

## QMA WINTER COMPETITION

27th AUGUST 2022

SAF

### HAMMER THROW

Bianca Carr	W30	38.62	
Miranda Ramsden	W35	23.46	
Desley Varley	W60	19.31	
Rosemary Kopitke	W70	10.98	
Helen Searle (Vis)	W80	22.56	
Mark Cumming	M60	46.40	QR
John Milne	M60	27.17	
Lajos Joni	M65	36.58	
Mills Lafferty	M70	24.76	
Brian Davies	M75	24.37	
Don Quinn	M75	23.16	
Guy Quarterman	M80	32.34	

### SHOT PUT

Bianca Carr	W30	10.15
Miranda Ramsden	W35	9.64
Desley Varley	W60	6.04
Rosemary Kopitke	W70	5.30
Helen Searle (Vis)	W80	7.82
John Milne	M60	9.91
Lajos Joni	M65	9.63
Mills Lafferty	M70	6.86
Brian Davies	M75	6.88
Don Quinn	M75	7.15
Guy Quarterman	M80	9.87

### WEIGHT THROW

Bianca Carr	W30	10.47	
Miranda Ramsden	W35	8.47	
Desley Varley	W60	7.47	
Rosemary Kopitke	W70	5.20	
Helen Searle (Vis)	W80	9.69	
Mark Cumming	M60	19.45	QR
John Milne	M60	10.69	
Lajos Joni	M65	14.22	
Mills Lafferty	M70	9.01	
Brian Davies	M75	11.64	
Don Quinn	M75	8.25	
Guy Quarterman	M80	13.67	QR

### POLE VAULT

Dash Newington	W35	2.50
Howard Arbutnot	M50	4.00
Michael Hughes	M55	2.50
David Varley	M60	2.70
Craig Elliott	M65	2.30