

RESULTS QMA
W20+

SATURDAY 15th DECEMBER, 2007 S.A.F.

LADIES

TOM GOULD TROPHY

300m HANDICAP

1	Sophie Cockcroft	56.0	40.58
2	Irene Davey	62.5	41.74
3	Hazel McDonnell	53.5	41.83
4	Julie Brims	Scr	42.04
5	Phyllis Kwok	49.5	42.25
6	Jodie Schubert	22.0	42.85
7	Karen Lakin	32.5	43.01
8	Lesley Hamilton	77.5	43.11
9	Petrina Brown	28.0	44.07

100 METRES

W20+ 1	E.Holden	14.76	vis
W35 1	J.Schubert	14.68	
W50 1	N.Brameld	15.66	
	2 D.Quinn	16.03	
W60 1	H.McDonnell	16.12	
	2 L.Hamilton	17.01	

200 METRES

W35 1	J.Schubert	30.34	
W40 1	S.Cockcroft	34.17	
W60 1	H.McDonnell	33.38	

1500 METRES

W29 1	A.Nowill	5.54.60	
W30 1	H.Gatenby	6.16.21	
W40 1	M.McWhirter	6.17.42	

3000 METRES

W30 1	H.Gatenby	13.30.44	
W40 1	L.Watson	12.21.06	
W65 1	D.Southern	19.43.99	

3000m TRACK WALK

W55 1	R.Wales	22.25.78	
W65 1	N.McKinven	21.38.59	
W75 1	C.Dauphinnet	21.42.34	

SPRINT HURDLES

W50 1	D.Quinn	16.42	
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LONG JUMP

W20+ 1	E.Holden	3.93	vis
W35 1	R.Zimmerman	3.96	
W50 1	N.Brameld	3.39	
	2 D.Quinn	3.31	

HIGH JUMP

W35 1	R.Zimmerman	1.25	
W40 1	J.Brims	1.40	
W45 1	D.Mayfield	1.55	

JAVELIN THROW

W20+ 1	E.Holden	25.72	vis
W29 1	A.Nowill	21.19	
W40 1	J.Brims	22.04	
W45 1	P.Kwok	18.76	
W50 1	D.Quinn	22.01	
W55 1	K.Rourke	15.79	
	2 E.Wilson	13.39	
W60 1	L.Hamilton	18.14	
	2 L.Birtwell	14.73	
W70 1	H.Doherty	18.50	

DISCUS THROW

W20+ 1	E.Holden	20.56	vis
W29 1	A.Nowill	17.70	
W35 1	R.Zimmerman	26.16	
W45 1	P.Kwok	24.27	
W50 1	D.Quinn	20.73	
W55 1	E.Wilson	20.91	
	2 K.Rourke	14.04	
W60 1	L.Birtwell	21.11	
W70 1	H.Doherty	19.35	

SHOT PUT

W20+ 1	E.Holden	6.86	vis
W29 1	A.Nowill	7.65	
W35 1	R.Zimmerman	6.88	
W55 1	E.Wilson	6.51	
W60 1	L.Birtwell	6.75	
	2 L.Hamilton	6.13	
W70 1	H.Doherty	6.31	

MEN

TOM GOULD TROPHY

300m HANDICAP - M30-49

1	James Castle	40.0	36.94
2	David Chique	16.5	37.39
3	Travis Venema	Scr	37.94
4	Steve Davies-Evans	40	39.33
5	Jason Burt	4.50	39.50
6	Callum McInnes	35.5	41.23

TOM GOULD TROPHY

300m HANDICAP - M50+

HEAT 1:

1	Ian Malouf	29.5	39.85
2	Norm Anthony	49.25	40.16
3	Hugh Coogan	22.0	40.57
4	Geoff Bramley	22.0	41.59
5	Kim Reid	Scr	41.75
6	Maurice Dauphinnet	75.0	42.35
7	Alf Lakin	46.0	42.85
8	Andy McGill	58.0	43.65

HEAT 2:

1	Rob White	27.5	39.14
2	Ken Daniels	42.5	39.73
3	Viddy Jermacans	24.75	39.90
4	Noel Garvey	57.0	39.91
5	Paul Chaplain	39.75	40.29
6	Joe Begley	7.0	40.55
7	Wayne Spalding	54.75	40.83
8	Colin Buyers	6.25	40.87
9	Ivan Rogers	75.5	42.50
10	Russell Grigg	100	44.25

FINAL:

1	Rob White	27.5	38.75
2	Ken Daniels	42.5	39.74
3	Viddy Jermacans	24.75	39.85
4	Hugh Coogan	22.0	39.97
5	Noel Garvey	57.0	40.19
6	Paul Chaplain	39.75	40.41
7	Norm Anthony	49.25	40.60
8	Ian Malouf	29.5	40.75

