

Grand Prix 3 - Lifestyle Sports Scottish Night of Miles - 17/12/2016**Newtown Park****17/12/2016****Results****Event 106 Men 1 Mile Run Elite GP/SNo**

Sponsor: Lifestyle Sports

| Name | Age | Team | Finals |
|--------------------|-----|------------------|---------|
| Heat 1 | | | |
| 1 William Sinclair | 16 | Hinemoa AC | 4:28.74 |
| 2 Jonathan Justice | 36 | Scottish | 4:28.99 |
| 3 Rowan Hooper | 38 | Scottish | 4:29.75 |
| 4 Harry Burnard | 19 | Scottish | 4:30.51 |
| 5 Jack Hammond | 16 | Lower Hutt Aac | 4:34.27 |
| 6 Joel Carman | 17 | Lower Hutt Aac | 4:35.49 |
| 7 Hiro Tanimoto | 31 | Scottish | 4:37.80 |
| 8 Dougall Thorburn | 35 | Scottish | 4:41.27 |
| 9 Niam McDonald | 20 | Scottish | 4:41.70 |
| 10 Matthew Rogers | 37 | Lower Hutt Aac | 4:43.21 |
| 11 Neihana Randall | 25 | Guest | 4:45.61 |
| 12 Benjamin Wall | 15 | Palmerston North | 4:47.55 |
| 13 Jared Sarten | 18 | St Pats Stream | 4:54.00 |

Event 106B Men 1 Mile Run B-GP/SNoM Open

| Name | Age | Team | Finals |
|----------------------|-----|-----------------|---------|
| 1 Jonathan Crickmore | 23 | Guest | 4:34.01 |
| 2 Scott Russell | 26 | Scottish | 4:35.18 |
| 3 Daniel Clendon | 41 | Wellington H&A | 4:44.68 |
| 4 Andrew Wharton | 41 | Scottish | 4:46.59 |
| 5 Andrew Ford | 37 | Scottish | 4:48.14 |
| 6 Stephen Day | 41 | Scottish | 4:49.81 |
| 7 Isaac Murphy | 23 | Wellington H&A | 4:52.41 |
| 8 Dan Hunt | 22 | Victoria AC | 4:53.64 |
| 9 Josh Campbell | 42 | Trentham United | 4:54.10 |
| 10 Jacob Rothman | 22 | Guest | 4:55.54 |
| 11 Joseph Sinclair | 15 | Hinemoa AC | 4:57.34 |
| 12 Simon Keller | 43 | Scottish | 4:59.42 |
| 13 Zach Bellamy | 14 | Hinemoa AC | 5:02.90 |
| 14 Matt Bonner | 28 | Guest | 5:03.25 |
| 15 Trent Corbett | 39 | Olympic H&A | 5:06.30 |
| 16 Alasdair Saunders | 37 | Scottish | 5:07.33 |

Event 110G Men 100 Metre Run GP3 Open

| Name | Age | Team | Finals |
|-------------------|-----|--------------------|---------------|
| Heat 1 Wind: -0.2 | | | |
| 1 Nick Smith | 17 | Lower Hutt Aac | 10.92 |
| 2 Yasheek Rosario | 17 | Wellington H&A | 11.05 |
| 3 James Robertson | 17 | Wairarapa A | 11.57 |
| 4 Ben Cusin | 16 | Lower Hutt Aac | 11.95 |
| -- Saravee Sos | 25 | Wellington H&A | DQ Rule 162.6 |
| Heat 2 Wind: 2.2 | | | |
| 1 Hamish Lock | 15 | Upper Hutt AC | 12.00 |
| 2 Shaun Broughton | 36 | Guest | 12.20 |
| 3 John McInnes | 38 | Wellington Masters | 12.28 |
| 4 Sautia Misa | 13 | Upper Hutt AC | 12.49 |
| 5 Ryan Vailalo | 14 | Titahi Bay Aac | 12.55 |
| 6 Jackson Roil | 15 | Upper Hutt AC | 12.66 |
| Heat 3 Wind: 2.4 | | | |
| 1 James Keegan | 33 | Scottish | 12.84 |

Grand Prix 3 - Lifestyle Sports Scottish Night of Miles - 17/12/2016**Newtown Park****17/12/2016****Results****....Event 110G Men 100 Metre Run GP3 Open**

| | | |
|--------------------|-----------------------|-------|
| 2 Rod Plimmer | 50 Wellington Masters | 13.11 |
| 3 Brendon Thompson | 45 Scottish | 13.64 |
| 4 Jonathan Sceats | 13 Lower Hutt Aac | 14.36 |

