



Coastal South Region

SEPTEMBER 2010

NEXT BENCHMARK SERIES COMPETITION SUNDAY, 19TH SEPT

Regional Competition

Programmes on Page 3

GCAC Griffith Uni

5th Sep	8.00am	Handicap Series
19th Sep	7.45am	Benchmark Series #2
17th Oct	7.30am	Handicap Series
31st Oct	7.30am	Benchmark Series #3
14th Nov	7.30am	Handicap Series
28th Nov	7.30am	Benchmark Series #4
4th Dec	7.30am	Inter-Regional Heather Doherty Shield
12th Dec	7.30am	Handicap Series
19th Dec	7.30am	Benchmark Series #5
16th Jan	7.30am	Handicap Series
30th Jan	7.30am	Benchmark Series #6

Byron/Brunswick Athletics Club

3rd Oct	Heavy Weight Throw Pentathlon
9th Jan	Track & Field Events in association with Brunswick Heads Festival.

Membership Renewals

Membership renewal forms are being sent to each member, with renewal due from 1st October, 2010.

Please return in the envelope provided either by mail or at the track. Renewals can also be returned at SAF Brisbane Regional Competition.

Your membership subscription funds activities, provision and maintenance of equipment, and membership administration in the Coastal South Region apart from \$12 which goes to QMA to cover registration and allied administration costs.

Other Masters Competition

North Qld Championships Townsville	1st –3rd Oct
Pan Pacific Masters GCAC, Gold Coast	6th-9th Nov
Southern Qld Championships Day 1 SAF, Nathan	12th Mar 2011
Southern Qld Championships Day 2 GCAC, Gold Coast	19th Mar 2011
AMA National Championships SAF, Nathan	21st-24th Apr 2011
QMA State T&F Champs Townsville	10th-12th Jun 2011
Brisbane Regional Competition SAF, Nathan	Details in Challenge Newsletter
Sunshine Coast Masters	Details Page 5



GCAC, Griffith University Coastal South Regional Facility

Coastal South competition is usually centred around this facility. It is also the facility which is available for Coastal South members each Sunday morning for training. The region's equipment is stored there and is available for use by Qld Masters Athletics members on

Sundays from 7.15am

There generally is supervised Sprint Training on non competition Sundays for those who wish to take part. Other members choose to train individually or in groups

Trial Members are welcome. Membership is requested after one month's trial. A facility Fee of \$4 includes Council Track Fees, use of club equipment, and morning tea

GOLD COAST MASTERS ATHLETICS TEAM TRAINING GROUPS— Refer Page 5

Benchmark Series Entrants, Benchmark Percentages, Points to Date

NAME	EVENT	BENCH	Aug-22		NAME	EVENT	BENCH	Aug-22	
		MARK	Comp				MARK	Comp	
Alf Lakin	100 metres	76.01%		4	Callum McInnes	Long Jump	62.64%	66.76%	6
	200 metres	77.65%		4		Triple Jump	67.18%		3
	400 metres	72.30%		4		High Jump	70.04%		3
Charles Crowley	60 metres	82.54%	87.20%	6	Bernie Smith	High Jump	73.67%		3
	Long Jump	69.09%	75.86%	8		Long Jump	62.67%	58.48%	3
	Triple Jump	70.50%		3		Pole Vault	52.56%		3
Karen Lakin	100 metres	73.70%			Grant Chapman	Discus	41.11%	44.08%	5
	200 metres	74.84%				Weight Throw	52.87%	54.10%	5
	400 metres	75.46%				Javelin	45.81%	44.02%	3
Mike Lalor	1500 metres	54.06%		4	Cheryl Plasto	Javelin	17.94%	21.68%	6
	3000 metres	55.28%		4		Weight Throw	38.71%	33.58%	3
	5000 metres	51.98%		4		Shot Put	34.22%	30.65%	3
Colin Woods	200 metres	78.29%			Brian Morling	300 metres	65.66%		3
	400 metres	83.30%				400 metres	68.83%		3
	800 metres	78.58%				800 metres	69.36%	59.51%	3
Paul Chaplain	100 metres	75.05%	74.49%	4	John Lester	60 metres	84.08%	89.89%	6
	200 metres	72.21%		4		100 metres	80.05%	84.14%	6
	400 metres	69.96%	66.61%	4		200 metres	80.69%		3
Martha Lochlin	60 metres	77.23%	81.60%	6	Julie Bell	200 metres	77.47%		4
	100 metres	71.89%	75.81%	6		400 metres	77.35%		4
	200 metres	69.58%		3		800 metres	69.82%		4
Wendy Sheaves-Doran	60 metres	91.64%	94.95%	6	Anne-Marie Lawlor	60 metres	72.83%		4
	100 metres	87.70%		3		100 metres	66.87%		4
	200 metres	88.65%		3		200 metres	64.26%		4
Donna Emerson	Shot Put	58.64%	58.80%	4	Neil Manefield	400 metres	78.92%	78.35%	4
	60 metres	78.38%		3					
	100 metres	73.29%	77.55%	6	Maurice Dauphinat	60 metres	80.19%		3
						100 metres	79.73%		3
Bill McMullen	Hammer	63.28%	57.48%	3		Discus	60.32%	60.64%	4
	Discus	62.06%	64.98%	5					
	Shot Put	57.24%	60.72%	6	Christiane Dauphinat	1500m Walk	73.91%		
						3000m Walk	89.20%		
Eunice Jenkins	Discus	40.38%	38.96%	3		5000m Walk	80.81%		
	Hammer	49.12%	43.47%	3					
	Shot Put	59.33%	53.18%	3					

