RESULTS QMA 26/09/09 SATURDAY S.A.F.

LADIES

60 METRES

W30	1	Anne Venema	9.72	
W40	1	Donna Beikoff	10.52	
W45	1	Phyllis Kwok	9.46	
W50	1	Patty Petersen	9.70	
W55	1	Kathy Rourke	10.25	
	2	Christine Purcell	11.56	
W60	1	Jean Hampson	10.93	

100 METRES

W30	1	Anne Venema	15.37	
W40	1	Donna Beikoff	17.21	
W45	1	Phyllis Kwok	15.49	
	2	Karen Lakin	16.04	
W50	1	Patty Petersen	15.53	
W55	1	Kathy Rourke	16.62	
	2	Christine Purcell	18.86	
W60	1	Jean Hampson	17.61	
	2	Hazel McDonnell	17.68	

RESULTS QMA 26/09/09 SATURDAY S.A.F.

400 METRES

W30	1	Anne Venema	71.44	
W40	1	Donna Beikoff	1.26.07	
W45	1	Tricia Barr	1.24.30	
W60	1	Hazel McDonnell	1.27.66	
	2	Jean Hampson	1.27.69	
	3	Irene Davey	1.32.35	

1500 METRES

W50	1	Marcy Sheer	5.06.28	
	2	Jill Belford	7.31.59	

3000 METRES

W30	1	Yolindi Richter	14.47.05	vis
W50	1	Marcy Sheer	10.43.46	**QR**
	2	Jill Belford	15.41.87	
W55	1	Christine Purcell	14.49.45	
W60	1	Irene Davey	15.21.61	
W65	1	Betty Menzies	13.29.10	**QR**

3000m TRACK WALK

W65	1	Noela McKinven	22.18.59	
W75		Christiane Dauphinet	22.40.43	
W80	1	Lorna Thompson	23.26.80	

4 x 200m RELAY

W30+	Irene Davey		
	Jenny Kirby		
	Anne Venema		
	Jean Hampson	2.16.74	**QR**
W40+	Patty Petersen		
	Donna Beikoff		
	Tricia Barr		
	Karen Lakin	2.13.93	**QR**

LONG JUMP

W45	1	Phyllis Kwok	3.71

TRIPLE JUMP

W45	1	Phyllis Kwok	7.66

HIGH JUMP

W45	1	Phyllis Kwok	1.30

DISCUS THROW

W40	1	Glenys Whitehead	21.95
	2	Leonie Foster	17.66
	3	Donna Beikoff	13.75
W45	1	Tricia Barr	19.69
W65	1	Lorraine Birtwell	21.14
W75	1	Heather Doherty	23.35

HAMMER THROW

W40	1	Glenys Whitehead	24.61
	2	Leonie Foster	18.60
	2	Donna Beikoff	11.44
W65	1	Lorraine B irtwell	21.10
W75	1	Heather Doherty	24.31 **QR**

WEIGHT THROW

W40	1	Glenys Whitehead	8.71
	2	Leonie Foster	8.04
	3	Donna Beikoff	5.50
W60	1	Hazel McDonnell	9.59
W65	1	Lorraine Birtwell	8.88
W75	1	Heather Doherty	9.85

MEN

60 METRES

M30	1	Travis Venema	7.31	
	2	Rafal Witelus	7.72	
	3	Ade Adelakun	7.95	
M40	1	Gary Parkinson	7.98	
M45	1	Gary Denman	8.84	
M55	1	Joe Begley	8.28	
	2	Ian Malouf	9.07	
	3	Graeme Cox	9.18	
M65	1	Alf Lakin	10.04	
M70	2	Ivan Rogers	10.31	
M75	1	Noel Garvey	9.87	
M80	1	Maurice Dauphinet	11.58	
	2	Russell Grigg	15.45	

100 METRES

M30	1	TravisVenema	11.37	
	2	Rafal Witelus	12.01	
	3	Ade Adelakun	12.25	
M40	1	Gary Parkinson	12.45	
M45	1	Gary Denman	13.64	
M55	1	Joe Begley	12.95	
	2	Ian Malouf	14.25	
	3	Graeme Cox	14.58	
M65	1	Alf Lakin	15.87	
M70	1	Ivan Rogers	16.78	
M75	1	Noel Garvey	15.60	
M80	1	Maurice Dauphinet	19.42	

400 METRES

M40	1	Gary Parkinson	55.53	
M45	1	Gary Denman	59.16	
	2	Randall Gibson	60.37	
M55	1	Peter Reeves	65.11	
M70	1	Ivan Rogers	1.35.95	
M75	1	Noel Garvey	1.25.09	

1500 METRES

M50	1	Con Dimauro	5.01.95	
M55	1	Peter Reeves	4.45.31	
	2	Jason Collie	4.48.53	
M60	1	John Sheer	5.45.19	

3000 METRES

M35	1	Steven Bell	12.15.29	
M40	1	Matthew Farmer	14.44.55	
M45	1	Gerard Daly	11.26.64	
	2	David Burke	11.58.55	
	3	Johan Wiesner	12.40.60	
	4	Michael Wright	12.46.83	vis
M50	1	David Reid	15.52.91	vis
	2	Chris Guice	21.55.11	
M60	1	John Sheer	11.40.83	
	2	Craig Welch	13.56.00	
M70	1	Colin McLeod	13.04.08	

3000m TRACK WALK

M40	1	Iggy Jimenez	13.39.99
M80	1	Russell Grigg	26.48.00

4 x 200m RELAY

M30+	Travis Venema	
	Joe Begley	
	Gary Denman	
	Randall Gibson	1.45.84
Mixed	Ivan Rogers	
	Noel Garvey	
	Hazel McDonnell	
	Ian Malouf	2.15.10

LONG JUMP

M30	1	Travis Venema	5.29
M40	1	Matthew Farmer	4.11
M45	1	Callum McInnes	4.60
M55	1	Joe Begley	4.59
M80	1	Maurice Dauphinet	2.72

TRIPLE JUMP

M30	1	Travis Venema	11.01
M45	1	Callum McInnes	9.30

HIGH JUMP

M45	1	Bruce Joycey	1.65
	2	Callum McInnes	1.40
M70	1	Ivan Rogers	1.00
M80	1	Russell Grigg	0.95

DISCUS THROW

M35	1	Justin Holzer	43.41
M50	1	Arthur Haralampou	28.48
M60	1	Peter Kennedy	32.38
M65	1	Don Quinn	34.18
	2	Guy Quarterman	30.72
	3	Alf Lakin	21.49
M70	1	Ivan Rogers	21.01
M75	1	Arvo Ropelin	25.75
M80	1	Maurice Dauphinet	19.88
	2	Russell Grigg	15.54
M85	1	Ted Vickers	10.54

HAMMER THROW

M50	1	Bob Wagner	50.78
	2	Arthur Haralampou	22.29
M65	1	Don Quinn	31.56
	2	Guy Quarterman	29.68
M75	1	Arvo Ropelin	22.49
M80	1	Russell Grigg	22.37
M85	1	Ted Vickers	12.73

WEIGHT THROW

M50	1	Bob Wagner	18.97
	2	Arthur Haralampou	9.46
M65	1	Don Quinn	12.57
	2	Guy Quarterman	12.12
M75	1	Arvo Ropelin	8.92
M80	1	Russell Grigg	9.17
M85	1	Ted Vickers	6.21