

## Gold Coast Masters Athletics Club - 28/03/2009

## Championship Meet

## GCAC Southport

## Results - Age Grading: 1 Yr Indiv &amp; 5 yr Multi

**W35 60 Metre****Finals**

1 Schubert, Jodie	W36 QMA	8.83	+0.0
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**W40 60 Metre****Finals**

1 Brims, Julie	W43 QMA	8.22	+0.0
2 McLachlin, Deb	W41 GCMA	8.80	+0.0

**W45 60 Metre****Finals**

1 Steffe, Yasmin	W45 GCMA	9.23	+0.0
2 Kwok, Phyllis	W48 QMA	9.34	+0.0

**W50 60 Metre****Finals**

1 Petersen, Patty	W50 QMA	9.41	1.8
2 Quinn, Denise	W52 SCMA	9.85	1.8
3 Emerson, Donna	W51 GCMA	9.93	1.8
4 Lawlor, Anne-Marie	W53 GCMA	10.43	1.8

**W55 60 Metre****Finals**

1 Perkins, Wilma	W59 QMA	9.53	1.8
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**W60 60 Metre****Finals**

1 Turner, Janette	W60 GCMA	9.56	1.8
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**M30 60 Metre****Finals**

1 Venema, Travis	M33 QMA	7.32	1.9
2 Hamilton, Greg	M31 QMA	7.90	1.9

**M35 60 Metre****Finals**

1 Griffiths, Michael	M39 QMA	7.91	1.9
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**M40 60 Metre****Finals**

1 Parkinson, Gary	M41 QMA	7.99	1.9
2 Arbutnot, Howard	M41 QMA	8.13	1.9
3 Rowley, Graeme	M44 QMA	8.38	1.9

**M45 60 Metre****Finals**

1 McLean, Ian	M47 QMA	7.58	3.6
2 Bruce, Craig	M45 QMA	8.18	3.6
3 McInnes, Callum	M47 QMA	8.19	3.6
4 Denman, Gary	M48 QMA	8.65	3.6

**M50 60 Metre****Finals**

1 Bishop, Steve	M51 QMA	8.10	3.6
2 Prasad, Ganga	M50 QMA	10.11	3.6

**M55 60 Metre****Finals**

1 Begley, Joe	M55 QMA	7.95	3.6
2 Reisenleiter, Robin	M59 QMA	8.26	3.6

**M60 60 Metre****Finals**

1 Wight, John	M63 QMA	8.06	0.2
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**M65 60 Metre****Finals**

1 McIntyre, Neville	M66 New South Wales	8.18	0.2
2 McDonald, Rob	M65 QMA	8.27	0.2
3 Buyers, Colin	M66 QMA	8.29	0.2
4 Bunin, Pio	M67 QMA	9.46	0.2
5 Daley, Les	M65 QMA	9.56	0.2
6 Lakin, Alf	M68 QMA	9.88	0.2

**M70 60 Metre****Finals**

1 Rogers, Ivan	M70 ASR	10.28	2.1
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**W70 60 Metre****Finals**

1 Abrahams, Sheila	W74 GCMA	20.65	2.1
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**M75 60 Metre****Finals**

1 Crowley, Charles	M76 GCMA	9.93	2.1
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**M80 60 Metre****Finals**

1 Dauphinet, Maurice	M82 GCMA	11.08	2.1
2 Grigg, Russell	M82 QMA	13.69	2.1

**W35 100 Metre****Finals**

1 Schubert, Jodie	W36 QMA	14.44	0.5
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**W40 100 Metre****Finals**

1 Brims, Julie	W43 QMA	13.02	0.5
2 McLachlin, Deb	W41 GCMA	14.08	0.5

**W45 100 Metre****Finals**

1 Steffe, Yasmin	W45 GCMA	15.00	0.5
2 Kwok, Phyllis	W48 QMA	15.01	0.5
3 McClintock, Karel	W48 QMA	15.67	0.5

**W50 100 Metre****Finals**

1 Alderman, Dianne	W52 QMA	14.92	0.9
2 Petersen, Patty	W50 QMA	15.12	0.9
3 Quinn, Denise	W52 SCMA	15.80	0.9
4 Lawlor, Anne-Marie	W53 GCMA	17.07	0.9

