

The Athletic Challenge

May/ June 2017

Congratulations to our QMA Award Winners for 2016/17

Next Issue:
July/ August 2017

Article Deadline:-

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athletics.org.au

QMA Website:-

www.qldmastersathletics.org.au

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**ATHLETE OF THE YEAR
FEMALE
WILMA PERKINS W65**



**ATHLETE OF THE YEAR
MALE
DAVID SWEENEY M55**



**ENCOURAGEMENT AWARD
FEMALE
CHRISTANE DAUPHINET W85**



**ENCOURAGEMENT AWARD
MALE
JOE COSTELLO M35**

Editorial

This edition of the *QMA Athletic Challenge* will be my last as Editor, a role I took on last year on a temporary basis when our former Editor, Viddy, moved to South Australia. Although I have quite enjoyed putting the newsletter together, it takes time and I have many other things that I want to do in my retirement! Fortunately at the recent AGM, one of our newer and younger members, Aidan Hobbs, graciously offered to take on this role and so will produce the next *Athletic Challenge*. Thank you, Aidan.

The QMA Annual General Meeting was held on 24th June. Irene has stood down as President and the role has been taken on by Dick Dunstan. Dick has been a long time member of QMA and has held positions on the QMA Management Team in the past. We welcome Dick as our new leader. We also welcome Tamara Patterson, as a new Team Member. A photo of the Management Team with their positions is on P5.

June has seen the 2017 AMA Championships conducted for the first time in Darwin, NT. Queenslanders brought home lots of medals and you can read a report from Marge Allison, the Qld Team Manager, and the full list of achievements of QMA members in this edition.

The annual QMA Awards were presented at the conclusion of the AGM last Saturday and we acknowledge the recipients of these awards and congratulate them on their achievements. A number of Queenslanders were recognised at the Awards Presentation during the AMA Championships and these are included here also.

It is wonderful to see so many of our athletes achieve great results in their athletic endeavours but we must not lose sight of the fact that our sport offers all of us something different. If we enjoy our sport and the good health that it helps maintain, and we enjoy the camaraderie of our fellows, than it is all worthwhile.

Kathy Rourke

Editor.

State, National & International Dates for Your Calendar

2017			
AMA & QMA Marathon	2 July	Gold Coast	Queensland
QMA Short Course Road Walking Championship	30 July	Murrarrie	Queensland
AMA 20km Walk Championship	6 August	Adelaide	South Australia
XVI Australian Masters Games	21 October	Various locations	NW Tasmania
2018			
Oceania Masters Athletics Championships	20-27 January	Dunedin	New Zealand
AMA Track & Field Championships	26-29 April	Perth	Western Australia
World Masters Athletics T & F Championships	5-16 September	Malaga	Spain

PRESIDENTS REPORT

as presented at the Queensland Masters Athletics AGM 2017

I would like to take this opportunity to thank the members of the QMA Management Team for their work and support over the past year, and to thank QMA members who have assisted with the organisation and competitions at Brisbane, Gold Coast or Sunshine Coast.

I would also like to congratulate all members who competed at State, National and International Championships, Masters Games and other events. Over the year here have been many medals won, records set and personal goals achieved. We are all champions!

I have represented QMA at a number of events during the year. Along with Rob Lasker, I attended the AMA Annual General Meeting in Melbourne in September last year. I attended the opening of the Queensland Little Athletics State Championships in March. Rob Lasker, Bruce O'Connor and I participated in the Department of Sport and Recreation Conference: *Plan, prepare, perform*. I also participated in the QA planning workshop for the Cross Country series for 2017.

The QMA Strategic Plan is the document that sets out what we are hoping to achieve in any given year, and I would like to review the 2016-17 year in this light.

Governance and Finances

The amended QMA Constitution was finally submitted to and accepted by the Office of Fair Trading. Most of the QMA policies have been reviewed and amended as necessary. These are now all on the website. We have written one new policy to cover visitors competing at our competitions, which will be added soon.

Our finances are in good shape, having been supplemented by a grant of \$5000 from the Perth 2016 local organising committee in recognition of QMA's support of the World Championships by not hosting the PanPac Masters Games.

Member Services

Again this year members have had access to expert throws coaching from Des Davis, and high jump coaching from Dan O'Sullivan.

The acceptance of the new uniforms has been great with many members ordering multiple garments. They really stand out at National Championships.

Competition

Brisbane ran competition meets on most Saturday mornings through the track and field season, with a couple of night meets. The move from the sub-standard SAF track to the main QSAC track was welcome, even if this track is also in a very sad state of repair. The move unfortunately incurred extra costs for use of the photo finish equipment. The Brisbane regional team deserves a big thank you for the extra work involved in moving gear across each week. Ian Mann also deserves an extra big thank you for many hours of work with Meet Manager, not only on competition days, but also before and after competition.

Gold Coast held regular fortnightly Sunday morning competition, with some members from Brisbane travelling to compete with their Gold Coast counterparts. Thanks are due to Alf and the

Gold Coast regional team for the many hours they have put in to organise competition.

A number of our mostly younger members compete regularly at QA open competitions.

Many QMA members have competed in the various Championships: States held in Brisbane in April, Nationals held two weeks ago in Darwin, World Championships in Perth, and World Indoor Championships in Daegu. A number also competed in the various Masters Games around the country, some venturing to the World Masters Games in Auckland recently.

A quick survey of members conducted immediately after the QMA Championships indicated that most respondents were happy with the conduct of the event, with a few comments that will inform our planning for future championships.

I could give you figures for the numbers who entered each of these, the number of medals won, the number of records set, etc. However all these details have appeared in newsletters, and all results are on the QMA website. It is enough to say that where ever and whenever QMA members compete, they do QMA proud!

Communication

Communication is one of our biggest challenges. Not in the dissemination of information – we are doing that pretty well. The challenge is to educate our members to actually read what we put out!

We have four main communication channels: the *Challenge* newsletter, published bi-monthly, the e-news sent monthly or oftener if required, the QMA Website and the QMA Facebook page. All provide generally accurate and up to date information, news, results, etc. but so often go unread by members.

Looking ahead

As I have made clear, I am standing down from the position of President this year. I will stay on the Management Team for another year to assist with the completion of several projects that we have started. While I am pleased to see that a couple of members have submitted nominations to join the team, I think all members should be concerned for the future of QMA when firstly, the average age of members of the Management Team getting higher, and secondly, no-one is prepared to take on the challenge of leading the organisation for the next year or two.

I think we have achieved a lot over the past few years, but there is still much to do. At the risk of being controversial, I will list some I think are high priority:

- A new strategic plan needs to be written.
- The Regions were introduced some years ago as a trial, and this arrangement (and the Constitution that enables it) is in need of review.
- The scarcity of qualified officials among our ranks is cause for concern if we are hosting major events, or even running our own events properly.
- Having seen what has been achieved in recruiting Masters members in the Northern Territory in a very short time, where Masters is part of Athletics Northern Territory, and the similar arrangement in North Queensland, I think a closer working arrangement with QA would benefit our membership.

Thanks you for reading/listening.

Irene Davey
President



QMA MANAGEMENT TEAM 2017/2018

**FRONT L to R: Bruce O'Connor (Treasurer), Dick Dunstan (President), Lorraine Birtwell (Secretary)
 BACK L to R: Irene Davey (Team member), Kathy Rourke (Team member), Don Burt (Vice-President),
 Rob Lasker (Team member), Tamara Patterson (Team member), Heather Doherty (Brisbane
 Delegate), Mike Kirkby (Gold Coast Delegate). Absent, Yvonne Mullins (Nth Qld Delegate).**

NOSTALGIA CORNER

22 June, 1986; THE FIRST HALF MARATHON CHAMPIONSHIPS

The First QVAC Half Marathon Championships were run at the Davies Park area in Brisbane. The Championships were held for the first time together with the QAA Half Marathon Championships, which were incorporated in the Royal Life Half Marathon, an event conducted in each State as part of the 1986 Australian Championship Series. Present day QMA Half Marathoners may be interested in the fact that there were 45 men and 8 women members of QVAC competing. The Queensland Veterans Athletic Club was renamed Queensland Masters Athletics in 1998. There are a few of these athletes who are still competing with us today.

RESULTS : MEN

M30	1	Tony McCall	1:12.48	6	Eric Black	1:23.54	4	Ian Hicks	?		
	2	Peter Hill	1:13.34	7	Les Ritchie	1:27.07	5	Bluey Newton	?		
	3	Lindsay Farquarson	1:13.59	8	Graham White	1:28.33	M55	1	Ted Vale	1:21.28	
	4	Paul Circosta	1:19.36	9	Sverre Myhra	1:32.29		2	Jack Weeks	1:24.19	
M35	1	Peter Kyle	1:13.35	10	Ian Curtis	1:56.00		3	David Sedgman	1:26.00	
	2	Ted Wagner	1:13.48	M45	1	Harold Haldane	1:15.44		4	Kevin Fisher	1:27.27
	3	Carl Wagner	1:17.32		2	Rein Evenhuis	1:17.17		5	Ken Weeks	1:32.01
	4	John Griffin	1:17.37		3	John Pitman	1:22.59		6	Reg Campbell	1:37.23
	5	Rodney Greive	1:21.36		4	Kelvin Crump	1:24.00		7	Joe Lewis	1:14.33
	6	Len Don	1:22.09		5	Jack Cron	1:25.18	M60	1	Graeme Jackson	1:28.35
	7	David Edgeworth	1:22.12		6	Col Kratzmann	1:26.02		2	John Burns	1:38.14
M40	1	Peter Connolly	1:10.07		7	James Dalglish	1:28.35		3	John Piper	1:45.51
	2	Mike Percival	1:13.51		8	Bob Douglas	1:29.00	M65	1	Norm Gulbransen	1:34.13
	3	Bob Henricks	1:17.05		9	Glen Natalier	1:40.59		2	John Petersen	1:52.01
	4	John Wishart	1:19.57	M50	1	Col McLeod	1:15.54	M75	1	Merv Jenkinson	1:55.58
	5	Mike Macdermott	1:20.25		2	Ron Young	1:16.52				
					3	Warren Gruver	1:48.29				

RESULTS : WOMEN

W30	1	Dell Grant	1:30.11
	2	Helen Bergen	1:37.13
	3	Jenny James	1:41.29
W40	1	Helen Mead	1:41.29
	2	Diana Southern	1:48.01
W45	1	Daphne Coffey	1:35.15
	2	Helen Young	1:55.00
W60	1	Thelma Sells	1:52.00

QMA Brisbane Region.

