

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****Event 1 W35 3000 Metre**

Name	Age Team	Finals	Age-Grading
Finals			
1 Stanton, Helen	W36 Metro North	10:37.99	10:26.06 80.09%

**Event 1 W60 3000 Metre**

Name	Age Team	Finals	Age-Grading
1 Davey, Irene	W62 Metro South	14:40.41	10:35.84 78.86%
2 Sheaves-Doran, Wendy	W60 Gold Coast	17:25.50	12:57.86 64.46%

**Event 1 M55 3000 Metre**

Name	Age Team	Finals	Age-Grading
1 Peters, Ron	M56 Metro North	10:00.29	8:19.69 88.06%

**Event 1 M60 3000 Metre**

Name	Age Team	Finals	Age-Grading
1 Sheer, John	M62 Metro Central	11:52.93	9:23.36 78.10%

**Event 2 W50 3000 Metre Race Walk**

Name	Age Team	Finals	Age-Grading
1 Shaw, Kay	W50 Unattached	X19:39.90	17:27.17 66.37%

**Event 2 W65 3000 Metre Race Walk**

Name	Age Team	Finals	Age-Grading
1 Lynch, Sally	W66 Gold Coast	20:47.01	15:36.38 74.22%

**Event 2 W75 3000 Metre Race Walk**

Name	Age Team	Finals	Age-Grading
1 Dauphinet, Christiane	W78 Gold Coast	23:01.77	14:27.34 80.13%

**Event 2 M75 3000 Metre Race Walk**

Name	Age Team	Finals	Age-Grading
1 Janes, Bert	M76 Gold Coast	20:17.45	13:24.98 78.44%

**Event 2 M80 3000 Metre Race Walk**

Name	Age Team	Finals	Age-Grading
1 Lynch, Richard	M80 Gold Coast	22:00.88	13:43.84 76.64%

## QMA InterRegional Dec 05 - 5/12/2009

## HeatherDoherty Shield

## Gold Coast Venue Griffith Uni Southport

## Results - Saturday December 05 - Age Grading: 1 Yr Indiv &amp; 5 yr Multi

**Event 3 W55 Hammer Throw**

Name	Age	Team	Finals	Age-Grading
1 Plasto, Cheryl	W58	Unattached	X13.26m	19.37m 25.17%

**Event 3 W65 Hammer Throw**

Name	Age	Team	Finals	Age-Grading
1 Holdsworth, Adrienne	W65	Gold Coast	23.70m	40.62m 52.76%
2 Birtwell, Lorraine	W66	Metro North	22.48m	39.51m 51.31%

**Event 3 W70 Hammer Throw**

Name	Age	Team	Finals	Age-Grading
1 Searle, Helen	W70	Gold Coast	34.86m	68.17m 88.54%
2 Jenkins, Eunice	W71	Gold Coast	19.26m	38.76m 50.34%

**Event 3 W75 Hammer Throw**

Name	Age	Team	Finals	Age-Grading
1 Doherty, Heather	W76	Metro Central	23.69m	55.76m 72.42%

**Event 3 W100 Hammer Throw**

Name	Age	Team	Finals	Age-Grading
1 Frith, Ruth	W100	Gold Coast	10.80m	136.92m177.92%

**Event 4 W40 60 Metre**

Name	Age	Team	Finals	Wind	Age-Grading
1 Brims, Julie	W43	Metro South	8.35	-1.2	7.79 88.86%

**Event 4 W45 60 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Lochlin, Martha	W45	Gold Coast	9.65	0.4	8.80 78.65%	3

**Event 4 W50 60 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Quinn, Denise	W53	Sunshine Coast	10.19	-1.1	8.55 80.96%	2
2 Emerson, Donna	W52	Gold Coast	10.30	-1.1	8.73 79.32%	2
3 Lawlor, Anne-Marie	W53	Gold Coast	10.88	0.4	9.13 75.83%	3

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****Event 4 W55 60 Metre**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Brameld, Noela	W56 Sunshine Coast	10.55	-1.1	8.59 80.57%	2

**Event 4 W60 60 Metre**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Perkins, Wilma	W60 Metro South	9.75	-1.1	7.64 90.56%	2
2 McDonnell, Hazel	W62 Metro South	10.38	0.4	7.99 86.71%	3

