Benchmark Series #2 19 Sept GCAC

3000 Metre Run

W55

1	Bell, Julie	W59	Gold Coast Ma	16:37.1h

3000 Metre Race Walk

W65

1	Lynch, Sally	W67	Gold Coast Ma	20:05.6h

W75

1	Dauphinet, Christiane	W79	Gold Coast Ma	23:23.3h

M80

1	Lynch, Richard	M81	Gold Coast Ma	22:16.3h

Hammer Throw

W70

1	Jenkins, Eunice	W72	Gold Coast Ma	17.43m

M65

---	Nola, Joe	M66	Visitor	X30.36m

M70

1	Selvey, Warwick	M70	Gold Coast Ma	27.69m
2	Smith, Bernie	M73	Coastal South	21.07m

M75

1	McMullen, Bill	M77	Gold Coast Ma	24.18m

60 Metre Sprint

W45

1	Lochlin, Martha	W46	Gold Coast Ma	9.1h

W50

1	Alderman, Dianne	W54	Coastal South	9.0h
2	Emerson, Donna	W53	Gold Coast Ma	9.7h

W60

1	Sheaves-Doran, Wendy	W60	Gold Coast Ma	9.0h

M45

1	Hayward, Paul	M47	Coastal South	8.0h
2	McInnes, Callum	M49	Metro South	8.6h

M65

1	Lester, John	M67	Gold Coast Ma	9.2h

M70

1	Cook, Bill	M72	Gold Coast Ma	9.2h
2	Smith, Bernie	M73	Coastal South	11.2h

M75

1	Crowley, Charles	M77	Gold Coast Ma	11.4h

M80

1	Dauphinet, Maurice	M84	Gold Coast Ma	11.7h

100 Metre Sprint

W30

1	Bodsworth, Emily	W30	Coastal South	16.2h

W45

1	Lochlin, Martha	W46	Gold Coast Ma	15.9h

W50

1	Alderman, Dianne	W54	Coastal South	14.6h
2	Emerson, Donna	W53	Gold Coast Ma	16.1h

W60

1	Sheaves-Doran, Wendy	W60	Gold Coast Ma	14.7h

M45

1	Hayward, Paul	M47	Coastal South	13.1h
2	Denman, Gary	M49	Metro South	13.8h

M60

1	Chaplain, Paul	M61	GC Victory	15.5h

M65

1	Lester, John	M67	Gold Coast Ma	15.0h

M70

1	Cook, Bill	M72	Gold Coast Ma	15.7h

M75

1	Crowley, Charles	M77	Gold Coast Ma	19.1h

M80

1	Dauphinet, Maurice	M84	Gold Coast Ma	19.1h

200 Metre Sprint

W45

1	Lochlin, Martha	W46	Gold Coast Ma	32.6h

W50

1	Alderman, Dianne	W54	Coastal South	29.9h
2	Emerson, Donna	W53	Gold Coast Ma	35.2h

W60

1	Sheaves-Doran, Wendy	W60	Gold Coast Ma	30.1h

M45

1	Denman, Gary	M49	Metro South	26.9h

M50

1	Bishop, Steve	M52	Gold Coast Ma	26.7h

M60

1	Chaplain, Paul	M61	GC Victory	31.6h

M65

1	Lester, John	M67	Gold Coast Ma	31.2h

M70

1	Cook, Bill	M72	Gold Coast Ma	33.7h

M75

1	Crowley, Charles	M77	Gold Coast Ma	40.2h

Discus Throw

W30

1	Bodsworth, Emily	W30	Coastal South	21.29m

W50

1	Emerson, Donna	W53	Gold Coast Ma	25.78m

W70

1	Jenkins, Eunice	W72	Gold Coast Ma	14.99m

M55

1	Bodsworth, Bruce	M59	Coastal South	20.98m

M65

---	Nola, Joe	M66	Visitor	X27.66m

M70

1	Selvey, Warwick	M70	Gold Coast Ma	35.23m
2	Smith, Bernie	M73	Coastal South	18.00m

M75

1	McMullen, Bill	M77	Gold Coast Ma	29.06m

M80

1	Dauphinet, Maurice	M84	Gold Coast Ma	20.71m

1500 Metre Run

M50

1	Bishop, Steve	M52	Gold Coast Ma	5:11.5h

M55

1	Bodsworth, Bruce	M59	Coastal South	6:20.2h

Triple Jump

M45

1	McInnes, Callum	M49	Metro South	9.53m

M70

1	Smith, Bernie	M73	Coastal South	6.37m

M75

1	Crowley, Charles	M77	Gold Coast Ma	6.02m

300 Metre Sprint

M45

1	Denman, Gary	M49	Metro South	42.4h

M50

1	Bishop, Steve	M52	Gold Coast Ma	42.7h

M55

1	Manefield, Neil	M56	Gold Coast Ma	45.4h

M60

1	Chaplain, Paul	M61	GC Victory	52.7h

M70

1	Smith, Bernie	M73	Coastal South	1:08.1h