**W55 100 Metre****Finals**

1 Perkins, Wilma	W59 QMA	15.29	0.9
2 Bell, Julie	W58 GCMA	16.96	0.9

**W60 100 Metre****Finals**

1 Turner, Janette	W60 GCMA	15.42	0.9
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## GCAC Southport

## Results - Age Grading: 1 Yr Indiv &amp; 5 yr Multi

**M30 100 Metre****Finals**

1	Venema, Travis	M33	QMA	11.67	0.2
2	Hamilton, Greg	M31	QMA	12.57	0.2

**M35 100 Metre****Finals**

1	Burt, Jason	M36	QMA	12.45	0.2
2	Griffiths, Michael	M39	QMA	12.55	0.2

**M40 100 Metre****Finals**

1	Rowley, Graeme	M44	QMA	13.30	0.2
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**M45 100 Metre****Finals**

1	McLean, Ian	M47	QMA	12.20	+0.0
2	Bruce, Craig	M45	QMA	13.07	+0.0
3	McInnes, Callum	M47	QMA	13.17	+0.0
4	Denman, Gary	M48	QMA	13.82	+0.0
5	Dickson, Ben	M45	QMA	13.84	+0.0

**M50 100 Metre****Finals**

1	Bishop, Steve	M51	QMA	13.14	0.9
2	Bramley, Geoff	M51	QMA	13.77	0.9
3	Prasad, Ganga	M50	QMA	16.42	0.9

**M55 100 Metre****Finals**

1	Begley, Joe	M55	QMA	12.75	0.9
2	Reisenleiter, Robin	M59	QMA	13.36	0.9
3	White, Rob	M58	SCMA	14.00	0.9

**M60 100 Metre****Finals**

1	Wight, John	M63	QMA	12.96	+0.0
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**M65 100 Metre****Finals**

1	McIntyre, Neville	M66	New South Wales	12.94	+0.0
2	Buyers, Colin	M66	QMA	13.23	+0.0
3	McDonald, Rob	M65	QMA	13.25	+0.0
4	Bunin, Pio	M67	QMA	15.45	+0.0
5	Lakin, Alf	M68	QMA	15.55	+0.0
6	Daley, Les	M65	QMA	15.60	+0.0

**W70 100 Metre****Finals**

1	Abrahams, Sheila	W74	GCMA	35.33	+0.0
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**M70 100 Metre****Finals**

1	Rogers, Ivan	M70	ASR	16.56	+0.0
2	Smith, Bernie	M72	QMA	16.62	+0.0

**M75 100 Metre****Finals**

1	Crowley, Charles	M76	GCMA	16.22	+0.0
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**M80 100 Metre****Finals**

1	Dauphinet, Maurice	M82	GCMA	19.03	+0.0
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**W30 200 Metre****Finals**

1	Venema, Anne	W31	QMA	32.49	1.4
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**W35 200 Metre****Finals**

1	Schubert, Jodie	W36	QMA	29.31	1.4
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**W40 200 Metre****Finals**

1	Brims, Julie	W43	QMA	26.16	1.4
2	McLachlin, Deb	W41	GCMA	28.69	1.4

**W45 200 Metre****Finals**

1	Steffe, Yasmin	W45	GCMA	31.09	1.4
2	Kirby, Jenny	W48	QMA	32.07	1.4

**W50 200 Metre****Finals**

1	Petersen, Patty	W50	QMA	32.92	1.0
2	Quinn, Denise	W52	SCMA	35.19	1.0
3	Lawlor, Anne-Marie	W53	GCMA	36.97	1.0

**W55 200 Metre****Finals**

1	Bell, Julie	W58	GCMA	35.71	1.0
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**W60 200 Metre****Finals**

1	Turner, Janette	W60	GCMA	33.56	1.0
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**M30 200 Metre****Finals**

1	Venema, Travis	M33	QMA	23.49	1.2
2	Hamilton, Greg	M31	QMA	25.17	2.6

**M35 200 Metre****Finals**

1	Burt, Jason	M36	QMA	25.17	1.2
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**M40 200 Metre****Finals**

1	Parkinson, Gary	M41	QMA	25.47	1.2
2	Rowley, Graeme	M44	QMA	28.10	1.2

**M45 200 Metre****Finals**

1	McLean, Ian	M47	QMA	25.34	3.6
2	Bruce, Craig	M45	QMA	26.89	3.6
3	McInnes, Callum	M47	QMA	27.17	3.6
4	Denman, Gary	M48	QMA	27.52	3.6

