



## APRIL – MAY 2010

### COASTAL SOUTH REGIONAL MEMBERS

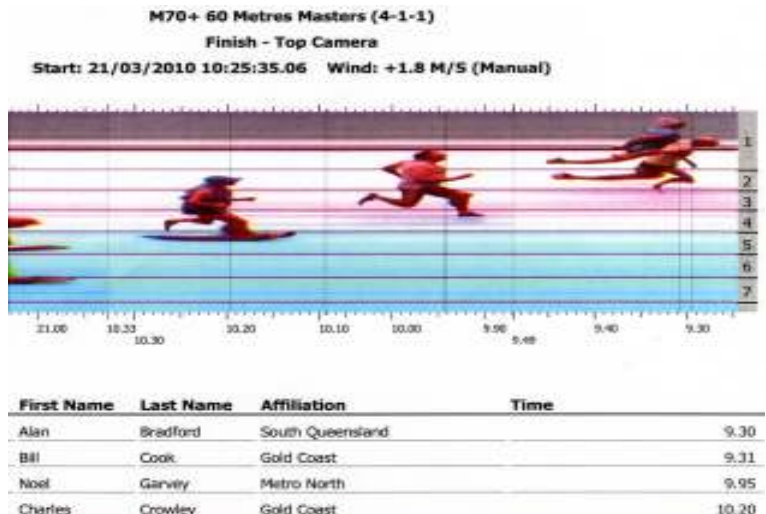
We are extending distribution of this newsletter to all Coastal South regional members. For those members who have received this newsletter via email, please advise [gcmastersathletics@bigpond.com](mailto:gcmastersathletics@bigpond.com) if you would prefer a printed copy posted to you. Unfortunately due to the cost involved, posted copies may not be the colour version.

The QMA Gold Coast venue committee is aware of its responsibilities to provide for all members of the region, irrespective of whether you choose to represent the Gold Coast Masters Athletics team (formerly club) in competition. Our facilities at the Griffith Uni track are equally available to all members.

Shortly all regional members will be sent a notice and details of a meeting to be held on Sunday 16th May at the track commencing at 9am. This meeting will be an annual meeting to allow regional members to elect the committee for the coming year. Any regional member is eligible for positions on this committee. In addition it is an opportunity for constructive discussion on the future direction of Masters Athletics in this region, particularly in relation to increased opportunity for participation by you our regional members.

#### This is what a hundredth of a second looks like

The photo finish camera does not take just one photo as the winner reaches the finish line. It is a time line record of each competitor reaching the line. A vertical line is drawn as the first part of the torso (usually the chest or shoulder) reaches the line. The program then indicates the time for that line and rounds it up to the next one-hundredth of a second. If the time to the hundredth of a second is identical, competitors can still be separated by the positioning of the vertical line.



### Membership Subscriptions

All QMA membership subscriptions which were paid to the end of March 2010, have had the membership period extended to 30th September 2010.

For any new members joining - subscriptions ending 30th September 2010 will cost \$20. Membership forms for new members are available from the Venue committee Secretary.

**RESULTS COASTAL SOUTH REGIONAL MEMBERS**

**QUEENSLAND STATE CHAMPIONSHIPS 27th—28th MARCH, 2010**

**LADIES**

**60 METRES**

W35	1	Michelle Mackey	8.72
W40	2	Sue Stoker-Salway	9.25
W45	3	Martha Lochlin	9.46
	5	Karen Lakin	9.67
W50	1	Dianne Alderman	9.33
	4	Donna Emerson	10.43
W55	4	Cheryl Plasto	11.67
W60	1	Wendy Sheaves-Doran	9.33
	2	Janette Turner	9.82

**100 METRES**

W35	1	Michelle Mackey	13.96
W40	3	Sue Stoker-Salway	14.93
W45	2	Karen Lakin	15.60
	5	Martha Lochlin	15.95
W50	1	Jill Pryor	14.57
	2	Dianne Alderman	14.81
	5	Donna Emerson	16.78
W55	3	Julie Bell	16.80
	4	Cheryl Plasto	19.26
W60	1	Wendy Sheaves-Doran	15.20
	2	Janette Turner	15.66
	3	Hazel McDonnell (GC)	16.63

