

QMA Athletic Challenge



AGELESS

June 2022

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News from the President

With the Australian Masters Track and Field Championships successfully completed in April the next major event for the athletes was the QMA State Championships that was held on the 9 to 11 June in Mackay, Central Queensland. This was a very different sequence of competition mainly because of the difficulty in getting a suitable booking date in Brisbane for the State Championships.

However it was not unusual for this competition to be held in North Queensland as that is the normal process when QMA hosts the Australian Championships.

However this was the first time QMA Masters Athletes has participated as part of the Oceania Athletics Challenge which included athletes from throughout the Oceania Region and competitions included U16, U18, U20, Open athletes and Masters. It was an interesting concept that provided a whole of sport outcome. The initiative of the Oceania Administration and the assurances that this could be potentially a format in some future years was spot on, provided feedback from athletes from the competition is positive

The mix of athletes from the Pacific Island Nations, New Zealand and Australia certainly provided good viewing and the fact the meet was

Editorial Contact

Would you like to be part of the *Athletic Challenge* family. Have something you want to contribute?

Contact Kevin Ryall
qmamagazine@gmail.com
PO Box 849, Nerang, Qld 4211

live-streamed made it all that much better. Many of the Oceania athletes were trying to achieve qualifying performances to gain selection consideration for the upcoming World Athletics Championships mid July and/or the Commonwealth Games shortly thereafter. Personally watching the younger athletes performing was a real buzz for me as I could see the potential that is coming through the ranks, whilst at the same time some of our stars from past international competitions were doing their best to represent again.

Our State Championship events were well supported with over 80 athletes entering and an additional attendance of athletes from other Australian States. From a Queensland aspect this was a great chance to meet with the members from North Queensland who we have little interaction with in a normal season. There were some real battles within some events as North versus South became a focus and New Zealand versus Aussie was also evident in some events. All this was done in the right spirit and was fun.

Christiane and Maurice Dauphinot

However the performances of one family was the highlight of the competition, specifically the efforts of Maurice and Christiane Dauphinot, QMA members since the very early days of our organisation and now living in Bundaberg. Their son Terry was present to make sure they did not get carried away and overdo things, but both proved they have still got it when it comes to 'getting it done' in both track and field events. Maurice competed in all the throws and at age 96 his performances were excellent. He lined up for every throw and even asked me 'why do we only have four throws'? Christiane who is aged 91, took her place in the 60m, 100m, 200m and 400m events and there was no doubt she got the biggest cheer of the day for her effort in the 400. She ran the whole way and had the energy to give a thank you wave to the audience as she finished her race.

Please see the results for details on how our athletes performed. This was a good initiative that demonstrated all levels of the sport can participate in a multi format competition that covers the entire athletics family from Juniors through to the very senior Masters. In addition to the hard work of Yvonne

and Tom at the Oceania office, we had a huge contingent of officials and volunteers who ensured the competitions were conducted within the rules but at the same time in a friendly and encompassing environment that was a pleasure to experience. Let us hope we can see such endeavours in future, perhaps even at the Club level in Queensland.

Current and Future Competitions

Meanwhile the Cross Country and Road Race Walking season is in full swing. Many members participate in these events so have a look at the QMA website and the QA website for more details. In addition the State Championships will be part of the Gold Coast Marathon championships taking place on the Gold Coast on 3 July. Good luck to all participants.

So what is next? The long weekend in October (1,2 and 3) will see QMA host the Australian Masters Athletics Winter Throwing Championships at QSAC in Brisbane. More news soon on this but if you would like to be part of the organising committee please let us know.

Cheers for now
Stan Perkins (QMA President)

Upcoming events

Brisbane 02 July

Hammer, Shot, Weight Throw

flexible Program Guide – events run will depend on demand:

8.00am	Sprint Hurdles
8.15am	800m and High Jump
8.30am	60m
8.45am	200m
9.00am	Long Hurdles and Pole Vault
9.15am	100m
9.30am	1500m and Long Jump
9.45am	400m

03 July

Queensland Masters Athletics Marathon Championships

16th July

Heavy Weight, Throws Pentathlon, 100 lb

16/17 July

Airlie Beach Marathon

23 July

Coral Coast Masters
Central Highlands Track & Field at Emerald

30th July

Javelin, Discus and Super Weight

Records from Mackay:

