

RECORD

UNSW CANBERRA WOMENS | SENIOR MENS



ROUND 11

July 14-15

CONTACT DETAILS

AFL NSW/ACT

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GAMES

FIRST GRADE MENS | ROUND ELEVEN

Saturday, 14 July

Ainslie v Belconnen | 1.30PM |

Alan Ray Oval

Queanbeyan v Eastlake | 1.30PM |

Allinsure Park

Gungahlin v Tuggeranong | 1.30PM |

GEO

UNSW CANBERRA 1st WOMENS | ROUND ELEVEN

Saturday, 14 July

Queanbeyan v Eastlake | 11.30am |

Allinsure Park

Gungahlin v Tuggeranong | 11.30am |

GEO

Ainslie v Belconnen | 4pm |

Alan Ray Oval

SECOND GRADE | ROUND ELEVEN

Saturday 14 July

Ainslie v Belconnen | 11.30AM |

Alan Ray Oval

Queanbeyan v Eastlake | 4.00PM |

Allinsure Park

Gungahlin v Tuggeranong | 4.00PM |

GEO

CARESUPER RISING STARS (MENS)

Saturday, 14 July

Ainslie v Belconnen | 9.30AM |

Alan Ray Oval

Queanbeyan v Marist | 9.30AM |

Allinsure Park

Gungahlin v Tuggeranong | 9.30AM |

GEO

STATS.



FIRST GRADE MEN'S LADDER

TEAM	WINS	%
1. Belconnen	8	206%
2. Eastlake	7	176%
3. Ainslie	7	160%
4. Queanbeyan	6	166%
5. Gungahlin	2	56%
6. Tuggeranong	0	14%



UNSW CANBERRA FIRST GRADE WOMEN'S LADDER

TEAM	WINS	%
1. Belconnen	10	475%
2. Eastlake	8	180%
3. Queanbeyan	6	212%
4. Gungahlin	2	74%
5. Ainslie	2	45%
6. Tuggeranong	2	15%



FIRST GRADE MEN'S LEADING GOAL KICKERS

Christopher York | Belconnen - 29 GOALS
 Hayden Armstrong | Ainslie - 25 GOALS
 Sam De Sousa | Eastlake - 24 GOALS
 Tim Clowry | Queanbeyan - 22 GOALS
 Alex Bennett | Belconnen - 20 GOALS



UNSW CANBERRA FIRST GRADE WOMEN'S LEADING GOAL KICKERS

Katie Rose | Eastlake - 28 GOALS
 Hannah Wallet | Belconnen - 24 GOALS
 Zoe Cooke | Belconnen - 18 GOALS
 Sarah Tutt | Belconnen - 15 GOALS
 Rosie Bink | Gungahlin - 12 GOALS



Ainslie Tricolours

Senior Mens



no.	First Name	Surname
1	Scott	Sienkiewicz
2	Liam	O'Neil
3	Nick	Paine
4	Liam	Griffith
5	Tom	Powell
6	Jason	Fleming
7	Hugh	Phillips
8	Ian	Lawless
9	Aaron	Wiles
10	Nelson	Foley
11	Josh	Maynard
12	Stephen	Camp
13	Jed	Costigan
14	Ben J	Jamieson
15	Rob	Touhey
16	Simon	Horner
17	Nick	Salter
18	Jeremy	Hirst
19	Hayden	Armstrong
20	Josh	Taylor
21	Brent	McGrath
22	Ben	Perry
23	Henry	Delves
24	Mark	Greenwood
25	Alex	Mitchell
26	Gibson	Crampton
27	Gerrard	Bence
28	Damien	Bowles

