

SA Masters 2024 - Copper Coast

Athletics - Results

10km Road

Jasmine	Peter	F40	01:02:27	1st
Alison	Preuss	F40	01:03:22	2nd
Rebecca	Neophytou	F45	00:56:32	1st
Kathleen	Rabig	F55	00:51:35	1st
Ros	Lowe	F75	01:04:33	1st
EJ	Davie	M50	00:50:45	1st
Christopher	McKinnon	M55	00:46:59	1st
Alan	Twartz	M65	00:47:29	1st
John	Toshach	M70	00:53:12	1st

10km Road Walk

Steve	Parkin	M65	01:14:13	1st
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Masters Mile

Lisa	Simpson	F40	00:07:19	1st
Alison	Preuss	F40	00:09:46	2nd
Charmaine	Barlow	F40	00:11:14	3rd
Sabine	Orchard-Simonides	F50	00:09:27	1st
Lisa	Raeder	F50	00:13:17	2nd
Ruth	RainStad	F60	00:09:47	1st
Claudia	Rosser	F60	00:11:28	2nd
Ros	Lowe	F70	00:09:48	1st
Mary	Abrey	F70	00:11:02	2nd
Robyn	Raeder	F70	00:16:49	3rd
Margaret	Trengove	F80	00:13:26	1st
Christopher	McKinnon	M50	00:06:52	1st
EJ	Davie	M50	00:07:32	2nd
Alan	Twartz	M60	00:07:02	1st
Dean	Mortimer	M60	00:07:06	2nd
Steve	Hauxwell	M60	00:08:09	3rd
Anthony	Smith	M60	00:09:36	4th
Allan	Mayfield	M70	00:06:51	1st
John	Toshach	M70	00:08:05	2nd
Allen	Lyne	M80	00:08:52	1st

60m

Ruth	Vogelsang	F35	9.06 1st
Sarah	Amos	F40	11.86 1st
Nicole	Gunn	F45	10.15 1st
Donna	Palmer	F50	9.31 1st
Sabine	Orchard-Simonides	F55	11.23 1st
Lisa	Raeder	F55	13.21 2nd
Mary	Abrey	F70	12.24 1st
Bett	Stawarz	F70	14.53 2nd
Helen	Robertson	F75	13.22 1st
Ros	Lowe	F75	15.3 2nd
Robyn	Raeder	F75	30.13 3rd
Alexander	Mammone	M30	9.55 1st
Aaron	Lawson	M45	11.51 1st
EJ	Davie	M50	11.06 1st
Christopher	McKinnon	M55	10.55 1st
Kevin	Brennan	M55	28.38 2nd
Marinus	Haccou	M60	9.84 1st
Jus	St John	M60	9.96 2nd
Dean	Mortimer	M65	9.52 1st
Wayne	Barrie	M70	10.25 1st
John	Toshach	M70	12.26 2nd
Allen	Lyne	M80	13.19 1st
Percy	Voigt	M90	15.79 1st

100m

Ruth	Vogelsang	F35	14.98 1st
Sarah	Amos	F40	18.10 1st
Charmaine	Barlow	F40	19.30 2nd
Nicole	Gunn	F45	16.59 1st
Donna	Palmer	F50	15.05 1st
Jodie	Schrapel	F50	18.34 2nd
Sabine	Orchard-Simonides	F55	18.39 1st
Lisa	Raeder	F55	21.05 2nd
Mary	Abrey	F70	19.78 1st
Bett	Stawarz	F70	24.12 2nd
Helen	Robertson	F75	21.71 1st
Robyn	Raeder	F75	35.01 2nd
Alexander	Mammone	M30	12.35 1st
Samuel	Gerhardy	M30	13.02 2nd
Aaron	Lawson	M45	19.95 1st
EJ	Davie	M50	17.91 1st
Christopher	McKinnon	M55	16.84 1st
Kevin	Brennan	M55	19.07 2nd
Marinus	Haccou	M60	15.60 1st
Dean	Mortimer	M65	16.11 1st
Wayne	Barrie	M70	16.65 1st
Howard	Avery	M70	17.64 2nd
Allen	Lyne	M80	20.62 1st
Percy	Voigt	M90	25.50 1st