Report for Season 2016-17.

Our season opened on Saturday 17 September and closed with State Championships on 1 & 2 April. We held 16 Regional competitions, 3 of which were held on a Wednesday night. Overall participation was similar to last season (64 average) but night meet numbers continue to disappoint despite the move from Monday to Wednesday nights. The Committee's focus was on providing a high standard weekly competition and this season a further 30 new records were ratified, 8 of which were Australian records.

Our Regions membership of 245 (67 women, 178 men) was a 5% increase on last year and 10% on 2014-15. Memorial Day on 17 December was well attended as was the excellent Christmas lunch hosted by Jean Hampson and helpers. Trophies were donated for both the John Cooper 60 metre and Bernie Hogan 100 metre events. The committee looks forward to these being annual awards and our thanks go to Jan Cooper and Marge Coogan for arranging and presenting the trophies.

The committee decided to create a Handicap Competition Day on 18 February. This was due in part to the ever-increasing popularity of the Tom Gould 300 metre Handicap. By moving to February it ensured that our iconic event was given sufficient program priority, enabled sprinters from all regions to attend and allowed the handicappers extra time to review the entrants qualifying times. We watched some exciting racing with very close finishes. Our thanks to Ian Malouf for his ongoing trophy sponsorship of this event. We also thank Helen Searle for donating perpetual trophies for the Ruth Frith and Ted Vickers Javelin Throw Handicaps. The ladies trophy was won by 1 cm and went to a Sunshine Coast Region member; the men's being won by a Gold Coast member. The committee was encouraged by the very positive response from competitors in this, the first year of the Throws Handicap.

Our region was well represented at the World Championships held in Perth in October/November. These Championships were well organised and by all accounts a good time was had by all. Brisbane Region hosted the Queensland Championships on 1 & 2 April and while cyclone Debbie did not affect the competition facilities it did impact on the ability of some members to attend. The final figure was an average of 125 per day. We thank Ian Malouf for his sponsorship of the Champion of Champions sprints. With such a close finish this prestigious event must be in the program for all future Queensland titles. Ian Mann's Weekly Report got bigger and better as the season progressed. As Ian has decided to retire from athletic management it is hoped that another dedicated member will step forward and continue the Weekly Report. The committee thanks Ian not only for his Weekly Report but also for his Meet Manager and general athletic competition expertise. He will be missed. Special thanks to Heather for negotiating competition dates, not an easy task at a time when the track was in constant demand with others having bigger budgets. Thanks also to our treasurer Rod, not only for looking after the finances but also for supporting Marge Burley in the vital Photo Finish function.

Col Buyers, Hugh Coogan, Harry Giles and John Sheer were invaluable volunteers who every week ensured things happened. Irene Davey did a great job of assembling and organising the Roster. The committee thanks all who did their roster and those volunteer officials who attended unrostered. After many years as Secretary of either QMA or Brisbane Region I feel the time is right for there to be a new Secretary. My thanks to all who have supported our sport and I am sure the future will be bright.

John Wight
QMA Brisbane Secretary
May 2017

TRAINING INFORMATION

QSAC Track, Nathan

When 7am Wednesdays and Saturdays all year

Type Sprints and conditioning for sprints

Contact John Wight 3206 4459

Training sessions usually involve warm up exercises/short jog around the track, followed by such activities as interval training and starts training. Participants always do a warm down of stretches and exercise. Participants are welcome to meet afterwards for coffee and a chat at McDonald's, Sunnybank.

Aspley Little Athletics & Aspley Athletics Club Bowden Park, Paul O'Brien Oval, Maidencombe St, Geebung.

When Tuesday and Thursdays, 5.45 - 7.30 pm all year

What Sprints and middle distance training and coaching

Contact Travis Venema, 0409 263579 or email travis.venema@gmail.com .

Travis is a qualified of Olympic, World Champs World Relay, World Juniors, Commonwealth, Oceania, National and State medalist and athletes. Coaching/training fees apply to these sessions.

Fehlberg Park, Fairfield (end of Venner Rd)

When Mondays and Thursdays, 4.30pm (Winter) 5.00 pm (Summer)

What Interval training over various distances

Contact John Sheer 0407424340

This middle and distance running group trains with programs written by Peter Sandery from South Australia.

Yeronga Park Swimming Pool, School Rd, Yeronga

When 11 am Fridays

Type Deep Water Running

Contact John Sheer 0407424340

Deep water running is a great alternative for athletes trying to stay fit while recovering from injuries that preclude running. A flotation belt is required, but may be borrowed at the pool. The pool is heated and comfortable even on winter days.

Stay and enjoy a coffee or healthy lunch at the pool after.



QMA Gold Coast Region.

Report for Season 2016-17.

There has been a good rollup of people at the Griffith Uni Gold Coast Track Sunday morning competitions meets in the 2016-2017 season. There have been enough members turning up that we have managed to cover our track hire fees, and with a small amount funds left over to help us with the club's ongoing running costs.

There has been keen competition amongst the groups of runners, throwers, jumpers and walkers. There has been a real sense of club camaraderie this year, with people proudly wearing the club uniforms, and being very supportive of the efforts of all members across all disciplines. Talented athletes have been willingly sharing advice and tips with new members.

We received some assistance for our Annual Awards prizes from Caruso's vitamins and Fila Sportswear, in addition to some financial sponsorship from EzeScan and QMA. We'd like to thank our sponsors for donating products and money to our club. Thanks also to Alf who organised some of these sponsorships. Those sponsorships help us to keep our regional club fees at a level that everyone can afford.

Sports Credentials very kindly offers us the use of their Toro Workman truck at each competition event that we run. This makes it much easier for us to deploy our throwing gear, chairs and shade tents. We'd like to thank Amelia who does a great job with electronic timing at our meets and Alf for starting the race walks, sprints and middle distance events. We'd also like to thank Sharon and Peter Hannan for providing us with the storage area for the club gear.

The World Championships in Perth delivered some great results not only for our club members, but our close friends in the Brisbane region. It was so pleasing to see Queenslander's making the finals and in tough fields bringing home some medals. Well done to everyone who went to Perth.

Pam Pacific Games athlete numbers were understandably down a bit this year, but many of our members attended and continued to do us proud. Many overseas athletes stayed in OZ after worlds, so we were lucky to see some amazing overseas athletes compete at Pan Pacs.

The club once again ran a local club Championships in 2017. This was well attended and good time was had by all that attended. Many members also attended the QMA State Championships in Brisbane. Many of our members had podium finishes in their respective events. Thanks to Brisbane region for hosting a well run event.

Some members even went to the Indoor World Championships. They adapted well to running inside on a 200m oval track, instead of the 400m outdoor tracks that they run on here. Finals were made, and some came home with medals. They all seemed to have a great time, coming home with nothing but praise for the event and inspired to train even harder.

And on top of these wonderful achievements our region had an amazing result at the recent AMA Championships in Darwin. So many medals in a wide variety of men and women's age groups. You are amazing.....

So the year has ended on a positive note with a bang! Well done to everyone who had a go this year. Sometimes the hardest thing to do is to put your entry in and get to the start line, or get ready to throw or jump. Whatever your goals were, we hope you had fun with your training and competitions.

We'd like to thank the outgoing 2016-2017 regional committee for all their work, and welcome in our new club Chairperson, Tammy, who takes over the role from Alf. Welcome also to the new committee members who are helping us out this year.

On behalf of the new regional committee and our members we'd like to wish Alf every success in his pursuit of excellence in Triathlon's. For so many years Alf and Karen have played an important role in keeping the club going This is greatly appreciated by the members.

Mike Kirkby,
Gold Coast & Southern Region
QMA Management Committee Representative.
19 June 2017

QMA Gold Coast Region Program

NOTE: Entry fee is \$7

Sign in and entry forms are to be completed on arrival.

Entries close 1 hour before last event.

30th July

8am 3000/5000 m Run/Walk

8.45am 60m

9.00am 150m

9.15am 800m

9.30am Long Jump

10.00am 300m

Field Events

8 am Start Shot / Discus / Javelin

13th August

8.00am 3000/5000 Run/Walk

8.45am 50m

9.00am 100 yards

9.15am 600m

9.30am Long Jump/ Triple

10.00am 200m

Field Events

8.00am Start Discus / Hammer / Combined Weight/56Ib Heavy Weight

27th August

8.00am 3000/5000 m Run/Walk

8.45am 60m

9.00am 150m

9.15am 1500m

9.30am Long Jump

10.00am 400m

Field Events

8.00am Start Shot Put / Discus / Javelin

3rd of September.

