

**AMA NATIONAL POSTAL RELAY CHAMPIONSHIPS - 2010
FIELD RELAYS**

AGE GROUP	TEAM	EVENT					Distance	PLACE	
HAMMER RELAY - MEN									
40-49	VMA	Russell Devine	52.29	Roger Glass	36.90	Graeme Rose	34.26	123.45	1
50-59	MAWA	Tom Gravestock	38.60	Lajos Joni	41.11	John Everard	41.92	121.63	1
	NSW-1	Peter Reed	38.05	Robert Hanbury-Brown	35.26	Gavin Murray	32.44	105.75	2
	NSW-2	Peter Lang	31.68	Mark Cepak	31.80	Simon Butler-White	32.40	95.88	3
	QMA	Ray Richardson	24.86	Grant Chapman	25.01	Ganga Prasad	14.57	64.44	4
60-69	QMA	Jim Stammers	32.93	Mills Lafferty	31.55	Don Quinn	30.93	95.41	1
	VMA	David Wookey	24.00	Billy Binks	29.26	Ken Priestley	35.06	88.32	2
70-79	NSW	Ron Simcock	38.04	Bob Newey	31.87	Brett Sowerby	28.31	98.22	1
	ACTVAC	Don Chambers	29.44	Kevin Blewitt	38.35	Col Robbie	25.60	93.39	2
80-89	VMA	Harry Wynhoven	28.16	Milton Ballantyne	18.28	Colin Murray-Lee	29.15	75.59	1
SHOT PUT RELAY - MEN									
40-49	VMA	Russell Short	13.98	Roger Glass	9.37	Graeme Rose	10.03	33.38	1
	NSW	Peter Reid	10.71	Phil Frkovic	11.79	Jodie Gibbins	7.78	30.28	2
	ACTVAC	Bruce Hoogendoorn	7.04	John Donovan	7.50	Brian Duval	8.75	23.29	3
50-59	MAWA	Tom Gravestock	11.67	Lajos Joni	11.25	Craig van Waardenberg	10.26	33.18	1
	NSW-1	Anthony Baker	11.05	Robert Hanbury-Brown	10.97	Gavin Murray	10.91	32.93	2
	NSW-2	Graeme Mell	10.77	Andrew Atkinson-Howatt	10.24	Mark Cepak	10.14	31.15	3
	ACTVAC	John Parker	9.21	Peter Shumack	11.31	Duncan Macnicol	8.83	29.35	4
	NSW-3	Keith James	10.10	Simon Butler-White	10.03	Peter Lang	8.24	28.37	5
	VMA	Clyde Riddoch	7.84	David Wookey	8.01	Don Chambers	8.05	23.90	6
	QMA	Ray Richardson	7.83	Grant Chapman	8.38	Ganga Prasad	7.05	23.26	7
60-69	QMA	Peter Clark	10.72	Don Quinn	10.79	Guy Quarterman	9.86	31.37	1
	ACTVAC	Ray Green	11.07	Robin Whyte	6.51	Tim Gulliver	6.89	24.47	2
70-79	NSW-1	Ron Simcock	11.11	Rocky Wijesinghe	10.85	Brett Sowerby	9.47	31.43	1
	QMA	Arvo Ropelin	9.44	Bill McMullen	8.09	Ken Daniels	7.96	25.49	2
	NSW-2	Gregor Nicol	7.47	James Soutar	6.6	Bob Newey	8.47	22.54	3
80-89	VMA	Harry Wynhoven	8.50	Milton Ballantyne	6.64	Colin Murray-Lee	9.05	24.19	1

	QMA	Maurice Dauphinet	6.89	Russell Grigg	6.15	Ted Vickers	4.41	17.45	2
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DISCUS RELAY - MEN

40-49	VMA	Russell Short	41.08	Clyde Riddoch	26.68	Roger Glass	26.31	94.07	1
	NSW	Phil Frkovic	35.30	Jodie Gibbins	20.72	Matt Stenning	25.42	81.44	2
	ACTVAC	John Donovan	21.16	William Barker	22.06	Peter Baker	26.70	69.92	3

