RESULTS QMA INTER-REGIONAL MEET 05/12/09 SATURDAY GOLD COAST

LADIES

60 METRES

W40	1	Julie Brims	8.35	
W45	1	Martha Lochlin	9.65	
W50	1	Denise Quinn	10.19	
	2	Donna Emerson	10.30	
	3	Anne-Marie Lawlor	10.88	
W55	1	Noela Brameld	10.55	
W60	1	Wilma Perkins	9.75	
	2	Hazel McDonnell	10.38	
W75	1	Sheila Abrahams	24.18	

100 METRES

W40	1	Julie Brims	13.20	
W45	1	Martha Lochlin	16.09	
	2	Lynda Bateson	17.20	
W50	1	Denise Quinn	16.18	
	2	Donna Emerson	16.92	
	3	Anne-Marie Lawlor	18.09	
W60	1	Hazel McDonnell	16.82	
	2	Jean Hampson	16.84	
	3	Irene Davey	18.54	
W75	1	Sheila Abrahams	50.27	

200 METRES

W30	1	Anne Venema	31.81	
W40	1	Julie Brims	26.92	
W45	1	Karen Lakin	32.20	
	2	Martha Lochlin	34.94	
W50	1	Denise Quinn	36.70	
	2	Anne-Marie Lawlor	39.09	
W55	1	Julie Bell	35.32	
	2	Eunice Jenkins	6.47	
W75	1	Heather Doherty	7.77	
W100	1	Ruth Frith	3.96	

HAMMER THROW

W55	1	Cheryl Plasto	13.26	vis
W65	1	Adrienne Holdsworth	23.70	
	2	Lorraine Birtwell	22.48	
W70	1	Helen Searle	34.86	**ARp**
	2	Eunice Jenkins	19.26	
W75	1	Heather Doherty	23.69	
W100	1	Ruth Frith	10.80	**WRp**

MEN

60 METRES

M29		Aaron McMahon	7.59	vis
M30	1	Travis Venema	7.35	
	2	Rafal Witelus	7.84	
M45	1	Craig Bruce	8.27	
	2	Callum McInnes	8.77	
M55	1	Robin Reisenleiter	8.30	
	2	Joe Begley	8.35	
M65	1	John Lester	9.29	
	2	Alf Lakin	10.21	
M70	1	Peter Berry	10.12	
	2	Ivan Rogers	10.92	
		Bill Cook	9.67	vis
M75	1	Noel Garvey	9.72	
	2	Charles Crowley	10.10	
M80	1	Maurice Dauphinet	11.26	

100 METRES

M29		Aaron McMahon	12.67	vis
M30	1	Rafal Witelus	11.99	
	2	Travis Venema	12.57	
M45	1	Craig Bruce	13.12	
	2	Callum McInnes	13.73	
M55	1	Joe Begley	12.92	
	2	Robin Reisenleiter	13.08	
M60	1	Paul Chaplain	15.44	
	2	Don Burtt	15.67	
M65	1	John Lester	14.69	
	1	Fred Turner	14.69	
	3	Alf Lakin	16.04	
M70	1	Ivan Rogers	16.79	
	2	Peter Berry	17.64	
		Bill Cook	15.77	vis
M75	1	Noel Garvey	15.58	
	2	Charles Crowley	16.75	
M80	1	Maurice Dauphinet	18.84	

200 METRES

M29		Aaron McMahon	23.91	vis
M30	1	Travis Venema	24.13	
	2	Rafal Witelus	24.15	
M45	1	Craig Bruce	27.11	
	2	Callum McInnes	28.89	
M55	1	Joe Begley	26.73	
	2	Robin Reisenleiter	27.30	
	3	Neil Manefield	29.53	
M60	1	Don Burtt	31.55	
	2	Paul Chaplain	32.73	
M65	1	John Lester	30.10	
	2	Fred Turner	30.11	
M70	1	Ivan Rogers	36.01	
	2	Peter Berry	39.86	
M75	1	Noel Garvey	33.32	
M80	1	Maurice Dauphinet	39.74	

400 METRES

M45	1	Craig Bruce	1:02.60
	2	Callum McInnes	1:09.06
M50	1	Rod Walke	1:09.97
M55	1	Neil Manefield	1:03.43
	2	Peter Reeves	1:04.94
M60	1	Don Burtt	1:09.48
	2	Paul Chaplain	1:16.18
M65	1	John Lester	1:11.47
M75	1	Noel Garvey	1:18.11

1500 METRES

M30	1	Travis Venema	5.58.27
M45	1	Kevin Christison	5.51.13
M55	1	Peter Reeves	4.44.73
	2	Ron Peters	4.50.70
M60	1	John Sheer	5.45.95

3000 METRES

M55	1	Ron Peters	10.00.29
M60	1	John Sheer	11.52.93

3000m TRACK WALK

M75	1	Bert Janes	20.17.45
M80	1	Richard Lynch	22.00.88

LONG JUMP

M30	1	Travis Venema	5.14
M45	1	Callum McInnes	4.09
M65	1	Fred Turner	3.34
	2	Alf Lakin	2.89
M70	1	Bernie Smith	2.43
M75	1	Charles Crowley	3.34
	2	Chris Andalis	2.40
	3	Bill McMullen	2.15

