

Q.M.A. 07/03/05 MONDAY S.A.F.

LADIES

5000m CHAMPIONSHIPS

W35	1	T.Lindenberg	18.48.93
	2	S.Cockcroft	23.09.95
	3	M.McKenna	24.27.57
W40	1	G.Banaghan	18.10.49
W50	1	J.Belford	23.52.20
W60	1	D.Southern	31.20.58
W75	1	L.Thompson	34.21.27

10km WALK CHAMPIONSHIPS

W50	1	J.Moller	63.35.57
	2	L.Woodward	66.13.27
	3	R.Wales	77.56.53
W60	1	S.Lynch	65.35.00 QR
W70	1	C.Dauphinnet	72.58.71

100 METRES

W35	1	J.Brimms	12.88
	2	J.Baker	15.36
	3	M.Morgan	15.80
W60	1	L.Hamilton	17.08

200 METRES

W35	1	J.Brimms	26.19
	2	M.Morgan	33.16
W40	1	P.Kwok	32.55
W60	1	L.Hamilton	36.89

1500 METRES

W35	1	M.Morgan	6.57.20
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HIGH JUMP

W35	1	J.Brimms	1.40
	2	M.Morgan	1.20
	3	J.Baker	1.15
W55	1	W.Perkins	1.25
W60	1	L.Hamilton	1.08

POLE VAULT

W40	1	P.Kwok	2.10
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JAVELIN

W35	1	J.Brimms	20.82
	2	J.Baker	16.88
	3	M.Morgan	12.50
W50	1	K.Rourke	17.42
W55	1	W.Perkins	22.62

W60	1	L.Hamilton	17.85
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SHOT PUT

W55	1	W.Perkins	9.10
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MEN

5000m CHAMPIONSHIPS

M30	1	B.Whelan	15.46.44
M35	1	S.Suthers	20.23.02
M40	1	D.Gwynne	17.32.68
	2	J.Wiesner	18.23.04
M45	1	P.Dickson	18.47.02
	2	P.Marshall	19.25.87
	3	R.Lofthouse	19.53.82
	4	L.Jordan	23.40.32
M50	1	S.McLaughlin	19.56.69
	2	J.Loury	20.35.25
	3	K.Dohnt	22.19.59
	4	P.Circosta	23.56.07
M55	1	D.Cundy	17.45.82
	2	G.Medill	19.00.77
	3	D.Stapleton	20.40.47
M60	1	R.Vines	21.00.89
M65	1	C.McLeod	19.18.87
M70	1	J.Keller	23.32.94

10km WALK CHAMPIONSHIPS

M35	1	A.Ludwig	50.30.10
	2	I.Jimenez	50.32.15
	3	J.Nash	54.54.63
M40	1	A.Leggett	55.57.68
M45	1	P.Bennett	52.55.13
M50	1	B.Coleman	59.44.55
M60	1	I.Richardson	58.42.34 QR
M65	1	P.Sela	67.14.68
	2	G.Megas	71.00.61
M70	1	B.Janes	68.07.82
M75	1	R.Lynch	67.39.25 QR
	2	M.Bellette	80.14.62

100 METRES

M35	1	D.Leon	12.61
M45	1	B.Valentine	12.42

	2	P.Edwards	13.27
	3	M.Warburton	13.44
M50	1	C.King	12.91
	2	J.Begley	12.99
	3	B.Bodsworth	13.84
M55	1	W.Cousins	12.92
	2	W.Spalding	14.97
M60	1	C.Buyers	13.38
M65	1	J.Cooper	13.38
	2	H.Coogan	14.09
	3	L.Nicol	15.37
M70	1	N.Garvey	15.43
M75	1	M.Dauphinnet	18.10

200 METRES

M30	1	S.Mathews	26.03
M40	1	G.Denman	27.77
	2	L.Manz	28.40
M45	1	B.Valentine	25.52
	2	P.Edwards	26.40
	3	M.Warburton	27.19
M50	1	C.King	26.21
	2	J.Begley	26.62
M55	1	W.Spalding	31.26
M60	1	C.Buyers	26.79
M65	1	J.Cooper	27.27
	2	H.Coogan	28.41
M70	1	N.Garvey	32.35

1500 METRES

M40	1	K.Christison	6.10.92
M50	1	B.Bodsworth	5.52.31
M60	1	G.Ogden	5.16.58

HIGH JUMP

M65	1	S.Herft	1.25
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POLE VAULT

M35	1	S.Lawrence	2.40
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JAVELIN

M35	1	S.Lawrence	35.18
M50	1	B.Bodsworth	28.85
	2	P.Circosta	21.07
M55	1	W.Spalding	29.95
M65	1	K.Daniels	31.15
M70	1	G.Hussie	32.79

SHOT PUT

M30	1	P.Sherman	8.80
M40	1	K.Christison	5.81
M65	1	K.Daniels	8.11
M70	1	G.Hussie	8.45
M75	1	M.Dauphinnet	6.90