



**Pre Perth Warm Up Meet
Mt Smart Stadium
16 October 2016**

Results

100m - HT

Name	Year Team	Time	Wind
W40			
1 Leitu-Tui, Elisapeta	W44 AMA	15.10	NWI
W65			
1 Gower, Sheryl	W69 WaiBoP Masters	15.60	NWI
W70			
1 Waring, Chris	W73 North Harbour Bays	15.70	NWI
M40			
1 Mannix, Shane	M40 North Harbour Bays	11.90	NWI
2 Lambert, Mark	M42 North Harbour Bays	12.00	NWI
3 van den Tillar, Roland	M44 North Harbour Bays	13.60	NWI
4 Singh, Satchet	M42 AMA	14.10	NWI
M45			
1 Hargreaves, Steve	M46 Pakuranga	11.70	NWI
2 Dorset, Scott	M47 North Harbour Bays	12.10	NWI
3 Dodd, Matthew	M49	13.20	NWI
M50			
1 Richardson, Andy	M51 North Harbour Bays	12.90	NWI
M55			
1 Burden, Stephen	M57 WaiBoP Masters	12.40	NWI
2 Ramiah, Seelan	M56 AMA	13.60	NWI
M65 100 Metre HT			
1 Deleiros, Tony	M69 North Harbour Bays	13.70	NWI
2 Brown, Ross	M67 AMA	15.30	NWI
M70			
1 Guptill, Trevor	M70 Waitakere	13.50	NWI
M80			
1 Cowley, Trevor	M81 Pakuranga	18.40	NWI

200m - HT

	Name	Year Team	Time	Wind
W40	1 Leitu-Tui, Elisapeta	W44 AMA	32.30	NWI
W50	1 Goulter, Anne	W53 North Harbour Bays	32.30	NWI
W65	1 Gower, Sheryl	W69 WaiBoP Masters	33.20	NWI
W70	1 Waring, Chris	W73 North Harbour Bays	34.40	NWI
M30	1 Kumar, Pawan	M30 AMA	27.30	NWI
M40	1 Mannix, Shane	M40 North Harbour Bays	26.20	NWI
	2 Singh, Satchet	M42 AMA	31.00	NWI
M50	1 Lett, Mark	M54 Athletics Whangarei	28.40	NWI
M65	1 Deleiros, Tony	M69 North Harbour Bays	29.00	NWI
	2 Brown, Ross	M67 AMA	33.20	NWI
M70	1 Guptill, Trevor	M70 Waitakere	29.10	NWI

400m - HT

	Name	Year Team	Time
M30	1 Kumar, Pawan	M30 AMA	1:01.20
M40	1 Singh, Satchet	M42 AMA	1:14.40
M45	1 Hargreaves, Steve	M46 Pakuranga	56.30
M50	1 Lett, Mark	M54 Athletics Whangarei	1:05.50
M65	1 Brown, Ross	M67 AMA	1:20.10
M70	1 Anstiss, David	M71 North Harbour Bays	1:17.60

800m - HT

	Name	Year Team	Time
W45	1 Bacon, Catherine	W46 AMA	2:55.40
M55	1 Brumby, Warren	M57	3:30.30

1500m - HT

	Name	Year Team	Time
W45	1 Bacon, Catherine	W46 AMA	6:28.00
W50	1 Smith, Delwyn	W50 Athletics Whangarei	6:39.70
W60	1 Adamson, Christine	W60 North Harbour Bays	5:55.10
M40	1 van den Tillar, Roland	M44 North Harbour Bays	5:52.30
M55	1 Prangnell, Alastair	M58 ACA	4:58.60

5000m - ET

	Name	Year Team	Time
W60	1 Adamson, Christine	W60 North Harbour Bays	20:51.31
M55	1 Prangnell, Alastair	M58 ACA	17:49.95

80m Hurdles - HT

	Name	Year Team	Time	Wind
W50	1 Goulter, Anne	W53 North Harbour Bays	16.90	NWI
M70	1 Anstiss, David	M71 North Harbour Bays	16.90	NWI

110m Hurdles - HT

	Name	Year Team	Time	Wind
M40	1 van den Tillar, Roland	M44 North Harbour Bays	20.30	NWI

3000m Race Walk - ET

Name	Year Team	Time
W60 1 O'Hara, Marilyn	W60 Racewalking Auckland	26:11.71
W70 1 Barber, Shirley	W70 Racewalking Auckland	22:21.89
M55 1 Pepper, Grant	M55 Racewalking Auckland	23:45.30
M60 1 Thorne, Rodney	M62 Racewalking Auckland	18:01.45
M70 1 Barber, David	M70 Racewalking Auckland	21:27.28

5000m Race Walk - ET

Name	Year Team	Time
SW 1 Barber, Alana	W29 Racewalking Auckland	24:20.30
M45 1 Hohaia, Lyndon	M49 Racewalking Auckland	27:04.02
M60 1 Parker, Mike	M63 Calliope	25:53.13

High Jump

Name	Year Team	Performance
M40 1 Maharaj, Arvindra	M41 AMA	1.55m
M50 1 Lett, Mark	M54 Athletics Whangarei	1.35m
M55 1 Walker, Trevor	M56 Glen Eden	1.40m
2 Brumby, Warren	M57	1.05m

