

Q.M.A. 21&22/02/05 QSAC, MAIN TRACK

SATURDAY LADIES

100 METRES

W35	1	A.Fisher	13.84
W40	1	J.Walklate	14.75
	2	J.Kirby	15.04
	3	K.Lakin	15.06
W50	1	N.Brameld	15.92
	2	K.Rourke	16.03
W55	1	H.McDonnell	16.73
	2	J.Hampson	18.14
W65	1	A.Horsnell	16.50

200 METRES

W35	1	A.Fisher	29.82
	2	S.Cockcroft	31.40
W40	1	K.Lakin	30.55
	2	J.Kirby	31.59
W50	1	K.Rourke	33.67
W55	1	H.McDonnell	32.69
	2	I.Davey	34.41
	3	J.Hampson	38.10
W65	1	A.Horsnell	34.53

400 METRES

W35	1	S.Cockcroft	72.75
W40	1	K.Lakin	69.78
W55	1	J.Hampson	1.34.22

1500 METRES

W35	1	M.McKenna	6.09.04
	2	A.Fisher	9.22.23
W55	1	J.Cullen	6.30.11
W60	1	B.Menzies	5.50.56

3000 METRES

W35	1	S.Cockcroft	16.56.20
W55	1	D.Letherby	13.33.12

3000M TRACK WALK

W75	1	L.Thompson	22.07.97
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LONG JUMP

W35	1	J.Jones	3.99
W40	1	J.Walklate	4.13
W50	1	N.Brameld	3.40
	2	N.Avery	3.09
	3	K.Rourke	2.81

TRIPLE JUMP

W35	1	J.Jones	8.21
W50	1	K.Rourke	6.44

JAVELIN THROW

W35	1	J.Jones	16.20
W40	1	J.Walklate	19.54
W45	1	M.Schafer	26.86

W50	1	K.Rourke	17.10
	2	N.Avery	16.61
W60	1	D.Roberts	10.50
W65	1	G.White	11.11
W70	1	H.Doherty	22.97
	2	M.Jekabsons	11.86

WEIGHT THROW

W35	1	J.Jones	6.10
W40	1	J.Walklate	4.42
W50	1	N.Avery	6.58
W60	1	D.Roberts	9.47
W65	1	G.White	7.71
W70	1	M.Jekabsons	8.27

SUNDAY LADIES

100 METRES

W35	1	A.Fisher	14.25
	2	J.Baker	15.43
	3	J.Jones	16.54
W40	1	T.Barr	15.33
W50	1	N.Brameld	16.47

300 METRES

W45	1	J.Pryor	46.22
W55	1	I.Davey	55.66
	2	H.McDonnell	57.52
W60	1	M.Allison Nsw	49.38

800 METRES

W35	1	A.Fisher	4.08.62
W55	1	I.Davey	3.24.42
W60	1	M.Allison Nsw	2.49.70

5000 METRES

W35	1	M.McKenna	24.54.30
W45	1	J.Belford	24.40.04

5000M TRACK WALK

W60	1	N.McKinven	34.12.45
W70	1	C.Dauphinnet	35.33.99

80 METRES HURDLES

W55	1	H.McDonnell	18.36
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LONG JUMP

W35	1	J.Baker	4.05
	2	J.Jones	3.74
W50	1	N.Brameld	3.32
	2	N.Avery	3.02

TRIPLE JUMP

W35	1	J.Jones	8.35
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HIGH JUMP

W35	1	J.Jones	1.20
W55	1	P.Waters	1.35

DISCUS THROW

W35	1	J.Baker	17.21
	2	J.Jones	14.70
W50	1	N.Avery	14.47
W55	1	P.Waters	18.68
W70	1	H.Doherty	22.29

