



The Athletic Challenge

November/ December 2016

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To all our members
QMA wishes you



Editorial

Welcome to the November/December edition of the QMA Athletic Challenge. In this edition we celebrate the great achievements of our members who competed in the WMA Championships in Perth in October/November. Our Queensland team numbered 95, of which 28 were women and 67 were men. Our women won 41 medals in total, 24 of which were Gold. Our men also won 41 medals in total, 24 of which were Gold. I counted more than once to make sure this was accurate, as it seemed too much of a coincidence that the numbers of medals won were the same for both men and women! You will find acknowledgement of our Gold Medal winning world champions further in this newsletter together with a full list of results.

Many of our members also competed at the recent Pan Pacific Masters Games in November, some having also competed in Perth just days earlier. Now that is commitment to their sport. Included in this newsletter is an article by Ellie Gibson from the PanPacs news team on one of our older members, Russell Grigg.

We also acknowledge the passing of Cec Beesley on November 25. We send our sympathies to his family and friends.

Many members still have not renewed their membership for the 2016/2017 season. If you are intending to compete, please do this as a matter of priority. Details are included again in this edition.

As the Uniform Officer, I would also like to remind you that it is compulsory to wear the Queensland uniform for any AMA Championship. We do not keep uniforms in stock so you must order at least 8 weeks in advance to allow for the 6 weeks manufacturers turn around and transit time. For those members intending to compete at the Australian Championships in Darwin in June 2017, I suggest you get your order in before Easter. Full details of the uniform and order form are on our website.

To everyone, I wish you a wonderful Christmas and New Year. I hope you have a restful and safe holiday if you are lucky enough to have one. I look forward to seeing you back on the track, field or road in the new year.

Kathy Rourke

Editor.

State, National & International Dates for Your Calendar

2017			
AMA Combined Events-Decathlon&Heptathlon	7-8 January	Bendigo	Victoria
AMA Half Marathon Championships	15 January	Hobart	Tasmania
QMA Pentathlon Championship	12 February	Gold Coast	Queensland
World Masters Athletics Indoor Championships	18-25 March	Daegu	Korea
QMA Track & Field Championships	1-2 April	Brisbane	Queensland
World Masters Games	21-30 April	Auckland	New Zealand
AMA Track & Field Championships	9-12 June	Darwin	Northern Territory
QMA Combined Events-Decathlon&Heptathlon	17-18 June	Townsville	Queensland
2018			
Oceania Masters Athletics Championships	20-27 January	Dunedin	New Zealand
AMA Track & Field Championships	TBA	Perth	Western Australia
World Masters Athletics T & F Championships	September	Malaga	Spain

Q.M.A. BRISBANE TRACK & FIELD PROGRAMME JANUARY to APRIL, 2017

JAN 14	SATURDAY	8.00AM	QSAC MAIN & SAF	QMA THROWS PENTATHLON – WOMEN 9.00am
JAN 21	SATURDAY	8.00AM	QSAC MAIN & SAF	QMA THROWS PENTATHLON - MEN
JAN 28	SATURDAY	8.00AM	QSAC MAIN TRACK	QMA BRISBANE MEET
FEB 18	SATURDAY	8.00AM	QSAC MAIN & SAF	TOM GOULD DAY and ODD EVENTS
MAR 1	WED.NIGHT	7.00PM	QSAC MAIN TRACK	QMA BRISBANE MEET
MAR 4	SATURDAY	8.00AM	QSAC MAIN & SAF	QMA BRISBANE MEET
MAR 12	SUNDAY	8.00AM	QSAC MAIN & SAF	QMA BRISBANE MEET
MAR 22	WED.NIGHT	7.00PM	QSAC MAIN TRACK	QMA 10,000m TRACK WALK CHAMPIONSHIPS
APRIL 1)	SATURDAY	8.00AM	QSAC MAIN & SAF	QMA STATE CHAMPIONSHIPS
APRIL 2)	SUNDAY	8.00AM	QSAC MAIN & SAF	QMA STATE CHAMPIONSHIPS

QMA BRISBANE MEETS ARE FOR ALL QMA ATHLETES AND WE WELCOME ALL MEMBERS TO COMPETE IN OUR FRIENDLY BRISBANE COMPETITION AT THE QSAC AND STATE ATHLETIC FACILITY NATHAN

***** ENTRIES CLOSE 20 MINUTES BEFORE THE START OF EACH EVENT ***
GROUND FEES OF \$8.00 TO BE PAID WITH ENTRY**

(APOLOGY: We are not able to get as many dates for competition since we have been moved to the Main Track. There are Other Athletic Associations who also need dates. We have booked as many as we can and hope for a better time next Season)

OTHER AUSTRALIAN MASTERS & INTERNATIONAL MASTERS CHAMPIONSHIP EVENTS

15/01/2017	AMA HALF MARATHON CHAMPIONSHIPS	HOBART, TASMANIA
7&8/01/2017	AMA HEPTATHLON & DECATHLON CHAMPS	BENDIGO, VICTORIA
18-25/03/2017	WMA WORLD INDOOR CHAMPIONSHIPS	DAEGU, SOUTH KOREA
9-12/06/2017	AMA TRACK & FIELD CHAMPIONSHIPS	DARWIN. N.T.

TIMETABLES

<u>JANUARY 14 SATURDAY SAF</u>	<u>JAN 21 SATURDAY OTHER EVENTS MAIN & SAF</u>
<u>QMA WOMENS THROWS PENTATHLON CHAMPS</u>	8.00am 5000 Metres : Run & Walk
WOMEN 30+ : 9.00am ENTRIES CLOSE : 8.30am	8.00 Long / Triple Jumps Western Side
Women 9.00	8.00 Javelin Throw - Women Northern - SAF
Hammer Throw Southern	8.45 Sprint Hurdles
Shot Put Southern	9.00 60 Metres
Discus Throw Southern	9.00 Weight Throw - Women Northern - SAF
Javelin Throw Northern	9.20 100 Metres
Weight Throw Northern	9.30 Pole Vault Northern or Eastern
	9.50 800 Metres
	10.00 High Jump Southern End
	10.05 200 Metres
	10.00 Shot Put - Women Southern - SAF
	10.30 400 Metres

PLEASE NOTE THE CHANGED TIME FOR THE WMNS' THROWS PENT & ALSO FOR THE MENS' THROWS

Our Apologies as this was a change from QSAC for SAF

JAN 14 SATURDAY OTHER EVENTS MAIN & SAF

8.00am	3000 Metres - Run & Walk	
8.20	High Jump	Southern End
8.30	Long Hurdles	
8.50	60 Metres	
9.00	Javelin Throw – Men	Northern - SAF
9.10	100 Metres	
9.15	Pole Vault	Northern or Eastern
9.40	1500 Metres	
9.45	Long / Triple Jumps	Western Side
10.00	4 x 100m Relay	
10.00	Shot Put - Men	Southern - SAF
10.30	300 Metres	
11.00	Weight Throw – Men	Northern - SAF

CHAMPIONSHIP FEES: \$7 + GROUND FEES: \$8 = \$15

NOTE: QMA MEMBERS MUST BE FINANCIAL TO ENTER CHAMPIONSHIPS- VISITORS ARE NOT ELIGIBLE

JANUARY 21 SATURDAY S.A.F.

QMA MENS' THROWS PENTATHLON CHAMPS

MEN 65+ : 8.00am	ENTRIES CLOSE : 7.30am	
MEN 30-64 : 8.30am	ENTRIES CLOSE : 8.00am	
8.00 M65+	Hammer Throw	Southern
8.30 M30-64	Hammer Throw	Southern
	Shot Put	Southern
	Discus Throw	Southern
	Javelin Throw	Northern
	Weight Throw	Northern

CHAMPIONSHIP FEES: \$7 + GROUND FEES: \$8 = \$15

NOTE: QMA MEMBERS MUST BE FINANCIAL TO

ENTER CHAMPIONSHIPS

VISITORS ARE NOT ELIGIBLE TO ENTER

JANUARY 28 SATURDAY MAIN TRACK

8.00	3000 Metres: Run & Walk	
8.00	Javelin Throw - Women	Northern Runway
8.00	Discus Throw - Men 65+	Southern Cage
8.00	Shot Put – Men 30-64	Southern End
8.30	Long / Triple Jumps	Western Side
8.30	Long Hurdles	
8.45	60 Metres	
9.00	Shot Put - Women	Southern End
9.00	Javelin Throw - Men 65+	Northern Runway
9.00	Discus Throw – M30-64	Southern Cage
9.05	100 Metres	
9.30	Pole Vault	Northern or Eastern
9.35	2km Steeplechase M&W	
9.45	High Jump	Southern Jump
9.55	4 x 200m Relay	
10.00	Discus Throw - Women	Southern Cage
10.00	Shot Put - Men 65+	Southern End
10.00	Javelin Throw - M30-64	Northern Runway
10.20	300 Metres	

4/02/17 : CLOSING DATE FOR TOM GOULD & JAVELIN ENTRIES

Q.M.A. BRISBANE TRACK & FIELD PROGRAMME JANUARY to APRIL, 2017

FEBRUARY 18 SATURDAY QSAC.MAIN & SAF

TOM GOULD DAY

& ODD EVENTS

8.00	3000 Metres: Run & Walk	
8.00	Hammer Throw - Women	Hammer Cage SAF
8.00	Javelin Throw H'cap Men	VICKERS TROPHY
8.00	Long Jump Standing - Wmn	Western Side
8.30	Long Hurdles	
8.45	60 Metres	
9.00	Shot Put Standing - Women	Southern End
9.00	Hammer Throw - Men	Hammer Cage SAF
9.00	Long Jump Standing - Men	Western Side
9.10	100 Yards	
9.30	Pole Vault	Northern or Eastern
9.35	1 Mile Run	
9.45	1 Mile Walk	
9.45	High Jump	Southern Jump
10.00	300 Metres H'cap Heats if necessary	T.GOULD
10.00	or 200 Metres Tentative if 300m Heats not needed	
10.00	Javelin Throw H'cap Wmn	RUTH FRITH TROPHY
10.00	Shot Put Standing - Men	Southern End
10.20	4 x 100m Shuttle Relay	
10.40	300 Metres H'cap Final	TOM GOULD TROPHY

9.30	Pole Vault	Northern or Eastern
9.30	800 Metres	
9.45	Long / Triple Jumps	Western Side
9.45	200 Metres	
10.05	2km Steeplechase	Men 60+ & Women
10.15	3km Steeplechase	Men 30-59
10.00	Shot Put - Men 30-64	Southern End
10.00	Weight Throw - Men 65+	Northern Cage SAF
10.00	Javelin Throw - Women	Southern Runway
10.30	4 x 400m Relay	

MARCH 22 WEDNESDAY NIGHT MAIN TRACK

7.00pm 10,000m Walk QMA CHAMPIONSHIPS

7.00pm	10,000 Run - Non-Championship	
7.00	Long/Triple Jumps M&W	Western Side
7.00	Shot Put - Men & Women	Southern End
8.00	High Jump - Men&Women	Southern Jump
8.00	Javelin - Men & Women	Southern Runway
8.15	100 Metres	
8.30	1500 Metres	
8.45	400 Metres	

1 & 2 APRIL QMA STATE CHAMPIONSHIPS

SATURDAY & SUNDAY QSAC MAIN & SAF

MARCH 1 WEDNESDAY NIGHT MAIN TRACK

7.00pm	5000m Run & Walk	
7.00	High Jump - Men&Women	Southern Jump
7.00	Shot Put - Men & Women	Southern End
7.45	60 Metres	
8.00	Long / Triple Jumps	Western Side
8.00	Discus - Men & Women	Southern Cage
8.00	100 Metres	
8.30	800 Metres	
8.45	300 Metres	

MARCH 4 SATURDAY QSAC. MAIN & SAF

8.00	3000 Metres: Run & Walk	
8.00	Hammer Throw - Women	Hammer Cage SAF
8.00	Discus Throw - M65+	Southern Cage
8.00	Weight Throw - Men 30-64	Northern Cage SAF
8.20	Long / Triple Jumps	Western Side
8.30	Long Hurdles	
8.45	60 Metres	
9.00	Hammer Throw - M30-64	Hammer Cage SAF
9.00	Discus Throw - Women	Southern Cage
9.00	Weight Throw - Men 65+	Northern Cage SAF
9.05	100 Metres	
9.15	Pole Vault	Northern or Eastern
9.30	High Jump	Southern Jump
9.30	1500m Run & Walk	
10.00	4 x 100m Relay	
10.00	Hammer Throw - Men 65+	Hammer Cage SAF
10.00	Discus Throw - Men 30-64	Southern Cage
10.00	Weight Throw - Women	Northern Cage SAF
10.30	400 Metres	

