

QMA WINTER THROWING COMPETITION - SAF 7TH May 2023

DISCUS

Hazell McDonnell	W75	14.49
John Milne	M60	34.66
Mills Lafferty	M70	21.03
Dieter Lacko	M75	17.52
Guy Quarterman	M80	24.07

HIGH JUMP

Wilma Perkins	W70	1.05
Michael Hughes	M55	1.30
Brian Key	M60	1.40

HAMMER

Dash Newington	W35	28.81
Hazell McDonnell	W75	22.47
John Milne	M60	28.47
Mills Lafferty	M70	25.33
Dieter Lacko	M75	16.14
Guy Quarterman	M80	32.78

POLE VAULT

Dash Newington	W35	3.01
Wilma Perkins	W70	1.50
Michael Hughes	M55	2.50

JAVELIN

Wilma Perkins	W70	15.65
Hazell McDonnell	W75	10.01
John Milne	M60	25.78
Mills Lafferty	M70	17.77
Dieter Lacko	M75	18.14
Guy Quarterman	M80	24.83