RESULTS 06/03/10 *THROWS PENTATHLON CHAMPIONSHIPS - WOMEN*

LADIES			Hammer	Shot Put	Discus	Javelin	Weight	POINTS
W35	1	Roselyn Franke	15.72 : 236	6.45 : 323	23.32 : 350	19.22 : 274	6.82 : 413	**1596**
W40	1	Leonie Foster	20.77 : 429	6.60 : 382	19.37 : 304	ND : 0	7.09 : 488	**1603**
	2	Donna Beikoff	13.06 : 217	6.02 : 338	14.83 : 214	15.93 : 241	5.39 : 345	**1355**
W45	1	Karel McClintock	19.74 : 492	7.72 : 540	23.37 : 425	16.23 : 292	7.43 : 588	**2337**
W55	1	Cheryl Plasto	12.79 : 229	4.75 : 348	12.18 : 233	8.81 : 171	4.74 : 278	**1259**
W65	1	Lorraine Birtwell	21.00 : 623	6.21 : 637	19.66 : 560	14.28 : 437	8.07 : 587	**2844**
W75	1	Heather Doherty	22.50 : 959	7.47 : 1081	23.12 : 947	16.12 : 696	9.22 : 957	**4640**

RESULTS 06/03/10 SATURDAY S.A.F.

LADIES

RELAY CHAMPIONSHIPS

4 X 100m RELAY

W30+	Tricia Barr	
	Phyllis Kwok	
	Karen Lakin	
	Anne Venema	1.02.89
W40+	Donna Beikoff	
	Kathy Rourke	
	Jean Hampson	
	Hazel McDonnell	1.05.63

CLUB EVENTS

60 METRES

W55	1	Kathy Rourke	10.39

200 METRES

W30	1	Anne Venema	31.81
W35	1	Rosa Bird	33.79
W45	1	Karen Lakin	32.10
	2	Phyllis Kwok	32.95
	3	Tricia Barr	34.76
W60	1	Hazel McDonnell	34.07
	2	Irene Davey	40.60

400 METRES

W30	1	Anne Venema	1.10.36
W45	1	Karen Lakin	1.12.02
	2	Lynda Bateson	1.20.83
	3	Tricia Barr	1.25.93
W60	1	Hazel McDonnell	1.23.35
	2	Jean Hampson	1.25.72
	3	Irene Davey	1.30.58

800 METRES

W30	1	Anne Venema	2.50,97
W45	1	Lynda Bateson	3.05.66
W60	1	Irene Davey	3.22.03
W65	1	Betty Menzies	3.06.49

5000 METRES

W45	1	Glenda Banaghan	18.45.26
W50	1	Anne Ryan	22.16.80

5000m TRACK WALK

W55	1	Lyn Woodward	34.36.38
W75	1	Christiane Dauphinet	39.07.67

TRIPLE JUMP

W55	1	Kathy Rourke	7.24

HIGH JUMP

W45	1	Phyllis Kwok	1.20

4 x 100m RELAY

35+Mxd	Jodie Schubert	
	Bernie Smith	
	Ganga Prasad	
	Kevin Davis	1.05.51

MEN

RELAY CHAMPIONSHIPS

4 X 100m RELAY

M30+	Karl Weber	
	Travis Venema	
	Rafal Witelus	
	Richard Rodgers	46.46
M45+	Joe Begley	
	Ian McLean	
	Ian Malouf	
	Callum McInnes	51.74
M60+	Paul Chaplain	
	Fred Turner	
	Norm Pearce	
	Alf Lakin	1.11.18

CLUB EVENTS

60 METRES

M30	1	Richard Rodgers	7.55
	2	Travis Venema	7.56
	3	Rafal Witelus	8.06
M50	1	Kevin Davis	9.21
	2	Ganga Prasad	10.41
M55	1	Joe Begley	8.51
	2	Ian Malouf	8.85
	3	Graeme Cox	9.08
M65	1	Fred Turner	9.27
	2	Alf Lakin	10.17
M70	1	Bernie Smith	11.01
M80	1	Maurice Dauphinet	11.58

200 METRES

M30	1	Travis Venema	24.20
M40	1	Stephen Showell	29.33
	2	Scott Eisentrager	29.43
M45	1	Callum McInnes	28.17
M50	1	Rod Walke	28.55
	2	Kevin Davis	30.04
M55	1	Joe Begley	27.23
	2	Ian Malouf	28.90
M65	1	Fred Turner	29.73
	2	Alf Lakin	33.21

400 METRES

M40	1	Scott Eisentrage	1.11.03
	2	Stephen Showell	1.12.41
M45	1	Dan O'Callaghan	1.04.51
M50	1	Rod Walke	1.04.16
M60	1	Paul Chaplain	1.16.84
M65	1	Fred Turner	1.12.76
M70	1	Bernie Smith	1.35.08

800 METRES

M30-		Dave Gitsham	2.16.51	vis
M35	1	Jason Lees	2.11.23	
M40	1	Stephen Showell	2.44.31	
	2	Scott Eisentrager	2.59.65	
M45	1	John Treschman	2.23.42	
	2	Dan O'Callaghan	2.32.69	
M60	1	Don Burtt	2.45.18	
	2	Jim Woodriff	2.48.13	
	3	Paul Chippendale	3.57.62	
M65	1	Elwyn Egan	2.46.74	
M70	1	Brian Morling	3.00.17	
M80	1	Norm Pearce	4.24.16	

5000 METRES

M50	1	Greg Coulter	19.44.62
M55	1	Ron Peters	18.55.11
M60	1	Craig Welch	22.56.91

5000m TRACK WALK

M40	1	Jody Nash	28.14.34
M50	1	Peter Bennett	26.00.78

LONG JUMP

M30	1	Richard Rodgers	5.77
M45	1	Callum McInness	4.39
M50	1	Ganga Prasad	3.20
M70	1	Bernie Smith	3.28

TRIPLE JUMP

M30	1	Richard Rodgers	11.19
M45	1	Callum McInnes	9.11
M70	1	Bernie Smith	6.39

HIGH JUMP

M45	1	Callum McInnes	1.35
M70	1	Bernie Smith	1.10

JAVELIN THROW

M35	1	Rod Franke	30.48
M50	1	Kevin Davis	31.28
	2	Ganga Prasad	22.58
M70	1	Bernie Smith	17.66
M80	1	Maurice Dauphinet	18.83
M90	1	Ted Vickers	8.91

DISCUS THROW

M35	1	Rod Franke	31.69
M50	1	Kevin Davis	25.04
	2	Josh Parr	21.45
	3	Ganga Prasad	19.65
M65	1	Don Quinn	37.03
M70	1	Bernie Smith	18.26
M80	1	Maurice Dauphinet	20.18
M90	1	Ted Vickers	8.80

SHOT PUT

M35	1	Rod Franke	10.34
M50	1	Kevin Davis	7.81
	2	Ganga Prasad	6.83
M65	1	Don Quinn	10.19
M70	1	Bernie Smith	7.00
M90	1	Ted Vickers	4.2