RESULTS QMA 28/11/09 SATURDAY S.A.F.

LADIES

60 METRES

W30	1	Dominika Podlezanski	9.13
W35	1	Mao Sautia	10.45
W40	1	Julie Brims	8.29
	2	Donna Beikoff	10.15
W50	1	Denise Quinn	10.04
W55	1	Rosemary Dean	9.87
	2	Kathy Rourke	10.10
	3	Noela Brameld	10.11
W60	1	Hazel McDonnell	10.41
	2	Jean Hampson	10.50
W65	1	Marge Allison	9.91
	2	Lesley Hamilton	10.54

100 METRES

W30	1	Dominika Podlezanski	14.52
W35	1	Mao Sautia	17.52
W40	1	Julie Brims	12.94
	2	Donna Beikoff	16.71
W45	1	Jenny Kirby	15.48
W50	1	Denise Quinn	16.09
W55	1	Rosemary Dean	15.99
	2	Noela Brameld	16.12
	3	Kathy Rourke	16.47
W60	1	Hazel McDonnell	16.53
	2	Jean Hampson	16.89
W65	1	Marge Allison	16.04
	2	Lesley Hamilton	17.63

200 METRES

W30	1	Dominika Podlezanski	30.11
W40	1	Julie Brims	26.71
	2	Donna Beikoff	35.91
W45	1	Jenny Kirby	31.78
W55	1	Rosemary Dean	33.77
W60	1	Hazel McDonnell	34.78
	2	Irene Davey	38.01
W65	1	Marge Allison	32.94
	2	Lesley Hamilton	37.35

800 METRES

W40	1	Donna Beikoff	3.18.68
W45	1	Tricia Barr	3.25.65
W60	1	Irene Davey	3.17.01

5000m TRACK WALK

W65	1	Noela McKinven	38.15.56
W75	1	Christiane Dauphinet	39.16.89
W80	1	Lorna Thompson	41.49.60

300m HURDLES

W65	1	Marge Allison	59.08	ARp

LONG JUMP

W35	1	Mao Sautia	3.41
W40	1	Julie Brims	4.20
W60	1	Jean Hampson	3.24

TRIPLE JUMP

W40	1	Julie Brims	9.79
W50	1	Denise Quinn	7.56

JAVELIN THROW

W35	1	Mao Sautia	18.71
W40	1	Donna Beikoff	15.22
W65	1	Marge Allison1	19.59
	2	Lesley Hamilton	18.08
	3	Lorraine Birtwell	15.02
W75	1	Heather Doherty	19.71

WEIGHT THROW

W35	1	Mao Sautia	9.62
W40	1	Donna Beikoff	6.59
W60	1	Hazel McDonnell	8.98
W65	1	Lorraine Birtwell	9.32
W75	1	Heather Doherty	10.05

SHOT PUT

W40	1	Donna Beikoff	5.42
W65	1	Lorraine Birtwell	6.52
W75	1	Heather Doherty	7.96

MEN

60 METRES

M30	1	Richard Rodgers	7.45	
	2	Rafal Witelus	7.83	
M40	1	Scott Eisentrager	9.39	
M45	1	Craig Bruce	8.34	
M50	1	Geoff Bramley	8.70	
M55	1	Joe Begley	8.17	
	2	Robin Reisenleiter	8.18	
	2	Tony Collins	8.42	
	4	Ian Dundas	8.45	
	5	Ian Malouf	8.91	
	6	Graeme Cox	8.93	
M70	1	Ivan Rogers	10.44	
	2	Bernie Smith	11.41	
M75	1	Noel Garvey	9.58	QR
M70	1	Maurice Dauphinet	11.90	

