

North Queensland Championships - 2/10/2020 to 4/10/2020

Mackay Aquatic and Recreation Centre

Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W35 60 M 30-49yrs**Finals**

1	Melissa Percy	W39	Mulgrave Ath	9.63	10
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W40 60 M 30-49yrs**Finals**

1	Kelly Ross	W44	Bowen Athlet	9.30	10
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W45 60 M 30-49yrs**Finals**

1	Lee-Anne Nelson	W48	Qld Masters	8.83	10
2	Lorraine Rutland	W49	Mackay Athle	9.17	8
3	Ange Woodham	W48	Keppel Coast	10.00	6

W40 100 M 30-49yrs**Finals**

1	Kelly Ross	W44	Bowen Athlet	15.03	10
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W45 100 M 30-49yrs**Finals**

1	Lee-Anne Nelson	W48	Qld Masters	14.10	10
2	Lorraine Rutland	W49	Mackay Athle	15.18	8
3	Ange Woodham	W48	Keppel Coast	15.97	6

W40 200 M 30-49yrs**Finals**

1	Kelly Ross	W44	Bowen Athlet	31.13	10
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W45 200 M 30-49yrs**Finals**

1	Lee-Anne Nelson	W48	Qld Masters	29.22	10
2	Lorraine Rutland	W49	Mackay Athle	33.12	8
3	Ange Woodham	W48	Keppel Coast	33.13	6

W30 400 M 30-49yrs**Finals**

1	Prue McAuliffe	W34	University o	1:08.81	10
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W45 400 M 30-49yrs**Finals**

1	Lee-Anne Nelson	W48	Qld Masters	1:05.53	10
2	Ange Woodham	W48	Keppel Coast	1:15.89	8

W30 800 M Run 30-49yrs**Finals**

1	Prue McAuliffe	W34	University o	2:49.52	10
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W40 80 Short Hurdles 76cm 30-49yrs**Finals**

1	Kelly Ross	W44	Bowen Athlet	14.74	10
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W40 400 Long Hurdles 76.2cm 30-49yrs**Finals**

1	Kelly Ross	W44	Bowen Athlet	1:21.03	10
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W30 High Jump 30-49yrs**Finals**

1	Ashleigh Reid	W32	Maroochy Ath	1.70m	10
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W40 High Jump 30-49yrs**Finals**

1	Kelly Ross	W44	Bowen Athlet	1.45m	10
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W40 Long Jump 30-49yrs**Finals**

1	Kelly Ross	W44	Bowen Athlet	4.05m	10
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W45 Long Jump 30-49yrs**Finals**

1	Lee-Anne Nelson	W48	Qld Masters	4.17m	10
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W40 Triple Jump 30-49yrs**Finals**

1	Kelly Ross	W44	Bowen Athlet	9.00m	10
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W35 Shot Put 4.0kg 30-49yrs**Finals**

1	Melissa Percy	W39	Mulgrave Ath	7.98m	10
2	Amanda Wright	W39	Mackay Athle	7.80m	8
3	Katie James	W39	Cairns Athle	7.27m	6
4	Cathryn Hoare	W39	Mackay Athle	7.03m	5
5	Kelly Titlow	W37	Tableland At	6.68m	4

W40 Shot Put 4.0kg 30-49yrs**Finals**

1	Rebecca Austin	W43	Mulgrave Ath	8.51m	10
2	Helen Wallis	W43	Charters Tow	6.90m	8

W45 Shot Put 4.0kg 30-49yrs**Finals**

1	Lee-Anne Nelson	W48	Qld Masters	8.39m	10
2	Natalie Lorraway	W49	Mackay Athle	5.49m	8

W35 Discus Throw 1.0kg 30-49yrs**Finals**

1	Melissa Percy	W39	Mulgrave Ath	25.36m	10
2	Katie James	W39	Cairns Athle	23.50m	8
3	Amanda Wright	W39	Mackay Athle	22.67m	6
4	Kelly Titlow	W37	Tableland At	20.18m	5
5	Cathryn Hoare	W39	Mackay Athle	19.07m	4
6	Sara Wessling - F44	W35	Maroochy Ath	18.51m	3

