

## RESULTS QMA

SATURDAY 10<sup>th</sup> JANUARY, 2009

## MAIN STADIUM

**LADIES****60 METRES**

W40	1	D.Beikoff	10.22
W45	1	P.Kwok	9.72
W50	1	J.Pryor	9.20
W55	1	J.Turner	9.75
W65	1	L.Hamilton	10.64
W70	1	A.Horsnell	10.98

**100 METRES**

W30	1	C.Harvey	18.23
W40	1	J.Brimms	13.35
	2	D.Beikoff	16.88
W45	1	P.Kwok	15.89
W50	1	J.Pryor	14.63
W55	1	J.Turner	15.73
W65	1	L.Hamilton	17.89
W70	1	A.Horsnell	17.89

**200 METRES**

W30	1	C.Harvey	38.69
W40	1	D.Beikoff	37.23
W45	1	J.Kirby	35.26
W55	1	J.Turner	33.93
W60	1	M.Allison	33.98
	2	I.Davey	41.21

**400 METRES**

W40	1	J.Brimms	62.90
	2	M.McWhirter	68.66
	3	P.Brown	75.21
		K.Nicholls	79.19
W45	1	J.Kirby	1.20.66
	2	L.Bateson	1.22.44
W60	1	M.Allison	75.52
	2	I.Davey	1.33.68

**1500 METRES**

W40	1	P.Brown	5.37.10
		K.Nicholls	6.23.84
W45	1	L.Bateson	6.58.58
W50	1	M.Sheer	5.29.66

**3000 METRES**

W30		Y.Viljoen	16.20.10
W50	1	M.Sheer	11.21.11

**3000m TRACK WALK**

W55		S.Ryhanen	24.06.47
W65	1	S.Lynch	20.42.01
	2	N.McKinven	21.57.97
W75	1	C.Dauphinnet	22.47.03

**80m HURDLES**

W45	1	P.Kwok	16.59
W50	1	J.Pryor	14.50
	2	D.Quinn	17.50
W60	1	M.Allison	15.84
W65	1	L.Hamilton	18.68

**LONG JUMP**

W30	1	C.Harvey	2.99
W45	1	P.Kwok	3.54
W60	1	J.Hampson	3.30

**TRIPLE JUMP**

W65	1	L.Hamilton	6.20
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**HIGH JUMP**

W60	1	M.Allison	1.25
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**DISCUS THROW**

W30	1	C.Harvey	18.14
W40	1	G.Whitehead	22.49
	2	D.Beikoff	13.80
W55	1	W.Perkins	20.04
	2	K.Rourke	16.40
W65	1	L.Birtwell	22.48
W75	1	H.Doherty	23.83

**SHOT PUT**

W30	1	C.Harvey	7.41
W35	1	R.Franke	7.40
W40	1	G.Whitehead	7.93
	2	D.Beikoff	5.26
W45	1	P.Kwok	6.95
W55	1	K.Rourke	6.25
W60	2	M.Allison	6.99
	2	J.Hampson	6.35
W65	1	L.Birtwell	6.66
W75	1	H.Doherty	7.81

**HAMMER THROW**

W30	1	C.Harvey	19.95
W40	1	D.Beikoff	11.51
W55	1	W.Perkins	25.74
W65	1	L.Birtwell	22.18
W75	1	H.Doherty	22.38

**MEN****60 METRES**

M40	1	M.Alcorn	8.52
	2	G.Rowley	8.82
M45	1	I.McLean	8.02
	2	C.Bruce	8.55
	3	R.Bird	8.81
	4	G.Denman	9.08
	4	K.Davis	9.08
M50	1	G.Bramley	9.00
	2	P.Herbst	9.06
M55	1	J.Begley	8.18
	2	T.Dauphinnet	8.61
	3	G.Cox	9.16
M60	1	J.Wight	8.51
	2	S.Powell	9.16
	3	P.Chaplain	9.31
M65	1	C.Buyers	8.46
M70	1	N.Garvey	9.85
	2	I.Rogers	10.96
	3	B.Smith	10.97
M80	1	G.Brown	10.93
	2	M.Dauphinnet	11.51
	3	R.Grigg	13.18

