

AMA NATIONAL POSTAL RELAY CHAMPIONSHIPS - 2011
TRACK EVENTS

AGE GRP	TEAM	EVENT				Time	PLACE
4 X 100 METRES - MEN							
M30-39	QMA	Richard Rodgers 33	Travis Venema 35	Rafal Witelus 34	Graham Scully 37	46.09	1
	ACTVAC	Scott Yates	Mark Rossiter	Simon Carmichael	Paul Boschert	49.35	2
	MAWA	Kim Thomas	Colin Smith	Matt Staunton	Chris Neale	51.20	3
	TMA	Paul Williams	Greg Mann	Geoff Gibbons	Geoff Langdon	51.90	4
M 40-49	QMA	Graeme Rowley 46	Kevin Davis 51	Steve Davies-Evans 52	Rod Walke 51	52.49	1
	ACTVAC	Damien Rutledge	John Donovan	Peter Baker	Jeff Grey	55.50	2
M50-59	QMA	Joe Begley 57	Hugh Bristow 54	Robin Reisenleiter 61	John Wight 65	50.90	1
	ACTVAC	Angel Marina	Peter Thompson	Kevin Matthews	Mick Horan	52.77	2
	MAWA	Dave Wyatt	Nick Miletic	John Dennehy	Tony Heppener	59.00	3
	NSWMA	Simon Butler-White	Zoran Novicic	Graeme Allomes	Andrew Atkinson-Howatt	60.20	4
M60-69	ACTVAC	John Lamb	Garry Maher	Geoff Sims	Michael Masani	53.56	1
	NSWMA	Dennis Williams	Noel Wright	Steve Napper	Geoff Francis	64.80	2
	MAWA	Maurice Creagh	Bob Schickert	John Oldfield	Derry Foley	79.00	3
M70-79	MAWA	Norm Richards	Mike O'Reilly	Barrie Kernaghan	Tom Crossen	63.70	1
	QMA	Alf Lakin 70	Ken Daniels 73	Bernie Smith 74	Hugh Coogan 75	64.61	2
	NSWMA	Nick Bastas	Ron Wills	Jack Sturzaker	David Chantrill	65.00	3
4 X 400 METRES - MEN							
M30-39	MAWA	Chris Neale	Mark Elms	Kim Thomas	Colin Smith	04:00.90	1
	QMA	Graham Scully 37	Bradley Cronje 40	Steve Davies-Evans 47	Kevin Davis 51	04:11.63	2
	TMA	Mick Stevenson	Brent Nutting	Mark Kingsley	Jack Buzelin	04:57.50	3
M40-49	TMA	Craig Canham	Andrew Skelly	Wayne French	Paul Tucker	04:29.60	1
M50-59	ACTVAC	Angel Marina	Gary Bowen	Roger Hollis	Kevin Matthews	04:13.68	1
	ACTVAC-2	Mick Horan	Rod Lynch	George Kubitzky	Ken White	04:34.86	2
	NSWMA	Simon Butler-White	Ian Rose	Andrew Atkinson-Howatt	Brad Sharpe	04:47.20	3
M60-69	MAWA	Duncan McAuley	David Carr	Mike O'Reilly	Bob Schickert	05:01.30	1
	NSWMA	Dennis Williams	Noel Wright	Steve Napper	Geoff Francis	05:55.50	2
M70-79	QMA	Noel Garvey 76	Alan Bradford 72	Ken Daniels 73	Hugh Coogan 75	05:04.12	1
	NSWMA	Ron Wills	Fred Daniels	Nick Bastas	David Chantrill	05:30.90	2

AGE GRP	TEAM	EVENT				Time	PLACE
4 X 800 METRES - MEN							
M30-39	TMA	Alex Byas	Paul Dannock	Mark Kingsley	Geoff Gibbons	09:40.46	1
	MAWA	Kim Thomas	John Collier	Colin Smith	Chris Neale	09:54.60	2