Points Scoring

Performance

Benchmark bettered by up to 1% 1 point
 Benchmark bettered by 1% to 3% 2 points
 Benchmark bettered by 3% to 6% 3 points
 Benchmark bettered by more than 6% 5 points
 Best 5 performances for year are scored.

Participation (in any event)

Participation in event earns points. Generally 3 points but some competitions earn more eg Inter-regional on Dec04.
 Volunteer Assistance at significant level earns bonus point(s)
 Participation points apply only to Coastal South regional competition.

Janelle Eldridge



It is fortunate that our region is attractive to those who are looking towards retirement, and it is particularly fortunate that Janelle Eldridge chose the Tweed area to retire from her professional life as an educator, the last 7 of which was as Principal of Greystanes High School.

That Janelle has chosen to continue to volunteer her services to Athletics is our particular fortune. "Volunteer" does not adequately describe Janelle's contribution to athletics. Dedication to the sport of athletics spanning a period in excess of 30 years including many years of service with Athletics NSW is a more accurate description.

Janelle's contribution to our sport was recognised in this year's Queen's Birthday Honours List as a recipient of the Medal of the Order of Australia (OAM).

Janelle is a highly qualified Technical Official IAAF Level 2 - Appointed as an area Technical Official for Oceania 2004-2008

Athletics Australia - Track B, Throws A, Jumps A, Competition Management A, Administration B, Technical B, Walks C, Out of Stadium B.

IPC-Technical Delegate

IPC- International Technical Official—2005 to present

IPC- Officials Lecturer 2009.

She is a member of the Athletics Australia Official Commission (1996-2010) and chaired the Commission during 2003-2004, and reflecting her special interest in athletes with a Disability is a member of the Athletics Australia Advisor Commission for Athletes with a Disability including chairing the Commission 2007-2009.

Janelle's International Officiating Appointments are far too extensive to enumerate, but range from 1996 (World Juniors Sydney), 1999 (IAAF World Championships Seville, Spain), 2000 (Olympic Games, Sydney), through appointments every year since including 2009 WMA Technical Delegate World Masters Games Sydney, and this year's Oceania Masters Championships Tahiti. Janelle has also been appointed as Meeting Manager for the Oceania Championships in Cairns later this month, as well as International Technical Official at the Asian Paralympic Games and the 2011 World Paralympic Games.

Since "retiring" to the Tweed, Janelle has volunteered her services across the border, and is a member of the Qld Officials Commission and to our great benefit a member of Qld Masters Athletics. Janelle's dedication to athletics is demonstrated by her willingness to assist at all levels from International to local and has provided invaluable assistance in the conduct of Masters Athletics events at the Gold Coast, and we in this region have benefited greatly from both her readiness to officiate and to provide much appreciated advice.

