

# 13-17 APRIL 2006 AUSTRALIAN MASTERS ATHLETIC CHAMPIONSHIPS CANBERRA A.C.T. RESULTS OF QMA MEMBERS

## LADIES

### AUSTRALIAN MASTERS ATHLETICS - ASICS AWARDS 2005 - QUEENSLAND WINNERS

SPRINTS/HURDLES  
MARGE ALLISON W60

MIDDLE DISTANCE  
JEANETTE FLYNN W50

### 100 METRES SPRINT CHAMPION OF CHAMPIONS

1	Ann Cooper	SA	11.23
2	Gianna Mogentale	NSW	11.68
3	Noreen Parrish	NSW	11.95
4	Julie Forster	NSW	12.11
5	Annette Horsnell	QLD	12.21
6	Julie Brims	QLD	12.22
7	Debbie Lance	TAS	12.25
8	June Reeves	VIC	12.39
8	Lynne Choate	WA	12.39
10	Constance Larmour	ACT	12.96

### HAMMER THROW CHAMPION OF CHAMPIONS NO QUEENSLAND MEMBERS

### ROYCE FOLEY TROPHY WEIGHT PENTATHLON

LADIES: HELEN SEARLE QLD

### W30 MAREE BUGEJA

100 Metres	2	13.83
100m Hurdles	2	17.98
Long Jump	1	5.33
Triple Jump	1	11.68 <sup>eq</sup> AR
High Jump	2	1.40
Javelin Throw	2	26.14

### W35 JULIE JONES

Long Jump	5	3.91
Triple Jump	3	8.31
High Jump	3	1.30
Shot Put	2	6.32
Javelin Throw	3	17.04
Discus Throw	4	16.46
Hammer Throw	3	17.32
Weight Throw	2	6.77
Weight Pentathlon	2	1195
Hammer Throw	17.51	278
Shot Put	6.08	298
Discus Throw	16.96	232
Javelin Throw	F	0
Weight Throw	6.47	387

### W35 HELEN POWELL

100 Metres	4	14.87
100m Hurdles	1	20.50
Long Jump	4	4.13
Triple Jump	2	9.21
High Jump	2	1.35
Javelin Throw	2	23.88
Discus Throw	2	24.63
Pentathlon	1	1828
Long Jump	4.21	396
Javelin Throw	22.33	332
200 Metres	30.98	416
Discus Throw	26.10	403
800 Metres	3.09.66	281

### W40 JULIE BRIMS

100 Metres	2	12.66
200 Metres	Heats	26.68
200 Metres	2	26.59

### W40 KAREN LAKIN

200 Metres	Heats	30.24
400 Metres	4	1.07.98
800 Metres	3	2.40.43
1500 Metres	3	5.50.79

### W40 LYN NEWMAN

100 Metres	4	13.53
200 Metres	Heats	28.02
200 Metres	4	27.79
400 Metres	3	1.04.72

### W40 YASMIN STEFFE

100 Metres	7	14.40
200 Metres	Heats	30.08
400 Metres	5	1.10.25

### W45 DONNA EMERSON

Long Jump	5	3.63
Shot Put	3	7.52
Javelin Throw	5	20.90
Discus Throw	2	27.67
Pentathlon	5	1899
Long Jump	3.70	388
Javelin Throw	21.19	407
200 Metres	34.20	457
Discus Throw	25.74	478
800 Metres	3.40.18	169

### W45 JENNY KIRBY

200 Metres	8	31.27
400 Metres	3	1.12.98

### W45 KAREL McCLINTOCK

Shot Put	1	8.13
Javelin Throw	6	17.95
Discus Throw	3	22.52
Hammer Throw	2	18.17
Weight Throw	2	7.68
Weight Pentathlon	2	2228
Hammer Throw	18.51	452
Shot Put	7.60	530
Discus Throw	20.89	370
Javelin Throw	16.65	302
Weight Throw	7.29	574

