

AMA NATIONAL CHAMPIONSHIPS 2010

	Royce	Foley	Award	
Men	Ray	Green	M65	4126 Pts

	2009	AMA	Awards	
Jumps		Margaret	Taylor	W60

ACTVAC MEMBERS - DAY 1

Age	Place		Name	Result
	60	Metre	Dash	
W70				
	2	Corinne	Collins	10.69
W80				
	1	Gwendoline	Gleeson	13.5
M45				
	3	Matthew	Muell	7.83
	100	Metre	Dash	
W70				
	2	Corinne	Collins	17.59
W80				
	1	Gwendoline	Gleeson	22.83
M45				
	5	Matthew	Muell	12.54
	800	Metre	Run	
W40				
	5	Katie	Forestier	02:36.2
W55				
	2	Kathy	Sims	02:48.3
W70				
	2	Corinne	Collins	03:49.8
M55				
	2	Ken	White	02:18.5
M60				
	2	John	Lamb	02:21.5
	3	Geoff	Sims	02:22.3
	10000	Metre	Run	
W45				
	2	Janene	Kingston	44:32.8
W60				
	1	Susan	Archer	43:22.9
M45				
	1	Bruce	Graham	33:12.9
M50				
	6	Roger	Pilkington	42:35.3
M60				
	4	Paul	Archer	42:56.3
		Long	Jump	
W60				

M45	2	Margaret	Taylor	4.06m	-0.6
	1	Matthew	Muell	5.09m	2

Shot Put

W50	3	Sharon	Gibbins	9.55m	
W65	2	Raylea	Rudov	8.10m	
	3	Jan	Banens	7.87m	
W75	2	Mary	Wahren	6.73m	
M55	2	Geoff	Crumpton	11.85m	
M60	2	Bob	Banens	10.94m	
	6	Robert	Kennelly	6.33m	
M65	1	Ray	Green	12.18m	
	11	Bryan	Thomas	6.98m	
	12	Robin	Whyte	6.82m	

Hammer Throw

W45	1	Jayne	Hardy	37.82m	
W50	1	Sharon	Gibbins	40.58m	
W60	4	Trish	Thomas	18.88m	
	7	Wendy	O'Brien	11.22m	
W65	1	Jan	Banens	35.27m	
	3	Raylea	Rudov	28.70m	
W75	2	Mary	Wahren	24.58m	
M55	1	Geoff	Crumpton	39.24m	
M60	2	Bob	Banens	35.72m	
	6	Robert	Kennelly	14.00m	
M65	2	Ray	Green	37.79m	
	8	Robin	Whyte	21.49m	

1500 Metre Race Walk

W55	2	Chris	Booth	12:23.0	
W60	3	Trish	Thomas	13:02.2	
M60	4	Robert	Kennelly	12:40.3	
M65	1	Robin	Whyte	08:39.2	
	3	Bryan	Thomas	09:33.8	

	200	Metre	Dash	
W50	2	Sue	Bourke	28.61
W60	1	Margaretq	Taylor	31.95
W80	1	Gwendoline	Gleeson	51.37
M60	2	Geoff	Sims	26.27
	3	John	Lamb	26.28
	1500	Metre	Run	
W40	2	Katie	Forestier	05:13.7
W55	4	Kathy	Sims	05:45.4
W60	2	Sue	Archer	06:13.6
M45	2	Bruce	Graham	04:27.8
M50	7	Roger	Pilkington	05:35.4
M55	4	Ken	White	06:06.2
M60	4	Paul	Archer	05:22.5
M70	5	Tony	Booth	06:00.7
	80	Metres	Hurdles	
W60	1	Margaret	Taylor	14.79
	110	Metre	Hurdles	
M45	1	Matthew	Miell	18.03
	2000	Metre	Steeplechase	
M60	2	Paul	Archer	08:15.6
M65	4	Bryan	Thomas	10:48.4
		High	Jump	
W60	1	Margaret	Taylor	1.27
M45	1	Matthew	Muell	1.75
		Discus	Throw	
W45	1	Jayne	Hardy	33.5
W50	1	Sharon	Gibbins	30.45
W60	3	Trish	Thomas	15.51
W65				

	2	Raylea	Rudov	20.51
W70	3	Jan	Banens	18.37
M55	2	Mary	Wahren	15.07
M60	3	Geoff	Crumpton	33.65
M65	1	Bob	Banens	39.63
	1	Ray	Green	44.22
	10	Robin	Whyte	22

Discus Champion of Champions

W50	8	Sharon	Gibbins	47.54
W45	9	Jayne	Hardy	47.23
M65	8	Ray	Green	48.11

Javelin Throw

W45	1	Jayne	Hardy	35.8
W60	5	Trish	Thomas	12.93
W65	2	Jan	Banens	18.55
	3	Raylea	Rudov	18.52
W75	1	Mary	Wahren	17.5
M55	1	Geoff	Crumpton	34.99
M60	1	Bob	Banens	41.61
M65	5	Ray	Green	31.75

5000 Metre Racewalk

M60	4	Robert	Kenneally	46:10.2
M65	1	Robin	Whyte	30:34.9
	3	Bryan	Thomas	33:18.8

DAY 3

100m Champion of Champions

W60	7	Margaret	Taylor	12.16
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400 Metre Dash

W50	1	Sue	Bourke	65.19
W70	1	Cory	Collins	01:28.1
M55	3	Ken	White	60:89

M60	1	John	Lamb	58.8
	4	Geoff	Sims	59.47
	5000	Metre	Run	
W40	1	Katie	Forestier	19:49.0
W45	2	Janene	Kingston	2-:58.49
W55	2	Kathy	Sims	21:11.8
W60	1	Sue	Archer	21:30.5
M45	1	Bruce	Graham	16:16.9
M50	8	Roger	Pilkington	20:21.8
M60	6	Paul	Archer	20:33.2
M70	4	Tony	Booth	24:14.4
	300	Metre	Hurdles	
M60	1	John	Lamb	48.84
	400	Metre	Hurdles	
M45	1	Matthew	Muell	69.21
	220+	4x100	Metre	Relay
M60		John	Lamb	51.43
M55		Ken	White	51.43
M60		Geoff	Sims	51.43
M45		Matthew	Muell	51.43
		Triple	Jump	
W60	1	Margaret	Taylor	9.35
M45	1	Matthew	Muell	10-.61
		Weight	Pentathlon	
W45	1	Jayne	Hardy	4287 Pts.
W60	3	Trish	Thomas	2096 Pts.
	5	Wendy	O'Brien	968 Pts
W65	2	Jan	Banens	3917 Pts.
	3	Raylea	Rudov	3678 Pts.
W75	2	Mary	Wahren	4153 Pts.
M55	1	Geoff	Crumpton	3362 Pts.
M60	3	Bob	Banens	2185 Pts.

M65	5	Robert	Kenneally	1576 Pts.
	1	Ray	Green	3996 Pts.
	8	Robin	Whyte	2326 Pts.

Field

Pentathlon

W60	1	Margaret	Taylor	3409 Pts.
M45	2	Matthew	Muell	2556 Pts.

8000m

Cross

Country

Run

W40	1	Katie	Forestier	34:31.0
W45	2	Janene	Kingston	38:31/5
W55	2	Kathy	Sims	38:24.9
W60	1	Sue	Archer	37:23.8
M50	8	Robger	Pilkington	36:41.9
M70	3	Tony	Booth	42:26.9

10,000

Metre

Road

Walk

M656	1	Robin	Whyte	1hr01:18
	3	Bryan	Thomas	1Hr08:05