**M50 200 Metre****Finals**

1	Bramley, Geoff	M51	QMA	28.91	3.6
2	Prasad, Ganga	M50	QMA	37.64	3.6

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**M55 200 Metre****Finals**

1	Begley, Joe	M55 QMA	25.77	2.6
2	Dauphinet, Thierry	M56 QMA	27.29	2.6
3	Reisenleiter, Robin	M59 QMA	27.61	2.6

**M60 200 Metre****Finals**

1	Wight, John	M63 QMA	26.50	3.6
2	Shuter, Vasyl	M60 QMA	31.58	3.6

**M65 200 Metre****Finals**

1	Buyers, Colin	M66 QMA	26.61	3.6
2	McIntyre, Neville	M66 New South Wales	26.67	3.6
3	McDonald, Rob	M65 QMA	27.30	3.6
4	Daley, Les	M65 QMA	32.73	3.6
5	Lakin, Alf	M68 QMA	32.75	3.6

**W70 200 Metre****Finals**

1	Abrahams, Sheila	W74 GCMA	1:31.42	+0.0
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**M70 200 Metre****Finals**

1	Rogers, Ivan	M70 ASR	36.50	+0.0
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**M75 200 Metre****Finals**

1	Crowley, Charles	M76 GCMA	39.80	+0.0
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**M80 200 Metre****Finals**

1	Dauphinet, Maurice	M82 GCMA	42.16	+0.0
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**M30 400 Metre****Finals**

1	Venema, Travis	M33 QMA	54.10
2	Hamilton, Greg	M31 QMA	58.67

**W30 400 Metre****Finals**

1	Venema, Anne	W31 QMA	1:09.90
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**M35 400 Metre****Finals**

1	Burt, Jason	M36 QMA	55.20
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**W35 400 Metre****Finals**

1	Schubert, Jodie	W36 QMA	1:05.82
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**M40 400 Metre****Finals**

1	Parkinson, Gary	M41 QMA	55.10
2	Rowley, Graeme	M44 QMA	1:04.71

**W40 400 Metre****Finals**

1	Brims, Julie	W43 QMA	1:04.40
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**M45 400 Metre****Finals**

1	Denman, Gary	M48 QMA	59.53
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**W45 400 Metre****Finals**

1	Lakin, Karen	W45 QMA	1:12.05
2	Steffe, Yasmin	W45 GCMA	1:12.12
3	Kirby, Jenny	W48 QMA	1:15.87

**M50 400 Metre****Finals**

1	Bishop, Steve	M51 QMA	1:00.27
2	Bramley, Geoff	M51 QMA	1:07.18

**W50 400 Metre****Finals**

1	Lawlor, Anne-Marie	W53 GCMA	1:32.03
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**M55 400 Metre****Finals**

1	Manefield, Neil	M55 GCMA	1:02.00
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**M65 400 Metre****Finals**

1	Buyers, Colin	M66 QMA	1:01.66
2	McIntyre, Neville	M66 New South Wales	1:03.15

**M70 400 Metre****Finals**

1	Morling, Brian	M70 GCMA	1:16.47
2	Rogers, Ivan	M70 ASR	1:28.91
3	Smith, Bernie	M72 QMA	1:29.72

**W30 800 Metre****Finals**

1	Venema, Anne	W31 QMA	2:41.52
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**M35 800 Metre****Finals**

1	Whelan, Brendan	M35 QMA	2:09.90
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**W40 800 Metre****Finals**

1	Brown, Petrina	W40 QMA	2:46.37
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**W45 800 Metre****Finals**

1	Lakin, Karen	W45 QMA	2:50.01
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**M50 800 Metre****Finals**

1	Bishop, Steve	M51 QMA	2:19.22
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**W50 800 Metre****Finals**

1	Sheer, Marcia	W51 QMA	2:33.86
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**W55 800 Metre****Finals**

1	Sheaves-Doran, Wendy	W59 GCMA	3:17.14
2	Bell, Julie	W58 GCMA	3:22.98

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## Results - Age Grading: 1 Yr Indiv &amp; 5 yr Multi

