

SA Masters Games - Results April 2023

60 M

First name	Surname	Group	Result	Order
Ruth	Vogelsang	F35	8:79	1
Bec	Cox	F40	9:31	1
Kerry	Goode	F45	9:35	1
Louise	Skelton	F45	13:79	2
Donna	Palmer	F50	9:19	1
Rosie	Carruthers	F50	10:80	2
Anjella	Douglas	F50	11:03	3
Marsha	Maule-Murphy	F50	13:06	4
Karen	Hammat	F55	10:25	1
Lisa	Moodie	F65	12:56	1
Cherryl	Parker	F65	14:58	2
Mary	Abrey	F70	11:83	1
Loraine	Baron	F70	12:37	2
Betty	Stawarz	F70	14:40	3
Aaron	Lawson	M45	12:28	1
Christopher	McKinnon	M55	10:26	1
Matthew	Lovell	M55	18:05	2
Richard	Sampson	M60	13:48	1
Norman	White	M60	18:06	2
Dean	Mortimer	M65	9:54	1
Christopher	Worsnop	M65	11:50	2
Howard	Avery	M70	10:83	1
John	Toshach	M70	12:13	2
Adrian	Wellington	M70	12:67	3
David	Bedford	M75	19:53	1
Percy	Voigt	M90	15:38	1

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100 M

First name	Surname	Group	Result	Order
Ruth	Vogelsang	F35	14:65	1
Bec	Cox	F40	16:09	1
Kerry	Goode	F45	15:56	1
Louise	Skelton	F45	23:22	2
Donna	Palmer	F50	16:17	1
Rosie	Carruthers	F50	18:21	2
Jodie	Schrapel	F50	19:60	3
Marsha	Maule-Murphy	F50	19:86	4
Anjella	Douglas	F50	20:01	5
Karen	Hammat	F55	17:30	1
Jenny	Scholtz	F55	22:94	2
Kate	White	F55	28:47	3
Lisa	Moodie	F65	20:78	1
Mary	Abrey	F70	19:89	1
Loraine	Baron	F70	20:68	2
Betty	Stawarz	F70	23:67	3
Christopher	McKinnon	M55	16:46	1
Matthew	Lovell	M55	50:03	2
Richard	Sampson	M60	20:85	1
Norman	White	M60	26:53	2
Dean	Mortimer	M65	16:39	1
Christopher	Worsnop	M65	19:05	2
Howard	Avery	M70	17:53	1
John	Toshach	M70	19:70	2
Adrian	Wellington	M70	20:22	3
David	Bedford	M75	32:54	1
Percy	Voigt	M90	27:70	1

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200 M

First name	Surname	Group	Result	Order
Ruth	Vogelsang	F35	30:38	1
Kerry	Goode	F45	32:32	1
Lisa	Simpson	F45	36:39	2
Louise	Skelton	F45	56:76	3
Donna	Palmer	F50	35:62	1
Rosie	Carruthers	F50	39:45	2
Anjella	Douglas	F50	44:43	3
Karen	Hammat	F55	38:56	1
Kate	White	F55	1:07:15	2
Lisa	Moodie	F65	47:15	1
Mary	Abrey	F70	43:01	1
Lorraine	Baron	F70	48:06	2
Betty	Stawarz	F70	58:69	3
Christopher	McKinnon	M55	35:39	1
Richard	Sampson	M60	48:96	1
Norman	White	M60	1:01:23	2
Dean	Mortimer	M65	32:33	1
Christopher	Worsnop	M65	40:23	2
John	Toshach	M70	41:54	1
Adrian	Wellington	M70	41:60	2
Percy	Voigt	M90	1:11:26	1

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400 M

First name	Surname	Group	Result	Order
Ruth	Vogelsang	F35	1:17	1
Bec	Cox	F40	1:19	1
Kerry	Goode	F45	1:22	1
Lisa	Simpson	F45	1:24	2
Rosie	Carruthers	F50	1:37	1
Marsha	Maule-Murphy	F50	1:45	2
Kate	White	F55	2:26	1
Lisa	Moodie	F65	1:56	1
Mary	Abrey	F70	1:43	1
Christopher	McKinnon	M55	1:25	1
Norman	White	M60	2:06	1
Dean	Mortimer	M65	1:19	1
Christopher	Worsnop	M65	1:37	2
Adrian	Wellington	M70	1:35	1
John	Toshach	M70	1:42	2

