

**QMA**  
***Athletic Challenge***



**Alrounder**

***February 2022***

# CONTENTS

- P2. Presidents Report
- P3. Profile Wilma Perkins
- P4. Gold Coast Results
- P5. 4x800m Relay Report
- Upcoming events
- P6. Brisbane Results
- P17. Profile Mark McLean



## News from the President

Hello again....

### THE MASTERS NATIONALS ARE ALMOST HERE

The most exciting happening in Queensland Masters Athletics moved much closer with the passing of the early bird entry date for the 2022 Australian Masters Track and Field Championships to be held in Brisbane 1 to 4 April.

Entries now exceed 530 and there is a realistic expectation of around 600 athletes participating in a full range of track, field, road and cross country events.

As organisers your Queensland Masters Local Organising Committee(LOC) have had to make some special arrangements because of the potential and real impacts of Covid 19, including allowing extra time for Western Australian athletes to enter after there government decided to lift the

#### Editorial Contact

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

#### Photographs

Any current or historic photographs would be greatly appreciated.

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

closure of their bor-der. It would be great if all of Australia were to be represented.

We also have entries from Sri Lanka and New Zealand dare I say it - just like the old days!

### QMA SPECIAL MEMORIAL EVENTS DAY

Thinking about the old days the Memorial Day competitions bring back some great memories and experiences to those older members of our organisation who had the great privilege of knowing those former members whom we honour. It is also a great way for younger members to learn something of their predecessors.

In no particular order they included RUTH FRITH who was responsible for the creation of the W100 -104 age group in World Masters Athletics and instrumental in the lighter implements for women W75+.

TOM GOULD, a great guy who successfully in-troduced some very different coaching ideas into track running and JOHN COOPER who was a high quality sprinter who won medals at World level but was better known for the number of times he finished fourth and his larrikin antics that kept everybody on their toes.

Another memorial athlete was TED VICKERS who had an artificial leg that had no resemblance to a blade but it did not seem to hinder his ambitions and was at times the course of much humour when Ted was not happy with appendage.

Finally BERNIE HOGAN who will never be forgotten and argu-ably one of the world's best spriners. He was an excellent coach and, dare I say it, a pest to many of his competitors with his quick quips and wicked humour that made it almost impossible to concentrate when racing against him.

All of these remembered athletes were unique in their own way, extraordinarily talented and dedicated in their love of Masters Athletics. It is an honour to remember them!

### VALE AILEEN HOGAN

Bernie (see above) and Aileen Hogan were a most formidable sprinting duo. While her husband

took and created most of the attention when he was present, Aileen was the quiet achiever who was the absolute best in the world in her age group. She was part of a group of Queensland women who dominated the rest of the world at the 1987 World Veteran Athletic Championships held in Melbourne.

Aileen, born in 1922, joined Queensland Masters in 1979 and was a member for more than 20 years. That same year she competed in the World Championships in Hanover, Germany and began her record setting spree. All up Aileen set 11 World Records in the distances 100, 200 and 400 metres, with 23 Australian records and 34 Queensland records over the same distances. She really was a brilliant athlete but modest of her achievements.

QMA has lost one of its finest ever athletes - may she rest in peace. We will certainly remember Aileen.

Until next time.....keep up that training and competition and be ready to show the rest of Australia what Queenslanders are all about.....

Stan Perkins  
QMA President

## Upcoming events

### 2nd March - Wednesday Night

#### Program

7.00pm	100m
	Discus - All Northern Cage
7.15pm	Long/Triple Jump - All
7.20pm	1500m run/walk
7.35pm	200m
7.45pm	Javelin - All Northern End
7.50pm	60m
8.00pm	High Jump
8.10pm	400m
8.25pm	2000m run/walk

### 19th March Saturday: Gold Coast Championships at State Athletics Facility, Brisbane

Online entries open from Thursday 24th February and close 8.00pm on Saturday 12th March

Gold Coast Administration Fee  
\$20.00 and \$7.00 per event

REGISTRATIONS CLOSE: 8:00pm  
Saturday 12th March 2022

# QMA NOMINATIONS FOR THE AMA AWARDS

AMA annual awards are presented at the AMA Championship Awards Function which is held on the evening of the third day of competition. This will be on 3rd April at the Championships in Brisbane. This year there are 13 categories, an increase of two on previous years. Each state and territory has the opportunity to nominate one athlete for each category. Performances relate to those achieved in 2021.

This year the QMA nominees are:

Sprints / Hurdles	Julie Brims	Middle Distance	Aidan Hobbs
Distance	Aidan Hobbs	Walks	Iggy Jimenez
Jumps	Howard Arbuthnot	Throws	Lajos Joni
Multi Events	Carol Davis	Best Individual Performance	Carol Davis
Best Male Athlete	Lajos Joni	Best Female Athlete	Julie Brims
Administrator	Heather Doherty	Official	Col Buyers
Coach	Peter Reeves		

## **Julie Brims: Sprints/Hurdles Category and Best Female Athlete Category**

Julie had a remarkable introduction to the W55 age group. Within a 3 months period Julie broke the 100m world record twice, the 200m World record twice and the 400m world record. Julie also broke the 60m Australian record twice and the 300m Queensland record twice. These record breaking performances were achieved in Qld masters competitions, Qld open competitions and at an open interstate championship. This is the first time an athlete from any age group has held world records in all three sprint distance-es at the same time.

At the Queensland Open State Championships Julie made the final of both the 100m (finishing 6th) and 200m (finishing 7th). This is amazing for a masters athlete who was running against athletes younger than her children. Overall Julie achieved 5 world records, 6 Australian and 9 Queensland records

## **Aidan Hobbs: Middle Distance Category and Distance Category**

Aidan Hobbs competes regularly at both Open and Masters Competitions. Aidan broke the M30 steeplechase record three times over a six week period in March /April culminating in his best time at the Australian Open Championships where he finished 6th. All three performances broke the Australian Masters record. It is worth noting that Aidan achieved these performances months before he was due to move to the next age group. Similarly, Aidan's Australian M30 3000m record was achieved just before he moved to the M35 age group.

Aidan excels at distance events as well as middle distance. Aidan reduced the Australian 5000m record by 21 seconds and the Queensland record by 56 seconds. Aidan's cross country performance at the Queensland long course championships took almost 4 minutes off the previous best recorded time.

## **Iggy Jimenez: Walks Category**

Iggy Jimenez has re written Queensland Masters Walk records over the 2021. Iggy has set seven different walks records over six different distances, two of them occurring in the 10km Road Walk where he took over 30 seconds off the previous record. Iggy reduced the 1500m record by 4 seconds, the 3000m track walk by 8 seconds, the 5000m by 13 seconds and the 20km walk by 3 minutes.

