

North Island Masters Track & Field Championships

Mt Smart Stadium, Auckland 27 - 29 Nov 2015

NZ R = New Zealand Masters Record
NI R = North Island Championship Record
NI BP = North Island Best Performance

Pentathlon - Men

Male

M35

		Long Jump	Javelin	200m	Discus	1500m	
Dennis Langford	Performance	5.22	45.60	25.68	31.75	5:10.77	
Northland	Wind	-0.80		3.20			
Age 39	AF Perf	5.38	46.17	25.27	32.20	5:08.07	
3505	Points	457	532	583	508	514	
1st	2594	457	989	1572	2080	2594	NI R

M40

		Long Jump	Javelin	200m	Discus	1500m	
Jamie Halla	Performance	4.28	20.66	28.19	20.23	5:01.75	
Auckland	Wind	-1.20		3.20			
Age 40	AF Perf	4.66	22.44	26.89	22.28	4:47.24	
4001	Points	319	194	456	315	635	
1st	1919	319	513	969	1284	1919	

M50

		Long Jump	Javelin	200m	Discus	1500m	
Andy Richardson	Performance	5.18	39.32	27.31	34.10	5:21.83	
Auckland	Wind	0.00		2.90			
Age 50	AF Perf	6.36	48.27	24.40	34.84	4:40.99	
5010	Points	666	563	658	560	674	
1st	3121	666	1229	1887	2447	3121	NI R

Bruce Solomon
Waikato/Bay of Plenty

	Performance	4.44	35.06	25.45	31.95	5:59.41	
	Wind	0.00		2.90			
Age 52	AF Perf	5.45	43.04	22.74	32.64	5:13.81	
5011	Points	471	486	810	517	483	
2nd	2767	471	957	1767	2284	2767	

Mark Lett
Northland

	Performance	4.66	30.47	27.99	23.26	5:53.89	
	Wind	-1.20		2.90			
Age 53	AF Perf	5.72	37.41	25.01	23.76	5:08.99	
5007	Points	527	405	605	343	509	
3rd	2389	527	932	1537	1880	2389	

M55

		Long Jump	Javelin	200m	Discus	1500m	
Gary Rawson	Performance	4.92	29.13	26.79	26.04	7:16.58	
Wellington	Wind	0.00		0.60			
Age 56	AF Perf	6.45	38.97	23.13	28.91	6:03.98	
5513	Points	686	427	773	443	248	
1st	2577	686	1113	1886	2329	2577	NI R & NZ R

Merv Dudley
Hawkes Bay/Gisborne

	Performance	3.70	DNS	DNS	DNS	DNS	
	Wind	0.00		2.90			
Age 55	AF Perf	4.85					
5506	Points	354	0	0	0	0	
	DNF	354	354	354	354	354	

M70

		Long Jump	Javelin	200m	Discus	1500m	
Colin MacLeod	Performance	2.04	13.76	37.26	14.27	6:25.53	
Northland	Wind	-1.30		1.70			
Age 72	AF Perf	3.36	23.11	28.48	18.23	4:32.92	
7010	Points	111	204	345	239	726	
1st	1625	111	315	660	899	1625	NI BP & NZ R

Pentathlon - Women Female

W45

		100m	Shot Put	Long Jump	Javelin	800m	
Delwyn Smith	Performance	15.75	5.36	1.90	13.62	3:56.83	
Northland	Wind	-0.30		0.90			
Age 49	AF Perf	14.49	6.40	2.23	16.99	3:36.07	
4556	Points	530	297	7	233	104	
1st	1171	530	827	834	1067	1171	NI BP

W65

		100m	Shot Put	Long Jump	Javelin	800m	
Margaret Crooke	Performance	17.51	5.99	3.24	11.37	4:15.15	
Northland	Wind	-0.30		1.20			
Age 68	AF Perf	13.62	9.94	5.04	20.66	3:07.34	
6554	Points	665	526	570	301	300	
1st	2362	665	1191	1761	2062	2362	NI BP

Throws Pentathlon Female

W45

		Hammer	Shot Put	Discus	Javelin	Weight Throw	
Veronica Romagnoli	Performance	26.26	9.20	21.33	23.52	9.66	
Waikato/Bay of Plenty	Wind						
Age 46	AF Perf	33.39	10.98	25.71	29.35	12.51	
4555	Points	567	594	382	464	647	
1st	2654	567	1161	1543	2007	2654	

W50

		Hammer	Shot Put	Discus	Javelin	Weight Throw	
Tina Ryan	Performance	30.63	10.47	23.21	18.58	12.03	
Auckland	Wind						
Age 52	AF Perf	39.32	13.19	30.47	24.42	14.22	
5052	Points	696	740	471	371	753	
1st	3031	696	1436	1907	2278	3031	NI R
Anne Goulter	Performance	34.37	8.15	22.79	16.37	11.14	
Auckland	Wind						
Age 52	AF Perf	44.12	10.27	29.91	21.52	13.16	
5051	Points	802	547	461	317	687	
2nd	2814	802	1349	1810	2127	2814	