Dash Newington W35 Pole Vault 2.70m Qld. Record

Christiane Dauphinot W90 (91yrs) There were not any previous Qld Records. Christiane bettered the Australian Records

60 Metres 20.32s
Not a Record due to Wind Assistance of 2.2m/s (must be 2.0m/s or less)

100 Metres 34.02s
Queensland and Australian Record

200 Metres 76.28s
Queensland and Australian Record

400 Metres 3:14.42
Queensland and Australian Record

Maurice is now competing in the M95 age group (96yrs) and there were no previous QMA records in that age group.

Javelin Throw 9.09m
Queensland and Australian Records

Discus Throw 11.37m
Queensland and Australian Records

Shot Put 4.49m
Queensland and Australian Records

Hammer Throw 9.77m
Queensland and Australian Records

The Essentials For Us All

This is the time of year when many members take cover so as to avoid any chance of being nominated for a position on a Committee, whether it is for the QMA Committee, Brisbane or Gold Coast Committees.

But without a Committee our sport cannot exist, our competitions won't happen and the workload ends up with a few who then carry a huge burden which gradually wears them down.

Nowadays most of the monthly meetings are held as zoom meetings rather than face to face so that makes it easier to be involved. Much of the workload can be completed by sitting at a laptop and communicating/emailing with a few others.

Plus there are many little tasks where you don't even have to be in a committee to pitch in and help and lighten the load of others.

I was going to put the next heading in bold but I don't want to frighten you away so I will say it softly: Annual General Meetings. I had better write that smaller in case you are already wanting to skip the next paragraph

Annual General Meetings.

Brisbane

Let's start with the Brisbane Annual General Meeting. I am confident the treasurer is happy to stay on but there is a need for someone to chair any meetings which are held sporadically and someone to take down what is talked about or decided on. If you would like to see the weekly summer competition run a little differently or the same then here is your chance to contribute.

The date for this meeting is Saturday 23rd July. The meeting will be held at the Club House near the 200m start line at the SAF.

Gold Coast

The Gold Coast have been proactive and the first to set the date for their Annual General Meeting.

Sunday 24th July is the date and the venue is most likely at Griffith University track or at the Performance Centre Runaway Bay. Contact Karen Lakin for more details (karenlakin@outlook.com.au)

Queensland

Queensland Masters Athletics Annual General Meeting will be held on Saturday 6th August at QSAC.

I am aware that Stan Perkins is retiring from the Committee and that Bruce Bodsworth will not be re standing. Both Stan and Bruce would love to see some younger folk come onto the committee to bring fresh ideas.

Lorraine Birtwell, Rob Lasker, Roz Kirwin and Lisa Chapman will put their hands up for the committee and Irene Davey is undecided. Like Stan, Irene has served many years on the committee in one position or another.

So in case you missed the above

print put the following in your calendar.

A fun meeting at the SAC Club House on Saturday 23rd July 10.00am

An exciting gathering at the Gold Coast on Sunday 24th July 10.00am (time to be confirmed)

An entertaining social function on Saturday 6th August 10.00am at QSAC with your friends from Masters Athletics

Make sure you get to at least one of these happy social occasions or even better put two in the diary.

Wilma Perkins

HELP WANTED

One or two people are needed for a most exciting job. The pay is nil but the rewards are immense. Every time a masters athlete sets a state, national or world record they are going to be very appreciative of and grateful to you. Plus you will be the first to know a record has been set.

Heather Doherty has carried out this task for 43 years and she is happy to continue in this role BUT she wants to have several others in the club who can do this job as well.

Heather is one of the best (actually she is the best) in this country in maintaining masters records so you will be learning from the best.

So don't hesitate. Let Wilma (wilmaperkins@me.com) know of your interest and she will link you up with Heather to start you on an exciting pathway.