## **Howard Arbuthnot: Jumps Category**

Howard Arbuthnot competes in both masters and open competitions. Howard regularly provides feedback to other masters pole vaulters as well as coach an up and coming group of young pole vaulters. Howard enjoys his regular masters competitions as it frees him from the responsibility of being a coach at open competitions which reduces his opportunity to compete at his best in those open competitions. He broke the Australian record early in the year and two months later improved it by another 10cm. To be ranked 2nd in the world shows the quality of what Howard continues to achieve in his favourite discipline.

## **Carol Davis: Multi Events Category and Most Outstanding Individual Performance Category**

Carol achieved much more than a heptathlon world record. One of those seven events (80m hurdles) was an

Australian record and four of the other events set Queensland records (200m, 800m, high jump and long jump). To be ranked in masters rankings at No 1 in the heptathlon, 800m and high jump and 2nd in the 80m hurdles shows the quality of the outstanding performance from Carol.

Carol's 200m hurdles was not accepted as a world record because the current rules state that an athlete must have other competitors in the event.. There were no other W70+ or M80+ for the 200m hurdles at the state championships so Carol was left to run alone. In world rankings Carol's time is faster by 3.64 seconds than the second best time. During the year Carol also set Australian records in the 60m and Long Jump as well as State records in javelin, 300m and 200m.

## **Lajos Joni: Throws Category and Best Male Athlete Category**

Lajos has had a very successful throwing year achieving three Australian records, and eight State records, from hammer throw to weight (three times), heavy weight, super weight and the heavy weight pentathlon (twice). To achieve an age grade 87.94% percentage for a throwing event is outstanding. Lajos took the state weight record from 15.99m to 17.02m, then 17.62 and eventually 17.64m

Lajos took on the responsibility of organising the state's winter throws competitions and is always willing to officiate even when a competitor.

## **Peter Reeves: Coaching Category**

Peter Reeves officially retired as a coach in 2008 or so he thought. He had worked a lot with Pat Clohessy for over a decade and had athletes from U13 to U20 achieve Australian titles. Peter had decided, on retirement from high school teaching, to put his coaching knowledge towards improving his own performances as a masters athlete. Peter had set a number of Queensland masters records over the years.

But over time, Peter found himself mentoring masters runners. Gradually a core of masters runners built up and then were joined by younger athletes from Little Athletics. Eventually the group under Peter's coaching and mischievous name tagging became known as the NANCIs (naturally athletic nurtured culturally in Ipswich). The name stuck. There is no cost associated with joining the NANCIs and Peter provides his coaching free. He considers it as a free community service

Another athlete who joined the group designed the distinctive NANCi cobra shirt. This runner won back to back Australian 100km titles in both 2020 and 2021 and was ranked in the top 5 distance and best Aussie performances.

The group is very distinctive in their brightly coloured shirts on the track at masters competitions in the longer events. As the group grew Peter encouraged masters aged runners to join Queensland Masters Athletics. As a result a number of them now hold Queensland masters records. One such family has Dad as part of an Australian Masters M40 4 x 800m record team, 10 year old son with a 35min 10km (top 50 at the Bridge to Brisbane 10km in 2021) and granddad, aged 65, with a 3hr 30min marathon also in 2021.

Perhaps the special thing about Peter's group is the camaraderie of ages within the group. At one end there is the successful young athlete who qualified in 2021 for four events at the cancelled World Juniors and won the Australian 2021 U/20 1500m/5km double and smashed the 3000m junior record. At the other end you have masters athletes who are achieving incredible performances not only on the track but in endurance runs over 100km and further.

Peter is a coach and a mentor who is thought of very highly by those who know him and those who train under him.

## **Heather Doherty: Administrator Category**

In 2021 Heather Doherty did not compete in masters athletics. After a fall, which resulted in a fractured pelvis, and upon recovery Heather found she was unsteady on her feet. This was devastating for someone who had competed in athletics all her life and in masters athletics since 1976 and was the first female AMA President. Heather also turned 88 years in 2021. Heather's little dog was also battling health problems including Cushing's Disease and a cancerous growth which was operated on. Geordie is 16 years old and needed constant supervision.

But Heather was not the type to walk away. She approached staff at the Queensland State Athletics Centre to see if she could attend competition with her dog, a place where dogs were not allowed. Under the circumstances the staff kindly said they would overlook Geordie's presence.

Heather and Geordie arrived every competition day in 2021 and could be found in the control room where Heather could monitor results as they came off the printer and check for records of any sort and immediately follow up on records that needed referee signatures, zero gun tests or photo finish proof. Records were passed on to the announcer to share the news with everyone in attendance.

Within days Heather would have all the paperwork sent to the AMA Records Officer, Clyde Riddoch. Clyde claims that Heather is the best records officer in Australia and that he never has to chase her up for missing information. Heather was actually appointed to keep women's records in 1978 and shortly after asked to keep the men's records

as well. This is an administrative job she has maintained for 43 years. Heather persistently checks athletics results from around Queensland from the Gold Coast to Cairns looking for masters performances in case there are potential records that need to be followed up.

At competitions in 2021 Heather also shared the task of taking 'on the day entries' with a volunteer. This was undertaken in the hour before competition commenced and up to 45 minutes after competition got under way. Then Heather was back in the control room checking results for records.

With access to all results and records Heather is the person who short lists the athletes for the AMA Athlete of the Year awards. After approval from QMA Heather then fills in the nomination forms and has them checked so that age grade percentages can be added.

At various Championship events in 2021 Heather was invited to present medals which she did, arriving at the presentation area on the arm of a QMA committee person for balance.

There was a time when Heather booked the dates for competitions and prepared the event schedules for each competition. In 2021 Heather stepped back from these responsibilities and took on the task of checking for date clashes with other athletics competitions and reviewing program schedules for oversights and potential problems.

At the annual 'Memorial Day' competition held in February 2021 Heather donated the male and female trophies for the javelin handicap competition. More than forty years ago Heather held the world record for the W45 javelin.

To have someone who at 88 years is still filling a vital role in our sport's administration even though she has physical and health difficulties to overcome makes Heather both a past and a current legend in masters athletics.

### **Col Buyers: Officials / Volunteer Category**

Colin has been a member of QMA for 23 years. Col developed into a very good sprinter and over time the 400m became his best event, competing successfully at a number of World Masters Championships and being a team member of several relays that set Australian records. He still holds Queensland records in two age groups for the 300m and 400m, as well as a 100m record. But a knee injury ended Col's competing days. Rather than walk away Col remained a member and helped out at competition.

Col developed a new set of skills and during the 2021 year QMA reaped the benefits. Col, as Equipment Manager, was first to competition and last to leave. He built a small team that took on the responsibility of setting up equipment and storing it at the end of competition.

Col was now the chief starter for track events but as starting caps were no longer an ongoing supply item Col researched the best options available for an electronic gun. Once the electronic gun was purchased by QMA Col worked with another member to test the gun and further recommended additional items that would improve the gun's efficiency for track events where athletes had difficulty hearing the quieter sound of an electronic gun.

