

QMA WINTER THROWS COMPETITION

1st September 2024

Age Distance

Hammer

Mark Cumming	62	50.89
Sarah Renals	52	18.10
Jeremy Black	33	31.85
Katrina Black	32	18.38
Lesley Duncan	60	29.65
Mills Lafferty	75	28.84

Discus

Jeremy Black	33	33.33
Katrina Black	32	20.90
Sarah Renals	52	19.10
Lesley Duncan	60	22.95
Mills Lafferty	75	20.70
Olivia Pennisi	45	16.90
Anthony Barraclough	50	29.66
Michael Hughes	60	36.35

Javelin

Jeremy Black	33	29.76
Katrina Black	32	11.48
Sarah Renals	52	15.45
Olivia Pennisi	45	13.92
Anthony Barraclough	50	35.05
Lesley Duncan	60	26.10