

RESULTS QMA

MONDAY 1 DECEMBER, 2008 S.A.F.

<u>LADIES</u>		
<u>100 METRES</u>		
W30	C.Farrar	13.0 vis
W40	1 J.Brimms	12.7
	2 D.Beikoff	16.5
W45	1 T.Barr	16.1
W60	1 J.Hampson	16.5
<u>200 METRES</u>		
W30	1 A.Venema	32.2
W40	1 J.Brimms	26.1
	2 P.Brown	32.7
	3 D.Beikoff	34.9
W45	1 P.Kwok	32.0
	2 T.Barr	37.3
W60	1 J.Hampson	34.2
<u>300 METRES</u>		
W40	1 J.Brimms	52.0
W60	1 J.Hampson	57.5
<u>1500 METRES</u>		
W40	1 G.Banaghan	5.13.4
	K.Nicholls	6.25.6 vis
W50	1 M.Sheer	5.27.5
W55	1 J.Flynn	6.26.4
<u>10,000m TRACK WALK</u>		
W65	1 N.McKinven	1h19.15.4
<u>HIGH JUMP</u>		
W45	1 P.Kwok	1.30
<u>JAVELIN THROW</u>		
W35	1 R.Franke	19.96
W45	1 P.Kwok	23.45
	2 T.Barr	17.71
<u>SHOT PUT</u>		
W35	1 R.Franke	7.24
W40	1 D.Beikoff	5.65
W45	1 T.Barr	6.10
<u>4 x 1500m RELAY</u>		
W30+	Petrina Brown	
	Jeanette Flynn	
	Glenda Banaghan	
	Anne Venema	21.47.9 AR

<u>MEN</u>		
<u>100 METRES</u>		
U30	P.Geotches	11.8 vis
M30	B.Czitan	11.0 vis
	1 T.Venema	11.1
	G.Hamilton	12.1 vis
M35	1 G.Cox	11.9
M45	1 P.Edwards	13.0
	2 C.McInnes	13.2
M50	1 J.Begley	12.2
	2 P.Herbst	14.3
M55	1 P.Chaplain	14.5
	2 R.Hayes	15.1
M60	1 P.Kennedy	14.7
	2 R.Milnes	16.1
M65	1 C.Buyers	13.0
M70	1 J.Cooper	14.1
M80	1 R.Grigg	22.0
<u>200 METRES</u>		
M30	B.Czitan	22.6 vis
	1 T.Venema	23.6
	G.Hamilton	26.0 vis
M35	1 G.Cox	24.5
	2 R.Norris	25.6
M45	1 P.Edwards	22.3
M50	1 P.Herbst	30.0
M55	1 P.Chaplain	28.8
	2 R.Hayes	33.4
M60	1 R.Milnes	32.1
M65	1 C.Buyers	26.6
M70	1 J.Cooper	29.5
<u>300 METRES</u>		
M30	G.Hamilton	42.9 vis
M35	1 G.Cox	40.0
	2 R.Norris	40.5
M45	1 P.Edwards	41.4
	2 C.McInnes	47.4
M50	1 J.Begley	40.2QBP
M55	1 P.Chaplain	48.7
M65	1 C.Buyers	46.1
M70	1 J.Cooper	49.8

<u>1500 METRES</u>		
M35	1 B.Whelan	5.01.8
M40	1 R.Nicholls	6.27.1
M60	1 J.Sheer	6.06.7

<u>10,000 METRES</u>		
M60	1 E.Ryhanen	45.53.9

<u>10,000m TRACK WALK</u>		
M50	1 P.Bennett	53.19.0
M55	1 B.Coleman	61.46.5
M60	1 I.Richardson	66.00.0

<u>LONG JUMP</u>		
M45	1 C.McInnes	4.56

<u>TRIPLE JUMP</u>		
M35	1 G.Cox	11.47
M45	1 C.McInnes	9.71

<u>HIGH JUMP</u>		
M35	1 J.Burt	1.65
	2 R.Franke	1.50
M60	1 P.Kennedy	1.30
M80	1 R.Grigg	1.00

<u>JAVELIN THROW</u>		
M30	P.Geotches	41.17 vis
M35	1 J.Burt	40.18
	2 R.Franke	30.59
M60	1 P.Kennedy	30.34
M65	1 G.Quarterman	35.95

<u>SHOT PUT</u>		
M35	1 R.Franke	9.76
	2 J.Burt	9.05
M60	1 P.Kennedy	10.23
M65	1 G.Quarterman	9.65

<u>4 x 1500m RELAY</u>		
M35+	Ross Nicholls	
	Joshua Bridge	
	Shawn Claydon	
	Brendan Whelan	18.59.2 AR
M60+	Sean Ryan	
	Barry McGaffin	
	Erkki Ryhanen	
	John Sheer	23.04.0 QR