

**Q.M.A. 13/12/04 MONDAY NIGHT QLD.UNI, ST.LUCIA**

<b>LADIES:</b>			3 A.Fisher	8.17.5	M60 1 C.Buyers	26.6	
<b>100 METRES</b>			W45 1 J.Belford	6.57.8	M65 1 H.Coogan	27.4	
W35 1 J.Brimms	12.6		W55 1 I.Davey	7.08.5	2 J.Cooper	27.4	
2 A.Fisher	13.9		W60 1 B.Menzies	6.23.3	<b>400 METRES</b>		
3 P.Prasad	15.0		2 D.Southern	8.45.8	M40 1 L.Jordan	73.1	
<b>200 METRES</b>			<b>6000 METRES</b>			M60 1 C.Buyers	60.1
W35 1 J.Brimms	26.7		W55 1 J.Cullen	30.55.9	M65 1 H.Coogan	61.8	
2 A.Fisher	30.8		<b>6KM TRACK WALK</b>			2 J.Cooper	74.1
3 P.Prasad	32.2		W60 1 N.McKinven	42.14.1	<b>1500 METRES</b>		
W50 1 K.Rourke	35.9		<b>MEN:</b>			M40 1 L.Jordan	6.08.2
W55 1 I.Davey	37.3		<b>100 METRES</b>			M50 1 B.Bodsworth	5.39.3
<b>400 METRES</b>			M45 1 B.Valentine	12.0	M55 1 B.McGaffin	6.11.5	
W35 1 J.Brimms	64.0		M50 1 J.Begley	12.2	<b>10,000 METRES</b>		
2 P.Prasad	78.2		M60 1 C.Buyers	12.7	M30 1 B.Whelan	34.05.4	
3 M.McKenna	79.0		M65 1 J.Cooper	13.1	M40 1 D.Gwynne	37.37.0	
W45 1 J.Belford	87.0		2 H.Coogan	13.4	<b>6KM TRACK WALK</b>		
W55 1 I.Davey	87.9		<b>200 METRES</b>			M35 1 I.Jimenez	29.53.4
<b>1500 METRES</b>			M45 1 B.Valentine	24.7 pb	M45 1 P.Bennett	31.05.4	
W35 1 M.McKenna	6.30.9		M50 1 J.Begley	27.1	M50 1 B.Coleman	35.56.8	
2 M.Morgan	6.38.6						