50-59	NSW-1	Andrew Atkinson-Howatt	37.40	Gavin Murray	36.49	Graeme Mell	35.95	109.84	1
	NSW-2	Robert Hanbury-Brown	34.35	Keith James	35.08	Simon Butler-White	32.46	101.89	2
	MAWA	Tom Gravestock	36.29	Lajos Joni	36.16	Craig van Waardenberg	27.92	100.37	3
	ACTVAC	Duncan Macnicol	31.48	John Parker	29.68	Peter Shumack	33.98	95.14	4
	NSW-3	Peter Lang	29.24	Anthony Baker	29.02	Daryl Ellis	23.66	81.92	5
	QMA	Ganga Prasad	20.72	Ray Richardson	24.12	Grant Chapman	24.28	69.12	6

60-69	QMA	Peter Clark	35.67	Don Quinn	35.9	Guy Quarterman	29.27	100.84	1
	VMA	Graeme Rose	39.42	David Wookey	22.53	Billy Binks	26.12	88.07	2
	ACTVAC	Robin Whyte	24.40	Greg Stretton	26.97	Robert Kennelly	16.60	67.97	3

70-79	NSW	Ron Simcock	31.00	Rocky Wijesinghe	29.93	Brett Sowerby	30.94	91.87	1
	QMA	Warwick Selvey	35.98	Arvo Ropelin	26.51	Bill McMullen	27.67	90.16	2
	ACTVAC	Col Robbie	28.19	Kevin Blewitt	30.88	Attila Spaits	29.56	88.63	3
	VMA	Don Chambers	20.08	George Christodoulou	19.53	George Simons	17.98	57.59	4

80-89	VMA	Harry Wynhoven	21.74	Milton Ballantyne	15.94	Colin Murray-Lee	25.00	62.68	1
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LONG JUMP RELAY - MEN

30-39	QMA	Richard Rodgers	5.67	Travis Venema	5.44	Callum McInnes	4.44	15.55	1
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40-49	MAWA	Chris Neale	5.77	Damien Hanson	3.95	Murray Talbert	4.56	14.28	1
	ACT	Brian Duval	5.19	Bruce Hoogendoorn	4.27	John Donovan	3.55	13.01	2

50-59	NSW-1	Graeme Mell	5.39	Gavin Murray	4.91	Daryl Ellis	4.79	15.09	1
	MAWA	David Wyatt	4.70	Campbell Till	4.73	David Clive	4.66	14.09	2
	NSW-2	Noel Peters	4.65	Simon Butler-White	4.46	Robert Hanbury-Brown	4.35	13.46	3
	QMA	Geoff Bramley	3.75	Vasyl Shuter	3.49	Fred Turner	3.73	10.97	4

60-69	QMA	Peter Kennedy	4.40	Viddy Jermacans	4.21	Harry Giles	4.45	13.06	1
	ACT	John Lamb	4.63	Garry Maher	3.55	Jim White	3.30	11.48	2

70-79	VMA	Max Brook	3.66	Don Chambers	4.05	Graeme Noden	4.25	11.96	1
	QMA	Ken Daniels	3.65	Bernie Smith	3.03	Maurice Dauphinet	2.74	9.42	2