We offer Janelle our sincere thanks for her contribution

Regional Competition

SUNDAY SEPTEMBER 5

8.00am Sprint Handicap Series (60m, 100m, 200m)

8.40am 1500m Handicap (Middle Distance Series)

SUNDAY SEPTEMBER 19 (3 participation points)

Benchmark Series #2

7.45am 3000m Run and Race Walk

8.00 Hammer Throw M&W

8.15 **60 Metres * Added Event**

8.30 100 Metres M&W

9.00 200 Metres M&W

9.15 Discus M&W

9.30 1500m Run and Race Walk

9.30 Triple Jump M&W

10.00 300 Metres M&W

SUNDAY OCTOBER 17

7.30am Race Walk Handicap Series (Events TBA)

8.00am Sprint Handicap Series (60m, 100m, 300m)

8.00 am Throwing Handicap Series (Events TBA)

8.40am 1000m Handicap (Middle Distance Series)

SUNDAY OCTOBER 31 (3 participation points)

Benchmark Series #3

7.30am 3000m Run and Race Walk * Note Change

8.00 Javelin M&W

8.20 60 Metres M&W

8.45 100 Metres M&W

9.00 Shot Put M&W

9.10 1500m Race Walk *Added Event

9.15 Long Jump M&W

9.30 800 Metres M&W

9.45 Weight Throw M&W

9.45 High Jump M&W

10.00 200 Metres M&W

SUNDAY NOVEMBER 14

7.30am Race Walk Handicap Series (Events TBA)

8.00am Sprint Handicap Series (60m, 100m, 400m)

8.00am Throwing Handicap Series (Events TBA)

8.40am 800m Handicap (Middle Distance Series)

SUNDAY NOVEMBER 28 (3 participation points)

Benchmark Series #4

7.30am 3000m Run and Race Walk

8.00 Hammer M&W

8.15 60 Metres M&W

8.45 100 Metres M&W

9.15 Triple Jump M&W

9.15 Discus M&W

9.15 1500m Run and Race Walk

9.40 400 Metres M&W

SATURDAY DECEMBER 4 **NOTE CHANGE OF DATE**

HEATHER DOHERTY INTER-REGIONAL SHIELD

(5 participation points – 7 volunteer assistance points)

Programme to be advised

SUNDAY DECEMBER 12

Handicap Series

SUNDAY DECEMBER 19

Benchmark Series #5

Programmes to be advised in October.

PLEASE NOTE:

Track events will be hand timed and rounded up to tenth of a second. Participants should be aware of the possibilities of inaccuracies associated with hand timing, particularly with sprint events.

The competition on December 4th (Inter-Regional Shield) will have electronic timing.

RESULTS

Benchmark Series #1 22nd August GCAC

Trans Tasman Throws Pentathlon

Long Jump

McInnes, Callum	M49	Metro South	4.82m (66.76%)
Smith, Bernie	M73	Coastal South	2.93m (58.48%)
Crowley, Charles	M77	Gold Coast	3.52m (75.86%)

800 Metre

Mackay, David	M50	Gold Coast	3:02.7h (63.66%)
Turner, Fred	M68	Gold Coast	3:29.5h (64.68%)
Morling, Brian	M72	Gold Coast	3:59.9h (59.51%)

60 Metre

Lochlin, Martha	W46	Gold Coast	9.4h (81.60%)
Sheaves-Doran, Wendy	W60	Gold Coast	9.3h (91.64%)
Lester, John	M67	Gold Coast	9.0h (89.89%)
Turner, Fred	M68	Gold Coast	9.5h (85.68%)
Cook, Bill	M72	Gold Coast	9.6h (87.08%)
Morling, Brian	M72	Gold Coast	11.0h (71.86%)
Crowley, Charles	M77	Gold Coast	10.0h (87.20%)

100 Metre

Lochlin, Martha	W46	Gold Coast	15.5h (75.81%)
Emerson, Donna	W53	Gold Coast	16.3h (77.55%)
Chaplain, Paul	M61	Gold Coast	15.8h (74.49%)
Lester, John	M67	Gold Coast	14.5h (84.18%)
Turner, Fred	M68	Gold Coast	15.3h (80.26%)
Cook, Bill	M72	Gold Coast	15.1h (84.24%)
Morling, Brian	M72	Gold Coast	17.7h (71.86%)
Crowley, Charles	M77	Gold Coast	16.1h (84.35%)

