RESULTS

Benchmark Series #1 22nd August GCAC

Long Jump

McInnes, Callum	M49	Metro South	4.82m (66.76%)
Smith, Bernie	M73	Coastal South	2.93m (58.48%)
Crowley, Charles	M77	Gold Coast	3.52m (75.86%)

800 Metre

Mackay, David	M50	Gold Coast	3:02.7h (63.66%)
Turner, Fred	M68	Gold Coast	3:29.5h (64.68%)
Morling, Brian	M72	Gold Coast	3:59.9h (59.51%)

60 Metre

Lochlin, Martha	W46	Gold Coast	9.4h (81.60%)
Sheaves-Doran, Wendy	W60	Gold Coast	9.3h (91.64%)
Lester, John	M67	Gold Coast	9.0h (89.89%)
Turner, Fred	M68	Gold Coast	9.5h (85.68%)
Cook, Bill	M72	Gold Coast	9.6h (87.08%)
Morling, Brian	M72	Gold Coast	11.0h (71.86%)
Crowley, Charles	M77	Gold Coast	10.0h (87.20%)

100 Metre

Lochlin, Martha	W46	Gold Coast	15.5h (75.81%)
Emerson, Donna	W53	Gold Coast	16.3h (77.55%)
Chaplain, Paul	M61	Gold Coast	15.8h (74.49%)
Lester, John	M67	Gold Coast	14.5h (84.18%)
Turner, Fred	M68	Gold Coast	15.3h (80.26%)
Cook, Bill	M72	Gold Coast	15.1h (84.24%)
Morling, Brian	M72	Gold Coast	17.7h (71.86%)
Crowley, Charles	M77	Gold Coast	16.1h (84.35%)

400 Metre

Mackay, David	M50	Gold Coast	1:16.2h (65.04%)
Manefield, Neil	M56	Gold Coast	1:05.8h (78.35%)
Bodsworth, Bruce	M58	Coastal South	1:08.2h (75.63%)
Chaplain, Paul	M61	Gold Coast	1:19.9h (66.58%)
Turner, Fred	M68	Gold Coast	1:19.3h (72.09%)

Best Throws by Benchmark Series Entrants In Throws Pentathlon

Note: Percentages shown are 1year age graded and differ from the 5year age graded percentages for combined (pentathlon) events

Shot Put

Donna Emerson	W53	Gold Coast	9.09m (58.80%)
Cheryl Plasto	W59	Gold Coast	4.22m (30.65%)
Eunice Jenkins	W71	Gold Coast	5.52m (53.18%)
Bill McMullen	M77	Gold Coast	8.75m (60.72%)

Hammer

Eunice Jenkins	W71	Gold Coast	16.63m (43.47%)
Bill McMullen	M77	Gold Coast	24.85m (57.48%)

Discus

Eunice Jenkins	W71	Gold Coast	14.27m (38.96%)
Grant Chapman	M60	Gold Coast	29.07m (44.08%)
Maurice Dauphinet	M84	Gold Coast	20.32m (60.32%)

Javelin

Cheryl Plasto	W59	Gold Coast	9.16m (21.68%)
Grant Chapman	M60	Gold Coast	29.28m (44.02%)

Weight Throw

Cheryl Plasto	W59	Gold Coast	5.38m (33.58%)
Grant Chapman	M60	Gold Coast	12.28m (54.10%)

