RESULTS QMA MEMBERS IN MASTERS AND OPEN COMPETITION 2010

16/05/10 Sunshine Coast Cross Country Race 4

6km Men 55+

Jim Woodriff	M60	29.06

3km Female Open

Kylie Denny	W35	17.02

3km Men 55+

Gary Kiorgaard	M55	12.49
Ken Daniels	M70	16.45

30/05/10 Sunshine Coast Cross Country Race 5

12km Men 40+

John Taylor	M50	58.15
Gary Kiorgaard	M55	13.54

29/05/10 Fox-Fogarty Memorial Cross Country Sherwood Forest

4000m QMA Invitation

1	Malcolm Powell	M45	15.47
2	Hubertien Wichers	W40	17.45
3	Graham Barralet	M55	17.59
4	Lisa O'Donovan	W35	19.59
5	Genevieve Healy	W30	23.05
6	Lynda Bateson	W45	24.22
7	Dick Dunstan	M60	27.20
8	Paul Chippendale	M60	30.08

3000m Masters Women etc

Hubertien Wichers	W40	12.41

6000m W Long Dist – Masters Men

Greg Coulter	M50	24.49
John Sheer	M60	26.25
Geoff Crowther	M35	29.41
Katie Menzies	W30	26.08
Kevin Christison	M45	34.56

05/06/10 QA Cross Country Jenny Lund Shield Capalaba

3000m Male

Ken Hastie	M40	12.32

6000m Male

Ron Peters	M55	21.57
Greg Coulter	M50	22.48
Kevin Christison	M45	35.05

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HALF MARATHON
06/06/10 QMA CHAMPIONSHIPS DOOMBEN

LADIES

W40	1 Vivienne Buss	1:33.57
W50	1 Anne Ryan	1:34.51
W60	1 Irene Davey	2:03.03

MEN

M35	1 Geoff Crowther	1:40.49
M45	1 Gerard Daly	1:28.51
M55	1 Peter Reeves	1:18.11
M60	1 John Sheer	1:29.45
M75	1 Colin Woods	1:51.59

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12/06/10 QA Cross Country Championships Yeronga Park

8000m Masters Women 35+

1	Hubertien Wichers	1-40	31.10	
2	Marcia Sheer	1-50	31.43	QBP
4	Anne Ryan	2-50	34.17	

8000m Men 35-49

4	Paul Tierney	2-35	27.10
8	Andy Clowes	2-45	29.38
12	Bruce Jones	4-40	33.02
13	Geoff Crowther	4-35	35.33

8000m Masters Men 50+

1	Peter Reeves	1-55	28.22	QBP
3	Ron Peters	2-55	29.06	
4	Greg Coulter	2-50	29.58	
6	Con Dimauro	4-50	31.02	
8	Jason Collie	3-55	31.26	
9	Graham Barralett	4-55	32.34	
11	John Sheer	1-60	34.17	
13	Paul Circosta	5-55	42.53	

Teams:

2 Ashgrove Rangers: Ron Peters, Paul Circosta Graham Barralet

4000m (Non-Championship)

9	Kate Mason	W45	18.56

13/06/10 Sunshine Coast Cross Country Race 6

12km Men 40+

John Taylor	M50	56.22

6km Men 55+

Jim Woodriff	M60	27.18

26/06/10 QA Cross Country Pat Carroll Shield QUT

3000m Combined

Anne Venema	W30	14.13
Dick Dunstan	M60	20.57

4000m Combined

Ken Hastie	M40	16.59
Kate Mason	W45	19.43
Lynda Bateson	W45	21.51

6000m Combined

Hubertien Wichers	W40	24.36
Katie Menzies	W30	24.36
Alastair Wallace	M55	27.07

9000m Combined

Ron Peters	M55	35.39
Greg Coulter	M50	37.01
Geoff Crowther	M35	43.40

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MARATHON
04/07/10 QMA CHAMPIONSHIPS GOLD COAST

MEN

M30	1 Wayne Heath	2:39.59	QR
M35	1 Jason Hall	2.50.00	
M40	1 Jim Gardener	3:30.00	
M45	1 Gerard Daly	3:19.59	
M50	1 Peter Hallahan	2:50.00	
	Jaime Laurente	3:58.00	
	Chris Lauren	5:15.00	

LADIES

W40	1 Vivienne Buss	3:20.00	
W65	1 Lesley Le Vaillant	3:50.00	QR

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10/07/10 Brown-Bonwick Memorial Minnippi Parklands

