

# Warm-up Meeting 13 November 2017 - Porritt Stadium - Conditions Hot and windless

Event	Name	Hand Time
60m W	Sheryl Gower	9.9
	Joan Mayall	12.4
60m M	Morgan Foster	7.2
	Bruce Solomon	7.5
	Stephen Te Whaiti	7.8
	Stephen Burden	8.0
	Michael Peck	8.6
	Darryl Conn	10.2
	Murray Clarkson	10.8
	Stu Foster	11.5
	100m M	Morgan Foster
Stephen Te Whaiti		12.2
Bruce Solomon		12.4
Stephen Burden		12.4
Morne Du Plessis		13.3
Michael Peck		13.8
Darryl Conn		16.4
Murray Clarkson		17.5
Stu Foster		18.6
100m W	Sheryl Gower	16.4
	Joan Mayall	21.8
200m W	Sheryl Gower	35.7
	Joan Mayall	46.9
200m M	Stephen Te Whaiti	26.1
	Bruce Solomon	26.3
	Mark Henderson	30.0
	Darryl Conn	33.9
400m M	Benjamin Henderson	73.6
	Ian Clarke	76.5
	Darryl Conn	87.0
800m M	Darryl Conn	3.13.0
3000m Run	Darryl Conn	14.58.0
3000m Walk	Sheryl Miritana	22.37.0
	Lloma Foster	23.48.0

	WT Throw	Discus	Hammer	Javelin	Shotput	High Jump
David Couper	11.52	30.92	32.21	40.79	10.25	
Don Butler		14.46	13.51		4.13	
Kevin Bradley	14.69	26.58	34.23			
Bruce Solomon		31.96		31.41		1.35
Neil Tait	12.15	26.68	22.21	23.66	8.68	
Michael Peck		19.5				1.30
Stephen Te Whaiti		30.08		41.24	9.91	1.50
Murray Clarkson		12.15				
Ian Clarke		26.64	25.72	33.42		
Stephen Burden		28.58		34.24		
Mark Henderson				18.77		1.35
Annette Parlane	7.18	18.22	17.92	11.27	6.31	
Sheryl Gower	6.94				5.84	
Michelle Bitcheno			27.68		6.74	
Joan Mayall					5.42	