

Q.M.A. 29/01/05 SATURDAY QSAC MAIN TRACK

LADIES

60 METRES

W35	1	J.Brimms	8.2	
	2	J.Baker	9.6	
	3	M.Morgan	9.8	
W40	1	C.Patterson	9.3	
	2	J.Kirby	9.4	
	3	J.Walklate	9.5	
	4	M.Price	10.0	
W45	1	R.Guiney	9.2	
W50	1	K.Rourke	9.8	
W55	1	W.Perkins	8.6	
	2	P.Waters	10.2	
W65	1	A.Horsnell	9.9	

100 METRES

W35	1	J.Brimms	12.8	
W40	1	K.Lakin	14.7	pb
	2	J.Walklate	14.8	
	3	C.Patterson	14.9	pb
	4	J.Kirby	15.0	
	5	M.Price	15.8	
W45	1	R.Guiney	15.4	
W50	1	K.Rourke	15.7	
W55	1	W.Perkins	14.1	
	2	P.Waters	16.2	
W65	1	A.Horsnell	15.8	

300 METRES

W35	1	J.Brimms	43.4	
	2	M.Morgan	54.4	
W40	1	K.Lakin	51.0	
	2	J.Kirby	54.4	
	3	M.Price	56.9	
	4	C.Patterson	58.9	
W45	1	R.Guiney	57.2	
W50	1	K.Rourke	60.1	
W55	1	I.Davey	56.4	

400 METRES

W35	1	J.Brimms	73.9	
W40	1	M.Price	87.9	

1500 METRES

W40	1	M.Price	7.25.4	
W60	1	B.Menzies	5.47.0	ur

5000 METRES

W40	1	G.Banaghan	18.14.8	
W55	1	J.Cullen	24.31.2	

DISCOUNT HURDLES

W55	1	W.Perkins	55.1	
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5000M TRACK WALK

W50	1	J.Moller	30.44.9	
	2	R.Wales	39.44.1	
W60	1	N.McKinven	33.47.8	
W70	1	C.Dauphinnet	36.15.8	
W75	1	L.Thompson	39.13.1	

LONG JUMP

W35	1	J.Jones	3.89	
	2	J.Baker	3.85	
W55	1	W.Perkins	4.09	
	2	P.Waters	3.27	

HIGH JUMP

W35	1	J.Brimms	1.30	
	2	J.Baker	1.25	
	3	M.Morgan	1.25	
W55	1	W.Perkins	1.25	
	2	P.Waters	1.25	

JAVELIN

W35	1	J.Brimms	19.20	
	2	J.Jones	16.70	
	3	J.Baker	15.48	
	4	M.Morgan	14.26	
W45	1	R.Guiney	20.00	
W50	1	K.Rourke	18.20	
	2	N.Avery	16.13	
W55	1	W.Perkins	25.15	
	2	P.Waters	17.30	
W60	1	L.Birtwell	18.63	
W70	1	H.Doherty	23.62	

DISCUS

W35	1	K.Mears	27.62	
	2	J.Jones	16.16	
W40	1	J.McKenzie	22.84	pb
	2	J.Walklate	21.18	
W45	1	R.Guiney	17.75	
W50	1	N.Avery	14.39	
W60	1	L.Birtwell	20.92	
W65	1	H.Searle	26.63	
W70	1	H.Doherty	22.96	
W95	1	R.Friith	.75k 10.85	ARp

WEIGHT THROW

W35	1	J.Jones	6.56	
	2	J.Baker	6.22	
W40	1	J.Walklate	8.70	
W50	1	N.Avery	6.83	
	2	R.Wales	6.46	
W60	1	L.Birtwell	9.41	
W65	1	H.Searle	14.64	
W70	1	H.Doherty	9.50	
W75	1	R.Friith	6.23	ARp

MEN

60 METRES

M35	1	D.Leon	7.8	
	1	J.Croft	7.8	
	3	S.Lawrence	8.4	
	4	J.Gan	8.5	
	5	M.Konemann	8.5	
M40	1	R.Keane	7.7	
M45	1	B.Valentine	7.7	
	2	H.Bristow	7.8	
M50	1	J.Begley	8.0	
	2	C.King	8.2	

60 METRES (cont)

M50	3	G.Cox	8.6	
	4	J.Musters	8.8	
	5	I.Malouf	9.4	
M55	1	A.Ashauer	8.5	pb
	2	R.Milnes	8.5	
	3	W.Spalding	9.6	
M60	1	C.Buyers	8.2	
M65	1	J.Cooper	8.6	
	2	L.Nicol	9.0	
M75	1	R.Grigg	11.9	

100 METRES

M35	1	J.Croft	12.2	
	2	D.Leon	12.7	
	3	M.Konemann	13.2	
	4	S.Lawrence	13.7	
M40	1	R.Keane	12.3	
	2	R.Gibson	13.8	
M45	1	B.Valentine	12.4	
	2	H.Bristow	12.7	
	3	M.Warburton	13.3	
	4	G.Davis	14.0	
M50	1	C.King	12.6	
	2	J.Begley	12.7	
	3	B.Bodsworth	13.1	
	4	G.Cox	13.5	
	5	J.Musters	14.1	
	6	I.Malouf	14.6	
M55	1	A.Ashauer	13.8	pb
	2	W.Spalding	14.7	
	3	B.Thompson	14.7	
M60	1	C.Buyers	13.1	
	2	A.Lakin	15.2	
M65	1	J.Cooper	13.1	
	2	L.Nicol	15.1	

