



VPESG – Track & Field 2025

TECHNICAL RULES

Event Distances, Hurdle Heights & Throwing Implement weights

Male									
	Sp. Hurdles	Long Hurdles	Steeple	Walk*	Distance*	Shot Put	Discus	Javelin	Hammer
Open	110m/1.067m	400m/0.914m	3000m/0.914m	Up to 5000m	Up to 5000m	7.26kg	2.00kg	800g	7.26kg
U20	110m/0.991m	400m/0.914m	3000m/0.914m	Up to 5000m	Up to 5000m	6.00kg	1.75kg	800g	6.00kg
U18	110m/0.914m	400m/0.838m	2000m/0.838m	Up to 5000m	Up to 3000m	5.00kg	1.50kg	700g	5.00kg
U16	100m/0.838m	200m/0.762m	2000m/0.762m	Up to 3000m	Up to 3000m	4.00kg	1.00kg	700g	4.00kg
U14	90m/0.762m	200m/0.762m	2000m/0.762m	Up to 3000m	Up to 3000m	3.00kg	1.00kg^	600g	3.00kg
40+	110m/0.991m	400m/0.914m	3000m/0.838m	Up to 5000m	Up to 5000m	7.26kg	2.00kg	800g	7.26kg
50+	100m/0.914m	400m/0.838m	3000m/0.838m	Up to 5000m	Up to 5000m	6.00kg	1.50kg	700g	6.00kg
60+	100m/0.838m	300m/0.762m	2000m/0.762m	Up to 5000m	Up to 5000m	5.00kg	1.00kg	600g	5.00kg
70+	80m/0.762m	300m/0.762m	2000m/0.762m	Up to 5000m	Up to 5000m	4.00kg	1.00kg	500g	4.00kg
Female									
	Sp. Hurdles	Long Hurdles	Steeple	Walk*	Distance*	Shot Put	Discus	Javelin	Hammer
Open	100m/0.838m	400m/0.762m	3000m/0.762m	Up to 5000m	Up to 5000m	4.00kg	1.00kg	600g	4.00kg
U20	100m/0.838m	400m/0.762m	3000m/0.762m	Up to 5000m	Up to 5000m	4.00kg	1.00kg	600g	4.00kg
U18	100m/0.762m	400m/0.762m	2000m/0.762m	Up to 5000m	Up to 3000m	3.00kg	1.00kg	500g	3.00kg
U16	90m/0.762m	200m/0.762m	2000m/0.762m	Up to 3000m	Up to 3000m	3.00kg	1.00kg	500g	3.00kg
U14	80m/0.762m	200m/0.762m	2000m/0.762m	Up to 3000m	Up to 3000m	3.00kg	1.00kg	400g	3.00kg
40+	80m/0.762m	400m/0.762m	2000m/0.762m	Up to 5000m	Up to 5000m	4.00kg	1.00kg	600g	4.00kg
50+	80m/0.762m	300m/0.762m	2000m/0.762m	Up to 5000m	Up to 5000m	3.00kg	1.00kg	500g	3.00kg
60+	80m/0.762m	300m/0.762m	2000m/0.762m	Up to 5000m	Up to 5000m	3.00kg	1.00kg	500g	3.00kg
70+	80m/0.762m	300m/0.762m	2000m/0.762m	Up to 5000m	Up to 5000m	3.00kg	1.00kg	500g	3.00kg

*Please review AVSL Timetables to confirm Distance allocation for athlete age groups in that round of AVSL

^ U13 Athletes will use a 750g Discus at all AVSL competitions.

Hurdles – flights, spacing & track marking colour.