3000m Handicap U16, Open, Masters Women and M60+

6	Paul Chippendale	0.00	19.43
12	Peter James	8.00	20.00

5000m Handicap Open Men & Women Masters M35-30

4	Malcolm Powell	6.00	24.15
15	Katie Menzies	5.30	25.49
16	Kevin Christison	0.15	25.37

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18/07/10 QMA 4KM CROSS COUNTRY CHAMPIONSHIPS ASHGROVE

LADIES

W30	1 Katie Menzies	16.45	QBP
	2 Anne Venema	20.56	
W40	1 Petrina Brown	17.35	
W60	1 Irene Davey	21.32	

MEN

M40	1 Paul Holland	19.13
M45	1 Kevin Christison	20.39
M55	1 Alastair Wallace	18.07
	2 Paul Circosta	21.22
M60	1 Dick Dunstan	27.42
M65	1 Don Burtt	20.36

TEAM:

1 Alastair Wallace, Paul Holland
Paul Circosta, Dick Dunstan

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07/08/10 QMA 8KM CROSS COUNTRY CHAMPIONSHIPS ASHGROVE

LADIES

W30	1 Katie Menzies	32.14	QBP
W35	1 Lisa O'Donovan	38.52	
W40	1 Vivienne Buss	36.54	
W45	1 Hubertien Wichers	33.34	
	2 Lynda Bateson	45.54	
W50	1 Marcy Sheer	32.53	
W60	1 Irene Davey	47.54	
W65	1 Betty Menzies	40.10	QBP

TEAM: ASHGROVE RANGERS

1 Hubertien Wichers
Vivienne Buss
Lisa O'Donovan
Lynda Bateson

MEN

M30	1 Wayne Heath	28.35
M35	1 Paul Jackson	29.35
M40	1 Paul Holland	37.34
M45	1 Malcolm Powell	29.16
M50	1 Greg Coulter	32.06
M55	1 Ron Peters	30.01
	2 Alastair Wallace	38.17
	3 Paul Circosta	46.24
M60	1 Peter James	34.22

TEAMS: ASHGROVE RANGERS

1 Wayne Heath
Malcolm Powell
Paul Jackson
Ron Peters 2:50.00

2 Peter James
Paul Holland
Alastair Wallace
Paul Circosta

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24/07/10 QA 12km Cross Country Championships Bald Hills

4000 Metres

11	Hubertien Wichers	W45	15.30	QBP
16	Lisa O'Donovan	W35	17.35	QBP
20	Betty Menzies	W65	19.23	
23	Lynda Bateson	W45	20.20	