**AMA NATIONAL POSTAL RELAY CHAMPIONSHIPS - 2010
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AGE GROUP	TEAM	EVENT					Distance	PLACE	
HAMMER RELAY - WOMEN									
30-39	NSW	Tatiana Sudarikova	31.55	Melissa Bonser	30.7	Lynette Smith	31.59	93.84	1
	QMA	Mao Sautia	19.40	Leonie Foster	19.89	Donna Beikoff	11.65	50.94	2
40-49	ACTVAC	Jayne Hardy	37.55	Jan Banens	28.00	Raylea Rudov	23.59	89.14	1
	VMA	Linda Buttigieg	37.58	Jo Molnar	19.27	Chris Bridle	26.09	82.94	2
	NSW	Lisa Mumberson	27.70	Frances Perry	21.71	Pam Mountfield	23.00	72.41	3
	MAWA	Louise Oswald	23.22	Bev Hamilton	18.60	Julie Plackett	20.30	62.12	4
50-59	NSW-1	Jill Taylor	34.39	Denise Palmer	33.62	Vicki Clement	26.34	94.35	1
	NSW-2	Kerrie Jones	23.02	Adriana van Bockel	21.21	Jillian Senior	21.64	65.87	2
60-69	VMA	Rhondda Dundas	31.18	Astrid Rose	25.71	Lorraine Mussett	20.03	76.92	1
	QMA	Lorraine Birtwell	19.74	Adrienne Holdsworth	15.91	Eunice Jenkins	19.94	55.59	2
SHOT PUT RELAY - WOMEN									
30-39	NSW	Tatiana Sudarikova	10.31	Melissa Bonser	9.65	Lynette Smith	9.56	29.52	1
	QMA	Roselyn Franke	6.96	Camille Harvey	8.72	Judy Jennings	6.44	22.12	2
40-49	VMA	Linda Buttigieg	7.70	Jenny Baldwin	7.66	Jodi Willis Roberts	9.35	24.71	1
	NSW	Wendy Hord	7.55	Pam Mountfield	9.57	Lisa Mumberson	6.59	23.71	2
	MAWA	Julie Plackett	7.00	Bev Hamilton	7.60	Louise Oswald	8.11	22.71	3
	ACTVAC	Jayne Hardy	9.66	Jan Banens	6.52	Raylea Rudov	6.48	22.66	4
	QMA	Leonie Foster	6.77	Lynda Bateson	6.74	Donna Beikoff	5.85	19.36	5
50-59	QMA	Joanne Pronk	9.20	Dianne Alderman	8.83	Donna Emerson	8.17	26.20	1
	NSW-1	Jill Taylor	8.89	Denise Palmer	8.96	Kerrie Jones	6.66	24.51	2
	NSW-2	Adriana Van Bockel	5.54	Jillian Senior	6.18	Karen Jones	5.04	16.76	3
60-69	VMA	Rhondda Dundas	8.86	Astrid Rose	7.02	Lorraine Mussett	5.90	21.78	1
	QMA	Lorraine Birtwell	6.89	Adrienne Holdsworth	6.76	Janette Turner	6.65	20.30	2

DISCUS RELAY - WOMEN

30-39	NSW	Lynette Smith	27.92	Tatiana Sudarikova	25.81	Melissa Bonser	20.58	74.31	1
40-49	VMA-1	Linda Buttigieg	25.87	Jenny Baldwin	25.55	Jodi Willis Roberts	31.77	83.19	1
	NSW	Pam Mountfield	35.27	Wendy Hord	18.52	Frances Perry	21.13	74.92	2
	VMA-2	Judy Pfanner	32.72	Astrid Rose	17.90	Val Worrell	18.41	69.03	3
	MAWA	Louise Oswald	27.41	Bev Hamilton	20.99	Simone Solomon	14.95	63.35	4
	QMA	Leonie Foster	16.57	Phyllis Kwok	20.63	Lynda Bateson	18.15	55.35	5
50-59	QMA	Donna Emerson	24.36	Lorraine Birtwell	21.33	Heather Doherty	18.93	64.62	1
	NSW-1	Jill Taylor	23.23	Denise Palmer	23.71	Adriana van Bockel	16.56	63.50	2
	ACTVAC	Noeline Burden	16.29	Maureen Rossiter	14.53	Vicki Matthews	18.24	49.06	3
	NSW-2	Jillian Senior	14.67	Kerrie Jones	15.43	Joyce Schmidt	14.85	44.95	4
	MAWA	Peggy Macliver	17.35	Carol Bowman	12.10	Lynne Schickert	10.45	39.90	5
60-69	ACTVAC	Jan Banens	19.00	Margaret Taylor	16.02	Raylea Rudov	17.83	52.85	1

LONG JUMP RELAY - WOMEN

30-39	MAWA	Melissa Foster	4.60	Michelle Thomas	3.02	Simone Solomon	3.72	11.34	1
	QMA	Roselyn Franke	3.56	Camille Harvey	3.22	Donna Beikoff	2.91	9.69	2
50-59	QMA	Donna Emerson	3.45	Jean Hampson	3.14	Marge Allison	3.19	9.78	1
60-69	ACT	Margaret Taylor	4.02	Val Chesterman	2.53	Consie Lamour	2.38	8.93	1
	MAWA	Lynne Schickert	2.29	Peggy Macliver	3.55	Sarah Ladwig	2.82	8.66	2

