

# Q.M.A. 12/11/05 COME & TRY DAY STATE ATHLETIC CENTRE

## INVITATIONAL EVENTS

### LADIES

#### 100 METRES

1	Melanie Kleeberg	11.86
2	Amy Harris	11.98
3	Rebecca Negus	12.07
4	Kate Leitch	12.11
5	Mae Koime	12.21
6	Toea Wisil	12.49
7	Caitlin Willis	12.51
8	Julie Brims	12.57

#### LONG JUMP

1	Bronwyn Thompson	5.75
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### MEN

#### 100 METRES

1	Paul Di Bella	10.50
2	Richard Allan	10.85
3	John Burstow	11.21
4	Nathan Baart	11.45

#### LONG JUMP

1	Chris Noffke	6.38
2	Joel Noffke	6.05

#### POLE VAULT

1	Alex Miroshnichenko	5.10
2	Aidan Dziubinski	4.70

## SPECIAL EVENTS

### 400m CUT THROAT EVENT

#### Heat 1:

1	John Gan	55.77
2	Gary Denman	56.11
3	John Croft	56.93
4	Troy McLaren	57.80
5	Ray Keane	61.43
6	Philip Pickwick	63.02
7	Daryl Sluggett	63.65
8	Ignacio Jimenez	65.71
9	Peter Chapman	72.00

#### Heat 2:

1	Lisa Anthony	67.35
2	Karen Lakin	67.85
3	Wendy Stewart	71.61
4	Robyne Layne	72.30
5	Penny Prasad	72.45
6	John Musters	72.48
7	Su Yan Tay	75.94
8	Noel Garvey	78.37
9	Tricia Barr	1.24.70

### 2km INTRAINING SPIRAL H'CAP

1	Peter Chapman	9.36.08
2	John Wishart	10.37.95
3	Irene Davey	10.46.71
4	Jeff Bracken	10.49.69
5	Ron Peters	10.52.91
6	Peter Marshall	10.53.39
7	Daryl Sluggett	11.04.59
8	Dennis Fitzgerald	11.07.89
9	Norm Pearce	11.07.91
10	Shane George	11.08.68
11	Barry McGaffin	11.08.98
12	Wendy Stewart	11.13.40
13	Steve Hastie	11.14.42
14	Peter Wilson	11.15.61
15	Glenn Bongioletti	11.15.66
16	Julie Lawrence	11.17.37
17	Jason Collie	11.18.46
18	Janine Fitzgerald	11.22.27
19	David Sweeney	11.33.04
20	Brendan Whelan	11.35.55
21	Val Schefe	11.45.91
22	Roy Stubbs	13.24.58
23	Noel Horne	13.26.00

## HIGH JUMP "HIGH 6"

### LADIES

1	Deanne Mayfield	1.60
2	Julie Walklate	1.40
3	Julie Jones	1.30
4	Patsy Waters	1.30
5	Wilma Perkins	1.25
6	Su Yan Tay	1.15

### MEN

1	Mick Konemann	1.55
2	Jim Watts	1.55
3	Shane Lawrence	1.45
4	Noel Horne	1.45
5	Brent Thompson	1.40
6	Brian Prideaux	1.35
7	Craig Elliott	1.30
8	Spencer Herft	1.25
9	Russell Grigg	1.05

## LADIES: CLUB EVENTS

### 100 METRES

W30	1	R.Lane	15.04	vis
	2	R.Michael	15.21	
	3	M.Cruise	15.43	
W35	1	S.Bissett	14.68	vis
W40	1	T.Barr	14.86	
	2	W.Stewart	15.81	vis
W45	1	P.Kwok	14.83	
	2	S.Schafer	16.03	
W50	1	K.Rourke	15.76	
	2	N.Brameld	16.48	
	3	C.Purcell	17.58	vis
W55	1	W.Perkins	14.64	
	2	P.Waters	16.18	
	3	R.Franklin	20.98	vis
W60	1	L.Hamilton	16.85	
	2	J.Bevis	20.57	vis
W65	1	A.Horsnell	16.95	

### 200 METRES

W30	1	M.Cruise	32.67	
W35	1	J.Brimms	25.47	
	2	P.Prasad	30.46	
W40	1	K.Lakin	30.45	
	2	T.Barr	32.05	
W45	1	S.Schafer	35.17	
W50	1	N.Brameld	34.25	
	2	C.Purcell	36.50	vis
W55	1	I.Davey	35.39	
W60	1	L.Hamilton	36.12	
W65	1	A.Horsnell	36.54	

### 400 METRES

W35	1	J.Brimms	61.97	
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### 1500 METRES

W30	1	R.Lane	5.48.62	vis
W40	1	W.Stewart	5.41.80	vis
	2	S.Yan Tay	6.22.66	vis
W60	1	J.Hampson	6.54.12	

### SPRINT HURDLES

W45	1	P.Kwok	15.67	
W60	1	L.Hamilton	18.08	

### SPRINT HURDLES - DISCOUNT

W30	1	S.Smith	13.85	vis
	2	R.Lane	16.34	vis
W45	1	S.Schafer	16.91	
W55	1	W.Perkins	14.85	