100 METRES

M30 1	T.Venema	11.69	
	2 J.Burt	12.52	
M35 1	M.Depasquale	13.37	
M40 1	D.Chique	12.51	
	2 B.Longford	12.75	
	3 M.Alcorn	13.92	
M45 1	I.McLean	12.46	
M50 1	H.Bristow	12.52	
	2 J.Begley	12.91	
	3 K.Doolan	13.04	
	4 K.Reid	13.26	
	5 I.Malouf	14.02	
	6 G.Bramley	14.04	
M55 1	R.Reisenleiter	13.03	
	2 D.Lloyd	13.07	
	3 V.Jermacans	13.71	
	4 P.Chaplain	14.76	
M60 1	P.Kennedy	14.69	
	2 A.McGill	16.54	
M65 1	I.Rogers	17.03	
M70 1	H.Coogan	13.76	
	2 K.Daniels	14.84	
	3 N.Garvey	15.35	
M80 1	M.Dauphinnet	17.14	
	2 R.Grigg	22.14	

200 METRES

M35 1	J.Lees	26.27	
M40 1	M.Alcorn	29.28	
M50 1	K.Reid	27.48	
M55 1	R.Reisenleiter	26.95	
	2 T.Dauphinnet	28.04	
	3 D.Lloyd	31.43	
M60 1	D.Hutton	30.55	
M65 1	J.Cooper	30.37	
	2 A.Lakin	31.71	

1500 METRES

M40 1	A.Crocker	5.37.77	vis
M45 1	G.Denman	5.04.56	
M60 1	J.Sheer	5.29.55	
	2 B.McGaffin	6.10.16	
M65 1	B.Morling	5.45.59	
M70 1	B.Smith	8.52.74	

3000 METRES

M30 1	A.Poultney	10.01.25	vis
M45 1	G.Denman	11.12.82	
	2 G.Daly	11.34.34	
M50 1	P.Circosta	15.05.14	

3000m TRACK WALK

M40 1	I.Jimenez	13.35.44	
M50 1	P.Bennett	14.29.58	
M55 1	B.Coleman	17.33.69	
M75 1	R.Lynch	20.41.82	

SPRINT HURDLES

M55 1	M.Lafferty	22.78	
M70 1	B.Smith	21.03	

LONG JUMP

M30 1	J.Burt	5.04	
M50 1	G.Bramley	4.30	
M60 1	P.Kennedy	4.42	
M65 1	S.Herft	4.15	
M70 1	B.Smith	3.57	
M80 1	R.Grigg	2.53	

HIGH JUMP

M30 1	J.Burt	1.55	
M35 1	R.Franke	1.50	
M40 1	B.Longford	1.55	
M45 1	C.McInnes	1.30	
M60 1	P.Kennedy	1.45	
M65 1	S.Herft	1.25	
M80 1	R.Grigg	1.00	

POLE VAULT

M40 1	M.Alcorn	1.75	
M60 1	N.Viney	2.80	
	2 P.Kennedy	1.88	
M70 1	B.Smith	1.98	

JAVELIN THROW

M30 1	J.Burt	37.47	
M35 1	J.Beckers	40.28	
	2 R.Franke	34.08	
M50 1	A.Haralampou	32.85	
M55 1	R.Wilson	24.07	
M60 1	P.Kennedy	30.98	
M65 1	G.Quarterman	39.55	QR
	2 S.Herft	33.43	
	3 I.Rogers	19.93	
M70 1	E.Saarinen	35.63	
	2 K.Daniels	31.19	
	3 A.Ropelin	23.23	
	4 R.Vaughan	22.45	
	5 B.Smith	19.97	
M80 1	M.Dauphinnet	21.41	
M85 1	T.Vickers	11.81	

DISCUS THROW

M30 1	J.Burt	23.58	
M35 1	R.Franke	28.43	
M40 1	M.Alcorn	17.88	
M50 1	A.Haralampou	30.29	
	2 G.Bramley	20.23	
M55 1	T.Dauphinnet	25.73	
	2 R.Wilson	24.14	
M60 1	D.Quinn	34.31	
M65 1	I.Rogers	24.02	
	2 S.Herft	22.26	
M70 1	A.Ropelin	27.29	
	2 E.Saarinen	26.61	
	3 R.Vaughan	24.40	
	4 B.Smith	17.90	
M80 1	M.Dauphinnet	20.42	
M85 1	T.Vickers	11.73	

SHOT PUT

M35 1	R.Franke	9.82	
M50 1	A.Haralampou	10.26	
M55 1	R.Wilson	8.75	

M60	1	D.Quinn	10.47
	2	P.Kennedy	10.05
M65	1	I.Rogers	6.86
M70	1	E.Saarinen	10.41
	2	A.Ropelin	10.03
	3	K.Daniels	9.61
	4	R.Vaughan	8.00
	5	B.Smith	7.28
M85	1	T.Vickers	5.66

4 x 100m RELAYS

1	J.Cooper, R.Reisenleiter, V.Jermacans, R.White	54.44
2	I.Malouf, N.Anthony, S.Herft, T.Venema	54.53
3	K.Daniels, H.Coogan, N.Garvey, C.Buyers	M65 56.81 QR
4	G.Denman, W.Spalding, H.McDonnell, P.Chaplain	58.72
5	P.Kwok, S.Cockcroft R.Zimmerman, D.Hutton	61.54