RESULTS 13/03/10 ***THROWS PENTATHLON CHAMPIONSHIPS - MEN* S.A.F.**

MEN			Hammer	Shot Put	Discus	Javelin	Weight	POINTS
M35	1	Rod Franke	19.65 : 187	10.06 : 489	30.65 : 477	32.75 : 358	7.72 : 336	**1847**
M45	1	Brad Monk	45.13 : 734	8.90 : 480	31.37 : 522	17.68 : 184	11.50 : 649	**2569**
M50	1	Kevin Davis	21.45 : 271	7.12 : 376	25.31 : 373	27.97 : 381	10.03 : 516	**1917**
	2	Josh Parr	19.36 : 232	7.45 : 398	20.96 : 290	18.68 : 214	8.53 : 423	**1557**
	3	Ganga Prasad	15.60 : 164	7.07 : 372	20.92 : 289	24.06 : 310	7.06 : 333	**1468**
M55	1	Grant Chapman	23.89 : 367	8.58 : 541	23.45 : 382	30.05 : 475	10.90 : 632	**2397**
	2	Ray Richardson	24.60 : 382	8.11 : 505	21.36 : 338	21.23 : 297	7.88 : 426	**1948**
M60	1	Peter Clark	26.08 : 458	10.53 : 690	34.12 : 630	27.90 : 461	10.44 : 558	**2797**
M65	1	Don Quinn	32.46 : 700	10.28 : 798	33.71 : 709	23.98 : 436	13.26 : 834	**3477**
	2	Guy Quarterman	27.26 : 565	9.90 : 763	28.60 : 580	33.99 : 679	12.27 : 762	**3349**
M70	1	Warwick Selvey	30.52 : 663	8.76 : 570	33.61 : 818	20.96 : 393	12.16 : 777	**3221**
	2	Bernie Smith	18.09 : 337	7.18 : 446	14.30 : 276	16.33 : 278	8.08 : 477	**1814**
M75	1	Erkki Saarinen	21.78 : 526	9.72 : 766	27.38 : 754	**A**37.12 : 960	10.14 : 732	**3738**
	2	Arvo Ropelin	23.17 : 568	9.03 : 703	24.92 : 673	21.71 : 495	8.68 : 609	**3048**
	3	Bill McMullen	24.46 : 608	8.35 : 640	24.96 : 674	18.83 : 411	8.63 : 605	**2938**
M80	1	Russell Grigg	21.30 : 537	5.16 : 366	14.85 : 430	10.37 : 180	7.96 : 594	**2107**
M90	1	Ted Vickers	448:105	4.03:49	8.33:430	8.65:313	3.65:360	**1610 QR**

LADIES

3000m RUN CHAMPIONSHIPS

W45	1	Glenda Banaghan	10.47.93
W50	1	Marcy Sheer	10.57.50
	2	Anne Ryan	12.14.03
W55	1	Christine Purcell	14.39.54
W60	1	Irene Davey	14.33.98

3000m WALK CHAMPIONSHIPS

W55	1	Lyn Woodward	20.15.05
W65	1	Sally Lynch	20.00.39
	2	Noela McKinven	22.51.42

RELAY CHAMPIONSHIPS

4 X 400m RELAY

W40+	Karen Lakin	
	Julie Bell	
	Donna Emerson	
	Sue Stoker-Salway	5.24.34
W60+	Irene Davey	
	Hazel McDonnell	
	Jean Hampson	
	Betty Menzies	5.38.22

CLUB EVENTS

60 METRES

W35	1	Rosa Bird	10.00
W40	1	Donna Beikoff	10.11
W45	1	Michelle Smith-Rowan	9.65
	2	Tricia Barr	9.81
W55	1	Kathy Rourke	10.37
	2	Cheryl Plasto	12.03
W60	1	Jean Hampson	11.10

100 METRES

W35	1	Rosa Bird	16.02
W40	1	Donna Beikoff	16.75
W45	1	Karen Lakin	16.06
	2	Michelle Smith-Rowan	16.42
	3	Tricia Barr	16.89
W50	1	Donna Emerson	17.14
W55	1	Kathy Rourke	16.99
	2	Cheryl Plasto	20.59
W60	1	Hazel McDonnell	17.25
	2	Jean Hampson	18.09

300 METRES

W45	1	Jenny Kirby	54.09
	2	Tricia Barr	60.43
W60	1	Hazel McDonnell	55.59
	2	Irene Davey	65.38

