RESULTS OF QMA MEMBERS 2-5/04/2010 AUSTRALIAN CHAMPIONSHIPS PERTH, W.A.

LADIES

ANNE VENEMA W30

200 Metres	3	30.85	
400 Metres	1	67.35	
800 Metres	1	2.38.99	
8km Cross Country	2	41.23.6h	**QBP**

PETRINA BROWN W40

800 Metres	3	2.32.04
1500 Metres	4	5.23.92

GLENDA BANAGHAN W45

5000 Metres	1	18.08.04
10,000 Metres	1	37.38.36
8km Cross Country	1	31.38.8h

KAREN LAKIN W45

200 Metres	5	31.23
400 Metres	3	71.81
800 Metres	4	2.48.27

MARIE KAY W50

60 Metres	1	8.29	*
100 Metres	1	13.37	
200 Metres	1	27.62	
80m Hurdles	1	12.60	*
Long Jump	1	5.41	**WRp**
High Jump	1	1.45	**ARp**
Javelin Throw	2	31.56	
Discus Throw	2	26.97	
Shot Put	1	12.03	

* Wind Assisted No Record

DONNA EMERSON W50

Long Jump	4	3.82
Javelin Throw	4	20.47
Discus Throw	4	24.50
Shot Put	4	9.14
Pentathlon	1	2305
100 Metres	16.59	575
Shot Put	8.88	682
Long Jump	3.58	426
Javelin Throw	20.34	434
800 Metres	3.46.48	188

PATTY PETERSEN W50

60 Metres	5	9.39
100 Metres	4	15.30
200 Metres	5	33.20

JOANNE PRONK W50

Javelin Throw	3	22.27
Shot Put	2	9.82

DENISE QUINN W50

60 Metres	7	9.77
100 Metres	6	15.89
200 Metres	7	34.77
80m Hurdles	2	16.40
Long Jump	5	3.78
Triple Jump	1	7.93

ANNE RYAN W50

1500 Metres	4	5.47.62
5000 Metres	4	21.06.92
8km Cross Country	4	36.36.3h

MARCY SHEER W50

800 Metres	1	2.33.92	
1500 Metres	1	5.09.97	
5000 Metres	1	18.41.38	
8km Cross Country	1	33.09.6h	**QBP**

NOELA BRAMELD W55

60 Metres	3	9.67
100 Metres	3	15.80
200 Metres	3	34.24

JEANETTE FLYNN W55

800 Metres	3	2.52.32
1500 Metres	3	5.38.18

IRENE DAVEY W60

400 Metres	2	78.74
800 Metres	2	3.08.25
2km Steeplechase	2	10.22.74

JEAN HAMPSON W60

800 Metres	3	3.19.02
200 Metres	5	35.22
400 Metres	4	1.21.39
Pentathlon	2	2770
100 Metres	17.35	694
Shot Put	6.37	575
Long Jump	3.32	516
Javelin Throw	14.81	398
800 Metres	3.24.33	587

HAZEL McDONNELL W60

Metres	4	33.66
60 Metres	4	9.87
100 Metres	5	16.11
200 400 Metres	3	79.50
Weight Throw	3	8.24

WILMA PERKINS W60

100m Champions	eq3	11.80	
60 Metres	1	8.97	*
100 Metres	1	14.59	**QR**
80m Hurdles	2	15.25	
Long Jump	1	4.19	**QR**
High Jump	2	1.24	
Pole Vault	1	2.33	**ARp**
Javelin Throw	1	25.53	

* Wind Assisted No Record

NOREEN PARRISH W65

60 Metres	3	9.87
100 Metres	3	16.48
200 Metres	4	34.75

HELEN SEARLE W70

Discus Throw	1	22.09
Shot Put	1	9.42
Hammer Throw	1	31.77
Weight Throw	1	10.04
Throws Pentathlon	1	4985
Hammer Throw	32.51	1237
Shot Put	9.67	1234
Discus Throw	21.96	747
Javelin Throw	18.38	684
Weight Throw	11.95	1083