**Event 4 W75 60 Metre**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Abrahams, Sheila	W75 Gold Coast	24.18	0.4	16.25 42.60%	3

**Event 4 M29&U 60 Metre**

Name	Age Team	Finals	Wind	Age-Grading
1 McMahon, Aaron	M29 Unattached	7.59	-1.2	7.59 84.19%

**Event 4 M30 60 Metre**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Venema, Travis	M34 Metro North	7.35	0.4	7.34 87.21%	3
2 Witelus, Rafal	M33 Metro South	7.84	-1.2	7.84 81.51%	1

**Event 4 M45 60 Metre**

Name	Age Team	Finals	Wind	Age-Grading
1 Bruce, Craig	M46 Metro North	8.27	-1.2	7.53 84.89%
2 McInnes, Callum	M48 Metro South	8.77	-1.2	7.88 81.19%

**Event 4 M55 60 Metre**

Name	Age Team	Finals	Wind	Age-Grading
1 Reisenleiter, Robin	M59 South Queensland	8.30	-1.2	6.91 92.53%
2 Begley, Joe	M55 Metro North	8.35	-1.2	7.14 89.58%

**Event 4 M65 60 Metre**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Lester, John	M67 Gold Coast	9.29	-1.1	7.34 87.08%	2
2 Lakin, Alf	M69 Gold Coast	10.21	-1.1	7.97 80.22%	2

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****Event 4 M70 60 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Cook, Bill	M70	Gcm	X9.67	-1.1	7.50 85.21%	2
2 Berry, Peter	M74	Coastal South	10.12	0.4	7.62 83.89%	3
3 Rogers, Ivan	M71	Ashgrove Rangers	10.92	-1.1	8.41 76.01%	2

**Event 4 M75 60 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Garvey, Noel	M75	Metro North	9.72	-1.1	7.27 87.96%	2
2 Crowley, Charles	M76	Gold Coast	10.10	0.4	7.48 85.54%	3

**Event 4 M80 60 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Dauphinet, Maurice	M83	Gold Coast	11.26	0.4	7.70 83.04%	3

**Event 5 M55 Hammer Throw**

Name	Age	Team	Finals	Age-Grading
1 Chapman, Grant	M59	Gold Coast	25.87m	37.00m 42.66%

**Event 5 M65 Hammer Throw**

Name	Age	Team	Finals	Age-Grading
1 Quinn, Don	M65	Metro North	33.35m	52.86m 60.95%

**Event 5 M70 Hammer Throw**

Name	Age	Team	Finals	Age-Grading
1 Rose, Ray	M74	Gold Coast	27.15m	49.29m 56.82%
2 Smith, Bernie	M72	Coastal South	18.52m	31.61m 36.45%

**Event 5 M75 Hammer Throw**

Name	Age	Team	Finals	Age-Grading
1 Andalis, Chris	M76	Gold Coast	25.90m	50.20m 57.88%
2 McMullen, Bill	M76	Gold Coast	25.62m	49.66m 57.25%
3 Ropelin, Arvo	M76	Metro South	25.06m	48.57m 56.00%

**Event 5 M80 Hammer Throw**

Name	Age	Team	Finals	Age-Grading
1 Pieters, Frank	M81	Gold Coast	22.90m	46.80m 53.96%
2 Rann, Charlie	M82	Gold Coast	22.43m	47.98m 55.31%

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****Event 5 M90 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Vickers, Ted	M90 Metro North	16.61m	53.20m 61.34%

**Event 6 W60 Pole Vault**

Name	Age Team	Finals	Age-Grading
1 Perkins, Wilma	W60 Metro South	2.20m	3.84m 74.58%

**Event 6 M40 Pole Vault**

Name	Age Team	Finals	Age-Grading
1 Arbuthnot, Howard	M42 Qma	X4.20m	4.75m 77.49%

**Event 7 W40 100 Metre**

Name	Age Team	Finals	Wind	Age-Grading
1 Brims, Julie	W43 Metro South	13.20	-1.1	12.19 86.14%

**Event 7 W45 100 Metre**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Lochlin, Martha	W45 Gold Coast	16.09	-1.5	14.52 72.28%	4
2 Bateson, Lynda	W46 Ashgrove Rangers	17.20	-1.5	15.36 68.31%	4

