

**10-13/04/09 AMA NATIONAL ATHLETICS CHAMPIONSHIPS ADELAIDE, S.A.
RESULTS OF QMA MEMBERS**

LADIES

ANNE VENEMA W30

400 Metres	3	67.68	
800 Metres	3	2.39.26	
1500 Metres	2	5.43.59	
4x100m Relay120+	1	53.88	
4x400m Relay120+	1	4.21.48	QR
Pentathlon	1	1940	QR
100 Metres	14.67	503	
Shot Put	7.48	366	
Long Jump	3.71	244	
Javelin Throw	20.75	303	
800 Metres	2.44.32	524	

JODIE SCHUBERT W35

60 Metres	2	8.74	
100 Metres	2	13.89	
200 Metres	2	28.71	
400 Metres	2	64.86	
4x100m Relay120+	1	53.88	
4x400m Relay120+	1	4.21.48	QR

JULIE BRIMS W40

100m Champions	2	11.96	
60 Metres	1	7.95	
100 Metres	1	12.65	
200 Metres	2	26.12	
400 Metres	2	59.34	
4x100m Relay120+	1	53.88	
4x400m Relay120+	1	4.21.48	QR

PETRINA BROWN W40

800 Metres	1	2.30.69	
1500 Metres	3	5.16.50	
8km Cross Country	3	36.33.0h	
4x400m Relay120+	1	4.21.48	QR

JULIE JONES W40

Long Jump	4	3.98	
Triple Jump	3	8.28	
High Jump	2	1.30	
Javelin Throw	5	15.85	
Discus Throw	4	18.88	
Shot Put	6	6.11	
Hammer Throw	5	15.33	
Weight Pentathlon	5	1592	
Hammer Throw	19.11	383	
Shot Put	5.95	333	
Discus Throw	17.49	266	
Javelin Throw	12.87	180	
Weight Throw	6.40	430	

CAROLINE LAYT W40

4x100m Relay160+	3	62.47	
Discus Throw	2	27.03	
Shot Put	2	9.48	
Hammer Throw	1	32.35	
Weight Throw	2	10.43	
Weight Pentathlon	2	2570	
Hammer Throw	27.77	626	
Shot Put	9.23	583	
Discus Throw	21.45	346	
Javelin Throw	16.52	253	
Weight Throw	10.26	762	

GLENDIA BANAGHAN W45

5000 Metres	1	17.38.96	QR
10,000 Metres	1	36.47.37	QR
8km Cross Country	1	31.40.0h	QBP

KAREN LAKIN W45

400 Metres	5	71.00	
800 Metres	4	2.45.14	
4x100m Relay160+	3	62.47	
4x400m Relay200+	1	5.03.27	QR

DIANNE ALDERMAN W50

100 Metres	4	15.10	
200 Metres	3	31.39	
4x100m Relay120+	1	53.88	

DONNA EMERSON W50

4x100m Relay200+	3	63.60	
Long Jump	4	3.40	
Javelin Throw	1	20.81	
Discus Throw	1	26.32	
Shot Put	2	9.19	
Pentathlon	1	2229	
100 Metres	16.09	642	
Shot Put	8.62	658	
Long Jump	3.37	362	
Javelin Throw	19.93	424	
800 Metres	3.54.41	143	

JILL PRYOR W50

60 Metres	1	8.73	
100 Metres	1	14.14	
80m Hurdles	1	13.95	
Long Jump	1	4.32	
High Jump	1	1.25	

ANNE RYAN W50

1500 Metres	3	5.52.37	
5000 Metres	3	21.22.38	
8km Cross Country	2	37.11.0h	

MARCIA SHEER W50

1500 Metres	1	5.18.34	
5000 Metres	1	19.21.81	
4x400m Relay220+	1	5.03.27	QR

JULIE BELL W55

100 Metres	8	17.16	
200 Metres	7	35.03	
800 Metres	7	3.19.14	
4x100m Relay160+	3	62.47	
4x400m Relay200+	1	5.03.27	QR

NOELA BRAMELD W55

60 Metres	6	9.94	
100 Metres	5	15.76	
200 Metres	4	32.91	
4x100m Relay160+	3	62.47	
Long Jump	1	3.48	

JEANETTE FLYNN W55

800 Metres	1	2.34.33	
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WILMA PERKINS W55

60 Metres	2	9.31	
100 Metres	2	15.02	

IRENE DAVEY W60

200 Metres	7	36.49	
400 Metres	3	1.21.34	
800 Metres	2	3.16.01	
2km Steeplechase	1	10.31.76	

JEAN HAMPSON W60

60 Metres	4	10.19	
100 Metres	4	16.59	
200 Metres	4	35.21	
400 Metres	2	1.20.65	
4x100m Relay200+	3	63.60	
4x400m Relay200+	1	5.03.27	QR

