

Profile - Dion Paull

Contributed by Nick Fiedler
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Dion commenced athletics in 2014/2014 joining the team. Prior to this he was playing football. He is versatile but more suited to events with bends. He improved dramatically in his first season where he eventually turned in some impressive 400m runs and some handy sprint results. He competes for the Ringwood Athletic Club. Debut - 2014 Sandringham 70m. Season 2025/2026 1st Seymour 120m Gift, 1st Geelong 70m, 2nd Terang 120m Masters, 2nd Bendigo 120m Masters, 3rd Cobden 300m, 3rd Castlemaine 120m Invitation, 3rd Shepparton 120m Masters VAL Masters Performance of the Year - 1st Seymour 120m Gift

Season 2024/2025 1st Shepparton 300m Masters 2nd Maryborough 120m Masters, 2nd Shepparton 120m Masters, 2nd Bendigo 120m Masters, 2nd Stawell Legends 300m.

Season 2023/2024 2nd Ballarat 4x200m B Team (J.Doderico, S.Latu, D.Paull, H.Kerr). Season 2022/2023 1st Keilor 400m, 2nd Shepparton 120m Gift 3rd Ballarat 400m Season 21/22 1st Ballarat 4x200m Relay (J.Lugo, E.Ware, D.Paull, H.Kerr), 1st Ringwood 70m, 1st Stawell 200m 2nd Castlemaine 120m Gift, 2nd Euroa 70m, 2nd Stawell 70m 3rd Maribyrnong 300m, 3rd Ringwood 100m Season 20/21 1st Ballarat 4x200m Relay (J.Lacey, E.Ware, N.Antonino, D.Paull), 1st Docklands 70m, 1st Docklands 100m Gift, 2nd VRTA Meadowglen 70m, 2nd Warrnambool 70m, 2nd Ballarat 120m Gift, 2nd Ringwood 70m 3rd Hastings 120m Gift 4th Stawell 120m Gift

Season 19/20 2nd Ballarat 4x 200m Relay (N.Antonino, M.Punchihewa, D.Paull, E.Ware),

Season 2017/2018 1st 2nd VRTA Whittlesea 200m Gift 3rd Season 2016/2017 1st 2nd 3rd Warrnambool 100m Gift, Season 2015/2016 1st Ballarat 70m, 3rd Daylesford 70m, 3rd St Albans 300m, 3rd Yarra Ranges 300m Gift, 3rd Bendigo 120m Gift, 3rd Ararat 70m, Season 2014/2015 1st Ballarat 120m Restricted, 1st Stawell 400m Backmarkers, 3rd Bendigo 400m Black Opal, 3rd Ringwood 400m Gift. Dion after winning the Ballarat 120m Restricted. Dion after winning the Stawell 400m Backmarkers.