

Q.M.A. 20/11/04 SATURDAY QSAC MAIN TRACK

LADIES:

60 METRES		
W30	1	J.Schubert 9.7
W35	1	J.Brimms 8.1
W45	1	J.Downie 12.3
W50	1	K.Rourke 10.0
W60	1	D.Roberts 10.9
W65	1	A.Horsnell 10.0
100 METRES		
W30	1	J.Schubert 15.2
W35	1	J.Brimms 12.5 pb
W40	1	K.Lakin 15.4
W50	1	K.Rourke 15.9
W55	1	H.McDonnell 15.7
W65	1	A.Horsnell 15.7
200 METRES		
W30	1	J.Schubert 32.1
W40	1	K.Lakin 31.1
W65	1	A.Horsnell 35.6
400 METRES		
W30	1	J.Schubert 69.3
W35	1	J.Brimms 61.6
	2	M.Morgan 76.5
W40	1	K.Lakin 69.4
	2	P.Kwok 75.1
W60	1	D.Roberts 1:48.9
1500 METRES		
W35	1	M.Morgan 6:48.7
W50	1	F.McNeill 5:15.7
W60	1	D.Roberts 9:51.1
5000 METRES		
W35	1	S.Cockcroft 23:49.0
W55	1	D.Letherby 23:33.5
	2	J.Cullen 23:51.7
300M HURDLES		
W55	1	W.Perkins 55.8 QR
5000M TRACK WALK		
W50	1	J.Moller 30:10.9
W60	1	N.McKinven 34:22.7
W70	1	C.Dauphinet 36:22.9
LONG JUMP		
W35	1	J.Brimms 4.89
W45	1	J.Downie 2.45
W50	1	K.Rourke 3.32
	2	N.Avery 3.19
	3	R.Wales 2.56
POLE VAULT		
W40	1	P.Kwok 2.05
W55	1	W.Perkins 2.30
JAVELIN		
W35	1	J.Brimms 18.32
W45	1	J.Downie 11.45
W50	1	N.Avery 17.35
	2	K.Rourke 14.56
	3	R.Wales 13.39
W60	1	L.Birtwell 17.33
W65	1	H.Searle 22.34
	2	G.White 12.40
W70	1	H.Doherty 23.51
W80	1	M.Vickers 7.64
W95	1	R.Frith 7.67
SHOT PUT		
W35	1	J.Brimms 7.51
W45	1	J.Downie 4.72
W50	1	N.Avery 6.97 pb
W55	1	W.Perkins 9.26
	2	H.McDonnell 7.43
W60	1	L.Birtwell 7.23
W65	1	H.Searle 10.89
	2	G.White 6.25
W70	1	H.Doherty 7.87
W80	1	M.Vickers 2kg 4.25 ARp
W95	1	R.Frith 2kg 5.25 ARp

WEIGHT THROW

W45	1	J.Downie 4.77
W50	1	N.Avery 7.06
	2	R.Wales 6.43
W55	1	H.McDonnell 6.49
W60	1	L.Birtwell 9.71
W65	1	H.Searle 13.97
	2	G.White 6.96
W70	1	H.Doherty 9.20
W80	1	M.Vickers 4kg 5.55 ARp
W95	1	R.Frith 4kg 6.07 ARp

MEN:

60 METRES		
M35	1	S.Lawrence 8.2
	2	M.Konemann 8.4
	3	P.Sherman 9.6
M45	1	B.Valentine 7.7
	2	H.Bristow 8.0
M50	1	G.Cox 8.4
	2	A.Haralampou 8.7
M55	1	B.Thompson 9.3
	2	P.Kennedy 9.4
	3	W.Spalding 9.7
M60	1	C.Buyers 8.1
	2	A.Lakin 9.5
M65	1	H.Coogan 8.2
	2	J.Cooper 8.3
	3	L.Nicol 9.4
M75	1	M.Dauphinet 10.4
100 METRES		
M35	1	M.Konemann 13.4
	2	P.Sherman 15.6
M40	1	G.Denman 14.9
M45	1	B.Valentine 12.2
	2	H.Bristow 12.4
M50	1	G.Cox 13.5
M55	1	W.Spalding 14.9
	2	B.Thompson 14.9
M60	1	C.Buyers 12.6
	2	A.Lakin 14.9 pb
M65	1	H.Coogan 13.2
	2	J.Cooper 13.2
M75	1	M.Dauphinet 16.7
200 METRES		
M40	1	G.Denman 28.0
	2	R.Gibson 28.3
M45	1	B.Valentine 24.9
	2	P.Edwards 25.9
M50	1	B.Bodsworth 26.8
	2	P.Moran 29.7
M55	1	P.Chaplain 29.2
	2	W.Spalding 32.5
M60	1	C.Buyers 25.9
	2	A.Lakin 31.6
M65	1	H.Coogan 26.7
	2	J.Cooper 26.9
M75	1	M.Dauphinet 36.6
400 METRES		
M40	1	G.Denman 59.1
	2	R.Gibson 59.9
	3	S.Lincez 74.9
M45	1	P.Edwards 59.4
M50	1	N.Manfield 59.6
	2	T.Dauphinet 59.9
M55	1	P.Chaplain 67.5
M60	1	C.Buyers 59.5
	2	A.Lakin 77.5
M65	1	H.Coogan 61.2
	2	J.Cooper 68.1
M75	1	M.Dauphinet 87.0

1500 METRES

M35	1	M.Konemann 4:42.4
M40	1	S.Lincez 5:56.2
M45	1	P.Marshall 5:04.4
M50	1	B.Bodsworth 5:24.0
	2	T.Dauphinet 5:27.0
	3	P.Moran 6:40.7
M65	1	B.Morling 5:41.0
M75	1	N.Pearce 7:16.1

5000 METRES

M35	1	P.Sherman 25:05.2
M45	1	G.Bongioletti 19:12.5
	2	J.Greedy 20:26.8
M50	1	J.Woolley 19:54.5
M75	1	N.Pearce 26:18.4

300M HURDLES

M50	1	P.Moran 53.3
M55	1	M.Lafferty 55.0

5000M TRACK WALK

M45	1	P.Bennett 26:12.2
M50	1	B.Coleman 29:29.8
M65	1	P.Sela 31:35.8

LONG JUMP

M35	1	S.Lawrence 4.94
M50	1	A.Haralampou 4.67
M55	1	B.Thompson 4.98
M65	1	L.Nicol 3.68

TRIPLE JUMP

M65	1	L.Nicol 8.70
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HIGH JUMP

M35	1	S.Lawrence 1.55
M55	1	B.Thompson 1.45
	2	P.Kennedy 1.35

POLE VAULT

M50	1	B.Arnold 3.40
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JAVELIN

M35	1	M.Konemann 24.54
M50	1	A.Haralampou 36.72
	2	B.Bodsworth 33.63
	3	P.Moran 16.15
M55	1	W.Spalding 28.22
	2	P.Kennedy 27.48
M60	1	D.Quinn 27.56
M70	1	E.Saarinen 38.54
	2	A.Ropelin 29.93
M75	1	M.Dauphinet 20.87
M80	1	T.Vickers 13.90

SHOT PUT

M35	1	S.Lawrence 8.81
M40	1	W.Martell 13.34
M50	1	A.Haralampou 10.40
M55	1	P.Kennedy 9.70
	2	M.Lafferty 8.74
M60	1	D.Quinn 10.39
M70	1	E.Saarinen 11.07
	2	A.Ropelin 11.01
M75	1	M.Dauphinet 6.71
M80	1	B.Hogan 7.03
	2	T.Vickers 6.45

WEIGHT THROW

M40	1	W.Martell 11.12
M55	1	M.Lafferty 10.00
M60	1	D.Quinn 12.34
M70	1	A.Ropelin 11.95
	2	E.Saarinen 11.74
M80	1	T.Vickers 6.95