8.00am 3000/5000m Run/Walk

8.45am 60m

9.00am 100m

9.15am 800m

9.30am Long Jump

10.00am 300m

Field Events 8am Start

Discus / Hammer / Combined Weight / 56Ib Heavy Weight

Other Competitions

All master athletes are welcome to compete at the

Sports Credentials

Gold Coast WINTER SERIES – 2016

These are open competitions for all ages.

Athletes will be placed in heats according



QMA Awards 2016/17 Season

Awarded at the QMA AGM 24 June 2017

Athlete of the Year, Female

Wilma Perkins W65

Wilma has shown all-round ability in events with Queensland and Australian Records set in Hurdles, Pole Vault, Heptathlon and Relays. She competed at the World Masters Championships in Perth, achieving World Champion in three events including the Heptathlon with Australian records, and was a member of a Relay Team which set another Australian record. Wilma also competed at the World Indoor Championships in Daegu, South Korea, winning three events and placing in five other events.

Athlete of the Year, Male

David Sweeney

David has been a champion QMA Distance runner, setting Queensland Records in distances from 3000 metres to 10,000 metres as well as in Cross Country events. He competed at the World Masters Championships in Perth, and was outstanding in being a World Champion in 5000 metres, 10,000 metres, 8km Cross Country and Half Marathon as well as being a member of the winning Australian Teams in the Cross Country and Half Marathon. David has won QMA Championship events and has been successful in Open competition

Encouragement Award, Female

Christiane Dauphinet W85

Christiane has moved into the W85 age group and has set many Queensland and Australian Records in running events from 60 metres to 800 metres, as well in the Track Walks. She competed in the World Masters Championships in Perth becoming a World Champion in the 800 Metres, Shot Put and 5000m Track Walk.

Encouragement Award, Male

Greg Costello

Greg is a new member this season and has performed well at the World Masters Games in Auckland, N.Z. He won the 400m Hurdles and Weight Throw and placed in four other events including the Decathlon. He was also a member in Relay Teams which competed well.

QLD Report on AMA Championships, Darwin 2017

Queensland had a team of 77 Athletes; 48 Men and 29 Women, the fourth largest state.

Medal Tally.

.	Gold	Silver	Bronze	Total	Team Members
NSW	137	105	69	311	126

Vic	129	91	59	279	98
QLD	67	58	51	176	77
WA	53	69	61	183	73
NT	52	59	72	183	156
SA	50	51	24	125	46
ACT	47	26	30	103	37

Our Athletic Season is now over. Months of hard work, sacrifices, sore bodies, early morning & late night sessions, culminated in some achieving their targets, some not quite. All I can say, as my first experience of being Queensland Team Manager, having seen this event from a new pair of eyes, how much admiration I have for all who participated. I congratulate all our team members for their performances, camaraderie & the spirit in which they competed even while some were injured.

In general, I felt Darwin did a very good job of hosting their first Nationals, although there were time changes from the Entry List & Timetable booklet. This was very disappointing as some people missed their events. Hopefully this will never happen again.

The 8K Cross Country Course was more like a trail run, twice around a 4K loop. From a spectators' point of view, there was no view. The gun went off and 57 Women in the first race and 87 Men in the second race disappeared into the bush, only to be seen at the half way point and finish line. I did find it exciting as each of our eight Queenslanders came through, also quite proud that Queensland placed 1st of all ages in the women's race.

RELAYS.

Talk about drop like flies. If it was not from injury, it was racing off to the airport to catch the flight home. We fielded two Men's 4x100m teams and three Men's 4x400m teams. The result: Men's 120-179yrs 4x100 and the Men's 4x400 came 3rd. It was the exact same team members. They are young and great for our future. The Men's 240+ 4x100, the Men's 180-239 4x400 and Men's 240+ 4x400 all came 4th. Two men in these teams ran the 8k Cross Country the following day.

Queensland fielded one women's 4x100m team, placing 4th and one women's 4x400m team, placing 5th. Five athletes formed these two teams, two of whom ran the 8k cross country the following day. Great Queensland spirit. While on the subject of relays, congratulations to Jeanette Flynn and Carol Davis for their part in achieving a new World Record in the W65-69yr 4x400m Relay Team.

In closing, my job was made easy by the wonderful attitude of all members in our QLD Team I now feel richer for this new experience I've had.

Thank you.

Marge Allison.
QLD Team Manager 2017.



AMA Awards 2016/17 Season

Awarded at the AMA Championship Dinner, Darwin, NT, 10 June 2017

Award Recipients from Queensland

AMA AWARDS 2016 QMA WINNING MEMBERS (ACHIEVED DURING 2016)

MIDDLE DISTANCE AWARD	JEANETTE FLYNN	W65
MULTI EVENTS AWARD	WILMA PERKINS	W65
OUTSTANDING FEMALE ATHLETE AWARD	JULIE BRIMS	W50

ATHLETE OF THE MEET CERTIFICATE WINNERS (These are based on the highest age grade percentages in the various disciplines)

MIDDLE DISTANCE CERTIFICATE	JEANETTE FLYNN	(800m 91.53%)
THROWS CERTIFICATE	HELEN SEARLE	(Shot Put 76.52%)
BRIAN FOLEY AWARD	JEANETTE FLYNN	(Best age grade % from 800m and 1500m)

CHAMPION OF CHAMPION EVENTS

CHAMPION OF CHAMPION SPRINTS	FEMALE: JULIE BRIMS
CHAMPION OF CHAMPION THROWS	FEMALE: WILMA PERKINS
CHAMPION OF CHAMPION THROWS	MALE: DARRIN NORWOOD

Welcome!

to New Members

Brisbane Region

Diana	Adams	49
John	Adams	43
Derrick	Leahy	39
David	Smitheram	49
Michael	Wright	50

Sunshine Coast and Northern Region

Shaun	Baxter	39
John	Pearson	45



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May Birthdays

Norm	Pearce	92
Glen	Wilson	78
Jean	Hampson	72
Russell	Scott	70
John	Wallis	70
Robyn	Wales	65
Terry	Dauphinet	65
Cynthia	Cliff	64
Peter	Hooper	62
Joanne	Pronk	61
Phil	Davies	60
Anthony	Keeghan	59
Mark	Miller	58
Enid	Campbell	56
Denis	Couture	56
Michelle	Gibson	55
Paul	Lindenberg	55
Karen	Lakin	54
John	Treschman	53
Ian	Le Quesne	53
Stephen	Kelly	51
Norman	Burns	51
Graeme	Crow	50
Liesl	Kett	50
Sam	Ansari	49
Sheree	Bennett	47
Jodie	Oborne	46
Jason	Smith	46
Nigel	Peacock	45
Greg	Lundie	44
Shiloh	Watts	38
Andrea	Pook	38
Raymond	Abdy	37
Brony	Anscombe	36
Lance	Faulkner	32

June Birthdays

Noela	McKinven	75
Don	Quinn	73
John	Childs	72
Brian	Davies	71
Irene	Davey	70
Sean	Ryan	69

Mark	Mifsud	67
Graeme	Cox	67
Rodney	Lyons	66
John	Shaw	64
John	Dempster	64
Denise	Quinn	61
Mark	McLean	61
Peter	Hawes	61
Barry	Harper	60
Craig	Elliott	60
Peter	Hallahan	59
Walter	Nock	59
John	Kay	58
Les	Manz	56
Ian	Geoghegan	56
Debbie	Lindenberg	56
Darrell	Giles	55
Ian	Hughes	55
Peter	Lonsdale	52
Tamara	Patterson	51
Catherine	Kirkwood	50
Adrian	Durrheim	50
Nyle	Sunderland	50
Bridzett	Munro	49
Daryl	Sluggett	49
Brett	Stewart	48
Mary	O'Shea	47
Chris	Bell	46
Ian	Adams	46
Mareea	Chaffey	46
Fred	Goodwin	45
Victoria	Austin	42
Catrina	Blacklaw	42
Travis	Venema	42
Craig	Dodd	38
Robin	Mihrshahi	38
Kye	Hawgood	34
Scott	Tuohy	32

23-29/04/2017 WORLD MASTERS GAMES - AUCKLAND, NEW ZEALAND
RESULTS OF QMA MEMBERS

WOMEN

DIANA ADAMS W45

10,000 Metres	3	49.59.64
1500m Track Walk	1	7.51.20
3000m Track Walk	1	16.52.12
5000m Track Walk	1	29.08.28
2000m Steeplechase	2	10.30.81

MAREEA CHAFFEY W45

200 Metres Prelim	9	34.77
80m Hurdles	1	15.66
400m Hurdles	3	1.41.41
Discus Throw	6	25.13

ALTHEA MACKIE W45

Discus Throw	5	26.74
Hammer Throw	2	37.90

LOUISA ABRAM W55

10km Road Run	1	38.46 QB
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KATE CARMICHAEL W60

100 Metres Prelim	1	16.56
100 Metres Final	1	15.94
200 Metres	1	35.34
Long Jump	2	3.09
High Jump	2	1.10

MARGE ALLISON W70

200 Metres	1	33.00
400 Metres	1	1.19.86

200m Hurdles	1	38.71
Heptathlon	1	5342 AR
80m Hurdles	17.35	974 AR
High Jump	1.11	916 QR
Shot Put	5.75	573
200 Metres	33.86	986
Long Jump	2.94	554
Discus Throw	13.84	459
800 Metres	3.21.25	880