2022 QMA CHAMPIONSHIPS

MACKAY

Pole Vault

W35

1 Newington, Dash 2.70m

W40

1 Simmons, Madeleine 1.90m

W70

1 Perkins, Wilma 1.50m

M30

1 Gray, Daniel 2.70m

M45

1 Casey, Paul 3.50m

M50

1 Arbutnot, Howard 4.00m



M55

1 Hughes, Michael 2.60m

M60

1 Gray, Neil 2.10m

M65

1 Elliott, Craig 2.40m

M70

1 Cameron, Allan 2.50m

Long Jump

W35

1 Newington, Dash 4.33m

W40

1 Simmons, Madeleine 3.69m

W45

1 Ross, Kelly 4.29m
2 Webber, Janet 4.09m

W50

1 Craswell, Jodie 3.58m

W55

1 Paterson, Tamara 3.73m

M30

1 Gray, Daniel 4.97m

M45

1 McLean, Andrew 5.84m
2 McMahon, Ashley 5.11m
3 Carney, Chris 4.79m

M55

1 Hughes, Michael 4.24m
2 Otto, Rene 2.25m

M60

1 Gray, Neil 3.60m

M65

1 Elliott, Craig 3.45m

M70

1 Cameron, Allan 3.79m
2 Griffith, Denis 3.32m
3 Conroy, Daniel 3.24m

Hammer Throw

W30

1 Carr, Bianca 37.99m

W35

1 Newington, Dash 27.50m
2 Ramsden, Miranda 24.09m
3 Wessling, Sara 16.13m

W40

1 Wright, Amanda 27.39m
2 Hoare, Cathryn 17.92m

W45

1 Bitcheno, Michelle 25.12m
2 Harris, Ingrid 19.97m

W50

1 Mackie, Althea 43.34m
2 Latanis, Samantha 34.57m
3 Hilton, Leanne 26.56m

W55

1 Tucker, Susan 14.94m

W60

1 McClintock, Karel 23.81m

W70

1 Conroy, Doreen 16.71m

W75

1 Birtwell, Lorraine 17.79m

M35

1 Abdy, Raymond 19.99m

M45

1 Doel, Rene 31.39m
2 Campodonico, Clayton 27.47m

M50

1 Harris, Richard 35.72m
2 Galea, Kevin 30.16m

M55

1 Lowrey, Tim 27.49m
2 Otto, Rene 22.09m

M60

1 Milne, John 24.53m



M65
1 Fielder, Wayne 30.98m
2 Elliott, Craig 22.24m

M75
1 Perkins, Stan 16.99m

M80
1 Quarterman, Guy 32.41m

M95
1 Dauphinnet, Maurice 9.77m

60m
W30
1 Tempany, Anna 8.86

W35
1 Newington, Dash 9.44

W45
1 Webber, Janet 9.10
2 Ross, Kelly 9.16

W50
1 Rutland, Lorraine 9.20

W55
1 Brims, Julie 8.12
2 Paterson, Tamara 9.20
3 Veurman, Jessica 9.38

W90
1 Dauphinnet, Christiane 20.32

M30
1 Gray, Daniel 7.79



M35
1 Taylor, Ross 7.64
2 Bailey, Caroline 21:19.09

M40
1 Short, Luke 7.72
M45
1 Rule, Justin 19:40.03

M75
1 Ryhanen, Erkki 27:37.40
W50
1 Storer, Heidi 21:01.23
2 Bailey, Caroline 21:19.09