**Event 7 W50 100 Metre**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Quinn, Denise	W53 Sunshine Coast	16.18	+0.0	13.43 78.12%	3
2 Emerson, Donna	W52 Gold Coast	16.92	+0.0	14.19 74.00%	3
3 Lawlor, Anne-Marie	W53 Gold Coast	18.09	-1.5	15.01 69.87%	4

**Event 7 W60 100 Metre**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 McDonnell, Hazel	W62 Metro South	16.82	+0.0	12.79 82.05%	3
2 Hampson, Jean	W64 Metro South	16.84	+0.0	12.58 83.43%	3
3 Davey, Irene	W62 Metro South	18.54	-1.5	14.10 74.43%	4

**Event 7 W75 100 Metre**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Abrahams, Sheila	W75 Gold Coast	50.27	-1.5	33.24 31.57%	4

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****Event 7 M29&U 100 Metre**

Name	Age	Team	Finals	Wind	Age-Grading
1 McMahon, Aaron	M29	Unattached	12.67	-1.1	12.67 77.27% 110m

**Event 7 M30 100 Metre**

Name	Age	Team	Finals	Wind	Age-Grading
1 Witelus, Rafal	M33	Metro South	11.99	-1.1	11.99 81.65%
2 Venema, Travis	M34	Metro North	12.57	-1.1	12.53 78.12% 110m

**Event 7 M45 100 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Bruce, Craig	M46	Metro North	13.12	-1.1	12.02 81.48%	1
2 McInnes, Callum	M48	Metro South	13.73	-2.0	12.41 78.88%	2

**Event 7 M55 100 Metre**

Name	Age	Team	Finals	Wind	Age-Grading
1 Begley, Joe	M55	Metro North	12.92	-1.1	11.16 87.77%
2 Reisenleiter, Robin	M59	South Queensland	13.08	-1.1	11.02 88.91%

**Event 7 M60 100 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Chaplain, Paul	M60	Gold Coast	15.44	-2.0	12.92 75.78%	2
2 Burt, Don	M64	Metro Central	15.67	-2.0	12.80 76.52%	2

**Event 7 M65 100 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Lester, John	M67	Gold Coast	14.69	-2.0	11.79 83.05%	2
1 Turner, Fred	M68	Gold Coast	14.69	-2.0	11.72 83.59%	2
3 Lakin, Alf	M69	Gold Coast	16.04	-2.0	12.72 77.00%	2

**Event 7 M70 100 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Cook, Bill	M70	Gcm	15.77	-2.0	12.43 78.76%	2
2 Rogers, Ivan	M71	Ashgrove Rangers	16.79	+0.0	13.08 74.87%	3
3 Berry, Peter	M74	Coastal South	17.64	-1.5	13.25 73.92%	4

**Event 7 M75 100 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Garvey, Noel	M75	Metro North	15.58	-2.0	11.56 84.72%	2
2 Crowley, Charles	M76	Gold Coast	16.75	+0.0	12.25 79.94%	3

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****Event 7 M80 100 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Dauphinet, Maurice	M83	Gold Coast	18.84	-1.5	12.34	79.35% 4

**Event 8 W40 Discus Throw**

Name	Age	Team	Finals	Age-Grading
1 Stoker-Salway, Sue	W44	Gold Coast	14.53m	17.12m 22.30%

**Event 8 W45 Discus Throw**

Name	Age	Team	Finals	Age-Grading
1 Bateson, Lynda	W46	Ashgrove Rangers	19.65m	23.94m 31.18%

**Event 8 W50 Discus Throw**

Name	Age	Team	Finals	Age-Grading
1 Emerson, Donna	W52	Gold Coast	25.68m	34.78m 45.29%

**Event 8 W55 Discus Throw**

Name	Age	Team	Finals	Age-Grading
1 Plasto, Cheryl	W58	Unattached	X13.55m	20.66m 26.91%

**Event 8 W60 Discus Throw**

Name	Age	Team	Finals	Age-Grading
1 Sheaves-Doran, Wendy	W60	Gold Coast	18.99m	30.22m 39.36%

