

Gold Coast Masters Athletics
Results 20th December 2020.
Runaway Bay Performance Centre.
(timing gates were used for the sprint events.)

3000m

Martin Winnek (visitor) M45 13.30.07

60m

HEAT 1 Wind 0.0

1st	Patrick McCarthy	M35 7.66
2nd	Simon Titley	M45 7.83
3rd	Scott Beatson	M45 8.24
4th	Shane Ladynski	M40 8.36
5th	Helena Grono	W45 9.18
6th	David Mitchell	M60 9.40

HEAT 2 Wind +0.4

1st	Bailey Teasel	M12 8.95
2nd	Samantha Leonard	W35 9.47
3rd	Andy Gordon	M55 9.60
4th	Nikki Liddell	W50 10.22
5th	Tracey Hollis	W40 10.42
6th	Mia Holt	W13 11.16
7th	Lydia Kuschmirz	W13 11.59

150m

Heat 2 Wind -2.1

1st	Gary Parkinson	M50 18.92
2nd	Chris Brack	M55 19.49
3rd	Scott Beatson	M45 20.52
4th	Shane Ladynski	M40 20.82
5th	Elizabeth Melrose	W35 21.48
6th	Andy Gordon	M55 23.91
7th	Rodney Rhind	M40 24.05

Heat 2 Wind -0.5

1st	David Mitchell	M60 22.93
2nd	Helena Grono	W45 23.46
3rd	Samantha Leonard	W35 23.88
4th	Nikki Liddell	W50 26.95
5th	Brian McNeil	M65 27.53
6th	Lydia Kuschmirz	W13 28.88
7th	Mia Holt	W13 28.95

800m

Murry Goodwin M30 1.54.79 **QR**

1500m

1st	Alan Stacey	M55 6.29.76
2nd	Brian McNeil	M65 7.27.69

300m Handicap Winner

Bailey Teasel M12 29.74

Super Heavy Weight

Althea Mackie	W45 (25lb)	10.07
Tracey Hollis	W40 (35lb)	
Miranda Ramsden	W35 (5.59)	
Tim Lowrey	M50 (25lb)	8.96
Lajos Joni	M65	7.36
Mark Ashcroft	M50(25 lb)	10.76
Stephen Hendry	M35 (35lb)	8.15

56lb

Althea Mackie	W50	4.95
Tracey Hollis	W40	3.09
Miranda Ramsden	W35	3.76
Tim lowrey	M50	4.45
Stephen Hendry	M35	4.98
Lajos Joni	M65	4.68
Mark Ashcroft	M50	6.09

Shot Put

Stephen Hendry	M35	10.30
Althea Mackie	W50	9.80
Tracey Hollis	W40	7.82
Miranda Ramsden	W35	9.49
Tim Lowrey	M50	8.74
Lajos Joni	M65	9.98
Mark Ashcroft	M50	11.30