



**10,000m + Pentathlon Champs
+ Open Events
Mt Smart Stadium
9 December 2018**

Results

*records subject to ratification

100m

Name	Age Team	Finals	Wind
W50			
1 Green, Phillipa	W50 North Harbour Bays	13.77	2.4
W55			
1 Hayman, Jill	W57 North Harbour Bays	14.94	2.4
W75			
1 Waring, Chris	W75 North Harbour Bays	17.14	2.4
M35			
1 Weekes, Andrew	M36 North Harbour Bays	11.75	3.1
M45			
1 Lambert, Mark	M45 North Harbour Bays	11.71	3.1
2 Seymour, Craig	M46 AMA	13.48	3.1
M50			
1 Jensen, Gavin	M53 AMA	13.49	3.1
M60			
1 Good, Bryan	M64 North Harbour Bays	14.50	3.1
M65			
1 Brown, Ross	M69 AMA	15.44	3.1
M70			
1 Schenk, Wolfgang	M73 Pakuranga	15.50	3.1

200m

Name	Age Team	Finals	Wind
W35			
1 Firestone, Faith	W39 North Harbour Bays	30.52	1.5
W50			
1 Green, Phillipa	W50 North Harbour Bays	28.99	1.5

W55				
1	Hayman, Jill	W57 North Harbour Bays	33.65	1.5
W75				
1	Waring, Chris	W75 North Harbour Bays	37.56	1.5
M45				
1	Lambert, Mark	M45 North Harbour Bays	23.80	2.3
2	Arao, Daisuke	M45	26.35	2.3
3	Seymour, Craig	M46 AMA	28.87	2.3
M50				
1	Jensen, Gavin	M53 AMA	27.70	2.3
M60				
1	Good, Bryan	M64 North Harbour Bays	30.70	2.7
M65				
1	Brown, Ross	M69 AMA	32.06	2.7
M70				
1	Deleiros, Tony	M71 North Harbour Bays	29.95	2.7

800m

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Name	Age	Team	Finals	
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M45				
1	Arao, Daisuke	M45	2:21.99	
M50				
1	Jensen, Gavin	M53 AMA	2:38.43	

10000m

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Name	Age	Team	Finals	
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W35				
1	Hill, Nicole	W39 Massey	1:01:51.84	
W60				
1	Adamson, Christine	W62 North Harbour Bays	43:50.60	
M50				
1	Conyngham, Richard	M51 ACA	39:33.45	
M55				
--	Walker, Ken	M56 ACA	DNF	
M60				
1	Prangnell, Alastair	M60 ACA	38:49.33	AMA R
--	Boyd, Greg	M62 North Harbour Bays	DNF	

W30+ Outdoor Pentathlon

	Points	100	SP	LJ	JT	800
----- W35 -----						
1 Firestone, Faith North Harbour Bays W39	2008	14.04 w: 2.4 (620)	6.56m (322)	4.17m w: 3.2 (396)	13.81m (190)	2:49.25 (480)
----- W45 -----						
1 Bacon, Catherine Auckland Masters Athletics W49	2065	16.29 w: 2.4 (458)	6.66m (396)	3.54m w: 1.3 (345)	14.65m (257)	2:51.93 (609)
----- W50 -----						
1 Hulena, Karen North Harbour Bays W54	2156	16.81 w: 2.4 (475)	6.65m (424)	3.65m w: 1.3 (446)	16.18m (313)	3:11.40 (498)
----- W55 -----						
1 Bartley, Anne Auckland Masters Athletics W59	1164	17.98 w: 2.4 (420)	5.13m (337)	2.31m w: 2.7 (122)	8.08m (137)	4:11.04 (148)