Distance	No. of Flights	Distance start to first hurdle	Distance between hurdles	Distance last hurdle to finish	Colour
400m	10m	45m	35m	40m	Green
300m	7m	50m	35m	40m	Green
200m	10m	18.29m	18.29m	17.10m	Purple/Pink
110m	10m	13.72m	9.14m	14.02m	Blue/Red
100m	10m	13m	8.5m	10.5m	Yellow
90m	9m	13m	8m	13m	White
80m	9m	12m	7m	12m	Black



VPESG – Track & Field 2025

EVENT 1 – TRACK – 0800 Hours

110 METRES -HURDLES - MALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
Surojit Roy MAJUMDAR 110M 99.1CM	5	45-49	1	DNS	DNS

100 METRES -HURDLES – MALE / FEMALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
James SCHROETER 100M 91.4CM	6	55-59	1	21.85	1st
Dean BERTRAM 100M 83.8CM	7	60-64	1	34.52	1st



VPESG – Track & Field 2025

EVENT 2 – TRACK – 0830 Hours

5,000 / 10,000 METRES – MALE / FEMALE

NAME	LANE	AGE GROUP	HEAT	TIME		PLACE	
Kade Farrugia 5K	1	30-34	1	18:43.78		1 st	
Vincent Allen 5K	2	OPEN	1	22:09.02		2 nd	
Gerry SHERIDAN 5K/10K	3	55-59	1	5KM 21:53.74	10KM 43:59.77	1 st	1 st
Mark TUPPEN 5K /10K	4	55-59	1	5KM 24:30.74	10KM 49:56.68	2 nd	2 nd
Robert SUTTON 5K /10K	5	60-64	1	5KM 29:43.43	10KM 1:00:19.27	1 st	1 st
Peter Mc Caffrey 5K	6	65-69	1	24:35.58		1 st	
Ian NEWEY 5K	7	65-69	1	26:51.93		2 nd	
Russell JOHNSON 5K	8	70-74	1	28:24.20		1 st New Record	
William COOKSON 5K	9	OPEN	1	17:54.29		1 st	
Anita LUTZ 5K / 10K	10	50-54	1	5KM 32:21.34	10KM 1:07:46.46	2 nd	1 st New Record
Cassandra PAPA 5K	11	OPEN	1	30:39.39		1 st	
Tessa Mc MANUS 5K	12	OPEN	1	DNS			
Kate O'REILLY 5K	13	OPEN	1	30:40.41		2 nd	
Jacqui STACEY 5K	14	35-39	1	27:41.00		1 st	
Maree GATT 5K	15	40-44	1	24:58.88		1 st	
Tanya LINDUPP 5K	16	45-49	1	38:09.81		1 st	
Nadine EDWARDS 5K	17	50-54	1	24:17.98		1 st	



VPESG – Track & Field 2025

EVENT 3 – FIELD – High Jump – 0900 Hours

NAME	AGE GROUP	0.80M			0.90M			0.95M			1.00M			1.20M			BEST	PLACE
Jimmy CAMERON	OPEN	-			0			0			-			x	0			
James SCHROETER	50-54	-			-			-			-			0				
Dean BERTRAM	60-64	-			0			-			0			R			1.00M	1 st
John NEALE	70-74	-			0			0			0			R			1.00M	1 st

NAME	AGE GROUP	1.25M			1.30M			1.35M			1.40M			1.50M			BEST	PLACE
Jimmy CAMERON	OPEN	0			0			0			0			0				
James SCHROETER	50-54	X	0		x	0		x	0		x	x	x				1.35M	1 st
Dean BERTRAM	60-64																	
John NEALE	70-74																	

NAME	AGE GROUP	1.60M			1.65M									BEST	PLACE
Jimmy CAMERON	OPEN	0			x	x	x							1.60M	1 st



VPESG – Track & Field 2025



EVENT 4 – TRACK – 0930 Hours

400 METRES -HURDLES - MALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
James SCHROETER 83.8CM	5	55-59	1	1:18.76	1 st New Record



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EVENT 5 – FIELD – Javelin – 1000 Hours

