

RESULTS QMA

MONDAY 23 MARCH, 2009

QSAC MAIN STADIUM

LADIES

5000 METRES CHAMPIONSHIP

W35 1 Claire Bellenger 22.00.93
 W50 1 Marcia Sheer 19.00.95 QR
 W60 1 Irene Davey 25.54.06

10,000m WALK CHAMPIONSHIP

W65 1 Noela McKinven 1.16.09
 W75 1 Christiane Dauphinet 1.18.34

100 METRES

W45 1 Phyllis Kwok 15.29
 2 Jenny Kirby 15.97
 3 Tricia Barr 16.30
 W55 1 Wilma Perkins 15.83
 W60 1 Jean Hampson 17.25

200 METRES

W35 1 Camille Harvey 36.50
 W40 1 Julie Brims 26.53
 W45 1 Jenny Kirby 32.84
 2 Tricia Barr 34.65
 W55 1 Wilma Perkins 34.74
 W60 1 Jean Hampson 36.38

LONG JUMP

W35 1 Lisa Burt 2.78
 W45 1 Phyllis Kwok 3.50

TRIPLE JUMP

W35 1 Lisa Burt 5.65
 W45 1 Phyllis Kwok 7.65

HIGH JUMP

W35 1 Lisa Burt 0.90

DISCUS THROW

W35 1 Leonie Foster 19.38
 2 Camille Harvey 18.97
 3 Lisa Burt 18.59
 W40 1 Glenys Whitehead 24.63
 W75 1 Heather Doherty 19.94

SHOT PUT

W35 1 Camille Harvey 7.89
 2 Leonie Foster 6.49
 3 Lisa Burt 6.30
 W40 1 Glenys Whitehead 7.37
 W55 1 Wilma Perkins 7.89

MEN

5000 METRES CHAMPIONSHIP

M35 1 Brendan Whelan 18.04.80
 M40 1 Shawn Claydon 17.15.20
 2 John Treschman 17.56.20
 M45 1 Brett Winter 15.51.54
 2 John Crook 20.00.39
 3 Johan Wiesner 21.12.16
 M55 1 Peter Reeves 17.45.69
 2 Paul Circosta 27.14.93
 M60 1 John Sheer 19.30.20
 2 Erkki Ryhanen 21.15.17
 3 Barry McGaffin 24.56.73
 M65 1 Tom Donnet 22.22.36
 M70 1 Colin McLeod 20.37.18
 2 Alan Bradford 20.58.96
 M75 1 Julius Keller 27.11.26

10,000m WALK CHAMPIONSHIP

M40 1 Iggy Jimenez 49.18.56
 M50 1 Peter Bennett 51.25.11
 M65 1 Patrick Sela 67.11.42
 M80 1 Russell Grigg 1:28.05.33

100 METRES

M30 1 Greg Hamilton 12.37
 2 Ade Adalakun 13.05
 M35 1 Graham Scully 12.38
 2 Michael Griffiths 12.86
 M40 1 Michael Hurse 12.88
 2 Scott Eisentrager 14.37
 M45 1 Ian McLean 12.17
 2 Gary Denman 14.15
 M50 1 Kevin Rolfe 13.31
 M55 1 Joe Begley 12.84
 2 Rob White 14.20
 M60 1 John Wight 13.16
 2 Rick Milnes 15.32
 M65 1 Colin Buyers 13.29
 2 Harry Giles 15.72
 M70 1 John Cooper 14.74
 2 Ivan Rogers 17.40
 3 Bernie Smith 18.20
 M80 1 Maurice Dauphinet 19.22

200 METRES

M30 1 Greg Hamilton 24.95
 2 Ade Adalakun 26.27
 M35 1 Graham Scully 24.74
 2 Jason Burt 24.87
 M40 1 Michael Hurse 26.57
 2 Scott Eisentrager 29.89

M45 1 Ian McLean 24.62
 2 Callum McInnes 27.41
 3 Gary Denman 27.68
 M50 1 Walter Nock 26.66
 2 Kevin Rolfe 27.48
 3 Geoff Bramley 28.81
 M55 1 Joe Begley 25.96
 M60 1 John Wight 26.78
 2 Rick Milnes 31.38
 M65 1 Colin Buyers 26.63
 2 Harry Giles 31.85
 M70 1 John Cooper 30.39
 2 Ivan Rogers 35.86
 3 Bernie Smith 40.60

400 METRES

M30 1 Greg Hamilton 57.82
 M35 1 Jason Burt 55.33
 2 Graham Scully 60.75
 M40 1 Scott Eisentrager 69.52
 M50 1 Con Dimauro 65.04
 2 Geoff Bramley 65.87
 M65 1 Colin Buyers 61.55
 M70 1 Ivan Rogers 1.36.22

LONG JUMP

M35 1 Graham Scully 5.03
 M40 1 Michael Hurse 4.71
 M45 1 Callum McInnes 4.32
 M60 1 Peter Kennedy 4.20
 M65 1 Harry Giles 3.94
 M70 1 Ivan Rogers 2.45

TRIPLE JUMP

M35 1 Jason Burt 10.20
 M60 1 Peter Kennedy 8.92

HIGH JUMP

M35 1 Jason Burt 1.60
 2 Michael Griffiths 1.55
 M45 1 Callum McInnes 1.46
 M60 1 Peter Kennedy 1.25
 M70 1 Bernie Smith 1.15

DISCUS THROW

M35 1 Jason Burt 26.59
 M60 1 Don Quinn 35.35
 2 Peter Kennedy 33.17
 M70 1 Ivan Rogers 23.19
 2 Bernie Smith 18.98
 M80 1 Maurice Dauphinet 20.99

SHOT PUT

M35 1 Jason Burt 9.47
 M60 1 Don Quinn 10.20
 2 Peter Kennedy 10.08
 M70 1 Ivan Rogers 7.22