Long Jump	2	3.33	
Pentathlon	2	2974	
100 Metres	16.90	754	
Shot Put	6.00	533	
Long Jump	3.48	578	
Javelin Throw	16.24	445	
800 Metres	3.16.07	664	

JANETTE TURNER W60

100m Champions	8	12.74	
60 Metres	2	9.56	
100 Metres	2	15.27	
200 Metres	2	32.34	
4x100m Relay 200+ 3		63.60	

LESLEY HAMILTON W65

60 Metres	2	10.71	
200 Metres	3	37.97	
Javelin Throw	3	18.98	
Pentathlon	1	2897	QR
100 Metres	17.59	768	
Shot Put	6.66	693	
Long Jump	2.60	336	
Javelin Throw	18.48	593	
800 Metres	3.56.02	507	

JOAN PURCELL W65

5000m Track Walk	2	36.24.39	
10km Road Walk	2	1:14.49h	

HELEN SEARLE W65

Discus Throw	1	21.28	
Shot Put	1	9.56	
Hammer Throw	2	32.61	
Weight Pentathlon	1	4346	
Hammer Throw	33.24	1088	
Shot Put	9.39	1036	
Discus Throw	20.72	597	
Javelin Throw	19.71	639	
Weight Throw	12.55	986	

ANNETTE HORSNELL W70

60 Metres	1	10.46	
100 Metres	1	17.42	
4x100m Relay200+	3	63.60	

CHRISTIANE DAUPHINET W75

5000m Track Walk	2	38.43.04	
10km Road Walk	2	1:18.26h	

HEATHER DOHERTY W75

Foley Trophy for Weight Pnt Points			
Javelin Champions	3	49.60	
Javelin Throw	1	19.00	
Discus Throw	1	22.09	
Shot Put	1	8.13	
Hammer Throw	1	23.77	AR
Weight Throw	1	10.33	eqAR
Weight Pentathlon	1	4986	AR
Hammer Throw	22.99	984	
Shot Put	8.20	1203	
Discus Throw	21.28	860	
Javelin Throw	19.29	854	
Weight Throw	10.29	1085	

RUTH FRITH W95

Weight Pentathlon	1	6203	
Hammer Throw	9.53	1227	
Shot Put	4.38	1715	
Discus Throw	8.79	868	
Javelin Throw	6.89	828	
Weight Throw	4.96	1565	

4&5/04/09 AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS ADELAIDE, S.A.

MEN

TRAVIS VENEMA M30		
60 Metres	1	7.24
100 Metres	1	11.44
200 Metres	1	23.18
400 Metres	1	52.24
4x400m Relay170+	3	4.01.60
JASON LEES M35		
200 Metres	4	25.04
STEVEN MINNS M35		
200 Metres	3	24.96
400 Metres	3	54.77
800 Metres	2	2.09.92
4x400m Relay170+	3	4.01.60
BRIAN SAX M35		
800 Metres	1	2.03.77
1500 Metres	1	4.20.08
SHAWN CLAYDON M40		
1500 Metres	1	4.31.77
5000 Metres	1	17.00.18
8km Cross Country	1	29.20.0h
4x400m Relay220+	4	4.47.87
GARY DENMAN M45		
200 Metres	7	26.95
400 Metres	6	59.35
800 Metres	3	2.17.52
1500 Metres	8	5.11.04
4x100m Relay220+	3	56.49
4x400m Relay170+	3	4.01.60
DAVID MACKAY M45		
High Jump	4	1.45
BRAD MONK M45		
Discus Throw	2	32.22
Hammer Throw	1	44.16
Weight Throw	2	10.89
Weight Pentathlon	2	2539
Hammer Throw	45.36	738
Shot Put	9.17	498
Discus Throw	28.07	454
Javelin Throw	17.87	188
Weight Throw	11.69	661
JOE BEGLEY M55		
60 Metres	2	8.03
100 Metres	2	12.86
200 Metres Prelim	1	26.78
200 Metre Final	1	26.06
PAUL CHAPLAIN M60		
800 Metres	10	3.50.85
IAN HUGHES M60		
60 Metres Prelim	4	8.08
VIDDY JERMACANS M60		
100m Hurdles	2	21.01
300m Hurdles	2	53.56
Long Jump	3	4.34
High Jump	1	1.30
Pentathlon	2	2971
Long Jump	4.47	684
Javelin Throw	25.35	406
200 Metres	28.79	768
Discus Throw	28.68	508
800 Metres	6.12.66	605
DON QUINN M60		
Discus Throw	4	36.93
Shot Put	4	11.44
Hammer Throw	3	34.54
Weight Throw	4	12.79