**200 METRES**

W35	1	Michelle Mackey	28.17
W40	2	Sue Stoker-Salway	30.27
	3	Petrina Brown	30.57
W45	1	Karen Lakin	32.01
	2	Martha Lochlin	33.12
W50	1	Dianne Alderman	31.30
W55	2	Julie Bell	34.81
W60	1	Wendy Sheaves-Doran	30.88
	2	Janette Turner	33.16

**400 METRES**

W40	2	Petrina Brown	1.08.00
W45	1	Karen Lakin	1.11.22
W55	1	Julie Bell	1.19.31
W60	1	Hazel McDonnell (GC)	1.20.68

**800 METRES**

W40	1	Petrina Brown	2.32.68
W55	1	Julie Bell	3.17.26

**1500 METRES**

W40	1	Petrina Brown	5.27.99
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**5000m TRACK WALK**

W55	1	Lyn Woodward	35.30.17
W65	1	Sally Lynch	33.59.30
W75	1	Christiane Dauphinnet	40.17.61

**80m HURDLES**

W50	1	Jill Pryor	14.80
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**LONG JUMP**

W35	1	Michelle Mackey	4.80
	2	Donna Emerson	3.66

**HIGH JUMP**

W55	1	Cheryl Plasto	0.90
W60	1	Patsy Waters	1.20

**TRIPLE JUMP**

W55	2	Cheryl Plasto	5.63
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**JAVELIN THROW**

W50	2	Donna Emerson	19.85
W55	1	Cheryl Plasto	9.11
W60	1	Patsy Waters	22.59

**DISCUS THROW**

W50	1	Donna Emerson	25.05
W55	1	Cheryl Plasto	12.25
W60	1	Patsy Waters	19.01
W65	2	Adrienne Holdsworth	16.03
W70	1	Helen Searle	22.11
	2	Eunice Jenkins	15.89
W100	1	Ruth Frith	8.89

**SHOT PUT**

W50	2	Donna Emerson	8.51
W55	1	Cheryl Plasto	5.14
W65	1	Adrienne Holdsworth	6.06
W70	1	Helen Searle	9.92
	2	Eunice Jenkins	5.90
W100	1	Ruth Frith	4.48

**HAMMER THROW**

W55	1	Cheryl Plasto	14.22
W65	1	Adrienne Holdsworth	20.94
W70	1	Helen Searle	28.99
	2	Eunice Jenkins	19.47
W100	1	Ruth Frith	10.35

**WEIGHT THROW**

W55	1	Cheryl Plasto	5.47
W60	1	Hazel McDonnell (GC)	8.78
W65	1	Adrienne Holdsworth	8.81
W70	1	Helen Searle	12.96
	2	Eunice Jenkins	6.63
W100	1	Ruth Frith	4.62

**MEN**

**60 METRES**

M40	1	Gary Parkinson	7.99
	3	Richard Duce	8.23
M65	2	Fred Turner	8.94
	4	Alf Lakin	10.77
M70	2	Bill Cook	9.31
M75	2	Charles Crowley	10.20

**100 METRES**

M40	2	Richard Duce	13.17
M45	4	Paul Hayward	15.91
M65	2	Fred Turner	14.32
	4	Alf Lakin	16.61
M70	2	Bill Cook	15.03
M75	2	Charles Crowley	16.35

**200 METRES**

M40	1	Gary Parkinson	25.06
W65	2	Fred Turner	28.93
M70	3	Bill Cook	33.29

**400 METRES**

M45	2	Ben Dickson	1.01.22
M55	1	Neil Manefield	1.03.45
M65	2	Fred Turner	1.08.96
	3	Alf Lakin	1.22.39

**800 METRES**

M70	2	Brian Morling	2.54.97
M80	1	Norm Pearce	4.01.28

**1500 METRES**

M40	1	Stephen Showell	5.23.48
M75	1	Ian Hicks	9.11.76
M80	1	Norm Pearce	8.34.04

**80m HURDLE**

M70	3	Bernie Smith	20.46
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**100m HURDLES**

M70	3	Bernie Smith	1.09.36
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**LONG JUMP**

M55	2	Grant Chapman	2.81
M65	1	Fred Turner	4.08
M70	2	Bernie Smith	3.18
M75	1	Charles Crowley	3.32
M80	1	Maurice Dauphinnet	3.01

