QMA Short Walks Championships

Pizzey Park

30th May 2010

Men 10km

M45	Ignacio Jimenez	50.53
M50	Peter Bennett	53.43
M70	Patrick Sela	65.01

Men 5km

M80	Richard Lynch	36.55
M85	Richard Keatinge	38.54

Women 5km

W50	Kay Shaw	32.11
W55	Lyn Woodward	34.54
	Robyn Wales	38.24
W65	Sally Lynch	32.52
	Noela McKinven	38.19
W75	Christiane Dauphinet	38.46

RESULTS QMA 01&02/05/10 CLUB EVENTS QSAC.

SATURDAY

LADIES

60 METRES

W45	1	Tricia Barr	9.49

100 METRES

W45	1	Karen Lakin	16.09

200 METRES

W45	1	Karen Lakin	33.84
	2	Tricia Barr	34.20

800 METRES

W65	1	Betty Menzies	3.02.81

3000 METRES

W50	1	Marcy Sheer	10.59.59

JAVELIN THROW

W50	1	Joanne Pronk	23.45
W65	1	Lorraine Birtwell	12.33

DISCUS THROW

W50	1	Joanne Pronk	16.83
W65	1	Lorraine Birtwell	19.12

SUNDAY

LADIES

100 METRES

W60	1	Hazel McDonnell	16.67
	2	Jean Hampson	17.94

300 METRES

W40	1	Julie Brims	43.57
W60	1	Hazel McDonnell	56.64

1500 METRES

W29		Trista Moxham	7.22.04	vis
W50	1	Marcia Sheer	5.16.86	
W65	1	Betty Menzies	6.20.06	

LONG JUMP

W65	1	Jean Hampson	3.30 **QR**

TRIPLE JUMP

W65	1	Jean Hampson	7.07 **QR**

SHOT PUT

W50	1	Joanne Pronk	9.79

WEIGHT THROW

W60	1	Hazel McDonnell	7.82

SATURDAY

MEN

60 METRES

M30	1	Rafal Witelus	7.95
M55	1	Rob White	9.15
M65	1	Alf Lakin	11.85
M75	1	Colin Woods	10.48

100 METRES

M30	1	Rafal Witelus	12.56
M55	1	Rob White	14.70
M65	1	Alf Lakin	17.51
M75	1	Colin Woods	17.08

200 METRES

M30	1	Rafal Witelus	25.25
M55	1	Rob White	30.61
M60	1	Paul Chaplain	32.19
M75	1	Colin Woods	33.77

400 METRES

M60	1	Paul Chaplain	1.12.92
M75	1	Colin Woods	1.16.79

800 METRES

M75	1	Colin Woods	3.00.60

3000 METRES

M45	1	John Treschman	10.17.42
M55	1	Paul Circosta	15.30.65
M60	1	John Sheer	11.52.17

POLE VAULT

M40	1	Howard Arbuthnot	4.20
	2	Rob Hill	3.60

JAVELIN THROW

M35	1	Jason Burt	41.42
M65	1	Guy Quarterman	36.56
M75	1	Erkki Saarinen	37.94
M90	1	Ted Vickers	7.91

DISCUS THROW

M35	1	Jason Burt	25.29
M65	1	Guy Quarterman	30.60
M90	1	Ted Vickers	7.40

SUNDAY

MEN

300 METRES

M60	1	Paul Chaplain	51.70
M75	1	Colin Woods	53.26

1500 METRES

M75	1	Colin Woods	6.19.10

5000 METRES

M30		Greg Tasney	18.47.6h	vis
M60	1	John Sheer	21.16.1h	

SHOT PUT

M55	1	John Musters	9.51
M90	1	Ted Vickers	3.91

WEIGHT THROW

M60	1	Paul Chaplain	6.70
M90	1	Ted Vickers	3.55