Col has also built a team to move the starter's stand, starting blocks and operate the wind gauge during competition. He has also used his ability to repair broken equipment and to substitute parts for equipment to make it work better. Early on Wednesday mornings throughout 2021 one would find Col at the track whilst a regular masters sprint group were training. Col was there to open the equipment shed and the club house in case there was need for equipment or access to the fridge.

A special 300m memorial handicap event is held annually. Col is involved with two others in calculating the actual handicaps for runners in the week before the event then, on the day, measuring and taping those temporary start lines in each lane.

During 2021 Col was the starter for the world record performances of Julie Brims over the 100m, 200 and 400m and Carol Davis in the track heptathlon events and her 200m hurdles.





## Lee-Anne Nelson

**Q. Surf or Turf.... Which is the greater love**

Definitely turf. Apart from world titles I always choose surf worlds because there is nothing better than sprinting up a European beach!

**Q. When did your masters athletics adventure begin?**

At 41! I was playing volleyball at Pan Pacs. The problem with masters and injuries in team sports meant we had to play the final with 41/2 people. I saw the athletics and sent off an email to QMA.

I fancied myself as a distance runner when Dick Dunstan invited me to training for sprints and introduced me to throws and jumps. I loved the challenge of it. My first Nationals was Canberra 2013. I was pinching myself when I won 7 silver medals and finally a gold and record in the pentathlon.

**Q. Were you an athlete at school or were there other sports at that time?**

I did little athletics and school athletics but was scouted for the NSW volleyball team pretty early. I went on to captain NSW and play state and national volleyball until I was 30. A stint playing overseas in my 20s. Thankfully because I got way to nervous competing at running!

**Q. I understand you were a very good Volleyball player when a bit younger. Having played at national and international level in NZ I can imagine you would be a great striker. What position did you play?**

Centre blocker. I was a relatively short centre but could jump ok. That's why my fingers look a bit

irregular. Broken a few in my time! I got to travel all over Australia and Asia as a teenager.

**Q. I understand you are now a Gold Coaster. Does that mean we will see more of you at Runaway Bay**

Definitely! It took me 7 minutes to get to the comp this morning! Saturday mornings going to be an early start now though.

**Q. How good was it to set a new Queensland record for the 4x800m relay with your sister in the team.**

An absolute highlight!! She doesn't run 800s so I had to pull the big sister card to get her to run.. and under our target time. She was awesome and super special handing me the baton. Pretty cool introduction to QMA for her!

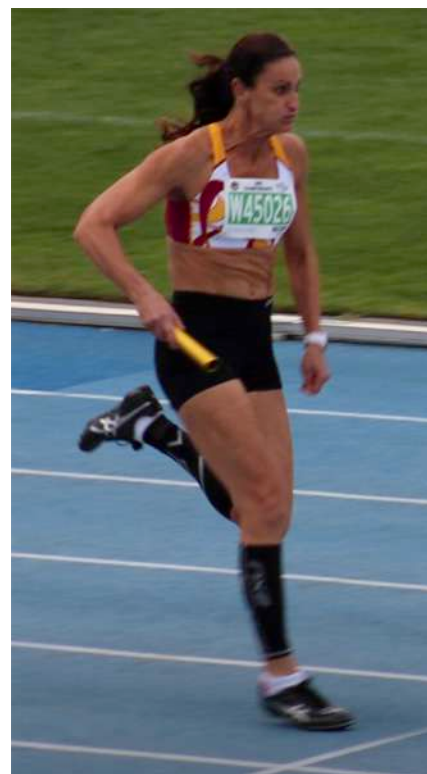
**Q. I understand your husband Warren was a good thrower – has he helped with the Javelin?**

Haha not a thrower. Waz was the Aussie and world champion in open beach flags and beach sprints for years. Olympic selectors were scrambling around looking for him when he ran a 10.4 at the track one day. He was my training partner until he retired and went to surf boats. Still does the odd session with me and frustratingly towels me up.

**Q. A question from another source- are you always as happy as you look?**

Clearly that person hasn't ever seen one of my running photos. The resting angry dog face!!! I honestly couldn't not be happy with the life I am currently blessed with. My mantra is if you don't love your life change it. Which I did big time 10 years ago. Losing my Dad recently wiped the smile off my face for a brief moment. But a life full of happy memories and his unwavering support brings it back. He instilled in me happiness comes from celebrating everything you have not, regretting what you don't have.

**Statement: I recall seeing you at the registration room at Melbourne 2019 and you being greeted by other athletes with hugs etc..... I got none. You seem to have a very good relationship with fellow competitors.**



I love my track sisters (and brothers). I've got a great cohort from all around the states. Masters athletics attracts some amazing people. We are supportive of each other and I'm genuinely happy for the sisters when they do well. I've missed our catch-ups but Brisbane will have most of us all back together again..

**Q. How important was your recent Australian record in the pentathlon in your great career?**

I'm absolutely stoked! I love the pentathlon because it's you competing against yourself with point scores. When you hit your points goals it's a great feeling!

**Q. You do such a lot of events successfully at athletics, even on the QA relays day you threw discus for the first time yet did a successful job. So when will you start pole vaulting?**

Get real. I saw photos of Althea's foot when it goes wrong. I would really love someone to teach me to hurdle and high jump for the heptathlon. Having a lesson or two just before an event doesn't cut it.

**Q. How often do you train? Alone or with regular company?**

I train 3-4 times a week. Very limited to before and after work. Twice with Scully and the boys early mornings



and once by myself. I try and throw or jump after Wednesday trainings. My dream was always having a multi coach/ squad. Not realistic for a masters athlete sadly. So YouTube it is!

#### Q What motivates you?

The pure enjoyment of doing well in all parts of my life. Such a special feeling seeing my family happy, one of my speech caseload communicate or getting 815 points for an 800 metres! Despite being bent over on the ground, it's super motivating! I come from a family of highly motivated people who work toward success.

#### Q. What, if any disasters have you had along the way?

My first meet 800 I was overtaken by a race walker for a short time... otherwise it's injury. I've battled injuries mainly Achilles every season



seasons.

#### Q. How do you manage work, sports and training?

Training early mornings before work

has worked well. Then Then training by myself means I can find a patch of grass and do something if I get a cancellation at work or head to an oval after work. I own javelins and shot puts so I can do my own thing anywhere anytime.

#### Q. I hear you have a goal of setting a new World Record in the 4x800m at Nationals in Brisbane. Is that attainable?

Definitely the W45

Everyone needs to run 2.30. Our little recent relay team just ran the time but 2 of them were too young. I'd be surprised if it's still there by nationals!

#### Q. You were the QMA secretary for a time? Will you include administration in the future.

Absolutely. When I have the time the role needs. It's important to give back. QMA exists because of a handful of the same amazing volunteers. I worry for our sport if they choose to discontinue.

#### You will have completed the heptathlon by the time this mag is distributed so I will get an update on that closer to publication.

