RESULTS QMA 19/09/09 SATURDAY S.A.F.

LADIES

60 METRES

W45	1	Phyllis Kwok	9.65	
W50	1	Patty Petersen	9.79	
	2	Denise Quinn	9.99	
	3	Michelle Schafer	11.37	
W55	1	Noela Brameld	9.98	
	2	Kathy Rourke	10.34	

100 METRES

W45	1	Phyllis Kwok	15.80	
W50	1	Patty Petersen	15.66	
	2	Denise Quinn	15.88	
W55	1	Noela Brameld	15.92	
	2	Kathy Rourke	16.75	

200 METRES

W45	1	Karen Lakin	32.74	
W50	1	Patty Petersen	33.54	
	2	Carol Archer	44.27	
W55	1	Kathy Rourke	35.95	
W60	1	Irene Davey	40.45	

400 METRES

W45	1	Karen Lakin	74.80	
W60	1	Irene Davey	1.32.87	
W65	1	Marge Allison	74.30	**QR**

800 METRES

W45	1	Karen Lakin	2.56.07	

1500 METRES

W50	1	Marcy Sheer	5.07.14	
	2	Anne Ryan	5.47.30	

5000 METRES

W40	1	Sophie Cockcroft	27.29.24	
W50	1	Marcy Sheer	18.24.31	**QR**
	2	Jill Belford	26.26.49	
W65	1	Betty Menzies	23.55.32	**QR**

5000m TRACK WALK

W75		Christiane Dauphinet	38.25.20	
W80	1	Lorna Thompson	40.57.19	

80m HURDLES

W50	1	Denise Quinn	16.26	
W65	1	Marge Allison	15.42	**ARp**

LONG JUMP

W35	1	Roselyn Franke	3.31	
W45	1	Phyllis Kwok	3.77	
W50	1	Denise Quinn	3.50	
W65	1	Marge Allison	2.98	

TRIPLE JUMP

W45	1	Phyllis Kwok	6.56	

HIGH JUMP

W65	1	Marge Allison	1.19	

JAVELIN THROW

W35	1	Roselyn Franke	20.45	
W50	1	Michelle Schafer	24.26	
W70	1	Helen Searle	21.63	
W75	1	Heather Doherty	17.55	

DISCUS THROW

W35	1	Roselyn Franke	23.90	
W50	1	Michelle Schafer	25.34	
W70	1	Helen Searle	22.46	
W75	1	Heather Doherty	23.62	
W100	1	Ruth Frith	8.79	

SHOT PUT

W35	1	Roselyn Franke	6.80	
W45	1	Phyllis Kwok	6.56	
W50	1	Michelle Schafer	10.21	
W75	1	Heather Doherty	8.04	

HAMMER THROW

W50	1	Michelle Schafer	18.84	
W75	1	Heather Doherty	22.67	

MEN

60 METRES

M30	1	Rafal Witelus	7.87	
	2	Ade Adelakun	7.88	
M40	1	Gary Parkinson	7.99	
	2	Gary Fonternel	8.94	vis
M45	1	Craig Bruce	8.17	
M50	1	Geoff Bramley	8.60	
M55	1	Ian Malouf	9.12	
M65	1	Rob McDonald	8.57	
M70	1	Hugh Coogan	9.51	
	2	Ivan Rogers	11.02	
M80	1	Maurice Dauphinet	11.72	

100 METRES

M30	1	Rafal Witelus	12.23	
	2	Ade Adelakun	12.40	
M40	1	Gary Parkinson	12.50	
	2	Ian Doyle	14.61	vis
M45	1	Craig Bruce	12.97	
M50	1	Geoff Bramley	13.64	
M55	1	Ian Malouf	14.52	
M65	1	Rob McDonald	13.53	
	2	Alf Lakin	15.91	
M70	1	Hugh Coogan	15.04	
	2	Ivan Rogers	17.77	