**TRIPLE JUMP**

M55	2	Grant Chapman	6.31
M65	3	Alf Lakin	7.29
M70	1	Bernie Smith	6.49
M75	1	Charles Crowley	7.24
	2	Chris Andalis	6.15

AR

**HIGH JUMP**

WRp

M45	1	Ben Dickson	1.70
M50	1	David Mackay	1.50
M55	3	Grant Chapman	1.15
M65	4	Fred Turner	1.25
M70	1	Bernie Smith	1.15
M75	1	Chris Andalis	1.07

**POLE VAULT**

M55	1	Grant Chapman	1.90
M70	2	Bernie Smith	1.70
M75	1	Chris Andalis	1.60

**JAVELIN THROW**

M55	1	Grant Chapman	31.48
M70	2	Warwick Selvey	22.73
	3	Bernie Smith	17.61
M80	1	Maurice Dauphinnet	18.51

**DISCUS THROW**

M55	1	Peter Teys	30.26
	3	Grant Chapman	25.01
	4	Ray Richardson	24.17
M60	1	Peter Clark	39.90
M70	1	Warwick Selvey	36.69
	2	Bernie Smith	16.06
M75	2	Bill McMullen	28.15
	4	Chris Andalis	22.98
M80	1	Maurice Dauphinnet	20.85

**SHOT PUT**

M55	1	Peter Teys	9.92
	3	Grant Chapman	9.22
	5	Ray Richardson	7.95
M60	1	Peter Clark	11.04
M70	1	Warwick Selvey	9.61
M75	3	Bill McMullen	8.75
M80	1	Maurice Dauphinnet	7.35

**HAMMER THROW**

M55	1	Grant Chapman	28.17
	2	Ray Richardson	24.47
M60	1	Jim Stammers	32.33
	4	Peter Clark	26.53
M70	1	Warwick Selvey	29.14
	2	Bernie Smith	15.94
M75	2	Bill McMullen	23.60
	5	Chris Andalis	21.21

**WEIGHT THROW**

M55	1	Grant Chapman	9.64
	2	Ray Richardson	9.50
M60	1	Jim Stammers	12.27
	3	Peter Clark	10.59
M70	1	Warwick Selvey	12.73
	2	Bernie Smith	8.22
M75	3	Bill McMullen	8.94

**QLD STATE 10KM RACEWALK CHAMPIONSHIP 29TH MARCH**

**LADIES**

<b>W50</b>	1. Kay Shaw	1:09:22.05
<b>W55</b>	1 Lyn Woodward	1:09:50.68
	2 Robyn Wales	1:21:31.42

**MEN**

<b>M45</b>	1 Paul Lindenburg	1:08:38.84
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**2-5/04/2010 AUSTRALIAN CHAMPIONSHIPS PERTH, W.A.**  
**RESULTS OF COASTAL SOUTH MEMBERS**

**LADIES**

**PETRINA BROWN W40**

800 Metres	3	2.32.04
1500 Metres	4	5.23.92

**KAREN LAKIN W45**

200 Metres	5	31.23
400 Metres	3	71.81
800 Metres	4	2.48.27

**DONNA EMERSON W50**

Long Jump	4	3.82
Javelin Throw	4	20.47
Discus Throw	4	24.50
Shot Put	4	9.14
Pentathlon	1	2305
100 Metres	16.59	575
Shot Put	8.88	682
Long Jump	3.58	426
Javelin Throw	20.34	434
800 Metres	3.46.48	188

**HAZEL McDONNELL W60**

(GCMA assoc member)

60 Metres	4	9.87
100 Metres	5	16.11
200 Metres	4	33.66
400 Metres	3	79.50
Weight Throw	3	8.24

**HELEN SEARLE W70**

Discus Throw	1	22.09
Shot Put	1	9.42
Hammer Throw	1	31.77
Weight Throw	1	10.04
Throws Pentathlon	1	4985
Hammer Throw	32.51	1237
Shot Put	9.67	1234
Discus Throw	21.96	747
Javelin Throw	18.38	684
Weight Throw	11.95	1083

**RUTH FRITH W100**

Shot Put	1	4.14
Hammer Throw	1	10.00
Weight Throw	1	4.72
Throws Pentathlon	1	11,169
Hammer Throw	10.02	2699
Shot Put	4.37	2954
Discus Throw	8.14	1646
Javelin Throw	5.90	1305
Weight Throw	4.13	2565