MARCH 12 SUNDAY QSAC. MAIN & SAF

8.00am	5000 Metres: Run & Walk	
8.00	Shot Put - Women	Southern End
8.00	Weight Throw - Men 30-64	Northern Cage SAF
8.00	Javelin Throw - Men 65+	Southern Runway
8.05	Sprint Hurdles	
8.20	High Jump	Southern Jump
8.45	60 Metres	
9.00	Shot Put - Men 65+	Southern End
9.00	Weight Throw - Women	Northern Cage SAF
9.00	Javelin Throw - Men 30-64	Southern Runway
9.05	100 Metres	

SATURDAY EVENTS

5000 metres	Track Walk	Men & Women
3000m	Steeplechase	M30-59
2000m	Steeplechase	Men 60+ & All Women
110m	Hurdles	M30-49
100m	Hurdles	M50-69
100m	Hurdles	W30-39
80m	Hurdles	M70-80+
80m	Hurdles	W40-60+
1500	Metres	Men & Women
100	Metres	Men & Women
400	Metres	Men & Women
	Discus Throw	Women
	Javelin Throw	Women
	Shot Put	Men
	Hammer Throw	Men
	Weight Throw	Women
	Long Jump	Men
	Triple Jump	Women
	Pole Vault	Men & Women

SUNDAY EVENTS

5000 metres	Run	Men & Women
400m	Hurdles	M30-59
400m	Hurdles	W30-49
300m	Hurdles	M60-79
300m	Hurdles	W50-69
200m	Hurdles	Men 80+
200m	Hurdles	Women 70+
60	Metres	Men & Women
100	Metres	Men - Champions Event
100	Metres	Women - Champions Event
200	Metres	Men & Women
800	Metres	Men & Women
	Discus Throw	Men
	Javelin Throw	Men
	Shot Put	Women
	Hammer Throw	Women
	Weight Throw	Men
	Long Jump	Women
	Triple Jump	Men
	High Jump	Men & Women

FULL AGE GROUP EVENTS AND TIMETABLES WILL BE LISTED LATER

Q.M.A. BRISBANE ROSTER FOR JANUARY

14 Jan. John Shaw. Troy Sherlock. Bernie Smith. Gary Smith. Wayne Spies. Brett Stewart. Theresa Stolberg. David Sweeney. John Teschman. Bevan Valentine. Dave Varley. Travis Venema.

21 Jan. Richard Wardle. Kerry Warman. Jodie Watson. Sharyn Wells. Grace White. Harley Wilkinson. Andrew Willey. Renee Witt. Erika Woodward. Michael Zammit. Louisa Abram. Ian Adams.

28 Jan. Wayne Adams. Howard Arbutnot. Julian Bahlmann. Joe Begley. Andrew Bell. Chris Bell. Peter Bennett. Michael Berlin. Lorraine Birtwell. Peter Bracken. Alan Bradford. Julie Brims.

QMA Gold Coast Region Program

JANUARY 15TH

7.30am 3000/5000m Run/Walk
8.15am 60m
8.30am 100m
9.00am 500m
9.10am Long Jump
9.30am 200m
Field Events
7.30 Start Shot put / Combined Weight/56lb / Javelin

JANUARY 29TH

7.30am 3000/5000m Run/Walk
8.15am 60m
8.30am 150m
9.00am 1000m
9.10am Long Jump/Triple Jump
9.30am 400m
Field Events
7.30am Start Hammer / Discus/ Shot Put

12th February - QMA Track and field Pentathlon & 3000m QMA championships

7.30am Weight Throw
7.30am 3000m Run/Walk Championship (Entries Close 7am)
8.00am 100m Women's Pentathlon
8.00am 100m
8.00am Long Jump Men's Pentathlon
8.30am Shot Put Women's Pentathlon
8.30am Shot Put
8.45am Javelin Mens Pentathlon
8.45am Javelin
9.15am Long Jump Women's Pentathlon
9.15am Long Jump
9.45am 200m Men's Pentathlon
9.45am 200m
10.00am Javelin Women's Pentathlon
10.00am Javelin
10.15am Discus Men's Pentathlon
10.15am Discus
10.45am 800m Womens Pentathlon
10.45am 800m

11.00am 1500m Men's Pentathlon
11.00am 1500m

Entries Close for Pentathlon at 7.30am

Pentathlon events take precedence.

Championship fee \$10

Track fee \$7

QMA Members must be financial to compete

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 to seed times.

will be March 26th.

Welcome to New Members

Brisbane Region

Julian	Bahlmann	40
Samantha	Bush	31
Jodie	Craswell	48
Christopher	Dalby	39
Craig	Dodd	37
Adrian	Durrheim	49
Marita	Eisler	36
Michelle	Gibson	54
Bradley	Goss	44
Peter	Hallahan	58
Aidan	Hobbs	30
Sarah	Hughes	32
Paul	Hyde	44
Samantha	Kent	43
Les	Manz	55
Noel	Miller	83
Mark	Miller	57
Kelvin	Moncrieff	50
Eliza	Moore	34
Greg	Poskus	56
Gary	Smith	68
Theresa	Stolberg	44
John	Treschman	52
Richard	Wardle	45
Jodie	Watson	47
Andrew	Willey	39

Gold Coast and Southern Region

Andrew	Barkworth	45
Scott	Beatson	43
Laura	Broy	48
Greg	Costello	38
Nikki	Lidell	45
Geoffrey	McCann	50
Mariya	Todorova	43

Sunshine Coast and Northern Region

Steven	Cragg	31
Margot	Daniels	45
Daron	Foster	39
David	Martin	47
Sallyann	Moller	30

North Queensland

Chris	Roberts	42
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December Birthdays

November Birthdays

Paul	Adams	79
William	Caulfield	79
Dick	Dunstan	70
Gary	Smith	68
Keith	Stevenson	68
Allan	Cameron	66
Rosemary	Dean	65
Jeanette	Flynn	65
Peter	Reeves	63
Ross	Brimms	62
Peter	Bennett	61
Peter	Rodda	58
Gerard	Maguire	52
Andrea	Collins	51
Bennie	Lindeque	50
Kerrie	Warman	49
Justin	Holzer	46
Nikki	Liddell	46
Anthony	Houston	46
Richard	Wardle	45
Matthew	Cooper	44
David	Scott	43
Tina	Eilola	43
Harley	Wilkinson	42
Rene	Doel	41
Kelly	Ross	40
Peter	Bracken	36
Jessica	Day	33
Michael	Day	33

Bernie	Smith	80
Jim	Christian	79
Ian	Kennedy	77
Noel	Peters	69
Mills	Lafferty	68
Paul	Chaplain	68
Vasyl	Shuter	68
Helena	Du Preez	60
Anne	Hayes	60
David	Reid	59
Martin	Ellul	59
Kevin	Davis	57
Shane	Stocker	56
Randall	Gibson	53
Gerard	Duffy	48
Margot	Daniels	46
Richard	Harris	46
Reid	Yates	46
Anthony	Canfell	46
Paul	Hyde	45
Graham	Scully	43
Mark	Ware	43
Julian	Bahlmann	41
Daron	Foster	40
Andrew	Willey	40
Geoffrey	Roennfeldt	37
Michael	Zammit	34
Miki	Bradley	32



Russell's 89 and it's his time to shine

Thursday 10 November 2016

By Ellie Gibson

Jupiters Pan Pacific Masters Games (JPPMG) 5000m walk record holder Russell Grigg, 89, has his eyes on more pages in the record book.

Russell set the walk record at the 2014 games, but today was targeting field events. He won gold in the 85-89 weight throw (a masters specific sport) at the Sports Super Centre Track at Runaway Bay and aims to set a new hammer throw record in his age group.

"At training I threw 16.5m exceeding the current record which is 16.03m," said Russell.

From Brisbane, Russell trains at the Queensland Sport and Athletics Complex, more commonly known as the QE2 sports facility near his residence at Eight Mile Plains.

He has been a long-time competitor at the JPPMG and has decided not to contest the 5km walk this year.

"The 5km walk is tonight but I didn't bother to go into it because I already have the record!" Russell said.

However he still has plenty of other commitments including discuss, hammer throw, javelin shot put and the 3000m walk over the next two days.

He also shared a secret.

"There's only one person in the age group of 85-89..." Russell laughed.

"Guess who? Me!

"I always come back to these games. It keeps me healthy and is good fun! I really enjoy it."

The 10th biennial Jupiters Pan Pacific Masters Games is being held 5 – 13 November 2016 on the Gold Coast in Queensland, Australia.

The Jupiters Pan Pacific Masters Games showcases competition in 43 team and individual sports and is hosting 13,000 participants from Queensland, interstate and overseas.

Vale

Cecil Henry (Cec) Beesley

Born in Australia on 12 January 1935

Passed away on 25 November 2016

Late of Main Beach Gold Coast

Aged 81 years

Cecil Beesley was a member of QMA Veterans/Masters for 14 years, joining in 1994. He lived at the Gold Coast and was very good in the Throws Events. In 2000 he set a Queensland Record for the Javelin. Cec represented Australia at the World Masters in Italy in 2007.

Sadly Cec passed away on Friday 25th November after a 7 year battle with Parkinsons. Athletics and Sport was such a big part of his life both as a coach and participant and he loved his time in the Veterans. Not only did he compete at the highest level himself in his later years, he also coached throwers to national standard. May he rest in peace.

QMA MEMBERSHIP RENEWAL NOTICE FOR 2016-17

(Southern Queensland members only)

QMA membership is due for renewal on or before 1 October 2016. If you haven't renewed by this date you will need to compete as a visitor.

The QMA membership year runs from 1st October to 30th September the following year. As a financial member, you are eligible to compete at all QMA competitions, QMA Championships, Australian Championships and Oceania Region Championships.

If you are 35 and over, you are also eligible to compete at World Masters Championships.

Membership Fees for 2016-17

- General membership fee \$65
- Concession membership fee \$55 (with a Government concession card)
- Members of other QA clubs \$55.
- Concession Members of other QA clubs \$45
- Officials and Volunteers Free (please renew online or complete a membership form)

- With QA Dual Membership (Online only) \$110 ***
- With QA Platinum Membership (Online only) \$275 ***

***QMA Membership with QA Dual or Platinum Membership confers significant extra benefits for those who wish to regularly compete in QA sanctioned events and championships.

Payment Options:

ON-LINE: This is the preferred option for renewing members and new members. Follow the link from the QMA membership page.

BY MAIL: Download the membership form from the QMA website or if you receive this newsletter in the mail, the form is included. You can also collect one from the Registrar at the track.

Complete and return by mail or email to the Registrar with cheque or credit card payment.

Registrar: Robert Lasker, 46 Mukine Street Jindalee Qld 4074, Phone 0474597877

email: registrar@qldmastersathletics.org.au

IN PERSON: Bring the completed form to your competition venue (Brisbane or Gold Coast) on competition days with payment.