Event 120G Men 200 Metre Run GP3 Open

| Name | Age Team | Finals |
|-------------------|-----------------------|--------|
| Heat 1 Wind: 3.2 | | |
| 1 Nick Smith | 17 Lower Hutt Aac | 22.50 |
| 2 Saravee Sos | 25 Wellington H&A | 22.77 |
| 3 James Robertson | 17 Wairarapa A | 23.71 |
| 4 Hamish Lock | 15 Upper Hutt AC | 24.24 |
| 5 Rowan Blaikie | 16 WelCollege | 24.62 |
| 6 Ryan Vailalo | 14 Titahi Bay Aac | 25.50 |
| Heat 2 Wind: 2.5 | | |
| 1 Sautia Misa | 13 Upper Hutt AC | 25.76 |
| 2 Cameron Morgan | 16 Wellington H&A | 25.93 |
| 3 Fergus Jobson | 14 Wellington H&A | 25.99 |
| 4 Callan Rothmets | 15 Scottish | 26.50 |
| Heat 3 Wind: 2.1 | | |
| 1 Shaun Broughton | 36 Guest | 25.36 |
| 2 James Keegan | 33 Scottish | 26.46 |
| 3 Rod Plimmer | 50 Wellington Masters | 27.18 |
| 4 Aaron Rothmets | 13 Karori AC | 27.97 |
| 5 Jonathan Sceats | 13 Lower Hutt Aac | 29.25 |

Event 140G Men 400 Metre Run GP3 Open

| Name | Age Team | Finals |
|---------------------|--------------------|---------|
| Heat 1 | | |
| 1 Mikael Starzynski | 15 Wairarapa A | 51.29 |
| 2 Alessandro Pinna | 50 Scottish | 53.52 |
| 3 Rowan Blaikie | 16 WelCollege | 53.66 |
| 4 Louis Northcott | 15 Paraparaumu T&F | 54.58 |
| 5 Jonathan Sceats | 13 Lower Hutt Aac | 1:07.27 |
| 6 Richard Brent | 65 Wellington H&A | 1:07.98 |

Event 210 Men High Jump Open

| Name | Age Team | Finals |
|---|-------------------|--------|
| Flight 1 | | |
| 1 Mark Tinkle | 30 Kiwi AC | 1.86m |
| 1.65 1.70 1.75 1.80 1.86 1.90 | | |
| O O XO O O XXX | | |
| 2 Hamish Lock | 15 Upper Hutt AC | 1.75m |
| 1.45 1.50 1.55 1.60 1.65 1.70 1.75 1.80 | | |
| O O O XXO O XO XXO XXX | | |
| 2 Chris Gillespie | 16 Upper Hutt AC | 1.75m |
| 1.65 1.70 1.75 1.80 | | |
| O O XO XXX | | |
| 4 Khya Wilson | 14 Lower Hutt Aac | 1.60m |
| 1.55 1.60 | | |
| O O | | |

Grand Prix 3 - Lifestyle Sports Scottish Night of Miles - 17/12/2016**Newtown Park****17/12/2016****Results****....Event 210 Men High Jump Open**

| | | | | |
|---|------------------------------------|----|---------------|-------|
| 4 | Sautia Misa | 13 | Upper Hutt AC | 1.60m |
| | 1.35 1.40 1.45 1.50 1.55 1.60 1.65 | | | |
| | O O O O O O XXX | | | |
| 4 | Xander Manktelow | 14 | Kiwi AC | 1.60m |
| | 1.55 1.60 1.65 | | | |
| | O XO XXX | | | |
| 7 | Darin Hunt | 21 | Kiwi AC | 1.50m |
| | 1.45 1.50 1.55 | | | |
| | XO O XXX | | | |
| 8 | Eddie Soria | 45 | Kiwi AC | 1.35m |
| | 1.30 1.35 1.40 | | | |
| | O O XXX | | | |

Event 230 Men Long Jump Open

| Name | Age | Team | Finals | Wind |
|------------------|-----|---|--------|------|
| 1 Ben Cusin | 16 | Lower Hutt Aac | 5.41m | 3.5 |
| | | X(0.5) 5.32m(-1.6) X(-2.8) X(1.2) 5.41m(3.5) X(0.9) | | |
| 2 Jackson Roil | 15 | Upper Hutt AC | 5.39m | 3.6 |
| | | 5.23m(1.7) 5.06m(-2.5) 5.30m(-0.2) X(-0.4) 5.39m(3.6) 4.75m(0.2) | | |
| 2 Mark Tinkle | 30 | Kiwi AC | 5.39m | 0.4 |
| | | 4.79m(-0.2) 4.59m(-0.0) 4.71m(-1.5) 4.72m(+0.0) 5.39m(0.4) 5.38m(2.3) | | |
| 4 James Keegan | 33 | Scottish | 4.99m | -0.2 |
| | | 4.99m(-0.2) 4.71m(-1.2) 4.73m(0.7) | | |
| 5 Rod Plimmer | 50 | Wellington Masters | 4.96m | 2.2 |
| | | 4.77m(-1.4) 4.60m(-1.3) 4.66m(-0.5) 4.81m(1.2) 4.96m(2.2) 4.94m(2.7) | | |
| 6 Darin Hunt | 21 | Kiwi AC | 4.65m | 0.4 |
| | | 4.52m(0.3) 4.65m(0.4) 4.14m(0.8) 4.29m(-0.4) X(2.6) 4.44m(-0.6) | | |
| 7 Aaron Rothmets | 13 | Karori AC | 4.64m | 2.0 |
| | | 4.63m(-2.1) 4.52m(-3.2) 4.50m(0.8) 4.38m(-1.1) 4.64m(2.0) X(3.1) | | |