### 1500 METRES TRACK WALK

W60	1	N.McKinven	10.09.49	
W70	1	C.Dauphinet	10.36.06	

### 3000 METRES TRACK WALK

W55	1	H.McDonnell	23.07.93	
	2	C.Jordan	23.12.91	vis
W60	1	N.McKinven	20.43.27	

2	Y.Jarman	23.20.90	
W70	1	C.Dauphinet	21.40.79

### LONG JUMP

W30	1	R.Lane	4.11	vis
	2	M.Cruise	3.86	
W35	1	J.Jones	3.90	
	2	K.Mears	3.85	
W40	1	S.Yan Tay	3.11	vis
W45	1	P.Kwok	4.10	
W50	1	K.Rourke	3.33	
	2	N.Brameld	3.23	
W55	1	P.Waters	3.43	
W60	1	L.Hamilton	2.94	

### JAVELIN THROW

W30	1	M.Cruise	22.70	
	2	R.Lane	21.81	vis
	3	T.Lowe	20.67	vis
	4	R.Michael	18.24	
W35	1	J.Jones	16.72	
W40	1	J.Walklate	22.90	
W45	1	S.Schafer	30.16	QR
W50	1	N.Avery	15.64	
	2	K.Rourke	14.18	
W55	1	P.Waters	23.68	
	2	R.Franklin	11.94	vis
W65	1	G.White	10.56	
W70	1	H.Doherty	22.61	

### DISCUS THROW

W30	1	M.Cruise	25.18	
	2	R.Michael	20.22	
	3	T.Lowe	17.47	vis
	4	R.Lane	16.23	vis
W35	1	K.Mears	26.49	
	2	J.Jones	16.83	
W40	1	J.Walklate	25.06	
W45	1	S.Schafer	27.42	
W50	1	N.Brameld	16.75	pb
	2	N.Avery	16.12	pb
W55	1	P.Waters	18.42	
	2	R.Franklin	12.97	vis
	3	C.Jordan	8.92	vis
W60	1	L.Birtwell	22.57	
	2	J.Bevis	12.63	vis
W65	1	G.White	12.97	
W70	1	H.Doherty	21.85	

### SHOT PUT

W30	1	R.Michael	8.06	
	2	T.Lowe	7.75	vis
	3	M.Cruise	6.38	
W35	1	K.Mears	7.14	
W40	1	J.Walklate	9.30	
W45	1	S.Schafer	10.04	
W50	1	N.Avery	6.03	
W55	1	W.Perkins	8.81	
	2	R.Franklin	5.70	vis
	3	Y.Jarman	4.34	vis
W60	1	L.Birtwell	6.92	
	2	J.Bevis	4.77	vis
W65	1	G.White	5.63	
	2	A.Horsnell	5.50	
W70	1	H.Doherty	7.61	

# MEN

## 100 METRES

M30	1	M.Hudson	13.80	
M35	1	J.Croft	12.58	
	2	J.Gan	12.70	
	3	D.Leon	12.96	
	4	D.Sluggett	13.88	vis
M40	1	H.Georgis	12.52	vis
	2	R.Keane	12.86	
	3	P.Pickwick	13.26	
	4	M.Konemann	13.56	
	5	P.Sargent	14.70	vis
M45	1	H.Bristow	12.69	
	2	C.Elliott	14.68	
	3	B.Valentine	14.80	
M50	1	J.Musters	14.00	
	2	I.Malouf	14.19	
	3	P.Chapman	15.94	vis
M55	1	G.Cox	13.69	
	2	P.Chaplain	13.86	
	3	N.Viney	14.00	
	4	R.Milnes	14.39	
	5	W.Spalding	14.75	
	6	P.Speare	18.13	vis
M60	1	P.Wilson	17.29	vis
M65	1	J.Cooper	14.02	
	2	A.Lakin	14.83	
	3	S.Herft	15.46	
	4	B.Smith	17.43	vis
M70	1	N.Garvey	15.38	
M75	1	M.Dauphinet	16.93	
	2	R.Grigg	19.86	

## 200 METRES

M30	1	M.Hudson	29.11	
M35	1	J.Croft	25.34	
	2	J.Gan	25.53	
	3	D.Leon	26.17	
M40	1	T.McLaren	25.21	
	2	G.Denman	25.31	
	3	R.Keane	25.89	
	4	P.Pickwick	27.24	
	5	R.Gibson	27.77	
	6	D.Roofayel	30.67	vis
	7	P.Sagrent	33.40	vis
M45	1	P.Edwards	25.49	
	2	K.Davis	28.75	
	3	P.Abel	31.45	vis
M50	1	T.Collins	27.80	
	2	I.Malouf	28.64	
	3	J.Musters	29.69	
M55	1	P.Chaplain	28.38	
	2	R.Milnes	30.24	
	3	W.Spalding	30.75	
M60	1	P.Wilson	39.00	vis
M65	1	J.Cooper	28.75	
	2	A.Lakin	31.08	
	3	B.Smith	38.90	vis
M70	1	N.Garvey	32.28	
M75	1	M.Dauphinet	33.35	
	2	R.Grigg	44.34	