AUSTRALIAN MASTERS ATHLETICS HALF MARATHON CHAMPIONSHIPS

(Incorporating the Tasmanian Masters Athletics Half Marathon Championships)

- Where:** Start/finish at the Cadbury Chocolate Factory, Claremont, Tasmania.
- When:** 6.30am, Sunday, 15 January 2017.
- Background:** The Masters Half Marathon Championships will be conducted in conjunction with the Cadbury Marathon and Half Marathon which are open events. These events have been held annually since 1984. **A maximum of 900 entries will be accepted in the Cadbury Half Marathon so early entry is advised. Last year there were 817 entries.**
- Eligibility:** All financial members of a State Masters Athletics Club will be eligible. All entries will be validated with the State Club prior to race day.
- Entries:** The entry fee is \$85.00. Athletics Tasmania members can enter at a discount using the code **ATChocRun**. Please enter online at <http://cadburymarathon.com.au>
No championship entries will be accepted after 6pm on Thursday, 5th January 2017.
- Acknowledgement of Entry:** Online entries will receive an automatic email acknowledgement.
- Awards:** Medals will be awarded to the first three place-getters in the usual 5 year age categories for both males and females commencing with the 30-34 age group. There is no upper age limit. In addition, all finishers will receive a Cadbury bag, including chocolate and a finisher's medal.
The master's award ceremony will commence at 9.15am.
- Course:** The course is flat, fast and scenic. The turn is on the eastern side of the Bowen Bridge. There are no major hills and the course surface is road/bitumen for the entire distance. This is an officially measured IAAF course.
- Weather Conditions:** The conditions are generally very pleasant for distance running. Historically the temperature has been in the low 20's with the past few years providing generous sunshine throughout the event, without being scorching hot.
- Websites:** www.tasmastersathletics.org.au <http://cadburymarathon.com.au>
- Further Information:** Further information can be obtained from Michael Walker, Secretary, Tasmanian Masters Athletics: 0428 376 741 / mikewalker.tma@gmail.com

17/09/2016 QMA BRISBANE MEET SATURDAY QSAC

M60	1 Ian Cameron	10.10.06
	2 Peter Reeves	10.39.95
	3 Robert Gunningham	11.40.87
M65	1 John Sheer	13.28.14
3000m TRACK WALK		
M45	1 Dean Nipperess	14.20.70
M50	1 ignacio Jimenez	14.27.05
M60	1 Peter Bennett	14.31.38 QR
M75	1 Patrick Sela	21.48.57
M85	1 Russell Grigg	33.19.29
400m HURDLES		
M50	1 Dave Varley	67.65
300m HURDLES		
M75	1 Bernie Smith	1.46.51
4 x 200m RELAY		
M35+	Geoffrey Roennfeldt 36	
	Joe Begley 62	
	Colin Buyers 74	
	Pio Bunin 74	2.09.91

LONG JUMP

M30	1 Paul Geraghty	5.53 vis
M45	1 Michael Berlin	5.09
M50	1 Michael Hughes	4.42
M55	1 Glen Dunne	3.88
	2 Ganga Prasad	3.00
M60	1 Bruce O'Connor	3.92
M70	1 Peter Kennedy	4.06
M75	1 Spencer Herft	3.42
	2 Bernie Smith	2.62

TRIPLE JUMP

M55	1 Glen Dunne	8.74
M75	1 Spencer Herft	7.15

HIGH JUMP

M45	1 Michael Berlin	1.60
M55	1 Brian Key	1.55
M70	1 Peter Kennedy	1.25
M75	1 Ian Kennedy	1.02
	2 Bernie Smith	1.00

POLE VAULT

M50	1 Michael Hughes	2.20
	1 Dave Varley	2.20
M55	1 Craig Elliott	2.40
	2 Glen Dunne	2.00
M60	1 Mark McLean	2.20
M75	1 Bernie Smith	1.40

JAVELIN THROW

M30	1 Anthony Eggersdorff	19.20
M35	1 Darrin Norwood	44.51
	2 Samuel Hornick	26.46 vis
M55	1 Ganga Prasad	21.23
M60	1 Niel Ensbey	32.94
	2 Ross Brims	24.76
M65	1 Peter Frangenheim	29.05
M70	1 Peter Kennedy	33.38
	2 Guy Quarterman	30.87
M75	1 Spencer Herft	26.56
	2 Ian Kennedy	21.47
M85	1 Russell Grigg	10.15
M90	1 Maurice Dauphinat	16.81

DISCUS THROW

M30	1 Anthony Eggersdorff	19.09
M35	1 Darrin Norwood	41.10
	2 Samuel Hornick	20.13 vis
M45	1 Richard Harris	36.35
M50	1 Michael Hughes	31.73
M55	1 Craig Elliott	24.36
	2 Ganga Prasad	18.95
M60	1 Niel Ensbey	32.00
	2 Bruce O'Connor	21.96
M65	1 Peter Frangenheim	23.35
M70	1 Peter Kennedy	29.97
	2 Quy Quarterman	27.11
M75	1 Ian Kennedy	22.71
M90	1 Maurice Dauphinat	18.62

SHOT PUT

M30	1 Anthony Eggersdorff	7.47
M35	1 Darrin Norwood	14.33
M45	1 Richard Harris	10.61
M55	1 Craig Elliott	7.80
	2 Ganga Prasad	6.43
M60	1 Mark McLean	9.14
	2 Bruce O'Connor	7.83
	3 Niel Ensbey	7.31
	4 Ross Brims	6.68
M65	1 Peter Frangenheim	7.15
M70	1 Peter Kennedy	10.63
	2 Guy Quarterman	9.39
M75	1 Ian Kennedy	7.70
M85	1 Russell Grigg	5.23

24/09/2016 QMA BRISBANE MEET SATURDAY QSAC

WOMEN

60 METRES

W50	1 Julie Brims	8.13
	2 Lynda Flynn	10.27
W55	1 Karen Crawley	9.78
	2 Mary McGregor	9.92
W60	1 Denise Quinn	10.96

100 METRES

W30	1 Sarah Hughes	16.92 vis
W50	1 Julie Brims	12.94
	2 Lynda Flynn	16.73
W55	1 Karen Crawley	15.85
	2 Mary McGregor	16.17
W60	1 Denise Quinn	17.81

300 METRES

W45	1 Petrina Brown	49.00
W50	1 Julie Brims	42.76
	2 Lynda Flynn	58.10
W55	1 Karen Crawley	55.61
W60	1 Denise Quinn	68.12
W65	1 Irene Davey	71.29

800 METRES

W45	1 Petrina Brown	2.46.32
W55	1 Karen Crawley	3.20.86

5000m TRACK WALK

W70	1 Noela McKinven	39.54.20
W85	1 Christiane Dauphinat	40.36.35

LONG JUMP

W30	1 Sarah Hughes	3.64 vis
W55	1 Karen Crawley	3.61

HIGH JUMP

W30	1 Sarah Hughes	1.30 vis
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POLE VAULT

W65	1 Wilma Perkins	2.10
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JAVELIN THROW

W50	1 Sueli Dashwood	36.75 AR
	2 Michelle Gibson	14.14 vis
W60	1 Denise Quinn	21.40
W65	1 Wilma Perkins	19.78
W70	1 Lorraine Birtwell	12.10
W80	1 Heather Doherty	13.28

HAMMER THROW

W40	1 Tina Eilola	22.66
W50	1 Michelle Gibson	17.47 vis
W60	1 Cynthia Cliff	5.40
W70	1 Lorraine Birtwell	20.15
W80	1 Heather Doherty	19.50

WEIGHT THROW

W40	1 Tina Eilola	9.20
W50	1 Michelle Gibson	8.05 vis
W60	1 Cynthia Cliff	5.97
W70	1 Lorraine Birtwell	7.01
W80	1 Heather Doherty	8.48

MEN

60 METRES

M30	1 Scott Tuohy	7.68 vis
	2 Patrick McCarthy	7.88
	3 Isaac Lappin	8.04 vis
M35	1 Geoffrey Roennfeldt	9.40
M45	1 Gary Parkinson	7.93
	2 Michael Berlin	8.04
	3 Scott Dorset	8.27 UK

M50	1 Robert Lasker	8.79
M55	1 Les Manz	8.73 vis
	2 D.James	9.20
	3 Craig Elliott	9.56

M60	1 Joe Begley	8.61
	2 Ian Malouf	9.23
	3 Philip Rodgers	10.66
M65	1 Rob White	9.46
M70	1 John Wight	8.73
M75	1 Pio Bunin	9.88

M80	1 Noel Garvey	11.21
M90	1 Maurice Dauphinat	13.62

100 METRES

M30	1 Scott Tuohy	12.05 vis
	2 Isaac Lappin	12.61 vis
	3 Jeremy Cooke	14.95 vis
M35	1 Geoffrey Roennfeldt	14.91
M40	1 Graham Scully	11.99
M45	1 Michael Berlin	12.73
	2 Scott Dorset	12.88 UK
	3 Brett Stewart	13.60

M50	1 Robert Lasker	14.20
	2 Randall Gibson	15.29
M55	1 Les Manz	13.80 vis
	2 D.James	14.58
M60	1 Joe Begley	13.73
	2 Ian Malouf	14.76
M65	1 Rob White	15.28
M70	1 John Wight	14.02
M75	1 Pio Bunin	16.55
M80	1 Colin Woods	17.95
	2 Noel Garvey	18.64

300 METRES

M35	1 Geoffrey Roennfeldt	47.84
M40	1 Graham Scully	38.59
	2 Julian Bahlmann	42.74
M45	1 Gary Parkinson	38.72
	2 Michael Berlin	41.22
	3 Adrian Royce	50.88
	4 Brett Stewart	51.51

M50	1 Stephen Kelly	42.52
	2 Randall Gibson	48.95
M55	1 Les Manz	46.93 vis
	2 D.James	46.94
	3 Craig Elliott	54.61

M60	1 Joe Begley	44.89
	2 Ian Malouf	48.09
M65	1 Paul Chaplain	54.70
M70	1 Colin Buyers	54.31
M80	1 Colin Woods	57.03
	2 Noel Garvey	66.68

800 METRES

M35	1 Andrew Willey	2.19.65 vis
M40	1 Graham Scully	2.18.08
	2 Julian Bahlmann	2.22.04
	3 Paul Shard	2.27.38
M45	1 Adrian Royce	2.35.68

M50	1 Stephen Kelly	2.21.68
M55	1 D.James	2.35.07
	2 Peter Rodda	3.03.90
M60	1 Peter Hawes	2.16.95
M65	1 Sean Ryan	2.56.49
M80	1 Colin Woods	3.19.72

5000 METRES	M40 1 Paul Shard	18.43.68	M60 1 Ian Cameron	17.39.29	
M35 1 Andrew Willey	18.12.06 vis	M55 1 Con Dimauro	18.22.37	2 Ron Peters	19.25.31

24/09/2016 QMA BRISBANE MEET SATURDAY QSAC

5000m TRACK WALK	HIGH JUMP	M70 1 Guy Quarterman	31.15
M50 1 Ignacio Jimenez	M30 1 Jeremy Cooke	M75 1 Ian Kennedy	23.14
M60 1 Peter Bennett	M45 1 Michael Berlin	M85 1 Russell Grigg	9.76
100m HURDLES	M50 1 Michael Hughes	M90 1 Maurice Dauphinat	16.06
M55 1 Kevin Davis	M55 1 Brian Key	HAMMER THROW	
M65 1 Bruce Bodsworth	POLE VAULT	M30 1 Anthony Eggersdorff	16.89
4 x 100m RELAY	M50 1 Michael Hughes	M50 1 Michael Hughes	22.94
M35+ Noel Garvey	M55 1 Craig Elliott	M55 1 Craig Elliott	21.40
Ian Malouf	2 Kevin Davis	M65 1 Peter Frangenheim	20.12
Geoffrey Roennfeldt	M65 1 Bruce Bodsworth	M70 1 Quy Quarterman	33.31
Randall Gibson	JAVELIN THROW	M75 1 Ian Kennedy	26.06
LONG JUMP	M30 1 Anthony Eggersdorff	M85 1 Russell Grigg	16.60
M45 1 Michael Berlin	M50 1 Robert Lasker	M90 1 Maurice Dauphinat	15.52
2 Brett Stewart	M55 1 Craig Elliott	WEIGHT THROW	
M50 1 Robert Lasker	M60 1 Philip Rodgers	M30 1 Anthony Eggersdorff	6.36
M60 1 Philip Rodgers	M65 1 Bruce Bodsworth	M65 1 Peter Frangenheim	7.14
M65 1 Rob White	2 Peter Frangenheim	M70 1 Guy Quarterman	13.27
		M75 1 Ian Kennedy	12.24

