

RESULTS QMA

SATURDAY 20th SEPTEMBER, 2008 S.A.F.**LADIES**

60 METRES			M60	2 J.Begley	8.14	M60	1 V.Jermacans	4.29	
W30	L.Anthony	9.72	vis	1 J.Wight	8.33	HIGH JUMP			
	C.Harvey	11.81	vis	2 V.Jermacans	9.03	M45	1 C.McInnes	1.40	
W35	1 L.Kilah	8.87		3 P.Kennedy	9.47	M60	1 P.Kennedy	1.35	
W40	1 A.Fisher	9.50		B.Cook	9.47	vis	2 V.Jermacans	1.25	
W45	1 P.Kwok	9.42		1 G.Quarterman	10.15	M80	1 R.Grigg	1.00	
W50	J.Bell	10.76	vis	2 A.Lakin	10.21	JAVELIN THROW			
W55	1 K.Rourke	11.56		3 I.Rogers	11.30	M40	1 B.Longford	29.55	
	M.Tuinmon	16.78	vis	M70	1 N.Garvey	9.82	M50	1 A.Haralampou	34.54
W60	1 J.Hampson	10.59		M80	1 M.Dauphinat	11.17	M60	1 P.Kennedy	31.07
W70	1 S.Abrahams	16.67		100 METRES			M65	1 G.Quarterman	34.30
100 METRES			M30	1 R.Witelus	12.35	2 I.Rogers	18.41		
W30	L.Anthony	15.50	vis	M35	1 G.Barton	12.85	M70	1 R.Vaughan	22.86
	1 A.Venema	16.67		M40	1 D.Sluggett	14.22	M75	1 A.Ropelin	23.78
	C.Harvey	19.18	vis	2 R.Gibson	14.54	M80	1 M.Dauphinat	19.39	
W35	1 L.Kilah	14.10		3 B.Longford	14.60	M85	1 T.Vickers	12.40	
W45	1 P.Kwok	15.73		M45	1 C.McInnes	13.45	DISCUS THROW		
	2 K.Lakin	15.75		M50	1 W.Nock	12.55	M45	1 C.McInnes	21.17
W50	J.Bell	17.77	vis	2 J.Begley	12.74	M50	1 A.Haralampou	30.95	
W55	1 K.Rourke	18.41		M60	1 J.Wight	13.38	M60	1 D.Quinn	37.18
W60	1 J.Hampson	17.15		2 V.Jermacans	13.99	2 P.Kennedy	30.89		
	2 H.McDonnell	17.95		3 S.Powell	14.63	M65	1 I.Rogers	22.51	
W70	1 S.Abrahams	33.36		4 H.Giles	14.87	2 G.Quarterman	18.80		
200 METRES			M65	5 P.Kennedy	15.41	M70	1 R.Vaughan	22.83	
W30	L.Anthony	31.28		B.Cook	15.51	vis	M75	1 A.Ropelin	27.32
	1 A.Venema	34.78		1 A.Lakin	16.55	M80	1 M.Dauphinat	21.20	
W45	1 K.Lakin	32.32		2 G.Quarterman	18.03	M85	1 T.Vickers	13.37	
W55	J.Bell	38.04		3 I.Rogers	19.50	WEIGHT THROW			
W60	1 H.McDonnell	34.65		M70	1 N.Garvey	15.83	M50	1 A.Haralampou	10.74
	2 J.Hampson	35.77		M80	1 M.Dauphinat	18.42	M60	1 D.Quinn	13.15
	3 I.Davey	38.18		200 METRES			M65	1 G.Quarterman	10.99
W70	1 S.Abrahams	1.25.23		M30	1 R.Witelus	25.11	M70	1 R.Vaughan	10.54
300 METRES			M35	2 B.Whelan	35.24	M75	1 A.Ropelin	10.13	
W30	1 A.Venema	54.05		M40	1 G.Barton	27.48	M80	1 R.Grigg	9.27
W60	1 J.Hampson	58.45		M40	1 R.Gibson	29.33	M85	1 T.Vickers	7.53
	2 H.McDonnell	62.92		M50	1 W.Nock	25.61	4 x 100m RELAYS		
800 METRES			M55	2 N.Manefield	29.11	Mixed	D.Hill, G.Banaghan,		
W30	1 A.Venema	2.50.19		1 B.Bodsworth	28.36		K.Lakin, A.Fisher	61.45	
W40	1 G.Banaghan	2.34.82		2 P.Chaplain	30.77	M50+	A.Lakin, N.Manefield		
5000 METRES			M60	1 H.Giles	30.48		B.Morling, P.Chaplain	63.34	
W35	1 T.Lindenberg	18.51.34		2 S.Powell	30.99				
W40	1 G.Banaghan	17.53.98		M65	1 A.Lakin	34.33			
	2 S.Cockcroft	28.51.84		M70	1 B.Morling	34.31			
W45	1 J.Ellett	26.07.01		M80	1 M.Dauphinat	39.93			
W50	1 A.Ryan	22.05.22		300 METRES					
5000m TRACK WALK			M35	1 D.Hill	41.05				
W75	1 C.Dauphinat	37.42.70		2 G.Barton	43.21				
W80	1 L.Thompson	39.50.47		M40	1 R.Gibson	45.42			
LONG JUMP			M45	1 G.Denman	43.65				
W30	C.Harvey	2.81	vis	2 C.McInnes	47.06				
HIGH JUMP			M50	1 N.Manefield	45.03				
W30	C.Harvey	1.20	vis	M55	1 P.Chaplain	51.98			
W45	1 P.Kwok	1.30		M60	1 V.Jermacans	47.72			
JAVELIN THROW				2 H.Giles	50.55				
W30	C.Harvey	15.62	vis	3 S.Powell	52.63				
W50	1 C.Boyd	20.66		M65	1 I.Rogers	75.87			
W65	1 L.Birtwell	14.19		M70	1 B.Morling	57.07			
W75	1 H.Doherty	18.07		800 METRES					
DISCUS THROW			M30	1 B.Whelan	2.11.57				
W30	C.Harvey	14.93	vis	M35	1 D.Hill	2.11.95			
W45	1 T.Barr	17.95		M40	1 G.Parkinson	2.12.89			
W60	1 H.McDonnell	18.97		2 D.Peters	2.28.25				
W65	1 L.Birtwell	20.28		D.Burke	2.38.05	vis			
W75	1 H.Doherty	23.02	AR	M60	1 S.Ryan	2.34.60			
MEN				2 E.Ryhanen	2.46.50				
60 METRES			M70	1 B.Morling	2.50.19				
M30	1 R.Witelus	7.91		M80	1 R.Grigg	5.06.13			
M35	1 G.Barton	8.18		5000 METRES					
M40	1 B.Longford	8.23		M30	1 B.Whelan	17.54.28			
	2 J.Fletcher	8.72		M45	1 G.Denman	20.49.10			
	2 D.Sluggett	9.01		2 J.Wiesner	21.02.80				
M45	1 C.McInnes	8.57		M60	1 E.Ryhanen	21.23.34			
M50	1 W.Nock	7.99		M70	1 C.McLeod	21.44.72			
LONG JUMP			M80	5000m TRACK WALK					
M40	1 B.Longford	3.94		1 R.Grigg	42.58.43				