200m

Ruth	Vogelsang	F35	31.12	1st
Georgie	Van Beek	F40	43.28	1st
Sarah	Amos	F40	46.99	2nd
Nicole	Gunn	F45	37.75	1st
Donna	Palmer	F50	33.57	1st
Sabine	Orchard-Simonides	F55	40.97	1st
Lisa	Raeder	F55	53.18	2nd
Mary	Abrey	F70	43.34	1st
Bett	Stawarz	F70	59.61	2nd
Ros	Lowe	F75	59.16	1st
Alexander	Mammone	M30	33.38	1st
EJ	Davie	M50	41.48	1st
Christopher	McKinnon	M55	39.00	1st
Dean	Mortimer	M65	33.08	1st
John	Toshach	M70	44.71	1st
Allan	Mayfield	M75	36.82	1st
Allen	Lyne	M80	48.66	1st
Percy	Voigt	M90	1.05.96	1st

400m

Ruth	Vogelsang	F35	1.14.52	1st
Georgie	Van Beek	F40	2.09.64	1st
Nicole	Gunn	F45	1.32.49	1st
Donna	Palmer	F50	1.22.35	1st
Sabine	Orchard-Simonides	F55	1.44.04	1st
Jenny	Scholtz	F55	2.05.29	2nd
Mary	Abrey	F70	1.49.01	1st
Helen	Robertson	F75	2.09.73	1st
Ros	Lowe	F75	2.17.08	2nd
Alexander	Mammone	M30	1.04.65	1st
Samuel	Gerhardy	M30	1.05.11	2nd
EJ	Davie	M50	1.30.11	1st
Christopher	McKinnon	M55	1.25.81	1st
Kevin	Brennan	M55	1.48.30	2nd
Marinus	Haccou	M60	1.20.44	1st
Dean	Mortimer	M65	1.20.64	1st
Allan	Mayfield	M70	1.18.34	1st

800m

Georgie	Van Beek	F40	4:00:22	1st
Donna	Palmer	F50	3:27:47	1st
Sabine	Orchard-Simonides	F55	4.40.79	1st
Mary	Abrey	F70	4.27.98	1st
Ros	Lowe	F75	4:47:54	1st
EJ	Davie	M50	3:39:05	1st
Christopher	McKinnon	M55	3:19:33	1st
Gerry	van Niekerk	M65	5.00.88	1st
John	Toshach	M70	3:52:52	1st
Allan	Mayfield	M75	3.03.86	1st

1500m

Lisa	Simpson	F45	4.48.03	1st
EJ	Davie	M50	7.34.87	1st
Christopher	McKinnon	M55	6.46.28	1st
Dean	Mortimer	M65	6.21.98	1st
Alan	Twartz	M65	6.37.23	2nd
John	Toshach	M70	8.22.95	1st
Allan	Mayfield	M75	6.11.86	1st

1500m Walk

Charmaine	Barlow	F40	13.51.94	1st
Donna	Palmer	F50	11.01.58	1st
Jenny	Scholtz	F55	12.36.41	1st
Bett	Stawarz	F70	13.44.31	1st
Margaret	Trengove	F80	12.48.63	1st
Christopher	McKinnon	M55	10.24.52	1st
Bob	Jenkins	M75	15.33.59	1st
Percy	Voigt	M90	15.57.65	1st

3000m

Renae	Shearer	F40	15.48	1st
Lisa	Simpson	F45	15.14	1st
Christopher	McKinnon	M55	14.48	1st
Alan	Twartz	M65	13.48	1st
Anthony	Smith	M65	17.29	2nd
John	Toshach	M70	19.32	1st
Allan	Mayfield	M75	13.33	1st

3000m Walk

Lisa	Simpson	F45	23.43.23	1st
Margaret	Trengove	F80	26.13.4	1st
Christopher	McKinnon	M55	22.33.01	1st
John	Toshach	M70	23.49.06	1st
Paul	Hook	M70	25.56.65	2nd

5000m

Jasmine	Peter	F40	35.22.12	1st
EJ	Davie	M50	27.55.80	1st
Christopher	McKinnon	M55	24.50.93	1st
Paul	Tero	M60	27.39.33	1st
Alan	Twartz	M65	24.10.73	1st
Allan	Mayfield	M70	23.21.78	1st
Allen	Lyne	M80	33.21.85	1st

5000m Walk

Christopher	McKinnon	M55		1st
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Long Jump

Donna	Palmer	F50	3.37	1st
Sabine	Orchard-Simonides	F55	2.85	1st
Lisa	Raeder	F55	2.13	2nd
Mary	Abrey	F70	2.23	1st
Bett	Stawarz	F70	2.00	2nd
Ros	Lowe	F75	1.99	1st
Alexander	Mammone	M30	3.39	1st
EJ	Davie	M50	1.86	1st
Christopher	McKinnon	M55	3.00	1st
Dean	Mortimer	M65	4.09	1st
Wayne	Barrie	M70	3.31	1st
Paul	Hook	M70	2.28	2nd