LONG JUMP

W55	1	Cheryl Plasto	2.46

TRIPLE JUMP

W55	1	Cheryl Plasto	5.03

HIGH JUMP

W35		Roselyn Franke	1.25
W55	1	Cheryl Plasto	0.95

JAVELIN THROW

W35	1	Roselyn Franke	21.31
W40	1	Donna Beikoff	17.22
W50	1	Joanne Pronk	20.70
	2	Donna Emerson	20.68
W55	1	Cheryl Plasto	9.40
W65	1	Lorraine Birtwell	15.19

DISCUS THROW

W35	1	Roselyn Franke	24.92
W40	1	Donna Beikoff	16.16
W50	1	Donna Emerson	25.36
W55	1	Cheryl Plasto	12.32
W65	1	Lorraine Birtwell	19.99

SHOT PUT

W35	1	Roselyn Franke	6.58
W50	1	Joanne Pronk	8.87
	2	Donna Emerson	8.58
W55	1	Cheryl Plasto	5.23
W65	1	Lorraine Birtwell	6.32

MEN

3000m RUN CHAMPIONSHIPS

M35	1	Brendan Whelan	9.49.99
M45	1	John Treschman	10.26.38
M50	1	Greg Coulter	11.00.74
	2	Con Dimauro	11.04.84
M55	1	Peter Reeves	9.58.11
	2	Ron Peters	10.16.37
	3	Jason Collie	11.04.95
M60	1	John Sheer	11.34.02
	2	Craig Welch	12.55.96
	3	Erkki Ryhanen	14.12.26
M65	1	Ian Richardson	13.14.11
	2	Elwyn Egan	13.44.40
M70	1	Alan Bradford	12.31.36

3000m WALK CHAMPIONSHIPS

M40	1	Iggy Jimenez	14.15.42
M50	1	Peter Bennett	14.20.31
M70	1	Patrick Sela	19.01.03
M80	1	Russell Grigg	26.27.32
M85	1	Dick Keatinge	24.17.18

RELAY CHAMPIONSHIPS

4 X 400m RELAY

M50+	Ganga Prasad	
	Kevin Davis	
	Geoff Bramley	
	Con Dimauro	4.49.84
M60+	Don Burtt	
	Paul Chaplain	
	Brian Morling	
	Fred Turner	4.56.54

CLUB EVENTS

60 METRES

M30	1	Travis Venema	7.55
	2	Rafal Witelus	7.96
M40	1	Gary Parkinson	8.09
M45	1	Ian McLean	8.06
M50	1	Walter Nock	8.33
	2	Hugh Bristow	8.50
	3	Geoff Bramley	8.89
M55	1	Joe Begley	8.51
	2	Ian Malouf	8.87
	3	Graeme Cox	9.10
M60	1	John Wight	8.64
M65	1	Harry Giles	9.18
M70	1	Alan Bradford	9.61
M75	1	Noel Garvey	10.48

100 METRES

M30	1	Travis Venema	12.18
	2	Rafal Witelus	12.71
M40	1	Gary Parkinson	13.23
M45	1	Ian McLean	13.33
	2	Callum McInnes	13.94
M50	1	Walter Nock	13.45
	2	Hugh Bristow	13.46
	3	Rod Walke	14.45
	4	Geoff Bramley	14.49
M55	1	Joe Begley	13.73
	2	Ian Malouf	14.65
	3	Graeme Cox	14.86
M60	1	John Wight	14.39
M65	1	Harry Giles	15.60
M70	1	Alan Bradford	16.04
M75	1	Noel Garvey	18.54

300 METRES

M30	1	Travis Venema	38.84
M40	1	Gary Parkinson	39.59
	2	Simon Garnes	43.86
	3	Stephen Showell	48.02
M50	1	Walter Nock	43.71
	2	Steve Davies-Evans	44.74
	3	Geoff Bramley	46.91
M55	1	Peter Reeves	47.97
	2	Ian Malouf	48.51
M60	1	Paul Chaplain	54.34
M70	1	Bernie Smith	69.72
M80	1	Norm Pearce	1.17.13

80m HURDLES

M65	1	Harry Giles	14.68
M70	1	Bernie Smith	19.44

100m HURDLES

M50	1	Kevin Davis	20.03

LONG JUMP

M45	1	Callum McInnes	4.40
M65	1	Harry Giles	4.17
M70	1	Bernie Smith	3.08

TRIPLE JUMP

M45	1	Callum McInnes	10.85
M65	1	Harry Giles	8.64
M70	1	Bernie Smith	6.47

HIGH JUMP

M45	1	Callum McInnes	1.40
M65	1	Brian Prideaux	1.20
M70	1	Bernie Smith	1.10

POLE VAULT

M70	1	Bernie Smith	1.70