

**RESULTS QMA**

**MONDAY 13th OCTOBER, 2008 S.A.F.**

**LADIES**

**100 METRES**

W30	1	C.Harvey	21.5
W35	1	I.Kilah	13.7
W40	1	J.Brimms	13.3
W45	1	P.Kwok	14.9
W60	1	H.McDonnell	16.8
	2	Y.Jarman	24.5

**200 METRES**

W30	1	A.Venema	32.1
W40	1	J.Brimms	27.8
W60	1	H.McDonnell	34.2
	2	I.Davey	38.3

**400 METRES**

W30	1	A.Venema	74.0
W40	1	J.Brimms	74.0
W60	1	H.McDonnell	89.1

**800 METRES**

W30	1	A.Venema	2.46.3
	2	H.Gatenby	3.14.8
W40		K.Nicholls	3.09.4
W50	1	M.Sheer	2.39.7
	2	A.Ryan	2.54.7

**LONG JUMP**

W45	1	P.Kwok	4.23
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**TRIPLE JUMP**

W45	1	P.Kwok	7.76
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**HIGH JUMP**

W30	1	C.Harvey	1.10
W45	1	P.Kwok	1.35

**DISCUS THROW**

W30	1	H.Gatenby	19.24
	2	C.Harvey	15.72
W65	1	L.Birtwell	22.01
W75	1	H.Doherty	22.45

**SHOT PUT**

W30	1	C.Harvey	7.03
W65	1	L.Birtwell	6.49

**MEN**

**100 METRES**

M30	1	T.Venema	11.5
	2	R.Witelus	11.5

M35	1	M.Griffiths	13.0
M40	1	G.Parkinson	12.1
M45	1	D.Chique	12.3
	2	I.McLean	12.5
	3	P.Edwards	12.9
	4	C.McInnes	13.1
M50	1	J.Begley	12.4
	2	G.Bramley	13.5
	3	I.Malouf	14.0
M55		C.King	12.5
M60	1	J.Wight	13.0
M65	1	C.Buyers	13.0
	2	J.Cooper	14.7
	3	I.Rogers	18.4
M80	1	R.Grigg	21.4

**200 METRES**

M30	1	T.Venema	23.5
	2	R.Witelus	23.9
M35	1	J.Burt	24.7
M40	1	G.Parkinson	24.0
M45	1	D.Chique	25.7
	2	P.Edwards	27.0
	3	G.Denman	28.0
M50	1	J.Begley	25.7
	2	G.Bramley	28.0
	3	I.Malouf	29.0
	4	C.Elliott	33.9
M55		C.King	27.1
M60	1	J.Wight	27.0
		R.Lewis	32.1
M65	1	C.Buyers	26.2
	2	J.Cooper	30.9
	3	I.Rogers	38.3

**400 METRES**

M35	1	J.Burt	55.7
M45	1	D.Chique	57.3
	2	P.Edwards	60.5
M50	1	G.Bramley	67.4
	2	I.Malouf	70.0
M55	1	P.Chaplain	72.7
M60		R.Lewis	72.1
M65	1	C.Buyers	62.4
	2	J.Cooper	80.3

**800 METRES**

M30	1	B.Whelan	2.23.6
	2	T.Venema	2.46.7
M35	1	J.Burt	2.24.1
M40	1	D.Burke	2.36.0
M45	1	K.Christison	2.44.0
M60	1	S.Ryan	2.37.7
		R.Lewis	2.45.4
	2	J.Sheer	2.40.1
	3	P.Chippendale	3.36.1
M80	1	R.Grigg	4.55.2

**10,000 METRES**

M30		S.Mazzullo	39.44.8
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**10,000m TRACK WALK**

M50	1	P.Bennett	53.16.7
M55	1	B.Coleman	61.44.8

**LONG JUMP**

M35	1	M.Griffiths	5.45
M45	1	C.McInnes	4.35
M50	1	G.Bramley	4.46

**TRIPLE JUMP**

M45	1	C.McInnes	8.15
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**HIGH JUMP**

M35	1	M.Griffiths	1.55
	1	J.Burt	1.55
M45	1	C.McInnes	1.43
M50	1	G.Bramley	1.30
M80	1	R.Girgg	0.90

**DISCUS THROW**

M50	1	C.Elliott	22.83
M65	1	I.Rogers	21.98

**SHOT PUT**

M45	1	C.McInnes	7.46
M50	1	C.Elliott	7.97
M65	1	C.Rogers	6.20

**4 x 1500m RELAY**

M30		Ross Nicholls	
		Gary Denman	
		John Sheer	
		Brendan Whelan	20.31.8