25/09/2016 QMA GOLD COAST MEET SUNDAY GRIFFITH UNI, GOLD COAST

WOMEN	MEN	M70 1 Colin Mancey	61.53
60 METRES	60 METRES	800 METRES	
W40 1 Mariya Todorova	M35 1 Robin Mhrshahi	M40 1 Marc-Paul Trevethan	2.35.65
W45 1 Karen Bradley	2 Greg Costello	M55 1 D.James	2.38.14
W65 1 Carol Davis	M40 1 Graham Scully	M70 1 Colin Mancey	3.24.20
2 Wilma Perkins	M45 1 Gary Parkinson	5000m TRACK WALK	
3 Anne Deleiros	M50 1 Steve Jones	M45 1 Dean Nipperess	25.55.95
100 METRES	2 Juan San Martin	LONG JUMP	
W45 1 Karen Bradley	M55 1 Mike Kirkby	M35 1 Robin Mhrshahi	6.03
W65 1 Carol Davis	2 D.James	2 Greg Costello	5.15 vis
2 Wilma Perkins	M60 1 Joe Begley	M45 1 Andrew Barkworth	4.79 vis
W70 1 Chris Waring	M65 1 Paul Chaplain	M60 1 William Gibson	2.21
300 METRES	M80 1 Charles Crowley	M80 1 Charles Crowley	2.76
W45 1 Karen Bradley	100 METRES	TRIPLE JUMP	
W65 1 Carol Davis	M35 1 Greg Costello	M35 1 Greg Costello	8.71 vis
W70 1 Chris Waring	M40 1 Graham Scully	M80 1 Charles Crowley	5.65
800 METRES	M45 1 Gary Parkinson	DISCUS THROW	
W40 1 Jennifer Harris	2 Andrew Barkworth	M35 1 Greg Costello	28.38 vis
3000 METRES	M50 1 Juan San Martin	M40 1 Rodney Watson	30.14nsw
W40 1 Mariya Todorova	2 Steve Jones	M45 1 Gerard Duffy	41.30
3000m TRACK WALK	M55 1 Mike Kirkby	M55 1 Mike Kirkby	32.61
W60 1 Robyn Wales	2 D.James	M60 1 William Gibson	22.52
LONG JUMP	M60 1 Joe Begley	M65 1 Kevin Ryall	29.75
W65 1 Wilma Perkins	M65 1 Tony Deleiros	M80 1 Bill McMullen	19.82
3.07	2 Paul Chaplain	SHOT PUT	
TRIPLE JUMP	300 METRES	M40 1 Rodney Watson	11.28nsw
W65 1 Anne Deleiros	M35 1 Greg Costello	M55 1 Mike Kirkby	7.93
7.24 vis	M40 1 Graham Scully	M60 1 William Gibson	9.19
SHOT PUT	M45 1 Gary Parkinson	M65 1 Kevin Ryall	8.65
W65 1 Wilma Perkins	M50 1 Steve Jones	M80 1 Bill McMullen	7.60
7.53	2 Juan San Martin	HAMMER THROW	
DISCUS THROW	M55 1 D.James	M35 1 Greg Costello	20.54 vis
W40 1 Jennifer Harris	2 Mike Kirkby	M40 1 Rodney Watson	33.65nsw
W75 1 Eunice Jenkins	M65 1 Tony Deleiros	M55 1 Mike Kirkby	27.48
13.68	2 Paul Chaplain	M60 1 William Gibson	22.02
HAMMER THROW		M80 1 Bill McMullen	22.61
W75 1 Eunice Jenkins			
20.58			

23-25/09/2016 NORTH QUEENSLAND CHAMPIONSHIPS, TOWNSVILLE

QMA MEMBERS RESULTS

LADIES	W30 1 Miki Bradley	30.14	W35 1 Kelly Ross	1.26.15
60 METRES	W35 1 Kelly Ross	32.45	LONG JUMP	
W30 1 Miki Bradley	W40 1 Heather Vaughan	33.78	W30 1 Miki Bradley	4.32
W35 1 Kelly Ross	W45 2 Sheree Bennett	35.66	W35 1 Kelly Ross	4.08
W40 1 Heather Vaughan	400 METRES		W45 1 Sheree Bennett	3.10
W45 2 Sheree Bennett	W30 2 Mike Bradley	1.15.09	2 Jos Grech	1.58
3 Jos Grech	800 METRES		TRIPLE JUMP	
100 METRES	W45 1 Sheree Bennett	3.24.22	W35 1 Kelly Ross	8.71
W30 1 Miki Bradley	80m HURDLES		W45 1 Sheree Bennett	6.71
W35 1 Kelly Ross	W40 1 Heather Vaughan	14.19	SHOT PUT	
W40 1 Heather Vaughan	100m HURDLES		W30 1 Miki Bradley	7.81
W45 1 Sheree Bennett	W35 1 Kelly Ross	21.26	W35 1 Rebecca Austin	9.23
200 METRES	400m HURDLES		2 Helen Wallis	7.96

3 Kelly Ross	5.78	W45 1 Lisa Taylor	5.12	DISCUS THROW	
W40 1 Heather Vaughan	7.53	2 Jos Grech	4.79	W30 1 Miki Bradley	28.27

23-25/09/2016 NORTH QUEENSLAND CHAMPIONSHIPS, TOWNSVILLE

QMA MEMBERS RESULTS

W35 1 Helen Wallis	25.07	1 Dave Varley	M50	1.07.46	1500 Metres	6.10.09	224
2 Rebecca Austin	22.32	2 Andrew Millerd	M50	1.11.19	M35 Greg Hamilton	1	4008
3 Kelly Ross	17.28	LONG JUMP			100 Metres	12.62	563
W40 1 Heather Vaughan	18.47	M50 1 Leigh Gray		3.59	Long Jump	5.17	447
W45 1 Sheree Bennett	20.97	M65 1 Mills Lafferty		1.70	Shot Put	8.88	438
2 Lisa Taylor	14.53	TRIPLE JUMP			High Jump	1.54	449
3 Jos Grech	13.81	M40 1 David Scott		11.01	400 Metres	1.01.07	449
HAMMER THROW		M50 1 Leigh Gray		7.92	110m Hurdles	20.66	314
W35 1 Helen Wallis	31.05	POLE VAULT			Discus Throw	27.68	427
2 Rebecca Austin	29.47	M50 1 Andrew Millerd		2.40	Pole Vault	2.70	296
W45 1 Jos Grech	14.36	M70 1 Selwyn Hawken		1.80	Javelin Throw	31.23	322
JAVELIN THROW		JAVELIN THROW			1500 Metres	5.53.95	303
W35 1 Rebecca Austin	20.31	M35 2 Raymond Abdy		16.88	M40 David Scott	1	3961
2 Helen Wallis	16.40	M45 1 Andrew Kelly		28.99	100 Metres	13.40	495
3 Kelly Ross	13.52	2 Tim Lowrey		23.79	Long Jump	4.56	375
W40 1 Heather Vaughan	19.60	M50 1 Ken Dickson		39.18	Shot Put	8.30	440
W45 1 Sheree Bennett	17.10	2 Leigh Gray		36.81	High Jump	1.48	426
2 Lisa Taylor	12.37	M55 1 Ian Geoghegan		33.38	400 Metres	1.04.34	407
3 Jos Grech	8.79	M65 1 Mills Lafferty		22.01	110m Hurdles	19.50	470
THROWS PENTATHLON		M70 1 Selwyn Hawken		22.94	Discus Throw	25.21	421
W30 Jessica Day	1	JAVELIN THROW - OPEN			Pole Vault	2.70	333
Hammer Throw	23.04	2 Leigh Gray	M50	34.63	Javelin Throw	26.99	290
Shot Put	6.38	3 Tim Lowrey	M45	26.14	1500 Metres	6.08.33	304
Discus Throw	13.07	4 Raymond Abdy	M35	20.06	M45 Andrew Ford	1	3000
Javelin Throw	9.20	JAVELIN THROW - PARA OPEN			100 Metres	14.44	399
Weight Throw	8.36	1 Raymond Abdy		19.15	Long Jump	4.02	315
W35 Rebecca Austin	1	DISCUS THROW			Shot Put	9.19	548
Hammer Throw	29.47	M35 2 Raymond Abdy		18.81	High Jump	1.15	225
Shot Put	9.23	M45 1 Tim Lowrey		23.71	400 Metres	1.15.97	164
Discus Throw	22.32	2 Andrew Kelly		22.92	110m Hurdles	23.06	267
Javelin Throw	17.67	M50 1 Ken Dickson		37.65	Discus Throw	26.53	503
Weight Throw	8.90	2 Leigh Gray		31.08	Pole Vault	1.70	130
1500m TRACK WALK		M55 1 Ian Geoghegan		27.91	Javelin Throw	29.71	367
W35 1 Kelly Ross	11.43.03	M65 1 Mills Lafferty		27.95	1500 Metres	7.36.01	82
W45 1 Sheree Bennett	9.52.53	2 John Wallis		19.41	M50 Dave Varley	1	5622
MEN		DISCUS THROW - OPEN			100 Metres	12.73	761
60 METRES		3 Leigh Gray	M50	23.69	Long Jump	4.73	546
M35 2 Raymond Abdy	12.16	4 Tim Lowrey	M45	23.02	Shot Put	7.82	435
M50 1 Dave Varley	8.10	5 Raymond Abdy	M35	18.43	High Jump	1.39	472
2 Ken Dickson	8.45	DISCUS THROW - PARA OPEN			400 Metres	1.00.13	697
3 Norman Burns	9.01	1 Raymond Abdy		25.53	100m Hurdles	17.07	688
M55 1 Neil Gray	8.76	SHOT PUT			Discus Throw	28.82	453
M60 1 Kalevi Hakkinen	8.64	M35 2 Raymond Abdy		7.81	Pole Vault	2.80	464
100 METRES		M45 1 Tim Lowrey		9.07	Javelin Throw	40.23	580
M45 2 Jason Smith	13.07	M50 1 Ken Dickson		10.36	1500 Metres	5.50.50	526
M50 1 Norman Burns	14.37	2 Leigh Gray		9.17	M50 Andrew Millerd	2	4937
M65 1 Mark Mifsud	13.88	M65 1 Mills Lafferty		9.02	100 Metres	12.94	721
200 METRES		M70 1 Selwyn Hawken		8.00	Long Jump	4.91	593
M50 1 Norman Burns	30.42	SHOT PUT - OPEN			Shot Put	7.98	447
M65 1 Mark Mifsud	28.91	2 Michael Day	M30	12.66	High Jump	1.51	585
M70 1 Selwyn Hawken	35.28	3 Tim Lowrey	M45	9.20	400 Metres	1.06.07	490
400 METRES		SHOT PUT - PARA OPEN			100m Hurdles	19.09	492
M45 1 Jason Smith	59.29	1 Raymond Abdy		8.59	Discus Throw	28.99	457
M50 1 Norman Burns	1.05.55	HAMMER THROW			Pole Vault	2.30	314
M65 1 Mark Mifsud	1.07.46	M35 1 Raymond Abdy		22.68	Javelin Throw	27.11	346
M70 1 eter Hone	1.15.66	M45 1 Tim Lowrey		27.12	1500 Metres	5.57.37	492
800 METRES		M50 1 Ken Dickson		28.95	M50 Ken Dickson	3	4314
M30 1 Ian Anderson	2.32.86	2 Leigh Gray		23.95	100 Metres	13.36	647
M45 1 Jason Smith	2.19.03	M65 1 Mills Lafferty		28.76	Long Jump	4.05	377
M50 1 Norman Burns	2.30.87	2 John Wallis		15.33	Shot Put	10.58	631
1500 METRES		M70 1 Selwyn Hawken		23.33	High Jump	1.36	441
M30 1 Ian Anderson	5.04.50	HAMMER THROW - OPEN			400 Metres	1.07.21	454
M45 1 Jason Smith	5.22.42	3 Tim Lowrey	M45	26.07	100m Hurdles	21.88	273
M50 1 Norman Burns	5.04.25	DECATHLON			Discus Throw	33.10	540
500 METRES		M30 Michael Day	1	4566	Pole Vault	1.90	206
M30 1 Ian Anderson	18.31.20	100 Metres		12.28	Javelin Throw	32.45	440
M50 1 Norman Burns	18.56.22	Long Jump		5.96	1500 Metres	6.41.14	305
80m HURDLES		Shot Put		12.32	M55 Neil Gray	1	4713
M70 1 Selwyn Hawken	18.48	High Jump		1.54	100 Metres	13.91	629
400m HURDLES		400 Metres		1.01.65	Long Jump	4.23	492
M40 1 David Scott	1.16.10	110m Hurdles		19.61	Shot Put	8.07	501
400m HURDLES - OPEN		Discus Throw		37.59	High Jump	1.30	457
		Pole Vault		2.60	400 Metres	1.09.43	458
		Javelin Throw		44.38	100m Hurdles	20.63	429

Discus Throw	27.23	469	Javelin Throw	32.84	499
Pole Vault	2.30	364	1500 Metres	6.31.99	415

23-25/09/2016 NORTH QUEENSLAND CHAMPIONSHIPS, TOWNSVILLE

QMA MEMBERS RESULTS

M60 Mark McLean	1	6032	QR
100 Metres	13.11	852	
Long Jump	4.28	591	
Shot Put	9.27	580	
High Jump	1.33	569	
400 Metres	1.03.42	737	
100m Hurdles	19.09	603	
Discus Throw	24.73	392	
Pole Vault	2.40	459	
Javelin Throw	31.98	518	
1500 Metres	5.42.79	731	
M70 Peter Kennedy	1	5690	
100 Metres	15.35	661	
Long Jump	3.85	661	
Shot Put	10.78	716	
High Jump	1.33	776	
400 Metres	1.33.59	141	
80m Hurdles	16.62	625	
Discus Throw	29.00	605	
Pole Vault	2.50	682	
Javelin Throw	31.60	634	
1500 Metres	5.56.64	189	
<u>DECATHLON - OPEN</u>			
Fernando Coelho	3	4513	
100 Metres	11.94	663	
Long Jump	5.44	469	
Shot Put	9.24	440	
High Jump	1.61	472	

