

**AMA NATIONAL POSTAL RELAY CHAMPIONSHIPS - 09
FIELD RELAYS**

AGE GRP	EVENT		Distance		PLACE				
HAMMER RELAY - MEN									
30-39	MAWA	Chris Neale	18.85	Mark Hamilton	31.36	Andrew Plackett	20.77	70.98	1
50-59	VMA	Tom Hancock	24.37	Ken Priestley	29.67	Roger Glass	43.48	97.52	1
	ACTMA	Geoff Crumpton	39.96	John Parker	28.74	Peter Shumack	26.85	95.55	2
60-69	VMA	Graeme Rose	44.76	David Wookey	32.19	Peter Young	27.28	104.23	1
SHOT PUT RELAY - MEN									
30-39	MAWA	Mark Hamilton	11.14	Kevin Webster	9.99	Mick Adams	9.02	30.15	1
50-59	NSWMA	Gavin Murray	11.87	Lajos Joni	10.86	Andrew Atkinson-Howatt	10.78	33.51	1
	ACTMA	Geoff Crumpton	11.53	Peter Shumack	10.81	John Parker	9.24	31.58	2
	VMA	Clyde Riddoch	8.25	Roger Glass	10.70	Peter Young	10.05	29.00	3
60-69	QMA	Peter Kennedy	10.65	Rod Dominish	7.70	Guy Quarterman	9.65	28.00	1
	VMA	Graeme Rose	11.46	David Wookey	8.95	George Christodoulou	6.36	26.77	2
	ACTMA	Ray Green	10.42	Tim Gulliver	7.87	Robin Whyte	6.97	25.26	3
70-79	ACTMA	George Mencik	10.95	Colin Robbie	9.99	Peter Neill	8.42	29.36	1
DISCUS RELAY - MEN									
30-39	QMA	Darron Haworth	50.82	Rod Franke	31.50	Graham Scully	23.95	106.27	1
40-49	MAWA	Kevin Webster	25.76	Ian Cotton	28.62	Andrew Plackett	21.81	76.19	1
50-59	NSWMA	Andrew Atkinson-Howatt	36.64	Lajos Joni	31.70	Gavin Murray	34.70	103.04	1
	VMA -2	Clyde Riddoch	31.31	Graeme Rose	31.35	Peter Young	32.77	95.43	2
	ACTMA	Geoff Crumpton	32.93	Peter Shumack	32.73	John Parker	29.76	95.42	3
	VMA-1	Tom Hancock	28.94	Roger Glass	30.88	Tas Maniatakis	23.97	83.79	4
	MAWA	Mike O'Reilly	16.40	Mick Adams	29.08	Damien Hanson	21.18	66.66	5
60-69	ACTMA	Ray Green	38.76	Kevin Blewett	25.98	Brian Thomas	20.09	84.83	1
	QMA	Peter Kennedy	28.55	Rod Dominish	24.62	Guy Quarterman	31.07	84.24	2
	VMA	David Wookey	24.26	George Christodoulou	18.97	Victor Naismith	22.28	65.51	3
70-79	ACTMA	George Mencik	28.22	Colin Robbie	30.53	Atila Spaits	25.76	84.51	1

LONG JUMP RELAY - MEN

50-59	MAWA	Campbell Till	4.88	Damien Hanson	4.11	David Clive	4.70	13.69	1
	QMA	Geoff Bramley	3.98	Peter Herbst	3.83	Allan Cameron	4.30	12.11	2
60-69	QMA	Viddy Jermacans	4.36	Peter Kennedy	4.55	Vasyl Shuter	3.73	12.64	1
70-79	QMA	Bernie Smith	3.11	Ivan Rogers	2.51	Russell Grigg	2.19	7.81	1

HAMMER RELAY - WOMEN

30-39	MAWA	Anne Travis	13.96	Toni Phillips	13.20	Karen Eastwood	12.94	40.10	1
40-49	ACTMA	Jayne Hardy	36.72	Jan Banens	29.01	Raylea Rudov	23.97	89.70	1
	VMA	Linda Buttigieg	31.42	Jenny Baldwin	20.34	Chris Bridle	26.39	78.15	2
50-59	MAWA	Clara Ward	14.46	Bev Hamilton	22.45	Lynne Schickert	12.18	49.09	1
60-69	VMA	Astrid Rose	26.74	Lorraine Mussett	18.45	Tina Lebb	9.13	54.32	1