W40 Discus Throw 1.0kg 30-49yrs**Finals**

1	Rebecca Austin	W43	Mulgrave Ath	27.64m	10
2	Helen Wallis	W43	Charters Tow	21.10m	8
3	Kelly Ross	W44	Bowen Athlet	18.44m	6

W45 Discus Throw 1.0kg 30-49yrs**Finals**

1	Lorraine Rutland	W49	Mackay Athle	20.85m	10
2	Natalie Lorraway	W49	Mackay Athle	16.94m	8

W35 Hammer Throw 4.0kg 30-49yrs**Finals**

1	Amanda Wright	W39	Mackay Athle	27.35m	10
2	Katie James	W39	Cairns Athle	27.04m	8

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Finals ... (W35 Hammer Throw 4.0kg 30-49yrs)					W60 800 M Run 50-109yrs							
3	Kelly Titlow	W37	Tableland At	19.77m	6	Finals						
4	Cathryn Hoare	W39	Mackay Athle	19.00m	5	1	Noela Ensbey	W64	Qld Masters	4:05.01	10	
5	Sara Wessling - F44	W35	Maroochy Ath	15.77m	4	W50 5000 M Run 50-109yrs						
W40 Hammer Throw 4.0kg 30-49yrs					Finals							
Finals					1	Helen Wallis	W43	Charters Tow	27.92m	10	W50 Long Jump 50-109yrs	
					2	Rebecca Austin	W43	Mulgrave Ath	27.30m	8	Finals	
W45 Hammer Throw 4.0kg 30-49yrs					W50 Long Jump 50-109yrs							
Finals					1	Natalie Lorroway	W49	Mackay Athle	15.11m	10	Finals	
W35 Javelin Throw 600gm 30-49yrs					W60 Long Jump 50-109yrs							
Finals					1	Cathryn Hoare	W39	Mackay Athle	20.61m	10	Finals	
					2	Katie James	W39	Cairns Athle	18.77m	8	W60 Long Jump 50-109yrs	
					3	Kelly Titlow	W37	Tableland At	18.30m	6	Finals	
					4	Amanda Wright	W39	Mackay Athle	14.84m	5	W60 Long Jump 50-109yrs	
W40 Javelin Throw 600gm 30-49yrs					Finals							
Finals					1	Rebecca Austin	W43	Mulgrave Ath	22.10m	10	W60 Triple Jump 50-109yrs	
					2	Helen Wallis	W43	Charters Tow	13.68m	8	Finals	
W45 Javelin Throw 600gm 30-49yrs					W50 Shot Put 3.0kg 50-109yrs							
Finals					1	Lee-Anne Nelson	W48	Qld Masters	27.12m	10	Finals	
					2	Natalie Lorroway	W49	Mackay Athle	15.49m	8	W50 Shot Put 3.0kg 50-109yrs	
W50 60 M 50-109yrs					Finals							
Finals					1	Julie Brims	W54	Qld Masters	8.13	10	W60 Shot Put 3.0kg 50-109yrs	
W60 60 M 50-109yrs					Finals							
Finals					1	Noela Ensbey	W64	Qld Masters	11.20	10	W50 Discus Throw 50-109yrs	
					2	Desley Varley	W60	Qld Masters	11.34	8	Finals	
W50 100 M 50-109yrs					W60 Discus Throw 50-109yrs							
Finals					1	Aleisha Ware	W50	Mackay Athle	19.20	10	Finals	
W60 100 M 50-109yrs					W50 Hammer Throw 7.26kg 50-109yrs							
Finals					1	Noela Ensbey	W64	Qld Masters	18.65	10	Finals	
					2	Desley Varley	W60	Qld Masters	18.81	8	W60 Hammer Throw 7.26kg 50-109yrs	
W60 200 M 50-109yrs					Finals							
Finals					1	Desley Varley	W60	Qld Masters	41.11	10	W70 Hammer Throw 7.26kg 50-109yrs	
					2	Noela Ensbey	W64	Qld Masters	41.26	8	Finals	
W60 400 M 50-109yrs					W60 Hammer Throw 7.26kg 50-109yrs							
Finals					1	Noela Ensbey	W64	Qld Masters	1:41.37	10	Finals	

