

**OCTOBER 21-27, 2004 OCEANIA CHAMPIONSHIPS, COOK ISLANDS
RARATONGA RESULTS OF QMA MEMBERS**

LADIES:

NOELA AVERY W50

200 Metres	7	40.39
Long Jump	3	3.14
Javelin Throw	5	16.85
Shot Put	10	5.61
Discus Throw	7	14.52
Hammer Throw	6	20.36
Weight Throw	5	7.41
Weight Pentathlon	7	17.31

ROXANN CALLCOTT W40

Javelin Throw	2	22.60
Shot Put	3	7.46
Discus Throw	3	21.31
Hammer Throw	3	19.77
Weight Throw	2	7.19
Weight Pentathlon	3	1932

JEAN COLBY W55

Weight Pentathlon	6	1707
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CHRISTIANE DAUPHINET W70

10,000m Road Walk	1	1:14:42.0
5000m Track Walk	1	37:20.77

IRENE DAVEY W55

200 Metres	2	33.50
400 Metres	2	1:15.30
800 Metres	3	3:06.96
1500 Metres	4	6:48.57
2000m Steeplechase	2	10:07.65
Pentathlon	3	1994

RUTH FRITH W95

Shot Put	1	4.72WRp
Hammer Throw	1	9.98
Javelin Throw	1	7.98
Weight Throw	1	4.84
Discus Throw	1	8.86
Weight Pentathlon	1	6292WRp

LESLEY HAMILTON W60

100 Metres	3	19.90
80m Hurdles	1	20.74
Long Jump	2	2.79
High Jump	1	1.05
Javelin	8	18.11
Pentathlon	2	2069

JEAN HAMPSON W55

200 Metres	3	37.06
400 Metres	4	1:27.13
800 Metres	5	3:40.87

BETTY HAWKEN W55

Triple Jump	4	3.25
Javelin Throw	5	10.60
Discus Throw	8	11.81
Hammer Throw	6	5.53
Pentathlon	4	564

HAZEL McDONNELL W55

80m Hurdles	2	17.06
300m Hurdles	1	1:27.81
Weight Pentathlon	4	2305

BRENDA McDOWELL W50

200 Metres	6	34.63
Hammer Throw	3	25.58
Weight Throw	3	9.35
Weight Pentathlon	3	2411

WILMA PERKINS W55

100 Metres	1	14.63
Long Jump	1	4.29
High Jump	1	1.25
Shot Put	1	9.53
Discus Throw	1	23.73
Pentathlon	1	3932

HELEN SEARLE W65

Javelin Throw	1	23.19
Shot Put	1	11.58 ARp
Discus Throw	1	27.70
Hammer Throw	1	36.70
Weight Throw	1	16.44 ARp
Weight Pentathlon	1	5399 ARp

MARGARET SMITH W50

100 Metres	1	14.28
200 Metres	1	29.50
Javelin Throw	1	28.10 QR
Shot Put	4	7.86
Discus Throw	4	19.87

DIANA SOUTHERN W60

5000 Metres	4	31:10.30
8k Cross Country	4	52.24

IRIS UEBERGANG W60

100 Metres	2	16.32
200 Metres	2	34.01
400 Metres	3	1:19.05

GRACE WHITE W65

Javelin Throw	8	11.41
Shot Put	6	6.02
Discus Throw	6	14.38
Hammer Throw	6	18.55
Weight Throw	7	7.28
Weight Pentathlon	6	2405

MEN:

HUGH COOGAN M65

100 Metres	1	13.41
200 Metres	1	27.24
400 Metres	1	1:01.15
800 Metres	1	2:40.93

KEN DANIELS M65

Javelin Throw	3	30.51
Shot Put	5	7.98
Discus Throw	5	26.70
Weight Pentathlon	4	2498

MAURICE DAUPHINET M75

100 Metres	1	17.81
200 Metres	1	36.56
400 Metres	1	1:33.97
Long Jump	1	2.93
Javelin Throw	2	20.00
Discus Throw	1	26.08

SELWYN HAWKEN M55

100 Metres	6	15.02
400 Metres	8	1:13.72
400m Hurdles	2	1:27.73
Triple Jump	3	8.26
High Jump	4	1.25
Javelin Throw	3	27.80
Discus Throw	3	23.92
Hammer Throw	4	20.42
Weight Pentathlon	3	1954
Pentathlon	3	1791

GRAHAM HUSSIE M70

Long Jump	1	3.02
Javelin Throw	2	32.87
Shot Put	2	8.99
Discus Throw	2	26.54

MIKE KATMADAS M65

Shot Put	2	10.04
Discus Throw	3	29.21
Hammer Throw	3	27.42
Weight Throw	3	10.49
Weight Pentathlon	3	2764

IAN KENT M45

1500 Metres	1	4:35.34
8k Cross Country	1	30.28
Half Marathon	1	1:19:43.3

BARRY MULLINS M45

Shot Put	1	9.42
Discus Throw	1	27.69
Hammer Throw	1	29.66
Weight Throw	1	8.98
Weight Pentathlon	1	2282

JOHN OLSEN M45

8k Cross Country	7	45.15
Half Marathon	5	2:09:08.4

ARVO ROPELIN M70

Javelin Throw	1	34.13
Shot Put	1	12.05
Discus Throw	1	28.78
Hammer Throw	2	26.21
Weight Throw	1	12.78
Weight Pentathlon	1	3197

TOM RYAN M65

5000 Metres	4	26:01.75
8k Cross Country	5	47.41
Half Marathon	3	2:13:09.1

PATRICK SELA M65

5k Track Walk	1	33:20.78
10k Road Walk	1	1:05:15.0 QBP

COLIN TAYLOR M60

5000 Metres	10	27:27.75
8k Cross Country	8	49.14
Half Marathon	3	2:14:54.2

CLINT TURNER M55

200 Metres	4	29.16
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