

RESULTS QMA

MONDAY 29TH OCTOBER, 2007 S.A.F.

LADIES

100 METRES

| | | | |
|-----|---|--------|------|
| W45 | 1 | P.Kwok | 15.1 |
|-----|---|--------|------|

200 METRES

| | | | |
|-----|---|-------------|------|
| W40 | 1 | T.Barr | 35.0 |
| | 2 | S.Cockcroft | 35.2 |
| W45 | 1 | P.Kwok | 32.7 |

300 METRES

| | | | |
|-----|---|-------------|------|
| W40 | 1 | S.Cockcroft | 61.1 |
| | 2 | J.Brimms | 65.9 |
| W45 | 1 | P.Kwok | 55.0 |

800 METRES

| | | | |
|-----|---|-------------|--------|
| W30 | 1 | H.Gatenby | 3.03.7 |
| W40 | 1 | S.Cockcroft | 3.05.3 |
| W50 | 1 | A.Ryan | 2.58.6 |
| W60 | 1 | B.Menzies | 2.59.6 |
| W80 | 1 | L.Thompson | 4.56.9 |

DISCUS THROW

| | | | |
|-----|---|------------|-------|
| W50 | 1 | C.Boyd | 20.58 |
| W60 | 1 | L.Birtwell | 22.98 |
| W70 | 1 | H.Doherty | 17.41 |

SHOT PUT

| | | | |
|-----|---|--------|------|
| W50 | 1 | C.Boyd | 7.15 |
|-----|---|--------|------|

MEN

100 METRES

| | | | |
|-----|---|-------------|------|
| M45 | 1 | W.Nock | 12.3 |
| | 2 | B.Valentine | 12.5 |
| | 3 | G.Bramley | 13.7 |

| | | | |
|-----|---|-------------|------|
| M50 | 1 | J.Begley | 12.4 |
| M55 | 1 | V.Jermacans | 13.7 |
| M65 | 1 | I.Rogers | 17.4 |

200 METRES

| | | | |
|-----|---|-------------|------|
| M35 | 1 | D.Sluggett | 28.3 |
| M45 | 1 | W.Nock | 25.1 |
| | 2 | G.Bramley | 29.0 |
| M50 | 1 | J.Begley | 25.9 |
| | 2 | B.Cook | 29.4 |
| | 3 | J.Boyd | 34.2 |
| M55 | 1 | B.Grayson | 28.3 |
| | 2 | V.Jermacans | 28.6 |
| M65 | 1 | I.Rogers | 36.2 |
| M70 | 1 | B.Smith | 41.3 |

300 METRES

| | | | |
|-----|---|-------------|------|
| M30 | 1 | B.Whelan | 65.9 |
| M35 | 1 | D.Sluggett | 46.5 |
| M45 | 1 | W.Nock | 40.4 |
| | 2 | G.Bramley | 48.9 |
| M55 | 1 | V.Jermacans | 47.3 |
| | 2 | P.Chaplain | 53.8 |
| M65 | 1 | I.Rogers | 67.6 |
| M70 | 1 | B.Smith | 69.0 |

800 METRES

| | | | |
|-----|---|--------------|--------|
| M30 | 1 | B.Whelan | 2.05.5 |
| M35 | 1 | D.Sluggett | 2.52.7 |
| M45 | 1 | G.Denman | 2.20.4 |
| | 2 | K.Christison | 2.40.2 |
| | 3 | G.Daly | 2.44.8 |
| M50 | 1 | B.Cook | 2.19.4 |

| | | | |
|-----|---|-------------|--------|
| M55 | 1 | B.Grayson | 2.17.8 |
| | 2 | B.Bodsworth | 2.24.0 |
| | 3 | P.Chaplain | 3.50.9 |
| M70 | 1 | H.Coogan | 2.49.4 |

10,000 METRES

| | | | |
|-----|---|--------------|---------|
| M30 | 1 | B.Whelan | 40.14.9 |
| M45 | 1 | G.Daly | 42.37.9 |
| | 2 | G.Denman | 46.43.5 |
| | 3 | K.Christison | 46.43.8 |
| M60 | 1 | J.Sheer | 41.19.2 |

10,000m TRACK WALK

| | | | |
|-----|---|-----------|---------|
| M50 | 1 | P.Bennett | 52.18.6 |
| M55 | 1 | B.Coleman | 61.50.6 |

LONG JUMP

| | | | |
|-----|---|-----------|------|
| M45 | 1 | G.Bramley | 3.95 |
| M70 | 1 | B.Smith | 3.17 |

TRIPLE JUMP

| | | | |
|-----|---|---------|------|
| M70 | 1 | B.Smith | 6.92 |
|-----|---|---------|------|

HIGH JUMP

| | | | |
|-----|---|------------|------|
| M40 | 1 | B.Longford | 1.50 |
| M70 | 1 | B.Smith | 1.10 |

DISCUS THROW

| | | | |
|-----|---|-----------|-------|
| M35 | 1 | D.Haworth | 41.35 |
| M50 | 1 | J.Boyd | 24.88 |
| M65 | 1 | I.Rogers | 23.66 |
| M70 | 1 | B.Smith | 18.49 |

SHOT PUT

| | | | |
|-----|---|-----------|-------|
| M35 | 1 | D.Haworth | 12.90 |
| M65 | 1 | I.Rogers | 6.89 |
| M70 | 1 | B.Smith | 6.74 |