RUTH FRITH W100

Shot Put	1	4.14
Hammer Throw	1	10.00
Weight Throw	1	4.72
Throws Pentathlon	1	11,169
Hammer Throw	10.02	2699
Shot Put	4.37	2954
Discus Throw	8.14	1646
Javelin Throw	5.90	1305
Weight Throw	4.13	2565

RELAYS

W200+ 4 x 100m Relay (W50+)

2	Noreen Parrish	
	Noela Brameld	
	Denise Quinn	
	Wilma Perkins	62.58

W160+ 4 X 100m Relay (W30+)

3	Patty Petersen	
	Donna Emerson	
	Karen Lakin	
	Anne Venema	60.14

W200+ 4 x 400m Relay (W50+)

2	Irene Davis	
	Donna Emerson	
	Jean Hampson	
	Jenny Flynn	5.38.32

W160+ 4 x 400m Relay (W30+)

2	Marcy Sheer	
	Petrina Brown	
	Karen Lakin	
	Anne Venema	4.40.92

MEN

TRAVIS VENEMA M30

60 Metres	1	7.09	*
100 Metres	1	11.33	
200 Metres	1	23.59	
400 Metres	1	54.74	

*Wind Assisted No Record

ANDREW KEANE M40

400 Metres	Ht1	2	53.75
400 Metres	Fnl	4	54.85
800 Metres		2	2.06.19

CRAIG BRUCE M45

60 Metres		4	7.85
100 Metres	Ht1	4	12.72
100 Metres	Fnl	6	12.61
200 Metres	Ht1	2	26.31
200 Metres	Fnl	6	26.09
400 Metres		6	59.87

GARY DENMAN M45

200 Metres	Ht1	3	26.90
200 Metres	Fnl	7	27.36
400 Metres		7	61.37
800 Metres		11	2.32.80

BRAD MONK M45

Discus Throw	3	34.83
Hammer Throw	1	46.82
Weight Throw	3	12.11
Throws Pentathlon	3	2937
Hammer Throw	50.37	837
Shot Put	9.84	543
Discus Throw	34.84	595
Javelin Throw	18.71	202
Weight Throw	13.15	760

JOHN KAY M50

Discus Champions	6	48.44
Javelin Throw	1	50.52
Discus Throw	1	41.36
Pentathlon	1	3102
Long Jump	4.52	516
Javelin Throw	53.03	856
200 Metres	27.71	703

RESULTS OF QMA MEMBERS 2-5/04/2010 AUSTRALIAN CHAMPIONSHIPS PERTH, W.A.

Discus Throw		38.72	639
1500 Metres		6.28.88	388

WALTER NOCK M50

60 Metres		2	7.78
100 Metres		2	12.36
200 Metres	Ht2	3	26.44
200 Metres	Fnl	3	25.66

JOE BEGLEY M55

100m Champions		6	10.97
60 Metres	Ht1	1	8.01
60 Metres	Fnl	3	7.92
100 Metres	Ht2	2	13.08
100 Metres	Fnl	1	12.67
200 Metres	Ht1	1	26.25
200 Metres	Fnl	1	26.04
400 Metres	Ht2	1	61.00
400 Metres	Fnl	4	61.82

IAN DUNDAS M55

60 Metres	Ht1	2	8.29
60 Metres	Fnl	7	8.34
100 Metres	Ht2	3	13.48
100 Metres	Fnl	7	13.72
200 Metres	Ht1	2	27.50
200 Metres	Fnl	6	28.10