## 400 METRES

M40	1	R.Gibson	59.93	
M45	1	P.Edwards	61.57	
	2	P.Marshall	61.92	
M60	1	C.Buyers	60.41	
M70	1	H.Coogan	61.05	ARp

## 1500 METRES

M30	1	B.Whelan	4.28.64	
	2	M.Crutcher	4.44.13	
M40	1	D.Sweeney	4.46.06	vis
	2	J.Backen	4.51.38	
	3	M.Konemann	4.52.26	
	4	K.Christison	5.44.57	
	5	S.Lincez	5.52.11	
	6	P.Sargent	6.19.50	vis
M45	1	P.Dickson	4.44.05	
	2	G.Bongioletti	4.55.79	
	3	B.Dent	6.23.12	
M50	1	R.Peters	4.35.91	
	2	D.Whitemead	5.12.26	vis
	3	B.Bodsworth	5.29.79	
	4	R.Cranswick	5.38.88	vis
M60	1	B.McGaffin	5.56.96	
	2	E.Egan	5.57.24	
	3	P.Wilson	6.51.87	vis
M65	1	R.Stubbs	9.14.57	vis

## SPRINT HURDLES - DISCOUNT

M45	1	K.Davis	14.25	
	2	P.Marshall	14.78	
	3	C.Elliott	16.82	

## 1500 METRES TRACK WALK

W45	1	B.Valentine	9.46.97	
M55	1	P.Speare	10.56.11	vis
M65	1	P.Sela	8.44.42	QBP
	2	I.Rogers	12.17.31	
M70	1	B.Janes	9.47.32	
M75	1	R.Grigg	12.17.34	

## 3000M TRACK WALK

M40	1	I.Jimenez	14.22.90	
M50	1	B.Coleman	17.42.99	
M65	1	P.Sela	18.50.23	
M70	1	B.Janes	19.43.55	

## LONG JUMP

M30	1	J.Gan	5.41	
M35	1	D.Sluggett	4.79	
	2	S.Lawrence	4.77	
M40	1	T.McLaren	5.33	
M45	1	B.Schafer	4.33	
	2	D.Roofayel	4.04	vis
M50	1	T.Collins	4.34	
M55	1	B.Thompson	4.61	
M65	1	S.Herft	4.29	
	2	B.Smith	2.84	vis
M75	1	R.Grigg	2.50	

## POLE VAULT

M35	1	S.Lawrence	2.80	
M50	1	B.Arnold	3.10	
M55	1	N.Viney	3.00	

## JAVELIN THROW

M35	1	J.Gan	54.78	
	2	A.White	36.26	
	3	S.Lawrence	36.04	
	4	D.Leon	27.30	
M40	1	T.McLaren	40.44	
	2	N.Horne	40.08	vis
	3	D.Roofayel	28.39	vis
M45	1	K.Davis	30.75	
	2	C.Elliott	27.03	
M55	1	W.Spalding	28.64	
M60	1	D.Quinn	25.61	
M65	1	S.Herft	32.92	
	2	K.Daniels	31.42	
	3	B.Smith	18.60	vis
	4	I.Rogers	16.86	
M75	1	M.Dauphinet	20.13	
	2	R.Grigg	9.78	
M85	1	T.Vickers	12.39	

## DISCUS THROW

M35	1	A.White	32.85	
	2	J.Gan	29.21	
	3	S.Lawrence	26.22	
M40	1	P.Lonsdale	48.14	QR
	2	W.Martell	40.56	
	3	R.Keane	24.39	
	4	N.Horne	22.74	vis
	5	D.Roofayel	16.50	vis
M50	1	P.Teys	33.57	
M60	1	P.Clark	41.69	
	2	D.Quinn	32.48	
M65	1	K.Daniels	28.46	
	2	S.Herft	22.76	
	3	I.Rogers	18.73	
	4	B.Smith	18.65	vis
M75	1	M.Dauphinet	21.58	
	2	R.Grigg	18.22	
M85	1	T.Vickers	13.89	

## SHOT PUT

M35	1	J.Gan	11.17	
	2	A.White	11.00	
	3	D.Leon	7.60	
M40	1	P.Lonsdale	14.04	
	2	W.Martell	13.23	
	3	J.Watts	9.56	
	4	N.Horne	8.82	vis
	5	T.McLaren	8.64	
	6	R.Keane	8.61	
	7	D.Roofayel	8.07	vis
	8	M.Konemann	7.62	
M45	1	C.Elliott	7.86	
M50	1	P.Teys	10.56	
M60	1	P.Clark	11.52	
	2	D.Quinn	9.83	
M65	1	S.Herft	7.73	
	2	K.Daniels	7.64	
	3	B.Smith	6.58	vis
M75	1	M.Dauphinet	6.76	
	2	R.Grigg	6.28	
M85	1	T.Vickers	5.54	