QA Masters W35+ 4k Champs/ Team

1	Hubertien Wichers	15.30
2	Lisa O'Donovan	17.35
3	Lynda Bateson	20.20

6000 Metres

26	Geoff Crowther	M35	27.11
30	Kevin Christison	M45	29.18

12,000 Metres

16	Ron Peters	M55	43.14
21	Greg Coulter	M50	45.36
22	Andy Clowes	M45	45.56

QA Masters M34-49 Medal Winners

2	Andy Clowes	45.56

QA Masters M50+ Medal Winners

1	Ron Peters	43.14
2	Greg Coulter	45.36

RESULTS QMA MEMBERS IN MASTERS AND OPEN COMPETITION 2010

ROAD RUNNING

28/03/10 Q.A. Nundah Road Races Albert Bishop Park

5km Run

7 Hubertien Wichers W4020.47
8 Alastair Wallace M5521.08

1.6km Run

1 Gerard Gosens M40 5.01

16/05/10 Q.A. Gateway Bridge Bolt Eagle Farm

Open Female

3 Helen Stanton W35 13.33
5 Anne Ryan W50 15.55

Open Male

13 Greg Coulter M50 14.24
19 Sean Ryan M60 14.53
88 Paul Chippendale M6026.29

06/06/10 QA Qld Mountain Running Championships Bellbird Grove/Camp Mountain

7km Open Men

2 Graham Barralet M5534.43

7km Open Women

1 Hubertien Wichers W4033.38
5 Katie Menzies W30 36.27
10 Petrina BrownW40 41.31

ROAD WALKS

10/04/10 QRWC Road Walks Sign-On Day New Farm Park

3km Men

4 Peter Bennett M50 15.30
5 Ian RichardsonM65 19.13
6 Patrick Sela M70 20.28
7 Dick Keatinge M85 24.39

3km Women

4 Sally Lynch W65 21.50
5 Noela McKinven W6523.22
6 Robyn Wales W55 23.35
7 Christiane Dauphinet W7524.00

18/04/10 QRWC Road Walks New Farm Park

Men A Grade 10km

1 Ignacio Jimenez M4557.51
3 Ian RichardsonM65 65.38
4 Paul Lindenberg M4071.11

Women A Grade 10km

1 Kay Shaw W50 69.21
2 Sally Lynch W65 69.32
3 Lyn WoodwardW55 71.19
4 Noela McKinven W6581.27
5 Robyn Wales W55 82.45

B Grade 5km

3 Richard Lynch M80 37.54
1 Christiane Dauphinet W7539.42

24/04/10 QRWC Road Walks Kalinga Park

Men A Grade 15km

1 Ignacio Jimenez M451h23.18
2 Peter Bennett M50 1h24.34
3 Paul Lindenberg M401h46.16

Women A Grade 10km

1 Kay Shaw W50 67.57
2 Sally Lynch W65 70.03
3 Noela McKinven W6579.25
5 Robyn Wales W55 79.31

08/05/10 QRWC Road Walks Kalinga Park

Men A Grade 10km

4 Ignacio Jimenez M4550.51
6 Peter Bennett M50 54.39

Women A Grade 10km

1 Sally Lynch W65 68.31
2 Noela McKinven W6578.24

Men B Grade 5km

1 Patrick Sela M70 32.16
2 Richard Lynch M80 36.37

Women B Grade 5km

2 Christiane Dauphinet W7539.17
3 Robyn Wales W55 40.17

16/05/10 QRWC Road Walks Logan River Parklands

Men A Grade 10km

1 Ignacio Jimenez M4549.22
4 Peter Bennett M50 54.22

Women A Grade 10km

1 Sally Lynch W65 66.23
2 Kay Shaw W50 66.33
3 Lyn WoodwardW55 66.41
4 Robyn Wales W55 76.46
5 Noela McKinven W6576.50

Men B Grade 5km

2 Patrick Sela M70 31.49
3 Richard Lynch M80 36.24

Women B Grade 5km

1 Christiane Dauphinet W7538.46

23/05/10 QA Road Walks Championships Murarrie

Open Men 30km

1 Ignacio Jimenez M452:52.41
2 Peter Bennett M50 2:57.58

Open Women 20km

1 Noela McKinven W652:49.53

Invitation 10km

3 Patrick Sela M70 1:05.40
4 Paul Lindenberg M401:06.09
5 Kay Shaw W50 1:07.18
6 Sally Lynch W65 1:07.43

Invitation 5km

7 Richard Lynch M8036.47
9 Robyn Wales W55 38.06

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30/05/10 QMA Short Walks Championships Pizzey Park

Men 10km

M45 1Ignacio Jimenez50.53
M50 1Peter Bennett 53.43
M70 1 Patrick Sela 65.01

Men 5km

M80 1Richard Lynch36.55
M85 1 Richard Keatinge 38.54

Women 5km

W50 1 Kay Shaw
W55 1Lyn Woodward34.54
2 Robyn Wales 38.24
W65 1 Sally Lynch
2 Noela McKinven38.19
W75 1 Christiane Dauphinet 38.46

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06/06/10 QRWC Road Walks Morningside

