

Q.M.A. 30/10/04 SATURDAY STATE ATHLETIC FACILITY

LADIES:

60 METRES			
W30	1	L.Murison	9.4
W35	1	J.Brimms	8.0eqQBP
	2	A.Fisher	8.7
	3	P.Prasad	9.1
	4	K.Mears	9.5
	5	J.Baker	9.8
	6	K.Lonsdale	11.1
W40	1	T.Barr	8.9
	2	P.Kwok	9.3
W45	1	M.Schafer	10.0
	2	J.Downie	12.2
W50	1	N.Brameld	10.1
	2	K.Rourke	10.1 sb
W55	1	P.Waters	10.5
W65	1	A.Horsnell	9.9
W75	1	L.Thompson	15.4
100 METRES			
W30	1	L.Murison	15.9
W35	1	J.Brimms	13.4
	2	A.Fisher	14.5
	3	P.Prasad	15.0
	4	J.Baker	15.9
	5	K.Mears	16.2
	6	K.Lonsdale	18.5
W40	1	T.Barr	15.0
	2	P.Kwok	15.4
W45	1	M.Schafer	16.5
	2	J.Downie	20.4
W50	1	K.Rourke	16.6
	2	N.Brameld	16.9
W55	1	P.Waters	16.9
W65	1	A.Horsnell	16.8
W75	1	L.Thompson	25.5
300 METRES			
W30	1	L.Murison	58.3
W35	1	J.Brimms	43.1
	2	P.Prasad	48.3
	3	S.Cockcroft	52.0
W40	1	D.Mayfield	45.0
	2	K.Lakin	49.9
	3	T.Barr	57.4
W45	1	M.Schafer	65.6
800 METRES			
W35	1	S.Cockcroft	3.13.8
	2	A.Fisher	4.02.1
3000 METRES			
W35	1	S.Cockcroft	13.25.0
W55	1	D.Letherby	13.06.3
	2	J.Cullen	13.37.5
W60	1	B.Menzies	12.42.1
SPRINT HURDLES			
W40	1	P.Kwok	16.5
W45	1	M.Schafer	16.8
DISCOUNT HURDLES			
W30	1	L.Murison	17.3
3KM TRACK WALK			
W35	1	S.Cockcroft	24.59.6
W50	1	J.Moller	17.19.2
	2	L.Woodward	19.28.4
W60	1	S.Lynch	18.19.5
	2	N.McKinven	20.16.5
W65	1	P.Solomon	25.44.6
W75	1	L.Thompson	21.35.1
LONG JUMP			
W35	1	J.Jones	3.82
W45	1	M.Schafer	3.09
W50	1	N.Brameld	3.42
	2	K.Rourke	3.03
TRIPLE JUMP			
W45	1	M.Schafer	7.24
HIGH JUMP			
W35	1	J.Brimms	1.35
W40	1	D.Mayfield	1.60
	2	P.Kwok	1.30
W45	1	M.Schafer	1.15
W55	1	P.Waters	1.25

