



**AMA Pentathlon & 10,000m Champs  
+ Open Events  
Mt Smart Stadium  
11 December 2016**

**Results**

**100m**

<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>Wind</b>
W40				
1 Leitu-Tui, Elisapeta	W44	AMA	15.51	2.7
W70				
1 Waring, Chris	W73	North Harbour Bays	16.58	2.7
M35				
1 Garrett, David	M37	North Harbour Bays	12.03	2.6
M40				
1 Lambert, Mark	M43	North Harbour Bays	12.36	2.6
M50				
1 Cooke, Anthony	M52	Pakuranga	13.84	2.6
M65				
1 Deleiros, Tony	M69	North Harbour Bays	14.28	2.6
2 Brown, Ross	M67	AMA	15.15	2.6

**200m**

<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>Wind</b>
W40				
1 Leitu-Tui, Elisapeta	W44	AMA	32.84	3.3
M35				
1 Garrett, David	M37	North Harbour Bays	24.33	3.1
M40				
1 Lambert, Mark	M43	North Harbour Bays	24.47	3.1
M50				
1 Cooke, Anthony	M52	Pakuranga	28.91	3.1
M65				
1 Deleiros, Tony	M69	North Harbour Bays	29.26	3.3

### 800m

	<b>Name</b>	<b>Age Team</b>	<b>Time</b>
M45			
	1 Conyngham, Richard	M49 ACA	2:26.86
	2 Biffin, Adam	M48 Glen Eden	2:32.51

### 1500m

	<b>Name</b>	<b>Age Team</b>	<b>Time</b>
M55	1500 Metre		
	1 Ross, Graham	M56 North Harbour Bays	5:42.15
M65	1500 Metre		
	1 Hare, Ken	M69 Papakura	6:34.20

### 10000m

	<b>Name</b>	<b>Age Team</b>	<b>Time</b>
W40			
	1 Beale, Angela	W43 Glen Eden	49:30.37
W60			
	1 Adamson, Christine	W60 North Harbour Bays	44:20.03
M35			
	1 Mai, Andy	M37 Glen Eden	41:15.98
M55			
	1 Prangnell, Alastair	M58 ACA	37:25.08
M80			
	1 Feist, Jim	M81 Technical	1:03:09.53

### 10000m Race Walk

	<b>Name</b>	<b>Age Team</b>	<b>Time</b>
M60	10000 Metre Race Walk		
	1 Parker, Mike	M63 Calliope	54:56.39

## Pole Vault

Name	Age	Team	Performance
W65			
1 Deleiros, Anne	W68	North Harbour Bays	1.50m
1.30 1.40 1.50 1.60			
XO O O XXX			
M40			
1 van den Tillaar, Roland	M44	North Harbour Bays	2.80m
2.80 3.00			
O XXX			
2 Langford, Dennis	M40	Whangarei	2.00m
2.00 2.50			
O XXX			
M45			
1 Wilson, Trevor	M45	North Harbour Bays	3.00m
2.80 3.00 3.10			
O O XXX			
M50			
1 Richardson, Andy	M51	North Harbour Bays	3.00m
2.50 2.80 3.00 3.10			
XO O XO XXX			
2 Lett, Mark	M54	Whangarei	2.50m
2.00 2.20 2.30 2.50 2.70			
O O O O XXX			
M70			
1 Anstiss, David	M71	North Harbour Bays	1.80m
1.80 2.00			
O XXX			

## Long Jump

Name	Age	Team	Performance	Wind
W40				
1 Nuia, Vavae	W42	AMA	1.84m	7.7
X(5.0) 1.64m(4.8) 1.84m(7.7)				
W50				
1 Vinogradova, Elena	W52	North Harbour Bays	3.75m	3.1
3.52m(5.2) 3.75m(3.1) 3.67m(1.7) 3.73m(2.6)				
W65				
1 Deleiros, Anne	W68	North Harbour Bays	3.24m	4.3
X(3.4) 3.04m(4.9) 3.20m(7.1) 3.24m(4.3)				
M55				
1 Walker, Trevor	M56	Glen Eden	4.88m	2.6
4.79m(4.3) 4.88m(2.6) 4.87m(4.4)				
M70				
1 Anstiss, David	M71	North Harbour Bays	3.88m	3.6
3.81m(4.8) 3.88m(3.6) 3.73m(2.1) 3.67m(4.1)				

## Shot Put

Name	Age	Team	Performance
M50 Shot Put			
1 Inivale, Laini	M50	Waitakere	13.23m
			12.75m 12.02m 13.23m
M55 Shot Put			
1 Catchpole, Tony	M56	North Harbour Bays	8.16m
			8.16m X 8.16m
M65 Shot Put			
1 Deleiros, Tony	M69	North Harbour Bays	7.47m
			7.47m 7.35m X