W65

		Hammer	Shot Put	Discus	Javelin	Weight Throw	
Gail Dryland	Performance	17.48	5.00	15.51	8.57	8.25	
Waikato/Bay of Plenty	Wind						
Age 65	AF Perf	29.78	8.29	27.80	15.49	10.93	
6556	Points	488	419	421	206	550	
1st	2084	488	906	1327	1533	2084	

W70

		Hammer	Shot Put	Discus	Javelin	Weight Throw	
Barbara Austin	Performance	23.55	7.67	16.07	15.93	9.86	
Northland	Wind						
Age 70	AF Perf	45.12	14.23	33.01	33.44	14.46	
7051	Points	824	809	519	542	768	
1st	3462	824	1633	2152	2694	3462	NI R
Beth MacLeod	Performance	12.39	5.67	11.17	10.97	5.73	
Northland	Wind						
Age 71	AF Perf	23.73	10.52	22.94	23.02	8.40	
7053	Points	359	564	331	345	396	
2nd	1995	359	923	1254	1599	1995	

Throws Pentathlon

Male

M35

		Hammer	Shot Put	Discus	Javelin	Weight Throw	
Dave Couper	Performance	33.07	10.34	27.83	49.01	10.73	
Waikato/Bay of Plenty	Wind						
Age 38	AF Perf	34.06	10.72	28.22	49.62	10.94	
3501	Points	416	529	430	583	505	
1st	2463	416	945	1375	1958	2463	NI R

M45

		Hammer	Shot Put	Discus	Javelin	Weight Throw	
Laini Inivale	Performance	24.59	13.09	24.42	29.83	10.83	
Auckland	Wind						
Age 49	AF Perf	30.48	15.73	29.42	34.94	12.66	
4508	Points	358	835	453	369	602	
1st	2617	358	1193	1646	2015	2617	

M50

		Hammer	Shot Put	Discus	Javelin	Weight Throw	
Murray Free	Performance	30.21	9.77	32.34	39.54	11.21	
Auckland	Wind						
Age 52	AF Perf	35.84	11.45	33.04	48.54	11.75	
5004	Points	445	573	525	567	550	
1st	2660	445	1018	1543	2110	2660	

M55

		Hammer	Shot Put	Discus	Javelin	Weight Throw	
Mark Flaus	Performance	33.16	11.79	33.23	33.16	13.82	
Southland	Wind						
Age 56	AF Perf	43.58	14.98	36.89	44.36	15.51	
5507	Points	571	788	602	506	764	
1st	3231	571	1359	1961	2467	3231	NZ R

Hans Barnard
Auckland

		Hammer	Shot Put	Discus	Javelin	Weight Throw	
	Performance	30.37	8.36	25.05	20.74	10.34	
	Wind						
Age 58	AF Perf	39.92	10.62	27.81	27.75	11.60	
5501	Points	511	523	422	268	542	
2nd	2266	511	1034	1456	1724	2266	

M60

		Hammer	Shot Put	Discus	Javelin	Weight Throw	
Tuariki Delamere	Performance	30.07	10.04	32.87	29.23	12.00	
Auckland	Wind						
Age 63	AF Perf	39.33	12.53	34.93	41.33	12.50	
6001	Points	501	639	562	461	593	
1st	2756	501	1140	1702	2163	2756	

Lester Laughton
Southland

		Hammer	Shot Put	Discus	Javelin	Weight Throw	
	Performance	32.67	9.56	32.42	21.01	13.40	
	Wind						
Age 64	AF Perf	42.73	11.93	34.45	29.70	13.96	
6002	Points	557	602	553	295	676	
2nd	2683	557	1159	1712	2007	2683	

M65

		Hammer	Shot Put	Discus	Javelin	Weight Throw	
Mark Powell	Performance	21.09	6.82	24.45	13.32	8.68	
Auckland	Wind						
Age 67	AF Perf	30.90	9.27	28.45	20.80	9.68	
6513	Points	365	442	434	172	434	
1st	1847	365	807	1241	1413	1847	

M75		Hammer	Shot Put	Discus	Javelin	Weight Throw
Terry Ryan Auckland	Performance Wind	15.79	6.15	16.47	12.82	7.00
Age 77	AF Perf	26.03	8.6	23.60	24.27	8.60
7507	Points	287	402	340	219	374
1st	1622	287	689	1029	1248	1622

M80		Hammer	Shot Put	Discus	Javelin	Weight Throw
Jim Blair Wellington	Performance Wind	19.08	6.97	18.64	20.35	8.41
Age 84	AF Perf	35.59	10.49	30.64	42.63	10.96
8001	Points	441	515	477	480	506
1st	2419	441	956	1433	1913	2419

M85		Hammer	Shot Put	Discus	Javelin	Weight Throw
Hector Mein Waikato/Bay of Plenty	Performance Wind	15.67	6.17	10.82	13.52	6.44
Age 85	AF Perf	4.8	10.4	21.10	32.95	9.30
8501	Points	428	510	293	341	413
1st	1985	428	938	1231	1572	1985

Auckland Masters Athletics
www.ama.org.nz

Sportscore