

Gold Coast Regional Masters Competition
Griffith University, Gold Coast
Results - 9th June 2019 - Age Grading: 5 Yr Indiv & 5 yr Multi

M30 60 Meter Sprint

Name	Age	Team	Finals	Wind
Finals				
1 Roland Balo	M34	North Queensland	8.31	NWI

M45 60 Meter Sprint

Finals				
1 Simon Titley	M47	Gold Coast and Southern	7.84	NWI
2 Scott Beatson	M46	Gold Coast and Southern	8.19	NWI

M50 60 Meter Sprint

Finals				
1 Michael Berlin	M50	Brisbane	7.74	NWI

M70 60 Meter Sprint

Finals				
1 Paul Chaplain	M70	Brisbane	10.98	NWI

M45 100 Meter Sprint

Finals				
1 Simon Titley	M47	Gold Coast and Southern	12.74	NWI
2 Scott Beatson	M46	Gold Coast and Southern	13.24	NWI

M50 100 Meter Sprint

Finals				
1 Michael Berlin	M50	Brisbane	12.29	NWI

M70 100 Meter Sprint

Finals				
1 Paul Chaplain	M70	Brisbane	17.26	NWI

M75 100 Meter Sprint

Finals				
1 Colin Mancey	M77	Gold Coast and Southern	24.12	NWI

W29&U 200 Meter Sprint

Finals				
1 Juliette Kariko	W12	Visitor	31.12	NWI

M35 200 Meter Sprint

Finals				
1 Terry Lock	M36	Visitor	27.98	NWI

M40 200 Meter Sprint

Finals				
1 Marc-Paul Trevethan	M43	Gold Coast and Southern	33.32	NWI

M50 200 Meter Sprint

Finals				
1 Michael Berlin	M50	Brisbane	25.33	NWI

M70 200 Meter Sprint

Finals				
1 Paul Chaplain	M70	Brisbane	36.76	NWI

M75 200 Meter Sprint

Finals				
1 Colin Mancey	M77	Gold Coast and Southern	47.07	NWI

M40 800 Meter Run

Finals				
1 Marc-Paul Trevethan	M43	Gold Coast and Southern	3:00.07	

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M75 800 Meter Run

Finals			
1	Colin Mancey	M77 Gold Coast and Southern	4:07.13

M65 3000 Meter Run

Finals			
1	Bruce Bodsworth	M67 Gold Coast and Southern	15:40.00

M30 Long Jump

Finals			
1	Roland Balo	M34 North Queensland	4.10m NWI

W50 Long Jump

Finals			
1	Maree Ashcroft	W53 Brisbane	5.28m NWI

M45 Shot Put

Finals			
1	Rodney Watson	M45 Visitor	11.58m

M50 Shot Put

Finals			
1	Mark Ashcroft	M52 Brisbane	10.12m

M70 Shot Put

Finals			
1	Kevin Ryall	M70 Gold Coast and Southern	10.64m

M80 Shot Put

Finals			
1	Dash Daniels	M82 Gold Coast and Southern	9.99m

M45 Discus Throw

Finals			
1	Rodney Watson	M45 Visitor	30.47m

M50 Discus Throw

Finals			
1	Mark Ashcroft	M52 Brisbane	31.96m

M70 Discus Throw

Finals			
1	Kevin Ryall	M70 Gold Coast and Southern	34.86m

M80 Discus Throw

Finals			
1	Dash Daniels	M82 Gold Coast and Southern	23.98m

W29&U Javelin Throw

Finals			
1	Juliette Kariko	W12 Visitor	12.85m

M45 Javelin Throw

Finals			
1	Andrew Kariko	M47 Gold Coast and Southern	16.66m