SHOT PUT RELAY - WOMEN

30-39	NSWMA	Lynette Smith	10.21	Melissa Bonsel	10.10	Shannon Kavanagh	9.69	30.00	1
40-49	VMA-1	Linda Buttigieg	7.60	Jenny Baldwin	8.03	Chris Bridle	7.32	22.95	1
	ACTMA	Jayne Hardy	9.22	Jan Banens	6.65	Raylea Rudov	6.63	22.50	2
	VMA-2	Astrid Rose	6.14	Kristin Henricks	6.90	Jo Molnar	5.49	18.53	3
50-59	MAWA	Rose Holloway	5.69	Lynne Schickert	4.82	Bev Hamilton	8.98	19.49	1
60-69	ACTMA	Margaret Taylor	7.31	Jen Bourke	6.23	Trish Thomas	5.89	19.43	1

DISCUS RELAY - WOMEN

30-39	NSWMA	Melissa Bonsel	28.43	Shannon Kavanagh	23.19	Lynette Smith	34.60	86.22	1
	MAWA	Michelle Thomas	13.89	Karen Eastwood	17.78	Bev Hamilton	20.03	51.70	2
40-49	VMA-1	Judy Pfanner	35.98	Astrid Rose	18.11	Lorraine Mussett	15.02	69.11	1
	VMA-2	Linda Buttigieg	18.80	Jenny Baldwin	26.65	Kristin Henricks	20.83	66.28	2
	ACTMA	Jayne Hardy	33.69	Sharon Allan	14.14	Tanyer Colyer	11.03	58.86	3
	QMA	Glenys Whitehead	20.85	Patsy Waters	18.84	Heather Doherty	18.13	57.82	4
50-59	MAWA	Rose Holloway	16.01	Clara Ward	15.26	Lynne Schickert	10.86	42.13	1
60-69	ACTMA	Raylea Rudov	19.32	Jen Bourke	17.24	Margaret Taylor	16.82	53.38	1

LONG JUMP RELAY - WOMEN

60-69 MAWA Peggy Macliver 3.43 Bev Hamilton 2.40 Lynne Schickert 2.52 8.35 1

**AMA NATIONAL POSTAL RELAY CHAMPIONSHIPS - 09
TRACK EVENTS**

AGE GRP	TEAM	EVENT				Time	PLACE
4 X 100 METRES - MEN							
30-39	MAWA	Kim Thomas	Corey Thomas	Colin Smith	Lee Stergiou	51.60	1
40-49	SAMA	Greg Fopp	Michael Cassidy	Robert Samarcq	Mark Donovan	48.49	1
	TMA	Geoff Langdon	Jon Doole	Alan Coleman	Greg Mann	51.50	2
	MAWA	Campbell Till	Roy Fearnall	Ian Cotton	Pieter de Klerk	54.20	3
50-59	VMA	Michael Richards	Ashley Ryan	Stuart Handasyde	Murray Hutchison	63.00	1
60-69	MAWA	Norm Richards	Mike O'Reilly	Barrie Kernaghan	Bob Schickert	58.60	1
	VMA	Ron Arthur	David Nobbs	Andrew Fraser	Alan Lucas	64.90	2
70-79	NSWMA	Charles Hobden	Richard Hughes	Morris David	Brian Hamilton	65.20	1
	VMA	Leo Coffey	John Mathew	Hawley Thomas	Edmund Stack	81.30	2
4 X 400 METRES - MEN							
30-39	MAWA	Kim Thomas	Ross Keane	Corey Thomas	Chris Neale	4m 07.1s	1
40-49	MAWA	Colin Smith	Andrew Brooker	Ian Cotton	Pieter de Klerk	3m 54.9s	1
	SAMA	Greg Fopp	Michael Cassidy	Robert Samarcq	Mark Donovan	3m 59.0s	2
	TMA	Alan Coleman	Jon Doole	Barry Zeitzen	Eric Lockett	4m 38.6s	3
	QMA	John Treschman	John Crook	Colin Buyers	Alf Lakin	4m 47.77s	4
50-59	SAMA	Brett Stokes	Alex Jefferies	Chris Johns	Ross Hill-Brown	4m 19.0s	1
60-69	MAWA	Barrie Kernaghan	David Carr	Bruce Wilson	Bob Schickert	4m 47.0s	1
4 X 800 METRES - MEN							
30-39	MAWA	Kim Thomas	Paul Burke	Ross Keane	Chris Neale	9m 41.0s	1
	QMA	Jason Burt	Brendan Whelan	James Bell	Gary Denman	10m 07.16s	2
40-49	MAWA	John Collier	Mark Dawson	Ian Cotton	Pieter de Klerk	9m 13.0s	1
50-59	MAWA	Campbell Till	Pete Sullivan	Duncan McAuley	Paul Hughes	9m 42.6s	1
	ACTMA	John Morton	Colin Heywood	Michael Leahey	Ken White	9m 47.99s	2
	ACTMA	Nigel Coldrick	Ian Harris	Roger Pilkington	Ken Smith	11m 46.58s	3
60-69	QMA	Alan Bradford	John Sheer	Erkki Ryhanen	Sean Ryan	10m 41.27s	1
	MAWA	Bruce Wilson	Ivan Brown	Bob Schickert	David Carr	11m 02.3s	2
	TMA	Bob Robertson	Mike Walker	Alan Coleman	Mike Stevenson	11m 35.8s	3
70-79	ACTMA	Roger Abbott	Michael Freer	Bob Chapman	Tony Booth	13m 43.70s	1
	MAWA	Cecil Walkley	Bob Hayres	Stan Lockwood	Irwin Barrett-Lennard	16m 04.5s	2

