

**Q.M.A. 16/10/04 SATURDAY STATE ATHLETIC FACILITY**

**LADIES**

<b>60 METRES</b>		
W30	1 L.Murison	9.6
W35	1 J.Brimms	8.3
	2 A.Fisher	8.9
	3 P.Prasad	9.0
	4 J.Baker	9.5
W50	1 K.Whiting	9.8
	2 M.Burley	10.1
	3 N.Brameld	10.5
W55	1 J.Hampson	11.1
W60	1 D.Roberts	11.3
<b>100 METRES</b>		
W30	1 L.Murison	15.5
W35	1 J.Brimms	13.0
	2 A.Fisher	14.6
	3 P.Prasad	15.0
	4 J.Baker	15.4
W50	1 K.Whiting	15.8
	2 N.Brameld	16.8
	3 M.Burley	17.0
W55	1 J.Hampson	18.4
W75	1 L.Thompson	21.0
<b>200 METRES</b>		
W30	1 L.Murison	33.5
W35	1 J.Brimms	28.0
	2 P.Prasad	30.7
	3 A.Fisher	32.7
	4 M.Edwards	33.6
W50	1 N.Brameld	36.4
W55	1 I.Davey	35.6
	2 J.Hampson	39.2
<b>400 METRES</b>		
W35	1 P.Prasad	78.6
	2 J.Brimms	78.7
	3 M.Edwards	83.7
	4 A.Fisher	91.1
W55	1 I.Davey	82.8
	2 J.Hampson	93.8
<b>5000 METRES</b>		
W60	1 B.Menzies	22.34.4
<b>400M DISCOUNT HURDLES</b>		
W35	1 J.Brimms	68.0
<b>5KM TRACK WALK</b>		
W50	1 L.Woodward	33.55.4
	2 R.Wales	35.05.9
W60	1 S.Lynch	32.10.8
	2 N.McKinven	34.42.0
W70	1 C.Dauphinnet	35.28.9
W75	1 L.Thompsn	37.00.9
<b>LONG JUMP</b>		
W30	1 L.Murison	4.08
W35	1 J.Brimms	4.74
W40	1 P.Kwok	3.75
W50	1 N.Brameld	3.01
W55	1 I.Davey	3.17
<b>TRIPLE JUMP</b>		
W40	1 P.Kwok	3.75
<b>DISCUS</b>		
W30	1 L.Murison	16.88
W35	1 P.Prasad	21.50
	2 J.Baker	18.33
W40	1 S.Rodgers	10.57
W45	1 J.Downie	14.18
W50	1 K.Whiting	17.37
	2 N.Avery	13.60
W55	1 I.Davey	12.20

W65	1 G.White	14.70
W70	1 H.Doherty	23.46
W80	1 M.Vickers	9.32
<b>SHOT PUT</b>		
W35	1 J.Baker	7.61
W40	1 S.Rodgers	4.72
W45	1 J.Downie	4.77
W50	1 N.Avery	5.72
W55	1 W.Perkins	9.24
W65	1 G.White	6.37
W70	1 H.Doherty	7.73
W80	1 M.Vickers	3.50
<b>HAMMER</b>		
W35	1 J.Baker	16.46
W40	1 S.Rodgers	15.36
W45	1 J.Downie	11.65
W50	1 N.Avery	20.95
	2 K.Whiting	20.71
W55	1 W.Perkins	28.03
W65	1 G.White	20.06
W80	1 M.Vickers	9.94