Long Jump

Name	Year Team	Performance	Wind
M40 1 Halla, Jamie	M41 ACA	4.01m	5.3
M55 1 Burden, Stephen	M57 WaiBoP Masters	5.23m	2.9
2 Walker, Trevor	M56 Glen Eden	5.01m	3.2

M70	1 Anstiss, David	M71 North Harbour Bays	3.87m	3.4
M80	1 Cowley, Trevor	M81 Pakuranga	2.72m	4.1

Triple Jump

	Name	Year Team	Performance	Wind
W50	1 Vinogradova, Elena	W52 North Harbour Bays	9.05m	2.1
M30	1 Kumar, Pawan	M30 AMA	8.46m	4.7
M55	1 Burden, Stephen	M57 WaiBoP Masters	10.90m	4.8
	2 Ramiah, Seelan	M56 AMA	9.57m	2.6

Shot Put

	Name	Year Team	Performance
W40	1 Leitu-Tui, Elisapeta	W44 AMA	9.57m
	2 Nuia, Vavae	W42 AMA	8.13m
W45	1 Richardson, Megan	W45 North Harbour Bays	8.49m
W50	1 Ryan, Tina	W53 AMA	9.78m
	2 Uili, Rasela	W52	7.73m
M45	1 Inivale, Laini	M49 Waitakere	12.05m
	2 McMillan, Dave	M46 North Harbour Bays	9.87m
M50	1 Richardson, Andy	M51 North Harbour Bays	11.31m
M60	1 Delamere, Tuariki	M64 AMA	10.56m
M65	1 Powell, Mark	M68 AMA	6.87m
M70	1 Anstiss, David	M71 North Harbour Bays	6.89m
M80	1 Cowley, Trevor	M81 Pakuranga	7.47m

Discus

	Name	Year Team	Performance
W40			
	1 Nuia, Vavae	W42 AMA	24.17m
	2 Leitu-Tui, Elisapeta	W44 AMA	19.10m
W45			
	1 Richardson, Megan	W45 North Harbour Bays	27.33m
W50			
	1 Goulter, Anne	W53 North Harbour Bays	24.65m
	2 Ryan, Tina	W53 AMA	23.29m
	3 Uili, Rasela	W52	19.54m
W70			
	1 Waring, Chris	W73 North Harbour Bays	12.22m
M40			
	1 van den Tillar, Roland	M44 North Harbour Bays	27.11m
	2 Singh, Satchet	M42 AMA	19.78m
	3 Halla, Jamie	M41 ACA	19.23m
M45			
	1 McMillan, Dave	M46 North Harbour Bays	28.36m
	2 Inivale, Laini	M49 Waitakere	26.22m
M50			
	1 Richardson, Andy	M51 North Harbour Bays	29.68m
M55			
	1 Walker, Trevor	M56 Glen Eden	30.73m
	2 Brumby, Warren	M57	18.81m
M60			
	1 Delamere, Tuariki	M64 AMA	33.76m
M65			
	1 Powell, Mark	M68 AMA	25.70m

Hammer

	Name	Year Team	Performance
W50			
	1 Goulter, Anne	W53 North Harbour Bays	36.05m
	2 Ryan, Tina	W53 AMA	31.28m
M45			
	1 Inivale, Laini	M49 Waitakere	30.01m
M50			
	1 Cumming, Mark	M54 North Harbour Bays	50.96m
M60			
	1 Delamere, Tuariki	M64 AMA	27.84m
M65			
	1 Powell, Mark	M68 AMA	20.92m
M70			
	1 Bradley, Kevin	M72 Hawks	38.27m

Javelin

Name	Year Team	Performance
W40		
1 Nuia, Vavae	W42 AMA	23.34m
W45		
1 Richardson, Megan	W45 North Harbour Bays	26.26m
2 Bacon, Catherine	W46 AMA	17.91m
W50		
1 Uili, Rasela	W52	14.27m
M30		
1 Kumar, Pawan	M30 AMA	35.57m
M40 Javelin		
1 Halla, Jamie	M41 ACA	22.28m
M50		
1 Richardson, Andy	M51 North Harbour Bays	35.83m
2 Lett, Mark	M54 Athletics Whangarei	28.82m
M55		
1 Ramiah, Seelan	M56 AMA	23.25m
-- Brumby, Warren	M57	NM
M60		
1 Delamere, Tuariki	M64 AMA	31.41m
M80		
1 Cowley, Trevor	M81 Pakuranga	20.92m

Weight Throw

Name	Year Team	Performance
W40		
1 Nuia, Vavae	W42 AMA	8.52m
W50		
1 Goulter, Anne	W53 North Harbour Bays	11.85m
2 Ryan, Tina	W53 AMA	11.46m
3 Uili, Rasela	W52	5.62m
M45		
1 Inivale, Laini	M49 Waitakere	11.02m
M50		
1 Cumming, Mark	M54 North Harbour Bays	19.48m
M65		
1 Powell, Mark	M68 AMA	8.95m
M70		
1 Bradley, Kevin	M72 Hamilton Hawks	16.35m