M40-49	TMA-1	Brent Nutting	Paul Taranto	Stephen Fenton	Paul Tucker	09:41.59	1
	TMA-2	Wayne French	Andrew Skelly	Darren Brown	William Yee	09:44.92	2
	SAMA	Mark Warthing	Khريس Wolszczak	Iain Willoughby	Grant Oates	09:59.52	3
	MAWA	Derry Foley	Ross Keane	Nick Miletic	John Dennehy	13:51.70	4
M50-59	ACTVAC-1	Phil White	Ken White	Mick Horan	Gary Bowen	09:52.61	1
	ACTVAC-2	Angel Marina	Peter Thompson	Roger Pilkington	Rod Lynch	10:58.00	2
	ACTVAC-3	Geoff Sims	George Kubitzky	Roger Hollis	Bryan Thomas	11:33.22	3
	NSWMA	Simon Butler-White	Robert Hanbury-Brown	Andrew Atkinson-Howatt	Voitek Klimiuk	11:54.30	4
M60-69	QMA	John Sheer 63	Sean Ryan 62	Jason Collie 60	Ken Daniels 73	11:15.30	1
	NSWMA	Noel Wright	Dennis Williams	Steve Napper	Geoff Francis	11:29.50	2
	MAWA	Bob Schickert	Maurice Creagh	Graeme Dahl	Duncan McAuley	11:42.10	3
	TMA	Allan Bevan	Jack Buzelin	Danny Byas	David Cresswell	13:06.94	4
M70-79	NSWMA	Ron Wills	David Chantrill	Nick Bastas	John Spinney	13:23.30	1
	VMA	Hawley Thomas	Gerald Burke	David Nobbs	Ron Arthur	14:00.62	2
4 X 800 M WALK - MEN							
M 40-49	ACTVAC	Peter Baker	Doug Fitzgerald	John Donovan	Colin Heywood	18:05.06	1
M50-59	VMA	Tim Erickson	Clyde Riddoch	Paul Kennedy	Alan Lucas	15:56.90	1
	TMA	Brian Horton	Lawrie Marsh	David Moore	Paul Leitch	18:51.97	2
	MAWA	Stan Jones	Peter Hopper	John Smith	Tom Lenane	21:01.00	3
M60-69	VMA	Russ Dickensen	Ralph Bennett	Leo Watson	Llew Jenkins	18:15.40	1
	NSWMA	Dennis Williams	Robert Connors	Graeme Allomes	Jim Seymon	18:17.70	2
	ACTVAC	Robin Whyte	Rod Gilchrist	Bryan Thomas	Geoff Barker	19:17.88	3

M 70-79	ACTVAC	Bob Chapman	Dave McKenzie	Tony Booth	Terry Munro	21:41.61	1
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AGE GRP	TEAM	EVENT				Time	PLACE
4 X 100 METRES - WOMEN							
W 30-39	QMA	Kim Cocksedge 34	Anne Venema 32	Martha Lochlin 47	Denise Quinn 54	59.04	1
	ACTVAC	Rachelle Ellis-Brownlee	Gina Etienne	Emma Adams	Raelene Campbell	61.43	2
W40-49	QMA	JessicaVeurman-Betts44	Karen Lakin 47	Joanne Daly 49	Julie Brims 45	55.28	1
	NSWMA	Ellena Cubban	Margaret Walker	Sue Gore	Robyn Suttor	60.00	2
	MAWA	Delia Baldock	Regina Crouch	Kerriann Bresser	Sue Bourn	63.60	3
W 50-59	ACTVAC	Noeline Burden	Maureen Rossiter	Vicki Matthews	Sue Bourke	60.00	1
	TMA	Kate Johnstone	Lynne Andrews	Adele Lucas	Robyn McCambridge	69.10	2
	MAWA	Lynne Choate	Bernie O'Callaghan	Carol Bowman	Gillian Young	71.50	3
