

**QMA
Athletic Challenge**



HIGH AND LONG

September 2022

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News from the President

So not only am I president of QMA, now I am a director on the AMA Board. My position of marketing, media and PR allows me to bring the collaboration of states promotion of Masters Athletics nationally back to our state, but at the same time forward on the many ideas that I have, that we all have, to boost our numbers.

At the recent Council meeting I noticed a trend of "numbers slightly down" on last or recent years from many of the state reports. From that meeting I also noticed the enthusiasm of the current delegates to want to improve the number of members, but still having to present competition as the first priority.

I am however very fortunate to have a very strong proactive committee

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

behind me and this is our strength here in Queensland.

So where do I go from here? Theoretically the best source of recruitment is from Queensland Athletics Clubs. Targeting these athletes is easy, if they wish to come across. The next group is the current distance runners from other registered associations who may endeavour to attempt track and field.

My next challenge was to work on the parents of Little As members. They are the ultimate age group with a similar interest, where my spiel is "don't let the kids have all the fun" and "you too can bring home the medals".

However, my best line for other members of the public is to "live longer and healthier" in the social and friendly competition of Masters Athletics.

Everyone has the basics of running, jumping and throwing in their blood from childhood, and masters athletes do enjoy a healthier lifestyle as we grow older.

So, each and every possible recruit has to be treated differently.

Some will quote "I could never keep up with you past Olympians." My reply is that probably ninety nine percent of us are not. I challenge the bigger fellow who declares "he couldn't run to save himself" that he would probably throw a mean javelin.

Therefore from the Council meeting the story was to cover an umbrella of promotion with pop up tents at Little As, Fun Runs, Parkruns and Pan Pacs. Come and Try Days are high on the list from the states and of course our day is the 8th of October.

I will investigate the costs of presenting a "coffee table" QMA magazine that other states are distributing to waiting rooms.

Another idea from other states is a promotional video.

Next on my agenda is to ensure the recruitment and retention of volunteers, also to give thanks to these good people by providing tokens of appreciation

I would next like the committee to bring back a Christmas party and

other social nights or gatherings where we would invite all members, officials and volunteers.

One other initiative from AMA was to investigate a specific Masters coaching course. More than fifty years involved in every aspect of athletics for the better part of my life has led me to this position that is my greatest challenge, but I know I can call on many experienced and willing members to continue the tradition of QMA.

Bruce Bodsworth.

UPCOMING EVENTS

Brisbane

1-3 October

9.00 AMA Winter Throws Championships

8th October

8.00 Welcome and Introductions.

Note: Field events to commence with basic lesson/rules for newcomers.

8.10 Shot W30+ Northern End

Javelin M30+ Northern End

8.15 Starting commands introduction

8.20 60m shuttle relay

8.30 High Jump

8.40 100m

9.00 Shot Put M30+ Northern End

Weight Throw W30+ North/West Corner

9.15 200m

Pole Vault

9.30 Random Draw prizes

9.40 800m

9.45 Long Jump

Sprint Hurdles

9.50 Javelin W30+ Northern End

Weight M30+ North/West Corner

10.00 400m

10.15 Thank you for your attendance

19th October 2022 Wednesday Evening Venue SAF

7.00 2000m Run/Walk

Javelin Northern End

High Jump

7.10 Long Hurdles

7.20 60m

7.40 100m

7.50 Shot Put

Long Jump/Triple Jump

8.00 200m

8.15 1500m

8.30 300m

29th October 2022 Saturday Venue SAF

8.00 3000m Run/Walk

Thrower's choice
 56lb North/West Corner or
 Discus Northern Cage
 High Jump
8.15 Sprint Hurdles
8.30 60m
8.45 Pole Vault
8.55 200m
9.00 Thrower's choice
 100lb North/West Corner or
 Hammer Southern Cage
9.30 100m
9.40 1500m Run/Walk
 Long Jump
10.00 Hammer Southern Cage or
 Discus Northern Cage
10.15 400m and 4 x 400m

Gold Coast
8am start
2nd October

- 60m
- 100m
- 200m
- 400m
- 1k race/walk
- Discus, shot put, javelin.

16th October

- 60m
- 100m
- Mixed 4 x 100m relay
- 300m
- 2k race/walk
- Discus, shot put, javelin.

30th October

- 60m
- 100m
- Mixed 4 x 400m relay
- 200m
- 2k race/walk
- Discus, shot put, javelin

Northern Territory

3-5th November
 2022 NT Track & Field
 Championships



Pan Pacific Masters
 3-4 November

VALE: FELIKS JEKABSONS



Email from Feliks grand daughter

My Grandfather, Feliks Jekabsons late of Kandos, NSW, has passed away peacefully on Friday August 19, 2022 with my Grandmother, Margarita by his side. They were married for 57 years.

They travelled Australia and parts of the world together, competing in Masters competitions, winning medals and out chatting their fellow competitors. They always spoke of the camaraderie Athletics provided, and always looked forward to their birthdays, especially the big ones so they could go up an age group..

Grandpa came to Australia from Latvia in 1949 and after settling in Williamstown in Victoria he joined the local athletics club where he competed and coached. His favourite event was Hammer and he competed at Open State Champs.

In the early 80s they relocated to Margate, Qld and very soon found the Athletics community. They spend the majority of their time training, competing and planning their travel to events. Apart from the regular events in Brisbane, there were the Winter Throws Camps, Australian Masters Champs every Easter, Oceania Champs, World Masters.. or just throwing at their local oval in Margate for training. Feliks lived and breathed Athletics.

Highlights include World Masters in Buffalo, USA in the 90s and Oceania Champs in New Zealand in the late 2000s. For me it was

seeing them compete at Olympic Park in Melbourne, or watching me compete at Nationals as a teenager.

In 2017 Grandpa had his leg amputated and along with Grandma moved to Kandos with their daughter Daina and her family, but the athletics passion did not stop. Grandpa continued to compete in NSW Masters Champs from his wheelchair.

There are many happy memories at the track and he inspired his family incredibly.

He is survived by his wife Margarita, daughters Malda, Laima and Daina, 10 grandchildren and 9 great grandchildren.

Feliks still holds the following Queensland records

Shot

- M70 10.87m
- M75 11.24m
- M80 9.41m
- M85 9.66m AR
- M90 6.95m AR

Hammer

- M80 29.39m
- M85 27.36m
- M90 19.12m

Discus

- M85 25.58m AR

Weight Throw

- M75 14.25m
- M85 10.83m

Throws Pentathlon

- M80 3423
- M85 3805 AR





Rene Doel

Q. What motivated you to join Masters athletics?

Being born and bred in NZ, rugby was the sport I lived for! I did running, athletics and cross country when I was younger but rugby was always number one. Through high school I had a few “chucks” of the javelin and didn’t mind having a throw at lunch time - no coach, no technique and no idea but had fun! One of my mates even had the javelin through his arm after a game of chicken, definitely not recommended!