NAME	AGE GROUP	TRIAL 1	TRIAL 2	TRIAL 3	BEST	PLACE
Jimmy CAMERON 800G	OPEN	21.47	27.95	25.19	27.95	1 st
Simon LEWIS 800G	40-44				N/R	N/R
Sean CURTIN 700G	50-54	22.28	X	17.60	22.28	1 st
Mark VAN ROOYEN 700G	55-59	X	13.08	15.07	15.07	4 th
Darren CASEY 700G	55-59	16.04	15.31	15.95	16.04	3 rd
James SCHROETER 700G	55-59	17.80	18.76	20.14	20.14	2 nd
David DE VRIES 700G	55-59	19.11	20.65	19.15	20.65	1 st
Dave WILKINS 600G	65-69	X	23.17	20.08	23.17	1 st
Ian NEWWEY 600G	65-69	18.44	X	17.08	18.44	2 nd
Dean BERTRAM 600G	60-64	18.80	X	17.34	18.80	1 st
John NEALE 500G	70-74	13.48	15.76	16.02	16.02	1 st
Natalie DEBELJUH 600G	OPEN	26.44	27.28	25.86	27.28	1 st
Kelly McLEISH 600G	40-44	9.15	X	9.75	9.75	1 st
Miranda ELLUL 600G	45-49	12.29	13.11	12.09	13.11	1 st
Bonnie RYAN 600G	45-49				N/R	N/R
Karen BARNET 500G	50-54	6.92	7.04	7.05	7.05	2 nd
Carmel SCHROETER 500G	50-54	5.77	9.79	11.31	11.31	1 st
Marlene DRUMMOND 500G	55-59	X	7.95	X	7.95	1 st
Natalie DEBELJUH 600G	35-39	28.79	29.48	27.34	29.48	1 st



VPESG – Track & Field 2025

EVENT 6 – TRACK -1030 Hours

800 METRES – MALE / FEMALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
Alex KOSTOV	1	35-39	1	DNS	DNS
Harvey ILLINGWORTH	2	35-39	1	4:19.16	1 st
Mark NEILSON	3	40-44	1	2:48.37	1 st
James SCHROETER	4	55-59	1	3:01.37	1 st
Peter McCAFFREY	5	65-69	1	3:18.13	1 st
Olivia ATTARD	6	OPEN	1	2:17.19	1 st
Tanya LINDUPP	7	45-49	1	5:10.28	1 st



VPESG – Track & Field 2025

EVENT 7 – FIELD – Discus – 1100 Hours

NAME	AGE GROUP	TRIAL 1	TRIAL 2	TRIAL 3	BEST	PLACE
David DE VRIES 2KG	OPEN	X	17.22	23.32	23.32	1 st
Sean Curtin 2KG	OPEN	X	20.65	22.97	22.97	2 nd
Natalie DEBELJUH 1KG	OPEN	34.53	35.78	X	35.78	1 st
Simon LEWIS 2KG	40-44	-	-	-	-	-
Surojit MAJUMDAR 2KG	45-49	x	x	16.83	16.83	1 st
Sean CURTIN 1.5KG	50-54	X	26.24	X	26.24	1 st
Mark VAN ROOYEN 1.5KG	55-59	20.60	18.32	21.20	21.20	2 nd
James SCHROETER 1.5KG	55-59	15.84	20.70	15.63	20.70	3 rd
Darren CASEY 1.5KG	55-59	18.52	19.08	18.50	19.08	4 th
David DE VRIES 1.5KG	55-59	222.93	26.31	X	26.31	1 st
Dave WILKINS 1KG	65-69	20.64	X	-	20.64	1 st
John NEALE 1KG	70-74	18.59	21.03	20.64	21.03	1 st
Kirsten SMOOKER 1KG	30-34	12.60	10.84	12.80	12.80	2 nd
Jessica EVANS 1KG	30-34	17.95	17.77	17.53	17.95	1 st
Natalie DEBELJUH 1KG	35-39	36.12	X	35.39	36.12	1 st New Record
Kelly McLEISH 1KG	40-44	11.40	13.03	13.22	13.22	1 st
AlessiaTROVO 1KG	40-44	-	-	-	-	-
Miranda ELLUL 1KG	45-49	X	10.82	9.58	10.82	1 st
Karen BARNET 1KG	50-54	12.11	12.81	12.90	12.90	2 nd
Carmel SCHROETER 1KG	50-54	12.40	14.44	14.10	14.44	1 st
Vicki DIMITROPOULOS	55-59	-	-	-	-	-