200 METRES

M30	1	Rafal Witelus	24.70	
M40	1	Gary Parkinson	25.01	
M45	1	Craig Bruce	26.73	
	2	Randall Gibson	28.41	
M50	1	Geoff Bramley	27.92	
M55	1	Ian Malouf	29.60	
	2	Neil Manefield	32.72	
M60	1	Don Burtt	32.29	
M65	1	Rob McDonald	28.85	
	2	Alf Lakin	34.48	
M70	1	Hugh Coogan	30.89	
	2	Ivan Rogers	37.50	
M80	1	Maurice Dauphinet	40.99	

400 METRES

M30	1	Greg Convery	56.52	
M40	1	Gary Parkinson	57.21	
M45	1	Randall Gibson	60.48	
	2	John Treschman	64.15	
M50	1	Geoff Bramley	63.80	
M70	1	Brian Morling	1.23.67	
	2	Ivan Rogers	1.41.23	

800 METRES

M30	1	Greg Convery	2.31.33	
	2	Paul Crothers	3.10.38	
M35	1	Jason Lees	2.11.66	
M40	1	Matthew Farmer	3.11.68	
M45	1	David Burke	2.32.92	
M50	1	Con Dimauro	2.27.22	
M60	1	Don Burtt	2.46.66	
M65	1	Alf Lakin	3.22.99	

1500 METRES

M30	1	Greg Convery	5.46.93	
	2	Paul Crothers	6.59.87	
M40	1	Matthew Farmer	6.24.37	
M45	1	John Treschman	4.44.54	
	2	David Burke	5.33.20	
M55	1	Peter Reeves	4.49.79	
	2	Jason Collie	4.51.63	
M60	1	Sean Ryan	5.22.68	
M70	1	Brian Morling	6.21.14	

5000 METRES

M50	1	Chris Guice	20.46.15	
	2	Greg Coulter	22.01.35	
M55	1	Peter Reeves	17.56.23	
M60	1	John Sheer	20.01.17	

5000m TRACK WALK

M40	1	Iggy Jimenez	23.34.43	
M50	1	Peter Bennett	25.55.99	
M80	1	Russell Grigg	47.57.28	

4 x 100m RELAY

M55+		Rob McDonald	
		Hugh Coogan	
		Ian Malouf	
		Colin King	56.98

LONG JUMP

M40	1	Matthew Farmer	3.83	
M45	1	Callum McInnes	4.59	
M80	1	Maurice Dauphinet	2.77	

TRIPLE JUMP

M35	1	Rod Franke	8.59	
M45	1	Callum McInnes	9.60	

HIGH JUMP

M40	1	Ian Doyle	1.40	v is
M45	1	Bruce Joycey	1.60	
	2	Callum McInnes	1.40	
M70	1	Ivan Rogers	1.05	

POLE VAULT

M40	1	Ian Doyle	2.40	vis

JAVELIN THROW

M30	1	Paul Crothers	26.98	
M35	1	Rod Franke	30.71	
M50	1	Arthur Haralampou	33.89	
M65	1	Guy Quarterman	30.64	
M70	1	Ivan Rogers	18.88	
M80	1	Maurice Dauphinet	17.89	
M85	1	Ted Vickers	10.17	

DISCUS THROW

M30	1	Greg Convery	23.51	
M35	1	Justin Holzer	43.73	
	2	Rod Franke	31.47	
M40	1	Peter Lonsdale	47.35	
	2	Ian Doyle	26.84	vis
	3	Matthew Farmer	23.15	
M50	1	Arthur Haralampou	28.78	
M65	1	Don Quinn	36.37	
	2	Guy Quarterman	28.00	
M70	1	Ivan Rogers	22.06	
M80	1	Maurice Dauphinet	20.83	
M85	1	Ted Vickers	11.21	

SHOT PUT

M30	1	Greg Convery	8.67	
	2	Paul Crothers	7.08	
M35	1	Rod Franke	9.64	
M40	1	Ian Doyle	8.35	vis
	2	Matthew Farmer	7.36	
M45	1	Callum McInnes	7.64	
M50	1	Arthur Haralampou	10.40	
M65	1	Guy Quarterman	10.03	
M85	1	Ted Vickers	5.05	

HAMMER THROW

M50	1	Bob Wagner	49.88	
	2	Arthur Haralampou	24.61	
M65	1	Don Quinn	31.91	
	2	Guy Quarterman	29.26	
M85	1	Ted Vickers	10.99	