400 Metres	57.42	505
110m Hurdles	18.10	515
Discus Throw	17.78	231
Pole Vault	3.20	406
Javelin Throw	28.63	280
1500 Metres	5.04.81	532
<u>THROWS PENTATHLON</u>		
M35 Raymond Abdy	1	1162
Hammer Throw	22.68	245
Shot Put	7.60	359
Discus Throw	18.28	245
Javelin Throw	16.88	123
Weight Throw	5.13	190
M45 Tim Lowrey	1	2024
Hammer Throw	25.85	383
Shot Put	9.07	540
Discus Throw	23.65	435
Javelin Throw	21.71	235
Weight Throw	8.24	431
M50 Leigh Gray	1	2263
Hammer Throw	23.95	325
Shot Put	9.17	530
Discus Throw	31.08	499
Javelin Throw	35.47	494
Weight Throw	8.90	415
M65 Mills Lafferty	1	2493
Hammer Throw	28.76	547
Shot Put	8.27	561

Discus Throw	27.95	514
Javelin Throw	22.01	361
Weight Throw	9.90	510
M70 Selwyn Hawken	1	2347
Hammer Throw	23.33	413
Shot Put	8.00	500
Discus Throw	23.64	469
Javelin Throw	22.94	421
Weight Throw	10.21	544
<u>THROWS PENTATHLON - OPEN</u>		
Tim Lowrey	1	1678
Hammer Throw	25.00	271
Shot Put	9.20	438
Discus Throw	23.02	329
Javelin Throw	26.14	245
Weight Throw	8.98	395
Leigh Gray	2	1529
Hammer Throw	19.04	177
Shot Put	8.49	395
Discus Throw	23.15	332
Javelin Throw	34.63	365
Weight Throw	6.53	260
Raymond Abdy	3	1158
Hammer Throw	23.07	240
Shot Put	7.16	317
Discus Throw	18.33	241
Javelin Throw	20.06	162
Weight Throw	5.37	

RESULTS FOR 2016/2017 SEASON

1-3/10/16 AMA WINTER THROWS CHAMPIONSHIPS WOLLONGONG, NSW

WOMEN

HAMMER THROW

W30 1 Jessica Day	23.82
W35 3 Rebecca Austin	27.10

SHOT PUT

W30 1 Jessica Day	6.25
W35 3 Rebecca Austin	8.47
W55 1 Marie Kay	11.39 MR

DISCUS THROW

W30 1 Jessica Day	14.96
W35 3 Rebecca Austin	23.44

JAVELIN THROW

W30 1 Jessica Day	9.57
W55 1 Marie Kay	33.69 QR
W70 3 Noreen Parrish	13.02

WEIGHT THROW

W30 1 Jessica Day	8.42
W35 3 Rebecca Austin	9.98

56lb WEIGHT

W30 1 Jessica Day	3.78 QR
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100lb WEIGHT

W30 1 Jessica Day	2.13 BR
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WEIGHT FOR DISTANCE

W30 1 Jessica Day	8.80
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THROWS PENTATHLON

W30 Jessica Day	1	1286
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Hammer Throw	23.12	346
Shot Put	6.25	287
Discus Throw	15.52	198
Javelin Throw	9.17	91
Weight Throw	7.88	364

HEAVY WEIGHTS PENTATHLON

W30 Jessica Day	1	1974	QR
5.45kg (12lb)	10.71	353	
7.26kg (16lb)	9.51	370	
9.08kg (20lb)	8.26	387	
11.34kg (25lb)	7.79	448	
15.88kg (35lb)	608	416	

MEN

HAMMER THROW

M30 1 Michael Day	35.29
M35 2 Darrin Norwood	39.19
M45 2 Tim Lowrey	25.60

SHOT PUT

M30 1 Michael Day	11.96
M35 1 Darrin Norwood	14.46
M45 1 Tim Lowrey	8.99

DISCUS THROW

M30 1 Michael Day	40.13 MR
M35 2 Darrin Norwood	42.17
M45 2 Tim Lowrey	22.15

JAVELIN THROW

M30 1 Michael Day	41.47
M35 1 Darrin Norwood	46.47
M45 2 Tim Lowrey	24.83

WEIGHT THROW

M30 1 Michael Day	11.23
M35 2 Darrin Norwood	14.17
M45 1 Tim Lowrey	9.68

56lb WEIGHT

M30 1 Michael Day	7.56 QR
M35 2 Darrin Norwood	9.38
M45 1 Tim Lowrey	5.02

100lb WEIGHT

M30 1 Michael Day	3.28 BR
M35 2 Darrin Norwood	4.60
M45 1 Tim Lowrey	2.86 BR

WEIGHT FOR DISTANCE

M30 1 Michael Day	12.79
M45 1 Tim Lowrey	12.20

THROWS PENTATHLON

M30 Michael Day	1	2597	MR
Hammer Throw	33.98	414	
Shot Put	12.29	624	
Discus Throw	34.94	562	
Javelin Throw	41.67	466	

Weight Throw	11.41	531
M35 Darrin Norwood	1	3288
Hammer Throw	39.84	529
Shot Put	14.35	783
Discus Throw	43.18	742
Javelin Throw	44.75	520
Weight Throw	14.35	714
M45 Tim Lowrey	2	1928
Hammer Throw	24.86	364
Shot Put	8.53	501
Discus Throw	22.44	407
Javelin Throw	20.51	216
Weight Throw	8.36	440

HEAVY WEIGHTS PENTATHLON

M30 Michael Day	1	2689	QR
9.08kg (20lb)	16.53	576	
11.34kg (25lb)	14.31	556	
15.88kg (35lb)	11.06	511	
20kg (44lb)	8.63	545	
25.4kg (56lb)	6.60	501	
M35 Darrin Norwood	2	3655	
9.08kg (20lb)	20.60	757	
11.34kg (25lb)	14.98	600	
15.88kg (35lb)	13.95	691	
20kg (44lb)	11.83	823	
25.4kg (56lb)	9.12	784	
M45 Tim Lowrey	1	2213	QR
9.08kg (20lb)	12.97	521	
11.34kg (25lb)	10.12	444	
15.88kg (35lb)	7.93	411	
20kg (44lb)	6.07	421	
25.4kg (56lb)	4.94	416	

QR: Queensland Record
BR: QMA Members Best Results
Not Qld Record
MR: Meet Record

08/10/2016 QMA BRISBANE MEET SATURDAY QSAC

08/10/2016 QMA BRISBANE MEET SATURDAY QSAC

M60 1 Franz Schlechter	9.75	2 Peter Frangenheim	7.09	2 Ian Kennedy	12.22
2 Ross Brims	7.84	M70 1 Brian Davies	13.53	M85 1 Russell Grigg	6.88
M65 1 Mills Lafferty	10.19	M75 1 Guy Quarterman	13.67		

09/10/2016 QMA GOLD COAST MEET SUNDAY GRIFFITH UNI, GOLD COAST

WOMEN

60 METRES

W40 1 Mariya Todorova	11.11	vis
W65 1 Carol Davis	9.27	
2 Wilma Perkins	9.42	
W70 1 Jean Hampson	12.68	

100 METRES

W45 1 Nikki Liddell	16.71
W65 1 Carol Davis	14.99
2 Wilma Perkins	15.47

200 METRES

W45 1 Petrina Brown	30.43
2 Nikki Liddell	35.75
W65 1 Carol Davis	31.23
2 Wilma Perkins	32.77

600 METRES

W45 1 Petrina Brown	1.57.74
W50 1 Karen Lakin	2.06.17

3000 METRES

W40 1 Mariya Todorova	19.16.75	vis
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3000m TRACK WALK

W60 1 Robyn Wales	26.45.90
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5000m TRACK WALK

W45 1 Nyle Sunderland	28.39.46
W55 1 Kay Shaw	32.44.88

SHOT PUT

W40 1 Michelle McDonough	5.33
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MEN

60 METRES

M35 1 Robin Mhrshahi	7.49	
2 Greg Costello	7.78	vis
M40 1 Graham Scully	7.57	
2 Scott Beatson	8.93	vis
M45 1 Gary Parkinson	7.85	
2 Glenn Munro	8.17	
3 Sam Ansari	8.61	vis
M55 1 Mike Kirkby	8.61	
2 D.James	9.36	
M60 1 Joe Begley	8.55	

100 METRES

M35 1 Greg Costello	12.36	vis
M40 1 Graham Scully	11.66	
M45 1 Gary Parkinson	12.23	
2 Glenn Munro	12.96	
3 Sam Ansari	14.31	vis
M50 1 Steve Jones	12.59	
M55 1 Mike Kirkby	14.64	
2 D.James	14.74	
M60 1 Joe Begley	13.96	

200 METRES

M40 1 Graham Scully	24.36
M45 1 Gary Parkinson	24.44
2 Glenn Munro	27.67
M50 1 Steve Jones	27.03
M55 1 Mike Kirkby	28.19
2 D.James	29.48
M60 1 Joe Begley	28.11

600 METRES

M40 1 Graham Scully	1.39.30	
M45 1 Sam Ansari	1.54.72	vis
2 Dean Nipperess	2.34.80	
M55 1 D.James	1.48.78	
M65 1 Bruce Bodsworth	1.57.10	

5000m TRACK WALK

M45 1 Dean Nipperess	25.44.57
M50 1 Paul Lindenberg	32.15.68
M75 1 Patrick Sela	38.20.67
2 George Megas	42.10.05

LONG JUMP

M35 1 Robin Mhrshahi	6.27	
2 Greg Costello	5.60	vis

JAVELIN THROW

M55 1 Mike Kirkby	33.32
M75 1 Guy Quarterman	32.27
M80 1 Bill McMullen	13.72

SHOT PUT

M45 1 Dean Nipperess	6.85
M55 1 Mike Kirkby	10.00
M65 1 Kevin Ryall	9.04
M75 1 Guy Quarterman	9.76
M80 1 Bill McMullen	7.20

WEIGHT THROW

M55 1 Mike Kirkby	12.02
M65 1 Mills Lafferty	9.59
M75 1 Guy Quarterman	12.86
M80 1 Bill McMullen	8.81

15/10/2016 QMA BRISBANE MEET SATURDAY QSAC

WOMEN

60 METRES

W30 1 Samantha Bush	10.67
W50 1 Julie Brims	8.17
2 Tamara Paterson	10.08
3 Lynda Flynn	10.28
W60 1 Denise Quinn	10.84
2 Noela Brameld	11.02
W65 1 Coral Walsh	12.39
W70 1 Marge Allison	10.34

100 METRES

W40 1 Lee-Anne Nelson	13.95
W45 1 Nikki Liddell	16.80
W50 1 Julie Brims	12.73
2 Tamara Paterson	15.76
3 Lynda Flynn	16.58
W60 1 Denise Quinn	17.74
2 Noela Brameld	18.05
W65 1 Coral Walsh	20.63
W70 1 Marge Allison	16.63

200 METRES

W40 1 Lee-Anne Nelson	28.78	
W50 1 Julie Brims	26.02	AR
2 Tamara Paterson	33.39	
3 Lynda Flynn	34.94	
W60 1 Noela Brameld	38.18	
2 Denise Quinn	39.08	
W70 1 Marge Allison	33.72	

300 METRES

W40 1 Lee-Anne Nelson	46.01
W45 1 Petrina Brown	48.63
W50 1 Tamara Paterson	57.44
2 Lynda Flynn	60.65
W60 1 Noela Brameld	62.63
2 Denise Quinn	67.09
W70 1 Marge Allison	55.53

800 METRES

W45 1 Petrina Brown	2.44.50
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W50 1 Tamara Paterson	3.22.85	
W85 1 Christiane Dauphinot	5.26.22	AR

2km STEEPLECHASE

W60 1 Cynthia Cliff	11.20.71
<u>5000m TRACK WALK</u>	
W70 1 Noela McKinven	41.51.29

LONG JUMP

W30 1 Samantha Bush	3.54
W40 1 Lee-Ann Nelson	4.16

HIGH JUMP

W30 1 Samantha Bush	1.20
<u>POLE VAULT</u>	
W65 1 Wilma Perkins	2.10

JAVELIN THROW

W30 1 Samantha Bush	21.93
2 Sara Wessling	11.33
W40 1 Lee-Ann Nelson	27.01
2 Tina Eilola	13.38
W55 1 Ann Hayes	19.20
W60 1 Denise Quinn	19.17
2 Joanne Pronk	16.00
W70 1 Lorraine Birtwell	11.00
W80 1 Heather Doherty	12.76