VPESG – Track & Field 2025



1KG						
Marlene DRUMMOND 1KG	55-59	X	10.04	13.03	13.03	1 st



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EVENT 8 – TRACK – 1130 Hours

1,500 METRES – MALE / FEMALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
Jay ISAACS	1	30-34	1	4:58.62	1 st
Harvey ILLINGWORTH	2	35-39	1	9:04.22	1 st
Mark NEILSON	3	40-44	1	6:32.00	1 st
Tanya LINDUPP	4	45-49	1	10:20.90	1 st
Kade FARRUGIA	5	30-34	1	5:05.73	2 nd
Mark TUPPEN	6	55-59		7:06.65	1 st
Peter Mc CAFFREY	7	65-69	1	6:34.27	1 st
Olivia ATTARD	8	OPEN	1	4:42.75	1 st New Record
Bonnie RYAN	9	45-49	1	DNS	DNS
Nadine EDWARDS	10	50-54	1	6:58.54	1 st



VPESG – Track & Field 2025

EVENT 9 – TRACK -1200 Hours

3,000 METRES WALK – MALE / FEMALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
Anita LUTZ	1	50-54	1	28:14.00	1 st
Kevin CASSIDY	2	60-64	1	17:28.24	1 st
Kelly McLEISH	3	40-44	1	26:12.53	1 st



VPESG – Track & Field 2025

EVENT 10 – TRACK - 1230 Hours

4 X 100 METRES RELAY – MALE / FEMALE

NAME	LANE	AGE / M/F AGENCY	HEAT	TIME	PLACE
Nadine EDWARDS Peter McCAFFREY Harvey ILLINGWORTH Olivia ATTARD	1	Mixed Agency	1	1:15.84	5 th
Vincent ALLEN Cassandra PAPA Maria GATT William COOKSON	2	Corrections Victoria	1	1:01.06	4 th
Roy MAJUMDAR Kate O'REILLY Sukhwinder SINGH Josefa VUWALI	3	Corrections Victoria	1	58.38	1 st
Ravish MAITHANI Deepinder SINGH Marlene DRUMMOND Shaun KELLY	4	Victoria Police M/F	1	59.02	2 nd
Dean BERTRAM Mark NEILSON Chris SCARFF James SCHROETER	5	Mixed Agency	1	59.83	3 rd



VPESG – Track & Field 2025

EVENT 11 – TRACK -1330 Hours

100 METRES -SPRINT - MALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
Shaun KELLY	1	30-34	1	13.24	3 rd
Jay ISAACS	2	30-34	1	12.90	1 st
William DRAYTON	3	30-34	1	13.78	4 th
Jimmy CAMERON	4	OPEN	1	12.82	2 nd
Ratu VUWAI Jnr	5	OPEN	1	12.79	1 st
Alex KOSTOV	6	35-39	1	DNS	DNS
Harvey ILLINGWORTH	7	35-39	1	22.75	2 nd
Ravish MAITHANI	8	35-39	1	12.87	1 st
John HOLZ	9	30-34	1	13.08	2 nd
Deepinder SINGH	10	OPEN	1	13.97	4 th



VPESG – Track & Field 2025

100 METRES -SPRINT – MALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
Sukhwinder Singh KANG	1	40-44	2	13.62	1 st
Simon LEWIS	2	40-44	2	DNS	DNS
Surojit Roy MAJUMDAR	3	45-49	2	15.69	1 st
Steven COULSON	4	OPEN / 50-54	2	13.08	1 st
Vincent DAVIDSON	5	50-54	2	16.15	2 nd
James SCHROETER	6	55-59	2	13.58	1 st
Mohit PURI	7	40-44	2	20.22	3 rd
Mark NEILSON	8	40-44	2	13.78	2 nd

100 METRES -SPRINT – MALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
Stephen SCAMMELL	4	55-59	3	14.52	2 nd
Dean BERTRAM	5	60-64	3	23.32	1 st
John NEALE	6	70-74	3	23.39	1 st
Christopher SCARFF	7	55-59	3	16.51	3 rd

