

# RESULTS QMA MONDAY 3<sup>rd</sup> DECEMBER, 2007 S.A.F.

## LADIES

### 100 METRES

W35	1	R.Zimmerman	16.2
W60	1	J.Hampson	17.5

### 200 METRES

W40	1	K.Lakin	31.7
	2	S.Cockcroft	33.5
W45	1	P.Kwok	32.9
W55	1	W.Perkins	31.8
W60	1	J.Hampson	37.1
	2	I.Davey	37.4
W80	1	L.Thompson	68.9

### 300 METRES

W40	1	S.Cockcroft	56.8
W55	1	W.Perkins	56.5
W60	1	J.Hampson	61.3

### 1500 METRES

W30	1	H.Gatenby	6.03.7
W60	1	I.Davey	6.43.3
W65	1	S.Daly	7.00.9

### 10,000m TRACK WALK

W75	1	C.Dauphinot	75.56.9
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### LONG JUMP

W35	1	R.Zimmerman	3.91
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### HIGH JUMP

W35	1	R.Zimmerman	1.30
W45	1	P.Kwok	1.35

### JAVELIN THROW

W35	1	R.Zimmerman	20.22
W45	1	P.Kwok	19.46
W50	1	C.Boyd	17.93
W55	1	W.Perkins	21.43
W60	1	L.Birtwell	14.68
W70	1	H.Doherty	15.34

### SHOT PUT

W45	1	P.Kwok	6.64
W50	1	C.Boyd	7.63
W55	1	W.Perkins	7.82
W60	1	L.Birtwell	6.78

## MEN

### 100 METRES

M30	1	B.Maye	12.2
M35	1	M.De Pasquale	13.4
	2	R.Franke	14.3

M40	1	D.Chique	12.4
	2	H.Arbutnot	12.5

M45	1	I.McLean	12.2
	2	I.Hughes	12.2
	3	A.Tuckett	12.8

M50	1	J.Begley	12.3
	2	K.Reid	13.2

M55	1	R.Reisenleiter	13.1
	2	R.White	13.2
	3	V.Jermacans	13.4
	4	P.Chaplain	14.9

M60	1	P.Kennedy	14.7
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M65	1	A.Lakin	15.6
	2	I.Rogers	17.2

M70	1	H.Coogan	13.6
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M80	1	M.Dauphinot	17.4
	2	R.Grigg	21.5

### 200 METRES

M30	1	J.Burt	24.4
	2	B.Maye	25.1

M35	1	M.DePasquale	28.3
	2	R.Franke	29.9
	3	J.Castle	30.6

M40	1	D.Chique	25.3
	2	H.Arbutnot	26.0

M45	1	I.McLean	25.0
	2	I.Hughes	25.4
	3	A.Tuckett	27.3
	4	S.Davies-Evans	27.7

M50	1	J.Begley	25.9
	2	K.Reid	26.9

M55	1	R.White	26.9
	2	R.Reisenleiter	27.3
	3	V.Jermacans	28.0
	4	P.Chaplain	30.3

M60	1	P.Kennedy	32.0
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M65	1	A.Lakin	32.5
	2	I.Rogers	37.7

M70	1	H.Coogan	28.4
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### 300 METRES

M30	1	J.Burt	39.1
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M35	1	J.Castle	49.1
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M40	1	D.Chique	39.7
	2	H.Arbutnot	41.4

M45	1	I.McLean	42.6
	2	A.Tuckett	45.7

M50	3	S.Davies-Evans	49.1
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M55	1	V.Jermacans	47.2
	2	R.White	49.0
	3	P.Chaplain	50.3

M65	1	I.Rogers	64.3
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### 1500 METRES

M45	1	G.Denman	6.02.6
	2	G.Daly	6.45.1

M55	1	B.Grayson	4.50.2
	2	S.Ryan	5.57.7

M60	1	B.McGaffin	6.24.0
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### 10,000 METRES

M45	1	G.Daly	41.50.4
	2	G.Denman	42.05.1
	3	K.Christison	46.07.1

### 10,000m TRACK WALK

M50	1	P.Bennett	51.18.6
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M55	1	B.Coleman	61.22.7
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M80	1	D.Keatinge	76.14.1
	2	R.Grigg	87.18.0

### LONG JUMP

M30	1	B.Maye	5.12
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### HIGH JUMP

M30	1	J.Burt	1.55
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M35	1	R.Franke	1.55
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M60	1	P.Kennedy	1.40
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M65	1	S.Herft	1.20
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M70	1	B.Smith	1.10
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### JAVELIN THROW

M30	1	J.Burt	40.60
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M35	1	J.Beckers	37.60
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M45	1	I.Hughes	38.16
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M60	1	P.Kennedy	35.06
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M65	1	G.Quarterman	35.11
	2	S.Herft	30.38
	3	I.Rogers	19.78

M70	1	B.Smith	16.89
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M80	1	M.Dauphinot	21.54
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### SHOT PUT

M30	1	J.Burt	9.46
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M35	1	D.Haworth	13.26
	2	R.Franke	9.99

M60	1	P.Kennedy	10.34
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M65	1	I.Rogers	7.11
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M70	1	B.Smith	6.41
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