

2023 VIC , AMA , VMA MULTI-EVENTS CHAMPIONSHIPS**Bendigo Regional Athletics Complex****Results - Combined Events****Women Heptathlon Masters 40-44**

	Points	80H	HJ	SP	200 Day1	LJ	JT	80
1 Foster, Melissa	13.51		1.35m	8.52m	28.19	5.44m	27.19m	3:10.1
Masters Athletics W	w: -1.2				w: 1.7	w: 2.3		
78	4211	(715)	(599)	(494)	(768) 2576	(859)	(424)	(352)

2023 VIC , AMA , VMA MULTI-EVENTS CHAMPIONSHIPS**Bendigo Regional Athletics Complex****Results - Combined Events****Women Heptathlon Masters 50-54**

	Points	80H	HJ	SP	200 Day1	LJ	JT	80
1 Carah *, Karen Box Hill 68	14.63 w: -1.2 4666	(708)	1.38m (842)	10.27m (723)	30.10 w: 1.7 (801) 3074	4.34m w: 1.9 (683)	24.93m (381)	3:08.2 (528)
2 Haines *, Trudy South Bendigo 70	20.67 w: -1.2 2911	(119)	1.29m (712)	8.61m (585)	34.71 w: 1.7 (487) 1903	3.19m w: 3.6 (306)	19.80m (285)	3:20.4 (417)

2023 VIC , AMA , VMA MULTI-EVENTS CHAMPIONSHIPS**Bendigo Regional Athletics Complex****Results - Combined Events****Women Heptathlon Masters 55-59**

	Points	80H	HJ	SP	200 Day1	LJ	JT	80
1 Townsend, Vicki	14.57		1.32m	10.51m	29.73	4.26m	21.83m	3:22.2
Act Masters Athleti	w: -1.2				w: 2.5	w: 3.9		
64	5261	(890)	(867)	(821)	(927) 3505	(762)	(507)	(487)
2 Coate, Sue	16.67		1.29m	9.56m	30.24	4.13m	25.58m	2:58.1
Masters Athletics W	w: -1.2				w: 2.5	w: 4.2		
66	5106	(625)	(818)	(734)	(888) 3065	(709)	(611)	(721)

2023 VIC , AMA , VMA MULTI-EVENTS CHAMPIONSHIPS**Bendigo Regional Athletics Complex****Results - Combined Events****Women Heptathlon Masters 65-69**

	Points	80H	HJ	SP	200	Day1	LJ	JT	80
1 Bridle, Christine	18.59		1.17m	7.49m	33.76		3.37m	17.68m	3:44.4
Victorian Masters A	w: -1.2				w: 2.5		w: 2.2		
57	4701	(626)	(879)	(690)	(844)	3039	(626)	(517)	(519)
2 Self, Joan	18.52		1.11m	7.61m	37.06		3.19m	18.39m	4:26.6
Victorian Masters A	w: -1.2				w: 2.5		w: 1.8		
57	4062	(633)	(771)	(703)	(634)	2741	(548)	(541)	(232)

2023 VIC , AMA , VMA MULTI-EVENTS CHAMPIONSHIPS**Bendigo Regional Athletics Complex****Results - Combined Events****Men Decathlon Masters 45-49**

	Points	100	LJ	SP	HJ	400 Day1	110H	DT	PV	JT	1500
1 Oberholzer *, Conrad		12.21	5.07m	9.36m	1.59m	58.87	19.97	32.66m	NH	39.41m	5:45.82
Ballarat Harriers		w: -0.3	w: -1.6				w: -1.6				
75	5162	(786)	(554)	(561)	(585)	(668) 3154	(352)	(651)	(0)	(532)	(473)
2 Baker *, Cameron		12.71	4.86m	7.24m	1.50m	59.43	19.61	19.90m	3.80m	30.89m	5:51.86
Box Hill		w: -0.3	w: +0.0				w: -1.6				
77	5030	(689)	(504)	(408)	(504)	(647) 2752	(381)	(347)	(719)	(387)	(444)

2023 VIC , AMA , VMA MULTI-EVENTS CHAMPIONSHIPS**Bendigo Regional Athletics Complex****Results - Combined Events****Men Decathlon Masters 70-74**

	Points	100	LJ	SP	HJ	400 Day1	80H	DT	PV	JT	1500
1 Shaw, Geoff	15.37	4.18m	7.76m	1.32m	1:14.07	17.79	22.74m	2.90m	22.57m	6:53.61	
Victorian Masters Athletics	w: -0.3	w: +0.0				w: -4.4					
48	6155	(657)	(785)	(481)	(758)	(588) 3269	(543)	(446)	(883)	(412)	(602)
2 Clapper, Mike	14.89	4.22m	9.72m	1.32m	1:10.25	19.18	19.29m	1.50m	21.92m	6:30.16	
Victorian Masters Athletics	w: -0.3	w: +0.0				w: -4.4					
52	5761	(734)	(802)	(633)	(758)	(707) 3634	(416)	(360)	(251)	(396)	(704)
3 McLoughlan, Bernie	15.76	3.61m	8.96m	1.26m	1:16.46	21.35	20.66m	1.20m	17.90m	6:19.71	
Victorian Masters Athletics	w: -0.3	w: +0.0				w: -4.4					
52	4788	(599)	(576)	(574)	(679)	(519) 2947	(250)	(394)	(145)	(300)	(752)

