

WELLINGTON MASTERS T & F CHAMPIONSHIPS – 2009 RESULTS

Grade	PI	Name	Result	Grade	PI	Name	Result
100m				High Jump			
W30	1	Vanessa Story	13.75	M40	1	John Turner	1.65m
W45	1	Lynne Plimmer	15.57		2	Gavin Jensen	1.50m
M40	1	John Turner	12.60		3	Rod Plimmer	1.45m
	2	Gavin Jensen	12.89	M50	1	Kevin Watson	1.20m
M45	1	Gary Rawson	12.66	M75	1	Jim Blair	1.10m
M50	1	Kevin Watson	15.03	Shot Put			
M55	1	Laurie Malcolmson	12.89	W45	1	Lynne Plimmer	6.67m
M70	1	Peter Hanson	15.97		2	Sally Mills	5.10m
200m				W50	1	Melanie Watson	7.01m
W30	1	Vanessa Story	28.82	W75	1	Colleena Blair	5.63m
M40	1	Gavin Jensen	26.06	M40	1	John Turner	8.37m
M70	1	Peter Hanson	33.97		2	Gavin Jensen	6.63m
400m				M45	1	Laurence Voight	10.13m
W30	1	Vanessa Story	1:04.00	M50	1	Kevin Watson	6.18m
W50	1	Jenny McDonald	1:11.50	M70	1	Peter Hansen	9.32m
M35	1	Murray Taylor	1:23.73	M75	1	Jim Blair	7.74m
M40	1	Gavin Jensen	57.20	Discus			
M50	1	Kevin Watson	1:16.76	W30	1	Vanessa Story	17.20m
M55	1	Laurie Malcolmson	1:04.06	W45	1	Lynne Plimmer	15.80m
M70	1	Peter Hanson	1:18.85		2	Sally Mills	12.55m
800m				W50	1	Melanie Watson	15.55m
W50	1	Jenny McDonald	2:31.76	W75	1	Colleena Blair	13.66m
M40	1	Gavin Jensen	2:19.59	M40	1	John Turner	23.05m
M60	1	David Trow	3:12.91		2	Rod Plimmer	22.75m
M70	1	Peter Hanson	3:12.69		3	Gavin Jensen	17.88m
1500m				M45	1	Gary Rawson	25.78m
W45	1	Helen Willis	5:25.33	M50	1	Kevin Watson	14.68m
W50	1	Jenny McDonald	5:16.91	M60	1	Keith Bade	29.40m
M40	1	Murray Peebles	4:46.41	M75	1	Jim Blair	25.22m
M60	1	Richard Sweetman	5:58.83	Javelin			
	2	David Trow	7:45.34	W45	1	Sally Mills	13.93m
M75	1	Michael Browne	7:44.70	W50	1	Melanie Watson	10.60m
5000m				W75	1	Colleena Blair	11.04m
M40	1	Murray Peebles	17:59.97	M40	1	Rod Plimmer	31.50m
M45	1	Glen Wallis	19:51.40		2	John Turner	27.43m
M50	1	John Morrow	22:15.66	M45	1	Gary Rawson	33.50m
M60	1	Richard Sweetman	21:35.02	M50	1	Kevin Watson	18.81m
	2	John Edward	22:03.34	M60	1	Peter Jack	11.10m
M70	1	Brian Watson	26:07.83	M75	1	Jim Blair	23.50m
	2	John Hines	34:26.50	Hammer			
M75	1	Michael Browne	29:26.50	W45	1	Sally Mills	12.51m
10000m				W50	1	Melanie Watson	20.40m
M60	1	Richard Sweetman	44:51.80	M40	1	Phil Jensen	57.16m
M70	1	Brian Watson	53:57.09	M45	1	Laurence Voight	31.49m
	2	John Hines	1:10:44.00	M50	1	Kevin Watson	13.75m
M75	1	Michael Browne	59:19.69	M60	1	Keith Bade	23.59m
3000m Track Walk					2	Peter Jack	16.73m
W60	1	Margaret Bray	26:33.34	M75	1	Jim Blair	18.02m
W655	1	Daphne Jones	22:57.07	Weight Throw			
M60	1	Peter Baillie	15:25.65	W45	1	Sally Mills	5.71m
1500m Track Walk				W50	1	Melanie Watson	7.30m
M60	1	Margaret Bray	13:00.29	W75	1	Colleena Blair	8.21m
Long Jump				M40	1	Phil Jensen	18.23m
W30	1	Vanessa Story	3.62m	M50	1	Kevin Watson	6.30m
W75	1	Colleena Blair	2.45m	M60	1	Keith Bade	8.40m
M40	1	Rod Plimmer	5.18m	M70	1	Peter Hanson	7.62m
	2	John Turner	4.77m	M75	1	Jim Blair	8.71m
M45	1	Gary Rawson	4.91m				