

### Individual Meet Results

CQ Track & Field Carnival 20-Jul-19 to 21-Jul-19 [Ageup: 31/12/2019]

Location: Rockhampton

Mackay Athletics Club [MKY]

Result	Round	Event	PB Points	Total Points	Improv
<b>Ava Barron (11) F 8657</b>					
14.35 JUNR	F	# 19 Mixed 11-11 100m Sprint	---	---	.33
30.55 JUNR	F	# 33 Mixed 11-11 200m Sprint	---	---	1.74
1:12.23 JUNR	F	# 43 Mixed 11-11 400m Sprint	---	---	3.09
2:57.47 JUNR	F	# 55 Mixed 11-11 800m Run	1	1	-33.00
22.69m JUNR	F	# 224 Mixed 11-11 Discus	---	---	0.60
4.17m JUNR	F	# 262 Mixed 11-11 Long Jump	---	---	0.47
<b>Maya Barron (10) F 8652</b>					
36.65	F	# 31 Mixed 10-10 200m Sprint	---	---	1.38
4:57.82 JUNR	F	# 83 Mixed 10-10 800m Walk	1	1	-4.26
13.70	F	# 109 Mixed 10-10 60m Hurdles	---	---	.03
15.77m JUNR	F	# 222 Mixed 10-10 Discus	1	1	-0.71
3.21m	F	# 260 Mixed 10-10 Long Jump	---	---	0.00
1.09m JUNR	F	# 282 Mixed 10-10 High Jump	1	1	-0.02
<b>Zaide Cornell (08) M 4065</b>					
19.54	F	# 15 Boys 08-09 100m Sprint	---	---	1.83
39.86	F	# 29 Boys 08-09 200m Sprint	---	---	1.58
3:24.35	F	# 51 Boys 08-09 800m Run	1	1	-2.73
11.33m	F	# 220 Boys 08-09 Discus	---	---	0.96
2.64m	F	# 258 Boys 08-09 Long Jump	---	---	0.15
.87m	F	# 280 Boys 08-09 High Jump	---	---	0.01
15.02	F	# 312 Mixed 08-09 80m Sprint	---	---	---
<b>Elizabeth Donohue (12) F 4073</b>					
14.17 JUNR	F	# 21 Mixed 12-13 100m Sprint	---	---	.32
29.14 JUNR	F	# 35 Mixed 12-13 200m Sprint	---	---	.15
15.85 JUNR	F	# 114 Girls 12-13 80m Hurdles	---	---	.38
4.25m JUNR	F	# 264 Mixed 12-13 Long Jump	---	---	0.29
8.76m JUNR	F	# 270 Mixed 12-13 Triple Jump	---	---	0.82
1.43m JUNR	F	# 286 Mixed 12-13 High Jump	---	---	0.02
<b>James Galea (13) M 1811</b>					
11.06m JUNR	F	# 210 Mixed 12-13 Shot Put	---	---	0.48
32.44m JUNR	F	# 226 Mixed 12-13 Discus	---	---	0.20
28.51m JUNR	F	# 242 Mixed 12-13 Javelin	1	1	-2.90
28.88m JUNR	F	# 248 Mixed 12-13 Hammer	---	---	2.72
3.58m	F	# 264 Mixed 12-13 Long Jump	---	---	0.47
6.55m	F	# 270 Mixed 12-13 Triple Jump	---	---	1.59
1.25m	F	# 286 Mixed 12-13 High Jump	---	---	0.10
<b>Kevin Galea (51) M 1819</b>					
12.46m	F	# 214 Male 30-Ov Shot Put	---	---	0.37
34.95m	F	# 230 Male 30-Ov Discus	---	---	3.62
38.03m	F	# 246 Male 30-Ov Javelin	---	---	4.95
33.92m	F	# 252 Male 30-Ov Hammer	---	---	1.58
<b>Caitlin Grech (14) F 6004</b>					
8.33m	F	# 212 Mixed 14-29 Shot Put	---	---	0.00
22.49m SILV	F	# 228 Mixed 14-29 Discus	1	1	-2.55
22.22m SILV	F	# 244 Mixed 14-29 Javelin	---	---	2.34
19.49m	F	# 250 Mixed 14-29 Hammer	---	---	1.17
<b>Jos Grech (50) F 7285</b>					
4.73m	F	# 215 Female 30-Ov Shot Put	---	---	0.44
11.74m	F	# 231 Female 30-Ov Discus	---	---	1.05
9.41m	F	# 247 Female 30-Ov Javelin	---	---	1.21
<b>Lacey Howarth (11) F 4100</b>					
35.58	F	# 33 Mixed 11-11 200m Sprint	---	---	.30
1:21.58	F	# 43 Mixed 11-11 400m Sprint	1	1	-3.83

