

Q.M.A. 14/02/05 MONDAY NIGHT U.Q. ST.LUCIA

LADIES		
10KM CHAMPIONSHIPS		
W35	1	T.Lindenberg 39.11.6
	2	S.Cockcroft 51.06.3
	3	M.McKenna 51.54.1
W40	1	G.Banaghan 37.31.6
W45	1	J.Belford 51.26.3
W60	1	D.Southern 66.26.3
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100 METRES		
W35	1	J.Brimms 12.9
200 METRES		
W35	1	J.Brimms 26.3 pb
W45	1	M.Schafer 34.3
W55	1	I.Davey 34.7
400 METRES		
W45	1	M.Schafer 96.9 pb
W55	1	I.Davey 80.8
LONG JUMP		
W35	1	J.Brimms 4.86
DISCUS THROW		
W40	1	M.Schafer 26.60
W60	1	G.White 13.07
SHOT PUT		
W35	1	J.Brimms 7.74
W40	1	M.Schafer 10.51
W60	1	G.White 6.20

MEN		
10KM CHAMPIONSHIPS		
M30	1	B.Whelan 34.12.8
M35	1	S.Suthers 40.52.1
M40	1	A.Clowes 35.37.3
	2	D.Gwynne 36.08.8
	3	J.Wiesner 38.55.3
	4	S.Lincez 46.39.0
M50	1	C.Worringham 37.27.9
	2	S.McLaughlin 42.38.1
M55	1	D.Cundy 37.17.3
	2	G.Medill 40.00.3
	3	D.Stapleton 42.51.9
M60	1	E.Egan 48.01.0
M65	1	C.McLeod 40.21.7
	2	J.Cottrell 50.18.8
M75	1	G.Perry 61.22.0

100 METRES		
M35	1	D.Leon 12.6
M50	1	J.Begley 12.9
M60	1	C.Buyers 13.4
	2	H.Giles 14.0

200 METRES		
M35	1	S.Lawrence 27.3
M40	1	G.Denman 27.5
M50	1	J.Begley 26.1
	2	P.Moran 28.1
M60	1	C.Buyers 26.6
	2	H.Giles 29.7
400 METRES		
M40	1	G.Denman 59.0
M50	1	B.Grayson 58.2
	2	P.Moran 68.1
M60	1	C.Buyers 59.8
5000M TRACK WALK		
M45	1	P.Bennett 26.22.0
M60	1	I.Richardson 26.59.3 QR
M65	1	B.Kirby 39.56.2
LONG JUMP		
M35	1	S.Lawrence 4.88
M50	1	A.Cameron 4.56
DISCUS THROW		
M35	1	A.White 33.78
	2	S.Lawrence 26.68
M55	1	S.Perkins 22.16
SHOT PUT		
M35	1	A.White 11.14
	2	S.Lawrence 8.56