**M60 800 Metre****Finals**

1	Sheer, John	M61	QMA	2:46.94
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**M65 800 Metre****Finals**

1	Egan, Elwyn	M66	QMA	3:01.79
2	Lakin, Alf	M68	QMA	3:16.90

**M70 800 Metre****Finals**

1	Morling, Brian	M70	GCMA	2:48.55
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**M75 800 Metre****Finals**

1	Hicks, Ian	M77	GCMA	4:11.64
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**M35 1500 Metre****Finals**

1	Whelan, Brendan	M35	QMA	5:09.79
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**W40 1500 Metre****Finals**

1	Brown, Petrina	W40	QMA	5:29.85
2	Lake, Michelle	W41	GCMA	6:41.68

**W50 1500 Metre****Finals**

1	Sheer, Marcia	W51	QMA	5:10.31
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**M60 1500 Metre****Finals**

1	Sheer, John	M61	QMA	5:50.93
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**M65 1500 Metre****Finals**

1	Egan, Elwyn	M66	QMA	6:31.33
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**M75 1500 Metre****Finals**

1	Hicks, Ian	M77	GCMA	8:51.90
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**M80 1500 Metre****Finals**

1	Pearce, Norm	M83	GCMA	9:21.99
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**M35 High Jump****Finals**

1	Burt, Jason	M36	QMA	1.55m
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**M45 High Jump****Finals**

1	McInnes, Callum	M47	QMA	1.43m
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**W45 High Jump****Finals**

1	Kwok, Phyllis	W48	QMA	1.25m
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**M50 High Jump****Finals**

1	Bramley, Geoff	M51	QMA	1.25m
2	Prasad, Ganga	M50	QMA	1.05m

**M55 High Jump****Finals**

1	Chapman, Grant	M58	GCMA	1.15m
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**M60 High Jump****Finals**

1	Shuter, Vasyl	M60	QMA	1.20m
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**M65 High Jump****Finals**

1	McDonald, Rob	M65	QMA	1.35m
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**M70 High Jump****Finals**

1	Smith, Bernie	M72	QMA	1.10m
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**M75 High Jump****Finals**

1	Andalis, Chris	M76	GCMA	1.10m
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**M80 High Jump****Finals**

1	Grigg, Russell	M82	QMA	0.95m
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**M35 Pole Vault****Finals**

1	Hill, Rob	M39	Victoria	4.50m
2	Burt, Jason	M36	QMA	2.50m

**M40 Pole Vault****Finals**

1	Arbuthnot, Howard	M41	QMA	4.30m
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**M50 Pole Vault****Finals**

1	Arnold, Bruce	M54	GCMA	3.00m
2	Prasad, Ganga	M50	QMA	1.20m

**M55 Pole Vault****Finals**

1	Chapman, Grant	M58	GCMA	1.20m
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**W55 Pole Vault****Finals**

1	Perkins, Wilma	W59	QMA	1.80m
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**M60 Pole Vault****Finals**

1	Shuter, Vasyl	M60	QMA	1.80m
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**M70 Pole Vault****Finals**

1	Smith, Bernie	M72	QMA	1.60m
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**M75 Pole Vault****Finals**

1	Andalis, Chris	M76	GCMA	1.60m
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**M30 Long Jump****Finals**

1	Venema, Travis	M33	QMA	5.60m	NWI
2	Hamilton, Greg	M31	QMA	5.06m	NWI

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## Results - Age Grading: 1 Yr Indiv &amp; 5 yr Multi