### W45 JILL PRYOR

100 Metres	2	14.07
200 Metres	3	29.01
80m Hurdles	3	16.18

### W50 NOELA BRAMELD

100 Metres	4	15.70
200 Metres	4	33.24
Long Jump	2	3.29
Discus Throw	5	13.51

### W50 FAY NELSON

100 Metres	3	15.21
200 Metres	3	32.18

### W50 YASHA WATKINS

Javelin Throw	1	31.75	QR
Discus Throw	2	25.36	
Shot Put	2	9.87	
Hammer Throw	2	27.90	
Weight Throw	1	10.79	
Weight Pentathlon	1	3530	QR
Hammer Throw	29.34	639	
Shot Put	10.07	792	
Discus Throw	28.51	600	
Javelin Throw	32.20	743	ARp
Weight Throw	11.50	756	

### W55 JO CULLEN

5000 Metres	3	24.39.84
8km Cross Country	2	43.55

### W55 HAZEL McDONNELL

200 Metres	4	32.49
Shot Put	3	7.60
Hammer Throw	5	22.31

### W55 KATHY ROURKE

100 Metres	4	15.80
200 Metres	6	33.75
Long Jump	2	3.17
Triple Jump	1	7.85
Javelin	5	17.91

### W55 WENDY SHEAVES-DORAN

100 Metres	1	14.87
Javelin Throw	3	21.25

### W60 MARGE ALLISON

200 Metres	1	30.20
400 Metres	1	1.08.86
800 Metres	1	2.50.49
300m Hurdles	1	57.29

### W60 LORRAINE BIRTWELL

Javelin Throw	7	17.78
Shot Put	5	7.21
Discus Throw	1	22.63
Hammer Throw	6	23.05
Weight Pentathlon	5	2839
Hammer Throw	22.73	594
Shot Put	7.34	682
Discus Throw	20.96	526
Javelin Throw	16.38	450
Weight Throw	9.06	587

### W60 JEAN HAMPSON

100 Metres	4	17.34
200 Metres	6	35.81
400 Metres	5	1.27.53
800 Metres	3	3.21.08
1500 Metres	3	7.13.37
8km Cross Country	2	45.14

### W65 JUDY COOPER

Discus Throw	3	14.57
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### W65 ANNETTE HORSNELL

100 Metres	1	16.20
200 Metres	1	35.17

### W65 HELEN SEARLE

Javelin Throw	1	24.80	
Shot Put	1	11.36	
Discus Throw	1	26.41	
Hammer Throw	1	41.41	ARp
Weight Throw	1	16.10	
Weight Pentathlon	1	5145	
Hammer Throw	37.49	1252	
Shot Put 10.99	1239		
Discus Throw	24.87	741	
Javelin Throw	22.16	731	
Weight Throw	14.72	1182	

### W70 HEATHER DOHERTY

Javelin Throw	1	26.14	ARp
Shot Put	1	8.18	
Discus Throw	1	24.00	
Hammer Throw	3	21.85	
Weight Throw	2	9.51	
Weight Pentathlon	1	4349	
Hammer Throw	21.81	769	
Shot Put	7.94	985	
Discus Throw	23.71	818	
Javelin Throw	23.60	908	
Weight Throw	9.86	869	

**W70 MARGARITA JEKABSONS**

Long Jump	3	1.47
Shot Put	7	5.28
Discus Throw	6	11.46
Weight Throw	4	7.11
<b>Weight Pentathlon</b>	<b>6</b>	<b>2175</b>
Hammer Throw	13.11	399
Shot Put	5.08	581
Discus Throw	11.25	331
Javelin Throw	9.49	309
Weight Throw	6.76	555

**W75 CHRISTIANE DAUPHINET**

5000m Track Walk	1	36.45.06
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**W80 NORMA MURDOCH**

Javelin Throw	1	11.81	
Shot Put	2	6.03	QR
Discus Throw	2	11.88	QR
Hammer Throw	2	18.77	QR
Weight Throw	2	7.67	
<b>Weight Pentathlon</b>	<b>2</b>	<b>3963</b>	<b>QR</b>
Hammer Throw	17.60	886	
Shot Put	5.61	941	
Discus Throw	12.80	581	QR
Javelin Throw	12.43	629	
Weight Throw	7.50	926	