	NSWMA	Jill Taylor	Kerrie Jones	Nancy Lloyd	Jill Senior	81.30	4
W60-69	QMA	Lesley Hamilton 67	Marge Allison 66	Jean Hampson 65	Irene Davey 63	69.71	1
	MAWA	Sarah Ladwig	Lorraine Lopes	Lynne Schickert	Peggy Macliver	80.50	2
4 X 400 METRES - WOMEN							
W30-39	QMA	Dominika Podlezanski31	Anne Venema 32	Marcia Sheer 52	Denise Quinn 54	05:01.68	1
	ACTVAC	Emma Adams	Rachelle Ellis-Brownlee	Raelene Campbell	Gina Etienne	05:09.99	2
	MAWA	Regina Crouch	Kerriann Bresser	Delia Baldock	Toni Phillips	05:13.90	3
	TMA	Sharon Coad	Janet Upcher	Bec deCourcy	Francesca Smith	05:41.10	4
W40-49	QMA	JessicaVeurman-Betts	Karen Lakin 47	Joanne Daly 49	Julie Brims 45	04:33.38	1
	MAWA	Fiona Leonard	Carol Bowman	Margaret Saunders	Sue Bourn	05:09.10	2

W50-59	NSWMA	Rosemary Roediger	Nancy Lloyd	Jill Senior	Joanne Cowan	05:53.40	1
	TMA	Adele Lucas	Kate Johnstone	Lynne Andrews	Robyn Mc Cambridge	06:18.30	2
W60-69	MAWA	Peggy Macliver	Sarah Ladwig	Lynne Schickert	Gillian Young	06:29.50	1

AGE GRP	TEAM	EVENT				Time	PLACE
4 X 800 METRES - WOMEN							
W 30-39	ACTVAC	Katie Forestier	Emma Adams	Heidi Johnson	Michelle Wells	10:48.95	1
	NSWMA	Angela Williams	Suzanne Brown	Linda Gard	Tricia Bonser	11:01.40	2
	MAWA	Regina Crouch	Marguerita Milicich	Mel Hynds	Jacqui Sanders	14:40.00	3
W40-49	NSWMA	Jane Boyd	Sue Gore	Lynette Smith	Lisa Harrison	10:23.80	1
	MAWA	Niamh Keane	Simone Solomon	Delia Baldock	Kerriann Bresser	11:40.80	2
W50-59	NSWMA	Rosemary Roediger	Robyn Suttor	Trish Stallard	Joanne Cowan	12:35.60	1
	ACTVAC	Maria O'Reilly	Maureen Rossiter	Helen Larmour	Cathy Sims	12:38.92	2
	MAWA	Hilary Beck	Carol Bowman	Bernie O'Callaghan	Margaret Saunders	13:23.50	3
W60-69	QMA	Marge Allison 66	Lesley Le Vaillant 67	Jean Hampson 65	Irene Davey 63	13:29.76	1
	MAWA	Sarah Ladwig	Lynne Schickert	Gillian Young	Lorraine Lopes	15:16.50	2
4 X 800 M WALK - WOMEN							
W40-49	ACTVAC	Ann Staunton-Jugovic	Helen Bialecki	Jane Bates	Kate Black	16:59.73	1
	NSWMA	Lynette Smith	Suzanne Brown	Sue Gore	Cris Penn	18:51.10	2
	MAWA	Sarah Ladwig	Regina Crouch	Lesley Romeo	Lynne Schickert	21:42.70	3
W50-59	QMA	Kay Shaw 51	Robyn Wales 58	Sally Lynch 67	Christiane Dauphinnet 79	21:54.50	1
	NSWMA	Trish Stallard	Nancy Lloyd	Judy Brown	Annette Tillman	22:52.50	2
W 60-69	ACTVAC	Alice Scott	Consie Larmour	Ruth Baussman	Val Chesterton	23:20.02	1

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AGE GROUP	TEAM	EVENT						Distance	PLACE