When I came to Australia, I ended



up breaking a few bones (plates, pins, screws) so gave up hope of throwing javelin but didn’t stop me playing rugby again until work commitments took over when I was 25. Tried a comeback at 34 for the Byron 7’s with my Fijian mates. A sidestep full tilt at 108kgs didn’t work too well! Blew out my ACL, medial ligaments, meniscus and fractured the bone. From there just stuck to weights to keep in shape. I was at little athletics with my girls one night and I saw the older kids throwing the javelin. I had a little play and loved it! I searched up online and found GC Masters at Griffith, so I went down at the age of 39 for a throw.

Q. It would seem the Javelin is your favourite event- is that correct?

Yep definitely, love throwing the spear! It’s a great feeling when you hit it pretty good and it flies! Javelin was actually the only event I did when I first joined masters but quickly got talked into trying the other throws! Then once I felt comfortable with my knee I gave the running events a go too.

Q. You have completed pentathlons.. are you interested in the Decathlon?

Mate I’d have to drop 20kgs so I didn’t break the pole in pole vault or my legs in hurdles! It would be really cool to give it a crack but I’d need some serious coaching and time at the track! You never know!

Q. Did you compete in Open grade athletics when younger?

No but my PE teacher at high school said I should give javelin a good go but all I was interested in was rugby....and drinking....and chasing girls! We didn’t really have the opportunities like are on offer here.

Q. You obviously are deeply involved with Runaway Bay Little Athletics.. will this perhaps translate to join the Master Committee once you girls graduate from LittleA’s?

We’re pretty committed to the Little Athletics Club at Runaway Bay, my girls have been there for 12 years now. We’ve spoken about what we’d like to do when they graduate this season and we’ve all decided if we’re still wanted we’d like to stick around and help the kids. When there’s volunteers like Gavin Johnston who has been at the club for 28 years giving so much of his time, heart

and soul it makes you want to do the same! I do see myself getting more involved with Masters in the future and going on the committee but right now I’m focused on encouraging our club parents to join up masters to keep active and compete with their kids.

Q. What training do you do during the winter?

Carb loading, eating lots. Not too much, a weight session here and there, walking or running the dog, a throw here or there.

Q. What about during the competition season?

I’ve had a few years off recently not doing too much athletics and really only just back into it this year. Before that just trying to get as many Saturday meets in Brisbane and Sundays on the Gold Coast. If I can get a session of throws or weights during the week I’m happy. Might even try some sprint sessions this season.

Q. Who would have even the most influential person you have meet in Masters Athletics?

There’s been many and they inspire you in different ways - from Alf Lakin being a social butterfly just having a good yarn, to Harry Giles taking the time to teach me a few sprinting technique tricks, to my throwing buddies who love a beer and banter, to the likes of Stan and Wilma Perkins, Bruce Bodsworth, Chris Brack who are so passionate and give so much to the sport. What you do for the monthly newsletter is pretty cool too. Seeing Julie Brims who just keeps getting faster and faster, watching people like Todd Davey overcome injury after injury to still get the implements out there makes you want to keep pushing. One standout is my mate Maurice in the M95 age group who is still competing with his wife in the W90 age group!

Q. You have had coaching from Des Davis. Was that beneficial?

Des is awesome, I had no idea about any technique until I met Des, then I had to unlearn so many bad habits which I’m still working on. If I had more hours in the day I’d be seeing Des 2-3 times a week like I used to. He’s helped me and my girls get our PBs!



Q. What is your main aim for 2022-23?

Heal up a couple parts of my body and remain injury free competing for the whole season. I would love to get PB's in all running and throwing events. Ultimate goal would be to crack the 52m plus mark in javelin

to go for the QLD record in my age group.

Oceania Rankings

Shot Put 10th
Discus 8th
Javelin 2nd
Hammer 8th
Weight Throw 8th

TRAINING HACKS FOR THE MASTERS ATHLETE

by Simon Ward

There aren't many things that you can predict with absolute certainty, but [aging is one of them](#). It might not be something you are looking forward to, but it's better than the alternative! Fortunately, triathletes are probably the most optimistic bunch of agers out there; I know of no other group that actually looks forward to getting older, especially when it means changing an age group.

Some of the physical changes we can expect with age include:

- Loss of muscle size and strength
- Reduced power
- Lower Vo2 Max
- Increased body fat

Just because we generally have active lifestyles does not mean that we should ignore the changes we see happening with age. There is an awful lot that we can do in both training and lifestyle to slow down the process.

Lift Heavy

Muscle mass starts to decline in the mid to late thirties. It occurs at a rate of around 3-5% per decade and speeds up once one we hit the mid to late 50's, to about 7-8% per decade. This mainly affects the fast-twitch fibers, which is the reason why an athlete tends to lose power and speed rather than endurance.

Sadly, no amount of swimming, cycling or running will help preserve fast-twitch fibers, because endurance activities generally don't provide sufficient load for that type of muscle adaptation. Instead of doubling down on the long slow distance (LSD), Dr. Stacy Sims suggests LHS ("lifting heavy sh**t") as you age to preserve muscle mass. This means exercises like deadlift, squats, leg press, seated or bent-over rows, with a heavy (for you) load and a low number of repetitions. Dr. Sims' work (and her excellent book ROAR) focuses on female athletes of all ages, but the concepts apply to men as well.

Many aging athletes feel that lifting in such a way may actually cause them injury, and of course, if you have a poor lifting technique then that might happen. But if you have good technique, then heavy work in the gym can have a number of wonderful benefits. Maximal strength can improve, and with it, power.

Heavy weights can also lead to improved resilience in connective tissues, which will be a big help in the battle to stay injury-free. At the very least, one can slow down that loss of muscle mass—and in some circumstances, you may even gain new muscle.

Maintain Range of Motion

With age, our joints tighten up and the range of movement (ROM) around a joint or series of joints can be reduced. This has implications for all three triathlon disciplines but especially swimming and running. If velocity is measured by limb frequency and length of stroke or stride, a loss of ROM (coupled with that loss of speed/power mentioned earlier) ultimately results in a slow down.

Decreased mobility also increases your risk of injury. Any athlete should aim to avoid an injury, but it's even more important in your older years, as any lost fitness is harder to regain. To increase your mobility, Dr. Kelly Starrett recommends doing at least 15 minutes of mobility work for every 60 minutes of training each week. For example, if you aim for 10 hours of swimming, cycling, and running then your minimum would be 2.5 hours.