I'm not doing the hep this year cause of my Achilles so that's it

### CELEBRATING 50 YEARS!

Townsville Road Runners will celebrate their 50th anniversary over the 28&29 May weekend! Catch up with some of the original crew Saturday morning with a legendary ``about 8km'' morning run. Enjoy a social dinner Follow

Saturday evening. Recover on Sunday morning with a recovery run from Strand Park.

Contact [info@townsvilleroadrunners.com.au](mailto:info@townsvilleroadrunners.com.au) for details.

All welcome and looking forward to seeing you there!

Follow up the celebrations with the 50th annual Townsville marathon on Sunday August 7, as part of the McDonald Townsville Running Festival.

See <https://townsvillerunningfestival.com> (registrations open now)

# COMRADES 2019

The Comrades marathon is an ultra marathon of approximately 80Km which is run annually in the Kwa-Zulu Natal province of South Africa between the cities of Pietermaritzburg and Durban. It is the world's largest and oldest ultra marathon and the direction of the race alternates each year between the "up" run starting from Durban and the "down" run starting from Pietermaritzburg. The race comprises of the "Big Five" set of hills - Cowies Hill, Fields Hill, Bothas Hill, Inchanga and Polly Shortts.

The Comrades was first run on the 24 May 1921 and was the idea of Vic Clapham a WW1 veteran to commemorate the South African soldiers who had been killed during the war. He wanted the memorial to be a unique test of the physical endurance of the runners. It certainly is!

This year the field was capped at 25 000 runners with 21 000 eventually starting. The maximum allowed finish time is 12 hours and runners have to qualify by completing a recognised standard marathon in 4h50. There are five cut offs at specified times to complete the race and there are 40 official refreshment stations.

I have run Comrades 6 times before - 3 up runs and 3 down runs. My preference is the down run but surprisingly my best time was on my last up run which I ran in 2017 when I ran 7h57. I missed last year's race due to other racing commitments so I was very keen, but nervous to take on the up run again this year.

My training went reasonably well going into the race, with a lot of hill training. Mt Coottha became very familiar to me as well as all the little hills I could find in Springfield Lakes where I live. I didn't really set myself a time going into the race. I hoped that I could run close to my PB and hopefully place well in my age category (50-59).

I arrived in Durban on the Tuesday before the race and was well rested come race day on the Sunday. I was seeded in pen "B". Comrades is a gun start so the better your qualifying time is the better your seeding. Five minutes before the start the South African National Anthem is played, followed by Shosholozza and then Chariots of Fire. The vibe is indescribable and very emotional. The sound of 21 000 people singing



is incredible and very uplifting and it makes the hair stand up on your arms. Then the recording of a cock crowing is played, the gun is fired and we were off and running.

The first 37km of the race is a constant up hill and very tough and the challenge is to pace yourself and not go out too quickly. My husband, knows the route very well and was going to meet me at set points along the way to give me extra nutrition. He would be holding up a huge Australian flag so that I could find him rather than him trying to find me in the groups of runners.

I wore a shirt with Australia printed on the front and back and the support and encouragement that I got from the thousands of spectators all along the route was absolutely amazing. They would shout out "Go Australia", "Aussie, Aussie", "Go Tia" - I had so much support that the South African runners were a little jealous. Anyway, the challenge was to get to "half way" or Drummond, which actually isn't half way still feeling reasonably ok. By this stage I had already climbed Cowies Hill, Fields Hill, Bothas Hill and now had to tackle Inchanga. This climb is long and winding and you can see the runners slogging their way up the hill way in front of you. Once I had crested Inchanga there was a little reprieve with a few down hills and many more unnamed hills, but at least most of the climbing had been done. My husband was brilliant was usual and met me at the planned stops and I topped up my nutrition. I was tired and sore by this stage and knew that I was not running at my best. The weather was great and there were plenty of refreshment stations stocked with coca cola, water, energy drink, bananas and baked potato with

salt. The next challenge was "Little Pollys" - many runners reach this hill and think that it is Polly Shortts, but oh no it isn't, it is a little teaser for what is still to come. 9km out from the finish you finally reach Pollys and it is a killer hill. I walk this one, as do most runners. By this stage your legs are finished and you are mentally exhausted as well, and the organisers place a TV camera at the top to capture the long suffering faces of the runners as they finally get to the top. Right, 7km to go and I would like to say that it was all downhill from here, but no there are still some really nasty inclines to tackle before you finally reach the stadium. As you enter the stadium you have to run on a dirt track, then under a tunnel which then climbs steeply on the other side onto grass and then finally onto a fabric which they had stretched over the grass and then over the finish line. My finish time was 8h09, not my best, but the best I could do on the day. I was 2nd in my age category.

As an international runner we have access to the International Tent where we were provided with a packed lunch and two drinks. My husband met me there and we took a couple of hours to relax, eat and chat to other runners before making the trip back home.

As usual the race was very well organised. The support of the volunteers who manned the refreshment tables was simply outstanding and the cheering crowds along the route were wonderful. Each time I run this race I say "never again" and yet I find myself at that start time again. I well and truly have the Comrades Bug.