80m Short Hurdles
W40
1 Simmons, Madeleine 16.87

W45
1 Ross, Kelly 14.62
2 Webber, Janet 15.12

M75
1 Lacko, Dieter 20.81

100m Short Hurdles
W35
1 Newington, Dash 19.38

M60
1 Parker, Craig 19.34
2 Gray, Neil 23.39

M65
1 Elliott, Craig 28.26

5000m Race Walk
W35
1 Newington, Dash 34:49.16

5000m
W40
1 Williams, Katie 22:23.22
W50
1 Storer, Heidi 21:01.23



W50
1 Craswell, Jodie 37:10.53

400m

W30
1 Tempany, Anna 71.5

W35
1 McAdam, Lauren 61.92

W40
1 Kehoe, Gillian 67.90

W45
1 Webber, Janet 70.63

W50
1 Bailey, Caroline 73.64
2 Craswell, Jodie 1:20.01

W55
1 Brims, Julie 62.75
2 Paterson, Tamara 76.85
3 Veurman, Jessica 79.41

W60
1 Forster, Julie 70.48

W90
1 Dauphinnet, Christiane 3:14.42

M35
1 Taylor, Ross 58.12

M45
1 Rule, Justin 59.83

2 Doel, Rene 60.64

M55
1 Bryant, Darryn 63.95

M60
1 Parker, Craig 64.43
2 Lepper, Mark 66.07

M65
1 Elliott, Craig 1:55.38

M75
1 Lacko, Dieter 1:28.18
2 Ryhanen, Erkki 1:31.94

1500m

W40
1 Williams, Katie 6:10.30

W50
1 Storer, Heidi 5:37.53

M45
1 Nemesi, Eugene 4:55.01
2 Rule, Justin 4:59.07

M60
1 Lepper, Mark 5:14.44

M65
1 Durant, Graham 5:37.78
2 Elliott, Craig 9:54.66

M75
1 Lacko, Dieter 7:18.84
2 Ryhanen, Erkki 7:27.53

Triple Jump

W35
1 Newington, Dash 9.21m

W45
1 Ross, Kelly 8.89m

W55
1 Paterson, Tamara 8.30m

M45
1 McLean, Andrew 11.93m
2 Carney, Chris 8.70m

M55
1 Hughes, Michael 8.84m
2 Otto, Rene 4.62m

Shot Put

W30
1 Carr, Bianca 10.15m

W35
1 Ramsden, Miranda 9.30m
2 Newington, Dash 6.69m
3 Wessling, Sara 5.05m

W40
1 Hoare, Cathryn 7.96m
2 Wright, Amanda 7.85m

W45
1 Harris, Ingrid 7.01m