HAMMER RELAY - MEN									
M30-39	MAWA	Matt Staunton	31.47	Paul Foley	30.80	Lajos Joni	36.70	98.97	1
M40-49	VMA	Russell Divine	51.07	Graeme Rose	31.33	Roger Glass	34.29	116.69	1
	NSWMA	Stuart Gyngell	41.57	Matt Stenning	32.30	Phil Frkovic	39.21	113.08	2
M50-59	NSWMA-1	Peter Reed	39.21	Voitek Klimiuk	40.05	Gavin Murray	36.78	116.04	1
	NSWMA-2	Robert Hanbury-Brown	35.29	Andrew Atkinson-Howatt	32.86	Wayne Baker	24.34	92.49	2
	VMA	Clyde Riddoch	25.05	Tas Maniatakis	24.79	David Wookey	26.11	75.95	3
	ACTVAC	Robert Kennelly	13.39	Geoff Crumpton	35.37	Duncan Macnicol	27.19	75.95	3
M60-69	QMA	Mills Lafferty 62	31.68	Peter Frangenheim 61	19.89	Don Quinn 66	32.48	84.05	1
M70-79	VMA	Don Chambers	28.81	Tom Hancock	36.50	Ken Priestley	35.59	100.90	1
	NSWMA	Ron Simcock	34.08	Noel Donohoe	23.24	Rocky Wijesinghe	27.35	84.67	2
	ACTVAC	George Mencik	32.13	Rad Leovic	17.99	Ewen Drummond	16.25	66.37	3
	QMA	Ian Kennedy 71	25.79	Bernie Smith 74	17.61	Arvo Ropelin 77	20.73	64.13	4
M80-89	VMA	Milton Ballantyne	16.82	Stan Stankovic	18.92	Russell Clark	14.40	50.14	1
SHOT PUT RELAY - MEN									
M40-49	NSWMA	Stuart Gyngell	16.11	Phil Frkovic	11.25	Tim McGrath	9.44	36.80	1
	VMA	Graeme Rose	9.31	Roger Glass	9.07	Russell Short	13.81	32.19	2
	ACTVAC	Bruce Hoogendoorn	7.08	John Donovan	8.07	Peter Baker	7.31	22.46	3
M50-59	NSWMA-1	Robert Hanbury-Brown	11.57	Peter Reed	11.50	Gavin Murray	10.94	34.01	1
	ACTVAC	Charlie Bastecky	8.75	Duncan Macnicol	8.68	Geoff Crumpton	11.15	28.58	2
	NSWMA-2	Voitek Klimiuk	10.06	Andrew Atkinson-Howatt	10.00	Wayne Baker	8.14	28.20	3
	VMA	Clyde Riddoch	7.53	Tas Maniatakis	7.10	David Wookey	7.95	22.58	4
	QMA	Kevin Davis 51	7.68	Glen Dunne 52	7.51	Josh Parr 54	7.12	22.31	5
M 60-69	QMA	Peter Kennedy 64	8.75	Kevin Ryall 62	9.38	Don Quinn 66	10.04	28.17	1
	ACTVAC	Robin Whyte	6.83	Robert Kennelly	6.14	Garry Maher	8.30	21.27	2
M70-79	NSWMA	Noel Donohoe	8.01	Rocky Wijesinghe	10.31	Ron Simcock	10.46	28.78	1
	QMA	Ian Kennedy 71	8.49	Bernie Smith 74	6.61	Arvo Ropelin 77	8.56	23.66	2
	VMA	Don Chambers	8.68	Nino Stankovic	6.87	Stan Stankovic	6.37	21.92	3

M80-89	VMA	Milton Ballantyne	6.59	Russell Clark	6.11	Colin Murray-Lee	8.52	21.22	1
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AGE GROUP	TEAM	EVENT				Distance	PLACE		
DISCUS RELAY - MEN									
M30-39	MAWA	Matt Staunton	36.00	Mark Hamilton	37.54	Lajos Joni	28.40	101.94	1