Don't Skimp on Intensity

As you age, long slow distance (even for long-distance triathletes) should become less of a priority, and high-intensity training must occupy the forefront of your mind. Like with heavy lifting, this can seem counter-intuitive to older athletes but trust me, it does work and if you are healthy and injury-free then you have absolutely nothing to fear.

To retain or build in regular high-intensity interval workouts, aim to work at an RPE of 9-10 for around 10% of your total weekly duration. This, of course, will depend upon your training history and attention to other recovery factors.

You may want to be cautious about fast running, especially if you have a history of calf or achilles problems, but on the bike and in the pool there should be nothing to hold you back. Work at the same percentage above FTP or CSS that a younger athlete might. Quality is the key, so don't be shy about taking a longer recovery interval between repetitions if you feel you need it.

QUEENSLANDERS AT AMA INDOOR THROWS CHAMPIONSHIPS



Heavy Weight Pentathlon

W35		
1 Dash Newington		2240
W50		
1 Althea Mackie		4261
M55		
1 Tim Lowrey		2732

Shot Put

W35		
3 Dash Newington		6.66m
W50		
1 Althea Mackie		9.04m
M55		
2 Tim Lowrey		10.25m

Weight Throw

W35		
1 Dash Newington		9.35m
W50		
1 Althea Mackie		13.42m
M55		
4 Tim Lowrey		10.35



Super weight throw

W35		
1 Dash Newington		5.21m
W50		
1 Althea Mackie		10.13m
M55		
2 Tim Lowrey		5.71m



BRISBANE WINTER THROWS COMPETITIONS

21st May

Heavy Weight Pentathlon

W30		
Bianca Carr		2518
W35		
Mirana Ramsden		2186
W65		
Denise Quinn		1873
M60		
Mark Cummin.		4027
M70		
Mills Lafferty		2093
M75		
Brian Davies		3312
100Lb weight		
W35		
Miranda Ramsden		2.24m

M60		
Mark Cumming		2.89m

M70		
Mills Lafferty		1.50m

4th June

Discus

W35		
Miranda Ramsden		20.64m
W65		
Denise Quinn		15.64m
W75		
Lorraine Birtwell		15.98m
M55		
Michael Hughes		31.58m
M60		
John Milne		32.80m
M70		
Mills Lafferty		22.07m

M75		
Brian Davies		21.06m

M80		
Guy Quarterman		22.93m

Javelin

W30		
Bianca Carr		32.15m
W35		
Miranda Ramsden		16.45m
W65		
Denise Quinn		16.34m
M60		
John Milne		18.52m
M70		
Mills Lafferty		22.07m
M75		
Brian Davies		20.13m

M80
Guy Quarterman 23.82m

Superweight
W35
Miranda Ramsden 5.74m

W65
Denise Quinn 4.71m

W75
Lorraine Birtwell 4.80m

M60
Mark Cumming 9.38m

M70
Mills Lafferty 3.71m

M75
Brian Davies 6.38m

M80
Guy Quarterman 5.83m

18th June
Throws Pentathlon

W30
Bianca Carr 2547

W35
Miranda Ramsden 1965

W45
Tina Eilola 2117

W50
Althea Mackie 3209

W75
Lorraine Birtwell 2464

M50
Richard Harris 2576

M70
Mills Lafferty 1986

M75
Brian Davies 2569
Don Quinn 2104

M80
Guy Quarterman 3259

56lb weight
W35
Miranda Ramsden 3.92m

W45
Tina Eilola 3.00m

W50
Althea Mackie 4.00m

M50
Richard Harris 6.40m

M70
Mills Lafferty 2.46m

M75
Don Quinn 3.85m

16th July
Heavy Weight Pentathlon

W60
Maria Drury 2463

W75
Lorraine Birtwell 2203

M55
Tim Lowrey 2543

M70
Mills Lafferty 1915

M75
Brian Davies 3287
Don Quinn 2537

M80
Guy Quarterman 3450

100lb weight
W60
Maria Drury 0.77m

M55
Tim Lowrey 2.86m

M70
Mills Lafferty 1.48m

M75
Don Quinn 2.37m

13th August
Throws Pentathlon

W30
Bianca Carr 2497

W35
Miranda Ramsden 1885

W60
Maria Drury 2591

M55
Tim Lowrey 2331

M60
John Milne 2402

M65
Lajos Joni 1821

M70
Mills Lafferty 1840

M75
Brian Davies 2390
Don Quinn 2125

M80
Guy Quarterman 3571

Superweight
M55
Tim Lowrey 5.39m

M70
Mills Lafferty 3.92m

M75
Brian Davies 6.28m
Don Quinn 5.36m

M80
Guy Quarterman 7.33m

56lb weight
W35
Miranda Ramsden 3.86m

M55
Tim Lowrey 5.53m

M70
Mills Lafferty 2.37m

M75
Don Quinn 3.55m

27th August

Hammer Throw
W30
Bianca Carr 38.62m

W35
Miranda Ramsden 23.46m

W60
Desley Varley 19.31m

W70
Rosemary Kopitke 10.98m

W80
Helen Searle 22.56m

M60
Mark Cumming 46.60m QR
John Milne 27.17m

M65
Lajos Joni 36.58m

M70
Mills Lafferty 24.76m

M75
Brian Davies 24.37m
Don Quinn 23.16m

M80
Guy Quarterman 32.34m

Shot Put
W30
Bianca Carr 10.15m

W35
Miranda Ramsden 9.64m

W60
Desley Varley 6.04m

W70
Rosemary Kopitke 5.30m

W80
Helen Searle 7.82m

M60
John Milne 9.91m

M65
Lajos Joni 9.63m

M70
Mills Lafferty 6.86m

M75
Don Quinn 7.15m
Brian Davies 6.88m

M80
Guy Quarterman 9.87m

Weight Throw
W30
Bianca Carr 10.47m

W35
Miranda Ramsden 8.47m

W60
Desley Varley 7.47m

W70
Rosemary Kopitke 5.20m

W80
Helen Searle 9.69m

M60
Mark Cumming 19.45m AR
John Milne 10.69m

M65
Lajos Joni 14.22m

M70
Mills Lafferty 9.01m

M75
Brian Davies 11.64m
Don Quinn 8.25m

M80
Guy Quarterman 13.67m QR

Pole Vault
W35
Dash Newington 2.50m

M50
Howard Arbuthnot 4.00m

M55
Michael Hughes 2.50m

M60
David Varley 2.70m

M65
Craig Elliott 2.30m

BRISBANE

17th September

60 Meter Dash

W30
1 Bianca Carr 12.25

W35
1 Carly Carmichael 8.36

W45
3 Julia Ducke 9.83

W55
1 Tamara Paterson 9.80
2 Jessica Veurman 9.97

W60
1 Desley Varley 11.61

W65
1 Noela Brameld 11.72

M35
1 Patrick McCarthy 7.56

M45
1 Andrew McLean 7.83
2 Paul Dundas 8.09
3 Andrew Rijken 8.20
4 Mark Calleja 8.59
5 Peter Bruce Johnson 9.61