## Discus

Name	Age	Team	Performance
M55 Discus			
1 Catchpole, Tony	M56	North Harbour Bays	31.17m
			24.52m 28.70m 31.17m

## Hammer

Name	Age	Team	Performance
M50 Hammer			
1 Maiava, Fuzzy	M54	AMA	22.75m
			X X 22.75m

## Pentathlon - Women

	Points	100	SP	LJ	JT	800
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---- W45 ----						
1 Jensen, Julie	16.98	6.49m	3.14m	18.67m	3:57.29	
Pakuranga	w: 2.7		w: 2.4			
W46	1448	(375)	(383)	(239)	(350)	(101)
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---- W55 ----						
1 Hayman, Jill	14.53	6.47m	3.61m	17.95m	4:01.39	
North Harbour Bays	w: 2.7		w: 6.3			
W55	2458	(888)	(455)	(514)	(401)	(200)
-----						
2 Bartley, Anne	18.62	4.69m	2.24m	6.82m	4:24.64	
AMA	w: 2.7		w: 3.4			
W57	946	(350)	(298)	(107)	(104)	(87)
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**Pentathlon - Men**

	Points	LJ	JT	200	DT	1500
----- M40 -----						
1	Langford, Dennis	5.05m	39.65m	26.19	30.63m	5:12.45
	Athletics Whangarei	w: 3.1		w: 3.1		
	M40	2689	(481)	(487)	(608)	(538) (575)
----- M44 -----						
2	van den Tillaar, Roland	4.01m	30.92m	29.17	28.79m	5:41.14
	North Harbour Bays	w: 3.3		w: 3.3		
	M44	1930	(267)	(350)	(389)	(498) (426)
----- M45 -----						
1	Wilson, Trevor	5.64m	35.05m	25.00	23.99m	5:39.82
	North Harbour Bays	w: 3.4		w: 3.1		
	M45	2880	(700)	(457)	(777)	(443) (503)
----- M50 -----						
DNF	Richardson, Andy	5.14m	44.27m	26.81	29.91m	DNS
	North Harbour Bays	w: 3.7		w: 3.1		
	M51	(655)	(653)	(697)	(475)	(0)
----- M54 -----						
DNF	Lett, Mark	4.81m	25.43m	DNS	DNS	DNS
	Athletics Whangarei	w: 3.8				
	M54	(565)	(316)	(0)	(0)	(0)
----- M70 -----						
1	Anstiss, David	3.88m	17.77m	32.74	21.82m	6:54.82
	North Harbour Bays	w: 3.6		w: 3.3		
	M71	2594	(673)	(297)	(604)	(423) (597)
----- M71 -----						
2	Schenk, Wolfgang	3.38m	21.13m	32.86	20.48m	DNF
	Pakuranga	w: 4.5		w: 3.3		
	M71	1859	(496)	(377)	(596)	(390) (0)

## Throws Pentathlon - Women

	Points	HT	SP	DT	JT	WT
----- W40 -----						
1 Nuia, Vavae AMA W42	2022	24.57m (469)	8.03m (458)	20.43m (328)	16.30m (265)	8.57m (502)
-----						
2 Leitu-Tui, Elisapeta AMA W44	1896	20.30m (362)	9.03m (531)	19.03m (300)	16.43m (268)	7.64m (435)
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----- W45 -----						
1 Richardson, Megan North Harbour Bays W45	2415	20.41m (406)	8.20m (516)	28.01m (534)	24.29m (482)	7.52m (477)
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----- W50 -----						
1 Ryan, Tina AMA W53	2976	29.19m (656)	10.39m (733)	24.14m (494)	19.94m (405)	11.15m (688)
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## Men Throws Pentathlon - Men

	Points	HT	SP	DT	JT	WT
----- M35 -----						
1 Couper, Dave Frankton M39	2429	33.29m (419)	10.55m (542)	28.53m (443)	45.24m (527)	10.61m (498)
-----						
----- M65 -----						
1 Delamere, Tuariki AMA M65	2960	29.18m (557)	9.83m (690)	33.81m (651)	26.39m (460)	11.36m (602)
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2 Powell, Mark AMA M68	1892	22.03m (387)	6.68m (431)	22.75m (395)	14.30m (193)	9.51m (486)
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----- M75 -----						
1 Ryan, Terry AMA M78	1641	16.27m (300)	6.60m (440)	16.43m (339)	14.03m (251)	6.08m (311)
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