no.	First Name	Surname
29	Damien	Bowles
29	Cam	Bernasconi
30	Joel	Champan
31	Zak	Lindsay
32	Lachie	Carter
33	Matt	Teasdale
34	Jack	Cuzner
35	Nick	Beaumont
37	David	Thorne
38	Andrew	Thompson
39	Matt	Thompson
40	Will	Oldfield
41	Brent	McGrath
42	Liam	Toohy
43	Gerald	Bence
44	Mathew	Ackland
45	Haydn	Richardson
47	Will	Spencer
48	David	Tow
49	Angus	Holt
50	Bradley	Ackland
51	Tom	Roughton
52	Max	Richardson
53	Shaun	Pawczynski
54	Jakob	Wiley
55	Fraser	Hawkins
57	Will	Beaumont
58	Hayden	Raferty
60	Finian	Dwyer

no.	First Name	Surname
61	Nicholas	McEwen
62	Sam	Groenewegen
63	Nicholas	Groenewegen
65	Tom	Muir
66	Jack	Martin
67	Tyler	Kelly
68	Max	Stratton
70	Lachlan	McKeough
71	Luke	Morfoot
72	Kai	Baumhamer
73	Toby	Bohn
75	Gabe	Shieffeld
78	Josh	Dunstall
79	Tyler	Kelly
80	Nic	Thomas
81	Robbie	Steward
82	Joe	Bishop
83	Tom	Spencer
84	Elliott	Johns
85	Levi	Jackson
86	Lomax	Izaleh
87	Aiden	Valvads
88	Makenzie	Carmen
89	Health	Beaumont
90	Sam	Lambert
91	Paddy	O'Rourke
92	Jonty	Trevet
93	Walt	Morton
97	Kai	Baumhamer

Belconnen Magpies

Senior Mens



no.	First Name	Surname
1	Luke	Donohoe
2	Stephen	Coate
3	Adam	Lamb
4	Sam	Ryan - Baker
5	Beau	Walker
6	James	Bennett
7	Lenny	Haddrill
8	Sam	O'Sullivan
9	Scott	Henning
10	Blake	Talsma
11	Lexie	Bennett
12	Matthew	Kelly
13	Jacob	Taylor
14	Sam	Fisher
15	Alexander	Jones
16	Jack	Harper
17	Joe	Kenna
18	Tariku	Fitzgerald-Holmes
19	Sam	Cooper
20	Nick	Kelly
21	Ryan	Bradley
22	Dan	Posch
23	Rhys	Healy
24	Blake	Chapman
25	Hamish	Healy

no.	First Name	Surname
26	Dom	Bunyan
27	Paddy	Horan
28	Ben	McCabe
29	Jon	Dunn
30	Joey	Pisciotta
31	Mitch	Mooney
32	Matthew	Viney
33	Chris	York
34	Bradley	Hoffman
35	Tom	Baker
36	Cam	Johnson
37	Charlie	Baker
38	Will	Ryan
39	Brad	Posch
40	Tom	Alexander
41	Jake	Altieri
42	Michael	Mcqueen
43	Oscar	Smythe
44	Djarli	Bloomfield
45	Carl	Wenke
46	Ryan	Turnbull
47	Keiran	Ruyg
48	Matthew	Newman
49	Joel	Crakanthorp

no.	First Name	Surname
50	Ted	Hunt
51	Will	McGinnes
52	Jack	Sampson
53	Pate	Masivou
54	Andrew	Gatenby
55	John	Gregory
57	Connor	White
58	Fraser	Miller
59	Blake	Houn
60	Paul	Raddts



