

**RESULTS QMA**

**SATURDAY 22<sup>nd</sup> NOVEMBER, 2008 S.A.F.**

**LADIES**  
**60 METRES**

W30	1	R.Bird	9.96	vis
	2	C.Harvey	10.14	
W40	1	J.Brimms	8.23	
W45	1	T.Barr	9.99	
W50	1	D.Quinn	10.17	
	2	C.Archer	11.56	
W55	1	N.Brameld	9.75	
	2	J.Turner	9.79	
	3	J.Bell	10.63	
W60	1	J.Hampson	10.79	

**100 YARDS**

W30	1	R.Bird	14.73	vis
	2	C.Harvey	15.11	
W35	1	J.Schubert	13.13	
W40	1	J.Brimms	11.75	
W45	1	T.Barr	15.15	
W50	1	D.Quinn	14.94	
	2	C.Archer	16.44	
W55	1	N.Brameld	14.35	
	2	J.Turner	14.62	
	3	J.Bell	15.72	
W60	1	H.McDonnell	15.00	
	2	J.Hampson	15.68	

**200 METRES**

W40	1	J.Brimms	26.00	
	2	M.McWhirter	30.20	
W45	1	K.Lakin	33.61	
	2	T.Barr	38.25	
W50	1	C.Archer	38.04	
	2	D.Quinn	39.01	
W55	1	N.Brameld	34.83	
	2	J.Turner	35.28	
	3	J.Bell	36.38	
W60	1	M.Allison	32.69	
	2	H.McDonnell	34.01	

**300 METRES**

W30	1	A.Venema	53.29	
W35	1	J.Schubert	47.09	
W40	1	J.Brimms	46.98	
	2	M.McWhirter	48.52	
	3	P.Brown	56.70	
W45	1	K.Lakin	51.33	
W50	1	M.Sheer	51.24	
W60	1	M.Allison	52.39	
	2	H.McDonnell	59.35	

**1 MILE**

W30	1	A.Venema	6.12.80	QR
W35	1	J.Schubert	6.32.37	
	2	R.Heenan	6.43.62	vis
W40	1	P.Brown	6.00.95	QR
W50	1	M.Sheer	5.40.71	

**3000 METRES**

W35	1	R.Heenan	13.47.60	vis
W40	1	F.Minge	13.39.80	
W45	1	A.Sugden	15.14.62	vis

**1500m TRACK WALK**

W55	1	R.Wales	10.40.12	
W65	1	N.McKinven	10.29.91	
W75	1	C.Dauphinnet	11.08.16	

**3000m TRACK WALK**

W65	1	N.McKinven	21.36.80	
W75	1	C.Dauphinnet	22.31.64	
W80	1	L.Thompson	22.15.42	

**80m HURDLES**

W60	1	M.Allison	15.53	
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**4 x 200m RELAY**

W30+	1	Karen Lakin Anne Venema Donna Beikoff Robyn Pugin	2.23.94	vis vis
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**LONG JUMP**

W30	1	C.Harvey	3.23	
	2	R.Pugin	2.70	vis

W35	1	Z.Watson	2.94	vis
W40	1	D.Beikoff	3.02	vis

**HIGH JUMP**

W45	1	D.Mayfield	1.55	
W60	1	M.Allison	1.28	AR

**DISCUS THROW**

W30	1	C.Harvey	17.73	
	2	R.Pugin	15.36	vis

W35	1	R.Franke	24.47	
	2	Z.Watson	16.56	vis
W40	1	K.Warmin	21.70	vis
	2	D.Beikoff	12.58	vis

W45	1	T.Barr	17.49	
W55	1	K.Rourke	15.00	
W65	1	L.Birtwell	21.02	
W75	1	H.Doherty	21.64	

**SHOT PUT**

W30	1	C.Harvey	7.37	
	2	R.Pugin	6.98	vis

W35	1	R.Franke	7.07	
	2	Z.Watson	5.75	vis
W40	1	D.Beikoff	5.71	vis
W45	1	T.Barr	5.62	