	QMA	Darrin Norwood 31	34.58	Steve Irwin 36	25.28	Chris Jackson 49	24.66	84.52	2
M40-49	NSWMA	Stuart Gyngell	42.88	Phil Frkovic	33.63	Tim McGrath	27.68	104.19	1
M 50-59	NSWMA-1	Voitek Klimiuk	37.19	Peter Reed	38.25	Robert Hanbury-Brown	37.24	112.68	1
	NSWMA-2	Andrew Atkinson-Howatt	35.14	Gavin Murray	35.63	Wayne Baker	25.97	96.74	2
	ACTVAC	Charlie Bastecky	29.38	Duncan Macnicol	29.42	Geoff Crumpton	32.42	91.22	3
	QMA	Neil Gray 51	27.3	Geoff Bramley 53	21.91	Bruce Bodsworth 59	22.01	71.22	4
M60-69	VMA	Graeme Rose	35.71	Tom Hancock	33.18	David Wookey	24.14	93.03	1
	QMA	Peter Clark 65	38.80	Ian Kennedy 71	21.00	Arvo Ropelin 77	23.65	83.45	2
	MAWA	Keith Martin	21.19	Mike O'Reilly	20.55	Greg Wilson	27.77	69.51	3
	ACTVAC	Garry Maher	24.39	Robin Whyte	22.53	Robert Kennelly	19.17	66.09	3
M 70-79	NSWMA	Ron Simcock	30.29	Noel Donohoe	21.13	Rocky Wijesinghe	28.81	80.23	1
	QMA	Bill McMullen 77	23.78	Alf Lakin 70	19.44	Maurice Dauphinat 84	19.10	62.32	2
	ACTVAC	George Mencik	26.63	Rad Leovic	15.76	Ewen Drummond	10.71	53.10	3
M80-89	VMA	Milton Ballantyne	14.98	Stan Stankovic	16.61	Colin Murray-Lee	18.37	49.96	1
LONG JUMP RELAY - MEN									
M 30-39	ACTVAC	Simon Carmichael	5.18	Mark Rossiter	5.74	Paul Boschert	4.18	15.10	1
	QMA	Richard Rodgers 33	5.47	Graham Scully 37	5.33	Glen Dunne 52	3.72	14.52	2
	TMA	Geoff Gibbons	5.87	Mick Stevenson	4.08	Eric Lockett	3.69	13.64	3
M40-49	MAWA	Dave Wyatt	4.86	John Dennehy	4.01	Chris Neale	5.87	14.74	1
M50-59	NSWMA	Gavin Murray	4.32	Simom Butler-White	4.12	Noel Wright	3.69	12.13	1
M60-69	NSWMA	Steve Napper	3.45	Dennis Williams	3.18	Nick Bastas	3.50	10.13	1

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AGE GROUP	TEAM	EVENT						Distance	PLACE
HAMMER RELAY - WOMEN									
W30-39	VMA	Tamika Hicks	33.11	Linda Buttigieg	36.59	Dorn Jenkins	27.85	97.55	1
	QMA	Hilary Gatenby 36	18.73	Donna Beikoff 43	12.64	Helen Searle 71 4k	21.64	53.01	2
W40-49	NSWMA-1	Gabi Watts	35.18	Melissa Bonser	34.55	Lynette Smith	31.59	101.32	1
	NSWMA-2	Frances Perry	26.88	Janie Carter	20.06	Lisa Mumberson	30.76	77.70	2
W50-59	NSWMA-1	Jill Taylor	33.67	Adriana van Bockel	23.87	Wendy Hord	23.80	81.34	1
	NSWMA-2	Christine Shaw	22.55	Jill Senior	21.77	Kate Clarke	22.96	67.28	2
	NSWMA-3	Kerrie Jones	20.23	Karen Jones	19.48	Annette Tillman	17.48	57.19	3
W60-69	VMA	Rhondda Dundas	30.54	Lorraine Mussett	20.27	Astrid Rose	25.52	76.33	1