Tia Jones

# BRISBANE

## 60m

### M35

1 McCarthey, Patrick 7.57

### M40

1 Couper, Zac 8.32  
2 Hadjandonis, Kon 8.42

### W40

1 Brooke, Vivienne 10.29

### M45

1 McLean, Andrew 7.92  
2 Schaumberg, Tim 8.33  
3 Beatson, Scott 8.39  
4 Calleja, Mark 9.05

### W45

1 Cook, Sheila 9.13  
2 Pedersen, Tania 10.88

### M50

1 Berlin, Michael 7.90  
2 Allis, Greg 8.89

### W50

1 Nelson, Lee-Anne 9.10

### M55

1 Di Giandomenico, Fabio 8.39  
2 Phelan, Joseph 8.69  
3 Hilton, Robert 8.82

### W55

1 Paterson, Tamara 9.86

### M60

1 Parker, Craig 8.13  
2 Hetariki, Vance 9.73  
3 Davis, Kevin 10.55

### W60

1 Varley, Desley 11.23

### W65

1 Brameld, Noela 11.49

### M65

1 Begley, Joe 8.89  
2 Ross, Errol 9.59  
3 Dohnt, Ken 10.13

### M70

1 Lacko, Dieter 12.30

### W70

1 Rourke, Kathy 12.47

### M75

1 Wight, John 9.79  
2 Rowe, Arthur 11.06



### M80

1 Bunin, Pio 10.72

### M85

1 Garvey, Noel 13.27

## 100m

### M35

1 McCarthey, Patrick 11.81

### M40

1 Hadjandonis, Kon 13.25  
2 Roennfeldt, Geoffrey 16.31

### W40

1 Brooke, Vivienne 16.93

### M45

1 Beatson, Scott 13.18  
2 Schaumberg, Tim 13.57  
3 Calleja, Mark 14.30

### W45

1 Cook, Sheila 14.54  
2 Pedersen, Tania 17.59

### M50

1 Berlin, Michael 14.13  
2 Allis, Greg 14.13

### W50

1 Nelson, Lee-Anne 9.10  
2 Badenhurst, Jo 21.48

### M55

1 Di Giandomenico, Fabio 12.92  
2 Phelan, Joseph 13.70

### W55

1 Paterson, Tamara 15.62

### M60

1 Parker, Craig 12.77  
2 Hetariki, Vance 15.43

### W65

1 Brameld, Noela 19.76

### M65

1 Begley, Joe 14.24  
2 Ross, Errol 15.34  
3 Dohnt, Ken 16.60

### M70

1 Lacko, Dieter 19.43

### W70

1 Rourke, Kathy 20.64

### M75

1 Wight, John 15.83  
2 Rowe, Arthur 17.56  
3 Dunstan, Richard 25.03

### M85

1 Garvey, Noel 21.95

## 200m

### M35

1 McCarthey, Patrick 24.40

### M40

1 Hadjandonis, Kon 26.55  
2 Couper, Zac 28.28  
3 Roennfeldt, Geoffrey 34.20

### W40

1 Anderson, Jess 31.13

### M45

1 Scully, Graham 26.35  
2 Calleja, Mark 30.39

### W45

1 Cook, Sheila 30.93  
2 Pedersen, Tania 37.29

### W45

1 Berlin, Michael 25.43  
2 Allis, Greg 35.06

### W50

1 Nelson, Lee-Anne 29.49



2 Badenhorst, Jo 35.06

### M55

1 Brack, Christopher 25.33  
2 Di Giandomenico, Fabio 26.40  
2 Phelan, Joseph 27.89  
3 Hilton, Robert 29.97

### M60

1 Parker, Craig 26.66  
2 Hetariki, Vance 32.95  
3 Davis, Kevin 36.30

### M65

1 Begley, Joe 29.58  
2 Ross, Errol 32.03  
3 Dohnt, Ken 32.77

### W70

1 Davey, Irene 52.17

### M75

1 Rowe, Arthur 36.35

## 400m

### M40

1 Mellish, Daniel 55.37  
2 Roennfeldt, Geoffrey 1:25.55

### W40

1 Anderson, Jess 1:08.43

### W45

1 Briffa, Renee 1:00.38  
2 Pedersen, Tania 1:18.44

### M45

1 Scully, Graham 58.03  
2 Schaumberg, Tim 1:03.28

### M50

1 Berlin, Michael 59.16

### M55

1 Brack, Christopher 54.75

### W55

1 Brims, Julie 1:02.71  
2 Lakin, Karen 1:18.06  
3 Paterson, Tamara 1:21.79

### M60

1 James, D 1:05.38

### M70

Lacko, Dieter 1:34.68

### M75

Dunstan, Richard 2:11.39

## 1500m

### M30

1 Toro, Christopher 4:32.72  
2 Reeves, Matthew 4:45.45

### W35

1 Cecil, Kate 5:27.03



### W40

1 Axelsen, Taryn 4:59.63  
2 Hoskin, Jane 5:03.30  
3 Kehoe, Gillian 5:33.77

### W45

1 Willey, Andrew 4:32.69

### W45

1 Pedersen, Tania 6:04.47

### W50

1 Storer, Heidi 5:50.90  
2 Dunne, Peta 5:56.80

### W60

1 Thornton, Susan 6:19.12

### M65

1 Cameron, Ian 5:07.89  
2 Reeves, Peter 5:15.60  
3 Greed, Shane 5:49.65



### W65

1 Ryan, Anne 6:24.66

### M70

1 Lacko, Dieter 7:33.13

## Pole Vault

### M35

1 2 Faulkner, Lance 3.50m

### W35

1 Newington, Dash 2.30m

### M45

1 Shard, Paul 3.40m

### M50

1 Arbuthnot, Howard 3.70m

### M55

1 Hughes, Michael 2.50m

### M70

1 Cameron, Allan 2.60m

## Long Jump

### W35

1 Newington, Dash 4.39m  
2 Cecil, Kate 3.37m

### M45

1 McLean, Andrew 5.90m  
2 Casey, Paul 4.52m

### M55

1 Hughes, Michael 4.24m

### W60

1 Varley, Desley 2.84m

## Triple Jump

### W35

1 Newington, Dash 8.46m



**M45**  
1 McLean, Andrew 10.92m

**M55**  
2 Hughes, Michael 8.61m

### Decathlon 100m

M30  
1 Gray, Daniel 12.55

**M55**  
1 Varley, David 13.43

**M60**  
1 Gray, Neil 15.57

**M65**  
1 McLean, Mark 13.92  
2 O'Connor, Bruce 16.19

**M70**  
1 Bodsworth, Bruce 14.93  
2 Stevenson, Keith 16.47

**M75**  
1 Kennedy, Peter 16.75

### Decathlon 400m

M30  
1 Gray, Daniel 57.82

**M55**  
1 Varley, David 1.04.24

**M60**  
1 Gray, Neil 1.29.44

**M65**  
1 McLean, Mark 1.09.22  
2 O'Connor, Bruce 1.43.27

**M70**  
1 Bodsworth, Bruce 1.13.78  
2 Stevenson, Keith 1.20.91

**M75**  
1 Kennedy, Peter 2.03.79

### Heptathlon 100 Short Hurdles

W30  
1 Keehn, Emily 19.17

W45  
1 Webber, Janet 16.43

W50  
1 Battersby, Bronwyn 20.52

### Heptathlon High Jump

W30  
1 Keehn, Emily 1.45

W45  
1 Webber, Janet 1.42

W50  
1 Battersby, Bronwyn 1.24

### Decathlon High Jump

M30  