DISCUS THROW

W30 1 Sara Wessling	20.75
2 Samantha Bush	15.86
W40 1 Tina Eilola	24.44
W60 1 Joanne Pronk	17.29
W70 1 Lorraine Birtwell	17.41
W80 1 Heather Doherty	17.32

SHOT PUT

W30 1 Samantha Bush	8.22
2 Sara Wessling	5.54
W40 1 Tina Eilola	8.69
W60 1 Joanne Pronk	7.45
2 Cynthia Cliff	5.21
W65 1 Wilma Perkins	8.15
W70 1 Lorraine Birtwell	5.96

W80 1 Heather Doherty	6.50
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MEN

60 METRES

M35 1 Robin Mhrshahi	7.62
M45 1 Gary Parkinson	7.87
2 Michael Berlin	7.98
M50 1 Steve Jones	8.17
2 Steve Connor	8.73
3 Andrew Bell	9.62
M55 1 Greg Farmer	8.56
2 Les Manz	8.75
3 Bevan Valentine	9.30
4 Craig Elliott	9.46
M60 1 Joe Begley	8.97
2 Phillip Rodgers	10.75
M70 1 Brian Davies	9.72
M75 1 Pio Bunin	10.15
M80 1 Colin Woods	11.19
M90 1 Maurice Dauphinot	13.84

100 METRES

M35 1 Geoffrey Roenfeldt	15.29	
M40 1 Graham Scully	12.48	
2 Bradley Goss	14.45	
M45 1 Gary Parkinson	12.42	
2 Michael Berlin	12.73	
3 Andrew Heath	13.55	vis
M50 1 Dave Varley	12.93	
2 Steve Jones	13.07	
3 Robert Hilton	13.55	
M55 1 Greg Farmer	13.28	
2 Les Manz	13.73	
3 Bevan Valentine	14.01	
4 Craig Elliott	14.55	
M60 1 Joe Begley	14.35	
2 Terry Dauphinot	14.69	

15/10/2016 QMA BRISBANE MEET SATURDAY QSAC

3 Bruce O'Connor	15.27	M60 1 Ian Cameron	2.26.43	M60 1 Niel Ensby	33.79
M70 1 John Wight	13.88	2 Peter Reeves	2.28.05	2 Ross Brims	26.63
M75 1 Pio Bunin	15.89	M80 1 Colin Woods	3.18.20	3 Franz Schlechter	21.23
2 Ian Kennedy	21.88	5000 METRES		4 Phillip Rodgers	13.68
M80 1 Colin Woods	17.93	M55 1 David Sweeney	16.47.09	M65 1 Peter Frangenheim	29.34
200 METRES		2 Con Dimauro	18.41.28	2 Kevin Ryall	23.53
M35 1 Geoffrey Roennfeldt	30.96	5000m TRACK WALK		M70 1 Peter Kennedy	32.48
M45 1 Gary Parkinson	24.50	M60 1 Peter Bennett	25.15.33	2 Brian Davies	25.13
2 Michael Berlin	25.74	80m HURDLES		M75 1 Guy Quarterman	29.51
M50 1 Steve Jones	26.52	M70 1 Peter Kennedy	15.82	2 Spencer Herft	26.44
2 Robert Hilton	27.93	100m HURDLES		3 Ian Kennedy	20.99
M55 1 Les Manz	28.75	M50 1 Dave Varley	17.40	M90 1 Maurice Dauphinet	15.55
2 Bevan Valentine	29.17	M55 1 Craig Elliott	22.08	DISCUS THROW	
3 Emanuel Pippas	32.74	2 Kevin Davis	22.16	M30 1 Anthony Eggersdorff	18.39
M70 1 John Wight	28.90	M45 1 Andrew Heath	20.12 vis	M40 1 Clayton Campodonic	30.86
M75 1 Pio Bunin	33.64	2000m STEEPLECHASE		M45 1 Richard Harris	34.91
300 METRES		M45 1 Anthony Canfell	7.48.16	2 Dean Nipperess	19.12
M35 1 Andrew Willey	43.26 vis	M50 1 Kevin Christison	10.29.92	M55 1 Craig Elliott	21.10
2 Geoffrey Roennfeldt	51.06	LONG JUMP		2 Vince DiDato	20.53
M40 1 Graham Scully	38.49	M35 1 Robin Mhrshahi	6.12	M60 1 Niel Ensby	28.50
2 Wayne Adams	41.89	M45 1 Andrew Heath	5.19 vis	2 Franz Schlechter	26.90
3 Harley Wilkinson	42.12	M60 1 Phillip Rodgers	2.57	3 Ross Brims	19.07
4 Paul Shard	45.26	M65 1 Allan Cameron	4.29	M65 1 Kevin Ryall	30.36
M45 1 Gary Parkinson	38.32	TRIPLE JUMP		2 Peter Frangenheim	23.46
2 Michael Berlin	40.40	M50 1 Andrew Bell	9.08	M70 1 Peter Kennedy	28.69
3 Andrew Heath	45.16 vis	HIGH JUMP		2 Brian Davies	23.25
M50 1 Steve Jones	42.45	M50 1 Andrew Bell	1.50	M75 1 Guy Quarterman	28.34
2 John Treschman	47.87 vis	2 David Varley	1.40	2 Ian Kennedy	24.24
M55 1 Con Dimauro	49.31	M55 1 Craig Elliott	1.25	M85 1 Russell Grigg	12.60
2 Emmanuel Pippas	51.65	M60 1 Bruce O'Connor	1.20	M90 1 Maurice Dauphinet	18.35
3 Craig Elliott	56.62	2 Niel Ensby	1.15	SHOT PUT	
M60 1 Peter Reeves	50.77	M70 1 Peter Kennedy	1.30	M30 1 Anthony Eggersdorff	7.46
M65 1 Paul Chaplain	55.32	M75 1 Ian Kennedy	1.10	M45 1 Richard Harris	10.58
M70 1 Peter Kennedy	58.78	POLE VAULT		2 Dean Nipperess	6.99
M75 1 Pio Bunin	54.16	M50 1 David Varley	2.80	M55 1 Vince DiDato	7.86
2 Paul Adams	69.20	2 Steve Connor	2.60	2 Craig Elliott	7.80
800 METRES		3 Andrew Bell	2.50	M60 1 Franz Schlechter	7.84
M35 1 Daniel Mellish	2.14.05	M55 1 Craig Elliott	2.30	2 Ross Brims	7.67
2 Andrew Willey	2.14.99 vis	M60 1 Niel Ensby	2.00	3 Niel Ensby	7.63
M40 1 Graham Scully	2.17.80	M65 1 Allan Cameron	2.70	M65 1 Kevin Ryall	9.09
2 Paul Shard	2.22.66	M70 1 Peter Kennedy	2.30	2 Peter Frangenheim	7.15
M45 1 Anthony Canfell	2.19.47	JAVELIN THROW		M70 1 Peter Kennedy	10.09
2 Anthony Houston	2.20.78	M30 1 Anthony Eggersdorff	17.67	2 Brian Davies	7.77
3 Dean Nipperess	3.22.05	M55 1 Vince DiDato	30.67	M75 1 Guy Quarterman	9.45
M50 1 John Treschman	2.29.07 vis	2 Les Manz	28.75	2 Ian Kennedy	8.01
2 Kevin Christison	2.59.09	3 Kevin Davis	27.04	M85 1 Russell Grigg	5.23
M55 1 Con Dimauro	2.32.07	4 Craig Elliott	20.82		

19/10/2016 QMA BRISBANE MEET WEDNESDAY NIGHT QSAC

WOMEN		W30 1 Samantha Bush	7.92	M40 1 Graham Scully	12.14
60 METRES		HIGH JUMP		2 Travis Venema	12.36
W50 1 Julie Brims	8.39	W30 1 Samantha Bush	1.20	M45 1 Michael Berlin	12.78
2 Lynda Flynn	10.45	JAVELIN THROW		M50 1 Steve Jones	13.04
W60 1 Noela Brameld	11.60	W30 1 Samantha Bush	22.63	2 Robert Hilton	13.89
W70 1 Jean Hampson	12.45	W40 1 Lee-Ann Nelson	25.68	3 Robert Lasker	14.29
100 METRES		W45 1 Julie Jones	13.31	M55 1 Glen Dunne	14.36
W40 1 Lee-Anne Nelson	14.34	W55 1 Anne Hayes	18.10	2 D.James	14.93
W50 1 Julie Brims	13.18	SHOT PUT		200 METRES	
2 Lynda Flynn	17.27	W30 1 Samantha Bush	8.03	M35 1 Daniel Mellish	25.58
W60 1 Noela Brameld	19.41	W40 1 Lee-Ann Nelson	8.95	2 Greg Hamilton	27.03
W70 1 Jean Hampson	20.79	W45 1 Julie Jones	5.49	3 Geoffrey Roennfeldt	31.60
200 METRES		MEN		M40 1 Graham Scully	24.09
W40 1 Lee-Anne Nelson	29.34	60 METRES		2 Travis Venema	25.22
W50 1 Lynda Flynn	35.62	M35 1 Greg Hamilton	8.03	3 Julian Bahlmann	26.91
W60 1 Noela Brameld	40.44	2 Geoffrey Roennfeldt	9.65	M45 1 Michael Berlin	25.93
W65 1 Irene Davey	43.64	M40 1 Travis Venema	7.75	M50 1 Steve Jones	26.83
W70 1 Jean Hampson	42.80	2 Graham Scully	7.84	2 Robert Hilton	28.38
10,000 METRES		M45 1 Michael Berlin	8.03	M55 1 D.James	28.98
W45 1 Jenny Shard	50.07.27	M50 1 Steve Jones	8.15	2 Glen Dunne	30.65
10,000m TRACK WALK		2 Robert Lasker	9.10	M65 1 Paul Chaplain	33.79
W70 1 Noela McKinven	1:24.19.43	3 Andrew Bell	9.38	M70 1 Colin Buyers	32.88
LONG JUMP		M55 1 Vince DiDato	9.94	1500 METRES	
W30 1 Samantha Bush	3.60	100 METRES		M40 1 Julian Bahlmann	5.12.38
W40 1 Lee-Ann Nelson	4.44	M35 1 Daniel Mellish	12.96	2 Wayne Adams	5.14.21
W45 1 Julie Jones	3.13	2 Geoffrey Roennfeldt	15.42		
TRIPLE JUMP					

19/10/2016 QMA BRISBANE MEET WEDNESDAY NIGHT QSAC

M50	1	Kevin Christison	6.12.34	2	Kevin Davis	22.16	M45	1	Michael Berlin	1.55			
M70	1	Peter Kennedy	8.19.0h	M45	1	Andrew Heath	20.12	vis	M50	1	Peter Rosengren	1.50	
10,000 METRES				2000m STEEPCHASE				1			Andrew Bell	1.50	
M35	1	Peter Bracken	34.21.08	M45	1	Anthony Canfell	7.48.16	M55	1	Brian Key	1.50		
	2	Andrew Willey	36.42.39	M50	1	Kevin Christison	10.29.92		2	Glen Dunne	1.30		
M40	1	Nigel Peacock	36.02.39	300m HURDLES			JAVELIN THROW						
	2	Paul Shard	38.18.49	M65	1	Bruce Bodsworth	55.22	M30	1	Anthony Eggersdorff	19.50		
M45	1	Chris Bell	36.48.57	LONG JUMP			M50			1	Michael Hughes	23.89	
M50	1	Richard Flack	40.01.78	M35	1	Greg Hamilton	5.03		2	Robert Lasker	21.21		
M55	1	David Sweeney	33.34.56	QR	M45	1	Michael Berlin	5.10	M55	1	Vince DiDato	29.80	
	2	Con Dimauro	37.50.82	M50	1	Michael Hughes	4.45	M70	1	Peter Kennedy	32.83		
10,000m TRACK WALK					2	Andrew Bell	4.35	M75	1	Guy Quarterman	29.05		
M45	1	Dean Nipperess	51.11.97	M55	1	Glen Dunne	4.02	SHOT PUT					
M60	1	Peter Bennett	52.14.64	QR	M65	1	Allan Cameron	4.14	M30	1	Anthony Eggersdorff	7.45	
M75	1	Patrick Sela	1:17.15.0h	TRIPLE JUMP			M40			1	Clayton Campodonicio	10.19	
80m HURDLES				M45	1	Michael Berlin	10.13	M45	1	Dean Nipperess	6.93		
M70	1	Peter Kennedy	15.82	M50	1	Andrew Bell	8.75	M55	1	Vince DiDato	8.10		
100m HURDLES				M55	1	Glen Dunne	7.91	M70	1	Peter Kennedy	10.41		
M50	1	Dave Varley	17.40	HIGH JUMP			M75			1	Guy Quarterman	9.52	
M55	1	Craig Elliott	22.08	M35	1	Greg Hamilton	1.50						