**Event 8 W65 Discus Throw**

Name	Age	Team	Finals	Age-Grading
1 Birtwell, Lorraine	W66	Metro North	19.78m	36.24m 47.20%
2 Holdsworth, Adrienne	W65	Gold Coast	16.70m	29.84m 38.86%

**Event 8 W70 Discus Throw**

Name	Age	Team	Finals	Age-Grading
1 Searle, Helen	W70	Gold Coast	21.63m	44.07m 57.39%
2 Jenkins, Eunice	W71	Gold Coast	15.60m	32.70m 42.59%

**Event 8 W75 Discus Throw**

Name	Age	Team	Finals	Age-Grading
1 Doherty, Heather	W76	Metro Central	22.42m	54.92m 71.52%

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****Event 8 W100 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Frith, Ruth	W100 Gold Coast	7.71m	83.88m109.21%

**Event 9 W50 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Quinn, Denise	W53 Sunshine Coast	3.41m	NWI	4.46m 59.41%
2 Emerson, Donna	W52 Gold Coast	3.35m	NWI	4.32m 57.56%

**Event 9 W55 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Plasto, Cheryl	W58 Unattached	X2.04m	NWI	2.88m 38.35%

**Event 9 W60 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Perkins, Wilma	W60 Metro South	3.46m	NWI	5.05m 67.18%
2 Hampson, Jean	W64 Metro South	3.21m	NWI	5.00m 66.60%
3 Davey, Irene	W62 Metro South	2.95m	NWI	4.44m 59.12%

**Event 9 M30 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Venema, Travis	M34 Metro North	5.14m	NWI	5.34m 59.77%

**Event 9 M45 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 McInnes, Callum	M48 Metro South	4.09m	NWI	5.00m 55.87%

**Event 9 M65 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Turner, Fred	M68 Gold Coast	3.34m	NWI	5.46m 61.06%
2 Lakin, Alf	M69 Gold Coast	2.89m	NWI	4.80m 53.72%

**Event 9 M70 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Smith, Bernie	M72 Coastal South	2.43m	NWI	4.26m 47.65%

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****Event 9 M75 Long Jump**

Name	Age	Team	Finals	Wind	Age-Grading
1 Crowley, Charles	M76	Gold Coast	3.34m	NWI	6.31m 70.61%
2 Andalis, Chris	M76	Gold Coast	2.40m	NWI	4.53m 50.74%
3 McMullen, Bill	M76	Gold Coast	2.15m	NWI	4.06m 45.45%

**Event 10 W40 Triple Jump**

Name	Age	Team	Finals	Wind	Age-Grading
1 Brims, Julie	W43	Metro South	9.82m	NWI	11.58m 74.73%

**Event 10 M30 Triple Jump**

Name	Age	Team	Finals	Wind	Age-Grading
1 Venema, Travis	M34	Metro North	10.21m	NWI	10.31m 56.38%

**Event 10 M45 Triple Jump**

Name	Age	Team	Finals	Wind	Age-Grading
1 McInnes, Callum	M48	Metro South	8.85m	NWI	10.47m 57.24%

**Event 10 M65 Triple Jump**

Name	Age	Team	Finals	Wind	Age-Grading
1 Lakin, Alf	M69	Gold Coast	6.90m	NWI	11.21m 61.33%

**Event 10 M70 Triple Jump**

Name	Age	Team	Finals	Wind	Age-Grading
1 Smith, Bernie	M72	Coastal South	5.75m	NWI	9.87m 53.99%

**Event 10 M75 Triple Jump**

Name	Age	Team	Finals	Wind	Age-Grading
1 Andalis, Chris	M76	Gold Coast	6.09m	NWI	11.30m 61.83%
2 McMullen, Bill	M76	Gold Coast	5.82m	NWI	10.80m 59.09%

**Event 11 W30 1500 Metre**

Name	Age	Team	Finals	Age-Grading
1 Venema, Anne	W31	Metro North	5:57.56	5:56.53 65.21%

**Event 11 W40 1500 Metre**

Name	Age	Team	Finals	Age-Grading
1 Brown, Petrina	W41	Gold Coast	5:30.03	5:08.98 75.24%

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****Event 11 M30 1500 Metre**

