

RESULTS**Q.M.A. 12/03/07 MONDAY S.A.F.****LADIES****10,000m RUN CHAMPIONSHIP**

W40 1 Glenda Banaghan 36.32.3

100 METRESW35 1 P.Prasad 14.8
W40 1 M.Edwards 15.6
2 T.Barr 16.1
W60 1 J.Hampson 17.3**200 METRES**W35 1 P.Prasad 29.6
W40 1 M.Edwards 32.8
2 T.Barr 35.1
W60 1 J.Hampson 36.4**400 METRES**W35 1 P.Prasad 71.3
W40 1 M.Edwards 76.0
W55 1 J.Flynn 63.6
2 K.Rourke 88.2
W60 1 J.Hampson 84.1**5000m TRACK WALK**

W60 1 N.McKinven 35.45.8

LONG JUMP

W35 1 R.Zimmerman 4.00

HIGH JUMPW35 1 R.Zimmerman 1.35
W45 1 K.Cleveland 1.05**JAVELIN THROW**W50 1 C.Boyd 20.75
W55 1 K.Rourke 15.39**SHOT PUT**W35 1 R.Zimmerman 6.97
W45 1 K.Cleveland 5.63
W50 1 C.Boyd 7.61**MEN****10,000m RUN CHAMPIONSHIP**M30 1 Brendan Whelan 34.07.9
M35 1 Shawn Claydon 34.56.4

M50 1 Ron Peters 34.15.1

2 Peter Marshall 41.46.9

M55 1 Graham Medill 40.30.4

2 David Cundy 41.00.0

3 John Sheer 41.29.3

M60 1 Erkki Ryhanen 45.00.0

2 Elwyn Egan 49.15.8

M65 1 Alan Bradford 41.38.8

M70 1 Colin McLeod 41.50.5

M75 1 Julius Keller 56.01.1

100 METRES

M40 1 D.Chique 12.7

2 D.Dunn 13.2

M45 1 I.McLean 12.3

2 B.Valentine 13.5

3 G.Denman 13.8

M50 1 H.Bristow 12.6

2 J.Boyd 13.0

3 J.Begley 13.0

4 G.Taylor 15.0

M55 1 R.White 13.1

2 V.Jermacans 13.7

3 B.Bodsworth 14.1

M60 1 W.Cousins 13.1

2 J.Wight 13.2

3 C.Buyers 13.7

4 F.Rissman 15.1

M65 1 J.Cooper 13.6

2 I.Rogers 16.9

M70 1 H.Coogan 14.0

200 METRES

M40 1 D.Chique 25.7

2 D.Dunn 26.7

M45 1 I.McLean 25.4

2 G.Denman 26.7

3 B.Valentine 27.5

M50 1 J.Boyd 27.9

2 G.Taylor 31.2

M55 1 R.White 27.8

2 V.Jermacans 29.4

3 P.Chaplain 31.4

M60 1 J.Wight 26.4

2 W.Cousins 26.6

3 C.Buyers 26.7

M65 1 J.Cooper 28.7

2 I.Rogers 36.5

M70 1 H.Coogan 28.8

400 METRES

M40 1 D.Chique 57.2

M45 1 P.Edwards 60.3

M55 1 B.Grayson 61.4

2 P.Chaplain 74.4

M60 1 C.Buyers 60.7

M70 1 H.Coogan 63.6

5000m TRACK WALK

M55 1 B.Coleman 30.39.8

LONG JUMP

M70 1 L.Nicol 3.30

TRIPLE JUMP

M70 1 L.Nicol 7.47

HIGH JUMP

M35 1 R.Franke 1.55

M55 1 V.Jermacans 1.25

M60 1 B.Prideaux 1.35

1 P.Kennedy 1.35

M65 1 S.Herft 1.25

M70 1 L.Nicol 1.15

JAVELIN THROW

M35 1 A.White 39.61

2 R.Franke 36.07

M50 1 G.Taylor 24.08

M55 1 B.Bodsworth 30.77

M60 1 P.Kennedy 28.47

M65 1 S.Herft 32.05

2 I.Rogers 22.41

M70 1 A.Ropelin 21.00

SHOT PUT

M35 1 A.White 10.79

2 R.Franke 10.09

M60 1 P.Kennedy 10.66

M70 1 A.Ropelin 10.04