Eastlake Demons

Senior Mens



no.	First Name	Surname
1	Ben	Smart
2	Nick	Anderson
3	Mitch	Frail
4	Joseph	Kerin
5	Sam	Burge
6	James	Collingridge
7	Michael	McCormack
8	Liam	Flaherty
9	James	Elwin
10	Matthew	Pert
11	Justin	Mesman
12	Ciaran	O'Rourke
13	Liam	Tutty
14	Donald	Roberts
15	Ben	McGinness
16	Anthony	Watt
17	Joseph	Hancock
18	Harry	Block
19	Samuel	De Sousa
20	Will	Anderson
21	James	Roberts
22	Joshua	Dowse
23	Michael	Peterson
24	Jackson	Crowe
25	Zachary	Stibbard
26	Dean	Biermann

no.	First Name	Surname
26	Dean	Biermann
27	Matthew	Smith
28	Liam	Lupton
29	Nick	Ryan
30	Alex	Wilson
31	Shae	Darcy
32	Grange	McMahon
33	Jasper	Kidd
34	Dan	Ryall
35	Jess	Johnson
36	John	Cunningham
37	Brandon	Perkins
38	Harry	Bryant
39	Jeramey	Edwards
40	James	Henderson
41	Ethan	Norton
42	Ben	Cunningham
43	Ethan	Rosin
44	Angus	Dryburgh
45	Toby	Warwick
46	Ben	McMahon
47	Marco	D'Amico
48	James	Williams
49	Riley	McMahon
50	Sam	Askew
51	Jordan	Stuart

no.	First Name	Surname
52	Brad	Fenech
53	Jack	Ellis
54	Alex	Hill
55	Michael	Kendrick
56	Alexei	Mole
57	Ryan	Crowley
58	Issac	Gallahar
59	Mitch	Veit
60	Rohan	McLachlan
61	Daniel	Cerni
62	Billy	Clark
63	Stephen	James
64	Xavier	Mooney
65	Max	Scott
66	Riley	Budd
67	Bereket	Storey



GUNGAHLIN JETS

Senior Mens



no.	First Name	Surname
1	Robbie	Forman
2	Declan	Gillian
3	Nathan	Smith
4	Connor	Davies
5	Zach	Barton-Browne
6	Jules	Clarkson
7	Brent	Fraser
8	James	Noble
9	Daniel	Leon
10	Joseph	Looby
11	Luke	Martin
12	Travis	Scholfield
13	Stewart	Boyd
14	Matt	Sheldon
15	Lachlan	Hope
16	Jacob	Mennen
17	Will	Hambleton
18	Brendan	Corbett
19	Daryn	Hansen
20	Tyler	Hesketh
21	Ashley	Brown
22	Michael	Cole
24	Peter	Lake
25	Peter	Chapman

no.	First Name	Surname
26	Billy	Brine
27	Brent	Faram
28	Matt	McGrory
29	Matt	Hambleton
30	Mitch	McGovern
31	Matt	Reynolds
32	Chris	Clarke
33	Sacha	Teh
34	Matt	Porter
35	Jacob	Clarke
36	Declan	Welsh
37	John	Love
38	Kris	Archibald
40	Christopher	McFarlane
41	Kieren	Whyte
43	Brandan	Hayes
44	Jesse	Cox
47	Liam	Cullen
48	Keenan	Hesketh
53	Ben	Greatz



Queanbeyan Tigers

Senior Mens



no.	First Name	Surname
1	Brandon	Lagana
2	Matt	Grocott
3	Alex	Page
4	Toby	Conroy
5	Joshua	Bryce
6	Dan	Lucas
7	Alex	Lawder
8	Justin	Galloway
9	Jordan	Hedington
10	Alec	McCormick
11	Christian	Palombi
12	Tyler	Collins
13	Kel	Evans
14	Tim	Clowry
15	Tim	Shea
16	Jayden	Lehman
17	Jed	Simpson
18	Wilson	Morshead
19	Jeremy	Kirkwood
20	Alex	Coppinger
21	Dean	Simpson
22	Jack	Carroll-Tape
23	Brett	Fruend
24	Rhys	Pollock
25	Jake	Kerr
26	Marcus	Lawrence