TRIPLE JUMP

M30	1	Travis Venema	10.21
M45	1	Callum McInnes	8.85
M65	1	Alf Lakin	6.90
M70	1	Bernie Smith	5.75
M75	1	Chris Andalis	6.09
	2	Bill McMullen	5.82

POLE VAULT

M40	1	Howard Arbuthnot	4.20

DISCUS THROW

M40	1	Darron Haworth	47.99
M45	1	Callum McInnes	19.99
M55	1	Peter Teys	32.32
	2	Grant Chapman	24.63
M65	1	Don Quinn	35.25
M70	1	Warwick Selvey	36.65
	2	Ray Rose	23.55
	3	Ivan Rogers	20.58
	4	Bernie Smith	16.78
M75	1	Bill McMullen	27.79
	2	Arvo Ropelin	24.29
	3	Chris Andalis	21.71
M80	1	Charlie Rann	19.88
	2	Frank Pieters	14.37
M90	1	Ted Vickers	9.59

SHOT PUT

M45	1	Callum McInnes	7.76	
M55	1	Peter Teys	10.14	
	2	Grant Chapman	8.51	
M65	1	Don Quinn	10.42	
M70	1	Warwick Selvey	9.15	
	2	Ray Rose	7.81	
	3	Ivan Rogers	7.19	
	4	Bernie Smith	6.56	
M75	1	Arvo Ropelin	9.52	
	2	Bill McMullen	8.97	
	3	Chris Andalis	7.67	
M80	1	Maurice Dauphinet	7.62	
	2	Charlie Rann	7.09	
	3	Frank Pieters	5.61	
M90	1	Ted Vickers	5.92	**QR**

HAMMER THROW

M55	1	Grant Chapman	25.87	
M65	1	Don Quinn	33.35	
M70	1	Ray Rose	27.15	
	2	Bernie Smith	18.52	
M75	1	Chris Andalis	25.90	
	2	Bill McMullen	25.62	
	3	Arvo Ropelin	25.06	
M80	1	Frank Pieters	22.90	
	2	Charlie Rann	22.43	
M90	1	Ted Vickers	16.61	**QR**

W60	1	Hazel McDonnell	34.17	
	2	Jean Hampson	36.29	
	3	Irene Davey	36.65	
W75	1	Sheila Abrahams	2.08.75	

400 METRES

W30	1	Anne Venema	1:10.53
W40	1	Julie Brims	1:05.98
	2	Petrina Brown	1:10.66
W45	1	Karen Lakin	1;11.79
	2	Lynda Bateson	1;23.54
	3	Martha Lochlin	1:34.44
W50	1	Anne-Marie Lawlor	1:36.00
W55	1	Julie Bell	1:25.29
W60	1	Wendy Sheaves-D	1:20.82
	2	Jean Hampson	1:24.54
	3	Hazel McDonnell	1:26.20
	4	Irene Davey	1:28.36

1500 METRES

W30	1	Anne Venema	5.57.56
W40	1	Petrina Brown	5.30.03

3000 METRES

W35	1	Helen Stanton	10.37.99
W60	1	Irene Davey	14.40.41
	2	Wendy Sheaves-Doran	17.25.50

3000m TRACK WALK

W50	1	Kay Shaw	19.39.90	vis
W65	1	Sally Lynch	20.47.01	
W75		Christiane Dauphinet	23.01.77	

LONG JUMP

W50	1	Denise Quinn	3.41
	2	Donna Emerson	3.35
W55	1	Cheryl Plasto	2.04 vis
W60	1	Wilma Perkins	3.46
	2	Jean Hampson	3.21
	3	Irene Davey	2.95

TRIPLE JUMP

W40	1	Julie Brims	9.82

POLE VAULT

W60	1	Wilma Perkins	2.20 **ARp**

DISCUS THROW

W40	1	Sue Stoker-Salway	14.53
W45	1	Lynda Bateson	19.65
W50	1	Donna Emerson	25.68
W55	1	Cheryl Plasto	13.55 vis
W60	1	Wendy Sheaves-Doran	18.99
W65	1	Lorraine Birtwell	19.78
	2	Adrienne Holdsworth	16.70
W70	1	Helen Searle	21.63
	2	Eunice Jenkins	15.60
W75	1	Heather Doherty	22.42
W100	1	Ruth Frith	7.71

SHOT PUT

W45	1	Lynda Bateson	6.42	
W50	1	Joanne Pronk	9.20	
	2	Donna Emerson	8.70	
W55	1	Cheryl Plasto	4.52	vis
W60	1	Wendy Sheaves-Doran	7.58	
W65	1	Adrienne Holdsworth	6.60	
	2	Lorraine Birtwell	6.45	
W70	1	Helen Searle	9.37	

Inter-Regional

71 Athletes competed in the first Inter-Regional competition at the Gold Coast on Dec 05

Final Points Scores	Track	Throws	Jumps	Total	Competitors	
Coastal South	267	247	65	579		35
Metro North	177	86	14	277		14
Metro South	130	29	45	204		9
Metro Central	33	21	-	54		3
Coastal North	28	-	7	35		2
South Queensland	29	-	-	29		2
					Unfinancial	2
					Visitors	4