400 Metre

Mackay, David	M50	Gold Coast	1:16.2h (65.04%)
Manefield, Neil	M56	Gold Coast	1:05.8h (78.35%)
Bodsworth, Bruce	M58	Coastal South	1:08.2h (75.63%)
Chaplain, Paul	M61	Gold Coast	1:19.9h (66.58%)
Turner, Fred	M68	Gold Coast	1:19.3h (72.09%)

Best Throws by Benchmark Series Entrants In Throws Pentathlon

Note: Percentages shown are 1year age graded and differ from the 5year age graded percentages for combined (pentathlon) events

Shot Put

Donna Emerson	W53	Gold Coast	9.09m (58.80%)
Cheryl Plasto	W59	Gold Coast	4.22m (30.65%)
Eunice Jenkins	W71	Gold Coast	5.52m (53.18%)
Bill McMullen	M77	Gold Coast	8.75m (60.72%)

Hammer

Eunice Jenkins	W71	Gold Coast	16.63m (43.47%)
Bill McMullen	M77	Gold Coast	24.85m (57.48%)

Discus

Eunice Jenkins	W71	Gold Coast	14.27m (38.96%)
Grant Chapman	M60	Gold Coast	29.07m (44.08%)
Maurice Dauphinat	M84	Gold Coast	20.32m (60.32%)

Javelin

Cheryl Plasto	W59	Gold Coast	9.16m (21.68%)
Grant Chapman	M60	Gold Coast	29.28m (44.02%)

Weight Throw

Cheryl Plasto	W59	Gold Coast	5.38m (33.58%)
Grant Chapman	M60	Gold Coast	12.28m (54.10%)

Women

	Points	HT	SP	DT	JT	WT
W45 1 McClintock, Karel		19.41m	8.21m	23.37m	18.17m	7.00m
Coastal North	2098	(379)	(516)	(428)	(339)	(436)
W50 1 Emerson, Donna		15.64m	9.09m	26.67m	19.74m	8.45m
Gold Coast	2356	(281)	(625)	(558)	(400)	(492)
W55 1 Barber, Sue		20.66m	5.58m	15.43m	8.48m	7.29m
Gold Coast	1767	(469)	(376)	(318)	(147)	(457)
2 Plasto, Cheryl		14.02m	4.22m	12.09m	9.16m	5.38m
Gold Coast	1233	(271)	(257)	(232)	(165)	(308)
W65 1 Holdsworth, Adrienne		19.84m	6.15m	15.28m	16.07m	8.12m
Gold Coast	2504	(575)	(543)	(413)	(434)	(539)
W70 1 Searle, Helen		32.58m	9.78m	21.13m	18.85m	12.42m
Gold Coast	4618	(1211)	(1073)	(721)	(611)	(1002)
2 Jenkins, Eunice		16.63m	5.52m	14.27m	8.91m	6.17m
Gold Coast	2204	(533)	(545)	(449)	(243)	(434)
3 White, Grace		16.40m	4.89m	11.60m	9.39m	5.77m
Metro South	1999	(524)	(469)	(347)	(260)	(399)
W100 1 Frith, Ruth		10.13m	4.10m	8.76m	5.99m	4.22m
Gold Coast	5501	(1199)	(1063)	(1246)	(1209)	(784)

Men

	Points	HT	SP	DT	JT	WT
M40 1 Thorsteinsson, Bjorg		FOUL	8.64m	23.73m	46.50m	5.79m
Metro Central	1696	(0)	(463)	(389)	(596)	(248)
M50 1 Mabbutt, Mike		36.93m	9.49m	25.92m	30.31m	13.55m
North Qld	2616	(575)	(553)	(396)	(402)	(690)
2 Prasad, Ganga		13.95m	6.72m	20.42m	22.79m	6.72m
Metro South	1345	(139)	(359)	(288)	(271)	(288)
3 Mackay, David		13.29m	7.19m	18.38m	13.24m	6.22m
Gold Coast	1139	(127)	(391)	(249)	(112)	(260)
M60 1 Chapman, Grant W		29.64m	10.04m	29.07m	29.28m	12.28m
Gold Coast	2685	(492)	(639)	(482)	(462)	(610)
M65 1 Quarterman, Guy		31.00m	9.47m	31.76m	36.38m	11.96m
Metro Central	3194	(601)	(660)	(603)	(690)	(640)
2 Quinn, Don		33.92m	10.45m	35.51m	23.00m	12.23m
Metro North	3144	(672)	(741)	(691)	(383)	(657)
M70 1 Smith, Bernie		18.70m	5.95m	17.17m	13.34m	9.62m
Coastal South	1699	(323)	(367)	(309)	(194)	(506)
M75 1 McMullen, Bill		24.85m	8.75m	27.93m	20.44m	9.76m
Gold Coast	2876	(560)	(664)	(665)	(423)	(564)
2 Ropelin, Arvo		23.24m	8.84m	24.84m	19.67m	8.88m
Metro South	2666	(514)	(672)	(576)	(402)	(502)
3 Rose, Ray		22.26m	7.48m	23.15m	15.16m	8.28m
Gold Coast	2306	(487)	(549)	(527)	(281)	(462)
4 Andalis, Chris		21.99m	7.73m	22.57m	14.64m	7.91m
Gold Coast	2265	(479)	(572)	(511)	(267)	(436)
M80 1 Dauphinat, Maurice		19.77m	7.03m	20.32m	18.83m	7.55m
Gold Coast	2443	(474)	(560)	(532)	(434)	(443)

