

QMA WINTER COMPETITION - SAF 25th June 2023

HAMMER

Lesley Duncan	W55	23.38
Heather Lamb	W55	16.42
Denise Quinn	W65	16.83
Nick MacMillan	M45	19.61
Mark Cumming	M60	47.16
John Milne	M60	29.99
Mills Lafferty	M70	24.81
Don Quinn	M75	22.93
Brian Davies	M75	23.33
Guy Quarterman	M80	29.35

WEIGHT THROW

Lesley Duncan	W55	9.15
Heather Lamb	W55	7.28
Denise Quinn	W65	7.13
Mark Cumming	M60	18.92
John Milne	M60	11.88
Mills Lafferty	M70	9.48
Don Quinn	M75	10.03
Brian Davies	M75	11.65
Guy Quarterman	M80	11.58

SHOT PUT

Lesley Duncan	W55	8.29
Heather Lamb	W55	6.72
Denise Quinn	W65	6.43
John Milne	M60	9.49
Mills Lafferty	M70	7.01
Don Quinn	M75	7.27
Brian Davies	M75	6.72
Guy Quarterman	M80	9.55

POLE VAULT

Heather Lamb	W55	1.40
Wilma Perkins	W70	1.60
Craig Elliot	M65	2.30