23/10/2016 QMA GOLD COAST MEET SUNDAY GRIFFITH UNI, GOLD COAST

WOMEN			HAMMER THROW			2			Marc-Paul Trevethan	67.68			
60 METRES			W55	1	Karel McClintock	25.99	M45	1	Gary Parkinson	53.89			
W40	1	Mariya Todorova	10.85	vis	MEN			M65	1	Rob Lasker	65.10		
W45	1	Nikki Liddell	10.30	60 METRES			M65	1	Bruce Bodsworth	66.82			
W55	1	Karel McClintock	10.11	M35	1	Robin Mhrshahi	7.56		2	Paul Chaplain	1.21.96		
W60	1	Denise Quinn	10.74		2	Greg Costello	7.94	M75	1	Colin Mancey	1.31.94		
	2	Noela Brameld	10.88	M40	1	Travis Venema	7.58	1500 METRES					
W65	1	Carol Davis	9.26		2	Scott Beatson	8.38	vis	M40	1	Marc-Paul Trevethan	5.29.50	
	2	Wilma Perkins	9.57		2	Stephen Showell	9.76	M45	1	Stephen Showell	5.39.11		
100 METRES				M45	1	Steve Jones	8.01	M75	1	Colin Mancey	7.23.47		
W45	1	Petrina Brown	14.77		2	Rob Lasker	8.77	3000m TRACK WALK					
	2	Nikki Liddell	16.44	M55	1	Mike Kirkby	9.66	M50	1	Paul Lindenberg	18.06.29		
W50	1	Karen Lakin	15.72	M65	1	Robin Reisenleiter	9.20	DISCUS THROW					
W55	1	Karel McClintock	16.52		2	Paul Chaplain	9.84	M40	1	Rodney Watson	30.01nsw		
W60	1	Denise Quinn	17.56	M70	1	John Lester	10.25	M45	1	Gerard Duffy	39.52		
	2	Noela Brameld	17.64	M75	1	Colin Mancey	11.45	M55	1	Mike Kirkby	34.32		
W65	1	Carol Davis	15.01	100 METRES			M60	1	Franz Schlechter	27.54			
	2	Wilma Perkins	15.26	M35	1	Greg Costello	13.60	M65	1	Kevin Ryall	33.69		
400 METRES				M40	1	Graham Scully	11.88		2	Bruce Bodsworth	26.54		
W45	1	Petrina Brown	67.77		2	Travis Venema	12.16	M80	1	Bill McMullen	20.18		
1500 METRES				M45	1	Stephen Showell	15.27	SHOT PUT					
W40	1	Samantha Kent	5.40.14	vis	M50	1	Steve Jones	12.77	M40	1	Rodney Watson	11.72nsw	
3000 METRES					2	Rob Lasker	13.89	M55	1	Mike Kirkby	9.71		
W40	1	Mariya Todorova	19.42.94	vis	M55	1	Mike Kirkby	13.33	M60	1	Franz Schlechter	7.78	
3000m TRACK WALK				M65	1	Robin Reisenleiter	14.71	M65	1	Kevin Ryall	9.26		
W55	1	Debbie Lindenberg	22.37.10		2	Paul Chaplain	15.73	M80	1	Bill McMullen	7.31		
DISCUS THROW				M70	1	John Lester	15.73	HAMMER THROW					
W55	1	Karel McClintock	23.08	M75	1	Colin Mancey	19.22	M40	1	Rodney Watson	33.17nsw		
SHOT PUT				400 METRES			M55	1	Mike Kirkby	25.10			
W55	1	Karel McClintock	9.08	M35	1	Daniel Mellish	55.35	M60	1	Franz Schlechter	19.55		
W65	1	Wilma Perkins	8.44	M40	1	Graham Scully	53.71	M65	1	Mills Lafferty	27.23		
								M80	1	Bill McMullen	22.03		

06/11/2016 QMA GOLD COAST MEET SUNDAY GRIFFITH UNI, GOLD COAST

WOMEN			W40	1	Michelle McDonough	5.32	M75	1	Colin Mancey	61.94			
60 METRES			MEN			800 METRES							
W45	1	Karen Bradley	9.14	60 METRES			M40	1	Marc-Paul Trevethan	2.33.01			
	2	Laura Broy	10.03	M40	1	Scott Beatson	8.41	M65	1	Bruce Bodsworth	2.46.80		
150 METRES				M45	1	Joe Mori	8.50	vis	M75	1	Colin Mancey	3.28.40	
W45	1	Karen Bradley	21.84	M55	1	Mike Kirkby	8.91	5000m TRACK WALK					
	2	Laura Broy	25.54	M65	1	Paul Chaplain	9.63	M45	1	Stuart Kollmorgen	14.20.93	vic	
W50	1	Karen Lakin	23.17	M70	1	Brian Davies	9.62		2	Dean Nipperess	15.09.95		
300 METRES				150 METRES			M80			1	George Megas	24.55.32	
W45	1	Laura Broy	58.29	M45	1	Gary Parkinson	17.95	JAVELIN THROW					
W50	1	Karen Lakin	51.13		2	Joe Mori	20.43	vis	M30	1	Anthony Eggersdorff	19.80	
800 METRES				M55	1	Mike Kirkby	20.84	M45	1	Richard Harris	32.38		
W45	1	Karen Bradley	3.15.61	M65	1	Paul Chaplain	23.40	M55	1	Mike Kirkby	33.94		
	2	Laura Broy	3.15.74	M75	1	Colin Mancey	28.03	M65	1	Bruce Bodsworth	33.16		
5000m TRACK WALK				300 METRES			2			Kevin Ryall	23.64		
W55	1	Kay Shaw	19.06.64	M40	1	Marc-Paul Trevethan	50.01	M70	1	Brian Davies	24.08		
	2	Debbie Lindenberg	21.23.53	M65	1	Paul Chaplain	54.34	SHOT PUT					
SHOT PUT								M30	1	Anthony Eggersdorff	7.66		

6/10/16 to 06/11/16 WORLD MASTERS ATHLETIC CHAMPIONSHIPS - PERTH, W.A.**QMA MEMBERS RESULTS**

4:final Triple Jump	10.48	14:prel Discus Throw	23.81	8:semi 100 Metres	14.04
17:final Discus Throw	25.48	DEAN NIPPERESS M45-49		3:heat 200 Metres	27.71
8:final Decathlon	4048	3:final 5000m Track Walk	23.49.00	8:semi 200 Metres	27.97
GRAHAM SCULLY M40-44		3:final 10km Road Walk	50.19.00	7:heat 400 Metres	1.09.33
4:heat 200 Metres	23.40	1:final * 10km Rd Wk. Team * 2:29.27		NIEL ENSBEY M60-64	
4:semi 200 Metres	23.19	2:final 20km Road Walk	1:49.52.00	16:final Decathlon	2653
8:final 200 Metres	23.21	1:final * 20km Rd. Wk. Team * 5.39.25		ROBERT GUNNINGHAM M60-64	
3:heat 400 Metres	53.80	ADRIAN ROYCE M45-49		5:heat 800 Metres	2.45.68
7:semi 400 Metres	54.07	12:final 8km Cross Country	30.19.06	10:final 5000 Metres	20.01.21
1:final * 4x100m Relay * 43.89		2:final 8km C/C. Team	1:28.52	12:final 8km Cross Country	34.11.45
5:final 4x400m Relay (M35)	3.31.29 AR	5:final Marathon	2:53.41.00	PETER HAWES M60-64	
WAYNE SPIES M40-44				1:heat 800 Metres	2.32.44
1:final * Marathon * 2:34.46.00		KEN DICKSON M50-54		1:final * 800 Metres * 2.18.46	
1:final * Marathon: Team * 7.57.03		9:final Javelin Throw	35.20	MICHAEL MABBUTT M60-64	
TRAVIS VENEMA M40-44		7:final Shot Put	10.49	9:prel Hammer Throw	37.75
5:heat 100 Metres	11.82	10:final Discus Throw	35.60	7:final Hammer Throw	38.80
4:heat 200 Metres	24.53	4:final Throws Pentathlon	2603	MARK MCLEAN M60-64	
MARK WARE M40-44		14:final Decathlon	4383	5:heat 400 Metres	1.01.78
25:final Half Marathon	2:28.49.00	DARREN FELSMAN M50-54		4:semi 400 Metres	1.02.02
HOWARD ARBUTHNOT M45-49		2:heat 100 Metres	11.87 wa	8:final 400 Metres	1.00.79
2:final Pole Vault	4.30	2:semi 100 Metres	12.03	2:final Decathlon	6445 QR
MICHAEL BERLIN M45-49		6:final 100 Metres	11.83	BRUCE O'CONNOR M60-64	
5:heat 100 Metres	12.31	1:heat 200 Metres	25.03	15:final Decathlon	2969
6:semi 100 Metres	12.33	4:semi 200 Metres	25.35	JOHN SHAW M60-64	
4:heat 200 Metres	25.07	STEVE JONES M50-54		1:final * Marathon * 2:55.42.00	
3:final 4x100m Relay	45.82	2:heat 100 Metres	12.48	1:final * Marathon: Team * 9:44.02	
12:prel Long Jump	5.33	5:semi 100 Metres	12.64	JOHN TAYLOR M60-64	
9:final Long Jump	5.51	7:heat 200 Metres	26.39	7:final Marathon	3:27.02.00
10:final Triple Jump	10.14	2:heat 400 Metres	59.21		
5:final High Jump	1.60	3:final 4x100m Relay	47.39		
GERARD DUFFY M45-49				ALLAN CAMERON M65-69	
3:prel Discus Throw	39.65	IAN LEQUESNE M50-54		9:final Pole Vault	2.40
8:final Discus Throw	37.22	23:final Marathon	3:55.15.00	VIDDY JERMACANS M65-69	
ARGENIS GUEVERA M45-49		ANDREW MILLERD M50-54		8:heat 100 Metres	15.33
7:final 5000m Track Walk	25.55.06	3:heat 200 Metres	26.44	8:heat 200 Metres	32.06
7:final 10km Road Walk	55.31.00	6:heat 400m Hurdles	1.09.68	8:heat 400 Metres	1.20.24
4:final 20km Road Walk	1:57.53.00	9:final Decathlon	5260	8:final Decathlon	3959
1:final * 20k Rd. Wk. Team * 5:39.25		DAVE VARLEY M50-54		DALE MILLARD M65-69	
RICHARD HARRIS M45-49		6:heat 100m Hurdles	17.09	5:heat 800 Metres	2.37.85
9:prel Discus Throw	35.68	6:final 100m Hurdles	16.58	6:final 800 Metres	2.29.87
4:final Discus Throw	38.69	5:heat 400m Hurdles	1.08.04	PHILLIP ROWLANDS M65-69	
10:prel Shot Put	11.04	7:final Pole Vault	2.85	13:final Javelin Throw	26.56
10:final Shot Put	10.74	6:final Javelin throw	41.87	19:prel Discus Throw	21.07
15:final Hammer Throw	32.86	6:final Decathlon	5800 QR	12:final Shot Put	8.27
12:final Weight Throw	9.80			14:final Hammer Throw	27.93
ROB HILL M45-49		GLEN DUNNE M55-59		12:final Weight Throw	9.40
3:final Pole Vault	4.20	4:heat 200 Metres	28.10	11:final Throws Pentathlon	2634
JUSTIN HOLZER M45-49		11:final Triple Jump	9.08	JOHN SHEER M65-69	
1:Prel Discus Throw	40.44	GREG FARMER M55-59		31:final 5000 Metres	22.56.84
2:final Discus Throw	42.88	3:heat 100 Metres	12.83	18:final 10,000 Metres	49.57.96
ANTHONY HOUSTON M45-49		6:semi 100 Metres	12.84	35:final 8km Cross Country	38.51.76
4:heat 800 Metres	2.21.81	NEIL GRAY M55-59		20:final Half Marathon	1:51.05.00
13:final 5000 Metres	17.37.25	3:heat 100 Metres	13.88	VASYL SHUTER M65-69	
ANDREW KEANE M45-49		8:semi 100 Metres	14.18	15:final Triple Jump	7.22
3:heat 800 Metres	2.14.54	6:heat 400m Hurdles	1.22.06	15:final Decathlon	2689
BAREND LINDEQUE M45-49		8:final Decathlon	4983		
12:final Half Marathon	1:30.02.00	JOHN KAY M55-59		PETER KENNEDY M70-74	
TIM LOWREY M45-49		6:final Javelin Throw	44.84	2:final Decathlon	5232
12:final Javelin Throw	25.19	BRIAN KEY M55-59		JOHN WIGHT M70-74	
15:prel Discus Throw	22.05	9:final High Jump	1.50	2:heat 100 Metres	13.47
14:prel Shot Put	8.66	JOHN KLING M55-59		7:final 100 Metres	13.53
19:final Hammer Throw	24.89	6:heat 1500 Metres	5.05.55	3:heat 200 Metres	28.53
13:final Weight Throw	8.88	18:final 5000 Metres	19.07.35	1:final * 4x100m Relay * 53.67 AR	
11:final Throws Pentathlon	1925	19:final 8km Cross Country	32.26.24		
DAVID MARTIN M45-49		13:final Half Marathon	1:30.32.00	PIO BUNIN M75-79	
3:heat 200 Metres	24.88	DAVID SWEENEY M55-59		4:heat 100 Metres	15.35
9:semi 200 Metres	26.14	1:final * 5000 Metres * 16.43.07		6:final 100 Metres	15.30
2:heat 400 Metres	54.46	1:final * 10,000 Metres * 33.15.16 QR		3:heat 200 Metres	33.20
6:semi 400 Metres	54.74	1:final * 8km Cross Ctry * 27.18.78 QR		6:final 200 Metres	33.24
3:heat 800 Metres	2.09.79	1:final * 8km C/C. Team * 1:26.38		4:heat 400 Metres	1.23.83
10:final 800 Metres	2.08.14	1:final * Half Marathon * 1:13.42.00		7:final 400 Metres	1.21.38
GLENN MUNRO M45-49		1:final * Half Mar. Team * 4:03.29		4:final 80m Hurdles	18.77 QR
5:heat 100 Metres	12.43			5:final 300m Hurdles	1.01.86
9:semi 100 Metres	12.63	JOE BEGLEY M60-64		1:final * 4x100m Relay * 59.95 AR	
		3:heat 100 Metres	13.43	1:final * 4x400m Relay * 5.12.41 AR	