POLE VAULT

W45	1	M.Schafer	1.80
JAVELIN			
W35	1	J.Brimms	20.34
	2	J.Jones	15.22
	3	J.Baker	14.88
W40	1	S.Rodgers	8.50
W45	1	M.Schafer	25.33
	3	J.Downie	11.41
W50	1	K.Rourke	15.38
W55	1	P.Waters	20.25
W60	1	L.Birtwell	18.01
W70	1	H.Doherty	22.56
DISCUS			
W30	1	L.Murison	18.30
W35	1	K.Mears	27.94 sb
	2	J.Brimms	24.05
	3	P.Prasad	21.99
	4	J.Baker	17.02
	5	J.Jones	16.21
W40	1	J.McKenzie	22.52 pb
	2	S.Rodgers	10.46
W45	1	M.Schafer	23.78
	2	J.Downie	13.84
W55	1	P.Waters	16.69
W60	1	L.Birtwell	23.27
W70	1	H.Doherty	23.47
WEIGHT THROW			
W35	1	J.Jones	6.44
	2	J.Baker	5.96
W40	1	S.Rodgers	5.03
W45	1	J.Downie	4.53
W60	1	L.Birtwell	10.98
W70	1	H.Doherty	9.59
MEN:			
60 METRES			
M35	1	S.Copas	8.2
	2	J.Peden	8.4
M40	1	R.Keane	7.7
M45	1	B.Valentine	7.7
	2	K.Doolan	8.1
	3	H.Bristow	8.2
M50	1	J.Begley	8.0
	2	C.Williams	8.9
M55	1	W.Cousins	7.9
	2	W.Spalding	9.4
M60	1	C.Buyers	8.6
M65	1	J.Cooper	8.7
	2	L.Nicol	9.9
100 METRES			
M35	1	S.Copas	13.2
M40	1	R.Keane	12.2
	2	R.Gibson	14.5
	3	G.Denman	15.4
M45	1	B.Valentine	12.3
	2	H.Bristow	13.0
M50	1	J.Begley	13.0
M55	1	W.Cousins	13.3
	2	W.Spalding	15.5
M60	1	C.Buyers	14.1
	2	A.Lakin	16.2
M65	1	J.Cooper	14.1
	2	L.Nicol	17.1
300 METRES			
M40	1	R.Gibson	43.5
	2	G.Davis	45.8
M45	1	B.Valentine	41.6
M50	1	B.Bodsworth	41.9
	2	N.Manefield	42.9
M55	1	W.Spalding	50.6
M60	1	C.Buyers	42.2
	2	A.Lakin	51.4 pb
M65	1	J.Cooper	44.2
M75	1	R.Grigg	68.6 pb
800 METRES			
M30	1	D.Hill	2.01.6
	2	B.Hill	2.05.4
M35	1	S.Copas	2.45.9
M40	1	S.Lincez	2.54.6

M45	1	S.McLaughlin	2.17.9
M50	1	A.Haralampou	2.44.2
M55	1	S.Ryan	2.48.1
M60	1	A.Lakin	3.16.6
M65	1	B.Morling	2.40.5
M70	1	M.Anderson	4.17.5
M75	1	N.Pearce	3.23.3
	2	R.Grigg	4.17.1 pb
3000 METRES			
M35	1	P.Sherman	14.14.4
M45	1	G.Bongioletti	10.54.7
	2	R.Bond	11.12.6
	3	J.Greedy	11.28.0
M50	1	R.Peters	9.35.7
	2	J.Woolley	11.33.5
	3	D.Langridge	12.03.2
M55	1	I.Richardson	12.59.1
	2	B.McGaffin	13.28.4
M75	1	N.Pearce	15.37.7
SPRINT HURDLES			
M50	1	A.Haralampou	20.3
DISCOUNT HURDLES			
M55	1	M.Lafferty	21.0
3KM TRACK WALK			
M40	1	A.Leggett	15.56.8
M45	1	P.Bennett	14.45.6
M55	1	I.Richardson	16.59.0
M65	1	P.Sela	18.18.9 ur
LONG JUMP			
M40	1	S.Lincez	3.67
M65	1	L.Nicol	3.81
TRIPLE JUMP			
M40	1	S.Lincez	7.87
M65	1	L.Nicol	9.24
HIGH JUMP			
M75	1	R.Grigg	1.10
POLE VAULT			
M50	1	B.Arnold	3.40
M55	1	N.Viney	3.00
M75	1	R.Grigg	1.50
JAVELIN			
M35	1	P.Lonsdale	35.88
M40	1	W.Martell	29.45
	2	K.Davis	27.97
	3	G.Davis	25.55
M50	1	A.Haralampou	33.50
M55	1	N.Viney	30.47
M60	1	D.Quinn	25.46
DISCUS			
M35	1	P.Lonsdale	46.14
M40	1	W.Martell	39.11
	2	R.Keane	26.45
	3	K.Davis	20.27
	4	G.Davis	19.72
	5	S.Lincez	16.69
M45	1	B.Wagner	30.55
M50	1	A.Haralampou	27.43
M55	1	M.Lafferty	22.85
M60	1	D.Quinn	35.62
WEIGHT THROW			
M35	1	P.Lonsdale	14.41
M40	1	W.Martell	11.13 QR
	2	K.Davis	5.81
M45	1	B.Wagner	16.11 ARp
M50	1	A.Haralampou	9.48
M55	1	M.Lafferty	10.53
M60	1	D.Quinn	11.82
4 x 100M RELAY			
1		D.Hill	
		A.Fisher	
		S.Cockcroft	
		P.Prasad	56.0
2		W.Spalding	
		J.Cooper	
		C.Buyers	
		L.Murison	57.7
3		K.Lakin	
		J.Moore	
		A.Horsnell	
		A.Lakin	63.1