2 Bitcheno, Michelle 6.62m

W50
1 Latanis, Samantha 11.38m
2 Hilton, Leanne 9.89m
3 Mackie, Althea 9.26m

W55
1 Paterson, Tamara 7.34m
2 Tucker, Susan 4.88m

W70
1 Perkins, Wilma 6.49m
2 Conroy, Doreen 5.66m

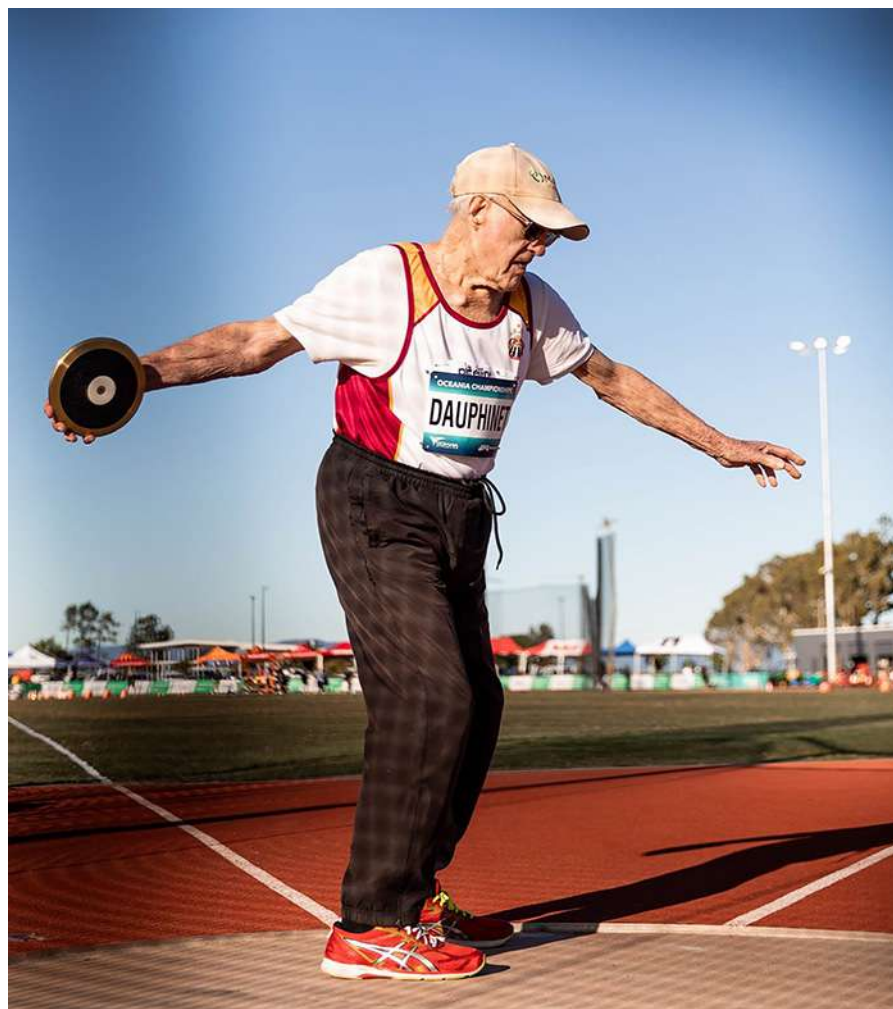
W75
1 Birtwell, Lorraine 6.16m

M35
1 Subaweerage, Niroshan 10.49m

M0
1 Abdy, Raymond 7.48m

M45
1 McMahon, Ashley 11.51m





M45
1 Doel, Rene 49.62m
2 Campodonico, Clayton 20.37m

M50
1 Galea, Kevin 34.81m
2 Harris, Richard 30.83m

M55
1 Otto, Rene 26.56m
2 Lowrey, Tim 22.63m

M60
1 Gray, Neil 28.01m
2 Milne, John 23.49m

M65
1 Fielder, Wayne 24.90m
2 Elliott, Craig 19.88m
3 Ryan, Terry 18.08m

M80
1 Quarterman, Guy 25.42m

M95
1 Dauphinnet, Maurice 9.09m

100m

M30
1 Gray, Daniel 12.59

M35
1 Taylor, Ross 12.08

M40
1 Short, Luke 12.30

M45
1 McMahon, Ashley 11.68
2 Doel, Rene 13.22
3 Horder, Matthew 13.52

M50
1 Berlin, Michael 12.14

M55
1 Di Giandomenico, Fabio 12.76
2 Hayward, Paul 14.43



2 Doel, Rene 10.48m
3 Galketiya, Suminda 9.60m

M50
1 Harris, Richard 11.21m
2 Galea, Kevin 10.99m

M55
1 Otto, Rene 9.58m
2 Lowrey, Tim 9.09m
3 Hughes, Michael 8.78m

M60
1 Milne, John 9.86m
2 Gray, Neil 7.78m

M65
1 Fielder, Wayne 8.23m
2 Elliott, Craig 7.34m

M75
1 Perkins, Stan 5.81m

M80
1 Quarterman, Guy 9.26m

M95
1 Dauphinnet, Maurice 4.49m

Javelin
W30
1 Carr, Bianca 31.19m

W35
1 Newington, Dash 20.34m
2 Ramsden, Miranda 18.49m

W40
1 Hoare, Cathryn 21.35m

W45
1 Webber, Janet 29.37m
2 Harris, Ingrid 14.79m
3 Bitcheno, Michelle 12.35m

W50
1 Mackie, Althea 21.53m
2 Latanis, Samantha 19.51m
3 Rutland, Lorraine 15.30m