**Q.M.A. 18/12/04 SATURDAY QSAC MAIN TRACK**

<b>LADIES:</b>			<b>TRIPLE JUMP</b>			<b>100 METRES</b>		
<b>60 METRES</b>			W30 1 M.Bugeja	10.93	QR	M35 1 S.Copas	12.8	
W30 1 M.Bugeja	8.1eqQBP		W50 1 K.Rourke	6.64		2 M.Konemann	13.2	
W35 1 J.Brimms	8.2		<b>HIGH JUMP</b>			3 S.Lawrence	13.6	
2 P.Prasad	9.6		W35 1 M.Morgan	1.25		M40 1 B.Valentine	12.3	
3 M.Morgan	9.9		<b>DISCUS</b>			M45 1 H.Bristow	12.5	
W40 1 T.Barr	9.1		W35 1 P.Prasad	22.74		2 G.Bainbridge	12.6	
W45 1 J.Downie	12.1		2 M.Morgan	19.12		3 K.Davis	13.8	pb
W50 1 M.Burley	10.7		W45 1 J.Belford	18.63		4 G.Davis	14.9	
W60 1 D.Roberts	10.7		2 J.Downie	14.95		M50 1 J.Begley	12.8	
W65 1 A.Horsnell	10.1		W50 1 N.Avery	15.49		2 J.Moore	13.3	
<b>100 METRES</b>			2 C.Davis	13.65		3 C.Williams	14.4	
W35 1 J.Brimms	12.5		W60 1 L.Birtwell	22.07		M55 1 J.Wight	12.8	
2 P.Prasad	15.8		2 L.Hamilton	15.58		2 R.Milnes	14.2	
W40 1 T.Barr	15.1		3 D.Roberts	14.39		3 A.Ashauer	14.4	pb
2 K.Lakin	15.1		W70 1 H.Doherty	23.36		4 W.Spalding	14.7	
W50 1 M.Burley	17.8		2 M.Jekabsons	11.98		M60 1 C.Buyers	13.1	
W65 1 A.Horsnell	16.5		W80 1 M.Vickers	10.88		2 A.Lakin	15.5	
W75 1 L.Thompson	25.9		<b>SHOT PUT</b>			M65 1 J.Cooper	13.2	
<b>200 METRES</b>			W45 1 J.Downie	5.29		2 L.Nicol	15.7	
W35 1 J.Brimms	26.8		W50 1 N.Avery	5.88		M75 1 R.Grigg	19.3	
2 P.Prasad	32.5		2 R.Wales	5.48	pb	<b>200 METRES</b>		
W40 1 K.Lakin	30.8		3 C.Davis	5.24		M35 1 M.Konemann	26.9	
2 T.Barr	33.8		W60 1 L.Birtwell	7.80		2 S.Lawrence	28.5	
W45 1 J.Belford	39.9		2 L.Hamilton	6.60		3 S.Copas	28.6	
W50 1 K.Rourke	32.9		W70 1 H.Doherty	7.60		M40 1 R.Gibson	27.8	
2 I.Davey	34.6		2 M.Jekabsons	5.34	pb	M45 1 G.Bainbridge	26.0	
W65 1 A.Horsnell	33.2	pb	W80 1 M.Vickers	4.06		2 G.Davis	28.7	
<b>400 METRES</b>			<b>WEIGHT THROW</b>			3 K.Davis	28.9	pb
W35 1 J.Brimms	62.4		W45 1 J.Downie	5.04	pb	M50 1 J.Begley	25.9	
2 P.Prasad	78.3		W50 1 N.Avery	6.94		2 J.Moore	27.2	
3 M.Morgan	79.7		2 R.Wales	6.50		3 P.Moran	30.6	
W40 1 K.Lakin	69.2	pb	3 C.Davis	6.29		M55 1 J.Wight	26.1	
W50 1 I.Davey	82.8		W60 1 L.Birtwell	9.53		2 R.Milnes	29.2	
W60 1 D.Roberts	89.8		W70 1 H.Doherty	9.65		3 A.Ashauer	32.4	
<b>1500 METRES</b>			2 M.Jekabsons	6.76		4 W.Spalding	34.0	
W35 1 M.McKenna	6.15.8		W80 1 M.Vickers	5.34		M60 1 C.Buyers	26.4	
2 M.Morgan	6.41.5		<b>MEN:</b>			2 A.Lakin	32.2	
W45 1 J.Belford	6.42.2		<b>60 METRES</b>			M65 1 J.Cooper	27.9	
W60 1 B.Menzies	5.59.7		M35 1 S.Copas	8.2		M75 1 R.Grigg	42.7	
2 D.Roberts	9.52.7		2 M.Konemann	8.8		<b>400 METRES</b>		
<b>400M HURDLES</b>			M40 1 B.Valentine	7.7		M35 1 S.Copas	68.7	
W35 1 J.Brimms	72.6		M45 1 H.Bristow	8.0		2 M.Konemann	83.9	
<b>5000M TRACK WALK</b>			2 C.Elliott	8.2		M40 1 R.Gibson	58.1	
W50 1 R.Wales	39.45.1		M50 1 J.Begley	8.1		2 D.Gwynne	64.1	
W60 1 N.McKinven	34.15.2		2 C.Williams	8.9		3 S.Lincez	74.9	
W70 1 C.Dauphinet	35.52.6		M55 1 J.Wight	7.9		M45 1 P.Edwards	57.8	
W75 1 L.Thompson	37.06.8		2 R.Milnes	8.5		2 G.Davis	63.7	pb
<b>LONG JUMP</b>			3 A.Ashauer	9.0	pb	3 K.Davis	66.5	pb
W30 1 M.Bugeja	5.35		4 W.Spalding	9.4		4 C.Elliott	69.0	
W35 1 J.Brimms	4.50		M60 1 A.Lakin	9.7	pb	M50 1 T.Dauphinet	58.1	
W45 1 J.Downie	2.69	pb	M65 1 J.Cooper	8.5		2 B.Bodsworth	59.2	
W50 1 N.Avery	3.35		2 L.Nicol	9.3		3 J.Moore	59.5	
2 K.Rourke	3.09		M75 1 R.Grigg	11.7		4 N.Manefield	61.3	
3 R.Wales	2.56					M55 1 R.Milnes	74.8	
W60 1 L.Hamilton	2.92					M60 1 C.Buyers	59.1	