100 METRES -SPRINT – FEMALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
Kelly Mc LEISH	2	40-44	4	18.17	1 st
Tanya LINDUPP	3	45-49	4	21.35	2 nd
Seona BARO	4	45-49	4	15.70	1 st
Marlene DRUMMOND	5	55-59	4	20.91	1 st
Amanda SCAMMELL	6	55-59	4	23.51	2 nd



VPESG – Track & Field 2025



EVENT 12 – FIELD – Triple Jump – 1400 Hours

NAME	AGE GROUP	TRIAL 1	TRIAL 2	TRIAL 3	BEST	PLACE
Jimmy CAMERON	OPEN	9.57	9.13	--	9.57	2 nd
Ratu VUWAL Jnr	OPEN	10.95	10.68	11.32	11.32	1 st
Jay ISAACS	30-34	11.17	10.59	10.86	11.17	1 st
Alex KOSTOV	35-39	--	--	--	N/R	N/R
Stephen SCAMMELL	55-59	8.60	X	8.20	8.60	2 nd
James SCHROETER	55-59	9.76	X	9.62	9.76	1 st New Record
Dean BERTRAM	60-64	--	--	--	N/R	N/R
John NEALE	70-74	4.75	4.85	--	4.85	1 st
Fiona KEYS	35-39	8.49	8.61	9.07	9.07	1 st
Sarah UPTON	40-44	6.24	X	6.32	6.32	1 st



VPESG – Track & Field 2025

EVENT 13 – TRACK -1430 Hours

200 METRES -SPRINT - MALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
William DRAYTON	2	30-34	1	29.46	4 th
Shaun KELLY	3	30-34	1	26.82	1 st
Ravish MAITHANI	4	35-39	1	32.57	2 nd
John HOLZ	5	30-34	1	27.43	3 rd
Steven COULSON	6	OPEN / 50-54	1	26.42	1 st 1 st
Sukhwinder Singh KANG	7	40-44	1	29.26	1 st
Simon LEWIS	8	40-44	1	DNS	DNS

200 METRES -SPRINT - MALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
James SCHROETER	2	55-59	2	28.58	1 st
Harvey ILLINGWORTH	3	35-39	2	50.45	3 rd
Jay ISAACS	4	30-34	2	27.29	2 nd
Deepinder SINGH	5	35-39	2	29.99	1 st
Christopher SCARFF	6	55-59	2	37.20	3 rd
Stephen SCAMMELL	7	55-59	2	32.07	2 nd
John NEALE	8	70-74	2	56.50	1 st



VPESG – Track & Field 2025



200 METRES -SPRINT - FEMALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
Maree GATT	2	40-44	3	36.14	1 st
Kelly Mc LEISH	3	40-44	3	42.69	2 nd
Seona BARO	4	45-49	3	34.32	1 st
Tanya LINDUPP	5	45-49	3	50.14	2 nd



VPESG – Track & Field 2025

EVENT 14 – FIELD – Shot Put – 1500 Hours

NAME	AGE GROUP	TRIAL 1	TRIAL 2	TRIAL 3	BEST	PLACE
David DE VRIES 7.26KG	OPEN	-	-	-	N/R	N/R
Sean CURTIN 7.26KG	OPEN	8.32	7.64	8.40	8.40	1 st
John NEALE 4KG	70-74	6.32	6.43	6.47	6.47	1 st
Simon LEWIS 7.26KG	40-44	-	-	-	N/R	N/R
Sean CURTIN 7.26KG	50-54	8.04	8.51	7.81	8.51	1 st
James SCHROETER 6KG	55-59	7.10	7.18	7.37	7.37	2 nd
David DE VRIES 6KG	55-59	-	-	-	N/R	N/R
Darren CASEY 6KG	55-59	5.81	6.08	5.57	6.08	3 rd
Ian NEWY 5KG	65-69	5.41	6.12	5.92	6.12	2 nd
Dave WILKINS 5KG	65-69	7.60	6.95	7.00	7.60	1 st
Natalie DEBELJUH 4KG	35-39	10.14	9.65	9.56	10.14	1 st New Record
Alessia TROVO 4KG	40-44	5.61	5.80	6.06	6.06	1 st
Kelly McLEISH 4KG	40-44	5.88	5.65	5.42	5.88	2 nd
Miranda ELLUL 4KG	45-49	5.22	4.81	4.43	5.22	1 st
Karen BARNET 3KG	50-54	4.75	4.67	4.09	4.75	2 nd
Carmel SCHROETER 3KG	50-54	5.12	4.95	5.36	5.36	1 st
Vicki DIMITROPOULOS 3KG	55-59	-	-	-	N/R	N/R
Marlene DRUMMOND 3KG	55-59	5.33	X	5.45	5.45	1 st
Natalie DEBELJUH 4KG	OPEN	9.31	9.16	10.25	10.25	1 st
Kirsten SNOOKER 4KG	OPEN	5.43	4.99	X	5.43	3 rd