**M40 Long Jump****Finals**

1	Arbutnot, Howard	M41	QMA	5.20m	NWI
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**M45 Long Jump****Finals**

1	McInnes, Callum	M47	QMA	4.81m	NWI
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**W45 Long Jump****Finals**

1	Kwok, Phyllis	W48	QMA	3.84m	NWI
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**M50 Long Jump****Finals**

1	Bramley, Geoff	M51	QMA	4.14m	NWI
2	Prasad, Ganga	M50	QMA	3.17m	NWI

**W50 Long Jump****Finals**

1	Quinn, Denise	W52	SCMA	3.52m	NWI
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**M55 Long Jump****Finals**

1	White, Rob	M58	SCMA	4.65m	NWI
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**W55 Long Jump****Finals**

1	Perkins, Wilma	W59	QMA	3.86m	NWI
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**M60 Long Jump****Finals**

1	Shuter, Vasyl	M60	QMA	3.90m	NWI
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**W60 Long Jump****Finals**

1	Hampson, Jean	W63	QMA	3.41m	NWI
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**M70 Long Jump****Finals**

1	Smith, Bernie	M72	QMA	3.07m	NWI
2	Rogers, Ivan	M70	ASR	2.44m	NWI

**M75 Long Jump****Finals**

1	Crowley, Charles	M76	GCMA	2.93m	NWI
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**M80 Long Jump****Finals**

1	Dauphinet, Maurice	M82	GCMA	2.67m	NWI
2	Grigg, Russell	M82	QMA	1.89m	NWI

**M30 Triple Jump****Finals**

1	Venema, Travis	M33	QMA	10.31m	NWI
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**M45 Triple Jump****Finals**

1	McInnes, Callum	M47	QMA	9.74m	NWI
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**W45 Triple Jump****Finals**

1	Kwok, Phyllis	W48	QMA	8.14m	NWI
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**M50 Triple Jump****Finals**

1	Bramley, Geoff	M51	QMA	8.39m	NWI
2	Prasad, Ganga	M50	QMA	6.24m	NWI

**M55 Triple Jump****Finals**

1	White, Rob	M58	SCMA	8.74m	NWI
2	Chapman, Grant	M58	GCMA	6.22m	NWI

**M60 Triple Jump****Finals**

1	Shuter, Vasyl	M60	QMA	8.52m	NWI
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**M65 Triple Jump****Finals**

1	McDonald, Rob	M65	QMA	7.77m	NWI
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**M70 Triple Jump****Finals**

1	Smith, Bernie	M72	QMA	6.44m	NWI
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**M75 Triple Jump****Finals**

1	Andalis, Chris	M76	GCMA	6.84m	NWI
2	Crowley, Charles	M76	GCMA	6.70m	NWI

**M80 Triple Jump****Finals**

1	Grigg, Russell	M82	QMA	4.89m	NWI
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**W50 100 Metre Outdoor Pentathlon****Finals**

1	Emerson, Donna	W51	GCMA	16.12	637
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**W60 100 Metre Outdoor Pentathlon****Finals**

1	Allison, Marge	W64	QMA	15.22	993
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**W50 800 Metre Outdoor Pentathlon****Finals**

1	Emerson, Donna	W51	GCMA	3:46.12	190
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**W60 800 Metre Outdoor Pentathlon****Finals**

1	Allison, Marge	W64	QMA	3:01.88	806
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**W50 Long Jump Outdoor Pentathlon****Finals**

1	Emerson, Donna	W51	GCMA	3.59m	428
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**W60 Long Jump Outdoor Pentathlon****Finals**

1	Allison, Marge	W64	QMA	3.19m	466
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**W35 Shot Put Weight Pentathlon****Finals**

1	Foster, Leonie	W39	QMA	6.19m	305
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**W40 Shot Put Weight Pentathlon****Finals**

1	Whitehead, Glenys	W44	QMA	7.90m	481
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## GCAC Southport

## Results - Age Grading: 1 Yr Indiv &amp; 5 yr Multi

**W45 Shot Put Weight Pentathlon****Finals**

1	McClintock, Karel	W48 QMA	8.27m	588
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**W50 Shot Put Weight Pentathlon****Finals**

1	Boyd, Carolyn	W52 GCMA	7.63m	567
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**W50 Shot Put Outdoor Pentathlon****Finals**

1	Emerson, Donna	W51 GCMA	9.44m	733
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**W60 Shot Put Outdoor Pentathlon****Finals**

1	Allison, Marge	W64 QMA	6.28m	564
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**W60 Shot Put Weight Pentathlon****Finals**

1	Waters, Patsy	W60 QMA	6.58m	598
2	Beste, Judith	W64 GCMA	6.40m	578

**W65 Shot Put Weight Pentathlon****Finals**

1	Birtwell, Lorraine	W66 QMA	6.63m	689
2	Holdsworth, Adrienne	W65 GCMA	5.94m	604

**W70 Shot Put Weight Pentathlon****Finals**

1	Jenkins, Eunice	W70 GCMA	5.94m	701
2	White, Grace	W70 QMA	5.03m	573

**W75 Shot Put Weight Pentathlon****Finals**

1	Doherty, Heather	W75 QMA	7.96m	1,163
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**W95 Shot Put Weight Pentathlon****Finals**

1	Frith, Ruth	W99 GCMA	4.38m	1,715
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**M50 Shot Put Weight Pentathlon****Finals**