GRAEME DAHL M60

5000 Metres	7	21.38.61
8km Cross Country	8	38.33.8h

DICK DUNSTAN M60

800 Metres	9	3.41.71
1500 Metres	7	7.53.42

PETER JAMES M60

10,000 Metres	1	41.29.23

VIDDY JERMACANS M60

100m Hurdles	2	20.32
300m Hurdles	3	55.87
Long Jump	4	4.39
High Jump	2	1.25
Pole Vault	2	1.93
Pentathlon	2	2945
Long Jump	4.45	677
Javelin Throw	25.77	415
200 Metres	28.87	762
Discus Throw	30.30	544
1500 Metres	6.25.28	547

SEAN RYAN M60

800 Metres	7	2.39.55
8km Cross Country	5	36.22.2h

JOHN SHEER M60

10,000 Metres	3	42.05.68
2km Steeplechase	4	8.52.16
8km Cross Country	3	35.17.2h

ELWYN EGAN M65

800 Metres	6	2.53.41
1500 Metres	6	6.26.07

ROB McDONALD M65

100m Champions		1	10.33
60 Metres		1	8.10 **ARp**
100 Metres		1	12.68
200 Metres		1	26.48
100m Hurdles		2	19.99
High Jump		1	1.30

ALF LAKIN M65

60 Metres	7	9.90
100 Metres	5	15.63
200 Metres	7	33.00
Pentathlon	2	1946
Long Jump	3.09	346
Javelin Throw	15.50	237
200 Metres	32.90	553
Discus Throw	20.51	380
1500 Metres	7.09.82	430

DON QUINN M65

Discus Throw	3	39.47
Shot Put	4	10.28
Hammer Throw	4	31.60
Weight Throw	4	12.30
Throws Pentathlon	3	3484
Hammer Throw	31.98	688
Shot Put	10.83	848
Discus Throw	36.47	780
Javelin Throw	22.37	397
Weight Throw	12.39	771

ALAN BRADFORD M70

400 Metres	Ht2	1	66.60
400 Metres	Fnl	1	63.71
800 Metres		1	2.38.65
1500 Metres		1	5.45.40
5000 Metres		1	20.55.74
300m Hurdles		1	54.75
2km Steeplechase		1	8.45.99
Pentathlon		1	2867
Long Jump		3.41	537
Javelin Throw		17.40	305
200 Metres		29.61	865
Discus Throw		18.52	389
1500 Metres		6.07.87	771

COLIN McLEOD M70

5000 Metres	2	21.02.06
10,000 Metres	1	43.55.16
1500 Metres	2	5.49.90
8km Cross Country	1	37.01.1h

BRIAN MORLING M70

800 Metres	5	2.55.13
1500 Metres	8	6.32.73

CHRIS ANDALIS M75

High Jump	A2	1.00
Triple Jump	A2	6.00
Pole Vault	A1	1.53
Discus Throw	A3	21.67
Shot Put	A2	7.68
Hammer Throw	A2	21.79

A: Australian Placing

JIM DAVIS M75

Discus Champions	3	50.35
Discus Throw	A1	28.25
Shot Put	1	9.96
Hammer Throw	1	32.55
Weight Throw	1	12.07
Throws Pentathlon	1	3809
Hammer Throw	32.43	856
Shot Put	10.07	798
Discus Throw	29.82	836
Javelin Throw	21.34	484
Weight Throw	11.37	835

A: Australian Placing

HUGHIE THOMSEN M75

60 Metres	2	11.06
100 Metres	2	18.76
200 Metres	2	41.99

RELAYS

M200+ 4 x 100m Relay (M45+)

3 Rob McDonald
Gary Denman
Walter Nock
Alf Lakin 52.90

M170+ 4 x 100m Relay (M30+)

2 Travis Venema
Andrew Keane
Craig Bruce
Joe Begley 48.51

M200+ 4 x 400m Relay (M60+)

5 Alf Lakin
Alan Bradford
Brian Morling
Viddy Jermacans 5.07.22

M170+ 4 x 400m Relay (M30+)

2 Travis Venema
Gary Denman
John Sheer
Andrew Keane 4.09.59