MEN

GREGORY COSTELLO M35

110m Hurdles	2	20.23
400m Hurdles	1	1.06.48
High Jump	2	1.78
Pole Vault	2	2.80
Weight Throw	1	11.59
4x100 Relay Team U160	2	48.51
4x100 Relay Tm.160-199	5	49.87
4x400 Relay Team U160	4	3.56.44
Decathlon	3	4704

100 Metres	12.61	565
Long Jump	5.30	473
Shot Put	10.51	540
High Jump	1.72	593
400 Metres	59.02	522
110m Hurdles	20.11	356

Discus Throw	33.17	537
Pole Vault	2.80	319
Javelin Throw	34.39	368
1500 Metres	5.26.47	431

JAMES CASTLE M45

110m Hurdles	3	30.37
400m Hurdles	2	1.33.61
Long Jump	6	4.21
Pole Vault	2	2.20
4x100 Relay Tm:160-199	5	49.87

ROBERT GUNNINGHAM M60

5000 Metres	6	19.53.05
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DALE MILLARD M65

800 Metres Prelim	2	2.50.77
800 Metres Final	1	2.29.67
1500 Metres	2	5.02.24

PHILLIP ROWLANDS M65

Javelin Throw	9	25.04
Shot Put	7	8.47
Hammer Throw	6	29.70
Weight Throw	5	12.31
Throws Pentathlon	7	2526
Hammer Throw	28.65	545
Shot Put	8.67	594
Discus Throw	23.65	416
Javelin Throw	24.14	409
Weight Throw	10.72	562

30/04/2017 QMA GOLD COAST MEET SUNDAY, GRIFFITH UNI, GOLD COAST

WOMEN

60 METRES

W60 1 Denise Quinn	10.85
W65 1 Carol Davis	9.11
2 Wilma Perkins	9.67

100 METRES

W35 1 Tami Lebovics	15.95
W60 1 Denise Quinn	17.52
W65 1 Carol Davis	15.11
2 Wilma Perkins	16.14

200 METRES

W65 1 Carol Davis	31.39
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LONG JUMP

W35 1 Tami Lebovics	3.61
W60 1 Denise Quinn	2.87
W65 1 Wilma Perkins	3.09

HIGH JUMP

W55 1 Deann Mayfield	1.45
W65 1 Wilma Perkins	1.14

JAVELIN THROW

W35 1 Tami Lebovics	14.88
W60 1 Denise Quinn	17.57
W65 1 Carol Davis	20.24

SHOT PUT

W35 1 Tami Labovics	7.37
W60 1 Denise Quinn	6.61
W75 1 Helen Searle	9.68

MEN

60 METRES

M30 1 Patrick McCarthy	7.57
M40 1 Travis Venema	7.59
2 Scott Beatson	8.21
M45 1 Gary Parkinson	7.73
2 Michael Berlin	7.76

3 Andrew Barkworth	9.19
M50 1 Steve Jones	7.93
2 Michael Wright	8.44
M55 1 Craig Elliott	9.41
M60 1 Bruce O'Connor	9.57
M65 1 Paul Chaplain	9.79
M75 1 Colin Mancey	10.78

100 METRES

M30 1 Patrick McCarthy	11.89
M40 1 Travis Venema	11.93
2 Scott Beatson	13.53
M45 1 Gary Parkinson	12.02
2 Michael Berlin	12.27
3 Andrew Barkworth	12.61
M50 1 Steve Jones	12.64
2 Michael Wright	13.81
M65 1 Paul Chaplain	15.67
M75 1 Colin Mancey	17.16

200 METRES

M30 1 Patrick McCarthy	24.78
M40 1 Travis Venema	24.89
2 Scott Beatson	27.72
M45 1 Gary Parkinson	24.21
2 Michael Berlin	25.07
3 Andrew Barkworth	26.12
M50 1 Steve Jones	26.77
2 Robert Lasker	28.84
3 Michael Wright	29.71
M60 1 Bruce O'Connor	34.05
M65 1 Paul Chaplain	32.89
M75 1 Colin Mancey	37.45

800 METRES

M50 1 Alan Stacey	3.19.58
M75 1 Colin Mancey	3.22.67

3000 METRES

M50 1 Alan Stacey	12.26.75
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LONG JUMP

M40 1 Scott Beatson	4.53
M45 1 Michael Berlin	5.63
M50 1 Michael Wright	4.10
M60 1 Bruce O'Connor	3.56

TRIPLE JUMP

M60 1 Bruce O'Connor	8.08
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HIGH JUMP

M45 1 Andrew Barkworth	1.35
M50 1 Robert Lasker	1.50
M55 1 Brian Key	1.50
2 Craig Elliott	1.30

JAVELIN THROW

M35 1 Anthony Eggersdorff	16.87
M40 1 Rene Doel	38.17
2 Leigh Mitchell	26.54
M45 1 Richard Harris	32.80
2 Andrew Barkworth	31.24
M55 1 Michael Kirkby	35.87
2 Craig Elliott	26.61

DISCUS THROW

M35 1 Anthony Eggersdorff	18.62
M40 1 Rene Doel	33.85
2 Leigh Mitchell	25.83
M45 1 Richard Harris	37.12
M55 1 Michael Kirkby	32.72
M65 1 Franz Schlechter	26.59
M70 1 Stan Perkins	21.20

SHOT PUT

M35 1 Anthony Eggersdorff	7.63
M40 1 Rene Doel	9.50
2 Leigh Mitchell	8.20
M45 1 Richard Harris	10.62
M55 1 Michael Kirkby	9.31
M65 1 Franz Schlechter	7.31

06/05/2017 QMA 4000m S/C CROSS COUNTRY CHAMPIONSHIPS - KEDRON HIGH SCHOOL

<u>WOMEN</u>			<u>MEN</u>										
W35	1	Katie Menzies	15.39	QB	W70	1	Jean Hampson	26.03	QB	M50	1	Darrell Giles	17.34
		2 Keiran Gilmore	20.13								2	Kevin Christison	19.24
W40	1	Kerri Hodge	14.55		M30	1	Aidan Hobbs	12.31	eqQ	M55	1	Mark Lepper	14.41
W45	1	Elizabeth Cox	16.43		M35	1	Derrick Leahy	13.58			2	Con Dimauro	14.52
W60	1	Cynthia Cliff	20.10		M40	1	Matt MacDonald	13.47			3	Greg Coulter	16.06
W65	1	Irene Davey	24.03			2	Christopher Dalby	14.29		M65	1	John Sheer	18.33
					M45	1	Anthony Houston	15.00			2	Sean Ryan	19.03

21/05/2017 QMA GOLD COAST MEET SUNDAY, GRIFFITH UNI, GOLD COAST

<u>WOMEN</u>						<u>5000m TRACK WALK</u>						
60 METRES					M45	1	Michael Berlin	7.74	M50	1	Paul Lindenberg	31.52.96
W35	1	Tami Lebovics	9.75			2	Sam Ansari	8.56	M75	1	Patrick Sela	37.34.51
W40	1	Mariya Todovora	10.68		M50	1	Steve Jones	7.93	LONG JUMP			
W65	1	Carol Davis	9.40		M55	1	David Reid	9.67	JM30	1	Patrick McCarthy	5.88
150 METRES					M60	1	Mark McLean	8.42	M40	1	Scott Beatson	4.24
W65	1	Carol Davis	23.08		M65	1	Paul Chaplain	9.78	M60	1	Mark McLean	4.46
300 METRES					M75	1	Colin Mancey	10.59	HIGH JUMP			
W45	1	Catherine Kirkwood	54.40		150 METRES				M45	1	Michael Berlin	1.65
W65	1	Carol Davis	50.45		M30	1	Patrick McCarthy	18.37	M55	1	Brian Key	1.50
600 METRES					M40	1	Travis Venema	18.13	M60	1	Mark McLean	1.35
W45	1	Catherine Kirkwood	2.05.80			2	Scott Beatson	20.24	DISCUS THROW			
W50	1	Karen Lakin	2.08.97		M45	1	Gary Parkinson	18.17	M40	1	Rene Doel	30.54
3000m TRACK WALK						2	Michael Berlin	18.57		2	Leigh Mitchell	23.38
W55	1	Debbie Lindenberg	22.08.41			3	Andrew Brinkworth	19.20	M45	1	Richard Harris	36.97
5000m TRACK WALK						4	Sam Ansari	20.94	M55	1	Michael Kirkby	31.38
W45	1	Nyle Sunderland	31.07.50		M50	1	Steve Jones	19.25	M60	1	Mark McLean	30.01
W55	1	Kay Shaw	33.31.67			2	Stephen Kelly	20.57	M70	1	Stan Perkins	22.74
LONG JUMP					M60	1	Mark McLean	20.16	M80	1	Bill McMullen	21.33
W35	1	Tami Lebovics	3.77		M65	1	Paul Chaplain	24.03	HAMMER THROW			
W65	1	Carol Davis	3.72		M75	1	Colin Mancey	26.35	M40	1	Rene Doel	33.27
HIGH JUMP					300 METRES					2	Leigh Mitchell	23.95
W55	1	Deann Mayfield	1.45		M40	1	Travis Venema	39.94	M45	1	Richard Harris	33.19
DISCUS THROW					M45	1	Michael Berlin	39.48	M55	1	Michael Kirkby	23.48
W45	1	Althea Mackie	23.44			2	Gary Parkinson	40.61	M70	1	Stan Perkins	20.45
HAMMER THROW					M50	1	Stephen Kelly	41.94	M80	1	Bill McMullen	22.13
W45	1	Althea Mackie	36.68			2	Steve Jones	43.07	WEIGHT THROW			
WEIGHT THROW					M60	1	Mark McLean	45.57	M40	1	Rene Doel	10.46
W45	1	Althea Mackie	11.63		M65	1	Paul Chaplain	53.38		2	Leigh Mitchell	8.88
56lbs HEAVY WEIGHT THROW					M75	1	Colin Mancey	60.62	M45	1	Richard Harris	11.21
W45	1	Althea Mackie	3.81		600 METRES				M55	1	Michael Kirkby	12.12
MEN					M45	1	Gary Parkinson	1.37.74	M70	1	Stan Perkins	8.11
60 METRES					M60	1	Stephen Kelly	1.39.23	M80	1	Bill McMullen	8.61
M30	1	Patrick McCarthy	7.57		M60	1	Mark McLean	1.52.47	56lbs HEAVY WEIGHT THROW			
M40	1	Travis Venema	7.52		M70	1	Colin Mancey	2.28.42	M40	1	Rene Doel	6.80
3000 METRES					3000 METRES					2	Leigh Mitchell	4.84
M65	1	Rodney Lyons	13.34.19		M65	1	Rodney Lyons	13.34.19	M45	1	Richard Harris	6.90
M70	1	Jim Woodriff	12.35.84		M70	1	Jim Woodriff	12.35.84				