Men A Grade 10km

2 Peter Bennett M50 54.37
4 Paul Lindenberg M4573.30

Women A Grade 10km

1 Kay Shaw W50 64.32
2 Sally Lynch W65 66.08
3 Lyn WoodwardW55 67.41
4 Noela McKinven W6576.53

Men B Grade 8km

1 Patrick Sela M70 51.07 **QBP**
2 Richard Lynch M80 57.52

Women B Grade 8km

1 Robyn Wales W55 61.14 **QBP**
2 Christiane Dauphinet W7562.36

13/06/10 LBG Carnival Canberra Results of QMA Members

Fitness 20 Miles

6 George Megas M704:33.37

Masters Women 10 Miles

6 Kay Shaw W50 1:48.02
8 Sally Lynch W65 1:51.47
9 Lyn Woodward W551:51.47
12 Noela McKinven W652:13.12

QBP Fitness Males 10 Miles

2 Bert Janes M75 1:59.19

Fitness Females 5 Miles

6 Robyn Wales W55 1:02.54

27/06/10 QRWC Road Walks Kalinga Park

A Grade Men 10km

2 Peter Bennett M50 51.52

B Grade Females 5km

1 Robyn Wales W55 35.17
2 Christiane Dauphinet W7536.41 (Short Laps)

11/07/10 QA Road Walks Championships Murarrie

Open Men 20km

1 Ignacio Jimenez M451:48.48
2 Peter Bennett M50 1:51.58
3 Paul Lindenberg M452:22.50

Open Women 10km

1 Kay Shaw W50 1:05.34
2 Sally Lynch W65 1:08.50

18/07/10 QRWC Road Walks 17 Mile Rocks

A Grade 10km men

1 Peter Bennett M50 52.26
2 Ignacio Jimenez M4552.29

A Grade 10km Women

1 Kay Shaw W50 64.38
2 Lyn Woodward W5569.37

B Grade 5km Men

2 Dick Keatinge M85 39.31

B Grade 5km Women

3 Robyn Wales W55 37.31

25/07/10 Gold Coast Road Walk Championships Logan River Pkl

Men Open 10km

32:11 1Peter Bennett M50 53.46
2 Patrick Sela M70 68.08

Women Open 10km

32:52 Sally Lynch W65 72.22
2 Christiane Dauphinet W75 78.53

01/08/10 QRWC Road Walks Morningside

Men A Grade 10km

3 Iggy Jimenez M45 50.54
5 Richard Lynch M8076.50

Women A Grade 10km

1 Sally Lynch W65 68.00
2 Lyn Woodward W5568.07

Women B Grade 5km

6 Christiane Dauphinet W7539.03

15/08/10 QRWC 15KM CLUB CHAMPIONSHIPS Murarrie

15 km

1 Ignacio Jimenez M4578.17
2 Peter Bennett M50 84.01

RESULTS QMA MEMBERS IN MASTERS AND OPEN COMPETITION 2010

A Grade 10km Women

1 Lyn Woodward W55 71.23
1 Sally Lynch W65 71.23
3 Noela McKinven W65 83.25

B Grade 8km Men

4 Richard Lynch M80 59.02

B Grade 8km Women

2 Robyn Wales W55 62.52

TRACK WALKS

08/08/10 QRWC Track Championships & Qualifying Trials U.Q. ST.LUCIA

Open 5000m Men

1 Iggy Jimenez M45 24.18
2 Peter Bennett M50 25.47
4 Paul Lindenberg M40 30.59
5 Richard Lynch M80 36.32
6 Dick Keatinge M85 39.24

