RESULTS WORLD INDOOR CHAMPIONSHIPS KAMLOOPS , CANADA 01-06-2010

RESULTS OF Q M A MEMBERS

LADIES

JULIE BRIMS W40

60 Metres	Ht:	1	8.05	AR
60 Metres	Fnl:	2	8.10	
200 Metres	Ht:	1	26.85	AR
200 Metres	Fnl:	3	26.83	AR
400 Metres	Fnl:	2	62.54	
4 x 200m Relay W40		2	1.52.32	
Triple Jump		3	10.52	AR

CAROLINE LAYT W40

60 Metres	Ht:	6	9.11	
200 Metres	Ht:	6	31.80	
Discus Throw		4	28.61	
4 x 200m Relay W35		2	2.08.29	AR
Shot Put		5	9.72	AR
Discus Throw		4	28.61	
Hammer Throw		4	33.70	
Weight Throw		3	11.29	AR

DEB McLACHLAN W40

60 Metres	Ht:	7	15.94	

MARIE KAY W50

Pentathlon		1	4906	WR
60m Hurdles		9.55	1130	AR
High Jump		1.51	1067	AR
Shot Put		12.30	999	AR
Long Jump		5.16	1001	AR
800 Metres		2.46.78	709	AR
200 Metres	Ht:	1	28.15	AR
200 Metres	Fnl:	1	27.33	AR
400 Metres	Fnl:	1	62.96	AR
4 x 200m Relay W40		2	1.52.32	
High Jump		1	1.50	
Long Jump		1	5.19	AR

WILMA PERKINS W60

60 Metres	Fnl:	3	9.27	AR
60 Metres Hurdles	Fnl:	3	10.81	AR
4 x 200m Relay W60		1	2.15.78	AR
High Jump		3	1.20	AR
Pole Vault		2	2.40	AR
Long Jump		2	4.09	AR

MARGE ALLISON W65

Pentathlon		1	4199	AR
60m Hurdles		11.53	1064	AR
High Jump		1.17	978	AR
Shot Put		6.57	682	
Long Jump		3.13	551	AR
800 Metres		3.08.99	924	AR
200 Metres	Ht:	1	32.50	AR
200 Metres	Fnl:	2	31.79	AR
400 Metres	Fnl:	1	74.05	AR
60 Metres Hurdles	Fnl:	1	11.05	AR
4 x 200m Relay W60		1	2.15.78	AR
High Jump		1	1.15	

LESLEY HAMILTON W65

60 Metres	Fnl	5	10.53	
200 Metres	Ht:	3	38.28	
200 Metres	Fnl:	6	38.47	
60 Metres Hurdles	Fnl:	4	13.85	
4 x 200m Relay W60		1	2.15.78	AR

NOREEN PARRISH W65

60 Metres	Fnl	3	9.90	
200 Metres	Ht:	2	34.84	
200 Metres	Fnl:	5	35.30	
2 x 200m Relay W60		1	2.15.78	AR

MEN

HOWARD ARBUTHNOT M40

High Jump		5	1.65	AR
Pole Vault		1	4.40	AR

STEPHEN JONES M45

60 Metres	Ht:	1	7.70	AR
60 Metres	Sf:	4	7.57	AR
60 Metres	Fnl	4	7.62	
200 Metres	Ht:	2	26.21	AR
200 Metres	Sf:	3	25.63	AR
4 x 200m Relay M40		2	1.37.56	AR

VIDDY JERMACANS M60

Pentathlon		9	2597	AR
60m Hurdles		12.51	442	AR
High Jump		1.28	585	AR
Shot Put		8.06	499	
Long Jump		4.12	571	AR
1000 Metres		4.09.49	500	AR
60 Metres	Ht:	5	9.02	
200 Metres	Ht:	4	30.18	
400 Metres	Ht:	4	70.59	
4 x 200m Relay M60		3	1.58.90	AR
Long Jump		5	4.27	AR
Triple Jump		7	8.11	AR

KEN DANIELS M70

Pentathlon		9	2650	
60m Hurdles		13.04	613	
High Jump		1.14	602	AR
Shot Put		7.47	469	
Long Jump		3.35	516	
1000 Metres		4.40.41	450	AR
200 Metres	Ht:	2	32.32	
400 Metres	Ht:	1	75.32	
400 Metres	Fnl:	4	74.45	AR
4 x 200m Hurdles M60		3	1.58.90	AR
Javelin Throw		3	28.24	