## Q.M.A. 18/12/04 SATURDAY QSAC MAIN TRACK

### 400 METRES (cont)

M65 1 J.Cooper 69.2  
M75 1 R.Grigg 1.50.1

### 1500 METRES

M35 1 M.Konemann 4.38.9  
2 S.Copas 6.38.1  
M40 1 D.Gwynne 4.51.1  
2 S.Lincez 5.50.8  
M50 1 N.Manefield 4.45.6  
2 J.Moore 5.21.4  
3 P.Moran 6.10.1  
M55 1 B.McGaffin 6.05.9  
M65 1 B.Morling 5.29.0  
M75 1 N.Pearce 7.18.1

### 5000 METRES

M30 1 B.Whelan 16.13.4  
M40 1 D.Gwynne 18.08.2  
2 S.Pritchard 18.31.5  
3 R.Bond 20.09.2  
4 L.Jordan 23.23.3  
M50 1 J.Woolley 19.26.6  
M75 1 N.Pearce 27.48.1

### 400M HURDLES

M50 1 P.Moran 76.8

### DISCOUNT HURDLES

M55 1 M.Lafferty 59.3

### 5000M TRACK WALK

M35 1 I.Jimenez 24.55.3  
2 J.Nash 26.37.8  
M40 1 A.Leggett 27.55.4  
M45 1 P.Bennett 25.43.5

M50 1 B.Coleman 29.40.9  
M55 1 I.Richardson 29.08.8  
M80 1 D.Keatinge 35.16.4

### LONG JUMP

M35 1 S.Lawrence 4.71  
M40 1 D.Gwynne 4.46  
M55 1 P.Kennedy 4.30  
M60 1 H.Giles 4.59  
M65 1 S.Herft 4.06  
2 L.Nicol 3.70

### TRIPLE JUMP

M40 1 D.Gwynne 9.36  
M65 1 S.Herft 9.45  
2 L.Nicol 8.94

### HIGH JUMP

M35 1 M.Konemann 1.55  
M40 1 D.Gwynne 1.35  
M45 1 C.Elliott 1.45  
M55 1 P.Kennedy 1.40  
M65 1 S.Herft 1.30  
M75 1 R.Grigg 1.10

### POLE VAULT

M45 1 C.Elliott 2.30  
M50 1 B.Arnold 3.50  
M55 1 N.Viney 3.20  
2 P.Kennedy 2.30

### DISCUS

M35 1 M.Konemann 26.85  
M45 1 G.Davis 18.06  
2 K.Davis 17.78  
M55 1 M.Lafferty 23.14  
2 P.Kennedy 22.12

M60 1 D.Quinn 37.37  
M65 1 W.Selvey 42.21 **QR**  
2 K.Daniels 25.06  
M70 1 A.Ropelin 29.45  
2 E.Saarinen 29.00  
M75 1 R.Grigg 20.64  
M80 1 F.Jekabsons 26.70  
M85 1 T.Vickers 14.55

### SHOT PUT

M35 1 M.Konemann 7.47  
M45 1 K.Davis 7.77 pb  
2 G.Davis 7.02 pb  
M55 1 M.Lafferty 8.54  
M60 1 D.Quinn 10.48 pb  
M65 1 W.Selvey 10.67  
2 K.Daniels 7.87  
M70 1 A.Ropelin 12.16  
2 E.Saarinen 11.50  
M80 1 F.Jekabsons 9.11  
M85 1 T.Vickers 6.85

### WEIGHT THROW

M45 1 K.Davis 5.71  
M55 1 M.Lafferty 9.81  
2 P.Kennedy 6.75  
M60 1 D.Quinn 12.52 pb  
M65 1 W.Selvey 12.77  
2 K.Daniels 8.82 pb  
M70 1 A.Ropelin 12.18  
2 E.Saarinen 11.45  
M80 1 F.Jekabsons 12.81 **QR**  
M85 1 T.Vickers 7.82