Track **Have A Go Day One 8 November 2026 Porritt**

60m	Time	Age Grade%	Age Grade Performance
W44 AnnMarie McDonald	8.6	83.43	8.33
W50 Rachael Savage	12.2	61.53	11.30
W85 Joan Mayall	14.4	69.18	10.05
W86 Jill Sherburn	19.1	52.96	13.12
M64 Mark Henderson	9.2	80.54	7.87
M72 Trevor Watson	9.0	86.80	7.30
100m Handicap			
W85 Joan Mayall	18.8		
M39 Dale Tumwhenua	14.8		
M47 Mark Wells	13.6		
M72 Trevor Watson	13.9		
M72 Henare Vickridge	15.6		
200m			
W85 Joan Mayall	55.5	61.14	35.38
M39 Dale Tumwhenua	31.4	64.04	29.97
M64 Mark Henderson	34.1	69.56	27.59
M72 Trevor Watson	30.7	81.62	23.51
M72 Henare Vickridge	37.3	67.18	28.56
400M			
M39 Dale Tumwhenua	1.15	59.93	1:11.81
M64 Mark Henderson	1.33	57.10	1:15.36
800m			
W30 Sarah Carswell	3.21	56.72	3.21
W32 Jane Henderson	3.00	63.34	3.00
M39 Dale Tumwhenua	2.50	61.47	2.44.15
1500m			
W30 Sarah Carswell	6.04	63.21	6.04
W32 Jane Henderson	7.07	53.88	7.07

Field

High Jump

M17 Ihaka Savage	1.50		
Thornton Smart	1.80		
W50 Rachael Savage	1.05	59.41	1.24

Long Jump

M39 Dale Tumwhenua	3.54	42.92	3.84

Triple Jump

W50 Rachael Savage	5.73	45.00	6.97

Hammer

W50 Rachael Savage	23.46	34.56	28.68
W54 Kerry Rattray	24.40	39.02	32.38
W66 Michelle Anthony	22.68 `	47.43	39.35
W79 Annette Parlane	22.40	50.89	42.23
M89 Stewart Foster	12.35	28.38	24.08

Shot

W50 Rachael Savage	8.35	44.54	9.46
W54 Kerry Rattray	6.00	34.27	7.28
W66 Michelle Anthony	6.20	44.52	9.46
W79 Annette Parlane	7.10	56.69	12.04
W86 Jill Sherburn	5.43	53.47	11.36
M39 Dale Tumwhenua	5.66	27.14	6.22
M47 Mark Wells	8.38	44.59	10.22
M49 Russell Swney	6.36	34.78	7.97
M64 Mark Henderson	7.56	43.20	9.90

Discus

W44 AnnMarie McDonald	22.09	35.74	25.52
W50 Rachael Savage	22.84	41.42	29.58
W54 Kerry Rattray	15.02	29.48	21.06
W66 Michelle Anthony	17.82	42.59	32.35
W79 Annette Parlane	18.51	57.30	40.92
W86 Jill Sherburn	12.08	47.06	33.60
M49 Russell Swney	15.97	25.49	18.52

Javelin

W50 Rachael Savage	21.02	36.79	26.59
W66 Michelle Anthony	10.77	25.23	18.24
W79 Annette Parlane	11.57	36.65	26.49
W86 Jill Sherburn	11.40	45.24	32.70
M17 Ihaka Savage	38.56		
M47 Mark Wells	29.21	37.09	36.52

Weight

W54 Kerry Rattray	7.10	34.40	8.81
W66 Michelle Anthony	8.43	43.77	11.21
W79 Annette Parlane	8.90	53.46	13.69
W86 Jill Sherburn	6.14	46.41	11.88
M39 Dale Tumwhenua	4.44	18.08	4.67
M52 Iain Rattray	11.15	44.23	11.44
M89 Stewart Foster	5.80	30.77	7.96

Masters Athletics Age Grade Calculator: https://emlsports.com/tools/masters-athletics-age-grading-calculator/