1 Gray, Daniel 1.44

M55  
1 Varley, David 1.38

**M60**  
1 Gray, Neil 1.20

**M65**  
1 McLean, Mark 1.32  
2 O'Connor, Bruce 1.20

M70  
1 Bodsworth, Bruce 1.32  
2 Stevenson, Keith 1.08

**M75**  
1 Kennedy, Peter 1.17

### Decathlon Long Jump

M30  
1 Gray, Daniel 5.19

**M55**  
1 Varley, David 4.71

**M60**  
1 Gray, Neil 3.78

**M65**  
1 McLean, Mark 4.45  
2 O'Connor, Bruce 3.70

**M70**  
1 Bodsworth, Bruce 3.86  
2 Stevenson, Keith 3.27

**M75**  
1 Kennedy, Peter 3.63

### Heptathlon Shot Put

W30  
1 Keehn, Emily 11.20



W45  
1 Webber, Janet 7.68

W50  
1 Battersby, Bronwyn 7.29

### Decathlon Shot put

M30  
1 Gray, Daniel 7.47

**M55**  
1 Varley, David 7.10

**M60**  
1 Gray, Neil 7.47

**M65**  
1 McLean, Mark 8.04  
2 O'Connor, Bruce 7.79

**M70**  
1 Bodsworth, Bruce 8.41  
2 Stevenson, Keith 7.17

**M75**  
1 Kennedy, Peter 9.84

### 1500m Race walk

W55  
1 Woodward, Erika 8:34.32

W75  
1 McKinven, Noela 12:51.13

M80  
1 Sela, Patrick 12:11.55

### Sunday 13th February Decathlon 110m Hurdles

M30  
1 Gray, Daniel 21,18

**M55**  
1 Varley, David 19.19

**M60**  
1 Gray, Neil 23,76

M65  
1 McLean, Mark 19,23  
2 O'Connor, Bruce 28.79

**M70**  
1 Bodsworth, Bruce 17.93

2 Stevenson, Keith 18.98

### M75

1 Kennedy, Peter 18.12

### Decathlon Discus

#### M30

1 Gray, Daniel 25.25

### M55

1 Varley, David 27.73

### M60

1 Gray, Neil 29.45

### M65

1 McLean, Mark 25.42

2 O'Connor, Bruce 20.89

### M70

1 Bodsworth, Bruce 25.22

2 Stevenson, Keith 23.79

### M75

1 Kennedy, Peter 26.40

### Decathlon Pole Vault

#### M30

1 Gray, Daniel 2.80

#### M55

1 Varley, David 2.70

#### M60

1 Gray, Neil 1.90

#### M65

1 McLean, Mark 2.40

2 O'Connor, Bruce 1.60

#### M70

1 Bodsworth, Bruce 2.00

2 Stevenson, Keith 1.60

#### M75

1 Kennedy, Peter 2.20

### Decathlon Javelin

#### M30

1 Gray, Daniel 35.22

### M55

1 Varley, David 36.24

### M60

1 Gray, Neil 27.81

#### M65

1 McLean, Mark 29.53

2 O'Connor, Bruce 22.69

#### M70

1 Bodsworth, Bruce 28.52

2 Stevenson, Keith 20.93

#### M75

1 Kennedy, Peter 27.38

### Decathlon 1500m

#### M30

1 Gray, Daniel 5.19.28

### M55

1 Varley, David 6.34.57

### M60

1 Gray, Neil 7.55.07

### M65

1 McLean, Mark 6.04.03

### M70

1 Bodsworth, Bruce 7.27.58

2 Stevenson, Keith 8.04.79

### M75

1 Kennedy, Peter 11.17.14

### Heptathlon Long Jump

#### W30

1 Keehn, Emily 4.32

### W45

1 Webber, Janet 3.95

### W50

1 Battersby, Bronwyn 3.24

### Heptathlon Javelin

#### W30

1 Keehn, Emily 28.81

### W45

1 Webber, Janet 24.85

### W50

1 Battersby, Bronwyn 16.73

### Heptathlon 800m

#### W30

1 Keehn, Emily 2.57.39

### W45

1 Webber, Janet 3.09.60

### W50

1 Battersby, Bronwyn 3.44.70

### Weight Throw

#### W35

1 Ramsden, Miranda 3.91m

### W45

1 Eilola, Tina 3.46m

### W50

1 Mackie, Althea 4.09m

### W55

1 Ashcroft, Maree 2.39m

### M45

1 Doel, Rene 6.28m

### M50

1 Harris, Richard 6.81m

2 Ashcroft, Mark 4.44m

### M65

1 Joni, Lajos 4.41m

### M70

1 Rowlands, Phillip 4.42m

### M75

1 Quinn, Don 3.85m

### 3000m

#### W60

1 Thornton, Susan 13:23.86

### W65

1 Ryan, Anne 13:16.38

### M40

1 Woolley, Steven 10:15.09

2 Chay, Michael 12:01.10

### 3000m Race Walk

#### W55

1 Woodward, Erika 18:02.79

### W75

1 McKinven, Noela 26:35.93

### 60m

#### W30

1 Wood, Leonie 9.32

### W40

1 Reich, Renea 10.52

### W50

1 Craswell, Jodie 10.32

2 Drury, Helen 11.93

#### W55

1 Paterson, Tamara 9.83

### W60

1 Varley, Desley 11.25

### M40

1 Mackenzie, Brett 7.86

2 Ladynski, Shane 7.86



**M55**

1 Di Giandomenico, Fabio	8.43
2 Jackson, Rick	9.66

**M60**

1 Parker, Craig	8.10
2 Hetariki, Vance	9.63

**100m****W30**

1 Wood, Leonie	14.90
----------------	-------

**W35**

1 Loch-Wilkinson, Astrid	14.54
--------------------------	-------

**W40**

1 Reich, Renea	17.38
----------------	-------

**W50**

1 Craswell, Jodie	16.89
2 Drury, Helen	18.73

**W55**

1 Paterson, Tamara	15.89
--------------------	-------

**M40**

1 Mackenzie, Brett	12.58
2 Ladynski, Shane	12.62

**M50**

1 Berlin, Michael	12.29
2 Parkinson, Gary	12.39
3 Fernandez, David	13.62

**M55**

1 Di Giandomenico, Fabio	13.09
Lasker, Robert	14.22
3 Jackson, Rick	15.11

**M60**

1 Parker, Craig	12.96
2 Hetariki, Vance	15.42

**M70**

1 Lacko, Dieter	18.31
-----------------	-------

**Super weight****W35**

1 Ramsden, Miranda	5.80
--------------------	------

**W45**

1 Eilola, Tina	5.28
----------------	------

**W50**

1 Mackie, Althea	9.50
------------------	------

**W55**

1 Ashcroft, Maree	5.12
-------------------	------

**M45**

1 Doel, Rene	6.84m
--------------	-------

**M50**

1 Harris, Richard	6.66m
2 Ashcroft, Mark	4.58m

**M65**

1 Joni, Lajos	8.07m
---------------	-------



QMA member Aidan Hobbs on his way to setting a new QMA M35 steeplechase record at the AA Invitational meet in Adelaide