Triple Jump

Charmaine	Barlow	F40	5.62 1st
Donna	Palmer	F50	8.17 1st
Jenny	Scholtz	F55	5.20 1st
Mary	Abrey	F70	5.05 1st
Alexander	Mammone	M30	9.30 1st
Samuel	Gerhardy	M30	8.62 2nd
EJ	Davie	M50	4.17 1st
Christopher	McKinnon	M55	5.92 1st
Dean	Mortimer	M65	8.55 1st

High Jump

Donna	Palmer	F50	1.15 1st
Sabine	Orchard-Simonides	F55	.95 1st
Mary	Abrey	F70	.8 1st
Samuel	Gerhardy	M30	1.35 1st
Alexander	Mammone	M30	.8 2nd
Scott	Carmichael	M35	1.4 1st
EJ	Davie	M50	.8 1st
Christopher	McKinnon	M55	1.05 1st
Dean	Mortimer	M65	1.2 1st
Wayne	Barrie	M65	1.15 1st
Howard	Avery	M70	1.1 2nd

Shot Put

Charmaine	Barlow	F40	6.26 1st
Donna	Palmer	F50	11.06 1st
Jodie	Schrapel	F50	7.46 2nd
Lisa	Raeder	F55	7.37 1st
Jenny	Scholtz	F55	6.42 2nd
Sabine	Orchard-Simonides	F55	5.49 3rd
Mary	Abrey	F70	5.41 1st
Bett	Stawarz	F70	4.90 2nd
Ros	Lowe	F75	7.03 1st
Rhondda	Dundas	F75	6.11 2nd
Robin	Raeder	F75	4.75 3rd
Alexander	Mammone	M30	7.97 1st
Scott	Carmichael	M35	8.95 1st
Aaron	Lawson	M45	7.68 1st
EJ	Davie	M50	5.13 1st
Christopher	McKinnon	M55	6.05 1st
Dean	Mortimer	M65	7.55 1st
Alan	Twartz	M65	7.08 2nd
Paul	Hook	M70	10.2 1st
Howard	Avery	M70	9.47 2nd
Bob	Jenkins	M75	3.87 1st
Percy	Voigt	M90	6.97 1st

Javelin

Charmaine	Barlow	F40	16.48 1st
Donna	Palmer	F50	22.57 1st
Jodie	Schrapel	F50	19.95 2nd
Jenny	Scholtz	F55	15.80 1st
Sabine	Orchard-Simonides	F55	12.68 2nd
Lisa	Raeder	F55	12.51 3rd
Bett	Stawarz	F70	14.05 1st
Mary	Abrey	F70	12.6 2nd
Ros	Lowe	F75	11.14 1st
Rhondda	Dundas	F75	10.5 2nd
Robin	Reader	F75	7.28 3rd
Aaron	Lawson	M45	28.44 1st
EJ	Davie	M50	8.36 1st
Christopher	McKinnon	M55	16.72 1st
Kevin	Brennan	M55	16.6 2nd
Marinus	Haccou	M60	28.08 1st
Dean	Mortimer	M65	25.99 1st
Alan	Twartz	M65	16.83 2nd
Gerry	van Niekerk	M65	9.53 3rd
Howard	Avery	M70	26.39 1st
Paul	Hook	M70	24.59 2nd
Bob	Jenkins	M75	11.39 1st
Percy	Voigt	M90	10.33 1st

Discuss

Donna	Palmer	F50	25.64 1st
Sabine	Orchard-Simonides	F55	12.25 1st
Lisa	Raeder	F55	9.38 2nd
Mary	Abrey	F70	13.88 1st
Bett	Stawarz	F70	9.57 2nd
Rhondda	Dundas	F75	13.26 1st
Ros	Lowe	F75	12.31 2nd
Alexander	Mammone	M30	19.32 1st
Scott	Carmichael	M35	21.91 1st
Aaron	Lawson	M45	24.28 1st
EJ	Davie	M50	12.75 1st
Christopher	McKinnon	M55	20.53 1st
Kevin	Brennan	M55	18.29 2nd
Marinus	Haccou	M60	27.66 1st
Dean	Mortimer	M65	27.64 1st
Alan	Twartz	M65	14.09 2nd
Gerry	van Niekerk	M65	13.18 3rd
Paul	Hook	M70	29.17 1st
Howard	Avery	M70	27.46 2nd
Bob	Jenkins	M75	16.07 1st
Percy	Voigt	M90	13.84 1st

e&oe