

Former Athlete Profile - (Retired) Lauren Innes

Contributed by Nick Fiedler
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Lauren joined the team on the advice of David Griffin after a strong stint playing cricket. She has really enjoyed the transition to the athletics, embracing the team camaraderie.

During Season 2024/2025 the ongoing lower leg vein pain became unbearable even when not running and Loz has had to cease running to minimize pain. This issue has continued to confuse specialists who have tried numerous actions with no success.

Pro Debut - 2022/2023 Essendon 1600m

Season 2022/2023

1st Frankston 800m Women

3rd Stawell 1600m Restricted

Season 2023/2024

1st Geelong 800m Women's, 1st Ballarat 800m Women's

2nd Keilor 800m Women's

3rd Bay Sheffield 1600m Women's

Season 2024/2025

2nd Ballarat 800m Women's