Open 5000m Women

1 Kay Shaw W50 31.31
2 Sally Lynch W65 32.25
3 Robyn Wales W55 37.48

TRACK & FIELD

21/05/10 U.Q.3000m All Comers Meet St.Lucia

3000m 11.00-12.00 & over 12.00

Paul Circosta M55 15.32.09

3000m 10.00-11.00m

Ron Peters M55 9.58.88

3000m 9.00-10.00m

Peter Reeves M55 9.43.54 **QR**
Gerard Gosens M40 10.25.40

05/06/10 Gold Coast Winter Open Meet G.C.Athletics Venue

Pole Vault

2 Howard Arbuthnot M40 3.65

1500 Metres men

1 Paul Tierney M35 4.35.33

26/06/10 U.Q. All Comers Open Meet St.Lucia

1500 Metres Mixed

5 Peter Reeves M55 4.42.44
6 Gerard Gosens M40 4.45.98
8 Con Dimauro M50 4.55.60

300 Metres Mixed

5 Graham Rowley M45 42.16

100 Metres

5 Graham Rowley Ht3 M45 12.94

17/07/10 U.Q. All Comers Open Meet St.Lucia

1500 Metres

2 Peter Reeves M55 4.41.80
3 Con Dimauro M50 4.54.08

3000 Metres Mixed

2 Peter Reeves M55 10.20.35
3 Gerard Gosens M40 10.31.65
4 Greg Coulter M50 10.35.46
5 Con Dimauro M50 10.53.77

31/07/10 U.Q. All Comers Open Meet St.Lucia

Javelin Throw

1 Bjorg Thorsteinsson M40 44.74

07/08/10 Gold Coast Open

100 Metres Men

3/3 Joe Begley M55 12.91

200 Metres

4/2 Joe Begley M55 26.79

1500m Men 20+

4 Peter Reeves M55 4.35.16
5 Con Dimauro M50 4.47.13

5000 Metres Men

1 Chris Tagg M40 17.12.01
5 Gerrard Gosens M40 17.13.48

Javelin Men 20+

1 Bjorg Thorsteinsson M40 41.61

08/08/10 USAC Winter T&F Carnival Sippy Downs

LADIES

100 Metres W30-39

1 Kylie Denny W35 14.07
3 Anne Venema W30 15.32

100 Metres W40-49

1 Karel McClintock W45 15.44
3 Karen Lakin W45 15.98

100 Metres W50-59

1 Noela Brameld W55 16.41
2 Denise Quinn W50 24.74

200 Metres W30-39

1 Kylie Denny W35 29.12
3 Anne Venema W30 31.56

200 Metres W40-49

1 Karen Lakin W45 32.17
2 Karel McClintock W45 33.07
3 Tricia Barr W45 33.56

200 Metres W50-59

1 Noela Brameld W55 34.15
2 Michelle Freeman W50 37.35

400 Metres W30-34

1 Anne Venema W30 70.77

400 Metres W45-49

1 Karen Lakin W45 74.07
2 Tricia Barr W45 1.21.25

400 Metres W50-54

1 Michelle Freeman W50 1.27.03

800 Metres W30-39

1 Claire Watkins W30 2.57.89

800 Metres W40-49

1 Wendy Stewart W45 2.38.42
2 Tricia Barr W45 3.34.02

800 Metres W50-59

1 Michelle Freeman W50 3.14.18

3000 Metres W40-49

1 Wendy Stewart W45 12.04.13

Long Jump W30-39

1 Claire Watkins W30 4.17

Long Jump W50-59

1 Noela Brameld W55 3.52

Triple Jump W30-39

1 Claire Watkins W30 8.62

Triple Jump W50-59

1 Denise Quinn W50 7.40

Shot Put W30-39

1 Kylie Denny W35 6.82
2 Claire Watkins W30 6.54

Shot Put W40-49

1 Karel McClintock W45 9.20

Shot Put W50-59

1 Joanne Pronk W50 9.19

Discus Throw W30-39

2 Claire Watkins W30 15.75

Discus Throw W40-49

1 Karel McClintock W45 24.04
2 Tricia Barr W45 18.20

Javelin Throw W40-49

1 Tricia Barr W45 20.15
2 Karel McClintock W45 19.70

MEN

100 Metres M30-39

1 Travis Venema M35 12.22

100 Metres M40-49

1 Graeme Rowley M45 12.91
3 Craig Bruce M45 13.17
5 Gary Denman M45 14.14

100 Metres M50-59

1 Peter McDermott M50 13.10
2 Geoff Bramley M50 13.80
3 Ian Dundas M55 14.04
4 Ganga Prasad M50 16.99

100 Metres M60-69

1 Alf Lakin M65 16.30

100 Metres M70-79

1 Ken Daniels M70 14.90

200 Metres M30-39

1 Travis Venema M35 24.58

200 Metres M40-49

1 Graeme Rowley M45 26.24
2 Craig Bruce M45 26.29

200 Metres M50-59

1 Geoff Bramley M50 28.17
2 Peter McDermott M50 28.19
3 Ian Dundas M55 28.20
4 Ganga Prasad M50 37.98

200 Metres M60-69

1 Alf Lakin M65 32.62

200 Metres M70-79

1 Ken Daniels M70 32.61

400 Metres M30-39

1 Travis Venema M35 59.98

400 Metres M40-49

1 Gary Denman M45 61.69

400 Metres M50-59

1 Geoff Bramley M50 69.31

400 Metres M60-69

1 Alf Lakin M65 1.23.74

400 Metres M70-79

1 Ken Daniels M70 76.53

800 Metres M60-69

1 Alf Lakin M65 3.28.06

High Jump M50-59

1 Geoff Bramley M50 1.20
2 Ganga Prasad M50 1.10

Long Jump M30-39

1 Travis Venema M35 5.45

Long Jump M50-59

2 Ganga Prasad M50 3.31

Triple Jump M30-39

1 Travis Venema M35 10.43

Triple Jump M40-49

2 Craig Bruce M45 8.11

Triple Jump M50-59

1 Geoff Bramley M50 8.04
2 Ganga Prasad M50 7.07

Triple Jump M60-69

2 Alf Lakin M65 6.37

Shot Put M50-59

1 Ganga Prasad M50 6.89

Discus Throw M50-59

1 Ganga Prasad M50 20.33

Javelin Throw M50-59

1 Ganga Prasad M50 24.83
2 Geoff Bramley M50 24.00

Javelin Throw M70-79

1 Ken Daniels M70 28.01

3000 Metres M60-69

2 Craig Welch M60 12.33.70

Hammer Throw Men 18+

2 Ganga Prasad M50 14.65

14/08/10 Gold Coast Open #7

Gary Denman M45

100 Metres Ht2/5 13.86
200 Metres Ht2/4 27.71
400 Metres Ht2/6 61.30

Callum McInnes M45

Long Jump 5 4.84
Triple Jump 4 9.58
High Jump 3 1.40

1500 Metres

6 Peter Reeves M55 4.36.34
9 Con Dimauro M50 4.46.08