Name	Age Team	Finals	Age-Grading
1 Venema, Travis	M34 Metro North	5:58.27	5:57.56 57.61%

**Event 11 M45 1500 Metre**

Name	Age Team	Finals	Age-Grading
1 Christison, Kevin	M47 Metro South	5:51.13	5:08.54 66.77%

**Event 11 M55 1500 Metre**

Name	Age Team	Finals	Age-Grading
1 Reeves, Peter	M56 South Queensland	4:44.73	3:51.03 89.17%
2 Peters, Ron	M56 Metro North	4:50.70	3:55.88 87.33%

**Event 11 M60 1500 Metre**

Name	Age Team	Finals	Age-Grading
1 Sheer, John	M62 Metro Central	5:45.95	4:27.11 77.12%

**Event 12 M45 Shot Put**

Name	Age Team	Finals	Age-Grading
1 McInnes, Callum	M48 Metro South	7.76m	9.19m 39.75%

**Event 12 M55 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Teys, Peter	M57 Gold Coast	10.14m	13.51m 58.44%
2 Chapman, Grant	M59 Gold Coast	8.51m	11.88m 51.42%

**Event 12 M65 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Quinn, Don	M65 Metro North	10.42m	15.33m 66.33%

**Event 12 M70 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Selvey, Warwick	M70 Gold Coast	9.15m	11.91m 51.52%
2 Rose, Ray	M74 Gold Coast	7.81m	11.39m 49.27%
3 Rogers, Ivan	M71 Ashgrove Rangers	7.19m	9.61m 41.61%
4 Smith, Bernie	M72 Coastal South	6.56m	9.02m 39.05%

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****Event 12 M75 Shot Put**

Name	Age	Team	Finals	Age-Grading
1 Ropelin, Arvo	M76	Metro South	9.52m	14.78m 63.94%
2 McMullen, Bill	M76	Gold Coast	8.97m	13.92m 60.24%
3 Andalis, Chris	M76	Gold Coast	7.67m	11.90m 51.51%

**Event 12 M80 Shot Put**

Name	Age	Team	Finals	Age-Grading
1 Dauphinet, Maurice	M83	Gold Coast	7.62m	13.40m 57.99%
2 Rann, Charlie	M82	Gold Coast	7.09m	11.97m 51.79%
3 Pieters, Frank	M81	Gold Coast	5.61m	9.08m 39.29%

**Event 12 M90 Shot Put**

Name	Age	Team	Finals	Age-Grading
1 Vickers, Ted	M90	Metro North	5.92m	14.53m 62.85%

**Event 13 W30 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Venema, Anne	W31	Metro North	31.81	-3.1	31.81 67.09%	2

**Event 13 W40 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading
1 Brims, Julie	W43	Metro South	26.92	-0.9	24.50 87.11%

**Event 13 W45 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Lakin, Karen	W46	Gold Coast	32.20	-3.1	28.27 75.50%	2
2 Lochlin, Martha	W45	Gold Coast	34.94	-0.4	31.02 68.80%	4

**Event 13 W50 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Quinn, Denise	W53	Sunshine Coast	36.70	-0.4	29.79 71.63%	4
2 Lawlor, Anne-Marie	W53	Gold Coast	39.09	-0.4	31.73 67.26%	4

**Event 13 W55 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Bell, Julie	W59	Gold Coast	35.32	-2.4	26.92 79.30%	3

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****Event 13 W60 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 McDonnell, Hazel	W62	Metro South	34.17	-2.4	25.28 84.43%	3
2 Hampson, Jean	W64	Metro South	36.29	-2.4	26.32 81.10%	3
3 Davey, Irene	W62	Metro South	36.65	-0.4	27.11 78.72%	4

**Event 13 W75 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Abrahams, Sheila	W75	Gold Coast	2:08.75	-0.4	1:24.37 25.30%	4

**Event 13 M29&U 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading
1 McMahan, Aaron	M29	Unattached	X23.91	-0.9	23.91 80.80%

**Event 13 M30 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading
1 Venema, Travis	M34	Metro North	24.13	-0.9	23.46 82.39%
2 Witelus, Rafal	M33	Metro South	24.15	-0.9	23.67 81.61%