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TRACK EVENTS**

AGE GRP	TEAM	EVENT				Time	PLACE
4 X 100 METRES - MEN							
30-39	ACTVAC	Simon Carmichael	Mark Rossiter	Robert Gerrard	Leo Kennedy	47.64s	1
	MAWA	Corey Thomas	Kim Thomas	Paul Burke	Chris Neale	51.60s	2
40-49	SAMA	Cameron White	Michael Cassidy	Robert Samarcq	Mark Donovan	49.11s	1
	QMA	Ian McLean	Callum McInnes	Craig Bruce	Joe Begley	50.10s	2
	TMA	Alan Coleman	John Doole	Greg Mann	Paul Tucker	51.50s	3
	MAWA	David Cane	David Solomon	Ian Cotton	Grant Schofield	53.20s	4
	NSWMA	Daryl Ellis	John van Stoppen	Jodie Gibbins	Bruce Steele	57.70s	5
50-59	QMA	Kevin Davis	Ian Malouf	Geoff Bramley	Hugh Bristow	53.54s	1
	SAMA	David Mutton	Chris Johns	Ross Hill-Brown	Brett Stokes	54.51s	2
	MAWA	Nick Miletic	Steve Fuller	John Dennehy	Damien Hanson	58.60s	3
	VMA	Ashley Ryan	Stuart Handasyde	Peter Dodgshun	Kevin Bates	61.42s	4
60-69	ACTVAC	John Lamb	Garry Maher	Geoff Sims	Jim White	53.63s	1
	QMA	Harry Giles	Robin Reisenleiter	Viddy Jermacans	Alf Lakin	55.62s	2
	TMA	Mick Stevenson	Ian Cole	John Ingram	Eric Lockett	61.40s	3
	MAWA	Roy Fearnall	Barrie Kernaghan	Bob Schickert	Maurice Creagh	63.00s	4
70-79	VMA	Graeme Noden	Max Brook	Russ Oakley	Don Chambers	58.10	1
	MAWA	Norm Richards	David Carr	David Clive	Tom Crossen	62.40s	2
4 X 400 METRES - MEN							
30-39	MAWA	Kim Thomas	Dante Giacomini	Colin Smith	Chris Neale	4m 18.8s	1
40-49	SAMA	Cameron White	Michael Cassidy	Robert Samarcq	Mark Donovan	4m 01.0s	1
	TMA	Alan Coleman	Mick Stevenson	Greg Mann	Paul Tucker	4m 25.8s	2
	QMA	Scott Eisentrager	Rod Walke	Ian Malouf	Paul Chaplain	4m 49.40s	3
	VMA	Frank Pignataro	Gerald Burke	Andrew Fraser	Eddy Stack	6m 16.0s	4
50-59	MAWA	Steve Fuller	Alan Gower	Garry Ralston	Campbell Till	4m 05.3s	1
	ACTVAC	Ken Smith	Ken White	Rod Lynch	Gary Bowen	4m 28.65s	2
	VMA	Ashley Ryan	Stuart Handasyde	Peter Dodgshun	Kevin Bates	4m 35.0s	3
	SAMA	Allan Mayfield	David Mutton	Gary Zeuner	Hayden Harrell	4m 42.0s	4
60-69	ACTVAC	John Lamb	Jim White	Garry Maher	Geoff Sims	4m 16.81s	1
	MAWA	Barrie Kernaghan	Roy Fearnall	David Carr	Duncan McAuley	4m 30.7s	2
80-89	MAWA	Vic Beaumont	Stan Lockwood	Cecil Walkley	Irwin Barrett-Lennard	7m 11.0s	1

ACTVAC	Merv Collins	John Burns	Michael Freer	Rad Leovic	7m 33.82s	2
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4 X 800 METRES - MEN

