

## QMA WINTER COMPETITION - SAF 21ST May 2023

### SHOT PUT

Miranda Ramsden	W35	9.74
Heather Lamb	W55	6.08
Denise Quinn	W65	6.54
Wilma Perkins	W70	5.67
Hazell McDonnell	W75	5.58
Nick McMillan	M45	6.02
Mills Lafferty	M70	6.99
Robert Patterson	M75	9.11
Guy Quarterman	M80	9.55

### WEIGHT THROW

Dash Newington	W35	10.18
Denise Quinn	W65	6.64
Mills Lafferty	M70	6.77
Brian Davies	M75	11.79
Guy Quarterman	M80	12.13

### HIGH JUMP

Wilma Perkins	W70	1.00
Darren Bryant	M55	1.26

### POLE VAULT

Dash Newington	W35	2.85
Wilma Perkins	W70	1.50
Dave McLean	M45	2.85
Darren Bryant	M55	1.80