800 M

First name	Surname	Group	Result	Order
Lisa	Simpson	F45	3:17	1
Marsha	Maule-Murphy	F50	3:43	1
Kate	White	F55	6:01	1
Mary	Abrey	F70	4:19	1
Christopher	McKinnon	M55	3:09	1
Norman	White	M60	5:16	1
Christopher	Worsnop	M65	3:52	1
John	Toshach	M70	3:31	1
Adrian	Wellington	M70	3:42	2

1500 M Run

First name	Surname	Group	Result	Order
Lisa	Simpson	F45	6:48	1
Mary	Abrey	F70	9:02	1
Christopher	McKinnon	M55	6:48	1
Richard	Sampson	M60	8:17	1
Norman	White	M60	10:58	2
Dean	Mortimer	M65	6:12	1
Christopher	Worsnop	M65	7:57	2
John	Toshach	M70	7:07	1
Adrian	Wellington	M70	7:33	2

1500 M Walk

First name	Surname	Group	Result	Order
Donna	Palmer	F50	10:59	1
Kate	White	F55	11:39	1
Jenny	Scholtz	F55	13:04	2
Margaret	McIntosh	F70	11:39	1
Christopher	McKinnon	M55	9:52	1
Norman	White	M60	12:64	1
Christopher	Worsnop	M65	10:24	1
Adrian	Wellington	M70	10:08	1
Gil	McIntosh	M70	10:26	2
John	Toshach	M70	10:28	3
Brian	Witty	M70	10:46	4
Percy	Voigt	M90	15:41	1

3000 M

First name	Surname	Group	Result	Order
Renaë	Shearer	F40	16:14	1
Lisa	Simpson	F45	15:19	1
Marsha	Maule-Murphy	F50	15:55	1
Christopher	McKinnon	M55	14:46	1
Richard	Sampson	M60	18:12	1
Norman	White	M60	24:12	2
Christopher	Worsnop	M65	17:53	1
Adrian	Wellington	M70	17:09	1

5000 M Run

First name	Surname	Group	Result	Order
Renae	Shearer	F40	28:01	1
Alexis	Mardell	F40	37:56	2
Lisa	Simpson	F45	27:03	1
Marsha	Maule-Murphy	F50	27:32	1
Lisa	Moodie	F65	33:23	1
Christopher	McKinnon	M55	24:10	1
Mike	Grundy	M60	27:37	1
Norman	White	M60	42:18	2
Christopher	Worsnop	M65	29:48	1
John	Toshach	M70	26:02	1
Adrian	Wellington	M70	27:45	2
Ron	Wilson	M85	39:08	1

5000 M Walk

First name	Surname	Group	Result	Order
Kate	White	F55	43:01	1
Margaret	McIntosh	F70	41:40	1
Christopher	McKinnon	M55	36:55	1
Richard	Sampson	M60	39:20	1
Norman	White	M60	45:53	2
Christopher	Worsnop	M65	39:59	1
Brian	Witty	M70	37:48	1
Gil	McIntosh	M70	38:17	2
Adrian	Wellington	M70	38:53	3
John	Toshach	M70	40:39	4
Robert	Nunan	M75	53:04	1

10 KM Run Road

First name	Surname	Group	Result	Order
Rebecca	Neophytou	F45	55:30	1
Marsha	Maule-Murphy	F50	49:35	1
Christopher	McKinnon	M55	52:18	1
Richard	McMahon	M60	44:31	1
Mike	Grundy	M60	53:20	2
Richard	Sampson	M60	1:04:15	3
Christopher	Worsnop	M65	1:02:54	1
John	Toshach	M70	51:16	1
Adrian	Wellington	M70	1:04:58	2

10 KM Walk Road

First name	Surname	Group	Result	Order
Steve	Parkin	M65	1:14:58	1

Long Jump

First name	Surname	Group	Result	Order
Bec	Cox	F40	3.83	1
Donna	Palmer	F50	4.06	1
Anjella	Douglas	F50	2.7	2
Rosie	Carruthers	F50	2.5	3
Karen	Hammat	F55	3.09	1
Cherryl	Parker	F65	1.99	1
Mary	Abrey	F70	2.2	1
Rhondda	Dundas	F75	1.33	1
Robert	Hargans	M45	2.3	1
Christopher	McKinnon	M55	3.26	1
Norman	White	M60	1.81	1
Dean	Mortimer	M65	3.76	1
Howard	Avery	M70	3.07	1
Adrian	Wellington	M70	2.96	2
Paul	Hook	M70	2.16	3