M50
1 Michael Berlin 8.13

M55
1 Robert Hilton 8.67

M60
1 Gav Capon 9.00
2 Craig Elliott 10.97

M70
1 Dieter Lacko 11.62

M80
1 Pio Bunin 10.39

100 Meter Dash

W35
1 Carly Carmichael 13.44

W45
3 Julia Ducke 15.94

W55
1 Tamara Paterson 15.75
2 Jessica Veurman 15.87

W65
1 Noela Brameld 19.70

M35
1 Patrick McCarthy 13.26

M40
1 Geoffrey Roennfeldt 15.67

M45
1 Andrew McLean 12.55
2 Paul Dundas 12.85
3 Mark Calleja 13.60

M50
1 Michael Berlin 12.80

M55
1 David Varley 13.90
1 Robert Hilton 14.15
2 Robert Lasker 14.56

M60
1 Gav Capon 14.35
2 Craig Elliott 16.94

M70
1 Dieter Lacko 18.72

M80
1 Pio Bunin 17.29

200 Meter Dash

W35
1 Carly Carmichael 28.54

W45
1 Julia Ducke 36.14

W55
1 Tamara Paterson 33.08
2 Jessica Veurman 33.12

M35
1 Patrick McCarthy 25.84

M40 1 Geoffrey Roennfeldt 33.19	M60 1 Brian Key 1.45m 2 Craig Elliott 1.05m	M60 4 Craig Elliott 7.19m
M45 1 Graham Scully 25.99 2 Mark Calleja 27.74 3 David Bell 29.19	M65 1 John Musters 1.25m	M65 1 Lajos Joni 9.81m 2 John Musters 8.61m 3 Bruce O'Connor 7.34m
M50 1 Michael Berlin 25.89	Pole Vault W35 1 Dash Newington 2.60m	M70 1 Mills Lafferty 7.49m
M55 1 Robert Hilton 29.34 1 David Varley 28.20 2 Robert Lasker 30.35	M55 1 David Varley 2.60m	M80 1 Guy Quarterman 9.98m
M60 1 Gav Capon 29.81 2 D James 29.14	M60 1 Craig Elliott 2.50m	Discus W35 1 Miranda Ramsden 20.52m
M70 1 Dieter Lacko 37.83	Long Jump W30 1 Prachita Patankar 4.75m	W45 1 Janet Webber 21.86m 2 Julia Ducke 13.47m
1500 Meter Run	W45 1 Julia Ducke 3.46m	W60 1 Desley Varley 15.11m
M45 1 Andrew Willey 4:48.91	M45 1 Andrew McLean 5.73m 2 Paul Dundas 5.11m	W65 1 Denise Quinn 17.67m
M50 1 Chris Bell 4:56.57	M55 1 David Varley 3.95m	M35 1 Yao-Hui Wang 47.12m
M70 1 Dieter Lacko 7:35.28	Shot Put W30 1 Bianca Carr 10.16m	M50 1 Richard Harris 37.87m
3000 Meter Run	W35 1 Miranda Ramsden 9.33m 2 Dash Newington 6.49m	M55 1 John Milne 34.53m
W50 1 Miwa Kolb 12:43.86	W45 1 Janet Webber 7.44m	M65 1 Lajos Joni 28.78m 2 Bruce O'Connor 20.47m
M40 1 Michael Chay 11:49.87	W55 1 Tamara Paterson 7.17m	M70 1 Mills Lafferty 21.47m
M45 1 Andrew Willey 10:16.71 2 Graham Scully 13:53.49	W60 1 Desley Varley 6.05m	M80 1 Guy Quarterman 23.15m
M50 1 Chris Bell 10:26.44	W65 1 Denise Quinn 6.50m	Javelin Throw W30 1 Bianca Carr 33.32m
High Jump	M50 1 Richard Harris 9.87m	W35 1 Miranda Ramsden 18.20m
W40 1 Jess Anderson 1.25m	M55 1 John Milne 9.83m	W45 1 Janet Webber 25.47m
M55 1 Robert Lasker 1.35m 2 David Varley 1.30m		

W50 2 Miwa Kolb	8.24m	2 Jodie Craswell	10.30	2 Greg Allis	14.18
W55 1 Tamara Paterson	17.32m	W55 1 Jessica Veurman	9.66	M55 1 Fabio Di Giandomenico	13.59
W60 1 Desley Varley	13.62m	W65 1 Noela Brameld	11.45	2 Robert Hilton	14.46
W65 1 Denise Quinn	17.65m	M35 1 Patrick McCarthy	7.57	3 Robert Lasker	14.58
M55 1 John Milne	26.44m	M40 1 Geoffrey Roennfeldt	9.94	M65 1 Craig Elliott	16.69
M60 1 Craig Elliott	22.15m	M45 1 Graham Scully	7.72	M75 1 Dieter Lacko	18.51
M65 2 Bruce O'Connor 3 John Musters	18.53m 18.04m	2 Zac Couper 3 Tim Schaumberg	8.31 8.40	200 Meter Dash	
M70 1 Mills Lafferty	20.09m	M50 1 Michael Berlin	8.00	W45 1 Janet Webber	32.31
M80 1 Guy Quarterman	25.92m	M55 1 Fabio Di Giandomenico 2 Robert Hilton 3 Robert Lasker	8.43 8.84 9.04	W50 1 Jodie Craswell	34.88
1500 Meter Race Walk		M65 1 Craig Elliott	10.60	W55 1 Jessica Veurman	32.87
W55 1 Erika Woodward	8:36.06	M75 1 Dieter Lacko	11.36	M35 1 Patrick McCarthy	24.71
3000 Meter Race Walk		100 Meter Dash		M40 1 Daniel Mellish 2 Geoffrey Roennfeldt	26.00 32.59
W55 1 Erika Woodward	17:27.94	W40 1 Natalie Hartmann 2 Mcnaughton Rachel	13.74 16.05	M45 1 Graham Scully 2 Tim Schaumberg	24.83 27.91
W75 1 Noela McKinven	26:39.88	W45 1 Sheila Cook	14.55	M50 1 Michael Berlin 2 Greg Allis	25.63 29.03
M65 1 Peter Bennett	18:43.09	W50 1 Maryann Hearn	14.37	M55 1 Fabio Di Giandomenico 2 Robert Hilton	27.78 30.26
M80 1 Patrick Sela	25:44.98	W55 1 Jessica Veurman	15.59	M75 1 Dieter Lacko	38.20
24th September		W65 1 Noela Brameld	18.82	400 Meter Run	
60 Meter Dash		M35 1 Patrick McCarthy	11.96	W45 1 Briggs Nerida	1:20.17
W40 1 Natalie Hartmann 2 Mcnaughton Rachel	8.82 10.09	M40 1 Geoffrey Roennfeldt	15.76	M45 1 Don Small 2 Tim Schaumberg 3 Graham Scully	54.40 1:04.41 1:04.44
W45 1 Sheila Cook 2 Janet Webber	8.91 9.55	M45 1 Zac Couper 2 Tim Schaumberg	13.56 13.64	M50 1 Michael Berlin	1:01.30
W50 1 Maryann Hearn	8.91	M50 1 Michael Berlin	12.82	M55 1 Robert Lasker	1:09.70
				M60 1 D James	1:04.90