27-28/05/2017 GREAT BARRIER REEF MASTERS GAMES – BARLOW PARK, NORTH QLD

RESULTS OF QMA MEMBERS

<u>WOMEN</u>												
60 METRES								2	Diana Adams	3.61		
W30	1	Miki Bradley	9.26		W40	1	Heather Vaughan	14.38	W55	1	Karel McClintock	8.33
W40	1	Heather Vaughan	9.53		2000m STEEPLECHASE				DISCUS THROW			
W45	2	Sheree Bennett	10.63		W45	1	Diana Adams	10.19.80	W30	1	Miki Bradley	26.80
100 METRES					W65	1	Irene Davey	11.26.99	W40	2	Rebecca Austin	25.39
W30	1	Miki Bradley	14.55		3000m TRACK WALK				W45	1	Althea Mackie	26.57
W40	1	Heather Vaughan	15.45		W45	1	Diana Adams	17.40.58		2	Sheree Bennett	20.94
W45	1	Sheree Bennett	17.30			2	Nyle Sunderland	17.59.07	W55	1	Karel McClintock	23.09
200 METRES					5000m TRACK WALK				HAMMER THROW			
W30	1	Miki Bradley	30.34		W45	1	Diana Adams	29.54.87	W40	1	Rebecca Austin	22.72
W45	2	Sheree Bennett	36.54			2	Nyle Sunderland	39.16.85	W45	1	Althea Mackie	37.26
W65	1	Irene Davey	40.44		LONG JUMP				W55	1	Karel McClintock	23.27
800 METRES					W30	1	Miki Bradley	4.43	JAVELIN THROW			
W45	2	Diana Adams	3.24.32		W45	1	Sheree Bennett	3.07	W30	1	Miki Bradley	15.02
	3	Sheree Bennett	3.28.72			2	Diana Adams	2.37	W40	1	Rebecca Austin	20.63
W65	1	Irene Davey	3.57.93		TRIPLE JUMP				W45	1	Althea Mackie	19.37
1500 METRES					W30	1	Miki Bradley	8.10		2	Sheree Bennett	17.44
W45	2	Diana Adams	7.14.80		W45	1	Sheree Bennett	6.86	W55	1	Karel McClintock	18.56
5000 METRES					SHOT PUT							
W45	1	Diana Adams	25.06.59		W30	1	Miki Bradley	7.29				
					W40	2	Rebecca Austin	7.53				
					W45	1	Althea Mackie	8.19				

27-28/05/2017 GREAT BARRIER REEF MASTERS GAMES – BARLOW PARK, NORTH QLD (cont)

WEIGHT THROW

W40	1	Rebecca Austin	7.63
W45	1	Althea Mackie	11.94
W55	1	Karel McClintock	8.32

THROWS PENTATHLON

W40	Rebecca Austin	1	2007
Hammer Throw	22.72	423	
Shot Put	7.10	392	
Discus Throw	25.39	430	
Javelin Throw	20.63	357	
Weight Throw	7.23	405	
W45	Althea Mackie	1	2977
Hammer Throw	37.13	870	
Shot Put	8.04	503	
Discus Throw	26.05	489	
Javelin Throw	15.86	285	
Weight Throw	11.94	830	
W55	Karel McClintock	1	2592
Hammer Throw	22.83	535	
Shot Put	8.23	614	
Discus Throw	22.00	494	
Javelin Throw	18.32	411	
Weight Throw	8.32	538	

MEN

60 METRES

M30	1	Tim Johnstone	8.35
M40	1	David Scott	8.81
M45	2	Andrew Ford	9.32
M50	1	Andrew Millerd	8.49
	2	Ken Dickson	8.66
M60	1	Kalevi Hakkinen	8.60

100 METRES

M30	1	Tim Johnstone	13.37
M40	1	David Scott	13.81
M45	2	Jason Smith	13.42
M50	1	Andrew Millerd	13.23
	2	Ken Dickson	14.00
	3	Gary Barton	14.66
M60	1	Kalevi Hakkinen	13.71
	2	Bruce O'Connor	16.07

200 METRES

M30	1	Tim Johnstone	26.82
M40	1	David Scott	29.58
M45	1	Jason Smith	26.56
M50	1	Andrew Millerd	27.64
	2	Ken Dickson	31.05
M60	1	Bruce O'Connor	33.86

400 METRES

M30	1	Tim Johnstone	60.26
M40	2	David Scott	72.66
M45	2	Jason Smith	60.02
	3	Andrew Ford	1.23.66
M50	1	Andrew Millerd	65.00
	2	Ken Dickson	75.82
M60	1	Bruce O'Connor	33.86

800 METRES

M45	2	Jason Smith	2.19.00
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1500 METRES

M40	3	John Adams	6.47.61
M45	2	Jason Smith	5.00.14
M50	1	Andrew Millerd	5.57.61

80m HURDLES

M70	1	Selwyn Hawken	22.50
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100m HURDLES

M50	1	Andrew Millerd	19.21
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400m HURDLES

M40	1	David Scott	76.27
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2000m STEEPLECHASE

M70	1	Selwyn Hawken	14.26.05
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3000m STEEPLECHASE

M40	3	John Adams	16.15.38
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3000m TRACK WALK

M40	2	John Adams	22.18.33
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HIGH JUMP

M50	1	Andrew Millerd	1.50
M60	1	Bruce O'Connor	1.15
M70	2	Selwyn Hawken	1.00

POLE VAULT

M50	1	Andrew Millerd	2.60
M70	2	Selwyn Hawken	1.70

LONG JUMP

M40	1	David Scott	5.06
	2	John Adams	3.51
M50	1	Andrew Millerd	5.13
	2	Gary Barton	4.32
	3	Leigh Gray	3.85
M60	1	Bruce O'Connor	3.52

TRIPLE JUMP

M50	1	Gary Barton	9.09
M60	1	Bruce O'Connor	8.19
M70	1	Selwyn Hawken	6.34

SHOT PUT

M30	1	Tim Johnstone	7.93
M40	2	David Scott	8.01
	3	John Adams	7.78
M45	1	Andrew Ford	9.17
M50	1	Ken Dickson	10.30
	2	Leigh Gray	9.37
	3	Andrew Millerd	8.53
	4	Gary Barton	8.48
M60	1	Wayne Fielder	9.46
	3	Bruce O'Connor	8.10
M65	1	Phillip Rowlands	8.46

DISCUS THROW

M30	1	Tim Johnstone	19.44
M40	2	David Scott	26.19
	3	John Adams	20.65
M45	1	Andrew Ford	27.30
M50	1	Ken Dickson	36.77
	3	Leigh Gray	28.97
	4	Andrew Millerd	28.00
	5	Gary Barton	23.32
M60	2	Bruce O'Connor	25.23
M65	1	Phillip Rowlands	22.83

HAMMER THROW

M30	1	Tim Johnstone	13.65
M40	2	John Adams	20.04
M45	1	Andrew Ford	27.97
M50	2	Ken Dickson	27.08
	3	Gary Barton	24.64
	4	Leigh Gray	22.22
M60	1	Wayne Fielder	32.01
	3	Bruce O'Connor	20.57
M65	1	Phillip Rowlands	29.74

JAVELIN THROW

M30	1	Tim Johnstone	30.38
M40	2	David Scott	31.13
	3	John Adams	21.16
M45	1	Andrew Ford	28.04
M50	1	Ken Dickson	36.87
	2	Leigh Gray	34.26
	3	Gary Barton	31.51
	4	Andrew Millerd	28.96
M60	2	Wayne Fielder	28.52
	3	Bruce O'Connor	22.07
M65	1	Phillip Rowlands	28.28
M70	1	Selwyn Hawken	20.13