100 METRES

M30	1	Richard Rodgers	11.80
	2	Rafal Witelus	12.00
M40	1	Scott Eisentrager	15.74
M45	1	Craig Bruce	12.84
M50	1	Geoff Bramley	13.83
M55	1	Joe Begley	12.79
	2	Robin Reisenleiter	12.95
	3	Ian Dundas	13.37
	4	Graeme Cox	14.00
	5	Ian Malouf	14.05
M65	1	Fred Turner	14.40
	2	Alf Lakin	15.91
M70	1	Ken Daniels	15.92
	2	Ivan Rogers	17.48
	3	Bernie Smith	22.44
M75	1	Noel Garvey	15.43
M80	1	Maurice Dauphinet	19.25

200 METRES

M30	1	Rafal Witelus	24.29
M45	1	Craig Bruce	26.51
	2	Kevin Davis	30.31
M50	1	Geoff Bramley	27.98
M55	1	Joe Begley	26.26
	2	Robin Reisenleiter	27.19
	3	Ian Malouf	29.16
M65	1	Fred Turner	30.16
	2	Guy Quarterman	32.36
	3	Alf Lakin	33.30
M70	1	Ken Daniels	32.38
	2	Ivan Rogers	35.57
M75	1	Noel Garvey	32.54
M80	1	Maurice Dauphinet	42.66

800 METRES

M40	1	Tom Newman	2.17.39
M45	1	John Treschman	2.25.35
	2	Rod Walke	2.48.44
M55	1	Peter Reeves	2.18.70
M60	1	Don Burtt	2.49.65
	2	Paul Chaplain	3.53.47
M65	1	Alf Lakin	3.16.51

300m HURDLES

M70	1	Ken Daniels	59.60
	2	Bernie Smith	74.08

400m HURDLES

M45	1	Kevin Davis	78.93

5000 METRES

M45	1	Gerard Daly	20.06.56
	2	Antony Faber	23.21.22
M60	1	John Sheer	21.04.33
M70	1	Colin Woods	26.38.64

4 x 1500m RELAY

M35+	1	Ken Hastie		
		Tom Newman		
		Paul Tierney		
		Paul Jackson	18.49.34	ARp
M50+	2	Peter Reeves		
		Geoff Bramley		
		Con Dimauro		
		John Sheer	21.46.27	QR
M45+	3	Graham Barralet		
		Peter James		
		Alastair Wallace		
		John Lee	22.29.44	

LONG JUMP

M30	1	Richard Rodgers	5.52
M55	1	Allan Cameron	4.46
M65	1	Guy Quarterman	3.47
M70	1	Bernie Smith	2.78

TRIPLE JUMP

M30	1	Richard Rodgers	11.30
M70	1	Bernie Smith	5.77

HIGH JUMP

M45	1	Ben Dickson	1.70
M70	1	Ken Daniels	1.20
	2	Bernie Smith	1.15

POLE VAULT

M55	1	Allan Cameron	2.70
M70	1	Bernie Smith	1.50

JAVELIN THROW

M45	1	Kevin Davis	32.10
M60	1	Mills Lafferty	25.60
M65	1	Guy Quarteman	37.71
	2	Don Quinn	25.88
M70	1	Ken Daniels	31.32
	2	Bernie Smith	20.12
	3	Ivan Rogers	19.30
M75	1	Arvo Ropelin	24.16
M80	1	Maurice Dauphinet	19.45
M85	1	Ted Vickers	10.14

WEIGHT THROW

M45	1	Kevin Davis	5.93
M60	1	Mills Lafferty	11.16
M65	1	Don Quinn	13.49
	2	Guy Quarterman	10.57
M75	1	Arvo Ropelin	9.00
M85	1	Ted Vickers	5.64

SHOT PUT

M45	1	Kevin Davis	7.16
M60	1	Mills Lafferty	8.44
M65	1	Don Quinn	10.53
	2	Guy Quarteman	9.37
M70	1	Ken Daniels	8.00
	2	Ivan Rogers	6.83
	3	Bernie Smith	6.64
M75	1	Arvo Ropelin	9.63
M85	1	Ted Vickers	4.8