30-39	MAWA	Scott Tamblin	Corey Thomas	Kim Thomas	Paul Burke	9m 16.1s	1
	TMA	Ben Hughes	Michel Burmudes	Mark Kingsley	Paul Tucker	10m 28.5s	2

40-49	SAMA	Mark Worthing	Chris Wolszczak	Richard McMahon	Jonathan Wheatland	9m 02.5s	1
	TMA	Wayne French	John Doole	Will Yee	John Jago	9m 27.8s	2
	NSWMA	Brad Sharpe	Ian Rose	Simon Butler-White	Rick Martin	10m 24.81s	3
	MAWA	Colin Smith	Mark Elms	David Solomon	David Cane	10m 29.9s	4

50-59	MAWA	Campbell Till	Trevor Scott	Paul Hughes	Neil Morfitt	9m 27.9s	1
	QMA	Con Dimauro	Jason Collie	Geoff Bramley	Peter Reeves	10m 16.72s	2
	NSWMA-2	Noel Wright	Dennis Williams	Dennis Wylie	Geoff Francis	10m 42.42s	3
	SAMA	Allan Mayfield	David Mutton	Gary Zeuner	Hayden Harrell	10m 56.0s	4
	ACTVAC	Roger Pilkington	Rod Lynch	Ken Smith	Gary Bowen	11m 03.5s	5
	VMA	Ashley Ryan	Peter Dodgshun	Murray Hutchinson	Michael Richards	11m 13.0s	6
	NSWMA-1	Andrew Atkinson-Howatt	Robert Hanbury-Brown	Les Gonye	Daryl Ellis	12m 29.22s	7

60-69	MAWA	Duncan McAuley	Maurice Creagh	Ivan Brown	Bert Casse	10m 57.5s	1
	QMA	Rod Dominish	Don Burt	Brian Morling	Colin Woods	12m 11.74s	2

80-89	MAWA	Vic Beaumont	Stan Lockwood	Cecil Walkley	Irwin Barrett-Lennard	16m 01.8s	1
	ACTVAC	Merv Collins	John Burns	Michael Freer	Rad Leovic	18m 31.4s	2

4 X 800 M WALK - MEN

40-49	ACTVAC	Peter Baker	John Donovan	William Barker	Mark Worrall	18m 30.0s	1
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50-59	VMA	Tim Erickson	Simon Baker	Clyde Riddoch	Paul Kennedy	14m 38.0s	1
	ACTVAC	Ewen Thompson	Bob Parker	Doug Fitzgerald	Geoff Barker	19m 28.0s	2
	MAWA	Tom Lenane	John Dennehy	Graham Harrison	Damien Hanson	19m 28.5s	3
	QMA	Kevin Davis	Grant Davis	Richard Lynch	John Musters	20m 07.68s	4

60-69	NSWMA	Robert Connors	Dennis Williams	Jim Seymon	Graham Allomes	17m 46.3s	1
	ACTVAC	Robin Whyte	Bryan Thomas	Rod Gilchrist	Alan Williams	19m 06.0s	2

70-79	ACTVAC	Terry Munro	John Suiter	Jim Short	Col Robbie	21m 25.0s	1
	MAWA	Stan Jones	Ray Hall	Bob Fergie	Jeff Whittam	23m 20.0s	2

