

Gold Coast Regional Masters Competition

21st July 2019 - 21/07/2019

Griffith University, Gold Coast

Results - 21st July 2019 - Age Grading: 5 Yr Indiv & 5 yr Multi**W29&U 60 Meter Sprint****Finals**

1 Telena Williams W12 GC & Sthrn 9.24 NWI

M35 60 Meter Sprint**Finals**

1 Terry Lock M37 Brisbane 8.05 NWI

M45 60 Meter Sprint**Finals**

1 Simon Titley M47 GC & Sthrn 7.87 NWI

2 Scott Beatson M46 GC & Sthrn 8.23 NWI

M50 60 Meter Sprint**Finals**

1 Michael Berlin M50 Brisbane 7.80 NWI

M70 60 Meter Sprint**Finals**

1 Dieter Lacko M72 Brisbane 11.05 NWI

W29&U 100 Meter Sprint**Finals**

1 Telena Williams W12 GC & Sthrn 15.06 NWI

M30 100 Meter Sprint**Finals**

1 Zac Kimbe M30 GC & Sthrn 15.39 NWI

M35 100 Meter Sprint**Finals**

1 Terry Lock M37 Brisbane 13.11 NWI

M45 100 Meter Sprint**Finals**

1 Simon Titley M47 GC & Sthrn 12.80 NWI

2 Scott Beatson M46 GC & Sthrn 13.16 NWI

M50 100 Meter Sprint**Finals**

1 Michael Berlin M50 Brisbane 12.39 NWI

M70 100 Meter Sprint**Finals**

1 Dieter Lacko M72 Brisbane 18.18 NWI

M50 400 Meter Sprint**Finals**

1 Gary Parkinson M51 GC & Sthrn 56.01

2 Michael Berlin M50 Brisbane 57.60

3 Stephen Bennett M54 Brisbane 63.05

W65 400 Meter Sprint**Finals**

1 Carol Davis W68 GC & Sthrn 73.90

M70 400 Meter Sprint**Finals**

1 Dieter Lacko M72 Brisbane 1:33.00

M40 1500 Meter Run**Finals**

1 Marc-Paul Trevethan M43 GC & Sthrn 6:10.64

M70 1500 Meter Run**Finals**

1 Dieter Lacko M72 Brisbane 7:24.54

W55 5000 Meter Run**Finals**

1 Ros Dyer W55 North Queens 29:38.60

M30 Long Jump**Finals**

1 Shayne Aylward M34 North Queens 5.78m NWI

M70 Long Jump**Finals**

1 Dieter Lacko M72 Brisbane 2.97m NWI

M50 Shot Put**Finals**

1 Mark Ashcroft M52 Brisbane 10.39m

W65 Shot Put**Finals**

1 Carol Davis W68 GC & Sthrn 10.47m

M70 Shot Put**Finals**

1 Kevin Ryall M70 GC & Sthrn 6.65m

M40 Discus Throw**Finals**

1 Euan McLean M41 Brisbane 38.38m

M50 Discus Throw**Finals**

1 Mark Ashcroft M52 Brisbane 33.05m

M65 Discus Throw**Finals**

1 Bruce Bodsworth M67 GC & Sthrn 27.28m

M70 Discus Throw**Finals**

1 Kevin Ryall M70 GC & Sthrn 30.22m

2 Dieter Lacko M72 Brisbane 19.51m

M50 Javelin Throw**Finals**

1 Mark Ashcroft M52 Brisbane 24.37m

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M65 Javelin Throw**Finals**

1 Bruce Bodsworth M67 GC & Sthm 29.70m

W65 Javelin Throw**Finals**

1 Carol Davis W68 GC & Sthm 22.95m

M70 Javelin Throw**Finals**

1 Dieter Lacko M72 Brisbane 17.46m