WEIGHT THROW

M30	1	Tim Johnstone	7.36
M40	2	John Adams	6.00
M45	1	Andrew Ford	8.25
M50	1	Gary Barton	12.00
	2	Ken Dickson	9.96
	3	Leigh Gray	8.99
M60	1	Wayne Fielder	13.27
	3	Bruce O'Connor	10.04
M65	1	Phillip Rowlands	12.39
M70	1	Selwyn Hawken	8.58

THROWS PENTATHLON

M30	Tim Johnstone	1	1227
Hammer Throw	12.87	83	
Shot Put	7.93	362	
Discus Throw	17.81	231	
Javelin Throw	28.50	278	
Weight Throw	6.77	273	
M40	John Adams	2	1422
Hammer Throw	19.92	230	
Shot Put	7.78	406	
Discus Throw	20.65	324	
Javelin Throw	21.16	202	
Weight Throw	6.00	260	
M45	Andrew Ford	1	2267
Hammer Throw	27.97	426	
Shot Put	9.17	547	
Discus Throw	27.30	522	
Javelin Throw	28.04	340	
Weight Throw	8.25	432	
M50	Ken Dickson	1	2410
Hammer Throw	27.03	384	
Shot Put	10.30	611	
Discus Throw	31.21	502	
Javelin Throw	35.56	495	
Weight Throw	8.96	418	
M50	Leigh Gray	2	2146
Hammer Throw	22.06	289	
Shot Put	9.18	531	
Discus Throw	28.79	453	
Javelin Throw	34.26	472	
Weight Throw	8.67	401	
M50	Gary Barton	3	2028
Hammer Throw	24.37	333	
Shot Put	7.97	446	
Discus Throw	23.32	344	
Javelin Throw	24.96	308	
Weight Throw	12.00	597	
M60	Wayne Fielder	1	2790
Hammer Throw	30.97	521	
Shot Put	9.25	579	
Discus Throw	37.77	667	
Javelin Throw	27.28	421	
Weight Throw	12.15	602	

M60 Bruce O'Connor 3 2088

Hammer Throw	20.57	301	
Shot Put	9.42	591	
Discus Throw	25.23	402	
Javelin Throw	22.07	316	
Weight Throw	10.04	478	
M65	Phillip Rowlands	1	2463
Hammer Throw	29.74	571	
Shot Put	7.99	538	
Discus Throw	17.61	281	
Javelin Throw	28.28	503	
Weight Throw	10.85	570	

WOMEN**60 METRES**

W65 1 Carol Davis 9.40
 2 Wilma Perkins 9.76

100 METRES

W35 1 Tami Lebovics 15.46
 W65 1 Carol Davis 15.09
 W85 1 Christiane Dauphinat 28.66 **QR**

1500 METRES

"W45 1 Althea Mackie 11.47.73

3000m TRACK WALK

W55 1 Debbie Lindenberg 22.01.90

5000m TRACK WALK

W55 1 Kay Shaw 33.26.14

LONG JUMP

W35 1 Tami Lebovics 3.30

HIGH JUMP

W55 1 Deann Mayfield 1.45
 W65 1 Wilma Perkins 1.10

JAVELIN THROW

W45 1 Althea Mackie 17.20
 W65 1 Carol Davis 20.99
 2 Wilma Perkins 18.00

DISCUS THROW

W40 1 Kisa Lealasila 17.20 vis
 W45 1 Althea Mackie 26.56
 W65 1 Wilma Perkins 18.49

SHOT PUT

W35 1 Tami Lebovics 7.23
 W40 1 Kisa Lealasila 6.87 vis
 W45 1 Althea Mackie 8.27
 W65 1 Carol Davis 6.15

MEN**60 METRES**

M30 1 Patrick McCarthy 7.68
 M40 1 Travis Venema 7.54
 2 Scott Beatson 8.42

M45 1 Michael Berlin 7.80

M50 1 Steve Jones 7.95

M55 1 Michael Kirkby 8.70

M90 1 Maurice Dauphinat 14.30

100 METRES

M30 1 Patrick McCarthy 11.82

M40 1 Travis Venema 11.91

2 Scott Beatson 13.41

M50 1 Michael Wright 13.33

M65 1 Paul Chaplain 15.45

M90 1 Maurice Dauphinat 25.22

400 METRES

M40 1 Travis Venema 57.99

M45 1 Gary Parkinson 55.00

2 Michael Berlin 57.70

M50 1 Stephen Kelly 58.46

2 Robert Lasker 66.43

M65 1 Paul Chaplain 1.22.97

1500 METRES

M40 1 Tadashi Nawagawa 5.12.64

M50 1 Geoffrey McCann 4.40.52

2 Steve Jones 5.39.11

M55 1 Peter O'Sullivan 5.00.83 vis

3000 METRES

M70 1 Jim Woodriff 12.25.72

5000m TRACK WALK

M50 1 Paul Lindenberg 30.52.14

LONG JUMP

M30 1 Patrick McCarthy 7.68

M45 1 Michael Berliin 5.46

M50 1 Michael Wright 4.40

M65 1 Mills Lafferty 1.70

TRIPLE JUMP

M45 1 Michael Berlin 10.41

HIGH JUMP

M45 1 Michael Berlin 1.61

M50 1 Robert Lasker 1.50

M55 1 Brian Key 1.55

JAVELIN THROW

M40 1 Rene Doel 41.24

M50 1 Laini Inivale 24.30 nz

M55 1 Michael Kirkby 35.03

M65 1 Franz Schlechter 23.42

2 Mills Lafferty 22.58

M90 1 Maurice Dauphinat 12.78

DISCUS THROW

M35 1 Anthony Eggersdorff 19.58

M40 1 Rene Doel 31.18

M50 1 Laini Inivale 38.69 nz

M55 1 Michael Kirkby 32.30

M65 1 Franz Schlechter 25.93

2 Mills Lafferty 24.59

M90 1 Maurice Dauphinat 16.76

SHOT PUT

M35 1 Anthony Eggersdorff 7.34

M40 1 Rene Doel 9.54

M50 1 Laini Inivale 13.62 nz

M55 1 Michael Kirkby 9.02

M65 1 Mills Lafferty 7.70

2 Franz Schlechter 7.10

M90 1 Maurice Dauphinat 5.82



QMA Hammer Throwers at Great Barrier Reef Masters Games

09/06/2017 to 12/06/2017 AUSTRALIAN MASTERS ATHLETIC CHAMPIONSHIPS - DARWIN, N.T.

WOMEN

<u>ADAMS, DIANA W45</u>		
5000 Metres	1	23.33.31
2000m Steeplechase	3	10.28.92
1500m Track Walk	1	8.06.10
5000m Track Walk	1	29.28.14
<u>BIGGAM, JAN W65</u>		
8k Cross Country	3	52.46.00
<u>BIRTWELL, LORRAINE W70</u>		
Discus Throw	2	18.08
Hammer Throw	2	18.63
Weight Throw	2	6.88
Throws Pentathlon	2	2585
Hammer Throw	19.67	660
Shot Put	5.65	561
Discus Throw	17.57	578
Javelin Throw	10.02	308
Weight Throw	6.66	478
<u>BRIMS, JULIE W50</u>		
<u>AMA OUTSTANDING FEMALE</u>		
<u>ATHLETE AWARD</u>		
60 Metres	Ht: 1	8.24
60 Metres	Fnl: 1	8.16
100 Metres	Ht: 1	13.02
100 Metre	Fnl: 1	12.98
<u>100m Sprint Champion 111.09</u>		
4x100m Relay W50	4	57.85
4x400m Relay W40	5	4.43.89
<u>BURLEY, MARJ W60</u>		
60 Metres	Fnl: 8	13.42
100 Metres	Ht: 9	23.70
<u>DAUPHINET, CHRISTIANE W85</u>		
60 Metres	Fnl: 1	17.08 QR
100 Metres	Fnl: 1	29.68
1500m Track Walk	1	13.12.50
<u>DAVEY, IRENE W70</u>		
200 Metres	Fnl: 4	40.91
400 Metres	Fnl: 3	1.36.14
800 Metres	Fnl: 2	3.53.00
2000m Steeplechase	1	11.29.95 QR
8k Cross Country	2	51.13.00
<u>DAVIS, CAROL W65</u>		
60 Metres	Fnl: 1	9.51
100 Metres	Fnl: 1	15.60
<u>100m:Champion's Event 3 11.37</u>		
200 Metres	Fnl: 1	31.61
4x400m Relay	1	4.52.76 Wp
(Composite Team)		
4x100m Relay	1	60.60 AR
(Composite Team)		
Pentathlon	1	3602
100 Metres	15.53	933
Shot Put	6.65	597
Long Jump	3.76	801
Javelin Throw	23.32	713
800 Metres	3.39.63	558
<u>DOHERTY, HEATHER W80</u>		
Javelin Throw	1	12.62
Discus Throw	1	18.12
Shot Put	1	6.16
Hammer Throw	2	19.68
Weight Throw	1	7.59
Throws Pentathlon	1	3329
Hammer Throw	18.42	798
Shot Put	6.18	715
Discus Throw	17.15	718
Javelin Throw	14.26	642
Weight Throw	7.05	546
<u>DRURY, MARIA W55</u>		
100 Metres	Ht: 11	19.28
200 Metres	Ht: 11	41.71
Long Jump	3	2.58
Javelin Throw	7	17.43
Discus Throw	10	15.96