no.	First Name	Surname
27	Bill	Reid
28	Joseph	Tegart
29	Neil	Irwin
30	Jack	Bowyer
31	Mitchell	Price
32	Jeremy	Bridger
33	Jackson	Smith
34	Scott	Kyle
35	Paul	Slater
36	Jason	Taylor
37	Dean	Ross
38	Jack	Murphy
39	Christian	Palombi
40	Dean	Lord
41	Ben	Gisik
42	Anthony	LoPilato
43	Liam	Greenwell
44	Matt	Bernasconi
45	Sean	Wilkinson
46	Mark	Solway
47	Alexander	Godfrey
48	Scott	Lancaster
49	Zack	Derksen
50	Matthew	McKenzie
51	Joshua	Osmond
52	Elie	Maatouk

no.	First Name	Surname
55	Jono	Bowyer
56	Aedan	Jones
57	Luke	Thompson
58	Hayden	Kelly
59	Cliff	Taylor
60	Narayan	Vermna
61	Brad	Simpson
62	Hugh	McKenzie
63	Matthew	Wilson
64	Cal	Graham
65	Mitchell	Gorman
	Matt	Vardenaga
	Reed	Stevens

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Queanbeyan Tigers

CLUB NEWS



CONGRATULATIONS TO CAITLIN DOBBING ON 50 AFL CANBERRA GAMES



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PROPERTIES



DIAMONDGRID™

Tuggeranong Hawks

Senior Mens



no.	First Name	Surname
1	Matthew	Ghirardello
2	Tom	Scrivener
3	Nicholas	Blunden
4	Ben	Symons
5	Antony	Introna
8	Ethan	Bates
9	Sean	Reaney
10	Ash	Laing
11	Ben	Dixon
12	Tim	Cleaver
13	Luke	Perterson
14	Peter	Ashcroft
15	Lachlan	Monger
16	Logan	Gray
17	Matthew	Channon
18	Ben	Cleaver
19	Connor	Ashcroft
20	Josh	Pengilly
21	Will	Shafron
22	James	Brown
23	Nathan	Costigan
24	Jesse	McPhail
25	Harry	Packer
26	Jack	Adamson

no.	First Name	Surname
27	Mitch	Asher
28	Antony	Pezzullo
29	Jaydon	Bates
30	Ollie	Blunden
31	Justan	Fuller
32	Timothy	Ghirardello
33	Cody	Kickett
34	Marc	Maloney
35	Hayden	Taylor
36	Jon	Mossler
37	Tom	Hodge
38	William	James
39	Scott	Newhouse
40	Billy	Toy
41	Luke	Zwiers
42	Jake	Whatman
43	Mitch	Thomas
44	Brad	Hancock
45	Josh	Dunster
46	Gordon	Chatfield-Beasland
47	Adam	Ellison
48	Ollie	Synnott
49	Isaac	Van Bockel

no.	First Name	Surname
51	Mitch	Fox
52	Daryl	Ornsby
53	Sebastian	Hogan
54	Tim	Shafron
55	Dion	Cannon
56	Jake	Callanan
57	Phil	McDonald
58	Sandy	Beggs
59	Ryan	Altinger
62	Phil	Balding
63	Ike	Ryan
66	Dean	Harris
67	Ben	Miller
69	Sean	Miller
70	Luke	Sweetnam
72	Adam	Walker
76	Gerrit	Wanganeen



AINSLIE TOO STRONG FOR THE JETS

FIRST GRADE MENS ROUND 10

AINSLIE TRICOLOURS v GUNGAHLIN JETS

Jaike Alteri

Ainslie travelled to Gungahlin Enclosed Oval in round 10 to take on an improving Jets team. The Tricolours were coming off a strong win against Tuggeranong the week before and were looking to build on their form to stay close to a top-2 finish, as the Jets are still seeking their first win against a side inside the top 4.

The game got underway and Ainslie were quick to gain the advantage, setting up well defensively and having a number of early shots on goal. After missing some early opportunities, Nicholas Paine put through the first goal of the afternoon, quickly followed by Ben Perry who kicked his first. The Jets struggled to break Ainslie's defensive set-up early in the quarter but managed to work their way through it resulting in some forward thrusts. The Jets held strong to be behind by 16 points at quarter time.

