

QMA WINTER THROWING

4th JUNE 2022

SAF

DISCUS THROW

Miranda Ramsden	W35	20.64
Denise Quinn	W65	15.64
Lorraine Birtwell	W75	15.98
Michael Hughes	M55	31.58
John Milne	M60	32.80
Mills Lafferty	M70	22.07
Brian Davies	M75	21.06
Guy Quarterman	M80	22.93

JAVELIN

Bianca Carr	W30	32.15
Miranda Ramsden	W35	16.45
Denise Quinn	W65	16.34
John Milne	M60	25.00
Mills Lafferty	M70	18.52
Brian Davies	M75	20.13
Guy Quarterman	M80	23.82

SuperWeight

Miranda Ramsden	W35	5.74
Denise Quinn	W65	4.71
Lorraine Birtwell	W75	4.80
Mark Cumming	M60	9.38
Mills Lafferty	M70	3.71
Brian Davies	M75	6.38
Guy Quarterman	M80	5.83