**M70**

1 Rowlands, Phillip	8.73m
---------------------	-------

**M75**

1 Davies, Brian	7.14m
2 Quinn, Don	4.77m

**High Jump****W40**

1 Shields, Kim	1.35m
----------------	-------

**W60**

1 Mayfield, Deann	1.40m
2 Varley, Desley	0.93m

**M55**

1 Lasker, Robert	1.43m
------------------	-------

**M60**

1 Key, Brian	1.48m
--------------	-------

**M75**

1 Prideaux, Brian	1.06m
-------------------	-------

**800m****W40**

1 Kehoe, Gillian	2:38.67
------------------	---------

**M45**

1 Dover, Thomas	2:10.51
2 Willey, Andrew	2:11.98

**M60**

1 James, D	2:54.73
------------	---------

**M65**

1 Reeves, Peter	2:39.71
-----------------	---------

**800m Race Walk****W55**

1 Woodward, Erika	2:12.41
-------------------	---------

**W75**

1 McKinven, Noela	7:05.36
-------------------	---------

**300m****W30**

1 Wood, Leonie	53.37
----------------	-------

**W35**

1 Loch-Wilkinson, Astrid	47.20
--------------------------	-------

**W40**

1 Shields, Kim	46.71
2 Reich, Renea	1:05.86

**W50**

1 Craswell, Jodie	58.12
-------------------	-------

**W55**

1 Paterson, Tamara	54.80
--------------------	-------

**M40**

1 Mellish, Daniel	39.85
-------------------	-------

**M50**

1 Berlin, Michael	38.59
2 Parkinson, Gary	38.95
3 Fernandez, David	43.16

**M55**  
1 Jackson, Rick 51.43

**M60**  
1 Parker, Craig 45.81  
2 James, D 48.33  
3 Hetariki, Vance 51.87

**M70**  
1 Lacko, Dieter 1:05.85

### 100lb Weight Throw

**W35**  
1 Ramsden, Miranda 2.36m

**W45**  
1 Eilola, Tina 1.89m

**W50**  
1 Mackie, Althea 2.06m

**W55**  
1 Ashcroft, Maree 1.42m

**M45**  
1 Doel, Rene 2.94m

**M50**  
1 Harris, Richard 3.63m  
2 Ashcroft, Mark 3.15m

**M65**  
1 Joni, Lajos 2.47m

**M70**  
1 Rowlands, Phillip 2.50m

**M75**  
1 Quinn, Don 2.47m

### Decathlon Final scores:

**M30**  
1 Gray, Daniel 3903

**M55**  
1 Varley, David 5442



**M60**  
1 Gray, Neil 3512

**M65**  
1 McLean, Mark 6283  
2 O'Connor, Bruce 3015

**M70**  
1 Bodsworth, Bruce 5757  
2 Stevenson, Keith 4126

**M75**  
1 Kennedy, Peter 5127

### Heptathlon Fnal Results

**W30**  
1 Keehn, Emily 3239

**W45**  
1 Webber, Janet 3808

**W50**  
1 Battersby, Bronwyn 2496

### Saturday 19th February 3000m Championships

**W35**  
1 Cecil, Kate 11:39.91  
2 Richardson, Cassandra 11:51.91

**W40**  
1 Hoskin, Jane 10:26.12  
2 Axelsen, Taryn 11:02.18

**W45**  
1 Pedersen, Tania 12:30.53

**W50**  
1 Storer, Heidi 12:15.59  
2 Dunne, Peta 12:38.18  
3 Boyd, Joanne 13:01.52

**W60**  
1 Thornton, Susan 13:14.17

**W65**  
1 Ryan, Anne 13:10.92  
2 Jolley, Suzanne 13:18.87

**M30**  
1 Davis, Christopher 10:08.16  
2 Reeves, Matthew 10:21.6

**M35**  
1 Thompson, Josh 10:01.77

**M40**  
1 Brown, Daniel 10:23.15  
2 Chay, Michael 11:55.54

**M45**  
1 Willey, Andrew 9:40.84  
2 Jackson, Paul M 9:53.36  
3 Rosewarne, Adam 10:40.98  
4 Adams, Wayne 10:45.18  
5 Shard, Paul 10:48.33