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W50 Javelin Throw 50-109yrs**Finals**

1	Althea Mackie	W50	Gold Coast v	19.45m	10
2	Lisa Taylor	W51	Bowen Athlet	10.95m	8

W60 Javelin Throw 50-109yrs**Finals**

1	Desley Varley	W60	Qld Masters	15.94m	10
2	Noela Ensbey	W64	Qld Masters	15.16m	8

M35 60 M 30-49yrs**Finals**

1	Nomar Romero	M39	Mackay Athle	8.12	10
2	Ross Taylor	M37	Keppel Coast	8.16	8

M40 60 M 30-49yrs**Finals**

1	Chris Carney	M44	Mackay Athle	8.34	10
2	Ashish Rana	M43	Mackay Athle	8.44	8

M35 100 M 30-49yrs**Finals**

1	Nomar Romero	M39	Mackay Athle	12.60	10
2	Ross Taylor	M37	Keppel Coast	12.82	8

M40 100 M 30-49yrs**Finals**

1	Ashish Rana	M43	Mackay Athle	13.31	10
2	Chris Carney	M44	Mackay Athle	13.69	8
3	Justin Rule	M44	Mackay Athle	14.44	6

M35 200 M 30-49yrs**Finals**

1	Ross Taylor	M37	Keppel Coast	27.29	10
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M40 200 M 30-49yrs**Finals**

1	Justin Rule	M44	Mackay Athle	27.87	10
2	Chris Carney	M44	Mackay Athle	28.26	8
3	Ashish Rana	M43	Mackay Athle	28.82	6

M35 400 M 30-49yrs**Finals**

1	Justin Thompson	M36	Cairns Athle	1:02.16	10
2	Tim Johnstone	M37	Defence Athl	1:04.37	8

M40 400 M 30-49yrs**Finals**

1	Justin Rule	M44	Mackay Athle	1:04.00	10
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M35 800 M Run 30-49yrs**Finals**

1	Tim Johnstone	M37	Defence Athl	2:42.42	10
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M40 800 M Run 30-49yrs**Finals**

1	Justin Rule	M44	Mackay Athle	2:36.39	10
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M45 800 M Run 30-49yrs**Finals**

1	Roland Henderson	M46	Whitsunday R	2:18.46	10
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M35 1500 M Run 30-49yrs**Finals**

1	Tim Johnstone	M37	Defence Athl	6:05.09	10
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M40 1500 M Run 30-49yrs**Finals**

1	Justin Rule	M44	Mackay Athle	6:04.11	10
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M45 1500 M Run 30-49yrs**Finals**

1	Roland Henderson	M46	Whitsunday R	4:45.06	10
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M40 5000 M Run 30-49yrs**Finals**

1	Michael Cooke	M40	Qrun Unalloc	19:54.08	10
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M45 5000 M Run 30-49yrs**Finals**

1	Roland Henderson	M46	Whitsunday R	18:16.53	10
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M35 110 Short Hurdles 99cm 30-49yrs**Finals**

1	Nomar Romero	M39	Mackay Athle	22.81	10
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M40 3000 M Steeplechase 91.4cm 30-49yrs**Finals**

1	Michael Cooke	M40	Qrun Unalloc	12:59.43	10
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M35 High Jump 30-49yrs**Finals**