W55	1	K.Rourke	6.33	
W65	1	L.Birtwell	6.65	
W75	1	H.Doherty	8.05	

**HAMMER THROW**

W30	1	C.Harvey	16.23	
W35	1	R.Franke	17.99	
	2	Z.Watson	17.02	vis

W65	1	L.Birtwell	22.40	
W75	1	I.Birtwell	22.80	

M30	1	T.Venema	7.49	
M35	1	M.Griffiths	8.11	
M40	1	H.Arbutnot	8.28	
	2	M.Alcorn	8.49	
	3	M.Hurse	8.52	vis

M45	1	B.Valentine	8.22	
	2	R.Bird	8.88	
M50	1	J.Begley	8.15	
	2	G.Bramley	8.58	
	3	I.Malouf	8.89	

M55	1	P.Chaplain	9.13	
	2	G.Cox	9.17	
M60	1	J.Wight	8.41	
	2	M.Hatch	9.21	vis
	3	W.Spalding	10.27	

M65	1	C.Buyers	8.27	AR
	2	A.Lakin	10.25	
M70	1	N.Garvey	9.63	
	2	I.Rogers	10.65	
	3	B.Smith	10.87	

M80	1	M.Dauphinnet	11.04	
	2	R.Grigg	12.81	

**100 YARDS**

M30	1	T.Venema	10.66	QBP
	2	G.Hamilton	11.55	vis

M35	1	J.Burt	11.22	
	2	M.Griffiths	11.72	
M40	1	H.Arbutnot	12.24	
	2	M.Hurse	12.54	vis
	3	R.Gibson	12.89	

M45	1	B.Valentine	12.00	
	2	C.McInnes	12.26	
M50	1	J.Begley	11.76	
	2	H.Bristow	12.04	
	3	G.Bramley	12.47	

M55	1	G.Cox	13.17	
	2	P.Chaplain	13.28	
M60	1	J.Wight	12.21	
	2	M.Hatch	13.30	vis
	3	W.Spalding	14.94	

M65	1	C.Buyers	12.05	QBP
	2	A.Lakin	15.02	

M70	1	S.Herft	13.85	
	2	N.Garvey	14.34	
	3	I.Rogers	16.03	

M80	1	M.Dauphinnet	16.35	
	3	R.Grigg	19.14	

**200 METRES**

M30	1	T.Venema	23.73	
	2	G.Hamilton	26.39	vis

M35	1	R.Norris	27.15	
M40	1	G.Parkinson	24.29	
	2	R.Gibson	29.26	
M45	1	R.Bird	28.56	
	2	R.Walke	36.44	

M50	1	H.Bristow	26.98	
	2	G.Bramley	27.92	
	3	I.Malouf	28.69	
M60	1	J.Wight	27.34	
	2	M.Hatch	31.56	vis

M65	1	R.Kennedy	33.92	
	4	W.Spalding	34.39	
M65	1	C.Buyers	26.48	
	2	A.Lakin	33.52	
	3	G.Quarterman	45.70	

M70	1	N.Garvey	33.14	
	2	I.Rogers	38.63	
M80	1	M.Dauphinnet	39.67	
	2	R.Grigg	53.88	

**300 METRES**

M30	1	G.Hamilton	43.64	vis
M35	1	J.Burt	39.63	
M40	1	G.Parkinson	38.06	QR
M45	1	R.Williams	46.07	
M50	1	J.Begley	40.87	

	2	J.Taylor	44.20	
	3	G.Bramley	47.11	
M55	1	P.Chaplain	48.49	
M65	1	C.Buyers	43.26	
	2	A.Lakin	55.74	

M70	1	I.Rogers	69.58	
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**1 MILE**

M35	1	S.Bell	5.27.21	
M40	1	R.Nicholls	5.28.22	
	2	M.Robinson	5.56.01	vis

M45	1	J.Crook	5.48.00	
	2	R.Williams	5.50.45	
M60	1	J.Sheer	5.57.59	
	2	E.Ryhanen	6.10.44	
M70	1	B.Morling	6.39.49	QR