**100 METRES**

M40	1	M.Alcorn	13.89
	2	G.Rowley	14.09
M45	1	I.McLean	13.08
	2	C.Bruce	13.77
	3	G.Denman	14.24
M50	1	G.Bramley	14.55
	2	P.Herbst	14.56
M55	1	J.Begley	13.37
	2	T.Dauphinnet	14.30
	3	G.Cox	14.57
M60	1	J.Wight	14.02
	2	S.Powell	14.62
	3	P.Chaplain	14.88
M65	1	C.Buyers	13.98
	2	F.Turner	14.94
M70	1	K.Daniels	15.51
	2	N.Garvey	15.77
	3	I.Rogers	17.67
M80	1	M.Dauphinnet	19.13
	2	R.Grigg	21.62

**200 METRES**

M35	1	R.Norris	26.14
M40	1	G.Rowley	29.40
M45	1	C.Bruce	27.54
	2	G.Denman	28.14
	3	R.Gibson	29.73
M50	1	G.Bramley	29.23
	2	P.Herbst	31.35
M55	1	T.Dauphinnet	27.62
	2	N.Manefield	28.93
M60	1	S.Powell	30.69
	2	P.Chaplain	30.73
M65	1	C.Buyers	27.38
M70	1	N.Garvey	34.04
	2	I.Rogers	37.16
M80	1	M.Dauphinnet	43.13

**400 METRES**

M40	1	R.Nicholls	67.29
	2	G.Rowley	68.45
M45	1	R.Gibson	61.66
M50	1	G.Bramley	67.01
M55	1	N.Manefield	64.97
M60	1	P.Chaplain	73.40
	2	S.Powell	77.78
M65	1	C.Buyers	64.79
M70	1	N.Garvey	79.23
	2	I.Rogers	1.39.50

**1500 METRES**

M35	1	J.Price	4.53.85
M40	1	R.Nicholls	5.05.95
	2	G.Rowley	5.56.65
		A.Crocker	6.05.66
M45	1	J.Crook	5.26.15
M55	1	R.Peters	5.06.24
M60	1	S.Ryan	5.34.61
	2	E.Ryhanen	5.51.35
	3	J.Sheer	5.53.22
	4	B.McGaffin	6.52.15

**3000 METRES**

M40		J.Bell	12.32.01
M45	1	J.Crook	11.41.28
	2	J.Wiesner	12.23.97
M50	1	I.Kent	11.36.40
M55	1	R.Peters	10.28.55
	2	P.Circosta	15.38.13
M60	1	J.Sheer	11.45.82
	2	E.Ryhanen	12.28.44

**3000m TRACK WALK**

M40	1	I.Jimenez	14.16.29
M50	1	P.Bennett	14.54.47
M75	1	R.Lynch	22.09.71
M80	1	R.Grigg	26.01.18
M85	1	D.Keatinge	22.24.84

**80m HURDLES**

M70	1	K.Daniels	17.59
	2	B.Smith	23.55

**100m HURDLES**

M50	1	G.Bramley	20.91
M60	1	M.Lafferty	23.58

**110m HURDLES**

M45	1	K.Davis	29.94
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**LONG JUMP**

M35	1	R.Franke	4.19
M50	1	P.Herbst	4.02
M65	1	F.Turner	3.96

**TRIPLE JUMP**

M35	1	R.Franke	8.82
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**HIGH JUMP**

M45	1	B.Joycey	1.65
M65	1	F.Turner	1.25
M70	1	B.Smith	1.10
M80	1	R.Grigg	1.00

**POLE VAULT**

M40	1	M.Alcorn	2.50
M70	1	K.Daniels	2.00
M80	1	G.Brown	1.70

**DISCUS THROW**

M35	1	D.Haworth	48.54
M45	1	K.Davis	21.51
	2	C.Bruce	14.16
M55	1	N.Manefield	26.80
M60	1	D.Quinn	32.61
	2	M.Lafferty	26.39
	3	E.Ryhanen	20.22
M70	1	R.Vaughan	23.65
	2	K.Daniels	23.60
	3	I.Rogers	23.07
M80	1	M.Dauphinet	21.53
M85	1	T.Vickers	8.66

**SHOT PUT**

M35	1	R.Franke	10.35
M45	1	K.Davis	7.06
	2	J.Crook	6.89
M50	1	G.Bramley	7.63
M55	1	N.Manefield	8.37
M60	1	D.Quinn	10.52
	2	M.Lafferty	9.05
	3	E.Ryhanen	7.50
M70	1	I.Rogers	7.60
	2	B.Smith	7.20
M85	1	T.Vickers	4.46

**HAMMER THROW**

M45	1	K.Davis	20.05
M60	1	D.Quinn	32.32
	2	M.Lafferty	31.92
M70	1	R.Vaughan	19.03
	2	B.Smith	18.11
M80	1	R.Grigg	20.15
M85	1	T.Vickers	9.67