VPESG – Track & Field 2025



Kirsten SNOOKER 4KG	30-34	5.22	5.45	5.54	5.54	3 rd
Mark VAN ROOYEN 6KG	55-59	6.88	7.37	7.55	7.55	1 st
Tess EVANS 4KG	30-34	6.70	6.52	6.54	6.70	1 st
Tess EVANS 4KG	OPEN	7.40	6.40	7.13	7.40	2 nd



VPESG – Track & Field 2025

EVENT 15 – FIELD – Long Jump – 1530 Hours

NAME	AGE GROUP	TRIAL 1	TRIAL 2	TRIAL 3	BEST	PLACE
Jimmy CAMERON	OPEN	4.97	5.08	--	5.08	1 st
Ratu VUWAL Jnr	OPEN	4.90	4.71	4.78	4.90	2 nd
Jay ISAACS	30-34	5.41	X	5.38	5.41	1 st
Deepinder SINGH	35-39	--	--	--	N/R	N/R
Curtis MURTAGH	40-44	2.74	X	2.46	2.74	1 st
Simon LEWIS	40-44	--	--	--	N/R	N/R
Surojit MAJUMDAR	45-49	3.32	--	--	3.32	1 st
Stephen SCAMMELL	55-59	3.87	3.75	3.89	3.89	2 nd
James SCHROETER	55-59	X	4.71	--	4.71	1 st New Record
Dean BERTRAM	60-64	--	--	--	N/R	N/R
John NEALE	70-74	1.76	1.89	--	1.89	1 st
Fiona KEYS	35-39	3.75	3.14	3.76	3.76	1 st
Sarah UPTON	40-44	3.11	X	3.03	3.11	1 st
Kelly McLEISH	40-44	2.02	2.09	2.02	2.09	2 nd
Tanya LINDUPP	45-49	2.09	2.17	2.17	2.17	1 st



VPESG – Track & Field 2025

EVENT 16 – TRACK -1600 Hours

400 METRES -SPRINT - MALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
Deepinder SINGH	1	35-39	1	DNS	DNS
Mark NEILSON	2	40-44	1	1:30.10	2 nd
Sukhwinder KANG	3	40-44	1	DNS	DNS
Alex KOSTOV	4	35-39	1	DNS	DNS
Shaun KELLY	5	30-34	1	1:11.30	3 rd
Jay ISAACS	6	30-34	1	1:03.86	2 nd
Kade FARRUGIA	7	30-34	1	DNS	DNS
John HOLZ	8	30-34	1	1:00.05	1 st

400 METRES -SPRINT - FEMALE

NAME	LANE	AGE GROUP	HEAT	TIME	PLACE
James SCHROETER	3	55-59	2	1:05.53	1 st
Olivia ATTARD	4	OPEN	2	DNS	DNS
Tanya LINDUPP	5	45-49	2	2:10.83	1 st
Samantha ELDRIDGE	6	30-34	2	DNS	DNS
Harvey ILLINGWORTH	7	35-39	2	1:59.81	1 st
Ian NEWEY	8	65-69	2	1:30.60	1 st

**** MEDAL PRESENTATION – END OF EVENT ****