**W95 RUTH FRITH**

Javelin Throw	1	6.27	
Shot Put	1	5.04	
Discus Throw	1	9.23	
Hammer Throw	1	12.88	
Weight Throw	1	5.93	
<b>Weight Pentathlon</b>	<b>1</b>	<b>7383</b>	<b>AR</b>
Hammer Throw	12.42	1662	
Shot Put	4.95	1964	
Discus Throw	9.44	1139	
Javelin Throw	7.19	869	
Weight Throw	5.48	1749	

**4 x 100 METRES RELAY**

<b>1 150+</b>	QLD: W30+	53.03	QR
Maree Bugeja, Lyn Newman Yasmin Steffe, Julie Brims			

<b>2 200+</b>	QLD: W40+	59.83	
Kathy Rourke, Marge Allison Noela Brameld, Karen Lakin			

**4 x 400 METRES RELAY**

<b>3 150+</b>	QLD: W40+	4.40.63	QR
Jenny Kirby, Yasmin Steffe Lyn Newman, Karen Lakin			

**MEN****AUSTRALIAN MASTERS  
ATHLETICS - ASIC AWARDS  
2005 - QUEENSLAND WINNER**

MOST OUTSTANDING MALE  
HUGH COOGAN M70

**100 METRES SPRINT  
CHAMPION OF CHAMPIONS**

1	John Cooper	QLD	10.42
2	Hugh Coogan	QLD	10.48
3	Peter Crombie	NSW	10.70
4	Neville McIntyre	NSW	10.74
5	Tokunbo Olabinri	NSW	10.80
6	Rob McDonald	QLD	10.98
7	Alan Carey	NSW	11.00
8	Geoff Whitehall	SA	11.67

**HAMMER THROW  
CHAMPION OF CHAMPIONS**

1	Graeme Rose	VIC	59.19
2	Ken Priestley	VIC	58.95
3	Bob Banens	ACT	57.08
4	Felix Jekabsons	QLD	56.65

**ROYCE FOLEY TROPHY  
WEIGHT PENTATHLON**

MEN: GRAEME ROSE VIC

**M30 CLAYTON CAMPODONICO**

Shot Put	1	10.79
Discus Throw	1	34.22

**M30 TRAVIS VENEMA**

100 Metres	2	11.26
200 Metres	2	23.43

**M30 PASQUALE VESCIO**

100 Metres	1	11.23
200 Metres	1	23.20

**M30 BRENDAN WHELAN**

800 Metres	1	2.04.40
1500 Metres	1	4.14.12
5000 Metres	1	15.50.48
10,000 Metres	1	34.52.67

**M35 JOHN CROFT**

100 Metres	5	12.42
800 Metres	3	2.16.37
1500 Metres	1	4.47.00
Long Jump	3	5.24

**M35 TROY DAWSON**

Long Jump	4	5.18
Triple Jump	1	10.94
High Jump	1	1.60

**M35 ANDREW KEANE**

400 Metres	3	53.09
800 Metres	1	2.02.23

**M40 MICHAEL CURRAN**

100 Metres	3	12.29
200 Metres	Heats	25.14
200 Metres	4	25.26
400 Metres	6	55.96

**M40 GARY EWART**

1500 Metres	1	4.20.48
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**M40 PETER LONSDALE**

Shot Put	2	15.06	QR
Discus Throw	1	49.45	

**M40 TROY McLAREN**

100 Metres	5	12.50
200 Metres	Heats	25.44
200 Metres	5	25.72
400 Metres	8	57.53
Long Jump	3	5.83
Triple Jump	5	11.26
High Jump	4	1.60
Javelin Throw	4	41.32
<b>Pentathlon</b>	<b>1</b>	<b>2757</b>

Long Jump	5.30	561
Javelin Throw	39.71	512
200 Metres	25.87	693
Discus Throw	24.29	353
1500 Metres	5.05.55	638

