

RESULTS QMA

SATURDAY 24th January 2009 MAIN TRACK**LADIES****60 METRES**

W35	1	J.Schubert	9.18
W40	1	J.Brimms	8.27
W45	1	P.Kwok	9.51
	2	T.Barr	10.34
W50	1	A.Lawlor	10.60
	2	D.Emerson	10.73
W55	1	J.Turner	9.75
	2	J.Bell	10.55
W70	1	A.Horsnell	11.10

100 METRES

W30	1	C.Harvey	16.54
W35	1	J.Schubert	14.93
W40	1	J.Brimms	12.87
W45	1	P.Kwok	15.55
W50	1	D.Emerson	17.08
	2	A.Lawlor	17.16
W55	1	J.Turner	15.71
	2	J.Bell	16.75
W70	1	A.Horsnell	18.34

200 METRES

W30	1	C.Harvey	36.43
W35	1	J.Schubert	29.84
W40	1	J.Brimms	25.96
	2	P.Brown	31.48
W45	1	T.Barr	37.15
W50	1	D.Emerson	35.61
	2	A.Lawlor	37.04
W55	1	J.Turner	32.53
	2	J.Bell	34.88

1500 METRES

W30	1	A.Venema	6.01.50
-----	---	----------	---------

2000m STEEPLECHASE

W45	1	L.Bateson	10.24.09
-----	---	-----------	----------

4x400m RELAY

W30+1	J.Brimms	
	J.Schubert	
	K.Lakin	
	A.Venema	4.32.50

4x1500m RELAY

W40+1	M.Sheer	
	G.Banaghan	
	P.Brown	
	J.Flynn	21.39.65

LONG JUMP

W30	1	C.Harvey	3.02
W40	1	G.Whitehead	2.35

HIGH JUMP

W30	1	C.Harvey	1.10
W35	1	Z.Watson	0.95
W40	1	D.Beikoff	1.00
W45	1	D.Mayfield	1.50
	2	P.Kwok	1.30

JAVELIN THROW

W30	1	C.Harvey	16.25
W35	1	Z.Watson	12.32
W40	1	D.Beikoff	15.05
W45	1	P.Kwok	21.47
	2	L.Bateson	16.13
	3	T.Barr	15.92
W50	1	D.Emerson	20.40
W75	1	H.Doherty	18.28

HAMMER THROW

W30	1	C.Harvey	17.82
W35	1	Z.Watson	15.73
W40	1	G.Whitehead	19.89
	2	D.Beikoff	12.04
W75	1	H.Doherty	22.31

WEIGHT THROW

W30	1	C.Harvey	7.25
W35	1	Z.Watson	6.27
W40	1	D.Beikoff	5.15
W75	1	H.Doherty	9.89

4x1500m WALK RELAY

Mxd40+	I.Jimenez	
	R.Grigg	
	N.McKinven	
	I.Jimenez	36.57.70
Mxd50+	P.Bennett	
	S.Lynch	
	R.Lynch	
	D.Keatinge	39.26.27

MEN**60 METRES**

M30	1	T.Venema	7.47
	2	G.Hamilton	8.16
M35	1	G.Cox	7.90
	2	M.Griffiths	8.07
	3	G.Scully	8.12
M40	1	G.Rowley	8.52
M45	1	C.McInnes	8.49
	2	K.Davis	8.88
M50	1	J.Furlong	8.58
	2	G.Bramley	8.70
	C.King	8.92	
	3	P.Herbst	9.04
M55	1	J.Begley	8.28
	2	G.Cox	8.95
M60	1	W.Cousins	8.37
	2	J.Wight	8.52
	3	R.McDonald	8.54
	4	P.Chaplain	9.14
	5	S.Powell	9.15
	6	W.Spalding	10.70
M65	1	C.Buyers	8.52
	2	A.Lakin	10.02
M70	1	I.Rogers	10.45
M80	1	R.Grigg	13.13