4 X 800 M WALK - MEN

30-39	MAWA	David Smyth	Tom Lenane	Bruce Wilson	Peter Hopper	18m 11.2s	1
50-59	VMA	Simon Baker	Tim Erickson	Clyde Riddoch	Paul Kennedy	14m 25.85s	1
60-69	VMA	Alan Lucas	Terry Dunn	Russ Dickenson	Ralph Bennett	16m 40.04s	1
70-79	MAWA	Jeff Whittam	Ray Hall	Bob Fergie	Stan Jones	22m 57.9s	1

4 X 100 METRES - WOMEN

30-39	MAWA	Melissa Young	Carol Bowman	Sarah Ladwig	Michelle Thomas	69.80	1
40-49	NSWMA	Suzanne Brown	Jane Boyd	Sue Gore	Cris Penn	59.40	1
	MAWA	Peggy Macliver	Delia Baldock	Kerriann Bresser	Valetta Boddy	60.80	2
	SAMA	Patricia McHendrie	Bonita Kurtz	Ann Jeffries	Heather Grealy	62.78	3
60-69	MAWA	Gillian Young	Lynne Schickert	Valerie Millard	Patricia Carr	76.30	1

4 X 400 METRES - WOMEN

30-39	MAWA	Kerriann Bresser	Simone Soloman	Delia Baldock	Toni Phillips	4m 48.3s	1
	QMA	Anne Venema	Jodie Schubert	Karen Lakin	Irene Davey	5m 05.40s	2
40-49	SAMA	Patricia McHendrie	Bonita Kurtz	Lyn Peake	Heather Grealy	5m 31.0s	1
50-59	MAWA	Carol Bowman	Valerie Millard	Lynne Schickert	Sarah Ladwig	6m 41.3s	1
60-69	MAWA	Gillian Young	Shirley Bell	Jackie Halberg	Peggy Macliver	5m 24.5s	1

4 X 800 METRES - WOMEN

30-39	MAWA	Toni Phillips	Simone Soloman	Kerriann Bresser	Delia Baldock	11m 29.8s	1
40-49	TMA	Debbie Crawford	Sharon Coad	Carolyn Davis	Francesca Smith	10m 39.0s	1
	QMA	Petrina Brown	Glenda Banaghan	Julie Brims	Jeanette Flynn	10m 46.73s	2
	NSWMA	Karen Petley	Jane Boyd	Sue Gore	Cris Penn	10m 54.9s	3
	ACTMA	Kerrie Tanner	Katie Forestier	Amanda Walker	Zeller Jane	11m 02.30s	4
50-59	ACTMA	Cathy Montalto	Noelene Burden	Maureen Rossiter	Kathy Sims	13m 09.36s	1
	MAWA	Carol Bowman	Margaret Saunders	Sarah Ladwig	Theresa Howe	13m 30.8s	2
60-69	MAWA	Gillian Young	Peggy Macliver	Jackie Halberg	Shirley Bell	12m 36.6s	1

4 X 800 M WALK - WOMEN

40-49	VMA	Donna Elms	Gayle McIntyre	Pam Tindal	Kerrin Braithwaite	17m 01.54s	1
50-59	VMA	Alison Thompson	Janet Holmes	Heather Carr	Marlene Gourlay	16m 20.44s	1
	MAWA	Elaine Dance	Rose Holloway	Lynne Schickert	Valerie Millard	21m 03.5s	2
60-69	VMA	Liz Feldman	Gwen Steed	Jan Morrey	Sylvia Machin	18m 47.67s	1
	MAWA	Dorothy Whittam	Michele Mison	Lorna Lauchlan	Lesley Romeo	24m 08.7s	2
70-79	VMA	Maureen Seedsman	Nancy Wallace	Shirley Coppock	Margaret Beaumont	24m 34.46s	1