M75
1 John Childs 1:24.77

800 Meter Run

W40
1 Mcnaughton Rachel 3:10.54

M45
1 Graham Scully 2:36.83

M75
1 Dieter Lacko 3:40.64

5000 Meter Run

W50
1 Heidi Storer 23:10.57

M45
1 Andrew Willey 17:37.32

800 Meter Run

W45
1 Julia Ducke 18.40

W50
1 Maryann Hearn 13.95

M75
1 Dieter Lacko 21.07

High Jump

M60
1 BRIAN KEY 1.40m

M65
1 Craig Elliott 1.20m
1 John Musters 1.20m

Pole Vault

M65
1 Craig Elliott 2.15m

Hammer Throw

W30
1 Bianca Carr 36.81m

W65
1 Denise Quinn 16.58m

W70
1 Rosemary Kopittke 11.93m

W75
1 Lorraine Birtwell 18.81m

M50
1 Richard Harris 33.11m

M60
1 John Milne 29.66m

M65
1 Lajos Joni 36.44m
2 Bruce O'Connor 20.81m

M75
1 Brian Davies 24.26m

Weight Throw

W45
1 Janet Webber 6.96m

W65
1 Denise Quinn 7.12m

W70
1 Rosemary Kopittke 5.06m

W75
1 Lorraine Birtwell 7.18m

M50
1 Richard Harris 13.29m

M60
1 John Milne 11.10m

M65
1 Lajos Joni 14.61m
2 Bruce O'Connor 10.50m

M75
1 Brian Davies 10.57m

5000 Meter Race Walk

W45
1 Brenda Gannon 29:31.43

W55
1 Erika Woodward 30:22.43

W80
1 Noela McKinven 45:28.60

M65
1 Peter Bennett 32:29.63

Weight Throw 56lb

W70
1 Rosemary Kopittke 1.23m

W75
1 Lorraine Birtwell 1.21m

M50
1 Richard Harris 6.54m

M65
1 Lajos Joni 5.19m
2 Bruce O'Connor 3.36m

M75
1 Brian Davies 3.23m

Thanks

Thanks to Don Quinn for writing a program that reduced the time to reproduce the results by 60%

Pan Pacs Draft

Timetable

Saturday 5th November

9am start
M30+ Hammer Throw
W30+ Hammer Throw
W30+ Shot Put
W30+ Long Jump
M30+ High Jump

9.30am
M30+/W30+ 5000m Ru
W40+/M70+ 80m Hurdle
M50-69/W30-39 100m Hurdles
M30-49 110m Hurdles
M30+ 800 Metre
W30+ 800 Metre
M30+/W30+ 100m Heats M30+/
W30+ 100m Finals M30+/W30+
5000m Race Walk

Sunday 6th November

8.00am
M30+ Discus Throw
W30+ Discus Throw
M30+ Shot Put
M30+ Pole Vault
W30+ Pole Vault
M30+ Long Jump
W30+ High Jump

9.30am
M30+/W30+ 200m Heats
M30+/W30+ 3000 Metre Race Walk
M30-59 3000 Metre Steeplechase
W30+ 2000 Metre Steeplechase
M60+ 2000 Metre Steeplechase
M80+/W70+ 200m Hurdles
M60-79/W50-69 300m Hurdles
M30-59/W30-49 400m Hurdles
M30+/W30+ 200m

Monday 7th November

8.00am
M30+ Javelin Throw
W30+ Javelin Throw
M30+ Weight Throw
W30+ Weight Throw
M30+ Triple Jump
W30+ Triple Jump

9.30am
M30+/W30+ 1500m
M30+/W30+ 60m Heats (if required)
M30+/W30+ 60m

GOLD COAST

Sunday 4th September

60m Mixed

1	McCarthy, Patrick M39	7.63
2	Dundas, Paul M48	7.90
3	Hughes, Laurie M36	8.12
4	Beatson, Scott M49	8.25
5	Calleja, Mark M46	8.60
6	Melrose, Elizabeth W28	8.92
7	Agussol, Patrick M41	9.02
8	Mackey, Michelle W50	9.14
9	Fernance, Louise W33	9.38

100m Mixed

1	McCarthy, Patrick M39	12.03
2	Beatson, Scott M49	13.03
3	Hughes, Laurie M36	13.06
4	Calleja, Mark M46	13.50
5	Melrose, Elizabeth W28	14.26
6	Fernance, Louise W33	14.85
8	Shannon, Clint M46	15.54

200m Mixed

1	McCarthy, Patrick M39	26.14
2	Parkinson, Gary M54	26.30
3	Beatson, Scott M49	28.20
4	Doel, Rene M47	28.52
5	Calleja, Mark M46	28.59

800m Mixed

1	Hughes, Marcus M36	2:25.25
2	Parkinson, Gary M54	2:28.88
3	Shannon, Clint M46	2:50.89

2000m Mixed

1	Hughes, Marcus M36	6:40.05
2	Shannon, Clint M46	8:22.76
3	Howlley, Wayne M72	10:28.70

Shot Put Mixed

1	Doel, Rene M47	10.50m
2	Daniels, Dash M39	9.65m

Discus

1	Doel, Rene M47	29.57m
4	Daniels, Dash M39	23.25m

Sunday 24th September

3000m Mixed

1	Thompson, Josh	9:43.53
2	Link, Peter	10:21.55
3	Thompson, Lisa	11:21.45

60m Mixed

1	Pittman, Geoff	8.03
2	Hughes, Laurie	8.22
3	Beatson, Scott	8.41
4	Ansombe, Brony	9.31
5	Fernance, Louise	9.47
6	Davis, Carol	10.37
7	Milham, Cooper	11.00
8	Lester, John	11.71



150m Mixed

1	Pittman, Geoff	18.59
2	Scully, Graham	18.68
3	Ladyrski, Shane	19.48
4	Hughes, Laurie	19.87
5	Beatson, Scott	21.10
6	Shannon, Clint	21.88
7	Mackey, Michelle	21.95
8	Lucas, Radika	22.30
9	Ansombe, Brony	22.67
10	Fernance, Louise	23.18
11	Davis, Carol	25.80
12	Milham, Cooper	27.19
13	Lester, John	29.24
14	Moorhouse, Paula	34.30