**MEN**

<b>60 METRES</b>		
M35	1 M.Konemann	8.6
M45	1 B.Valentine	8.0
	2 H.Bristow	8.3
	3 K.Doolan	8.4
	4 P.Marshall	8.8
M50	1 C.Williams	8.7
M55	1 J.Wight	8.3
	2 R.Milnes	9.2
	3 W.Spalding	9.5
M60	1 J.Lester	8.8
M65	1 H.Coogan	8.6
	2 J.Cooper	8.8
	3 L.Nicol	9.5
M70	1 N.Garvey	9.5
M75	1 M.Dauphinnet	10.6
<b>100 METRES</b>		
M35	1 M.Konemann	13.8
M40	1 G.Denman	14.9
M45	1 B.Valentine	12.5
	2 H.Bristow	12.9
M50	1 C.Williams	14.7
M55	1 J.Wight	12.9
	2 R.Milnes	15.1
	3 W.Spalding	15.3
M60	1 J.Lester	14.4
	2 A.Lakin	16.0
M65	1 H.Coogan	13.7
	2 J.Cooper	13.9
	3 L.Nicol	16.9
M70	1 N.Garvey	15.5
M75	1 M.Dauphinnet	18.1
<b>200 METRES</b>		
M40	1 G.Davis	29.5
M45	1 B.Valentine	25.8
M55	1 J.Wight	26.7
	2 R.Milnes	30.6
	3 W.Spalding	35.0
M60	1 J.Lester	30.6
	2 A.Lakin	32.7
M65	1 H.Coogan	27.7
	2 J.Cooper	28.3
	3 L.Nicol	40.9
M70	1 N.Garvey	32.6

**400 METRES**

M30	1 S.Mathews	56.6
M40	1 R.Gibson	59.1
	2 G.Denman	59.5
M45	1 P.Edwards	57.7
M60	1 C.Buyers	61.0
M65	1 H.Coogan	63.4
	2 J.Cooper	69.0
M70	1 N.Garvey	76.0

**1500 METRES**

M30	1 D.Hill	4.17.6
	2 B.Hill	4.24.4
M40	1 S.Lincez	5.52.2
M55	1 S.Ryan	5.51.1
M60	1 E.Egan	5.56.2
M75	1 N.Pearce	6.49.9

**5000 METRES**

M35	1 P.Sherman	24.37.0
M40	1 S.Pritchard	18.35.2
M45	1 G.Bongioletti	18.56.6
	2 J.Greedy	19.52.0
M50	1 M.Wolley	19.10.7
M55	1 D.Stapleton	20.25.8

**300M HURDLES**

M55	1 M.Lafferty	57.9
M60	1 H.Giles	48.0 QR

**400M HURDLES**

M50	1 B.Bodsworth	67.1
	2 P.Moran	77.2

**5000M TRACK WALK**

M35	1 J.Nash	27.48.1
M40	1 A.Leggett	26.55.8
M45	1 P.Bennett	25.45.7
M50	1 B.Coleman	29.29.0
M55	1 I.Richardson	27.28.6
M65	1 P.Sela	30.56.9 QR
M75	1 R.Lynch	32.51.3

**POLE VAULT**

M50	1 B.Arnold	3.40
M55	1 N.Viney	3.00

**LONG JUMP**

M40	1 S.Lincez	3.74
M55	1 N.Viney	4.70

**TRIPLE JUMP**

M40	1 S.Lincez	8.33
M55	1 N.Viney	9.63

**DISCUS**

M40	1 W.Martell	40.69
	2 G.Davis	19.41
M55	1 M.Lafferty	23.00
M60	1 D.Quinn	41.24 pb
M80	1 T.Vickers	14.78

**SHOT PUT**

M35	1 P.Sherman	7.46
	2 M.Konemann	7.43
M40	1 W.Martell	13.20
	2 S.Lincez	7.09
M45	1 B.Wagner	9.87
M55	1 M.Lafferty	8.56
M60	1 D.Quinn	9.74
	2 A.Lakin	8.24
M80	1 T.Vickers	6.16
<b>HAMMER</b>		
M40	1 W.Martell	26.30 pb
M45	1 B.Wagner	48.99
M55	1 M.Lafferty	29.20
M60	1 D.Quinn	33.80 pb
M80	1 T.Vickers	15.71