1	Haralampou, Arthur	M54 QMA	9.93m	569
2	Prasad, Ganga	M50 QMA	7.10m	375
3	Jennings, Ian	M50 GCMA	6.66m	344

**M55 Shot Put Weight Pentathlon****Finals**

1	Chapman, Grant	M58 GCMA	8.68m	549
2	Richardson, Ray	M58 QMA	7.67m	471

**M60 Shot Put Weight Pentathlon****Finals**

1	Clark, Peter	M63 GCMA	11.08m	733
2	Quinn, Don	M64 QMA	10.57m	693
3	Stammers, Jim	M61 QMA	8.52m	535

**M65 Shot Put Weight Pentathlon****Finals**

1	Quarterman, Guy	M67 QMA	9.60m	736
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**M70 Shot Put Weight Pentathlon****Finals**

1	Beste, Hans	M70 GCMA	10.03m	670
2	Beesley, Cecil	M74 QMA	9.22m	606
3	Rose, Ray	M74 GCMA	7.88m	501
4	McPhail, Ron	M70 GCMA	7.84m	498

**M75 Shot Put Weight Pentathlon****Finals**

1	McMullen, Bill	M75 GCMA	9.21m	719
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**M80 Shot Put Weight Pentathlon****Finals**

1	Pieters, Frank	M80 GCMA	6.32m	472
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**M85 Shot Put Weight Pentathlon****Finals**

1	Murdoch, Ray	M85 GCMA	6.83m	665
2	Vickers, Ted	M89 QMA	4.91m	445

**W35 Discus Throw Weight Pentathlon****Finals**

1	Foster, Leonie	W39 QMA	17.23m	237
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**W40 Discus Throw Weight Pentathlon****Finals**

1	Whitehead, Glenys	W44 QMA	23.12m	380
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**W45 Discus Throw Weight Pentathlon****Finals**

1	McClintock, Karel	W48 QMA	22.94m	415
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**W50 Discus Throw Weight Pentathlon****Finals**

1	Boyd, Carolyn	W52 GCMA	18.30m	349
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**W60 Discus Throw Weight Pentathlon****Finals**

1	Waters, Patsy	W60 QMA	18.21m	443
2	Beste, Judith	W64 GCMA	16.40m	389

**W65 Discus Throw Weight Pentathlon****Finals**

1	Birtwell, Lorraine	W66 QMA	20.23m	580
2	Holdsworth, Adrienne	W65 GCMA	15.05m	404

**W70 Discus Throw Weight Pentathlon****Finals**

1	Jenkins, Eunice	W70 GCMA	15.28m	484
2	White, Grace	W70 QMA	10.89m	317

**W75 Discus Throw Weight Pentathlon****Finals**

1	Doherty, Heather	W75 QMA	21.30m	861
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**W95 Discus Throw Weight Pentathlon****Finals**

1	Frith, Ruth	W99 GCMA	8.64m	851
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**M50 Discus Throw Weight Pentathlon****Finals**

1	Haralampou, Arthur	M54 QMA	25.85m	383
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## Gold Coast Masters Athletics Club - 28/03/2009

## Championship Meet

## GCAC Southport

## Results - Age Grading: 1 Yr Indiv &amp; 5 yr Multi

**Finals ... (M50 Discus Throw Weight Pentathlon)**

2	Prasad, Ganga	M50 QMA	21.89m	308
3	Jennings, Ian	M50 GCMA	16.28m	203

**M55 Discus Throw Weight Pentathlon****Finals**

1	Richardson, Ray	M58 QMA	24.94m	413
2	Chapman, Grant	M58 GCMA	22.42m	360

**M60 Discus Throw Weight Pentathlon****Finals**

1	Clark, Peter	M63 GCMA	37.26m	702
2	Quinn, Don	M64 QMA	35.58m	664
3	Stammers, Jim	M61 QMA	25.75m	443

**M65 Discus Throw Weight Pentathlon****Finals**

1	Quarterman, Guy	M67 QMA	30.73m	633
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**M70 Discus Throw Weight Pentathlon****Finals**

1	Beste, Hans	M70 GCMA	30.90m	739
2	Beesley, Cecil	M74 QMA	26.58m	615
3	Rose, Ray	M74 GCMA	26.00m	598
4	McPhail, Ron	M70 GCMA	21.63m	475

**M75 Discus Throw Weight Pentathlon****Finals**

1	McMullen, Bill	M75 GCMA	25.31m	686
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**M80 Discus Throw Weight Pentathlon****Finals**

1	Pieters, Frank	M80 GCMA	17.42m	527
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**M85 Discus Throw Weight Pentathlon****Finals**