600m Mixed

1	Mellish, Daniel	1:30.87
2	Parkinson, Gary	1:34.46
3	Link, Peter	1:38.32
4	Thompson, Lisa	1:41.05
5	Scully, Graham	1:42.78
6	Shannon, Clint	1:58.37
7	Thompson, Lisa	2:01.96
8	Moorhouse, Paula	2:54.46

300m Mixed

1	Pittman, Geoff	39.79
2	Scully, Graham	40.94
3	Parkinson, Gary	41.12
4	Ladyrski, Shane	43.74
5	Link, Peter	44.82
6	Beatson, Scott	45.97
7	Shannon, Clint	46.71
8	Lucas, Radika	48.23
9	Walker, Peter	55.27
10	Davis, Carol	56.17
11	Lester, John	1:12.35

Discus Mixed

1	Crethar, Jason	27.12m
2	Beste, Karl	25.97m
3	Pittman, Geoff	17.92m

Javelin Mixed

1	Beste, Karl	34.68m
2	Pittman, Geoff	23.47m
3	Crethar, Jason	20.96m
4	Davis, Carol	19.78m

Shot Put Mixed

1	Crethar, Jason	10.10m
2	Beste, Karl	9.26m
3	Pittman, Geoff	6.85m
4	Hancock, Jason	6.09m





Hammer Throw

M30

1 Jacob Daniels 17.24m

M40

1 Raymond Abdy - F37 18.24m

M45

1 Clayton Campodonico 22.65m
2 Shaun Peel 21.93m

M50

1 Kevin Galea 30.71m

M55

1 Rene Otto 26.13m
2 Tim Lowrey 25.84m

M65

1 Wayne Fielder 30.57m

M70

1 Mills Lafferty 25.79m

M75

1 Norman John Wallis 17.50m

M80

1 Guy Quarterman 34.83m

W35

1 Dash Newington 25.73m

W40

1 Katie James 29.89m
2 Cathryn Hoare 20.40m

W45

1 Helen Wallis 26.61m
2 Gayle Horne 21.70m
3 Tammy Meyer 19.71m
4 Kristy Peel 13.81m

W50

1 Lisa Taylor 40.33m
1 Althea Mackie 40.33m
3 Andrea Manson 22.90m

W55

1 Vicki Townsend 29.71m
2 Judy Lewis 16.03m

W60

1 Susan Tucker 14.99m



W70

1 Doreen Conroy 17.38m

400m Hurdles

M45

1 Justin Rule 1:11.98

400m

W30

1 Elaine van den Worm 1:09.21



W50

1 Rachelle Cox 1:17.69

W50

1 Rachelle Cox 1:17.69

M35

1 Ross Taylor 59.12

M40

1 Glen Bray 1:04.58

Shot Put

W35

1 Dash Newington 6.44m
2 Sarah Wessling 4.84m

W40

1 Cathryn Hoare 7.73m
2 Katie James 7.21m
3 Madeleine Simmons 6.40m

W45

1 Gayle Horne 7.63m
2 Helen Wallis 7.16m
3 Tammy Meyer 7.08m
4 Kristy Peel 5.43m

W50

1 Althea Mackie 9.27m
2 Lorraine Rutland 8.32m
3 Joy Dale 6.32m
4 Alexandra Barnard 6.05m
5 Andrea Manson 5.70m
6 Lisa Taylor 5.60m

W55

1 Vicki Townsend 10.51m
2 Judy Lewis 5.51m

W60
1 Susan Tucker 4.97m

W70
1 Doreen Conroy 5.70m

M30
1 Jacob Daniels 8.41m

M40
1 Kholan Hayes 10.94m
2 Niroshan Tharanga Di Su 10.09m
3 Raymond Abdy - F37 7.31m

M45
1 Shaun Peel 8.69m
2 Clayton Campodonico 7.84m

M50
1 Kevin Galea 11.12m

M55
1 Tim Lowrey 10.10m
2 Brent Mills 9.17m
3 Rene Otto 8.49m

M65
1 Wayne Fielder 8.18m

M70
1 Mills Lafferty 7.17m

M75
1 Norman John Wallis 6.34m

M80
1 Guy Quarterman 9.85m

1500m Race Walk

W35
1 Dash Newington 9:04.40

Pole Vault

W35
1 Dash Newington 2.60m

W40
1 Madeleine Simmons 2.10m

M35
1 Anthony Porter 2.50m

Triple Jump

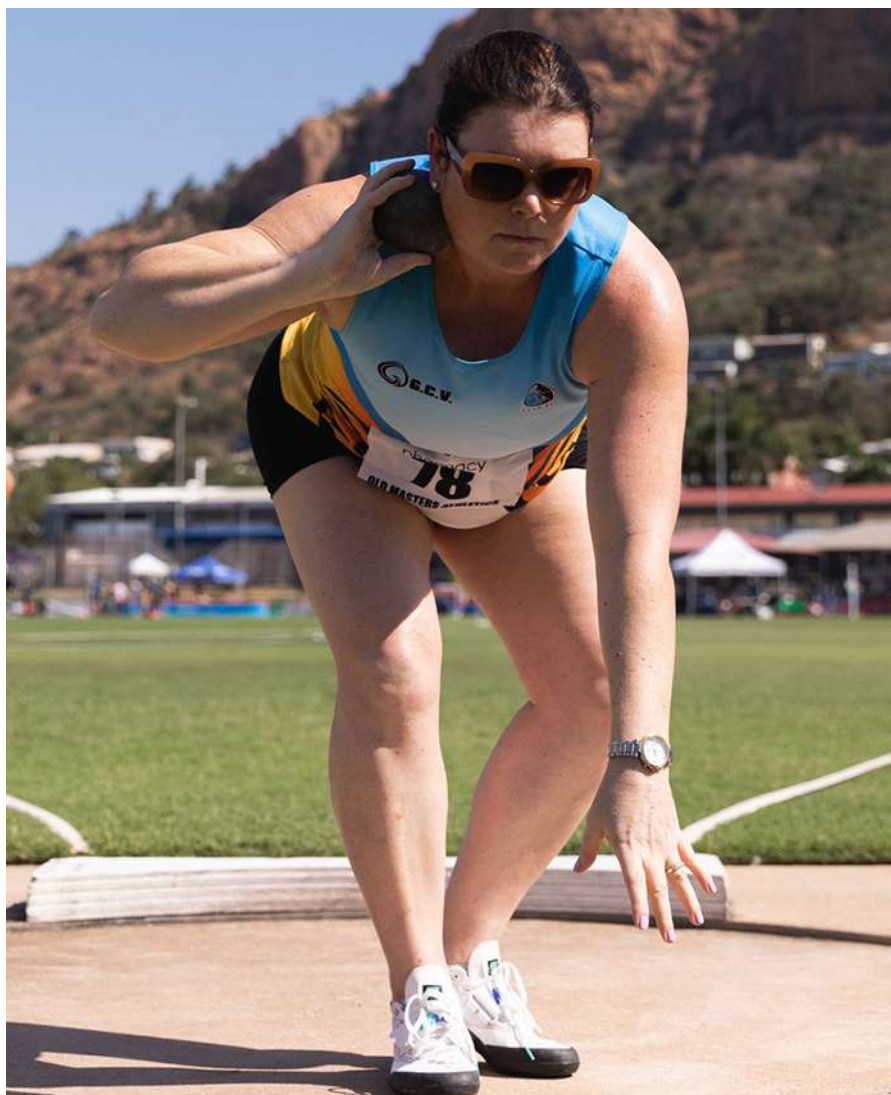
W45
1 Kelly Ross 8.47m
2 Kristy Peel 5.84m