Trans Tasman Throws Pentathlon

Women

		Points	HT	SP	DT	JT	WT
W45	1 McClintock, Karel		19.41m	8.21m	23.37m	18.17m	7.00m
	Coastal North	2098	(379)	(516)	(428)	(339)	(436)
W50	1 Emerson, Donna		15.64m	9.09m	26.67m	19.74m	8.45m
	Gold Coast	2356	(281)	(625)	(558)	(400)	(492)
W55	1 Barber, Sue		20.66m	5.58m	15.43m	8.48m	7.29m
	Gold Coast	1767	(469)	(376)	(318)	(147)	(457)
	2 Plasto, Cheryl		14.02m	4.22m	12.09m	9.16m	5.38m
	Gold Coast	1233	(271)	(257)	(232)	(165)	(308)
W65	1 Holdsworth, Adrienne		19.84m	6.15m	15.28m	16.07m	8.12m
	Gold Coast	2504	(575)	(543)	(413)	(434)	(539)
W70	1 Searle, Helen		32.58m	9.78m	21.13m	18.85m	12.42m
	Gold Coast	4618	(1211)	(1073)	(721)	(611)	(1002)
	2 Jenkins, Eunice		16.63m	5.52m	14.27m	8.91m	6.17m
	Gold Coast	2204	(533)	(545)	(449)	(243)	(434)
	3 White, Grace		16.40m	4.89m	11.60m	9.39m	5.77m
	Metro South	1999	(524)	(469)	(347)	(260)	(399)
W100	1 Frith, Ruth		10.13m	4.10m	8.76m	5.99m	4.22m
	Gold Coast	5501	(1199)	(1063)	(1246)	(1209)	(784)

Men

		Points	HT	SP	DT	JT	WT
M40	1 Thorsteinsson, Bjorg		FOUL	8.64m	23.73m	46.50m	5.79m
	Metro Central	1696	(0)	(463)	(389)	(596)	(248)
M50	1 Mabbutt, Mike		36.93m	9.49m	25.92m	30.31m	13.55m
	North Qld	2616	(575)	(553)	(396)	(402)	(690)
	2 Prasad, Ganga		13.95m	6.72m	20.42m	22.79m	6.72m
	Metro South	1345	(139)	(359)	(288)	(271)	(288)
	3 Mackay, David		13.29m	7.19m	18.38m	13.24m	6.22m
	Gold Coast	1139	(127)	(391)	(249)	(112)	(260)
M60	1 Chapman, Grant W		29.64m	10.04m	29.07m	29.28m	12.28m
	Gold Coast	2685	(492)	(639)	(482)	(462)	(610)
M65	1 Quarterman, Guy		31.00m	9.47m	31.76m	36.38m	11.96m
	Metro Central	3194	(601)	(660)	(603)	(690)	(640)
	2 Quinn, Don		33.92m	10.45m	35.51m	23.00m	12.23m
	Metro North	3144	(672)	(741)	(691)	(383)	(657)
M70	1 Smith, Bernie		18.70m	5.95m	17.17m	13.34m	9.62m
	Coastal South	1699	(323)	(367)	(309)	(194)	(506)
M75	1 McMullen, Bill		24.85m	8.75m	27.93m	20.44m	9.76m
	Gold Coast	2876	(560)	(664)	(665)	(423)	(564)
	2 Ropelin, Arvo		23.24m	8.84m	24.84m	19.67m	8.88m
	Metro South	2666	(514)	(672)	(576)	(402)	(502)
	3 Rose, Ray		22.26m	7.48m	23.15m	15.16m	8.28m
	Gold Coast	2306	(487)	(549)	(527)	(281)	(462)
	4 Andalis, Chris		21.99m	7.73m	22.57m	14.64m	7.91m
	Gold Coast	2265	(479)	(572)	(511)	(267)	(436)
M80	1 Dauphinet, Maurice		19.77m	7.03m	20.32m	18.83m	7.55m
	Gold Coast	2443	(474)	(560)	(532)	(434)	(443

Australian Road Walks Championships

University Of Queensland, St Lucia, Brisbane

Men 20km Open
Paul Lindenberg 2:20:59
RWA Teams
2. QRWC Ignacio Jimenez, Peter Bennett, **Paul Lindenberg**
RWA Handicap
3 Paul Lindenberg
Women 10000 metre RWA Open
Lynda Woodward, 1:10:01.Sally Lynch, 1:14:33.
Robyn Wales, DQ.
RWA 10km Masters Championship
3. Sally Lynch
RWA Teams
6. QRWC **Sally Lynch, Lyn Woodward**, Noela McKinven
QRWC Invitation 5km
Richard Lynch DQ