1	Justin Thompson	M36	Cairns Athle	1.55m	10
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M40 High Jump 30-49yrs**Finals**

1	Ashish Rana	M43	Mackay Athle	1.20m	10
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M35 Long Jump 30-49yrs**Finals**

1	Justin Thompson	M36	Cairns Athle	4.70m	10
2	Ross Taylor	M37	Keppel Coast	4.69m	8

M40 Long Jump 30-49yrs**Finals**

1	Ashish Rana	M43	Mackay Athle	4.94m	10
2	Chris Carney	M44	Mackay Athle	3.61m	8

M35 Triple Jump 30-49yrs**Finals**

1	Justin Thompson	M36	Cairns Athle	9.92m	10
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M40 Triple Jump 30-49yrs**Finals**

1	Ashish Rana	M43	Mackay Athle	9.14m	10
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M35 Shot Put 7.26kg 30-49yrs**Finals**

1	Tim Johnstone	M37	Defence Athl	9.01m	10
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M35 Discus Throw 2.0kg 30-49yrs**Finals**

1	Justin Thompson	M36	Cairns Athle	32.55m	10
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M40 Discus Throw 2.0kg 30-49yrs**Finals**

1	Justin Rule	M44	Mackay Athle	20.30m	10
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M35 Javelin Throw 800gm 30-49yrs**Finals**

1	Tim Johnstone	M37	Defence Athl	32.55m	10
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M50 60 M 50-109yrs**Finals**

1	Andrew Ford	M53	Tableland At	9.59	10
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M60 60 M 50-109yrs**Finals**

1	Neil Gray	M61	Qld Masters	9.26	10
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M65 60 M 50-109yrs**Finals**

1	Terry Ryan	M66	Mackay Athle	9.72	10
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M65 100 M 50-109yrs**Finals**

1	Terry Ryan	M66	Mackay Athle	15.91	10
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M55 200 M 50-109yrs**Finals**

1	David Varley	M58	Qld Masters	29.41	10
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M65 200 M 50-109yrs**Finals**

1	Terry Ryan	M66	Mackay Athle	34.60	10
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M70 200 M 50-109yrs**Finals**

1	Keith Stevenson	M72	Qld Masters	33.48	10
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M65 400 M 50-109yrs**Finals**

1	Graham Paul Durant	M66	Cap Coast Ru	1:10.41	10
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M65 800 M Run 50-109yrs**Finals**

1	Graham Paul Durant	M66	Cap Coast Ru	2:40.86	10
2	Russell D Johnson	M68	Ross River A	3:07.61	8

M70 800 M Run 50-109yrs**Finals**

1	Keith Stevenson	M72	Qld Masters	3:20.29	10
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M65 1500 M Run 50-109yrs**Finals**

1	Graham Paul Durant	M66	Cap Coast Ru	5:38.13	10
2	Russell D Johnson	M68	Ross River A	6:31.11	8

M50 5000 M Run 50-109yrs**Finals**

1	Dereck Evans	M52	Townsville R	20:37.67	10
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M55 100 Short Hurdles 50-109yrs**Finals**

1	David Varley	M58	Qld Masters	17.86	10
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M65 High Jump 50-109yrs**Finals**

1	Terry Ryan	M66	Mackay Athle	1.20m	10
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M75 High Jump 50-109yrs**Finals**

1	Selwyn Hawken	M75	Whitsunday A	1.10m	10
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M50 Pole Vault 50-109yrs**Finals**

1	Howard Arbuthnot	M53	Gold Coast v	4.00m	10
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M55 Triple Jump 50-109yrs**Finals**

1	Gary Barton	M57	Qld Masters	8.70m	10
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M75 Triple Jump 50-109yrs**Finals**

1	Selwyn Hawken	M75	Whitsunday A	6.24m	10
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M50 Shot Put 50-109yrs**Finals**