Shot Put	7	7.54
<u>FLYNN, JEANETTE W65</u>		
<u>AMA MIDDLE DISTANCE AWARD</u>		
<u>MIDDLE DISTANCE: ATHLETE OF</u>		
<u>THE MEET CERTIFICATE WINNER</u>		
<u>BRIAN FOLEY AWARD</u>		
400 Metres	Fnl: 1	70.37
800 Metres	Fnl: 1	2.48.56
4x400m Relay	1	4.52.76 Wp
(Composite Team)		
<u>GIBSON, MICHELLE W55</u>		
1500m Track Walk	3	15.02.50
Discus Throw	6	20.60
Shot Put	5	8.30
Hammer Throw	6	22.87
Weight Throw	6	8.46
Throws Pentathlon	4	2371
Hammer Throw	23.34	550
Shot Put	7.92	585
Discus Throw	20.37	450
Javelin Throw	12.94	265
Weight Throw	8.10	521
<u>HAMPSON, JEAN W70</u>		
60 Metres	Fnl: 8	16.57
100 Metres	Fnl: 7	20.57
Long Jump	Fnl: 4	2.86
200 Metres	Fnl: 1	26.32
<u>HODGE, KERRI W40</u>		
1500 Metres	2	4.55.85
5000 Metres	1	18.23.27
10,000 Metres	1	37.39.03
2000m Steeplechase	1	7.39.18 QR
4x400m Relay W40	5	4.43.89
8k Cross Country	1	31.02.00
<u>KIRKWOOD, CATHERINE W50</u>		
800 Metres	Fnl: 1	2.52.88
<u>LAKIN, KAREN W50</u>		
400 Metres	Fnl: 4	76.43
800 Metres	Fnl: 3	3.04.34
4x100m Relay W50	4	57.85
4x400m Relay W40	5	4.43.89
<u>LEBOVICS, TAMI W35</u>		
Pentathlon	1	925
100 Metres	17.59	179
Shot Put	7.42	379
Long Jump	3.03	139
Javelin Throw	15.75	228
800 Metres	DNF	0
<u>MACKIE, ALTHEA W45</u>		
Discus Throw	6	26.26
Shot Put	6	8.53
Hammer Throw	1	39.62
Weight Throw	1	12.46
Throws Pentathlon	1	3085
Hammer Throw	39.07	925
Shot Put	8.13	510
Discus Throw	26.36	496
Javelin Throw	16.44	298
Weight Throw	12.26	856
<u>McGREGOR, MARY W60</u>		
60 Metres	Fnl: 3	9.80
100 Metres	Fnl: 4	16.78
4x100m Relay W50	4	57.85
<u>NICHOLAS, JULIA W55</u>		
Long Jump	2	3.64
Javelin Throw	3	19.20
Pentathlon	1	2395
100 Metres	17.02	534
Shot Put	6.43	452
Long Jump	3.54	490
Javelin Throw	21.02	485
800 Metres	3.28.43	434
<u>NORBURY, ELSIE W45</u>		
800 Metres	Fnl: 2	2.37.97

1500 Metres	2	5.31.50
<u>PARRISH, NOREEN W75</u>		
60 Metres	Fnl: 5	12.70
<u>PATERSON, TAMARA W50</u>		
60 Metres	Ht: 11	9.75
100 Metres	Ht: 9	15.82
100 Metres	Fnl: 9	16.23
200 Metres	Fnl: 8	32.25
400 Metres	Fnl: 3	76.35
800 Metres	Fnl: 4	3.12.44
4x100m Relay W50	4	57.85
4x400m Relay W40	5	4.43.89
Long Jump	5	3.69
Triple Jump	3	7.54
Pentathlon	2	2043
100 Metres	16.21	552
Shot Put	6.54	415
Long Jump	3.46	386
Javelin Throw	16.71	325
800 Metres	3.26.75	365
<u>PERKINS, WILMA W65</u>		
<u>AMA MULTI EVENTS AWARD</u>		
<u>CHAMPION OF</u>		
<u>CHAMPION:THROWS</u>		
60 Metres	Fnl: 3	9.82
4x100m Relay	1	60.60 AR
(Composite Team)		
High Jump	1	1.11
Javelin Throw	1	19.73
Discus Throw	1	20.65
Shot Put	1	7.71
<u>Shot Put Champion 1 20.22</u>		
Hammer Throw	2	23.50
Weight Throw	1	8.50
Throws Pentathlon	1	3160
Hammer Throw	22.15	661
Shot Put	7.83	727
Discus Throw	21.37	621
Javelin Throw	19.12	567
Weight Throw	8.67	584
<u>PURCELL, JOAN W75</u>		
1500m Track Walk	3	11.15.50
5000m Track Walk	1	37.54.87
10km Road Walk	1	1:16.10.00
<u>QUINN, DENISE W60</u>		
Long Jump	4	2.80
Javelin Throw	2	18.03
Pentathlon	5	1682
100 Metres	19.89	305
Shot Put	6.57	520
Long Jump	2.84	326
Javelin Throw	18.82	483
800 Metres	4.51.42	48
<u>SEARLE, HELEN W75</u>		
<u>THROWS: ATHLETE OF THE MEET</u>		
<u>CERTIFICATE WINNER</u>		
Shot Put	1	9.45
Hammer Throw	2	27.68
Weight Throw	3	8.89
<u>WESSLING, SARA W30</u>		
Javelin Throw	6	11.90
Discus Throw	7	19.00
Shot Put	7	4.96
Hammer Throw	5	15.98
Weight Throw	3	4.18
Throws Pentathlon	7	985
Hammer Throw	16.04	197
Shot Put	5.70	252
Discus Throw	19.89	276
Javelin Throw	11.13	126
Weight Throw	3.96	134