M30+ Outdoor Pentathlon

	Points	LJ	JT	200	DT	1500
----- M45 -----						
1 Wilson, Trevor North Harbour Bays M47	2528	5.37m w: 2.7 (630)	30.21m (376)	25.83 w: 2.3 (706)	19.06m (328)	5:42.74 (488)
----- M50 -----						
1 Stowers, James North Harbour Bays M52	1529	3.97m w: 1.4 (358)	22.31m (263)	29.53 w: 2.3 (494)	25.40m (385)	8:27.43 (29)
----- M55 -----						
1 Walker, Trevor Glen Eden M58	2913	5.10m w: 1.8 (741)	30.95m (463)	27.12 w: 2.3 (746)	26.16m (446)	6:08.92 (517)
----- M70 -----						
1 Anstiss, David North Harbour Bays M73	2505	3.75m w: 2.3 (626)	17.81m (298)	32.65 w: 2.7 (609)	22.95m (451)	7:13.46 (521)
2 Schenk, Wolfgang Pakuranga M73	2182	3.47m w: 3.6 (525)	19.24m (332)	32.73 w: 2.7 (604)	23.53m (466)	8:31.61 (255)

W30+ Throws Pentathlon

	Points	HT	SP	DT	JT	WT
----- W40 -----						
1 Bitcheno, Michelle Waikato BoP Masters W44	2095	30.88m (630)	7.01m (385)	19.20m (303)	14.65m (230)	9.19m (547)
2 Nuia, Vavae AMMI W44	2031	26.44m (517)	8.39m (484)	18.08m (280)	13.81m (212)	9.07m (538)

---- W55 ----						
1	Goulter, Anne North Harbour Bays W56	35.64m	8.68m	22.58m	16.18m	12.39m
		3310	(929)	(654)	(510)	(353)
						(864)

---- W65 ----						
1	Ashe, Tui North Harbour Bays W68	10.24m	6.47m	17.06m	8.08m	5.87m
		1826	(226)	(578)	(473)	(191)
						(358)

M30+ Throws Pentathlon

		Points	HT	SP	DT	JT	WT

---- M35 ----							
1	Potgieter, Jacob Auckland Masters Athletics M38	19.20m	8.82m	24.37m	28.77m	7.36m	
		1585	(189)	(434)	(362)	(287)	(313)

---- M50 ----							
1	Inivale, Laini Waitakere City M51	37.09m	13.72m	36.41m	30.36m	15.55m	
		3255	(578)	(856)	(608)	(403)	(810)

---- M55 ----							
1	Cumming, Mark North Harbour Bays M56	45.83m	8.98m	31.24m	22.83m	17.00m	
		3251	(847)	(570)	(557)	(307)	(970)

2	Free, Murray Glen Eden M55	29.32m	9.45m	31.23m	34.47m	10.77m	
		2751	(488)	(606)	(557)	(531)	(569)

---- M60 ----							
1	Thomas, James North Harbour Bays M60	32.68m	11.25m	40.38m	33.96m	13.28m	
		3240	(557)	(731)	(724)	(559)	(669)

---- M65 ----							
1	Delamere, Tuariki Glen Eden M67	28.84m	10.14m	34.36m	33.50m	12.36m	
		3216	(549)	(715)	(664)	(623)	(665)

2	Garland, Kennedy Northland Masters M68	19.86m	7.43m	25.79m	22.17m	8.81m	
		2100	(336)	(492)	(465)	(365)	(442)

DNF	Thompson, Chris North Harbour Bays M65	33.93m	DNS	30.29m	DNS	12.17m	
			(672)	(0)	(568)	(0)	(653)

---- M70 ----							
1	Powell, Mark Auckland Masters Athletics M70	23.80m	7.77m	26.86m	21.24m	10.14m	
		2377	(424)	(483)	(550)	(380)	(540)

---- M75 ----							
1	Lee, Errol M79	18.25m	7.58m	12.22m	19.51m	9.36m	
		2034	(352)	(522)	(226)	(398)	(536)

---- M80 ----							
1	Ryan, Terry Auckland Masters Athletics M80	19.78m	7.14m	17.43m	17.05m	9.26m	
		2378	(462)	(530)	(438)	(380)	(568)