9-12/11/2016 PAN PACIFIC MASTERS GAMES GOLD COAST, QLD
RESULTS OF QMA MEMBERS FINANCIAL FOR 2016/17 SEASON

3000m TRACK WALK

M45 1 Dean Nipperess	14.02.68
2 Argenis Guevara	15.30.17
M50 2 Paul Lindenber	17.54.79
M55 2 Kevin Davis	21.56.67
M75 1 Patrick Sela	22.56.80
M85 1 Russell Grigg	31.46.98

5000m TRACK WALK

M45 1 Dean Nipperess	24.50.42
2 Argenis Guevara	26.51.41
M50 2 Paul Lindenber	31.26.69
M75 1 Patrick Sela	40.12.05

HIGH JUMP

M30 1 Steven Cragg	1.55
M35 1 Greg Costello	1.77
M40 4 David Scott	1.40
M45 1 Michael Berlin	1.60
M50 1 Andrew Bell	1.52
5 Ken Dickson	1.30
M55 2 David Mackay	1.35
2 Glen Dunne	1.35
M60 2 Bruce O'Connor	1.16
3 Niel Ensby	1.13

POLE VAULT

M35 1 Greg Costello	2.20
M40 1 David Scott	2.60
M50 1 Andrew Bell	2.50
M55 1 Kevin Davis	1.90
M60 2 Niel Einsbey	2.00

LONG JUMP

M30 1 Steven Cragg	4.92
M35 1 Greg Costello	4.93
M40 1 David Scott	4.96
M45 1 Michael Berlin	5.37
M50 5 Ken Dickson	4.24
M55 2 Glen Dunne	4.35
M60 2 Bruce O'Connor	4.00
3 Franz Schlechter	2.97

TRIPLE JUMP

M30 1 Steven Cragg	10.77
M35 1 Greg Costello	9.04
M40 1 David Scott	10.91
M45 4 Michael Berlin	10.30
M50 2 Andrew Bell	9.06
M55 1 Glen Dunne	9.16
M60 1 Bruce O'Connor	8.55
2 Niel Ensby	7.25

SHOT PUT

M30 1 Steven Cragg	8.94
2 Anthony Eggersdorff	7.59
M35 2 Greg Costello	9.94
M40 2 Rene Doel	10.50
3 Matthew Cooper	8.97
6 David Scott	8.41
M45 4 Richard Harris	11.54

M50 3 Ken Dickson	10.12
M55 3 Michael Kirkby	9.68
M60 3 William Gibson	9.04
5 Bruce O'Connor	7.73
M65 1 Kevin Ryall	9.38
2 Phillip Rowlands	8.21
M80 2 Ron Vaughan	7.11
M85 1 Russell Grigg	4.85

DISCUS THROW

M30 1 Steven Cragg	26.79
2 Anthony Eggersdorff	18.77
M35 2 Greg Costello	30.11
M40 2 Rene Doel	32.03
4 Matthew Cooper	26.71
5 David Scott	26.33
M45 2 Gerard Duffy	39.48
3 Richard Harris	36.91
M50 2 Ken Dickson	36.15
M55 4 Michael Kirkby	28.71
M60 5 Mike Mabbutt	28.15
6 Franz Schlechter	27.75
7 Bruce O'Connor	22.00
M65 1 Kevin Ryall	29.97
4 Phillip Rowlands	20.99
M80 2 Ron Vaughan	17.47
3 Bert Janes	12.14
M85 1 Russell Grigg	11.69

HAMMER THROW

M30 1 Anthony Eggersdorff	17.98
M35 3 Greg Costello	25.24
M40 1 Matthew Cooper	32.98
2 Rene Doel	30.85
3 David Scott	21.59
M45 2 Richard Harris	33.74
M50 4 Ken Dickson	27.15
M55 2 Michael Kirkby	26.25
M60 1 Michael Mabbutt	40.34
6 William Gibson	23.60
7 Franz Schlechter	21.26
8 Bruce O'Connor	19.25
M65 1 Phillip Rowlands	27.59
2 Mills Lafferty	27.06
M80 2 Ron Vaughan	20.66
M85 1 Russell Grigg	16.52

JAVELIN THROW

M30 2 Steven Cragg	38.56
3 Anthony Eggersdorff	20.06
M35 2 Greg Costello	38.66
M40 1 Rene Doel	44.29
3 Matthew Cooper	29.69
M45 5 Richard Harris	35.53
M50 3 Ken Dickson	35.07
M55 2 Michael Kirkby	35.10
M60 6 Bruce O'Connor	23.14

7 Franz Schlechter	17.98
8 William Gibson	17.95
M65 2 Phillip Rowlands	27.76
3 Kevin Ryall	23.38
M80 2 Ron Vaughan	18.20
M85 1 Russell Grigg	9.66

WEIGHT THROW

M30 1 Anthony Eggersdorff	6.48
M35 1 Greg Costello	11.78
M40 1 Rene Doel	10.30
2 Matthew Cooper	9.92
M45 2 Richard Harris	9.70
M50 4 Ken Dickson	10.69
M55 2 Michael Kirkby	10.67
M60 2 Michael Mabbutt	13.60
6 Franz Schlechter	9.61
7 William Gibson	8.43
M65 1 Phillip Rowlands	10.70
2 Mills Lafferty	10.30
M80 2 Ron Vaughan	8.94
M85 1 Russell Grigg	5.63

THROWS PENTATHLON

M30 1 Anthony Eggersdorff	1137
M35 2 Greg Costello	2129
M40 1 Rene Doel	2613
2 Matthew Cooper	2197
M45 2 Richard Harris	2942
M50 2 Ken Dickson	2459
M55 2 Michael Kirkby	2655
M65 1 Phillip Rowlands	2467
2 Kevin Ryall	2250
M80 2 Ron Vaughan	2390
M85 1 Russell Grigg	1711

4KM CROSS COUNTRY

M50 1 Norman Burns	15.43
M65 2 Sean Ryan	19.49
M75 2 Alf Lakin	31.43

10KM ROAD WALK

M45 1 Argenis Guevara	56.12
2 Dean Nipperess	59.13
M50 1 Paul Lindenber	1:13.02
M60 1 Peter Bennett	1:16.29
M75 1 Patrick Sela	1:18.54

BEACH MILE

M35 3 Greg Costello	8.30
M50 2 Norman Burns	8.49
M65 2 Sean Ryan	11.17
M75 2 Alf Lakin	17.20

5KM ROAD RUN

M50 1 Norman Burns	18.29
M55 7 David Mackay	27.27
M75 2 Alf Lakin	37.22

10KM TRAIL RUN

M50 1 Norman Burns	43.53
M75 2 Alf Lakin	1:27.40

20/11/2016 QMA GOLD COAST MEET SUNDAY GRIFFITH UNI, GOLD COAST

WOMEN

60 METRES

W65 1 Wendy Doran	10.48
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100 METRES

W65 1 Wendy Doran	16.87
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200 METRES

W65 1 Wendy Doran	35.37
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DISCUS THROW

W75 1 Eunice Jenkins	14.88
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HAMMER THROW

W75 1 Eunice Jenkins	20.67
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MEN

60 METRES

M35 1 Robin Mhrshahi	7.58
M45 1 Andrew Barkworth	8.51
M50 1 Steve Jones	8.14
M55 1 Mike Kirkby	9.11

100 METRES

M35 1 Robin Mhrshahi	12.25
M45 1 Andrew Barkworth	13.13
M50 1 Steve Jones	13.36
2 Robert Lasker	14.12
M55 1 Mike Kirkby	14.04

200 METRES

M45 1 Gary Parkinson	27.43
2 Andrew Barkworth	31.60
M50 1 Geoff McMann	27.69 vis
2 Steve Jones	27.71
3 Robert Lasker	29.16
M55 1 Michael Kirkby	29.16

600 METRES

M45 1 Gary Parkinson	1.33.61
M50 1 Geoff McMann	1.34.18 vis

3000 METRES

M40 1 Marc-Paul Trevethan	12.17.78
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5000m TRACK WALK

M75 1 Patrick Sela	39.54.83
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JAVELIN THROW

M45 1 Andrew Barkworth	26.21
M55 1 Michael Kirkby	32.14
M65 1 Mills Lafferty	13.28
M80 1 Bill McMullen	13.18

DISCUS THROW

M45 1 Andrew Barkworth	18.31
M55 1 Michael Kirkby	33.03
M65 1 Kevin Ryall	29.79
M80 1 Bill McMullen	20.73

HAMMER THROW

M55 1 Michael Kirkby	26.50
M65 1 Mills Lafferty	27.60
M80 1 Bill McMullen	22.87

WEIGHT THROW

M65 1 Mills Lafferty	9.48
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Congratulations to our QMA **Gold Medal**
winning World Champions –



David Sweeney M55
5000m, 10000m, 8km Cross
Country, Half Marathon, 8 km CC
Team, Half Mar Team



Maurice Dauphinét M90
Long Jump, Javelin, Discus,
Hammer.



John Shaw M60
Marathon. Marathon Team

Peter Hawes M60
800m



Wayne Spies M40
Marathon. Marathon Team



Patrick Sela M75
10km Road Walk Team
20km Road Walk Team



Pio Brunin M75 (second from left)
4x100m Relay, 4x400m Relay



Argenis Guevera M45
20km Road Walk Team



Dean Nipperess M45 (centre)
10km Road Walk Team, 20km Road
Walk Team.



John Wight M70 (right)
4x100m Relay

Graham Scully M40
4x100m Relay

Congratulations to our QMA **Gold Medal**
winning World Champions – Women



Wilma Perkins W65
Long Jump, Pole Vault,
Heptathlon, 4X100m



Christiane Dauphinat W85
800m, 5000m Track Walk,
Shotput



Julie Brims W50
100m, 200m



Carol Davis W65
100m, 4x100m Relay,
4x400m Relay



Jeanette Flynn W60
800m, 4x400m Relay



Jean Hampson W70 (second from right)
4X400m Relay,
8km Cross
Country Team

Marge Allison W70 (right)
4x100m Relay,
4x400m Relay



Petrina Brown W45
4x400m Relay

Heather Doherty W80
Javelin , Discus

Sueli Dashwood W50
Javelin

Marie Kay W55
Heptathlon

Carol Melling W75
4x400m Relay