MEN

ADAMS, JOHN M40

3000m Steeplechase	2	15.54.71	1500 Metres	8.06.18	168	800 Metres	8	2.37.98
Javelin Throw	9	18.62	FIELDER, WAYNE M60			1500 Metres	10	5.43.80
Discus Throw	9	19.12	Javelin Throw	5	30.26	4x100m Relay M50	3	64.81
Shot Put	8	7.80	Shot Put	3	9.37	4x400m Relay M45	4	4.24.59
Hammer Throw	6	20.86	Discus Throw	4	35.50	KELLY, STEPHEN M50		
ADAMS, WAYNE M40			Hammer Throw	2	33.10	400 Metres	Fnl: 4	57.53
800 Metres	4	2.10.57	Throws Pentathlon	3	2519	800 Metres	4	2.19.47
BEGLEY, JOE M60			Hammer Throw	28.98	478	KENNEDY, IAN M75		
60 Metres	Fnl: 7	9.12	Shot Put	9.25	579	High Jump	3	1.02
BELL, CHRIS M45			Discus Throw	30.50	512	Javelin Throw	3A	22.84
800 Metres	2	2.12.58	Javelin Throw	29.55	468	Discus Throw	3A	23.05
1500 Metres	2	4.33.40	Weight Throw	10.11	482	Shot Put	2A	8.64
5000 Metres	2	17.09.52	FRANGENHEIM, PETER M65			Hammer Throw	3A	25.44
BERLIN, MICHAEL M45			Javelin Throw	3	29.82	Weight Throw	2A	11.28
60 Metres	Ht: 3	7.84	Discus Throw	9	23.98	Throws Pentathlon	4A	2443
60 Metres	Fnl: 5	7.90	Shot Put	9	7.37	Hammer Throw	26.45	571
100 Metres	Ht: 2	12.60	Hammer Throw	9	22.51	Shot Put	8.43	594
100 Metres	Fnl: 4	12.50	Weight Throw	8	9.00	Discus Throw	11.43	205
200 Metres	Ht: 2	27.72	Throws Pentathlon	8	2245	Javelin Throw	20.23	417
200 Metres	Fnl: 3	24.79	Hammer Throw	21.69	379	Weight Throw	11.08	656
4x100m Relay M30	3	47.03	Shot Put	7.63	508	KEY, BRIAN M55		
4x400m Relay M30	3	3.52.09	Discus Throw	23.93	422	High Jump	1	1.55
High Jump	1	1.58	Javelin Throw	30.08	544	LEPPER, MARK M55		
Long Jump	2	5.56	Weight Throw	8.00	392	800 Metres	3	2.18.82
Triple Jump	2	10.92	HAKKINEN, KALEVI M60			4x400m Relay M45	4	4.24.59
BONNEY, AARON M45			60 Metres	Fnl: 4	8.66	LOWREY, TIM M50		
Javelin Throw	4	32.79	100 Metres	Fnl: 3	13.92	Javelin Throw	8	22.73
Shot Put	4	9.47	HARRIS, RICHARD M45			Discus Throw	6	23.21
CAMERON, ALLAN M65			Javelin Throw	2	37.35	Shot Put	5	9.34
Long Jump	4	4.09	Discus Throw	1	36.08	Hammer Throw	5	26.63
CHAPLAIN, PAUL M65			Shot Put	3	10.99	Weight Throw	4	9.43
60 Metres	Fnl: 8	9.79	Hammer Throw	3	33.52	Throws Pentathlon	5	1985
100 Metres	Fnl: 7	16.01	Weight Throw	2	11.32	Hammer Throw	24.52	336
200 Metres	Ht: 8	32.27	Throws Pentathlon	3	2612	Shot Put	9.39	546
200 Metres	Fnl: 8	33.36	Hammer Throw	31.83	503	Discus Throw	22.96	338
400 Metres	Ht: 7	1.20.40	Shot Put	10.11	616	Javelin Throw	24.54	301
400 Metres	Fnl: 5	79.55	Discus Throw	32.67	652	Weight Throw	9.75	464
4x100m Relay M50	3	64.81	Javelin Throw	29.49	364	LYONS, RODNEY M65		
4x400m Relay M50	4	5.52.93	Weight Throw	8.93	477	5000 Metres	7	23.43.85
CLARK, FRANK M70			HAWES, PETER M60			MANCEY, COLIN M75		
1500m Track Walk	2	9.13.30	400 Metres	Ht: 2	67.96	8k Cross Country	7	39.02.00
COUTOURE, DENIS M55			400 Metres	Fnl: 3	60.53	60 Metres	Fnl: 7	10.64
1500 Metres	5	5.01.16	800 Metres	1	2.21.34	100 Metres	Fnl: 7	17.59
DAUPHINET, MAURICE M90			4x400m Relay M45	4	4.24.59	400 Metres	Fnl: 3	78.43
60 Metres	Fnl: 2	14.39	HAWKEN, SELWYN M70			800 Metres	2	3.08.41
100 Metres	Fnl: 2	28.07	60 Metres	Fnl: 3	10.91	1500 Metres	2	6.34.28
Long Jump	1	2.10	300m Hurdles	Fnl: 2	76.15	4x100m Relay M50	3	64.81
Javelin Throw	1	14.37	Long Jump	2	3.18	4x400m Relay M50	4	5.52.93
Discus Throw	1	17.40	Triple Jump	1	6.38	McCARTHEY, PATRICK M30		
Shot Put	1	5.70	Pole Vault	2	1.60	60 Metres	Fnl: 2	7.71
DOEL, RENE M40			Pentathlon	2	1325	100 Metres	Fnl: 2	12.16
Javelin Throw	1	45.14	Long Jump	2.96	358	200 Metres	Fnl: 2	24.56
Discus Throw	3	33.23	Javelin Throw	19.83	346	4x100m Relay M30	3	47.03
Shot Put	3	11.35	200 Metres	39.93	223	4x400m Relay M30	3	3.52.09
Hammer Throw	4	29.55	Discus Throw	20.82	398	Long Jump	1	5.87
Weight Throw	3	10.47	1500 Metres	DNF	0	Javelin Throw	1	33.00
Throws Pentathlon	2	2856	JOHNSTONE, TIM M30			Discus Throw	1	34.27
Hammer Throw	31.60	440	60 Metres	Fnl: 5	8.49	Shot Put	1	10.27
Shot Put	11.51	656	100 Metres	Fnl: 3	13.64	Shot: Champion's Event 2	20.39	
Discus Throw	34.22	618	200 Metres	Fnl: 4	26.41	Pentathlon	1	2127
Javelin Throw	45.18	575	400 Metres	Fnl: 2	57.81	Long Jump	5.40	461
Weight Throw	11.05	567	4x100m Relay M30	3	47.03	Javelin Throw	35.62	379
DUNNE, GLEN M55			4x400m Relay M30	3	3.52.09	200 Metres	25.07	599
60 Metres	Fnl: 7	9.13	Javelin Throw	2	32.14	Discus Throw	32.22	508
100m Hurdles	Fnl: 1	25.13	Discus Throw	6	24.20	1500 Metres	6.22.27	180
Long Jump	2	4.13	Shot Put	eq:3	9.18	NORWOOD, DARRIN M35		
Triple Jump	2	8.57	Hammer Throw	3	14.78	CHAMPION OF		
High Jump	4	1.30	Weight Throw	2	5.43	CHAMPION:THROWS		
Pole Vault	2	2.10	Throws Pentathlon	2	1491	60 Metres	Fnl:3	8.40
ELLIOTT, CRAIG M60			Hammer Throw	14.77	112	Javelin Throw	2	44.96
100m Hurdles	Fnl: 4	22.65	Shot Put	8.94	422	Discus Throw	1	38.89
High Jump	2	1.32	Discus Throw	25.00	367			
Pole Vault	1	2.50	Javelin Throw	29.14	287			
Pentathlon	2	2013	Weight Throw	7.31	303			
Long Jump	4.04	519	KAY, JOHN M55					
Javelin Throw	28.42	445	Javelin Throw	4	32.23			
200 Metres	31.99	473	KEEGHAN, TONY M55					
Discus Throw	25.52	408	400 Metres	Fnl: 4	65.71			

Shot Put	1	11.52
Shot Put: Champion	1	21.32
Hammer Throw	1	38.72
Weight Throw	1	12.66
Throws Pentathlon	1	2366
Hammer Throw	34.60	441
Shot Put	12.88	689
Discus Throw	31.96	512
Javelin Throw	43.60	502
Weight Throw	5.71	222
O'CONNOR, BRUCE M60		
High Jump	3	1.20
Pole Vault	2	1.00
Long Jump	4	4.14
Triple Jump	3	7.68
1500m Track Walk	3	12.19.70
Javelin Throw	6	23.70
Shot Put	4	7.67
Hammer Throw	5	24.09
Pentathlon	4	1409
Long Jump	3.88	473
Javelin Throw	21.80	311
200 Metres	35.35	283
Discus Throw	22.30	342
1500 Metres	DNF	0
PERKINS, STAN M70		
Discus Throw	8	21.84
Hammer Throw	8	21.34
PRASAD, GANGA M55		
Long Jump	5	3.46
Triple Jump	4	6.93
High Jump	5	1.05
Javelin Throw	12	19.44
Discus Throw	7	19.62
Shot Put	11	6.30
Hammer Throw	8	13.65
Weight Throw	4	6.01
Throws Pentathlon	7	1374
Hammer Throw	14.19	171
Shot Put	6.62	391
Discus Throw	18.28	277
Javelin Throw	19.40	243
Weight Throw	6.34	292
Pentathlon	3	648
Long Jump	2.52	103
Javelin Throw	16.73	194
200 Metres	39.19	77
Discus Throw	18.13	274
1500 Metres	DNF	0
QUARTERMAN, GUY M75		

Javelin Throw	1	29.99
Discus Throw	2A	25.50
Shot Put	1A	9.55
Hammer Throw	1A	34.24
Weight Throw	1A	12.60
Throws Pentathlon	1A	3269
Hammer Throw	32.48	735
Shot Put	9.39	675
Discus Throw	26.46	622
Javelin Throw	27.85	629
Weight Throw	10.40	608
QUINN, DON M70		
Discus Throw	3	32.38
Shot Put	5	8.79
Hammer Throw	3	30.44
Weight Throw	4	13.03
Throws Pentathlon	4	2623
Hammer Throw	24.00	429
Shot Put	9.03	580
Discus Throw	31.41	667
Javelin Throw	16.85	275
Weight Throw	12.18	672
REID, DAVID M55		
100 Metres	Ht: 9	15.38
100 Metres	Fnl: 7	15.03
200 Metres	Fnl: 7	30.67
ROWLANDS, PHILLIP M65		
Javelin Throw	5	27.15
Discus Throw	13	20.14
Shot Put	5	8.67
Hammer Throw	7	30.06
Weight Throw	6	12.53
Throws Pentathlon	6	2641
Hammer Throw	29.00	553
Shot Put	8.37	569
Discus Throw	20.19	338
Javelin Throw	26.49	462
Weight Throw	13.20	719
ROYCE, ADRIAN M45		
800 Metres	9	2.33.41
5000 Metres	5	18.04.33
10,000 Metres	2	37.20.03
4x400m Relay M45	4	4.24.59
8k Cross Country	2	29.20.00
SCHLECHTER, FRANZ M65		
Long Jump	8	3.29
High Jump	4	1.10
Javelin Throw	8	22.35
Discus Throw	7	26.92
Hammer Throw	12	18.22

Throws Pentathlon	9	2035
Hammer Throw	18.84	312
Shot Put	7.38	488
Discus Throw	27.32	500
Javelin Throw	22.54	373
Weight Throw	7.52	362
Pentathlon	8	1246
Long Jump	3.28	378
Javelin Throw	23.24	389
200 Metres	55.28	0
Discus Throw	26.40	479
1500 Metres	DNF	0
SHEER, JOHN M65		
5000 Metres	6	22.10.89
10,000 Metres	4	46.41.48
4x400m Relay M50	4	5.52.93
8k Cross Country	6	38.15.00
SHUTER, VASYL M65		
100m Hurdles	Fnl: 4	28.81
300m Hurdles	Fnl: 3	77.20
Long Jump	7	3.42
Triple Jump	3	7.49
High Jump	4	1.10
Javelin Throw	7	24.19
Discus Throw	10	23.61
Pentathlon	9	1050
Long Jump	3.28	378
Javelin Throw	23.50	395
200 Metres	36.91	277
Discus Throw	Foul	0
1500 Metres	DNF	0
WOODRIF, JIM M70		
800 Metres	3	2.50.44
1500 Metres	2	6.07.21
8k Cross Country	1	35.08.00
WRIGHT, MICHAEL M50		
60 Metres	Fnl: 8	8.51
4x100m Relay M50	3	64.81
4x400m Relay M50	4	5.52.93
Long Jump	2	4.63
VENEMA, TRAVIS M40		
60 Metres	Fnl: 3	7.51
100 Metres	Fnl: 3	12.18
200 Metres	Fnl: 4	24.22
400 Metres	Fnl: 5	56.78
4x100m Relay M30	3	47.03
4x400m Relay M30	3	3.52.09

