

Results of QMA Throws 13/08/23

Hammer:

Men's 45-50; Distance

1. Nick MacMillan 21.15m

Men's 60-65

1. Mark Cumming 50.54m

2. John Milne 31.56m

Men's 70-75

1. Mills Lafferty 26.63m

Women's 70-75

1. Valerie Silver 12.55

Women's 75-80

1. Hazel McDonnell 26.17m

Men's 75-80

1. Dieter Lacko 16.18m

Men's 80-85

1. Guy Quartermain 31.05m

Javelin:

Men's 45-50 Distance

1. Nick MacMillan 19.73m

Men's 50-55

1. Anthony Barraclough 38.04m

Men's 60-65

1. John Milne 23.28m

Men's 70-75

1. Mills Lafferty 18.34m

Women's 70-75

1. Valerie Silver 7.72m

Men's 80-85

1. Guy Quartermain 26.00m

Girl's 13 years

1. Sasha Josipovic 27.51

Discus:

Men's 35-40 Distance

1. Derek Wang 49.87m

Men's 45-50

1. Nick MacMillan 16.65m

Men's 50-55

1. Anthony Barraclough 27.80m

Men's 60-65

1. John Milne 33.81m

Men's 70-75

1. Mills Lafferty 23.01m

Men's 80-85

1. Guy Quartermain 25.34m

Junior Competitors

11 years

1. Mila Josipovic 28.75m

15 years

1. Saskia Josipovic 44.65m

13 years

1. Sasha Josipovic 22.89m

Shot Put

Men's 45-50

1. Anthony Barraclough 8.69m

Men's 60-65

1. John Milne 9.26m

Women's 35-40

1. Miranda Ramsden 8.95m

Women's 70-75

1. Valerie Silver 5.81m

Junior Competitors

11 Years

1. Mila Josipovic 10.98m

15 Years

1. Sasha Josipovic 12.96m