

2008 QMA 10k Run Championships - 31/03/2008**SAF****Results - 10k - Age Grading: 1 Yr Indiv & 5 yr Multi****M30 100 Metre**

Name	Age Team	Finals	Age-Grading
Finals			
1 Robinson, Steven	M32 Qma	13.0	13.00 75.31%

M45 100 Metre

Name	Age Team	Finals	Age-Grading
1 McLean, Ian	M46 Qma	12.6	11.55 84.84%
2 Valentine, Bevan	M49 Qma	13.0	11.68 83.85%

W45 100 Metre

Name	Age Team	Finals	Age-Grading
1 Kwok, Phyllis	W47 Qma	14.6	12.90 81.37%

M50 100 Metre

Name	Age Team	Finals	Age-Grading
1 Begley, Joe	M54 Qma	12.8	11.13 88.05%

M70 100 Metre

Name	Age Team	Finals	Age-Grading
1 Smith, Bernie	M71 Qma	17.5	13.63 71.83%

M45 200 Metre

Name	Age Team	Finals	Age-Grading
1 Valentine, Bevan	M49 Qma	26.7	23.19 83.33%
2 Edwards, Peter	M48 Qma	27.2	23.79 81.21%
3 McLean, Ian	M46 Qma	31.4	27.86 69.36%

W45 200 Metre

Name	Age Team	Finals	Age-Grading
1 Kwok, Phyllis	W47 Qma	31.9	27.69 77.08%

M50 200 Metre

Name	Age Team	Finals	Age-Grading
1 Begley, Joe	M54 Qma	25.8	21.64 89.30%

M55 200 Metre

Name	Age Team	Finals	Age-Grading
1 Chaplain, Paul	M59 Gcma	29.5	23.91 80.81%

2008 QMA 10k Run Championships - 31/03/2008**SAF****Results - 10k - Age Grading: 1 Yr Indiv & 5 yr Multi****M70 200 Metre**

Name	Age	Team	Finals	Age-Grading
1 Smith, Bernie	M71	Qma	40.0	29.50 65.50%
-- Coogan, Hughie	M72	Qma	DNF	

M45 400 Metre

Name	Age	Team	Finals	Age-Grading
1 Edwards, Peter	M48	Qma	61.7	54.55 79.17%

M55 400 Metre

Name	Age	Team	Finals	Age-Grading
1 Ryan, Sean	M59	Qma	68.6	56.39 76.59%
2 Chaplain, Paul	M59	Gcma	70.9	58.28 74.10%

M65 400 Metre

Name	Age	Team	Finals	Age-Grading
1 Buyers, Colin	M65	Qma	62.7	49.64 87.00%

M70 400 Metre

Name	Age	Team	Finals	Age-Grading
1 Smith, Bernie	M71	Qma	1:37.7	70.19 61.53%

M30 10000 Metre

Name	Age	Team	Finals	Age-Grading
1 Glarvy, Nathan	M30	Gcma	44:48.7h	44:41.98 58.91%

M45 10000 Metre

Name	Age	Team	Finals	Age-Grading
1 Daly, Gerard	M46	Qma	40:30.3h	36:34.08 72.01%
2 English, Neil	M46	Qma	46:01.2h	41:32.82 63.38%

M50 10000 Metre

Name	Age	Team	Finals	Age-Grading
1 Cook, Bruce	M51	Qma	35:25.9h	30:44.44 85.66%
2 Kent, Ian	M50	Qma	35:42.9h	31:14.40 84.29%
3 Circosta, Paul	M54	Asr	58:37.5h	49:37.57 53.06%

2008 QMA 10k Run Championships - 31/03/2008**SAF****Results - 10k - Age Grading: 1 Yr Indiv & 5 yr Multi****M60 10000 Metre**

Name	Age Team	Finals	Age-Grading
1 Medill, Graham	M60 Qma	42:01.0h	33:47.65 77.92%
2 Ryhanen, Erkki	M62 Qma	44:41.7h	35:19.08 74.56%
3 Stapleton, Don	M60 Asr	46:39.2h	37:31.40 70.18%

M65 10000 Metre

Name	Age Team	Finals	Age-Grading
1 Donnett, Tom	M65 Qma	46:07.4h	35:28.41 74.23%

M70 10000 Metre

Name	Age Team	Finals	Age-Grading
1 McLeod, Colin	M72 Qma	41:27.0h	29:34.23 89.05%

M75 10000 Metre

Name	Age Team	Finals	Age-Grading
1 Munro, George	M76 Qma	56:44.4h	37:56.53 69.40%

W40 4x800 Metre Relay

Team	Finals	Age-Grading
1 Qma 'A'	11:17.3	11:17.2, 11:17.4
1) Lakin, Karen 44	2) Moorhouse, Paula 59	
3) Brims, Julie 42	4) Banaghan, Glenda 44	

W60 4x800 Metre Relay

Team	Finals	Age-Grading
1 Qma 'A'	12:18.0	12:17.9, 12:18.2
1) Allison, Marge 63	2) Hampson, Jean 62	
3) Davey, Irene 60	4) Menzies, Betty 64	

M70 High Jump

Name	Age Team	Finals	Age-Grading
1 Smith, Bernie	M71 Qma	1.17m	1.85m 75.48%

M80 High Jump

Name	Age Team	Finals	Age-Grading
1 Grigg, Russell	M81 Qma	1.00m	1.83m 75.19%

2008 QMA 10k Run Championships - 31/03/2008**SAF****Results - 10k - Age Grading: 1 Yr Indiv & 5 yr Multi****M35 Shot Put**

Name	Age	Team	Finals	Age-Grading
1 Haworth, Darron	M39	Qma	14.03m	14.33m 62.00%

M70 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Ropelin, Arvo	M74	Qma	10.21m	14.89m 64.42%
2 Smith, Bernie	M71	Qma	6.32m	8.45m 36.57%

W45 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Kwok, Phyllis	W47	Qma	22.23m	29.23m 40.05%

W60 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Hampson, Jean	W62	Qma	15.71m	28.65m 39.26%

M70 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Ropelin, Arvo	M74	Qma	23.80m	46.43m 47.15%
2 Smith, Bernie	M71	Qma	19.00m	34.07m 34.60%

M40 5000 Metre Race Walk

Name	Age	Team	Finals	Age-Grading
1 Ludwig, Andrew	M41	Qma	28:25.6	26:47.19 67.05%

M50 5000 Metre Race Walk

Name	Age	Team	Finals	Age-Grading
1 Bennett, Peter	M52	Qma	25:07.3	21:37.94 83.02%

M55 5000 Metre Race Walk

Name	Age	Team	Finals	Age-Grading
1 Coleman, Bob	M56	Qma	30:16.7	25:10.59 71.34%

W55 5000 Metre Race Walk

Name	Age	Team	Finals	Age-Grading
1 Wales, Robyn	W55	Gcma	36:48.6	31:06.49 63.60%

2008 QMA 10k Run Championships - 31/03/2008**SAF****Results - 10k - Age Grading: 1 Yr Indiv & 5 yr Multi****M80 5000 Metre Race Walk**

Name	Age Team	Finals	Age-Grading
1 Grigg, Russell	M81 Qma	41:45.3	25:39.76 69.98%

M105+ 5000 Metre Race Walk

Name	Age Team	Finals	Age-Grading
-- Bird-Smith, Dane	M15 Qrw	X12:36.7	12:34.96142.73% 3000m
-- Aiton, Brad	M13 Qe2	X15:31.9	15:29.76115.90% 3000m