**3000 METRES**

M35	1	S.Bell	11.31.37	
M40	1	J.Treschman	10.24.17	
	2	M.Robinson	11.49.69	vis

M45	1	J.Crook	11.54.58	
M50	1	C.Guice	12.00.90	

**1500m TRACK WALK**

M40	1	I.Jimenez	6.54.73	QR
M50	1	P.Bennett	7.27.97	
M80	1	R.Grigg	12.16.57	

**3000m TRACK WALK**

M40	1	I.Jimenez	14.03.63	
M50	1	P.Bennett	15.20.34	
M55	1	B.Coleman	17.39.94	

**4 x 200m RELAY**

M30+	1	Paul Chaplain Greg Hamilton Dane Bird-Smith Richard Norris	1.44.24	vis vis
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Mxd	2	Travis Venema Julie Brims Bevan Valentine		
30+		Colin Buyers	1.47.68	

**RESULTS QMA**

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M50+ 3 Geoff Bramley  
 Alf Lakin  
 Wayne Spalding  
 Noel Garvey 2.18.41 **QR**  
**4 x 1500m RELAY**

M30+ 1 Ross Nicholls  
 Steven Bell  
 Brendan Whelan  
 Joshua Bridge 19.57.62 **AR**

M60+ 2 John Sheer  
 Erkki Ryhanen  
 Barry McGaffin  
 Brian Morling 24.17.38 **QR**

**LONG JUMP**  
 M35 1 M.Griffiths 5.32  
 M45 1 C.McInnes 4.59  
       2 R.Williams 3.42  
 M50 1 G.Bramley 4.58  
 M60 1 M.Hatch 3.72 vis  
 M65 1 F.Turner 3.81  
 M70 1 S.Herft 4.14  
       2 B.Smith 2.98

**TRIPLE JUMP**  
 M45 1 C.McInnes 9.28

**HIGH JUMP**  
 M35 1 M.Griffiths 1.60  
       2 J.Burt 1.48  
 M45 1 B.Joyce 1.65 vis  
       2 C.McInnes 1.45  
 M60 1 B.Prideaux 1.35  
       2 P.Kennedy 1.25  
       3 M.Hatch 1.20 vis  
 M70 1 S.Herft 1.20  
       2 B.Smith 1.15

**POLE VAULT**  
 M35 1 J.Burt 2.80  
 M40 1 M.Alcorn 2.40  
 M70 1 B.Smith 1.70

**DISCUS THROW**  
 M35 1 D.Haworth 51.71  
       2 R.Franke 30.90  
       3 J.Burt 27.00  
 M45 1 R.Williams 21.14  
 M60 1 D.Quinn 34.22  
 M65 1 G.Quarterman 30.48  
       2 A.Lakin 19.30  
 M70 1 S.Herft 22.11  
       2 I.Rogers 21.76  
       3 B.Smith 16.93

M75 1 E.Saarinen 27.34  
       2 A.Ropelin 26.94  
 M80 1 M.Dauphinet 22.46  
 M85 1 T.Vickers 12.33

**SHOT PUT**  
 M35 1 R.Franke 10.37  
 M45 1 R.Williams 7.42  
 M60 1 P.Kennedy 10.37  
       2 D.Quinn 9.79  
 M65 1 G.Quarterman 9.62  
 M70 1 I.Rogers 7.42  
 M75 1 A.Ropelin 9.85  
       2 E.Saarinen 9.48  
 M85 1 T.Vickers 5.48

**HAMMER THROW**  
 M35 1 D.Haworth 50.04  
       2 R.Franke 20.25  
       3 J.Burt 17.69  
 M60 1 D.Quinn 33.15  
 M65 1 G.Quarterman 25.65  
 M70 1 B.Smith 17.05  
       2 S.Herft 16.79  
 M75 1 A.Ropelin 26.61  
       2 E.Saarinen 23.85  
 M80 1 R.Grigg 20.27  
 M85 1 T.Vickers 14.21