

QMA WINTER THROWING FESTIVAL SAF 2nd - 4th October 2021

3RD OCTOBER

Weight for Distance

Miranda Ramsden	W38	11.29
Tim Lowrey	M54	12.62
Lajos Joni	M66	16.90
Bruce O'Connor	M68	11.43
Mills Lafferty	M72	11.92
Brian Davies	M75	12.76
Guy Quarterman	M80	16.37

4th OCTOBER

Heavy Weight Pentathlon

Competitor	Origin	Age Grp	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Total score
W30-W49			5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		
Miranda Ramsden		W35-39	10.58	388	9.92	435	8.59	455	7.39	451	5.64	424	2153
Tina Eilola		W45-49	11.13	504	9.63	519	8.57	560	7.32	550	4.72	419	2552
W50-W55			4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		
Julie Jones		W50-54	6.93	248	6.06	249	4.54	215	4.29	249	3.58	230	1191
W75-W100+			2kg (4.4lb)		3kg (6.6lb)		4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		
Lorraine Birtwell		W75-79	10.02	516	6.66	351	7.36	509	6.06	518	4.69	467	2361

M50-M59			7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		20kg (44lb)		
Tim Lowrey		M50-54	11.79	409	9.77	382	8.11	369	6.56	348	5.26	369	1877
Mark Ashcroft		M50-54	11.86	412	11.81	480	11.11	545	7.31	403	5.93	437	2277
M60-M69			5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		
Lajos Joni		M65-69	18.27	731	17.35	808	16.12	906	12.75	828	8.70	652	3925
Bruce O'Connor		M65-69	13.98	538	10.83	466	10.71	561	9.12	554	6.13	415	2534
M70-M79			4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		
Mills Lafferty		M70-74	7.50	260	10.99	476	7.35	362	8.28	475	5.95	386	1959
Brian Davies		M75-79	17.21	784	12.91	689	11.83	708	11.30	825	8.77	742	3748

Super Weight

Miranda Ramsden	W38	5.67
Tina Eilola	W47	4.36
Julie Jones	W51	3.45
Tim Lowrey	M54	4.69
Mark Ashcroft	M54	5.32
Lajos Joni	M66	5.32
Bruce O'Connor	M68	5.50
Mills Lafferty	M72	3.21
Brian Davies	M75	6.62

56lb Weight

Miranda Ramsden	W38	3.67
Julie Jones	W51	1.73
Ben Howell	M32	5.15
Ian Kennedy	M81	3.43
Lajos Joni	M66	6.60
Mills Lafferty	M72	2.68
Bruce O'Connor	M68	3.78
Mark Ashcroft	M54	4.61

100LB weight

Miranda Ramsden	W38	2.30
Ben Howell	M32	3.14
Lajos Joni	M66	2.60
Mills Lafferty	M72	1.59
Bruce O'Connor	M68	1.99