W50
1 Joy Dale 6.82m

W55
1 Vicki Townsend 9.22m

M35
1 Scott Cooper 9.07m

M45
1 Shaun Peel 9.58m



M50
1 Clint Harvey 10.71m

M55
1 Andre Soncin 9.01m
2 Rene Otto 5.09m

High Jump

M30
1 Anthony Porter 1.50m
2 Scott Cooper 1.40m

M55
1 Andrew Millerd 1.44m

M60
1 David Varley 1.29m

W35
1 Dash Newington 1.35m

W45
1 Kelly Ross 1.40m

W50
1 Joy Dale 1.05m
1 Alexandra Barnard 1.05m

W55
1 Vicki Townsend 1.30m

Long Jump

M45
1 Shaun Peel 4.77

M50
1 Clint Harvey 5.30m

M55
1 Andre Soncin 4.56m
2 Rene Otto 2.38m

W35
1 Dash Newington 4.43m

W45
1 Kelly Ross 4.29m
2 Kristy Peel 2.90m

W50
1 Joy Dale 3.04m
2 Alexandra Barnard 2.61m

W55
1 Vicki Townsend 4.15m

W60
1 Desley Varley 2.84m

6k Road Run

W30
1 Celeste Labuschagne 36:03.39

W50		Discus		100m					
1 Rosemarie Labuschagne	34:09.44	W30	1 Kayla Porter	24.32m	1 Elaine van den Worm	14.14			
2 Carmel Hickey	33:18.88	W35	1 Dash Newington	21.02m	W35	1 Heidi Joosten	13.73		
3 Nadine Roots	36:02.79		2 Sarah Wessling	18.73m	2 Tammy Taylor	15.80			
4 Kathy Heath	40:06.01	W40	1 Cathryn Hoare	20.26m	1 Kelly Ross	14.57			
M30			2 Madeleine Simmons	17.55m	2 Gayle Horne	16.66			
1 Anthony Burke	30:07.46	W45	1 Helen Wallis	23.07m	W50	1 Lorraine Rutland	15.02		
2 Scott Vollerhause	31:42.83		2 Gayle Horne	22.31m	2 Alexandra Barnard	18.26			
3 Mathew Smith	40:01.93	W50	3 Tammy Meyer	18.52m	W55	1 Vicki Townsend	14.77		
M50+			4 Kelly Ross	17.73m	W60	1 Desley Varley	19.24		
1 Derrick Evans	29:40.64		5 Kristy Peel	17.13m	M30	1 Miles Kerr	12.54		
2 Rob Bowden	32:15.39	W55	1 Althea Mackie	24.57m	M35	1 Nick Ash - Nzi	11.69		
1500m			2 Lorraine Rutland	19.88m	2 Ross Taylor	12.39			
W35			3 Andrea Manson	17.54m	3 Anthony Porter	12.77			
1 Celeste Labuschagne	7:13.51		4 Lisa Taylor	14.40m	M40	1 Varian Platen	13.31		
W45			5 Joy Dale	13.27m	M45	1 Shaun Peel	13.43		
1 Joanna Bailey	5:57.80		6 Alexandra Barnard	11.42m	M55	1 Andre Soncin	14.38		
60m		W55	1 Vicki Townsend	26.50m	M65	1 Graham Durant	15.3		
W35			2 Judy Lewis	12.22m	M70	1 Mills Lafferty	22.84		
1 Heidi Joosten	8.55	W60	1 Susan Tucker	10.40m	Decathlon	M55	1. Andrew Millard	5689	
2 Tammy Taylor	9.59		W70	1 Doreen Conroy	13.63m	M60	1 David Varley	6128	
W40			M30	1 Jacob Daniels	22.96m	W Pentathlon	W55	1 Vicki Townsend	5155
1 Madeleine Simmons	9.02		M35	1 Scott Cooper	22.70m	5000m	W35	1 Celeste Labuschagne	27:25.61
W45			M40	1 Niroshan Tharanga Di Su	27.76m	W60	1 Rosemarie Labuschagne	27:49.87	
1 Kelly Ross	9.16		2 Raymond Abdy - F37	15.54m	M45	1 Clayton Campodonico	23.86m		
2 Gayle Horne	10.28		M45	2 Shaun Peel	19.85m	M50	1 Kevin Galea	35.19m	
W50			M50	1 Rene Otto	28.09m	M55	1 Tim Lowrey	27.41m	
1 Lorraine Rutland	8.93		M55	2 Wayne Fielder	32.26m	M65	1 Wayne Fielder	32.26m	
2 Alexandra Barnard	10.83		M65	1 Mills Lafferty	20.76m	M70	1 Mills Lafferty	20.76m	
3 Joy Dale	12.12		M70	1 Norman John Wallis	18.89m	M75	1 Norman John Wallis	18.89m	
W55			M80	1 Guy Quarterman	25.02m	M80	1 Bruce Madin	20:41.77	
1 Vicki Townsend	9.22								
W60									
1 Fiona Anderson	17.17								
M30									
1 Miles Kerr	7.74								
M35									
1 Ross Taylor	7.67								
M40									
1 Varian Platen	8.25								
M45									
1 Shaun Peel	8.37								
M55									
1 Brent Mills	9.20								
2 Rene Otto	12.84								
M65									
1 Graham Paul Durant	9.60								
M70									
1 Mills Lafferty	12.38								

