WORLD MASTERS ATHLETICS CHAMPIONSHIPS LAHTI, FINLAND 28/07/09 TO 08/08/09
RESULTS OF QMA MEMBERS

28&29/07/09 HEPTATHLON CHAMPIONSHIPS

LADIES			80mH	HJ	SP	200m	LJ	JT	800m	POINTS	
W45	1	Marie Kay	12.32**A**	1.60	10.79	26.96	5.05	32.30**Q**	2.41.70		
			1155	1054	808	986	825	670	687	**6185**	**WRp**
W60	5	Jean Hampson	18.18	1.03	6.32	34.48	3.38	16.91	3.21.73		
			565	588	569	797	540	468	611	**4138**	

28&29/07/09 DECATHLON CHAMPIONSHIPS

MEN			100m	LJ	SP	HJ	400m	HRD	DT	PV	JT	1500m	POINTS
M60	1	Viddy Jermacans	13.98	3.70	dns	dns	dns	dns	dns	dns	dns	dns	
			711	447									

LADIES

JULIE BRIMS W40

100 Metres	SF3	1	12.53
100 Metres	**Fnl**	**1**	**12.44**
200 Metres	SF2	1	25.90
200 Metres	**Fnl**	**1**	**25.41**
400 Metres	SF1	1	1.00.55
400 Metres	**Fnl**	**3**	**59.75**

MARIE KAY W45

400m Hurdles	**Fnl**	**1**	**1.05.16**
400 Metres	SF1	1	1.00.79
400 Metres	**Fnl**	**1**	**59.44**
Long Jump	**Fnl**	**1**	**5.23**
Heptathlon	**Fnl**	**1**	**6185 WRp**
80m Hurdles	Hept		12.32 **AR**
Javelin Throw	Hept		32.30 **QR**

ANNE RYAN W50

1500 Metres	Fnl	7	5.43.73
5000 Metres	Ht1	2	21.11.10
5000 Metres	Fnl	13	21.11.10
8km Cross Country	Fnl	10	35.02

WILMA PERKINS W55

Pole Vault	Fnl	5	2.20

JEAN HAMPSON W60

800 Metres	Fnl	5	3.17.25
Long Jump	Fnl	6	3.33
Heptathlon	Fnl	5	4138

NOREEN PARRISH W65

100 Metres	SF2	2	16.16
100 Metres	**Fnl**	**3**	**16.20**
200 Metres	SF1	3	34.97
200 Metres	Fnl	7	35.45

RELAYS (INCLUDING QMA MEMBERS)

4 x 100m W40
Gianna Mogentale
Julie Brims Q
Jacqualine Bezuidenhout
Kyle Strong **Fnl 1 48.01WRp**

4 x 100m W55
Wilma Perkins Q
Lynne Choate
Lyn Peake
Kate Johnstone **Fnl 2 59.55**

4 x 100m W60
Noreen Parrish Q
Jean Hampson Q
Lynne Andrews
Peggy Macliver **Fnl 2 1.03.63**

4 x 400m W40
Kyle Strong
Jacqualine Bezuidenhout
Gianna Mogentale
Julie Brims Q **Fnl 1 4.04.84**

4 x 400m W50
Robyn Suttor
Christine Penn
Heather Carr
Jean Hampson Q Fnl 4 5.01.12

4 x 400m W55
Lyn Peake
Noreen Parrish Q
Lynne Choate
Wilma Perkins Q **Fnl 2 5.17.36**

MEN

RICHARD NORRIS M35

400m Hurdles	SF1	4	1.02.84

BRIAN SAX M35 USA

800 Metres	**Fnl**	**2**	**1.59.03**
1500 Metres	Fnl	8	4.17.57

BRENDAN WHELAN M35

1500 Metres	Fnl	9	4.18.43
5000 Metres	Ht2	6	15.47.67
5000 Metres	Fnl	6	15.47.67
10,000 Metres	Fnl	6	33.48.59

SHAWN CLAYDON M40

400 Metres	SF2	13	4.35.03
5000 Metres	Ht1	7	18.28.81
5000 Metres	Fnl	19	18.28.81
10,000 Metres	Fnl	11	36.33.57
8km Cross Country	Fnl	28	30.18

ROSCOE McDONNELL M50

5000 Metres	Ht1	9	19.00.04
5000 Metres	Fnl	24	19.00.04
10,000 Metres	Ht2	12	38.08.04
10,000 Metres	Fnl	17	38.08.04
3km Steeplechase	Fnl	6	11.49.38
8km Cross Country	Fnl	26	30.23

GRAEME DAHL M55

5000 Metres	Ht1	8	20.24.63
5000 Metres	Fnl	20	20.24.63
10,000 Metres	Ht1	8	43.31.29
10,000 Metres	Fnl	20	43.31.29
8km Cross Country	Fnl	33	35.32

DICK DUNSTAN M60

Shot Put	Q2	11	5.58

SEAN RYAN M60

800 Metres	SF1	4	2.32.29
800 Metres	Fnl	10	2.29.98
1500 Metres	SF2	4	5.14.29
1500 Metres	Fnl	10	5.19.51

COLIN BUYERS M65

100 Metres	QF3	1	12.96
100 Metres	SF2	2	13.10
100 Metres	**Fnl**	**3**	**12.76**
200 Metres	SF3	1	26.68
200 Metres	**Fnl**	**1**	**26.38**
400 Metres	SF3	1	1.03.37
400 Metres	**Fnl**	**1**	**59.53**

ELWYN EGAN M65

1500 Metres	SF2	11	6.17.46

HARRY GILES M65

300m Hurdles	SF1	3	51.88

CHRIS WINDLE M65

800 Metres	SF3	9	3.10.92
1500 Metres	SF1	11	6.31.98
5000 Metres	Ht1	8	23.17.98
5000 Metres	Fnl	22	23.17.98
8km Cross Country	Fnl	35	39.22

ALAN BRADFORD M70

800 Metres	SF2	1	2.37.83
800 Metres	**Fnl**	**1**	**2.28.78 QR**
1500 Metres	SF2	1	5.52.22
1500 Metres	**Fnl**	**2**	**5.20.60**
2km Steeplechase	**Fnl**	**1**	**8.23.56**

JOHN COOPER M70

100 Metres	QF1	2	14.09
100 Metres	SF2	3	14.03
100 Metres	Fnl	7	14.16
200 Metres	QF4	3	28.96
200 Metres	SF2	2	29.19
200 Metres	Fnl	6	29.45

RELAYS (INCLUDING QMA MEMBERS)

4 x 100m M35
Sandor Kazi
Andrew Wilcox
Richard Norris Q
Ken Telfer Fnl 5 45.52**ARp**

4 x 100m M65
Roy Fearnall
Colin Buyers Q
Tony Ireland
Neville McIntyre **Fnl 3 52.77**

4 x 100m M70
Norman Richards
Donald Chambers
Alan Bradford Q
Robert Cozens **Fnl 3 56.42**

4 x 400m M35
Ken Telfer
Richard Norris Q
Scott Lawrence
Andrew Wilcox Fnl 6 3.40.51**ARp**

4 x 400m M50
Wayne Marriott
Roscoe McDonnell Q
Stuart Paterson
Bob Pearce Fnl 8 4.17.04

4 x 400m M65
Neville McIntyre
Tony Ireland
Roy Fearnall
Colin Buyers Q **Fnl 1 4.14.38**

4 x 400m M70
Alan Bradford Q
Robert Cozens
Donald Chambers
David Carr **Fnl 2 4.42.54**