Tom Powell got the scoreboard ticking over at the start of the second quarter with 2 goals in 10 minutes to extend the lead. Matthew Sheldon was able to kick the Jets first goal of the game against the run of play, only to be answered by Nic Paine's second and third goals of the afternoon. Brent Faram from the Jets went down after a heavy collision in a marking contest which stopped play momentarily and left the Jets a man down on the bench. Sean Day kicked the Jets 2nd goal before Ian Lawless responded just before half time to have Ainslie leading by 41 points at half time. **Ainslie 8.6-54 to Jets 2.1-13**

The third quarter was a stalemate with a total of 5 behinds being scored for the quarter. Ainslie were playing well, hurting the Jets on transition and were using the ball beautifully to find the open man. The Jets were staying strong though, being tough around the contest and bringing the pressure on ball and man in the clinches. Gungahlin were unable to narrow the margin though with Ainslie holding a 44-point margin heading into the final quarter.

Gungahlin were able to kick the first two goals of the quarter with Luke Martin and Luke Robertson both converting their opportunities to bring some life into the Jets. That was until Tom Powell kicked his third goal of the day, followed by Josh Maynard with his first. Ainslie were starting to run over a tiring Jets outfit, having the last 7 scoring shots of the game, with Scott Sienkiewicz kicking a goal just before the final siren to complete the victory. Ainslie ran out victors by 54 points, **11.14-80 to Jets 4.2-26**.

GUNGAHLIN

Goal Kickers: L. Robertson, L. Martin, S. Day, M. Sheldon

Best Players: M. Green, J. Looby, L. Martin, N. Smith, J. Baker, L. Robertson

AINSLIE

Goal Kickers: N. Paine 3, T. Powell 3, B. Perry 2, J. Maynard, S. Sienkiewicz, I. Lawless

Best Players: T. Powell, J. Maynard, J. Costigan, N. Foley, W. Beaumont, L. Griffiths

UNSW CANBERRA WOMENS

QUEANBEYAN TIGERS

GUNGAHLIN JETS



no.	First Name	Surname
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1	Anjel	Unwin	31	Kristol	Pyke
2	Hannah	Dunn	32	Shelly	McCartridge
3	Lani	Watson	33	Moncia	McGrath
4	Jill	Shea	34	Alex	Glover
5	Amy	Dwyer	35	Cass	Taylor
6	Rebecca	Kerley	36	Angelique	Carter
7	Teena	Campbell	37	Georgia	Stephinson
8	Chloe	Hull	38	Myfanwy	Galloway
9	Kristen	Argent	39	Madelyne	Czvbara
10	Yvette	Helmers	40	Chlodagh	Sutherland
11	Emma	Mapelson	41	Sophia	Arcus
12	Kate	Svager	42	Brooke	Smyth
13	Mikaela	Callender	43	JV	Callan
14	Megan	Godfrey	44	Hayley	Rauter
15	Chanelle	Delboux	45	Aleisha	Tupper
16	Lauren	Flakelar	46	Chloe	Edwards
17	Kate	Reid	47	Chelsey	Hamilton
18	Stacey	Stacey	48	Tegan	Hedington
19	Jess	Strama	49	Kaitlin	Dobing
20	Alanna	Bowyer	50	Molly	Philpot
21	Rebecca	Brown		Melissa	Dickeson
22	Ash	Dand		Erica	Geeligs
23	Kirby	Medhurst		Kass	Henry
24	Lexi	Hamilton			
25	Morgan	Margosis			
26	Melissa	Hurley			
27	Suzie	Armistead			
28	Alana	Kolano			
29	Carly	Res			
30	Gabriella	Michl			