SHOT PUT

W35	1	J.Baker	7.28
	2	J.Jones	5.25
W50	1	N.Avery	5.81
W55	1	P.Waters	7.37

**SATURDAY
MEN**

100 METRES

M30	1	P.Vescio	11.42
M35	1	D.Leon	12.74
M40	1	P.Pickwick	13.25
	2	R.Gibson	13.76
	3	G.Denman	14.01
M45	1	H.Bristow	12.75
	2	M.Warburton	13.31
M50	1	J.Begley	12.70
	2	G.Cox	13.70
	3	I.Malouf	14.28
M55	1	J.Wight	12.76
	2	W.Cousins	12.86
	3	C.Williams	14.31
	4	W.Spalding	14.32
M60	1	C.Buyers	13.38
	2	A.Lakin	15.21
M65	1	J.Cooper	13.21
	2	L.Nicol	15.05
M70	1	N.Garvey	15.29

200 METRES

M30	1	P.Vescio	23.19
M40	1	R.Gibson	27.48
	2	G.Denman	27.59
M45	1	H.Bristow	25.79
	2	P.Edwards	26.30
	3	M.Warburton	26.71
M50	1	J.Begley	25.55
	2	G.Cox	29.78
	3	I.Malouf	30.41
M55	1	P.Chaplain	29.11
	2	W.Spalding	29.82
	3	C.Williams	30.38
M60	1	C.Buyers	26.61
	2	A.Lakin	31.93
M65	1	J.Cooper	27.00
	2	S.Herft	31.74
M70	1	N.Garvey	32.06

400 METRES

M40	1	G.Denman	59.67
M45	1	P.Edwards	58.73
M50	1	S.McLaughlin	59.61
	2	N.Manefield	59.73
M55	1	P.Chaplain	69.19
M60	1	C.Buyers	59.12
	2	A.Lakin	79.36
M65	1	J.Cooper	68.08
M70	1	N.Garvey	80.31

1500 METRES

M30	1	D.Hill	4.16.05
	2	B.Hill	4.19.47
M40	1	S.Pritchard	4.42.14
	2	L.Jordan	6.08.34
	3	K.Christison	6.09.71
M45	1	M.Schafer	4.48.01
M50	1	J.Collie	5.03.99
M55	1	B.McGaffin	6.00.30
M60	1	G.Ogden	5.03.43

3000 METRES

M45	1	P.Marshall	11.23.33
M50	1	P.Circosta	14.10.70
M60	1	E.Egan	13.17.29
	2	C.Windle	14.09.85

3000M TRACK WALK

M35	1	I.Jimenez	14.24.48
M45	1	P.Bennett	14.50.83
M50	1	B.Coleman	17.43.68
M60	1	I.Richardson	15.49.79
M80	1	D.Keatinge	21.36.87

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**SUNDAY
MEN**

100 METRES

M50	1	I.Malouf	15.03
M55	1	W.Spalding	15.92
M65	1	L.Nicol	15.60
M70	1	N.Garvey	15.65
M75	1	M.Dauphinet	17.22

300 METRES

M40	1	G.Denman	43.63
M50	1	K.Dohnt	43.72
M55	1	W.Spalding	53.22
M70	1	N.Garvey	53.70
M75	1	M.Dauphinet	61.03

800 METRES

M30	1	D.Hill	2.02.09
	2	B.Hill	2.04.42
M45	1	P.Hawes	2.10.84
M50	1	T.Dauphinet	2.12.21
	2	J.Collie	2.23.64
M60	1	C.Buyers	2.35.34
	2	E.Egan	2.50.73

5000 METRES

M40	1	J.Wiesner	18.39.56
	2	K.Christison	25.44.28
M45	1	G.Bongioletti	18.56.88
M60	1	C.Windle	22.48.44
M65	1	C.McLeod	19.01.36

5000M TRACK WALK

M35	1	J.Nash	16.51.80
M50	1	B.Coleman	29.55.99
M80	1	D.Keatinge	36.37.10

LONG JUMP

M65	1	S.Herft	4.42
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TRIPLE JUMP

M65	1	S.Herft	9.45
	2	L.Nicol	9.36

HIGH JUMP

M60	1	B.Prideaux	1.45
M65	1	S.Herft	1.35

DISCUS THROW

M40	1	W.Martell	42.59
M55	1	P.Clark	34.04
M70	1	A.Ropelin	28.68
M85	1	T.Vickers	15.18

SHOT PUT

M40	1	W.Martell	13.53
M55	1	P.Clark	10.44
M70	1	A.Ropelin	12.05
M85	1	T.Vickers	5.96