**Event 13 M45 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading
1 Bruce, Craig	M46	Metro North	27.11	-0.9	24.06 80.34%
2 McInnes, Callum	M48	Metro South	28.89	-0.9	25.27 76.46%

**Event 13 M55 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Begley, Joe	M55	Metro North	26.73	-0.9	22.26 86.83%	1
2 Reisenleiter, Robin	M59	South Queensland	27.30	-0.9	22.13 87.33%	1
3 Manefield, Neil	M55	Gold Coast	29.53	-3.1	24.59 78.60%	2

**Event 13 M60 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Burttt, Don	M64	Metro Central	31.55	-3.1	24.75 78.07%	2
2 Chaplain, Paul	M60	Gold Coast	32.73	-2.4	26.35 73.33%	3

**Event 13 M65 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Lester, John	M67	Gold Coast	30.10	-3.1	23.09 83.69%	2
2 Turner, Fred	M68	Gold Coast	30.11	-3.1	22.92 84.32%	2

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****Event 13 M70 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Rogers, Ivan	M71	Ashgrove Rangers	36.01	-2.4	26.56 72.76%	3
2 Berry, Peter	M74	Coastal South	39.86	-0.4	28.06 68.87%	4

**Event 13 M75 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Garvey, Noel	M75	Metro North	33.32	-3.1	23.08 83.73%	2

**Event 13 M80 200 Metre**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Dauphinet, Maurice	M83	Gold Coast	39.74	-0.4	23.65 81.71%	4

**Event 14 W45 Shot Put**

Name	Age	Team	Finals	Age-Grading
1 Bateson, Lynda	W46	Ashgrove Rangers	6.42m	8.67m 38.33%

**Event 14 W50 Shot Put**

Name	Age	Team	Finals	Age-Grading
1 Pronk, Joanne	W53	Metro North	9.20m	13.46m 59.51%
2 Emerson, Donna	W52	Gold Coast	8.70m	12.50m 55.27%

**Event 14 W55 Shot Put**

Name	Age	Team	Finals	Age-Grading
1 Plasto, Cheryl	W58	Unattached	X4.52m	7.28m 32.17%

**Event 14 W60 Shot Put**

Name	Age	Team	Finals	Age-Grading
1 Sheaves-Doran, Wendy	W60	Gold Coast	7.58m	12.72m 56.23%

**Event 14 W65 Shot Put**

Name	Age	Team	Finals	Age-Grading
1 Holdsworth, Adrienne	W65	Gold Coast	6.60m	12.37m 54.68%
2 Birtwell, Lorraine	W66	Metro North	6.45m	12.38m 54.71%

**Event 14 W70 Shot Put**

Name	Age	Team	Finals	Age-Grading
1 Searle, Helen	W70	Gold Coast	9.37m	19.88m 87.90%

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****....Event 14 W70 Shot Put**

2 Jenkins, Eunice	W71 Gold Coast	6.47m	14.10m	62.33%
-------------------	----------------	-------	--------	--------

**Event 14 W75 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Doherty, Heather	W76 Metro Central	7.77m	19.60m 86.62%

**Event 14 W100 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Frith, Ruth	W100 Gold Coast	3.96m	40.94m180.82%

**Event 15 M40 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Haworth, Darron	M40 Qma	X47.99m	47.99m 64.78%

**Event 15 M45 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 McInnes, Callum	M48 Metro South	19.99m	22.24m 30.03%

**Event 15 M55 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Teys, Peter	M57 Gold Coast	32.32m	37.32m 50.39%
2 Chapman, Grant	M59 Gold Coast	24.63m	29.98m 40.48%

**Event 15 M65 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Quinn, Don	M65 Metro North	35.25m	44.11m 59.54%

**Event 15 M70 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Selvey, Warwick	M70 Gold Coast	36.65m	51.77m 69.89%
2 Rose, Ray	M74 Gold Coast	23.55m	37.08m 50.06%
3 Rogers, Ivan	M71 Ashgrove Rangers	20.58m	29.84m 40.28%
4 Smith, Bernie	M72 Coastal South	16.78m	24.99m 33.74%

**Event 15 M75 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 McMullen, Bill	M76 Gold Coast	27.79m	46.43m 62.69%
2 Ropelin, Arvo	M76 Metro South	24.29m	40.59m 54.79%

