

**Old Masters Athletics**  
**Gold Coast & Southern Regional Championships - 3/09/2017**  
**Venue - Griffith Uni, Gold Coast**  
**Results - Sunday 3rd September 2017 - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M35 60 Meter Dash**

35 QMA: Q 7.25 21/09/2014 Robin Mahrshahi						
Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
Finals						
1 Greg Costello	M39 GC & Sthrn		8.20	NWI	8.09	79.02%

**M45 60 Meter Dash**

45 QMA: Q 7.40 Stephen Jones						
Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Sam Ansari	M49 GC & Sthrn		8.59	NWI	7.97	80.21%

**M60 60 Meter Dash**

60 QMA: Q 8.00 John Wight						
Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Mark McLean	M61 Brisbane	8.80	8.67	NWI	7.29	87.66%

**M65 60 Meter Dash**

65 QMA: Q 8.10 Rob McDonald						
Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Paul Chaplain	M68 Brisbane	10.00	9.96	NWI	8.07	79.22%
2 Mills Lafferty	M68 GC & Sthrn		16.17	NWI	13.10	48.79%

**M35 100 Meter Dash**

35 QMA: Q 10.78 2015 Travis Venema						
Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Greg Costello	M39 GC & Sthrn		12.73	NWI	12.57	77.93%

**M45 100 Meter Dash**

45 QMA: Q 11.08 2015 G Potts/G Parkinson						
Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Gary Parkinson	M49 GC & Sthrn		12.78	NWI	11.87	82.47%
2 Sam Ansari	M49 GC & Sthrn		13.62	NWI	12.65	77.39%

**M60 100 Meter Dash**

60 QMA: Q 11.75 2006 John Wight						
Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Mark McLean	M61 Brisbane	13.80	13.81	NWI	11.62	84.29%

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**M65 100 Meter Dash**

65 QMA: Q 12.05 2008 Col Buyers						
Name	Age	Team	Seed	Finals	Wind	Age-Grading Points
-- Paul Chaplain	M68	Brisbane	16.00	DNF	NWI	

**M35 300 Meter Dash**

35 QMA: Q 37.52 2012 Rafal Witelus						
Name	Age	Team	Seed	Finals		Age-Grading Points
1 Greg Costello	M39	GC & Sthrn		42.43		41.04 73.11%

**M45 300 Meter Dash**

45 QMA: Q 37.17 27/02/2016 Gary Parkinson, GC & Sthrn						
Name	Age	Team	Seed	Finals		Age-Grading Points
1 Gary Parkinson	M49	GC & Sthrn		40.02		35.94 83.48%

**M60 300 Meter Dash**

60 QMA: Q 40.76 2005 Colin Buyers						
Name	Age	Team	Seed	Finals		Age-Grading Points
1 Mark McLean	M61	Brisbane	48.00	47.75		38.72 77.49%

**M65 300 Meter Dash**

65 QMA: Q 41.75 2008 Colin Buyers						
Name	Age	Team	Seed	Finals		Age-Grading Points
1 Paul Chaplain	M68	Brisbane	56.00	55.88		43.90 68.34%

**M60 800 Meter Run**

60 QMA: Q 2:10.42 Alan Bradford						
Name	Age	Team	Seed	Finals		Age-Grading Points
1 Mark McLean	M61	Brisbane	3:00.00	2:55.61		2:22.83 70.79%

**M65 800 Meter Run**

65 QMA: Q 2:22.15 Alan Bradford						
Name	Age	Team	Seed	Finals		Age-Grading Points
-- Paul Chaplain	M68	Brisbane	4:00.00	DNF		

**M35 Long Jump**

35 QMA: Q 6.42m John Davis						
Name	Age	Team	Seed	Finals	Wind	Age-Grading Points
1 Greg Costello	M39	GC & Sthrn		4.79m	NWI	4.94m 55.18%

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**M45 Long Jump**

45 QMA: Q 6.19m		Harry Giles					
Name	Age	Team	Seed	Finals	Wind	Age-Grading	Points
1 Sam Ansari	M49	GC & Sthrn		4.14m	NWI	4.78m	53.42%

**M60 Long Jump**

60 QMA: Q 4.98m		Harry Giles					
Name	Age	Team	Seed	Finals	Wind	Age-Grading	Points
1 Mark McLean	M61	Brisbane		4.48m	NWI	6.30m	70.44%

**M65 Long Jump**

65 QMA: Q 4.79m		Spencer Herft					
Name	Age	Team	Seed	Finals	Wind	Age-Grading	Points
1 Mills Lafferty	M68	GC & Sthrn		1.33m	NWI	2.01m	22.58%

**M35 Discus Throw**

35 QMA: Q 54.15m		Darron Haworth					
Name	Age	Team	Seed	Finals	Age-Grading	Poin	
1 Greg Costello	M39	GC & Sthrn		35.48m	35.98m	48.58%	

