

QMA. LADIES' ROAD RUN BEST PERFORMANCES AS AT 13/02/2009

ROAD RUNS

HALF MARATHON

W30	Helen Sanderson	1:48.40
W35	Tressa Lindenberg	1:23.40
W40	Glenda Banaghan	1:24.25
W45	Joan Darlington	1:28.53
W50	Joan Darlington	1:29.59
W55	Betty Menzies	1:35.03
W60	Betty Menzies	1:40.25
W65	Joan Stubbings	2:28.37
W70	Lorna Thompson	2:30.13
W75	Lorna Thompson	2:32.18

MARATHON

W35	Lyn Stern	3:02.05
W40	Glenda Banaghan	2:52.41
W45	Hazel Edmond	3:04.23
W50	Joan Darlington	3:19.12
W55	Betty Menzies	3:35.14
W60	Lesley Le Vaillant	3:53.09
W65	Lesley Le Vaillant	3:51.59

QMA MENS' ROAD RUN BEST PERFORMANCES AS AT 13/02/2009

HALF MARATHON

M30	Brendan Whelan	1:12.29
M35	Paul Houston	1:15.46
M40	Peter Connolly	1:10.12
M45	Ron Peters	1:10.47
M50	Ron Peters	1:11.32 ABP
M55	Ron Peters	1:13.06 ABP
M60	Colin McLeod	1:17.40
M65	Colin McLeod	1:19.06
M70	Colin McLeod	1:28.06
M75	Robert Horman	1:41.44 ABP
M80	Robert Horman	1:46.00 ABP
M85	Robert Horman	2:05.11 ABP

MARATHON

M30	Jason Hall	2:53.29
M35	Greg Thomas	2:42.53
M40	Peter Connolly	2:29.09
M45	Tony Gray	2:29.52
M50	Colin McLeod	2:35.35
M55	Colin McLeod	2:42.46
M60	Colin McLeod	2:45.50
M65	Colin McLeod	2:54.41 ABP
M70	Colin McLeod	3:04.07
M75	Robert Horman	3:41.08 ABP
M80	Robert Horman	3:39.18 WR
M85	Robert Horman	4:34.55 WR

AR