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****....Event 15 M75 Discus Throw**

3 Andalis, Chris	M76	Gold Coast	21.71m	36.27m	48.97%
------------------	-----	------------	--------	--------	--------

**Event 15 M80 Discus Throw**

Name	Age	Team	Finals	Age-Grading
1 Rann, Charlie	M82	Gold Coast	19.88m	40.66m 54.89%
2 Pieters, Frank	M81	Gold Coast	14.37m	28.33m 38.25%

**Event 15 M90 Discus Throw**

Name	Age	Team	Finals	Age-Grading
1 Vickers, Ted	M90	Metro North	9.59m	27.96m 37.76%

**Event 16 W30 400 Metre**

Name	Age	Team	Finals	Age-Grading	H#
1 Venema, Anne	W31	Metro North	1:10.53	1:10.53 67.49%	2

**Event 16 W40 400 Metre**

Name	Age	Team	Finals	Age-Grading	H#
1 Brims, Julie	W43	Metro South	1:05.98	57.98 82.10%	1
2 Brown, Petrina	W41	Gold Coast	1:10.66	1:03.40 75.08%	4

**Event 16 W45 400 Metre**

Name	Age	Team	Finals	Age-Grading	H#
1 Lakin, Karen	W46	Gold Coast	1:11.79	1:01.16 77.84%	2
2 Bateson, Lynda	W46	Ashgrove Rangers	1:23.54	1:11.16 66.89%	2
3 Lochlin, Martha	W45	Gold Coast	1:34.44	1:21.24 58.60%	4

**Event 16 W50 400 Metre**

Name	Age	Team	Finals	Age-Grading	H#
1 Lawlor, Anne-Marie	W53	Gold Coast	1:36.00	1:16.39 62.31%	3

**Event 16 W55 400 Metre**

Name	Age	Team	Finals	Age-Grading	H#
1 Bell, Julie	W59	Gold Coast	1:25.29	1:04.22 74.12%	4

**Event 16 W60 400 Metre**

Name	Age	Team	Finals	Age-Grading	H#
1 Sheaves-Doran, Wendy	W60	Gold Coast	1:20.82	1:00.30 78.95%	4
2 Hampson, Jean	W64	Metro South	1:24.54	1:00.92 78.14%	3

**QMA InterRegional Dec 05 - 5/12/2009****HeatherDoherty Shield****Gold Coast Venue Griffith Uni Southport****Results - Saturday December 05 - Age Grading: 1 Yr Indiv & 5 yr Multi****....Event 16 W60 400 Metre**

3	McDonnell, Hazel	W62	Metro South	1:26.20	1:03.22	75.30%	3
4	Davey, Irene	W62	Metro South	1:28.36	1:04.80	73.46%	3

**Event 16 M45 400 Metre**

Name	Age	Team	Finals	Age-Grading	H#
1 Bruce, Craig	M46	Metro North	1:02.60	56.11 76.96%	1
2 McInnes, Callum	M48	Metro South	1:09.06	1:01.05 70.74%	2

**Event 16 M50 400 Metre**

Name	Age	Team	Finals	Age-Grading	H#
1 Walke, Rod	M50	Metro North	1:09.97	1:01.00 70.79%	4

**Event 16 M55 400 Metre**

Name	Age	Team	Finals	Age-Grading
1 Manefield, Neil	M55	Gold Coast	1:03.43	53.50 80.72%
2 Reeves, Peter	M56	South Queensland	1:04.94	54.42 79.35%

**Event 16 M60 400 Metre**

Name	Age	Team	Finals	Age-Grading	H#
1 Burttt, Don	M64	Metro Central	1:09.48	55.35 78.02%	1
2 Chaplain, Paul	M60	Gold Coast	1:16.18	1:02.21 69.41%	3

**Event 16 M65 400 Metre**

Name	Age	Team	Finals	Age-Grading	H#
1 Lester, John	M67	Gold Coast	1:11.47	54.87 78.70%	2

**Event 16 M75 400 Metre**

Name	Age	Team	Finals	Age-Grading	H#
1 Garvey, Noel	M75	Metro North	1:18.11	51.89 83.22%	3