W55
1 Paterson, Tamara 20.50m
2 Tucker, Susan 10.66m

W60
1 McClintock, Karel 18.62m

W70
1 Perkins, Wilma 15.99m
2 Conroy, Doreen 10.36m

M30
1 Crandell, John 53.87m
2 Gray, Daniel 36.71m

M35
1 Subaweerage, Niroshan 40.23m



M60
1 Parker, Craig 12.84
2 Gray, Neil 15.52

M65
1 Durant, Graham 15.20
2 Ryan, Terry 15.30
3 Elliott, Craig 18.31

M70
1 Griffith, Denis 15.49
2 Conroy, Daniel 16.99

M75
Lacko, Dieter 18.05

W30
1 Tempany, Anna 14.32

W35
1 Newington, Dash 15.68

W45
1 Webber, Janet 14.62
2 Rutland, Lorraine 14.76
3 Ross, Kelly 14.79

W50
1 Rutland, Lorraine 14.76

W55
1 Brims, Julie 12.88
2 Paterson, Tamara 15.06
3 Veurman, Jessica 15.25

W90
1 Dauphinet, Christiane 34.02

300m Long Hurdles

M60
1 Parker, Craig 51.21

M75
1 Lacko, Dieter 67.66

400m Long Hurdles

M50
1 Grace, Kevin 72.42

3000m Steeplechase

M45
1 Rule, Justin 12:17.2

M50
1 Grace, Kevin 13:55.17

200m
M30
1 Gray, Daniel 25.66

M35
1 Taylor, Ross 25.52

M45
1 McMahon, Ashley 23.97
2 Small, Don 24.75
3 Carney, Chris 26.81

M60
1 Parker, Craig 26.10

M65
1 Durant, Graham 30.90
2 Elliott, Craig 38.76

M70
1 Griffith, Denis 32.70

M75
1 Lacko, Dieter 39.12

W35
1 Newington, Dash 32.32

W45
1 Webber, Janet 30.89

W50
1 Rutland, Lorraine 32.80

W55
1 Brims, Julie 26.40
2 Paterson, Tamara 31.87
3 Veurman, Jessica 33.08

W60
Forster, Julie 30.19

W91
1 Dauphinet, Christiane 76.28

800m

M45
1 Rule, Justin 2:26.41

M50
1 Grace, Kevin 2:27.61

M60
1 Lepper, Mark 2:29.65

M65
1 Durant, Graham 2:47.85
2 Elliott, Craig 4:52.18

M70
1 Dauphinet, Terry 3:03.47

M75
1 Lacko, Dieter 3:31.06
2 Ryhanen, Erkki 3:34.70

W40
1 Kehoe, Gillian 2:41.22

W50
1 Storer, Heidi 2:43.01
2 Bailey, Caroline 2:45.97

W55
1 Paterson, Tamara 3:22.29





1 Harris, Richard 35.88m
2 Galea, Kevin 32.66m

M55

1 Hughes, Michael 31.25m
2 Otto, Rene 29.59m
3 Lowrey, Tim 23.14m

M60

1 Milne, John 32.63m
2 Gray, Neil 30.36m

M65

1 Fielder, Wayne 30.65m
2 Elliott, Craig 21.17m
3 Ryan, Terry 18.39m

M80

1 Quarterman, Guy 24.03m

M95

1 Dauphinet, Maurice 11.37m

W35

1 Newington, Dash 23.99m
2 Ramsden, Miranda 21.32m
3 Wessling, sara 21.28m

W40

1 Wright, Amanda 25.54m
2 Hoare, Cathryn 19.92m
3 Brown, Kristie 16.38m

W45

1 Bitcheno, Michelle 18.19m
2 Harris, Ingrid 17.94m

W50

1 Latanis, Samantha 26.75m
2 Hilton, Leanne 24.69m
3 Mackie, Althea 24.44m

W55

1 Tucker, Susan 10.27m

5000m

M45

1 Rule, Justin 19:40.03

M75

1 Ryhanen, Erkki 27:37.40

Higher Jump

M30

1 Gray, Daniel 1.40m

M45

1 McMahon, Ashley 1.50m

M50

1 Berlin, Michael 1.60m

M55

1 Lasker, Robert 1.45m
2 Hughes, Michael 1.30m

M60

1 Key, Brian 1.50m
2 Gray, Neil 1.20m

M65

1 Ryan, Terry 1.25m
2 Elliott, Craig 1.15m

M70

1 Conroy, Daniel 1.05m

W35

1 Newington, Dash 1.35m

W45

1 Ross, Kelly 1.40m
2 Webber, Janet 1.35m

W50

1 Craswell, Jodie 1.20m

W60

1 Mayfield, Deann 1.35m

Discus Throw

M30

1 Gray, Daniel 27.14m

M35

1 Subaweerage, Niroshan 24.64m

M40

1 Abdy, Raymond 18.35m

M45

1 Campodonico, Clayton 23.09m
2 Galketiya, Suminda 22.39m

M50



W60
1 McClintock, Karel 20.42m

W70
1 Conroy, Doreen 12.12m

W75
1 Birtwell, Lorraine 15.43m

Weight Throw

M40
1 Abdy, Raymond 4.44m

M45
1 Campodonico, Clayton 6.91m

M55
1 Otto, Rene 10.47m
2 Lowrey, Tim 9.68m

M65
1 Fielder, Wayne 11.28m
2 Elliott, Craig 8.23m

M80
1 Quarterman, Guy 12.16m

W35
1 Newington, Dash 9.46m
2 Ramsden, Miranda 8.85m
3 Wessling, Sara 4.86m

W40
1 Wright, Amanda 9.78m
2 Hoare, Cathryn 7.95m

W45
1 Bitcheno, Michelle 7.82m
2 Harris, Ingrid 7.44m

W50
1 Mackie, Althea 12.64m
2 Hilton, Leanne 12.25m
3 Latanis, Samantha 11.53m

W55
1 Tucker, Susan 5.36m

W60
1 McClintock, Karel 10.11m

W70
