

**AMA Decathlon Championship
La Trobe Uni Track - Bendigo 5/6 Jan 2013**

	Points	100	LJ	SP	HJ	400	Day 1	110H	DT	PV	JT	1500
M35 Decathlon												
1	Gilligan, Brett VMA	11.96	6.31m	10.47m	1.78m	59.99		18.18	32.74m	4.50m	38.76m	05:36.7
	Age-Graded Mark:	11.81	6.51m	10.85m	1.82m	57.92		18.01	33.20m	4.57m	39.24m	05:33.8
	Age-Graded Percent:	82.94%	72.70%	46.97%	74.48%	74.56%		71.73%	44.82%	74.50%	39.86%	61.71%
	5702	689	700	537	644	487	3057	524	528	781	431	381
DNS Timewell, Chris VMA												
M40 Decathlon												
2	Hennig, Shawn VMA	13.02	5.12m	8.84m	1.60m	58.5		24.54	27.05m	2.70m	35.74m	05:24.5
	Age-Graded Mark:	12.48	5.58m	9.84m	1.67m	54.73		23.38	29.79m	2.90m	38.82m	05:08.9
	Age-Graded Percent:	78.49%	62.36%	42.58%	68.38%	78.91%		55.22%	40.22%	47.37%	39.42%	66.68%
	4523	560	498	476	520	610	2664	132	460	333	425	509
M45 Decathlon												
3	Dell, Tony VMA	13.92	4.14m	5.88m	1.30m	01:01.0		25.8	17.68m	2.40m	21.35m	04:57.3
	Age-Graded Mark:	12.93	4.78m	7.06m	1.43m	55.19		23.61	21.30m	2.75m	25.01m	04:31.3
	Age-Graded Percent:	75.72%	53.42%	30.58%	58.56%	78.24%		54.69%	28.76%	44.86%	25.40%	75.94%
	3742	480	341	311	338	591	2061	120	297	298	230	736
	Points	100	LJ	SP	HJ	400	Day 1	100H	DT	PV	JT	1500
M50 Decathlon												
1	McGrath, Tim NSWMA	13.35	4.89m	11.45m	1.39m	01:11.6		19.51	32.60m	3.20m	33.01m	06:59.3
	Age-Graded Mark:	12.01	6.00m	13.42m	1.61m	01:02.7		18.74	33.31m	3.92m	40.52m	06:06.1
	Age-Graded Percent:	81.50%	67.17%	58.03%	65.88%	68.88%		68.89%	44.97%	64%	41.15%	56.27%
	4997	-649	-587	-693	-472	-326	2727	-455	-530	-595	-450	-240
2	Simpson, Greg VMA	15.56	3.77m	6.24m	1.24m	01:16.2		24.61	18.88m	2.20m	18.17m	07:01.7
	Age-Graded Mark:	14	4.63m	7.31m	1.44m	01:06.7		23.64	19.29m	2.69m	22.30m	06:08.2
	Age-Graded Percent:	69.92%	51.79%	31.63%	58.77%	64.75%		54.61%	26.04%	44%	22.65%	55.95%
	2596	-312	-313	-326	-345	-214	1510	-119	-259	-284	-192	-232

M60 Decathlon

1	Neale, John VMA	15.95	3.37m	8.55m	1.21m	01:18.1		23.95	31.54m	1.60m	25.94m	07:20.7
	Age-Graded Mark:	13.43	4.74m	10.67m	1.57m	01:03.7		21.59	33.52m	2.27m	36.67m	05:49.9
	Age-Graded Percent:	72.98%	52.99%	46.17%	64.36%	67.83%		59.83%	45.25%	37.12%	37.24%	58.88%
	3656	-397	-333	-526	-441	-297	1994	-234	-534	-193	-394	-307
DNS	Shuter, Vasyi QMA	DNS	DNS	DNS	DNS	DNS		DNS	DNS	DNS	DNS	DNS
	M65 Decathlon											
1	Kennedy, Peter QMA	15.18	4.33m	10.16m	1.36m	01:26.3		20.61	27.57m	2.30m	31.59m	08:21.4
	Age-Graded Mark:	12.32	6.57m	13.82m	1.88m	01:07.6		17.81	32.08m	3.55m	49.34m	06:17.5
	Age-Graded Percent:	79.51%	73.51%	59.80%	76.84%	63.88%		72.54%	43.31%	57.93%	50.10%	54.57%
	5228	-589	-713	-717	-696	-192	2907	-543	-506	-496	-579	-197
	Points	100	LJ	SP	HJ	400	Day 1	80H	DT	PV	JT	1500
	M70 Decathlon											
1	Mamalis, Greg NSWMA	15.25	4.23m	10.06m	1.33m	01:21.5		15.92	26.86m	2.20m	23.51m	DNF
	Age-Graded Mark:	11.87	6.97m	13.55m	1.97m	01:00.8		16.28	34.32m	3.72m	39.49m	
	Age-Graded Percent:	82.49%	77.90%	58.62%	80.61%	71.02%		79.33%	46.34%	60.77%	40.11%	
	5575	-677	-807	-701	-776	-386	3347	-702	-550	-541	-435	0
	M75 Decathlon											
1	Chambers, Don VMA	15.2	3.94m	9.20m	1.15m	01:27.2		17.74	21.43m	2.10m	19.65m 1	00:46.3
	Age-Graded Mark:	11.27	7.10m	13.60m	1.83m	01:00.9		17.47	30.71m	3.93m	37.20m	07:03.7
	Age-Graded Percent:	86.91%	79.28%	58.86%	74.68%	70.91%		73.90%	41.46%	64.02%	37.77%	48.62%
	5498	-801	-838	-704	-653	-383	3379	-576	-478	-598	-402	-65

**AMA & VMA Heptathlon Championships
La Trobe Uni Track - Bendigo 5/6 Jan 2013**

	Points	80H	HJ	SP	200	Day 1	LJ	JT	800
W35 Heptathlon									
1		22.4	1.29m	5.75m	36.18		3.79m	12.24m	03:37.6
		22.07	1.35m	5.96m	35.11		3.97m	13.00m	03:36.5
		55.31%	64.82%	26.34%	60.81%		52.93%	17.81%	52.33%
	1630	153	460	269	186	1068	301	160	101

W40 Heptathlon									
1		13.92	1.14m	7.15m	31.01		4.39m	11.15m	03:07.4
		16.48	1.25m	7.93m	28.97		4.87m	12.79m	02:58.8
		74.14%	60.32%	35.07%	73.65%		64.84%	17.53%	63.37%
	3024	657	359	395	556	1967	524	156	377

W55 Heptathlon									
1		18.21	1.31m	8.04m	32.59		3.85m	18.41m	03:10.7
		18.3	1.69m	11.01m	26.93		5.16m	26.66m	02:38.2
		66.78%	81.37%	48.70%	79.26%		68.63%	36.52%	71.62%
	4225	458	842	596	718	2614	603	414	594