**M45 GARY DENMAN**

100 Metres	5	12.57
200 Metres	3	25.26
400 Metres	4	56.25
800 Metres	5	2.12.14

**M45 GREG POTTS**

100 Metres	1	11.89
200 Metres	1	24.88
Long Jump	1	5.82

**M45 BOB WAGNER**

Hammer Throw	2	49.28
Weight Throw	1	15.34

**M50 BRUCE ARNOLD**

Pole Vault	1	3.40
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**M50 JOE BEGLEY**

100 Metres	2	12.83
200 Metres	3	26.09

**M50 PETER TEYS**

Shot Put	5	10.75
Discus Throw	5	32.96

**M55 JASON COLLIE**

800 Metres	3	2.18.52
1500 Metres	2	4.58.98
5000 Metres	1	18.47.06

**M55 VIDDY JERMACANS**

Long Jump	4	4.84
<b>Pentathlon</b>	<b>2</b>	<b>2700</b>
Long Jump	4.53	602
Javelin Throw	27.68	426
200 Metres	28.09	749
Discus Throw	24.91	413
1500 Metres	6.17.52	510

**M55 JOHN SHEER**

1500 Metres	5	5.36.03
5000 Metres	4	19.34.10
10,000 Metres	1	42.09.73
8km Cross Country	2	34.14

**M55 VASYL SHUTER**

100m Hurdles	2	16.2h
400m Hurdles	1	1.25.60
Long Jump	5	4.15
Triple Jump	2	8.84
High Jump	2	1.25
Pole Vault	2	2.10
Javelin Throw	5	29.61
Discus Throw	4	23.52
<b>Pentathlon</b>	<b>4</b>	<b>2455</b>

Long Jump	4.09	477
Javelin Throw	31.14	497
200 Metres	29.39	652
Discus Throw	21.91	349
1500 Metres	6.24.11	480

**M55 NELSON VINEY**

Pole Vault	1	3.10
<b>Pentathlon</b>	<b>1</b>	<b>2809</b>
Long Jump	4.70	652
Javelin Throw	31.10	496
200 Metres	28.81	694
Discus Throw	21.49	340
1500 Metres	5.52.74	627

**M60 PETER CLARK**

Javelin Throw	3	33.45
Shot Put	3	12.51
Discus Throw	4	40.42
Weight Pentathlon	4	3358
Hammer Throw	30.37	556
Shot Put	12.17	817
Discus Throw	41.07	790
Javelin Throw	32.64	564
Weight Throw	11.57	631

**M60 ELWYN EGAN**

800 Metres	7	2.44.74
1500 Metres	4	6.08.88
8km Cross Country	5	41.44

**M60 HARRY GILES**

300m Hurdles	1	47.35
Long Jump	1	4.87
Pentathlon	1	2976
Long Jump	4.81	797
Javelin Throw	29.54	496
200 Metres	28.26	809
Discus Throw	24.51	416
1500 Metres	6.45.87	458

**M60 JOHN GORDON**

800 Metres	10	3.02.27
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**M60 ROB McDONALD**

100 Metres	4	12.87
200 Metres	4	26.25
Triple Jump	2	9.41

**M60 BRIAN PRIDEAUX**

High Jump	1	1.45
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**M60 DON QUINN**

Shot Put	4	10.36
Discus Throw	6	33.87
Hammer Throw	4	31.96
Weight Throw	4	12.24
Weight Pentathlon	6	2792
Hammer Throw	32.58	607
Shot Put 10.11	657	
Discus Throw	33.86	625
Javelin Throw	25.38	407
Weight Throw	9.48	496

