

## **Results of QMA Throws 20/08/23**

### **56lb Throw**

Women's 40-45

1. Miranda Ramsden 3.67m

Men's 55-60

1. Tim Lowry 5.11m

Men's 70-75

1. Mills Lafferty 2.50m

Men's 75-80

1. Phillip Rowlands 4.33m QR

### **Superweight**

Women's 40-45

1. Miranda Ramsden 5.26m

Men's 55-60

1. Tim Lowry 4.78m

Men's 60-65 44lb

1. Mark Cumming 10.46m QR

Men's 70-75 35lb

1. Mills Lafferty 4.35m

Men's 75-80

1. Phillip Rowlands 7.85m QR

### **100lb Throw**

Women's 40-45

1. Miranda Ramsden 2.07m QR

Men's 55-60

1. Tim Lowry 2.84m

Men's 70-75

1. Mills Lafferty 1.46m

Men's 75-80

1. Phillip Rowlands

2.25m