	ACTVAC	Jan Banens	34.38	Raylea Rudov	29.11	Fran Harris	12.70	76.19	2
SHOT PUT RELAY - WOMEN									
W30-39	QMA	Hilary Gatenby 36	6.95	Donna Beikoff 43	5.59	Tricia Barr 48	5.26	17.80	1
W40-49	NSWMA-1	Gabi Watts	11.15	Melissa Bonser	9.61	Lynette Smith	9.53	30.29	1
	NSWMA-2	Frances Perry	6.02	Janie Carter	9.24	Lisa Mumberson	6.49	21.75	2
W50-59	NSWMA-1	Christine Shaw	9.31	Jill Taylor	7.85	Wendy Hord	7.69	24.85	1
	QMA	Joanne Watson-Pronk54	8.66	Donna Emerson 53	8.67	Lorraine Birtwell 68	5.89	23.22	2
	NSWMA-2	Ellena Cubban	7.60	Kate Clarke	7.60	Kerrie Jones	6.21	21.41	3
	ACTVAC	Noeline Burden	7.00	Maureen Rossiter	6.18	Vicki Matthews	7.44	20.62	4
	TMA	Lynne Andrews	6.40	Robyn McCambridge	6.76	Adele Lucas	6.78	19.94	5
	VMA	Sue Chapman	6.72	Alison Hall	6.37	Janet Holmes	5.74	18.83	6
	NSWMA-3	Jillian Senior	5.71	Adriana van Bockel	5.74	Annette Tillman	5.52	16.97	7
W60-69	QMA	Patsy Waters 62	5.82	Helen Searle 71	9.64	Heather Doherty 77 3k	5.64	21.10	1
	VMA	Rhondda Dundas	8.39	Lorraine Mussett	5.87	Astrid Rose	6.62	20.88	2
	ACTVAC	Jan Banens	7.14	Raylea Rudov	7.55	Trish Thomas	5.02	19.71	3
	MAWA	Stella turner	6.59	Bev Hamilton	8.50	Lynne Schickert	4.52	19.61	4

AGE GROUP	TEAM	EVENT						Distance	PLACE
DISCUS RELAY - WOMEN									
W30-39	VMA	Tamika Hicks	36.81	Linda Buttigieg	22.50	Dorn Jenkins	14.27	73.58	1
	QMA	Hilary Gatenby 36	18.21	Roselyn Franke 40	22.98	Joanne Watson-Pronk54	18.65	59.84	2
	ACTVAC	Pauline Armstrong	16.95	Noeline Burden	16.71	Maureen Rossiter	13.28	46.94	3
W40-49	NSWMA-1	Gabi Watts	34.28	Melissa Bonser	26.48	Lynette Smith	35.54	96.30	1
	VMA	Judy Pfanner	35.15	Alison Hall	17.40	Astrid Rose	16.76	69.31	2
	NSWMA-2	Frances Perry	20.61	Janie Carter	25.30	Lisa Mumberson	17.67	63.58	3
W50-59	NSWMA-1	Christine Shaw	21.15	Jill Taylor	22.25	Kate Clarke	22.16	65.56	1
	QMA	Donna Emerson 53	24.42	Robyn Preston 53	17.39	Sue Barber 58	11.40	53.21	2
	NSWMA-2	Ellena Cubban	18.16	Wendy Hord	17.85	Adrianna van Bockel	16.93	52.94	3
	NSWMA-3	Kerrie Jones	16.80	Karen Jones	14.79	Annette Tillman	15.05	46.64	4
W 60-69	ACTVAC	Jan Banens	16.27	Raylea Rudov	17.13	Fran Harris	12.46	45.86	1
	MAWA	Stella Turner	12.45	Lynne Schickert	10.92	Bev Hamilton	19.71	43.08	2
LONG JUMP RELAY - WOMEN									
W30-39	MAWA	Melissa Foster	5.05	Regina Crouch	3.22	Jacqui Sanders	3.33	11.60	1
W60-69	MAWA	Lynne Schickert	2.60	Pat Carr	2.55	Sarah Ladwig	2.92	8.07	1