**QMA RECORDS UPDATE January 2019.**

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| **Date** | **Place** | **Age group** | **Event** | **Name** | **Time/distance** |
| **05/01/19** | **Q.Bris.SAF** | **W45-49** | **3000 Metres** | **Kerri Hodge** | **10.04.75 AR** |
| **05/01/19** | **Q.Bris.SAF** | **M60-64** | **HammerThrow** | **Lajos Joni** | **44.57 QR** |
| **05/01/19** | **Q.Bris SAF** | **M80-84** | **Long Jump** | **Spencer Herft** | **3.45 QR** |
| **12/01/19** | **Q.Bris.Main** | **W45-49** | **5000 Metres** | **Kerri Hodge** | **17.25.96 AR** |
| **12/01/19** | **Q.Bris.Main** | **M80-84** | **Long Jump** | **Spencer Herft** | **3.53 QR** |
| **12/01/19** | **QA.Open SAF** | **W30-34** | **1500 Metres** | **Shannon Hill** | **4.53.50 QR** |
| **12/01/19** | **QA.Open SAF** | **M30-34** | **200 Metres** | **Gary Finegan** | **22.10 QR** |
| **19/01/19** | **Q.Bris.SAF** | **M30+** | **4x200m Relay** | **Matthew Learoyd Graham Scully Patrick McCarthy Scott Tuohy** | **1.35.70 QR** |
| **19/01/19** | **QA.Open SAF** | **M30-34** | **100 Metres** | **Gary Finegan** | **10.85 QR** |
| **26/01/19** | **Q.Bris.SAF** | **M80-84** | **80m Hurdles** | **Bernie Smith** | **24.55 ns.QR** |
| **26/01/19** | **QA.Open SAF** | **W35-39** | **800 Metres** | **Shannon Hill** | **2.19.92 QR** |
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