2015 R1	Knox
Milly Berntsen	45+	18.63m	22/11/2015 R5	Casey
Jemima Savage	U16	17.11m	22/11/2015 R5	Casey
Heather Whitaker	Open	11.21m	31/10/2015 R3	Casey
Hollie McCracken	U18 T/F35	9.85m	31/10/2015 R3	Casey
Claudia Cazaux	U14	9.74m	22/11/2015 R5	Casey

### **Shot Put Men**

Justin Hanrahan	45+	10.84m	24/10/2015 R2	Frankston
Brendan Smith	U20	10.25m	24/10/2015 R2	Frankston
Laurence Welford	U18	8.93m	14/11/2015 R4	Frankston
Nicholas Grech	U14	8.41m	24/10/2015 R2	Frankston
Corey Smith	U14	8.11m	24/10/2015 R2	Frankston
Antony Symons	U20	6.36m	24/10/2015 R2	Frankston
Geoff Barrow	60+	6.03m	14/11/2015 R4	Frankston

### **Shot Put Women**

Renee Herbert	U14	10.79m	24/10/2015 R2	Frankston
Zoe Cunningham	U14	10.50m	14/11/2015 R4	Frankston
Kisarna Berntsen	U14	9.91m	14/11/2015 R4	Frankston
Daina Kasperaitis	U16	9.87m	14/11/2015 R4	Frankston
Tess Parton	Open	9.24m	24/10/2015 R2	Frankston
Jessica Welford	U16	8.19m	24/10/2015 R2	Frankston
Dorn Jenkins	60+	7.69m	24/10/2015 R2	Frankston
Claudia Cazaux	U14	7.73m	14/11/2015 R4	Frankston
Milly Berntsen	45+	7.26m	14/11/2015 R4	Frankston
Jemima Savage	U16	7.13m	24/10/2015 R2	Frankston

Ella Collis	U18	6.89m	14/11/2015 R4	Frankston
Claire Johnson	Open	6.81m	14/11/2015 R4	Frankston
Madeline Collis	U20	6.28m	14/11/2015 R4	Frankston
Amy McKinley	U14	4.69m	24/10/2015 R2	Frankston

### **Javelin Men**

Tom Farr	Open	51.07m	31/10/2015 R3	Casey
Justin Hanrahan	45+	42.81m	10/10/2015 R1	Knox
Andrew Farr	60+	37.28m	31/10/2015 R3	Casey
Taylor Ogden	Open	24.50m	10/10/2015 R1	Knox

### **Javelin Women**

Kisarna Berntsen	U14	33.77m	31/10/2015 R3	Casey
Daina Kasperaitis	U16	29.69m	22/11/2015 R5	Casey
Tess Parton	Open	26.30m	10/10/2015 R1	Knox
Dorn Jenkins	60+	21.07m	31/10/2015 R3	Casey
Madeline Collis	U20	19.22m	22/11/2015 R5	Casey
Milly Berntsen	45+	16.99m	31/10/2015 R3	Casey
Zoe Cunningham	U14	16.62m	10/10/2015 R1	Knox
Heather Whitaker	Open	16.19m	31/10/2015 R3	Casey
Jessica Welford	U16	12.73m	10/10/2015 R1	Knox
Amy McKinley	U14	10.71m	10/10/2015 R1	Knox
Ruby Paterno	U16	10.56m	10/10/2015 R1	Knox

### **Hammer Men**

Brendan Smith U20	U18	44.01m	24/10/2015 R2	Frankston
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### **Hammer Women**

Zoe Cunningham	U14	36.57m	24/10/2015 R2	Frankston
Dorn Jenkins	60+	36.20m	14/11/2015 R4	Frankston
Tess Parton	Open	33.06m	24/10/2015 R2	Frankston
Renee Herbert	U14	32.26m	24/10/2015 R2	Frankston
Daina Kasperaitis	U16	34.01m	14/11/2015 R4	Frankston