**AMA NATIONAL POSTAL RELAY CHAMPIONSHIPS - 2010
TRACK EVENTS**

AGE GRP	TEAM	EVENT				Time	PLACE
4 X 100 METRES - WOMEN							
30-39	TMA	Marcia Lucas	Debbie Lance	Debbie Crawford	Amy Hanek	55.30s	1
	MAWA	Kerriann Bresser	Amanda Lloyd	Melissa Foster	Michelle Thomas	58.10s	2
40-49	NSWMA	Giola Campell	Lynda Douglass	Julie Forster	Gianna Mogentale	51.40s	1
	QMA	Julie Brims	Karen Lakin	Jenny Kirby	Jessica Veurman-Betts	57.20s	2
50-59	SAMA	Miriam Cudmore	Valmai Padget	Lynne Peake	Heather Grealy	63.28s	1
	QMA	Patty Peterson	Noela Brameld	Denise Quinn	Janette Turner	64.24s	2
	MAWA	Lynne Choate	Peggy Macliver	Carol Bowman	Gillian Young	65.30s	3
	TMA	Lynne Andres	Adele Lucas	Mary Young	Kate Johnstone	68.5s	4
	ACTVAC	Maria O'Reilly	Maureen Rossiter	Kathy Sims	Noeline Burden	68.97s	5
60-69	QMA	Lesley Hamilton	Marge Allison	Hazel McDonnell	Wilma Perkins	62.84s	1
	ACTVAC	Jill Brown	Carol Baird	Susan Archer	Margaret Taylor	73.31s	2
	MAWA	Lynne Schickert	Jackie Halberg	Sarah Ladwig	Shirley Bell	76.10s	3
70-79	ACTVAC	Anne Young	Cory Collins	Jo Klemke	Consie Lamour	84.51s	1
4 X 400 METRES - WOMEN							
30-39	TMA	Marcia Lucas	Sharon Coad	Debrah Gardiner	Amy Hanek	4m 41.72s	1
	QMA	Anne Venema	Karen Lakin	Tricia Barr	Jenny Kirby	5m 07.58s	2
	MAWA	Kerriann Bresser	Niamh Keane	Michelle Thomas	Simone Solomon	5m 10.7s	3
40-49	ACTVAC	Katie Forestier	Amanda Walker	Sue Bourke	Vicki Matthews	4m 56.86s	1
50-59	MAWA	Barbara Blurton	Carol Bowman	Karyn Gower	Margaret Saunders	5m 12.7s	1
60-69	QMA	Irene Davey	Jean Hampson	Marge Allison	Betty Menzies	5m 31.31s	1
	MAWA	Peggy Macliver	Jackie Halberg	Shirley Bell	Gillian Young	5m 38.0s	2

70-79	ACTVAC	Anne Young	Jo Klemke	Consie Lamour	Cory Collins	7m 08.79s	1
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4 X 800 METRES - WOMEN

30-39	NSWMA	Angela Williams	Linda Gard	Lynette Smith	Cris Penn	10m 36.08s	1
	MAWA	Delia Baldock	Kerriann Bresser	Michelle Thomas	Simone Solomon	12m 41.0s	2

40-49	NSWMA	Nancy Newsome	Jane Boyd	Karen Hermann	Lisa Harrison	10m 04.48s	1
	ACTVAC	Katie Forestier	Amanda Walker	Emma Adama	Jane Zeller	10m 27.8s	2
	TMA	Debbie Crawford	Amanda Coombe	Carolyn Davis	Francesca Smith	10m 39.3s	3
	MAWA	Jane Elton	Kim Ribbink	Claire Walkley	Lorraine MacLennan	13m 17.8s	4

50-59	NSWMA	Debra Drennan	Erika Bunker	Robyn Basman	Robyn Suttor	11m 08.12s	1
	MAWA	Margaret Saunders	Carol Bowman	Karyn Gower	Barbara Blurton	12m 07.9s	2

60-69	MAWA	Shirley Bell	Sarah Ladwig	Jackie Halberg	Gillian Young	13m 37.4s	1
	ACTVAC	Susan Archer	Margaret McSpadden	Margaret Taylor	Carol Baird	13m 59.8s	2

4 X 800 M WALK - WOMEN

30-39	NSWMA	Nancy Lloyd	Lynette Smith	Suzanne Brown	Mary Willis	17m 41.6s	1
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40-49	ACTVAC	Kate Black	Ann Staunton-Jugovic	Jennie Gilchrist	Jane Bates	18m 41.0s	1
	QMA	Tricia Barr	Kay Shaw	Robyn Wales	Christiane Dauphinet	22m 58.50s	2

60-69	VMA	Heather Carr	Liz Feldman	Gwen Steed	Jan Morrey	17m 14.0s	1
	MAWA	Lynne Schickert	Lorraine Lopes	Sarah Ladwig	Michele Mison	22m 10.9s	2
	ACTVAC	Val Chesterman	Alice Scott	Marilyn Banfield	Monika Short	22m 42.0s	3