Triple Jump

First name	Surname	Group	Result	Order
Donna	Palmer	F50	8.45	1
Mary	Abrey	F70	5.04	1

Robert	Hargans	M45	4.81	1
Christopher	McKinnon	M55	6.21	1
Norman	White	M60	5.71	1
Richard	Sampson	M60	5.03	2
Dean	Mortimer	M65	8.78	1
Adrian	Wellington	M70	7.03	1

High Jump

First name	Surname	Group	Result	Order
Rosie	Carruthers	F50	1	1
Karen	Hammat	F55	1.05	1
Mary	Abrey	F70	.8	1
Robert	Hargans	M45	0.95	1
Christopher	McKinnon	M55	1	1
Dean	Mortimer	M65	1.28	1
Howard	Avery	M70	1.15	1
Adrian	Wellington	M70	1	2

Shot Put

First name	Surname	Group	Result	Order
Heidi	Heemskerk	F40	7.97	1
Kerry	Goode	F45	6.51	1
Louise	Skelton	F45	5.78	2
Donna	Palmer	F50	10.97	1
Jodie	Schrapel	F50	7.49	2
Jenny	Scholtz	F55	6.17	1
Kate	White	F55	4.22	2
Margaret	Jaeger	F55 Dis	3.2	1
Cherryl	Parker	F65	4.52	1
Loraine	Baron	F70	6.06	1
Mary	Abrey	F70	5.65	2
Rhondda	Dundas	F75	7.11	1
Robert	Hargans	M45	7.77	1
Matthew	Lovell	M55	6.96	1
Christopher	McKinnon	M55	6.75	2
Norman	White	M60	7.02	1
Dean	Mortimer	M65	8.01	1
Gerry	van Niekerk	M65	5.14	2
Paul	Hook	M70	10.25	1
Howard	Avery	M70	9.46	2
Gil	McIntosh	M70	7.73	3
Adrian	Wellington	M70	7.44	4
Bob	Jenkins	M75	4.97	1
Percy	Voigt	M90	6.26	1

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Javelin

First name	Surname	Group	Result	Order
Heidi	Heemskerk	F40	16.51	1
Kerry	Goode	F45	16.56	1
Louise	Skelton	F45	9.1	2
Jodie	Schrapel	F50	22.36	1
Donna	Palmer	F50	21.51	2
Jenny	Scholtz	F55	14.57	1
Karen	Hammat	F55	13.74	2
Kate	White	F55	8.68	3
Margaret	Jaeger	F55 Dis	5.6	1
Cherryl	Parker	F65	8.52	1
Betty	Stawarz	F70	17.4	1
Mary	Abrey	F70	14.28	2
Lorraine	Baron	F70	10.3	3
Rhondda	Dundas	F75	10.05	1
Aaron	Lawson	M45	28.34	1
Robert	Hargans	M45	19.07	2
Christopher	McKinnon	M55	20.17	1
Matthew	Lovell	M55	17.14	2
Norman	White	M60	13.58	1
Dean	Mortimer	M65	25.88	1
Gerry	van Niekerk	M65	13	2
Howard	Avery	M70	26.9	1
Paul	Hook	M70	25.79	2
Adrian	Wellington	M70	15.7	3
Bob	Jenkins	M75	13.94	1

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Discus

First name	Surname	Group	Result	Order
Heidi	Heemskerk	F40	19.4	1
Kerry	Goode	F45	20.3	1
Louise	Skelton	F45	12.42	2
Donna	Palmer	F50	19.27	1
Anjella	Douglas	F50	11.29	2
Jenny	Scholtz	F55	13.7	1
Karen	Hammat	F55	12.15	2
Kate	White	F55	8.85	3
Margaret	Jaeger	F55 Dis	9	1
Cherryl	Parker	F65	9.65	1
Mary	Abrey	F70	14.55	1
Loraine	Baron	F70	13.6	2
Rhondda	Dundas	F75	13.3	1
Robert	Hargans	M45	20.22	1
Aaron	Lawson	M45	19.37	2
Christopher	McKinnon	M55	21.16	1
Matthew	Lovell	M55	20.68	2
Norman	White	M60	18.11	1
Dean	Mortimer	M65	26.03	1
Gerry	van Niekerk	M65	12.33	2
Paul	Hook	M70	29.48	1
Howard	Avery	M70	28.25	2
Adrian	Wellington	M70	18.92	3
Bob	Jenkins	M75	15	1