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3:17.76	F	# 55 Mixed 11-11 800m Run	1	1	-81
6:56.10	F	# 65 Mixed 11-11 1500m Run	---	---	---
13.58	F	# 111 Mixed 11-11 60m Hurdles	1	1	-15
11.65m	F	# 224 Mixed 11-11 Discus	1	1	-0.44
2.89m	F	# 262 Mixed 11-11 Long Jump	---	---	0.18
<b>Skye Howarth (09) F 4149</b>					
17.59	F	# 16 Girls 08-09 100m Sprint	1	1	-0.05
38.94	F	# 30 Girls 08-09 200m Sprint	---	---	.01
3:38.47	F	# 52 Girls 08-09 800m Run	---	---	2.84
17.84	F	# 108 Girls 08-09 60m Hurdles	---	---	2.90
4.00m	F	# 205 Girls 08-09 Shot Put	1	1	-0.23
10.73m	F	# 221 Girls 08-09 Discus	1	1	-1.56
2.79m	F	# 259 Girls 08-09 Long Jump	---	---	0.22
<b>Natalie Lorroway (48) F 5986</b>					
5.80m	F	# 215 Female 30-Ov Shot Put	---	---	0.26
18.02m	F	# 231 Female 30-Ov Discus	---	---	2.25
18.50m	F	# 247 Female 30-Ov Javelin	1	1	-2.45
16.65m	F	# 253 Female 30-Ov Hammer	---	---	0.93
<b>Tahlia McGilvray (07) F 3597</b>					
15.07	F	# 9 Mixed 07-07 80m Sprint	---	---	2.04
19.63	F	# 13 Mixed 07-07 100m Sprint	---	---	1.23
40.26	F	# 27 Mixed 07-07 200m Sprint	---	---	---
14.99	F	# 105 Mixed 07-07 60m Hurdles	1	1	-81
2.93m	F	# 202 Mixed 07-07 Shot Put	1	1	-0.02
6.62m	F	# 218 Mixed 07-07 Discus	1	1	-1.73
	F	# 256 Mixed 07-07 Long Jump	---	---	---
<b>Benjamin Minchianski (11) M 3594</b>					
16.68	F	# 19 Mixed 11-11 100m Sprint	---	---	1.07
35.38	F	# 33 Mixed 11-11 200m Sprint	---	---	1.45
1:19.44	F	# 43 Mixed 11-11 400m Sprint	---	---	4.47
3:12.52	F	# 55 Mixed 11-11 800m Run	---	---	12.28
6:29.81	F	# 65 Mixed 11-11 1500m Run	---	---	---
13.18	F	# 111 Mixed 11-11 60m Hurdles	---	---	.72
3.34m	F	# 262 Mixed 11-11 Long Jump	---	---	0.29
1.18m	F	# 284 Mixed 11-11 High Jump	---	---	0.12
<b>Matthew Minchianski (09) M 3598</b>					
17.73	F	# 15 Boys 08-09 100m Sprint	---	---	.85
3:27.88	F	# 51 Boys 08-09 800m Run	1	1	-49
17.71m	F	# 220 Boys 08-09 Discus	1	1	-2.44
3.04m	F	# 258 Boys 08-09 Long Jump	---	---	0.40
1.02m	F	# 280 Boys 08-09 High Jump	---	---	0.00
13.92	F	# 312 Mixed 08-09 80m Sprint	---	---	---
<b>Sonny Morse (08) M 3335</b>					
16.46	F	# 15 Boys 08-09 100m Sprint	---	---	.30
33.51	F	# 29 Boys 08-09 200m Sprint	1	1	-58
2:50.33	F	# 51 Boys 08-09 800m Run	---	---	7.83
12.19	F	# 107 Boys 08-09 60m Hurdles	---	---	.15
5.68m	F	# 204 Boys 08-09 Shot Put	---	---	0.79
3.35m	F	# 258 Boys 08-09 Long Jump	---	---	0.11
13.07	F	# 312 Mixed 08-09 80m Sprint	---	---	---