Weight Pentathlon	4	3198
Hammer Throw	33.99	640
Shot Put	11.10	734
Discus Throw	37.07	698
Javelin Throw	26.06	421
Weight Throw	12.71	705

JOHN SHEER M60

5000 Metres	4	19.53.51
10,000 Metres	2	41.59.71
2km Steeplechase	2	8.30.92
8km Cross Country	2	33.59.0h
4x400m Relay170+	3	4.01.60

VASYL SHUTER M60

100m Hurdles	3	21.48
300m Hurdles	4	55.71
4x100m Relay220+	3	56.49
Long Jump	4	4.02
Triple Jump	2	8.59
High Jump	4	1.25
Pole Vault	2	2.20
Javelin Throw	5	27.66
Pentathlon	5	2503
Long Jump	3.84	487
Javelin Throw	26.99	441
200 Metres	29.89	687
Discus Throw	23.70	398
800 Metres	6.38.21	490

COLIN BUYERS M65

100m Champions	2	10.64
60 Metres	2	8.30
100 Metres	2	13.04
200 Metres	1	26.55
400 Metres	1	59.85

ELWYN EGAN M65

1500 Metres	5	6.10.58
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LES DALEY M65

60 Metres	4	9.48
100 Metres	9	15.86

ALF LAKIN M65

60 Metres	7	9.80
100 Metres	6	15.41
200 Metres	6	31.90
4x100m Relay220+	3	56.49
4x400m Relay220+	4	4.47.87
Pentathlon	1	2119

Long Jump	2.99	317
Javelin Throw	16.10	251
200 Metres	31.53	642
Discus Throw	20.16	371
800 Metres	6.43.08	538

ROB McDONALD M65

60 Metres	3	8.33
100 Metres	3	13.10
Long Jump	4	3.69

GUY QUARTERMAN M65

Javelin Throw	2	38.24
Discus Throw	3	29.70
Shot Put	2	10.45
Hammer Throw	5	23.61
Weight Pentathlon	3	2865
Hammer Throw	25.69	524
Shot Put	9.87	760
Discus Throw	29.03	590
Javelin Throw	24.44	447
Weight Throw	9.22	544

HEINZ STEINMANN M65

200 Metres	3	26.78
400 Metres	3	61.79

FRED TURNER M65

Long Jump	3	4.24
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ALAN BRADFORD M70

800 Metres	1	2.34.31
1500 metres	1	5.40.41
5000 Metres	2	20.36.98
2km Steeplechase	1	8.20.95

JOHN COOPER M70

60 Metres	3	8.83
100 Metres	2	14.01
200 Metres Prelim	1	29.67
200 Metres Final	1	29.09

KEN DANIELS M70

200 Metres Prelim	6	31.34
200 Metres Final	7	31.57
400 Metres	1	70.59
4x100m Relay220+	3	56.49
4x400m Relay220+	4	4.47.87
Long Jump	4	4.02
Javelin Throw	2	31.44
Pentathlon	1	3176
Long Jump	3.97	748
Javelin Throw	32.52	690
200 Metres	31.95	699
Discus Throw	22.03	487
800 Metres	6.56.75	552

COLIN McLEOD M70

1500 Metres	2	5.48.54
5000 Metres	1	20.25.78
10,000 Metres	1	42.10.83
2km Steeplechase	2	9.05.54
8km Cross Country	1	35.33.0h

BRIAN MORLING M70

400 Metres	3	72.15
800 Metres	2	2.51.68
1500 Metres	4	6.01.96
4x400m Relay220+	4	4.47.87

CHRIS ANDALIS M75

Triple Jump	2	7.06
High Jump	1	1.10
Pole Vault	1	1.70
Discus Throw	4	22.99
Shot Put	2	8.00
Hammer Throw	2	24.25

JIM DAVIS M75

Javelin Throw	3	20.59
Discus Throw	1	27.08
Shot Put	1	9.38
Hammer Throw	1	30.87
Weight Throw	1	13.78
Weight Pentathlon	1	3496

Hammer Throw	31.87	839
Shot Put	9.22	720
Discus Throw	27.17	748
Javelin Throw	16.42	342
Weight Throw	11.51	847

HUGH THOMSEN M75

60 Metres	3	11.11
100 Metres	3	18.11
200 Metres	3	40.67

MAURICE DAUPHINET M80

60 Metres	1	11.27
100 Metres	1	18.90
200 Metres	1	41.98
Long Jump	1	2.95
Javelin Throw	1	19.26
Discus Throw	1	21.97

RICHARD KEATINGE M85

5000m Track Walk	1	39.37.13
10km Road Walk	1	1:20.12h