**M60 RON VINES**

5000 Metres	4	21.20.48
10,000 Metres	3	43.56.06
8km Cross Country	3	35.14

**M60 JOHN WIGHT**

100 Metres	2	12.78
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**M65 ALAN BRADFORD**

800 Metres	1	2.23.94
1500 Metres	2	5.18.67
5000 Metres	1	20.11.05
2km Steeplechase	1	8.29.37
8km Cross Country	1	34.42

**M65 JOHN COOPER**

100 Metres	1	12.68
200 Metres	1	26.17

**M65 ALF LAKIN**

100 Metres	5	15.44
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**M65 GEORGE MEGAS**

5000m Track Walk	5	34.59.19
20,000m Road Walk	5	2h29.17

**M65 PATRICK SELA**

5000m Track Walk	4	31.52.09
20,000m Road Walk	3	2h11.28 QBP

**M65 CHRIS WINDLE**

800 Metres	4	3.00.02
1500 Metres	4	6.23.90
5000 Metres	3	23.26.63
8km Cross Country	3	38.51

**M70 HUGH COOGAN**

100 Metres	1	13.37
200 Metres	1	27.46
400 Metres	1	1.02.17

**M70 JIM DAVIS**

Shot Put	1	12.18
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**M70 RAY DENHAM**

Javelin Throw	9	15.02
Shot Put	8	7.37

**M70 GRAHAM HUSSIE**

Javelin Throw	4	29.39
Discus Throw	7	24.43

**M70 COLIN McLEOD**

5000 Metres	1	20.11.10
10,000 Metres	1	41.35.47
2km Steeplechase	1	8.56.12
8km Cross Country	1	34.28 QR

**M70 ARVO ROPELIN**

Javelin Throw	5	27.71
Shot Put	4	11.07
Discus Throw	4	28.85
Hammer Throw	3	28.11
Weight Throw	1	12.91
Weight Pentathlon	3	3312
Hammer Throw	25.56	531
Shot Put 11.79	811	
Discus Throw	29.10	687
Javelin Throw	28.04	573
Weight Throw	11.26	710

**M70 ERKKI SAARINEN**

Javelin Throw	1	42.00 ARp
Shot Put	3	11.08
Discus Throw	5	28.58
Hammer Throw	2	28.68
Weight Pentathlon	2	3417
Hammer Throw	23.62	480
Shot Put	11.10	755
Discus Throw	27.14	631
Javelin Throw	38.45	846
Weight Throw	11.18	705

**M75 JOE LEWIS**

800 Metres	2	3.23.59
1500 Metres	3	6.51.68
5000 Metres	2	25.06.67

**M75 HUGH THOMSEN**

100 Metres	3	16.77
200 Metres	4	36.86
400 Metres	3	1.29.02

**M80 MAURICE DAUPHINET**

100 Metres	2	17.32
200 Metres	2	37.38
400 Metres	2	1.34.35
Long Jump	3	3.09
Javelin Throw	3	20.18
Discus Throw	2	25.72

**M80 FELIX JEKABSONS**

Javelin Throw	2	21.97
Shot Put	1	10.05
Discus Throw	1	28.08seqQR
Hammer Throw	1	30.82
Weight Throw	1	12.68
Weight Pentathlon	1	4208
Hammer Throw	30.30	975
Shot Put	10.13	978
Discus Throw	26.92	896
Javelin Throw	19.88	456
Weight Throw	11.40	903

**M80 RAY MURDOCH**

Javelin Throw	5	17.73
Shot Put	3	8.25
Discus Throw	4	17.94
Weight Throw	5	9.21
Weight Pentathlon	4	2967
Hammer Throw	22.95	700
Shot Put	8.73	824
Discus Throw	16.58	495
Javelin Throw	15.92	339
Weight Throw	8.13	609

**M80 NORM PEARCE**

400 Metres	1	1.22.08
800 Metres	1	3.27.05
1500 Metres	1	7.12.41

**M85 LEE HARRIS**

100 Metres	2	21.61
Long Jump	1	1.45
Javelin Throw	1	10.95
Shot Put	1	5.20

**4 x 100 METRES RELAY**

2 160+	QLD: M40+	47.71
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Greg Potts, Michael Curran		
Gary Denman, Gary Ewart		
2 220+	QLD: M30+	50.25

Nelson Viney, Travis Venema

John Cooper, Hugh Coogan

**4 x 400 METRES RELAY**

1 160+	QLD: M40+	3.42.08
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Michael Curran, Troy McLaren

Gary Ewart, Gary Denman

5 220+	QLD: M30+	4.41.39
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John Cooper, Harry Giles

Hugh Coogan, Travis Venema