**W45 Discus Throw**

45 QMA: Q 39.38m							
Name	Age	Team	Seed	Finals	Age-Grading	Poin	
1 Althea Mackie	W47	GC & Sthrn		26.32m	31.73m	41.33%	

**M55 Discus Throw**

55 QMA: Q 44.42m		Warwick Selvey					
Name	Age	Team	Seed	Finals	Age-Grading	Poin	
1 Michael Kirkby	M56	GC & Sthrn		32.37m	35.94m	48.52%	

**M60 Discus Throw**

60 QMA: Q 53.43m		Warwick Selvey					
Name	Age	Team	Seed	Finals	Age-Grading	Poin	
1 Mark McLean	M61	Brisbane		28.10m	29.86m	40.32%	

**M65 Discus Throw**

65 QMA: Q 45.76m		Warwick Selvey					
Name	Age	Team	Seed	Finals	Age-Grading	Poin	
1 Phillip Rowlands	M69	SC & Nthn		25.95m	30.19m	40.76%	
2 Mills Lafferty	M68	GC & Sthrn		24.83m	28.89m	39.00%	

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**M35 Hammer Throw**

35 QMA: Q 54.85m		Darron Haworth				
Name	Age	Team	Seed	Finals	Age-Grading Poin	
1 Greg Costello	M39	GC & Sthrn		26.60m	27.39m	31.59%

**W45 Hammer Throw**

45 QMA: Q 42.13m						
Name	Age	Team	Seed	Finals	Age-Grading Poin	
1 Althea Mackie	W47	GC & Sthrn		38.89m	49.45m	64.23%

**M55 Hammer Throw**

55 QMA: Q 46.42m		Bob Wagner				
Name	Age	Team	Seed	Finals	Age-Grading Poin	
1 Michael Kirkby	M56	GC & Sthrn		24.86m	32.67m	37.67%

**M65 Hammer Throw**

65 QMA: Q 40.60m		1993 Colin Murraylee				
Name	Age	Team	Seed	Finals	Age-Grading Poin	
1 Phillip Rowlands	M69	SC & Nthn		30.36m	44.49m	51.30%
2 Mills Lafferty	M68	GC & Sthrn		29.11m	42.66m	49.19%

**W65 Hammer Throw**

65 QMA: Q 41.41m						
Name	Age	Team	Seed	Finals	Age-Grading Poin	
1 Robyn Wales	W65	GC & Sthrn		15.06m	25.65m	33.33%

**W45 Weight Throw**

45 QMA: Q 13.57m						
Name	Age	Team	Seed	Finals	Age-Grading Poin	
1 Althea Mackie	W47	GC & Sthrn		11.82m	15.31m	64.87%

**M55 Weight Throw**

55 QMA: Q 17.58m		Bob Wagner				
Name	Age	Team	Seed	Finals	Age-Grading Poin	
1 Michael Kirkby	M56	GC & Sthrn		11.59m	13.00m	50.30%

**M65 Weight Throw**

65 QMA: Q 14.23m		2005 Warwick Selvey				
Name	Age	Team	Seed	Finals	Age-Grading Poin	
1 Phillip Rowlands	M69	SC & Nthn		12.35m	13.77m	53.26%

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**....M65 Weight Throw**

2 Mills Lafferty M68 GC & Sthrn 9.83m 10.96m 42.39%

**W65 Weight Throw**

65 QMA: Q 16.44m

Name	Age Team	Seed	Finals	Age-Grading Point
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1 Robyn Wales	W65 GC & Sthrn		5.14m	6.81m 28.88%
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**M35 Super Weight 561b**

35 QMA: Q 10.94m 2008 Darron Haworth

Name	Age Team	Seed	Finals	Age-Grading Point
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1 Greg Costello	M39 GC & Sthrn		7.09m	
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**W45 Super Weight 561b**

45 QMA: Q 5.16m 10/01/2016 Althea Mackie - 561b, Gold Coast

Name	Age Team	Seed	Finals	Age-Grading Point
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1 Althea Mackie	W47 GC & Sthrn		4.56m	
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**M65 Super Weight 561b**

65 QMA: Q 5.11m 2009 Don Quinn

Name	Age Team	Seed	Finals	Age-Grading Point
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1 Phillip Rowlands	M69 SC & Nthn		4.55m	
2 Mills Lafferty	M68 GC & Sthrn		3.03m	

**M55 3000 Meter Race Walk**

55 QMA: Q 14:03.00 Peter Bennett

Name	Age Team	Seed	Finals	Age-Grading Points
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1 Paul Lindenberg	M55 GC & Sthrn	17:55.81	14:59.81	70.17%
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**W55 3000 Meter Race Walk**

55 QMA: Q 17:56.60 1999 Noela McKinven

Name	Age Team	Seed	Finals	Age-Grading Points
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1 Debbie Lindenberg	W56 GC & Sthrn	21:52.10	18:32.93	62.45%
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**W65 3000 Meter Race Walk**

65 QMA: Q 18:53.08 2009 Sally Lynch

Name	Age Team	Seed	Finals	Age-Grading Points
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1 Robyn Wales	W65 GC & Sthrn	28:46.99	21:53.21	52.92%
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