300 METRES

M30	1	M.Whitman	38.5	
	2	D.Griffith	40.5	
M35	1	M.Konemann	41.5	
M40	1	R.Keane	39.7	
	2	A.Riascos	41.0	
	3	G.Denman	42.5	
	4	R.Gibson	43.2	
M45	1	B.Valentine	41.0	
	2	H.Bristow	42.6	

300 METRES continued

M50	1	J.Moore	41.6	
	2	J.Begley	41.8	
	3	C.King	47.7	
	4	J.Musters	51.8	
	5	I.Malouf	52.6	
	6	N.Manefield	53.6	
	7	P.Moran	56.3	
M55	1	W.Spalding	51.4	
M60	1	C.Buyers	41.0	
	2	A.Lakin	53.3	
M65	1	J.Cooper	44.2	
M70	1	N.Garvey	56.5	

400 METRES

M30	1	M.Whitman	55.4	
	2	D.Griffith	58.9	
M35	1	S.Lawrence	62.1	
	2	M.Konemann	68.8	
M40	1	G.Denman	60.9	
M45	1	P.Edwards	58.3	
	2	S.McLaughlin	60.2	
	3	P.Marshall	64.1	
M50	1	N.Manefield	59.7	
	2	J.Collie	64.2	
M60	1	C.Buyers	60.1	
M65	1	J.Cooper	68.8	

1500 METRES

M35	1	J.Croft	4.49.3	
	2	M.Konemann	5.46.5	
M40	1	S.Pritchard	4.56.9	
	2	D.Gwynne	4.58.9	
M45	1	P.Marshall	4.58.7	
	2	C.Elliott	7.24.0	
M50	1	J.Collie	5.06.0	
	2	J.Moore	5.46.5	
M55	1	B.McGaffin	5.52.0	
M60	1	E.Egan	6.09.9	
M65	1	B.Morling	5.21.8	

5000 METRES

M40	1	D.Gwynne	18.28.4	
	2	J.Wiesner	18.31.6	
M45	1	N.Duncan	19.38.1	
	2	R.Bond	20.16.7	
	3	J.Greedy	21.19.6	
M50	1	D.Langridge	21.19.2	
	2	P.Circosta	25.53.0	
M65	1	C.McLeod	18.30.1	

300m/400m HURDLES

M60	1	H.Giles	48.1	
M75	1	R.Grigg	80.7	QR
M45	1	P.Marshall	79.8	
	2	C.Elliott	1.42.2	
M55	1	M.Lafferty	1.28.3	

5000M TRACK WALK

M35	1	J.Nash	26.19.6	
M45	1	P.Bennett	26.51.6	
M50	1	B.Coleman	30.35.4	
M60	1	I.Richardson	27.57.2	QR
M65	1	P.Sela	32.48.1	

LONG JUMP

M35	1	J.Croft	4.94	
M40	1	D.Gwynne	4.34	
M50	1	A.Cameron	4.56	
M55	1	B.Thompson	4.75	
M60	1	H.Giles	4.54	
M65	1	S.Herft	4.29	
	2	L.Nicol	3.59	
M75	1	R.Grigg	2.63	

TRIPLE JUMP

M40	1	D.Gwynne	9.40	
M65	1	S.Herft	9.17	
	2	L.Nicol	8.28	
M75	1	R.Grigg	5.98	

Q.M.A. 29/01/05 SATURDAY QSAC MAIN TRACK

HIGH JUMP

M35	1	M.Konemann	1.53	
	2	J.Gan	1.50	
	3	S.Lawrence	1.50	
M40	1	D.Gwynne	1.45	
M55	1	B.Thompson	1.50	
M65	1	S.Herft	1.15	
M75	1	R.Grigg	1.15	pb

JAVELIN

M35	1	J.Gan	54.12	
	2	A.White	36.30	
	3	S.Lawrence	34.16	
	4	M.Konemann	25.24	
M45	1	C.Elliott	30.91	
	2	G.Davis	28.07	
M50	1	B.Bodsworth	31.73	
	2	A.Haralampou	30.42	
M55	1	M.Lafferty	29.28	
	2	P.Clark	27.88	
	3	W.Spalding	25.30	
M60	1	D.Quinn	27.67	
M65	1	S.Herft	34.12	
M70	1	E.Saarinen	38.14	
	2	A.Ropelin	28.14	
M75	1	R.Grigg	16.13	
M80	1	F.Jekabsons	23.11	
M85	1	T.Vickers	14.97	

DISCUS

M35	1	A.White	32.80	
	2	J.Gan	31.60	
	3	M.Konemann	27.07	
	4	S.Lawrence	25.48	
M40	1	W.Martell	42.14	
M45	1	C.Elliott	21.53	
M50	1	A.Haralampou	27.50	
M55	1	P.Clark	33.28	
M60	1	D.Quinn	34.14	
M65	1	W.Selvey	44.92	QR
	2	S.Herft	22.96	
M70	1	A.Ropelin	31.29	
	2	E.Saarinen	30.83	
M75	1	R.Grigg	21.25	
M80	1	F.Jekabsons	26.89	
M85	1	T.Vickers	14.70	

WEIGHT THROW

M30	1	D.Allan	16.08	QR
M35	1	A.White	10.33	
M40	1	W.Martell	11.22	
M45	1	B.Wagner	15.28	
M55	1	P.Clark	10.05	
	2	M.Lafferty	9.23	
M60	1	D.Quinn	11.85	
M65	1	A.Ropelin	12.80	
	2	E.Saarinen	11.53	
M75	1	R.Grigg	7.53	
M80	1	F.Jekabsons	11.56	
M85	1	T.Vickers	7.36	