1 Conroy, Doreen 5.99m

W75
1 Birtwell, Lorraine 7.11m

1500m Race Walk

W35
1 Newington, Dash 9:13.96

W45
1 Harris, Ingrid 15:54.16

W50
1 Craswell, Jodie 11:04.54



QUEENSLAND MASTERS ATHLETICS COMPETITORS IN 90S DEFY AGE BARRIERS AT TRACK AND FIELD CHAMPIONSHIPS

By Jessica Lamb and Tessa Mapstone

On a bush athletics track surrounded by cane fields, 96-year-old Maurice Dauphiné tosses a javelin nine metres and the crowd gives him a standing roar.

His spear might have fallen 44 metres short of the longest throw in the competition, but no one really cares.

After all, he does have 66 years on the youngest competitors. Age was no barrier at the Queensland Masters Athletic Championships recently, where for the first time it was held in conjunction with the Oceania Athletics Championships in Mackay, north Queensland.

These days running is off the cards for Maurice following a hip operation, but it did not stop him competing in shot-put, discus, javelin and the hammer throw.

The Bundaberg couple were an inspiration to competitors but claimed there was no secret to their long athletic careers, just an active lifestyle that included Sunday morning track and field training, followed by a croissant and the newspaper puzzles.

But the Masters Athletic Championships is about much more than winning medals and breaking



records.

For some, it is one of the few times each year they travel to catch up with like-minded people.

Maurice was one of 200 competitors, aged 30 years and older, who took part in events from the pole vault to the hammer throw, high jump and steeple chase.

His runner wife Christiane, 91, was another.

They joined a masters athletic club 34 years ago in 1988, and have not looked back.

Fighting for women's events

Wilma Perkins has not let her 72 years around the sun stop her from flying through the air — literally.

The Brisbane athlete was the oldest pole vaulter in the competition before throwing the javelin and shot-put.

Her top-of-the-podium finish will take her all the way to the World Masters Athletics Tampere 2022 in Finland at the end of the month.

But Perkins is better known for her work off the track organising volunteers and competitions over more than 35 years in the sport.

"Over the years I've done a lot of work, fighting, trying to get changes to improve the sport for women," she said.

Perkins has been the driving force behind several changes, such as smaller incremental increases for older women in field events like high jump, and for allowing one false start in track races before a competitor is disqualified.

"We aren't professional athletes ... come on and give us a break," she said.

Like many athletes, Perkins is all too familiar with watching her personal bests fall every year as her body ages.

"Masters work in five-year age groups ... so every five years you can set new goals, have a rebirth and do it all again," she said.

"Who wants to be 49 and running against younger people when you can be 50 and be the youngest?"



QMA 10K CHAMPIONSHIPS – 2022



W40

1. Kehoe, Gillian 0:43:27.4

W50

1. Bowker, Nicola 0:38:55.4
2. Miura, Kyoko 0:41:59.2
3. Craswell, Jodie 0:53:19.6

W55

1. Stanton, Krishna 0:38:24.0
2. Kolb, Miwa 0:44:16.8
3. Woodward, Erika 0:49:22.1

W60

1. Thornton, Susan 0:46:13.4

W65

1. Ryan, Anne 0:45:46.6

M45

1. Wightman, Andrei 0:42:56.8

M50

1. Coleman, Justin 0:37:17.1
2. Teakle, Philip 0:39:26.7
3. Royce, Adrian 0:44:18.9

M60

1. Bath, Neil 0:38:35.6

M70

1. Sheer, John 0:56:32.7

M75

1. Ryhanen, Erkki 0:58:39.6
2. Dixon, Stephen 1:01:31.5

**QMA and AMA Marathon
Championships Sunday 3 July
2022**