**RELAYS**

**W160+ 4 X 100m Relay (W30+)**

3	Patty Petersen	
	Donna Emerson	
	Karen Lakin	
	Anne Venema	60.14

**W200+ 4 x 400m Relay (W50+)**

2	Irene Davis	
	Donna Emerson	
	Jean Hampson	
	Jenny Flynn	5.38.32

**W160+ 4 x 400m Relay (W30+)**

2	Marcy Sheer	
	Petrina Brown	
	Karen Lakin	
	Anne Venema	4.40.92

**MEN**

**ALF LAKIN M65**

60 Metres	7	9.90
100 Metres	5	15.63
200 Metres	7	33.00
Pentathlon	2	1946
Long Jump	3.09	346
Javelin Throw	15.50	237
200 Metres	32.90	553
Discus Throw	20.51	380
1500 Metres	7.09.82	430

**BRIAN MORLING M70**

800 Metres	5	2.55.13
1500 Metres	8	6.32.73

**CHRIS ANDALIS M75**

High Jump	A2	1.00
Triple Jump	A2	6.00
Pole Vault	A1	1.53
Discus Throw	A3	21.67
Shot Put	A2	7.68
Hammer Throw	A2	21.79

A: Australian Placing

**RELAYS**

**M200+ 4 x 100m Relay (M45+)**

3	Rob McDonald	
	Gary Denman	
	Walter Nock	
	Alf Lakin	52.90

**M200+ 4 x 400m Relay (M60+)**

5	Alf Lakin	
	Alan Bradford	
	Brian Morling	
	Viddy Jermacans	5.07.22

**Take part in the Team Challenge**

With the Summer season over, keep fit, have fun, enjoy some social interaction at the Team Challenge

On **Sundays 18th April** and **9th May**, we will be holding "team challenge" events commencing around 7.30am

Teams will be drawn up on the day, and the events held will be ShotPut, Discus, Long Jump, 100m, 800m. All team members (whether your specialty is Field or Track events) will be encouraged—not compulsory—to take part in all events with points earned by every participant. Eg if there are 25 participants in an event the best performed will earn 25 points, the second best 24 and so on.

Our aim is that for everyone to get together irrespective of your usual discipline "comfort zone" and have some fun. It's only one day in each month, so don't be shy, don't be stodgy. Bragging rights can be claimed over a cuppa and refreshments afterwards.

## Handicap Competition Winners

### Sprint Handicap Series

<b>Women</b>	Karen Lakin	137 points
	Runner-up Donna Emerson	107 points
<b>Men</b>	Bill Cook	119 points
	Runner-up Alf Lakin	93 points



**Sports Action**  
Pines Shopping Centre  
Elanora  
**Sponsors**  
**Tom Hishon Sprint Handicap Series**

### Middle Distance Handicap Series

Brian Morling	59 points
Runner-up Donna Emerson	34 points

### Rules of Competition

Masters Athletics competition's rules are those set by IAAF, except where varied by World Masters Athletics.

An example of a variation is the false start rule. Under IAAF rules an athlete charged with a false start is disqualified. World Masters rules allow for an individual athlete to be warned. Any individual athlete who is charged with a second false start in the same race shall be disqualified.

Copies of the latest IAAF rules as well as those of World Masters are available to all members on request.

#### **QUIZ Do you know the rules?**

1. Are Masters athletes required to have both hands in contact with the ground for the start of any race?
2. Is it allowable to wear only one competition number on the front only in any events? If so, which?
3. Can a world record be recognised for a performance in a mixed (ie men/women) competition?
4. In races run in lanes is an athlete always subject to disqualification for running out of lane on the bend?

*(Answers below)*

Ask if you have any questions relating to rules. We will refer your questions to qualified referees. Remember ignorance of a rule is not a defence.

### The Turner's British Invasion

Fred and Janette competed at the recent **British Masters Indoor Championships**. Despite the jetlag they both put in sterling performances.

Janette was placed third in both the 60m (9.73) and 200m (33.56), and Fred won the B Final in the 200m (30.19), was 4th in the Discus (23.13m) and was very unlucky in his Long Jump to be beaten into 5th place by 1cm. Fred jumped 3.98m behind third and fourth placed 3.99m jumps, with the second placing jumping a few centimetres more (4.02m).