Australian Road Walks Championships

University Of Queensland, St Lucia, Brisbane

Men 20km Open

Paul Lindenberg 2:20:59

RWA Teams

2. QRWC Ignacio Jimenez, Peter Bennett, **Paul Lindenberg**

RWA Handicap

3 Paul Lindenberg

Women 10000 metre RWA Open

Lynda Woodward, 1:10:01. Sally Lynch, 1:14:33.

Robyn Wales, DQ.

RWA 10km Masters Championship

3. Sally Lynch

RWA Teams

6. QRWC **Sally Lynch, Lyn Woodward**, Noela McKinven

QRWC Invitation 5km

Richard Lynch DQ



TEAM MEMBER NEWS and INFORMATION

Recovering

Best wishes to Annette Horsnell recovering from surgery and to Warwick Selvey nursing bruises after being knocked from his bicycle.

Training Groups

Pizzey Park Grass track, group of mainly sprinters
Tues, Thurs 4pm, Non Competition Sundays 7am.

Ashmore Throwing Training—Tues, Thurs, Non Competition
Sundays 7.30am Contact Bill McMullen 5534 7706

Other Training Groups Please contact the Editor (Paul) to let others know about your training group

Uniforms

There are limited sizes of most Gold Coast team uniforms still available at heavily discounted prices.



21st –24th April 2011

AUSTRALIAN MASTERS ATHLETICS
2011 CHAMPIONSHIPS
BRISBANE

Sunshine Coast Masters Programme

SATURDAY 4TH SEPTEMBER

2.00pm 60m	3.00pm 300m	3.40pm Javelin
2.15pm 150m	3.15pm Long/Triple Jump	
2.30pm Shot Put	3.30pm 1000m	

SUNDAY 12TH SEPTEMBER

Gympie Spring Carnival

SATURDAY 18TH SEPTEMBER

2.00pm 60m	3.00pm 300m	3.40pm Shot Put
2.15pm 200m	3.15pm Discus	4.00pm 800m
2.30pm Long/Triple Jump		

SAT 2ND & SUN 3RD OCTOBER

Maryborough Masters Games

FULL COMPETITION AND OTHER DETAILS AVAILABLE FROM WEBSITE

www.uscmastersathletics.org.au

NOTICE BOARDS

Next time you are at the Griffith track, spend a few minutes checking out the notice boards.

We regularly get brochures on free seminars which could be of interest and benefit, organised by the Dept of Sports and Recreation, and these are placed on the notice board.

As well any brochures we receive on coming events can be found there.

PAN PACIFIC MASTERS

Entry form booklets are available for those who are unable to submit an online entry. A supply are held at the Griffith track, or can be posted to you. Please phone Ian 5533 9991 if you require one.

Members who are able to assist in the conduct of the Pan Pacs are needed. As you are probably aware Qld Masters Athletics conduct the Athletics component of the Games on behalf of the Games organisation.

You do not need to be an accredited official to assist. Ask Ian for a form for you to complete if you wish to volunteer your help.

QMA

COASTAL SOUTH REGIONAL COUNCIL

Chairperson
Deputy Chairperson
Secretary
Finance Officer
Track

Throws

Race Walks
Marketing and Promotions
Equipment Officer
Members Services and Information

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