**M50**  
1 Link, Peter 9:49.01  
2 Bell, Chris 10:14.87  
3 Teakle, Philip 10:42.26

**M65**  
1 Cameron, Ian 10:43.04  
2 Reeves, Peter 11:16.64  
3 Gunningham, Robert 11:58.72

**M70**  
1 Lacko, Dieter 16:08.02

**M75**  
Ryhanen, Erkki 16:20.86

### 3000m Race Walk



## Championship

### W30

1 Kirwin, Roslyn 25:34.25

### W45

1 Gannon, Brenda 17:12.79

### W55

1 Woodward, Erika 17:55.08

### W75

1 McKinven, Noela 25:34.75

### M55

1 Jimenez Solis, Ignacio 14:12.66

### M65

1 Bennett, Pete 19:25.76

### M80

1 Sela, Patrick 24:16.42

## Ruth Frith Javelin

### W30

1 Carr, Bianca 32.55m

### W35

1 Ramsden, Miranda 19.72m

### W40

1 Dettmann, Sandra 28.80m  
2 Hollis, Tracey 15.52m

### W45

1 Webber, Janet 27.23m  
2 Eilola, Tina 14.00m

### W50

1 Mackie, Althea 21.60m

### W55

1 Paterson, Tamara 18.41m

### W65

1 Quinn, Denise 17.88m



### W75

1 Birtwell, Lorraine 9.91m

## Pole Vault

### M50

1 Arbuthnot, Howard 4.10m

### M55

1 Hughes, Michael 2.60m

### M60

1 Elliott, Craig 2.50m

### M70

1 Cameron, Allan 2.60m

## Weight Throw

### M50

1 Harris, Richard 12.64m

### M65

1 Joni, Lajos 15.80m

### M70

1 Lafferty, Mills 9.19m

### M75

1 Quinn, Don 10.30m

### M80

1 Quarterman, Guy 12.28m  
2 Kennedy, Ian 10.32m

## 300m Long Hurdles

### M65

1 McLean, Mark 51.62

### M70

1 Bodsworth, Bruce 57.47

## 300m

### M75

1 Dunstan, Richard 1:27.15

## 60m John Cooper Memorial

### W30

1 Patankar, Prachita 9.23  
2 Wood, Leonie 9.32

### W35

1 Loch-Wilkinson, Astrid 8.57  
2 Morrison, Tessa 9.09

### W40

1 Reich, Renea 10.32

### W45

1 Webber, Janet 9.30  
2 Pedersen, Tania 11.26

### W50

1 Mackie, Althea 9.96  
2 Craswell, Jodie 10.06  
3 Badenhorst, Jo 12.17

### W55

1 Veurman, Jessica 9.71  
2 Paterson, Tamara 9.92

### M65

1 Brameld, Noela 11.47

### M30

1 Gray, Daniel 7.93



**M35**

1 Tuohy, Scott	7.69
2 Coulthard, Colin	8.04

**M40**

1 Mackenzie, Brett	7.91
2 Hadjandonis, Kon	8.20
3 Couper, Zac	8.33

**M45**

1 Schaumberg, Tim	8.46
2 Casey, Paul	8.61
3 Calleja, Mark	8.71

**M50**

1 Berlin, Michael	7.76
2 Allis, Greg	9.05

**M55**

1 Di Giandomenico, Fabio	8.23
2 Hilton, Robert	8.68
3 Jackson, Rick	9.61

**M60**

1 James, D	9.06
2 Capon, Gav	9.31
3 Gray, Neil	10.08

**M65**

1 Begley, Joe	8.87
---------------	------

**M70**

1 Lacko, Dieter	11.36
-----------------	-------

**M75**

1 Wight, John	9.66
2 McDonald, Rob	9.80

**Javelin Throw Ted Vickers Memorial****M30**

1 Gray, Daniel	38.33m
----------------	--------

**M45**

1 Doel, Rene	47.58m
2 Casey, Paul	33.01m

**M55**

1 Hughes, Michael	24.81m
-------------------	--------

**M60**

1 Gray, Neil	27.72m
2 Elliott, Craig	23.00m

**M70**

1 Bodsworth, Bruce	29.55m
2 Lacko, Dieter	20.41m

**M80**

1 Quarterman, Guy	25.42m
2 Kennedy, Ian	20.14m

**Shot Put****W30**

1 Carr, Bianca	9.77m
----------------	-------

**W35**

1 Ramsden, Miranda	9.46m
--------------------	-------

**W40**

1 Hollis, Tracey	7.88m
2 Dettmann, Sandra	7.80m

**W45**

1 Eilola, Tina	8.02m
----------------	-------

**W50**

1 Mackie, Althea	9.72m
------------------	-------

**W65**

1 Quinn, Denise	6.38m
-----------------	-------

**W75**

1 Birtwell, Lorraine	5.74m
----------------------	-------

**100m Bernie Hogan Memorial****W30**

1 Wood, Leonie	15.08
----------------	-------

**W35**

1 Loch-Wilkinson, Astrid	13.79
2 Morrison, Tessa	14.43

**W40**

1 Reich, Renea	17.10
----------------	-------

**W45**

1 Webber, Janet	14.75
2 Pedersen, Tania	18.00

**W50**

1 Craswell, Jodie	16.87
2 Badenhorst, Jo	20.25

**W55**

1 Paterson, Tamara	15.36
2 Veurman, Jessica	15.38

**W65**

1 Brameld, Noela	19.29
------------------	-------

**M30**

1 Gray, Daniel	12.44
----------------	-------

**M35**

1 Tuohy, Scott	12.25
2 Coulthard, Colin	12.54

**M40**

1 Mackenzie, Brett	12.38
2 Hadjandonis, Kon	12.89
3 Roennfeldt, Geoffrey	15.79

**M45**

1 Schaumberg, Tim	13.49
-------------------	-------



2 Casey, Paul	13.59
3 Calleja, Mark	13.80

#### M50

1 Berlin, Michael	12.27
2 Allis, Greg	13.92

#### M55

1 Di Giandomenico, Fabio	12.80
2 Hilton, Robert	13.79
3 Lasker, Robert	14.35

#### M60

1 Capon, Gav	14.35
2 James, D	14.40

#### M65

1 Begley, Joe	13.99
---------------	-------

#### M70

1 Lacko, Dieter	18.79
-----------------	-------

#### M75

1 Wight, John	15.91
2 McDonald, Rob	16.56

#### Bernie Hogan 100m Handicap.

Each runners handicap was the difference between their best time during the season and 20 seconds. Thus if all runners equalled their season best and then had the handicap time added, everyone would have had a total time of 20 seconds.

Those under 20 seconds ran their season best time during the race and those over 20 seconds can see how close the came to their season best time.

1. Rene Doel	19.32
2. Paul Casey	19.72
3 Greg Allis	19.79



#### Women

1 Astrid Loch-Wilkinson	19.25
2 Jodie Craswell	19.98
3 Tamara Paterson	20.06

#### Long Jump

##### W30

1 Patankar, Prachita	4.71m
W501 Battersby, Bronwyn	3.32m

#### Triple Jump

##### W30

1 Patankar, Prachita	8.97m
----------------------	-------

#### 800m

##### W35

1 Cecil, Kate	2:40.56
---------------	---------

##### W40

1 Kehoe, Gillian	2:33.26
------------------	---------

##### W45

1 Pedersen, Tania	3:09.85
-------------------	---------

##### M30

1 Davis, Christopher	2:20.12
----------------------	---------

##### M40

1 Mellish, Daniel	2:04.75
-------------------	---------

##### M50

1 Link, Peter	2:15.94
---------------	---------

##### M65

1 Gunningham, Robert	2:56.59
----------------------	---------

#### 200m

##### W35

1 Morrison, Tessa	29.92
-------------------	-------

##### W45

1 Pedersen, Tania	37.56
-------------------	-------

#### M40

1 Hadjandonis, Kon	26.282
Couper, Zac	27.48
3 Rhind, Rodney	31.13

#### M45

1 Calleja, Mark	29.63
-----------------	-------

#### M55

1 Di Giandomenico, Fabio	26.43
2 Hilton, Robert	28.96

#### M65

1 Begley, Joe	29.77
---------------	-------

#### M75

1 Dunstan, Richard	52.85
--------------------	-------

#### High Jump

##### W40

1 Shields, Kim	1.35m
----------------	-------





2 Dettmann, Sandra 1.30m

**W45**  
1 Webber, Janet 1.40m

**W60**  
1 Mayfield, Deann 1.35m

**M60**  
1 Key, Brian 1.40m

**M75**  
1 McDonald, Rob 1.15m

**Shot Put**  
**M45**  
1 Casey, Paul 8.42m

**M60**  
1 Gray, Neil 7.53m

**M65**  
1 Joni, Lajos 9.86m

**M70**  
1 Lafferty, Mills 6.61m

**M75**  
1 Quinn, Don 7.04m  
2 Dunstan, Richard 4.96m

**M80**  
1 Quartermann, Guy 9.23m  
2 Kennedy, Ian 7.48m

## Weight Throw

**W30**  
1 Carr, Bianca 10.65m

**W35**  
1 Ramsden, Miranda 9.34m

**W40**  
1 Hollis, Tracey 9.07m  
2 Dettmann, Sandra 6.55m

**W45**  
1 Eilola, Tina 9.14m

**W50**  
1 Mackie, Althea 13.70m

**W65**  
1 Quinn, Denise 7.37m

**W75**  
1 Birtwell, Lorraine 8.13m

## 300m Tom Gould Handicap

**W20-49**  
Webber, Janet 41.58  
Anderson, Jess 42.14  
Wood, Leonie 42.84  
Shields, Kim 42.93  
Briffa, Renee 43.01  
Pedersen, Tania 45.68  
Reich, Renea 46.07

**W50-99**  
Dunne, Peta 42.37  
Veurman, Jessica 43.59  
Davey, Irene 49.15  
Paterson, Tamara 43.90  
Craswell, Jodie 44.18  
Lakin, Karen 45.50

**M50-99**  
Brack, Christopher 37.99  
Parkinson, Gary 38.04  
James, D 38.57  
McLean, Mark 39.98  
Bodsworth, Bruce 41.57  
Fernandez, David 38.54  
Lasker, Robert 38.96  
Capon, Gav 42.61  
Lacko, Dieter 48.32

Berlin, Michael 38.89  
Jackson, Rick 39.41

**M30-49**  
Doel, Rene 38.12  
Gray, Daniel 39.38  
Coulthard, Colin 40.07  
Hadjandonis, Kon 40.23  
Scully, Graham 38.66  
Roennfeldt, Geoffrey 42.18  
Schaumberg, Tim 39.84