no.	First Name	Surname
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2	Cree	McRae
3	Leteisha	Whyte
4	Natalie	Frizzell
5	Shelby	D'Neale
6	Rylee	Taylor
7	Matisse	McNair
8	Alison	Woodall
9	Emilie	Adams
10	Rachael	Leon
11	Sophie	Travis
12	Natalee	Daylight
13	Jaye	Anderson
14	Caitlin	Taylor
15	Erin	Needham
16	Brittany	Tully
18	Courtney	Perman
19	Alison	Ryan
20	Bethany	Coster
21	Jasmine	Gregory
22	Meaghan	Martinovic
23	Rosie	Bink
24	Victoria	Corling
25	Lauren	Mather
26	Jaimee	Green



UNSW CANBERRA WOMENS

EASTLAKE DEMONS

BELCONNEN MAGPIES



no.	First Name	Surname
1	Emily	Criticos
2	Bethany	Hardy
3	Hannah	Gill
4	Julie	Stabler
5	Karina	Demant
6	Rebecca	Hall
7	Chloe	Armitage
8	Tanya	Taylor
9	Kristen	Wilson
10	Elizabeth	Hosking
11	Millie	Drummond
12	Rohana	Prince
13	Kasie	Nugent
14	Audria	Hu
15	Melissa	Johnson
16	Najwa	Allen
17	Georgie	Gray
18	Kathleen	Johnson
19	Annie	Brearley
20	Jessie	Williams
21	Thea	Wilkinson-Shore
22	Darcie	Kavanagh
23	Hope	Wilkins
24	Annica	Schoo
25	Dorothy	Johnson
26	Michaley	Phokos
27	Olivia	Fogarty
28	Alison	Lound
29	Naomi	Sullivan
30	Daniella	Cecere
31	Alison	Henry
32	Eliza	Birse
33	Cassandra	Nolan
34	Aniko	Berguno
35	Katie	Rose
36	Bryanna	Beattie

First Name	Surname
Alexandra	Thompson
Amber	Allen
Claire	Russell
Elisa	Pevere
Emily	Pease
Hannah	Wallet
Jacqueline	Spence
Jodie	Hicks
Kaitlyn	Bailey
Katie	Mcginty
Kelsey	Brewer
Madeleine	Mccaskill
Maggie	Gorham
Melissa	Pellow
Natasha	Mckay
Nyankiir	Abuoi
Raven	Leatherby-Ford
Ruby	Giampaolo
Sarah	Tutt
Shae	Krushka
Stephanie	Mihajevic
Taylor	Doblinger
Tiarne	Reid
Victoria	Thompson
Zoe	Allen
Zoe	Cooke



UNSW CANBERRA WOMENS

TUGGERANONG HAWKS

AINSLIE TRICOLOURS



no.	First Name	Surname			
1	Karen	Donlan	32	Carol	McDermott
2	Aimee-Leigh	Novello	33	Nikki	Harvey
3	Anne-Maree	Ghirardello	34	Emily T	Thornton
4	Eilish	Packer	35	Georgia	James
5	Kathryn	Ghirardello		Grace	Egan
6	Angela	Rodway		Ashka	Jolly
7	Teigan	Single		Grace	Keech
8	Kaylee	Gregory		Alana	Marchant
9	Rachel	Colbert		Claudia	Nobel
10	Kate	Davoren		Sabrina	Pasfield
11	Beth	Matters		Destiney	Salter
12	Kelly	Donnelly		Amber	Shepard
13	Alanna	Wren		Audrey	Smith
14	Natasha	Monger			
15	Madeleine	Clarke			
16	Kim	O'Dea			
17	Shaquille	Chong			
18	Naomi	Schirmer			
19	Nicole	Sparks			
20	Courtney	Bacon			
21	Rebecca	Mitchell			
22	Melissa	Bodsworth			
23	Teegan	Williamson			
24	Jessica	Lindstead			
25	Sarah	Greenwood			
26	Holly	Bartholomew			
27	Courtney	Holgate			
28	Sabrina	Sanchez			
29	Jessica	Gregory			
30	Kate	Greenacre			
31	Taylah	Bacon			