100 METRES

M30	1	T.Venema	11.74
	2	G.Hamilton	12.49
M35	1	G.Cox	12.47
	2	G.Scully	12.80
	3	M.Griffiths	12.81
M40	1	G.Rowley	13.57
M45	1	C.McInnes	13.38
	2	K.Davis	14.70
	3	J.Crook	14.98
M50	1	C.King	13.29
	1	J.Furlong	13.72
	2	G.Bramley	14.16
	3	P.Herbst	14.52
M55	1	J.Begley	12.91
	2	G.Cox	14.28
M60	1	W.Cousins	13.28
	2	J.Wight	13.41
	3	R.McDonald	13.56
	4	S.Powell	14.41
	5	P.Chaplain	14.51
	6	P.Kennedy	15.09
	7	R.Dominish	16.37
	8	W.Spalding	17.04
M65	1	C.Buyers	13.33
	2	F.Turner	14.48
	3	A.Lakin	16.03
M70	1	I.Rogers	17.57
M80	1	R.Grigg	21.76

200 METRES

M35	1	G.Cox	25.52
	2	G.Scully	25.93
M45	1	C.McInnes	27.20
	2	R.Walke	30.85
M50	1	C.King	28.27
	2	J.Furlong	28.60
	3	G.Bramley	28.89
	4	P.Herbst	30.47
M55	1	J.Begley	26.61
	2	N.Manefield	28.31
M60	1	J.Wight	27.54

2	R.McDonald	28.05	
3	P.Chaplain	29.48	
4	S.Powell	29.50	
5	R.Dominish	34.05	
M65	1	C.Buyers	26.71
	2	F.Turner	29.55
	3	A.Lakin	31.80
	4	G.Quarterman	36.49
M70	1	I.Rogers	36.29

1500 METRES

M40	1	J.Treschman	4.36.65
	2	S.Claydon	4.44.69
M45	1	J.Crook	5.40.92
M55	1	P.Reeves	4.47.18
M60	1	E.Ryhanen	5.47.69
M70	1	B.Morling	6.15.22

100m HURDLES

M50	1	G.Bramley	21.14
M60	1	P.Kennedy	20.14
	2	M.Lafferty	23.44

110m HURDLES

M45	1	K.Davis	21.95
-----	---	---------	-------

2000m STEEPLECHASE

M45	1	D.Burke	9.27.40
-----	---	---------	---------

4x400m RELAY

M35+1	R.Norris		
	N.Manefield		
	C.McInnes		
	P.Reeves	4.31.75	
	2	G.Bramley	
	C.Buyers		
	G.Scully		
	A.Lakin	4.32.38	

4x1500m RELAY

M35+1	R.Nicholls	
	J.Bridge	
	S.Claydon	
	B.Whelan	19.13.61
M40+1	J.Crook	
	C.McLeod	
	J.Collie	
	J.Treschman	21.22.88
M60+1	E.Ryhanen	
	B.McGaffin	
	S.Ryan	
	J.Sheer	23.21.67

LONG JUMP

M35	1	G.Scully	5.17
M45	1	C.McInnes	4.69
M50	1	G.Bramley	4.14
M60	1	P.Kennedy	4.19
	2	R.Dominish	3.27
M65	1	G.Quarterman	3.37
M70	1	S.Herft	4.25

TRIPLE JUMP

M35	1	G.Cox	11.21
	2	R.Franke	8.97
M70	1	S.Herft	9.14

HIGH JUMP

M35	1	M.Griffiths	1.55
	2	R.Franke	1.45
M55	1	J.Musters	1.40
M60	1	R.McDonald	1.35
	2	P.Kennedy	1.30
	3	R.Dominish	1.10
M70	1	S.Herft	1.25
M80	1	R.Grigg	1.00

POLE VAULT

M40	1	M.Alcorn	2.40
M55	1	A.Cameron	2.90

JAVELIN THROW

M35	1	G.Scully	20.97	
M50	1	A.Haralampou	32.73	
M60	1	M.Lafferty	29.80	
	2	E.Ryhanen	25.26	
	3	R.Dominish	20.54	
M65	1	G.Quarterman	37.09	
M70	1	S.Herft	33.08	
	2	I.Rogers	20.96	
M75	1	E.Saarinen	37.07	AR
M85	1	T.Vickers	8.94	

HAMMER THROW

M45	1	K.Davis	19.91	
M50	1	A.Haralampou	22.60	
M60	1	D.Quinn	30.84	
	2	M.Lafferty	29.65	
M65	1	G.Quarterman	25.46	
M80	1	R.Grigg	21.15	
M85	1	T.Vickers	6.49	

WEIGHT THROW

M50	1	A.Haralampou	10.37	
M60	1	D.Quinn	12.26	
M65	1	G.Quarterman	11.02	
M85	1	T.Vickers	5.00	