1	Murdoch, Ray	M85 GCMA	14.90m	550
2	Vickers, Ted	M89 QMA	9.52m	308

**W35 Hammer Throw Weight Pentathlon****Finals**

1	Foster, Leonie	W39 QMA	17.73m	284
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**W40 Hammer Throw Weight Pentathlon****Finals**

1	Whitehead, Glenys	W44 QMA	20.86m	431
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**W45 Hammer Throw Weight Pentathlon****Finals**

1	McClintock, Karel	W48 QMA	19.21m	474
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**W50 Hammer Throw Weight Pentathlon****Finals**

1	Boyd, Carolyn	W52 GCMA	22.69m	458
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**W60 Hammer Throw Weight Pentathlon****Finals**

1	Beste, Judith	W64 GCMA	22.11m	574
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**W65 Hammer Throw Weight Pentathlon****Finals**

1	Birtwell, Lorraine	W66 QMA	21.62m	646
2	Holdsworth, Adrienne	W65 GCMA	21.12m	628

**W70 Hammer Throw Weight Pentathlon****Finals**

1	Jenkins, Eunice	W70 GCMA	19.60m	674
2	White, Grace	W70 QMA	14.49m	457

**W75 Hammer Throw Weight Pentathlon****Finals**

1	Doherty, Heather	W75 QMA	21.55m	911
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**W95 Hammer Throw Weight Pentathlon****Finals**

1	Frith, Ruth	W99 GCMA	10.01m	1,298
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**M50 Hammer Throw Weight Pentathlon****Finals**

1	Haralampou, Arthur	M54 QMA	22.66m	293
2	Jennings, Ian	M50 GCMA	21.09m	264
3	Prasad, Ganga	M50 QMA	13.56m	127

**M55 Hammer Throw Weight Pentathlon****Finals**

1	Chapman, Grant	M58 GCMA	25.85m	408
2	Richardson, Ray	M58 QMA	23.58m	361

**M60 Hammer Throw Weight Pentathlon****Finals**

1	Quinn, Don	M64 QMA	32.20m	598
2	Stammers, Jim	M61 QMA	29.74m	542
3	Clark, Peter	M63 GCMA	25.49m	444

**M65 Hammer Throw Weight Pentathlon****Finals**

1	Quarterman, Guy	M67 QMA	28.92m	608
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**M70 Hammer Throw Weight Pentathlon****Finals**

1	Rose, Ray	M74 GCMA	25.69m	535
2	McPhail, Ron	M70 GCMA	23.57m	479
3	Beste, Hans	M70 GCMA	22.37m	448
4	Beesley, Cecil	M74 QMA	21.39m	422

**M75 Hammer Throw Weight Pentathlon****Finals**

1	McMullen, Bill	M75 GCMA	23.50m	579
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**M80 Hammer Throw Weight Pentathlon****Finals**

1	Pieters, Frank	M80 GCMA	22.57m	578
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**M85 Hammer Throw Weight Pentathlon****Finals**

1	Murdoch, Ray	M85 GCMA	19.90m	647
2	Vickers, Ted	M89 QMA	7.98m	182



## Gold Coast Masters Athletics Club - 28/03/2009

## Championship Meet

## GCAC Southport

## Results - Age Grading: 1 Yr Indiv &amp; 5 yr Multi

**W95 Weight Throw Weight Pentathlon****Finals**

1	Frith, Ruth	W99	GCMA	4.62m	1,446
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**M50 Weight Throw Weight Pentathlon****Finals**

1	Haralampou, Arthur	M54	QMA	9.23m	467
2	Prasad, Ganga	M50	QMA	7.42m	355
3	Jennings, Ian	M50	GCMA	7.41m	354

**M55 Weight Throw Weight Pentathlon****Finals**

1	Chapman, Grant	M58	GCMA	10.70m	618
2	Richardson, Ray	M58	QMA	8.24m	450

**M60 Weight Throw Weight Pentathlon****Finals**

1	Quinn, Don	M64	QMA	13.05m	727
2	Stammers, Jim	M61	QMA	11.66m	637
3	Clark, Peter	M63	GCMA	9.89m	523

**M65 Weight Throw Weight Pentathlon****Finals**

1	Quarterman, Guy	M67	QMA	8.46m	490
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**M70 Weight Throw Weight Pentathlon****Finals**

