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## Former Athlete Profile - (Retired) Melissa Parkes

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Melissa Parkes returned to athletics in Season 2009/2010 after retiring for about ten years to perform motherhood duties. She joined the team with a view to again enjoying her athletics and getting fit again to be competitive. She made her first final since returning from retirement in the St. Bernards Womens 70m. She has an impressive athletic record before retiring with much pro success. She was predominantly a long jumper in amateur athletics.

She then stopped again for a few seasons due to personal commitments.

Pro Debut : 1993 Fitzroy-Northcote 100m Womens.

Season 93/94.

1st Rye 100m Womens, 1st Moe 100m Womens, 1st Brighton 100m Womens,  
3rd Prahran 100m Womens, 3rd Ararat 100m Womens, 3rd Albion 100m Womens.

Season 94/95.

1st Broadford 120m Womens,  
2nd Caulfield 120m Womens.

Season 96/97

1st Parade College 70m Womens, 1st North Ringwood 120m Womens,

Season 97/98

3rd Tullamarine Open 70m, 3rd Maribyrnong 300m Womens,

Season 00/01

1st Strath Creek 70m Womens, 1st VRTA 300m Womens, 1st Rye Open 70m, 1st Wesley College 70m Open, 1st sandringham 70m Open,  
2nd Mitchell Shire 400Womens/Veterans.