

**7-16/10/05 10<sup>th</sup> AUSTRALIAN MASTERS GAMES, ADELAIDE, S.A.**  
**RESULTS OF QMA MEMBERS**

**LADIES**

**100 METRES**

W30	3	M.Bugeja	12.7h
W35	8	J.Jones	15.9h
W40	3	Y.Steffe	14.6h
W45	4	R.Guiney	14.7h
	5	H.Deer	15.8h

**200 METRES**

W35	6	S.Cockcroft	32.53
W40	3	Y.Steffe	30.91
	4	K.Lakin	31.32
W45	4	R.Guiney	33.64
	5	H.Deer	34.92

**400 METRES**

W40	2	K.Lakin	1.08.01
	3	Y.Steffe	1.08.22
W45	2	R.Guiney	1.15.48
	4	D.Emerson	1.22.46

**800 METRES**

W35	2	S.Cockcroft	2.41.70
W40	2	K.Lakin	2.41.3h

**80M HURDLES**

W45	2	Rhonda Guiney	16.57
-----	---	---------------	-------

**100M HURDLES**

W30	3	M.Bugeja	17.00 QR
-----	---	----------	----------

**1500 METRES**

W35	3	S.Cockcroft	6.01.68
-----	---	-------------	---------

**1500M TRACK WALK**

W70	1	C.Dauphinet	10.26.32
-----	---	-------------	----------

**5KM TRACK WALK**

W70	1	C.Dauphinet	35.46.44
-----	---	-------------	----------

**10,000M ROAD WALK**

W70	1	C.Dauphinet	1:14.12.0h
-----	---	-------------	------------

**LONG JUMP**

W30	1	M.Bugeja	5.65
W35	2	J.Jones	3.85
W45	4	R.Guiney	3.44

**TRIPLE JUMP**

W30	1	M.Bugeja	11.68 ARp
W35	2	J.Jones	8.28
W45	2	R.Guiney	8.35
W55	3	B.Hawken	3.08

**HIGH JUMP**

W30	1	M.Bugeja	1.40
W35	1	J.Jones	1.30

**JAVELIN THROW**

W30	1	M.Bugeja	27.98
W35	3	J.Jones	15.56
W45	4	D.Emerson	19.74
	5	R.Guiney	19.45
W70	1	M.Jekabsons	11.95

**DISCUS THROW**

W35	3	J.Jones	14.56
-----	---	---------	-------

W45	1	D.Emerson	22.95
	5	J.McKenzie	18.19
W70	2	M.Jekabsons	11.69

**SHOT PUT**

W35	2	J.Jones	5.73
W45	4	D.Emerson	6.79
W70	2	M.Jekabsons	5.21

**HAMMER THROW**

W35	2	J.Jones	15.75
W70	1	M.Jekabsons	18.57

**WEIGHT THROW**

W35	2	J.Jones	6.12
W70	1	M.Jekabsons	7.02

**PENTATHLON**

W45	1	D.Emerson	1854
W55	1	B.Hawken	324

**WEIGHT PENTATHLON**

W35	2	J.Jones	1227
W55	3	B.Hawken	965
W70	1	M.Jekabsons	2470

**MEN**

**100 METRES**

M40	4	M.Curran	12.0h
M45	6	G.Prasad	ht 13.5h
M50	7	C.King	ht 13.2h
	2	C.King	Fnl 12.5h
M55	5	V.Jermacans	13.5h
M65	4	A.Lakin	15.0h
M70	1	H.Coogan	12.9h
M75	3	M.Dauphinet	17.1h

**200 METRES**

M40	5	M.Curran	25.59
M50	1	C.King	26.88
M55	5	V.Jermacans	28.79
M65	5	A.Lakin	32.84
M70	1	H.Coogan	28.82
M75	3	M.Dauphinet	37.33

**400 METRES**

M40	1	M.Curran	ht 56.94
	4	M.Curran	Fnl 56.42
M65	8	A.Lakin	1.17.75
M70	1	H.Coogan	1.02.27

**800 METRES**

M65	2	B.Morling	2.41.13
-----	---	-----------	---------

**100M HURDLES**

M60	2	S.Hawken	19.15
-----	---	----------	-------

**2KM STEEPLECHASE**

M60	3	S.Hawken	11.08.65
-----	---	----------	----------

**1500M TRACK WALK**

M70	2	B.Janes	10.16.34
-----	---	---------	----------

**5KM TRACK WALK**

M70	2	B.Janes	33.42.68
-----	---	---------	----------

**10KM ROAD WALK**

M70	1	B.Janes	1:07.53.0h
-----	---	---------	------------

**LONG JUMP**

M55	6	V.Jermacans	3.90
M65	1	S.Herft	4.40
M75	1	M.Dauphinet	3.16

**TRIPLE JUMP**

M60	4	S.Hawken	7.84
M65	1	S.Herft	9.46
	3	A.Lakin	7.25
M75	1	J.O'Donnell	7.74

**HIGH JUMP**

M45	4	G.Prasad	1.00
M55	4	V.Jermacans	1.20
M60	4	S.Hawken	1.25
M65	1	S.Herft	1.20

**POLE VAULT**

M45	2	G.Prasad	1.40
M60	1	S.Hawken	1.90

**JAVELIN THROW**

M45	5	G.Prasad	27.05
M65	1	S.Herft	34.35
M70	3	A.Ropelin	28.89
M75	3	M.Dauphinet	19.90
M80	1	F.Jekabsons	21.14

**DISCUS THROW**

M45	5	G.Prasad	19.36
M65	9	A.Lakin	18.65
M70	5	A.Ropelin	30.35
M75	1	M.Dauphinet	23.20
M80	2	F.Jekabsons	20.29

**SHOT PUT**

M45	7	G.Prasad	6.75
M65	4	A.Lakin	7.87
M70	2	A.Ropelin	11.19
M80	1	F.Jekabsons	8.60

**HAMMER THROW**

M45	4	G.Prasad	12.83
M60	3	S.Hawken	22.01
M70	3	A.Ropelin	24.82
M80	1	F.Jekabsons	27.56

**WEIGHT THROW**

M45	4	G.Prasad	5.90
M70	3	A.Ropelin	11.01
M80	1	F.Jekabsons	11.15

**PENTATHLON**

M45	6	G.Prasad	1091
M60	1	S.Hawken	2463
M75	1	J.O'Donnell	1694

**WEIGHT PENTATHLON**

M45	4	G.Prasad	1332
M60	3	S.Hawken	2365
M70	3	A.Ropelin	3451
M80	1	F.Jekabsons	3821