1	Rose, Ray	M74	GCMA	10.23m	635
2	Beesley, Cecil	M74	QMA	10.09m	624
3	McPhail, Ron	M70	GCMA	9.96m	615
4	Beste, Hans	M70	GCMA	8.20m	486

**M75 Weight Throw Weight Pentathlon****Finals**

1	McMullen, Bill	M75	GCMA	10.67m	776
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**M80 Weight Throw Weight Pentathlon****Finals**

1	Pieters, Frank	M80	GCMA	10.06m	782
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**M85 Weight Throw Weight Pentathlon****Finals**

1	Murdoch, Ray	M85	GCMA	7.65m	693
2	Vickers, Ted	M89	QMA	5.57m	473

**W50 Outdoor Pentathlon****Finals**

1	Emerson, Donna	W51	GCMA	2403
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**W60 Outdoor Pentathlon****Finals**

1	Allison, Marge	W64	QMA	3355
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**W35 Weight Pentathlon****Finals**

1	Foster, Leonie	W39	QMA	1414
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**W40 Weight Pentathlon****Finals**

1	Whitehead, Glenys	W44	QMA	2216
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**W45 Weight Pentathlon****Finals**

1	McClintock, Karel	W48	QMA	2317
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**W50 Weight Pentathlon****Finals**

1	Boyd, Carolyn	W52	GCMA	2187
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**W60 Weight Pentathlon****Finals**

1	Beste, Judith	W64	GCMA	2512
2	Waters, Patsy	W60	QMA	2217

**W65 Weight Pentathlon****Finals**

1	Birtwell, Lorraine	W66	QMA	2983
2	Holdsworth, Adrienne	W65	GCMA	2699

**W70 Weight Pentathlon****Finals**

1	Jenkins, Eunice	W70	GCMA	2783
2	White, Grace	W70	QMA	2177

**W75 Weight Pentathlon****Finals**

1	Doherty, Heather	W75	QMA	4703
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**W95 Weight Pentathlon****Finals**

1	Frith, Ruth	W99	GCMA	6046
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**M50 Weight Pentathlon Group 1****Finals**

1	Haralampou, Arthur	M54	QMA	2153
2	Prasad, Ganga	M50	QMA	1465
3	Jennings, Ian	M50	GCMA	1276

**M55 Weight Pentathlon Group 1****Finals**

1	Chapman, Grant	M58	GCMA	2374
2	Richardson, Ray	M58	QMA	1958

**M60 Weight Pentathlon Group 1****Finals**

1	Quinn, Don	M64	QMA	3089
2	Clark, Peter	M63	GCMA	2856
3	Stammers, Jim	M61	QMA	2546

**M65 Weight Pentathlon Group 1****Finals**

1	Quarterman, Guy	M67	QMA	3115
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**M70 Weight Pentathlon Group 2****Finals**

1	Beste, Hans	M70	GCMA	3009
2	Beesley, Cecil	M74	QMA	2772
3	Rose, Ray	M74	GCMA	2666
4	McPhail, Ron	M70	GCMA	2436

**Gold Coast Masters Athletics Club - 28/03/2009****Championship Meet****GCAC Southport****Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M75 Weight Pentathlon Group 2****Finals**

1	McMullen, Bill	M75	GCMA	3203
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**M80 Weight Pentathlon Group 2****Finals**

1	Pieters, Frank	M80	GCMA	2765
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**M85 Weight Pentathlon Group 2****Finals**

1	Murdoch, Ray	M85	GCMA	2979
2	Vickers, Ted	M89	QMA	1653

**M50 3000 Metre Race Walk****Finals**

1	Bennett, Peter	M53	QMA	14:50.03
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**M65 3000 Metre Race Walk****Finals**

1	Sela, Patrick	M69	QMA	19:00.50
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**W65 3000 Metre Race Walk****Finals**

1	Lynch, Sally	W65	GCMA	19:14.74
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**M75 3000 Metre Race Walk****Finals**

1	Janes, Bert	M76	GCMA	19:57.50
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**W75 3000 Metre Race Walk****Finals**

1	Dauphinet, Christiane	W77	GCMA	22:50.17
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**M80 3000 Metre Race Walk****Finals**

1	Lynch, Richard	M80	GCMA	21:42.70
2	Grigg, Russell	M82	QMA	26:20.58

**M85 3000 Metre Race Walk****Finals**

1	Keatinge, Dick	M86	QMA	22:56.85
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