### Dates to Jot Down (Further Details contact Venue Secretary)

- 1st May—Race Walking Seminar, Brunswick Heads
- 16th May—Coastal South Regional Members Meeting, Gold Coast
- 6th June—Half Marathon Doomben (QMA Half Marathon)
- 13th June—Heavy Weight Throw Pentathlon, Gold Coast
- 20th June—Byron to Bruns Beach Run
- QMA Annual General Meeting, QSAC, Nathan
- 2nd to 4th July—Downunder Meet, Gold Coast
- 4th July—Gold Coast Marathon (QMA and AMA Marathon Championship)

## OFFICIALS COURSES

Here's a great opportunity for you to undertake an officials' course in either your chosen discipline or another area. We value the contribution many members make in volunteering their services to assist with conducting events. We endeavour, particularly at our Championship events, that competition is conducted in accordance with the relevant rules. At these courses held on Friday 21st and Saturday 22nd May at QSAC Nathan, you can sharpen your skills or learn more about the conduct of events other than those you are familiar with. As well if you wish, you may take the Level C or B (if eligible) examinations which will be available.,

See flyer with the details on the page opposite. As an incentive, the Gold Coast Venue committee will reimburse course and reasonable travel costs incurred by any regional member who attains accreditation through successfully completing the exams.

*Answers to Quiz: Did you get them all correct?*

1. *No. Masters rule's differ from IAAF, which require the use of starting blocks in all events up to and including 400m*
2. *IAAF rules allows the option of wearing of one number on the front in high jump and pole vault.*
3. *Unlike IAAF world records may be recognised by World Masters Athletics in mixed competition.*
4. *If the athlete runs outside the outer line of his/her lane on the bend, with no material advantage thereby being gained and no other athlete obstructed he/she shall not be disqualified.*



OFFICIALS COURSES FOR  
TRACK, JUMPS, THROWS, OUT-OF-STADIA, WALKS

**ALL WELCOME**

All being held on Friday, 21<sup>st</sup> May and Saturday, 22<sup>nd</sup> May

At QSAC, Kessels Road, Nathan

***Timetable – Sessions on offer***

**Friday evening**

*General Principles of Athletics – approx 2 hours*

for all event groups – highly recommended for anyone who hasn't done an Athletics Australia Officials Course with General Principles section previously

**Saturday**

*Event group sessions on offer:*

Track - offered twice, with Out of Stadia component offered with the morning session only (approx 3½ hours)

Race Walking – offered once in the second session – advisable to participate in Track session as well (approx 1½ hrs)

Jumps – offered min. twice (depending on demand) – approx 2½ hrs

Throws – offered min. twice (depending on demand) – approx 2½ hrs

**Lecturers (to be confirmed)**

Reg Brandis – International Technical Official

Lyn Miles – Area Race Walking Judge

Alan Mills – IAAF Level One Lecturer

Helen Roberts – IAAF Level One Lecturer

**Examinations**

Level C and B examinations available

(please note that Level B applicants will be advised once eligibility has been confirmed)

**Costs**

\$10 to attend (Current IAAF handbook advisable - \$15 from QA office)

Application forms will be on the QA website ([www.qldathletics.org.au](http://www.qldathletics.org.au)) soon

## For Your Diary



Oceania Masters Athletics Championships, Tahiti

3rd to 10th July, 2010 Entries close 1st June. Entry Forms available at the track

Pan Pacific Masters Games, Gold Coast

6th to 9th November, 2010



Australian Masters Athletics Championships, Brisbane

21st to 24th April, 2011.

AUSTRALIAN MASTERS ATHLETICS  
2011 CHAMPIONSHIPS  
BRISBANE



Queensland Masters Athletics Championships, Townsville

11th to 13th June, 2011.



World Masters Athletics Championships, Sacramento, California

6th to 17th July, 2011

### **QMA - Gold Coast Venue Committee - P.O. Box 205, Griffith University Qld, 4222**

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This newsletter has been produced for QMA Coastal South Regional members by the Gold Coast Venue Committee. Submissions for inclusion are welcome, and should be sent prior to the end of each month for inclusion in the following month's issue, and should be forwarded to the editor by hand, post or email (see address details above)

The Venue Committee retains the right to decline to publish any item submitted. The views expressed in any item in this newsletter are not necessarily the views of the Venue Committee