1	Kevin Galea	M52	Mackay Athle	11.92m	10
2	Corey Luff	M50	Ashgrove Ran	11.27m	8
3	Mark Ashcroft	M53	Qld Masters	10.49m	6
4	Andrew Ford	M53	Tableland At	9.99m	5
5	Timothy Lowrey	M53	Central Quee	8.66m	4

M65 Shot Put 50-109yrs**Finals**

1	Terry Ryan	M66	Mackay Athle	5.51m	10
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M50 Discus Throw 50-109yrs**Finals**

1	Corey Luff	M50	Ashgrove Ran	39.73m	10
2	Kevin Galea	M52	Mackay Athle	35.17m	8
3	Andrew Ford	M53	Tableland At	29.93m	6
4	Timothy Lowrey	M53	Central Quee	22.66m	5

M65 Discus Throw 50-109yrs**Finals**

1	Ronald (Niel) Ensbey	M65	Qld Masters	27.56m	10
2	Terry Ryan	M66	Mackay Athle	17.07m	8

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M75 Discus Throw 50-109yrs**Finals**

1	Selwyn Hawken	M75	Whitsunday A	20.05m	10
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M50 Hammer Throw 7.26kg 50-109yrs**Finals**

1	Corey Luff	M50	Ashgrove Ran	37.66m	10
2	Kevin Galea	M52	Mackay Athle	31.85m	8
3	Andrew Ford	M53	Tableland At	29.50m	6
4	Mark Ashcroft	M53	Qld Masters	28.19m	5
5	Timothy Lowrey	M53	Central Quee	24.18m	4

M75 Hammer Throw 7.26kg 50-109yrs**Finals**

1	Selwyn Hawken	M75	Whitsunday A	23.45m	10
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M50 Javelin Throw 50-109yrs**Finals**

1	Corey Luff	M50	Ashgrove Ran	47.79m	10
2	Kevin Galea	M52	Mackay Athle	44.82m	8
3	Mark Ashcroft	M53	Qld Masters	29.36m	6
4	Timothy Lowrey	M53	Central Quee	20.47m	5

M55 Javelin Throw 50-109yrs**Finals**

1	Gary Barton	M57	Qld Masters	28.56m	10
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M65 Javelin Throw 50-109yrs**Finals**

1	Ronald (Niel) Ensbey	M65	Qld Masters	29.72m	10
2	Terry Ryan	M66	Mackay Athle	17.41m	8

M75 Javelin Throw 50-109yrs**Finals**

1	Selwyn Hawken	M75	Whitsunday A	19.47m	10
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M55 1500 M 50-109yrs Decathlon**Finals**

1	Andrew Millerd	M58	Tableland At	5:59.78	560
2	David Varley	M58	Qld Masters	6:16.07	484

M60 1500 M 50-109yrs Decathlon**Finals**

1	Neil Gray	M61	Qld Masters	7:19.72	310
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M70 1500 M 50-109yrs Decathlon**Finals**

1	Keith Stevenson	M72	Qld Masters	7:32.72	447
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M55 100 M Run 50-109yrs Decathlon**Finals**

1	Andrew Millerd	M58	Tableland At	13.10	771
2	David Varley	M58	Qld Masters	13.30	736

M60 100 M Run 50-109yrs Decathlon**Finals**

1	Neil Gray	M61	Qld Masters	14.40	628
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M70 100 M Run 50-109yrs Decathlon**Finals**

1	Keith Stevenson	M72	Qld Masters	15.20	685
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M55 400 M Run 50-109yrs Decathlon**Finals**

1	Andrew Millerd	M58	Tableland At	1:00.96	745
2	David Varley	M58	Qld Masters	1:03.98	636

M60 400 M Run 50-109yrs Decathlon**Finals**

1	Neil Gray	M61	Qld Masters	1:16.99	323
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M70 400 M Run 50-109yrs Decathlon**Finals**

