

2009 AMA/QMA Combined Event Championships - 28/02/2009 to 1/03/2009**State Athletics Facility, Nathan****Results - Heptathlon****W30+ Heptathlon**

	Points	100H	HJ	SP	200	Day1	LJ	JT	800
----- W45 -----									
1 Kwok, Phyllis	15.93		1.32m	6.80m	31.90		3.67m	20.53m	3:16.23
Qld	w: 1.5				w: +0.0		w: 0.6		
Age-Graded Mark:	16.55		1.54m	8.95m	28.32		4.30m	25.52m	3:02.56
Age-Graded Percent:	73.82%		73.74%	39.58%	75.36%		57.34%	34.97%	62.05%
W48	3494	(648)	(666)	(461)	(606)	2381	(379)	(392)	(342)
----- W50 -----									
1 Emerson, Donna	28.72		1.08m	8.62m	34.40		2.75m	17.99m	3:48.47
Qld	w: 1.5				w: +0.0		w: -0.5		
Age-Graded Mark:	30.21		1.34m	11.96m	28.84		3.45m	24.54m	3:23.75
Age-Graded Percent:	40.42%		64.29%	52.85%	74.01%		45.91%	33.63%	55.6%
W51	2413	(0)	(449)	(658)	(566)	1673	(190)	(374)	(176)
----- W60 -----									
1 Allison, Marge	15.42		1.26m	6.85m	31.42		3.21m	17.19m	2:57.67
Qld	w: 1.5				w: +0.0		w: -1.4		
Age-Graded Mark:	14.66		1.80m	11.49m	23.70		4.68m	30.01m	2:18.04
Age-Graded Percent:	83.33%		86.3%	50.82%	90.07%		62.33%	41.11%	82.07%
W64	5303	(887)	(978)	(627)	(1010)	3502	(474)	(477)	(850)
----- W63 -----									
2 Hampson, Jean	20.68		1.05m	6.13m	36.05		3.32m	14.32m	3:15.50
Qld	w: 1.5				w: +0.0		w: +0.0		
Age-Graded Mark:	19.66		1.50m	10.28m	27.19		4.84m	25.00m	2:31.89
Age-Graded Percent:	62.14%		71.92%	45.47%	78.5%		64.47%	34.25%	74.58%
W63	3763	(331)	(621)	(548)	(696)	2196	(516)	(382)	(669)