800m

W35

1 Celeste Labuschagne 3:42.94

W45

1 Joanna Bailey 2:46.90

W50

1 Rachelle Cox 3:04.77

W60

1 Rosemarie Labuschagne 3:53.45

M40

1 Glen Bray 2:31.33

M45

1 Justin Rule 2:27.78

M65

1 Graham Paul Durant 2:46.05

2 Willem Van Den Worm 3:06.30

100m Hurdles

M60

1. Dave Varley 17.17

Throws Pentathlon

W35

1 Dash Newington 1830

W40

1 Cathryn Hoare 1915

W45

1 Tammy Meyer 1641

2 Kristy Peel 1375

W50

1 Althea Mackie 3385

2 Andrea Manson 1818

W55

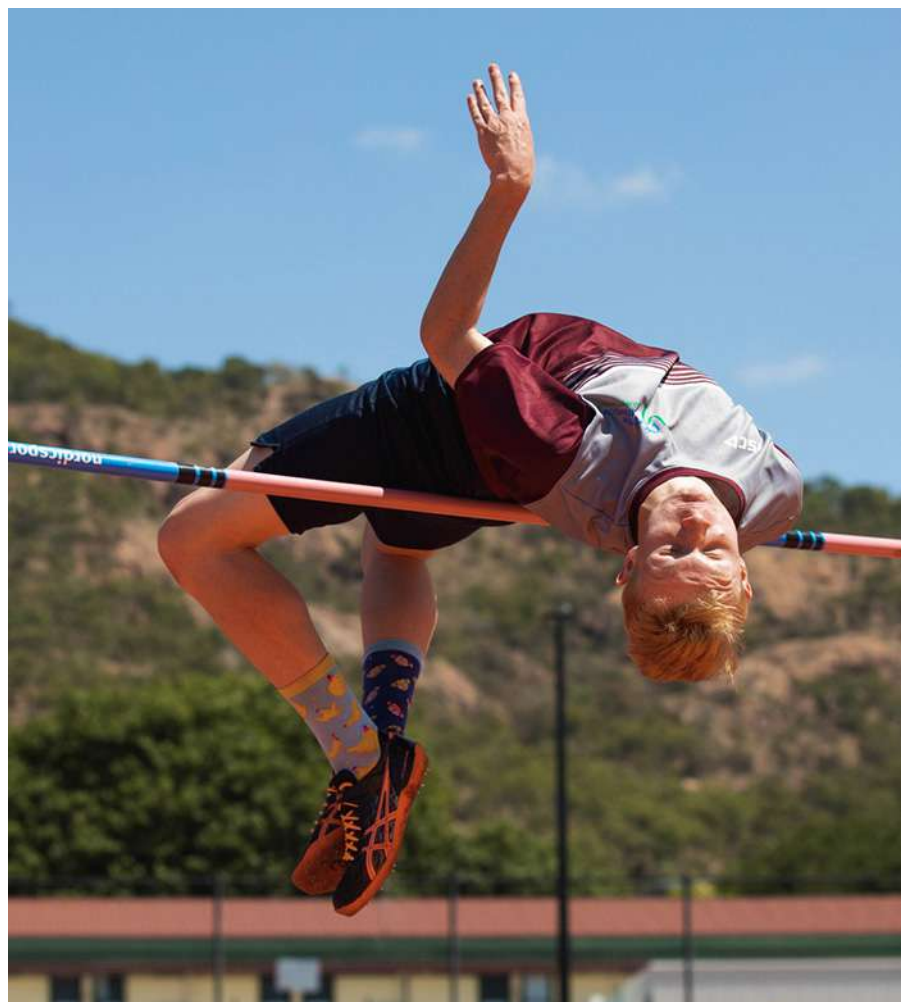
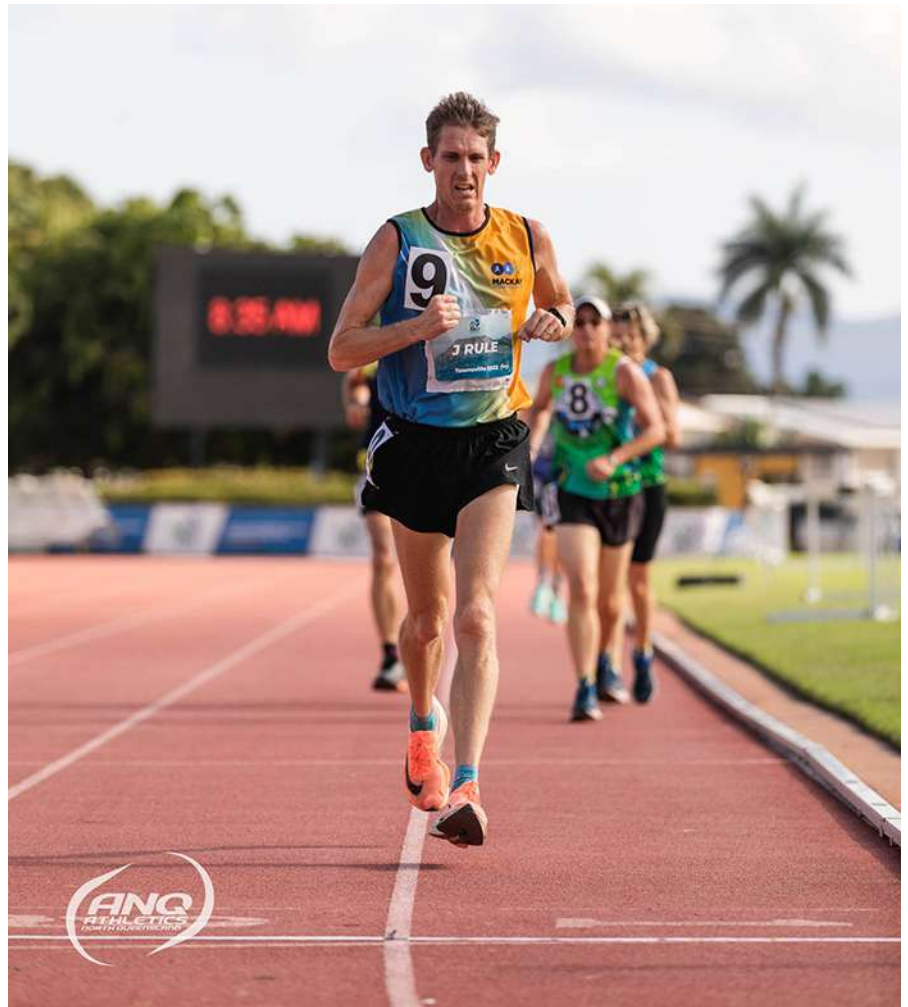
1 Vicki Townsend 3417

2 Judy Lewsi 1362

W60

1 Desley Varley 2110

2 Susan Tucker 1534





QMA COME AND SEE US, COME AND TRY DAY

▶ ▶ SATURDAY 8TH OCTOBER 2022,
STATE ATHLETICS FACILITY NATHAN



ALL AGES WELCOME

Gates Open at 7.00am