no.	First Name	Surname
1	Bek	Clarke
2	Allyson	Flynn
3	Dakota	Hooper
4	Teagan	Tisma
5	April	Scholes
6	Cat	Wells
7	Marley	Simmons
8	Dani	Curcio
9	Jen	Ball
10	Renee	Friend
11	Laura	Davidson
13	Rachel	Friend
14	Zoe	Lewis
15	Jamie	Maher
16	Amy	Rose
17	Meg	Williams
18	Teigan	Hawke
19	Yvette	Lesli
20	Fiona	Van De Made
21	Hannah	Solly
22	Danielle	Peel
23	Zoe	Skyrianos
24	Claire	Gallaforde
26	Georgia	Whitney
27	Angie	Curcio
28	Mhera	Nelson
29	Bronwen	King
30	Aisha	Hitaua
31	Taylor	McGuinness
32	Katie	Hotchkis
33	Kendell	Foster
34	Mimi	d'Orsogna
35	Keeley	Pasfield
36	Stephanie	Giblin
37	Claire	Hanscombe
38	Clare	Vincent
39	Bec	Hotchkis
40	Dianne	Wilson

THE CANBERRA TIMES:

THE DAY JAMES BENNETT HOPES WILL DEFINE BELCONNEN - CADEN HELMERS

Their last outing was a nightmare, they lost a star in the warm-up, and they had their backs to the wall at every break.

This had all the makings of a day to forget for the Belconnen Magpies - but instead it's a game player-coach James Bennett will look back on as the making of his side as they look to avenge years of heartbreak.

Belconnen staged a dramatic comeback to stay one game clear atop the AFL Canberra ladder with a two-goal win over the Queanbeyan Tigers at The Nest at Kippax Oval on Saturday.

The Tigers have slipped to fourth following the 11.10 (76) to 9.10 (64) defeat after fellow finals contenders Ainslie and Eastlake racked up comprehensive wins.

The Tigers led at every change but it was Belconnen in front on the scoreboard when it mattered most, standing tall in the face of adversity to return to the winners list.

"Beau Walker went out in the warm-up, Dom Bunyan was out this week as well and we've still got a couple of guys with some long-term injuries to come back in the next few weeks," Bennett said.

"During the week I'll be using it as a kickstarter. Having 22 contributors was great, just setting the bar there for our effort across the board and having everyone stand up and contribute was good.

It was a really good win to refer back to as we go forward about how we want to play our footy. We had a disappointing effort last week so it is really pleasing that we responded so well.

"I felt we were in it for three quarters and then just had to find that extra little bit, and luckily enough the guys were able to find it which was great."

Belconnen had no shortage of players standing up when the game was there for the taking. Ruckman Alex Jones was superb, while small forwards Adam Lamb and Ryan Bradley fed off key man Chris York as he led the way up front.



Meanwhile, the Ainslie Tricolours marked popular defender Jed Costigan's 100th game with a 54-point win over the Gungahlin Jets at Gungahlin Enclosed Oval.

The 11.14 (80) to 4.2 (26) means Ainslie have now won seven games on the trot since opening the season with three consecutive defeats - the reigning premiers have hit their straps.

At the other end of the table the Tuggeranong Hawks rebuild was dealt another body blow in a 150-point defeat at the hands of the Eastlake Demons at Manuka Oval.

It came after the third-placed Canberra Demons continued their stunning assault on the NEAFL competition with a fourth-quarter blitz laying the platform for the club's first win over Sydney University.

Scores were locked heading into the final term before Mitchell Hardie and Alex Smout came into their own, paving the way for skipper Aaron Bruce to boot three goals in the 13.14 (92) to 10.13 (73) win - Canberra's sixth on the trot.