1	Keith Stevenson	M72	Qld Masters	1:14.25	583
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M55 100 Short Hurdles 50-109yrs Decathlon**Finals**

1	David Varley	M58	Qld Masters	17.48	717
2	Andrew Millerd	M58	Tableland At	19.60	516

M60 100 Short Hurdles 50-109yrs Decathlon**Finals**

1	Neil Gray	M61	Qld Masters	21.28	417
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M70 100 Short Hurdles 50-109yrs Decathlon**Finals**

1	Keith Stevenson	M72	Qld Masters	17.36	586
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M55 High Jump 50-109yrs Decathlon**Finals**

1	Andrew Millerd	M58	Tableland At	1.50m	661
2	David Varley	M58	Qld Masters	1.35m	504

M60 High Jump 50-109yrs Decathlon**Finals**

1	Neil Gray	M61	Qld Masters	1.26m	496
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M70 High Jump 50-109yrs Decathlon**Finals**

1	Keith Stevenson	M72	Qld Masters	1.21m	619
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M55 Pole Vault 50-109yrs Decathlon**Finals**

1	David Varley	M58	Qld Masters	3.00m	603
2	Andrew Millerd	M58	Tableland At	2.80m	533

M60 Pole Vault 50-109yrs Decathlon**Finals**

1	Neil Gray	M61	Qld Masters	1.80m	255
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M70 Pole Vault 50-109yrs Decathlon**Finals**

---	Keith Stevenson	M72	Qld Masters	NH	
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M55 Long Jump 50-109yrs Decathlon**Finals**

1	Andrew Millerd	M58	Tableland At	4.75m	637
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Finals ... (M55 Long Jump 50-109yrs Decathlon)

2	David Varley	M58	Qld Masters	4.47m	556
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M60 Long Jump 50-109yrs Decathlon**Finals**

1	Neil Gray	M61	Qld Masters	3.77m	441
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M70 Long Jump 50-109yrs Decathlon**Finals**

1	Keith Stevenson	M72	Qld Masters	3.19m	431
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M55 Shot Put 50-109yrs Decathlon**Finals**

1	Andrew Millerd	M58	Tableland At	9.04m	575
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2	David Varley	M58	Qld Masters	8.06m	500
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M60 Shot Put 50-109yrs Decathlon**Finals**

1	Neil Gray	M61	Qld Masters	8.69m	536
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M70 Shot Put 50-109yrs Decathlon**Finals**

1	Keith Stevenson	M72	Qld Masters	7.27m	444
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M55 Discus Throw 50-109yrs Decathlon**Finals**

1	Andrew Millerd	M58	Tableland At	28.55m	498
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2	David Varley	M58	Qld Masters	25.34m	428
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M60 Discus Throw 50-109yrs Decathlon**Finals**

1	Neil Gray	M61	Qld Masters	32.52m	555
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M70 Discus Throw 50-109yrs Decathlon**Finals**

1	Keith Stevenson	M72	Qld Masters	14.12m	236
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M55 Javelin Throw 50-109yrs Decathlon**Finals**

1	David Varley	M58	Qld Masters	37.91m	599
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2	Andrew Millerd	M58	Tableland At	25.90m	365
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M60 Javelin Throw 50-109yrs Decathlon**Finals**

1	Neil Gray	M61	Qld Masters	29.95m	476
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M70 Javelin Throw 50-109yrs Decathlon**Finals**

1	Keith Stevenson	M72	Qld Masters	24.55m	460
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M55 Decathlon 50-109yrs**Finals**

1	Andrew Millerd	M58	Tableland At	5861	10
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2	David Varley	M58	Qld Masters	5763	8
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M60 Decathlon 50-109yrs**Finals**

1	Neil Gray	M61	Qld Masters	4437	10
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M70 Decathlon 50-109yrs**Finals**

1	Keith Stevenson	M72	Qld Masters	4491	10
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