

**RESULTS QMA**

**SATURDAY 8<sup>th</sup> NOVEMBER, 2008 S.A.F.**

**LADIES**

**60 METRES**

W30	1	C.Harvey	10.22
W35	1	J.Schubert	9.32
W40	1	J.Brimms	8.40
	2	P.Prasad	9.42
	3	A.Fisher	9.49
W45	1	P.Kwok	9.26
	2	T.Barr	10.03

**100 METRES**

W30	1	C.Harvey	16.59
W35	1	J.Schubert	14.68
W40	1	J.Brimms	13.11
	2	P.Prasad	15.29
	3	A.Fisher	16.07
W45	1	P.Kwok	15.29

**200 METRES**

W35	1	J.Schubert	29.06
W40	1	J.Brimms	26.45
	2	P.Prasad	31.64
W45	1	K.Lakin	31.67

**300 METRES**

W35	1	J.Schubert	47.10
W40	1	J.Brimms	46.52
	2	P.Prasad	53.02
W45	1	P.Kwok	53.57
W60	1	I.Davey	60.97

**1500 METRES**

W40	1	G.Banaghan	5.15.45
W60	1	I.Davey	6.56.25

**3000 METRES HANDICAP**

K.Nicolls	11.40	26.18.77	vis
1	G.Banaghan	16.02	26.43.05
2	S.Cockcroft	11.30	27.49.70

**3000m TRACK WALK H'CAP**

1	N.McKinven	4.54	27.17.56
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**4 x 800m RELAY**

W30+	Petrina Brown		
	Anne Venema		
	Glenda Banaghan		
	Jeanette Flynn	10.21.11	AR

**LONG JUMP**

W30	1	C.Harvey	3.17
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**TRIPLE JUMP**

W45	1	P.Kwok	8.52
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**SHOT PUT**

W30	1	C.Harvey	7.43
W35	1	R.Zimmerman	7.10
W40	1	A.Fisher	6.67
W45	1	T.Barr	5.80
W75	1	H.Doherty	7.88

**HAMMER THROW**

W30	1	C.Harvey	16.08
W35	1	R.Zimmerman	17.39
W40	1	A.Fisher	14.13
W75	1	H.Doherty	22.21

**WEIGHT THROW**

W30	1	C.Harvey	6.66
W35	1	R.Zimmerman	7.05
W75	1	H.Doherty	10.16

**MEN**

**60 METRES**

M30	1	T.Venema	7.57	
		G.Hamilton	7.94	vis
M35	1	G.Cox	7.95	
M40	1	M.Alcorn	8.53	
M50	1	J.Begley	8.34	
	2	H.Bristow	8.41	
	3	J.Furlong	8.93	
M55	1	P.Chaplain	9.33	
M65	1	C.Buyers	8.46	
	2	J.Cooper	9.14	
M70	1	I.Rogers	11.07	

**100 METRES**

M30	1	T.Venema	11.61	
		G.Hamilton	12.58	vis
M35	1	G.Cox	12.32	
M40	1	D.Peters	13.73	
	2	R.Gibson	14.16	
M50	1	J.Begley	12.86	
	2	H.Bristow	13.39	
M55	1	P.Chaplain	14.70	
M65	1	C.Buyers	13.08	
	2	J.Cooper	14.75	
M70	1	B.Smith	18.27	
	2	I.Rogers	18.33	

**200 METRES**

M30	1	T.Venema	23.70	
		G.Hamilton	25.82	vis
M35	1	G.Cox	25.65	
M40	1	D.Peters	27.91	
	2	R.Gibson	27.97	
M50	1	N.Manefield	27.92	
M65	1	C.Buyers	26.35	
	2	J.Cooper	29.78	
M70	1	I.Rogers	38.15	
M790	1	R.Grigg	48.08	

**300 METRES**

M30	1	T.Venema	40.52	
		G.Hamilton	41.28	vis
M35	1	G.Cox	43.15	
	2	R.Norris	44.64	
M40	1	R.Gibson	43.59	
	2	D.Peters	44.10	
M50	1	J.Begley	40.80	
M60	1	R.Lewis	48.81	vis
	1	E.Ryhanen	50.03	
M65	1	C.Buyers	42.49	
	2	J.Cooper	50.03	
M70	1	B.Smith	65.44	
	2	I.Rogers	70.87	
M80	1	R.Grigg	1.25.83	

**1500 METRES**

M40	1	J.Treschman	4.37.94
M45	1	J.Crook	5.30.74
M60	1	S.Ryan	5.28.61
	2	E.Ryhanen	5.43.42
M70	1	B.Morling	6.17.55

**3000 METRES HANDICAP**

1	C.Guice	13.32	26.03.61
2	J.Crook	14.40	26.32.12
3	D.Dunstan	10.08	26.48.75
4	R.Nicholls	16.02	26.52.27
5	J.Hall	16.50	26.57.34
6	B.McGaffin	12.20	27.15.77

**3000m TRACK WALK H'CAP**

1	R.Grigg	1.19	26.29.53	
2	B.Coleman	9.03	26.42.66	
	B.Aiton	12.00	26.53.47	vis
	B.Dewar	11.40	27.01.95	vis
3	P.Bennett	12.06	27.34.43	
	J.Hallam	11.40	28.13.40	vis

**SHORT HURDLES**

M70	1	B.Smith	19.52
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**4 x 800m RELAY**

M30+	1	Gary Parkinson		
		David Hill		
		Bruce Hill		
		Brendan Whelan	8.30.74	AR
M60+	2	S.Ryan, E.Ryhanen,		
		D.Burt, R.Lewis	11.17.61	

**LONG JUMP**

M70	1	B.Smith	3.12
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**TRIPLE JUMP**

M35	1	G.Cox	11.03
M70	1	B.Smith	6.35

**POLE VAULT**

M40	1	M.Alcorn	2.30
M55	1	A.Cameron	2.90
M70	1	B.Smith	1.70

**SHOT PUT**

M35	1	D.Haworth	13.45
	2	R.Franke	10.40
M50	1	A.Haralampou	10.26
	2	J.Furlong	6.62
M60	1	D.Quinn	9.76
M65	1	A.Lakin	7.87
M70	1	I.Rogers	7.51
	2	B.Smith	6.89
M75	1	A.Ropelin	9.99
M85	1	T.Vickers	5.73

**HAMMER THROW**

M35	1	D.Haworth	49.08
	2	R.Franke	20.87
M50	1	A.Haralampou	23.03
M60	1	D.Quinn	33.41
M65	1	A.Lakin	15.10
M70	1	B.Smith	17.51
M75	1	A.Ropelin	24.47
M80	1	R.Grigg	18.71
M85	1	T.Vickers	13.96

**WEIGHT THROW**

M35	1	D.Haworth	16.18
	2	R.Franke	8.06
M50	1	A.Haralampou	9.99
M60	1	D.Quinn	11.96
M65	1	A.Lakin	7.59
M75	1	A.Ropelin	9.52
M80	1	R.Grigg	7.57
M85	1	T.Vickers	6.29