Event 250 Men Shot Put Open

| Name | Age | Team | Finals |
|------------------|-----|-------------------------------------|--------------|
| 1 John McInnes | 38 | Wellington Masters | 9.82m 7.26kg |
| | | 9.82m 9.11m 9.77m 9.05m X X | |
| 2 Max Abbot | 13 | Karori AC | 9.43m 4kg |
| | | 9.43m 8.98m 8.96m 8.67m 8.32m 8.72m | |
| 3 Graham McPhail | | Kiwi AC | 9.09m 7.26kg |
| | | 8.68m 9.04m 9.09m | |
| 4 DuhCeu Thang | 16 | Kiwi AC | 7.93m 5kg |
| | | 7.44m 7.93m 7.88m X 7.41m 7.80m | |
| 5 Joseph Thang | 14 | Kiwi AC | 7.72m 4kg |
| | | 6.84m 7.66m 7.72m 7.64m 7.33m 7.03m | |
| 6 Peter Orman | 65 | Lower Hutt Aac | 7.58m 5kg |
| | | 7.25m 7.12m 7.36m 7.58m 6.90m 6.93m | |
| 7 Graham Cook | 72 | Kiwi AC | 6.53m 4kg |
| | | 6.17m 6.46m 6.53m 6.52m 6.52m 6.52m | |
| 8 Peter Jack | 70 | Kiwi AC | 5.63m 4kg |
| | | 5.55m 5.63m 5.50m 5.48m 5.39m 5.54m | |

Event 260 Men Discus Throw Open

| Name | Age | Team | Finals |
|------|-----|------|--------|
|------|-----|------|--------|

Grand Prix 3 - Lifestyle Sports Scottish Night of Miles - 17/12/2016**Newtown Park****17/12/2016****Results****....Event 260 Men Discus Throw Open**

| | | | |
|---|--------------------|--------|--------|
| 1 Marshall Hall | 28 Invercargill | 59.78m | 2kg |
| 56.41m 54.51m 59.78m 57.47m 57.24m 55.27m | | | |
| 2 Louis Northcott | 15 Paraparaumu T&F | 41.91m | 1.25kg |
| 41.91m X 36.46m 41.17m 38.31m - | | | |
| 3 Jack Beatson | 17 Wairarapa A | 39.92m | 1.5kg |
| 36.95m 39.68m 37.34m 39.58m 39.92m 39.38m | | | |
| 4 Max Abbot | 13 Karori AC | 35.10m | 1kg |
| 34.10m 33.61m 32.10m 35.10m X X | | | |
| 5 Eddie Soria | 45 Kiwi AC | 30.10m | 2kg |
| 29.37m 29.35m X 25.65m X 30.10m | | | |
| 6 Peter Orman | 65 Lower Hutt Aac | 28.06m | 1kg |
| 23.64m 25.19m 28.06m 23.16m X 25.57m | | | |
| 7 Graham McPhail | Kiwi AC | 26.66m | 2kg |
| 25.01m 23.04m X 24.28m X 26.66m | | | |
| 8 Joseph Thang | 14 Kiwi AC | 20.44m | 1kg |
| 20.15m 20.44m 19.69m X 18.07m 19.28m | | | |
| 9 Graham Cook | 72 Kiwi AC | 18.66m | 1kg |
| 15.39m 16.84m 18.13m 18.13m 16.62m 18.66m | | | |
| 10 DuhCeU Thang | 16 Kiwi AC | 17.78m | 1.5kg |
| X 17.28m X 17.78m X 16.59m | | | |
| 11 Peter Jack | 70 Kiwi AC | 14.47m | 1kg |
| 14.47m 13.61m 14.11m X 14.08m 12.72m | | | |
| 12 Peter Tearle | 90 Scottish | 12.65m | 1kg |
| 9.48m X 10.44m 10.40m 10.50m 12.65m | | | |

Event 270 Men Hammer Throw Open

| Name | Age Team | Finals |
|---|-------------------|------------|
| 1 Nathan Whiteman | 16 Wairarapa A | 44.36m 5kg |
| 43.60m X 44.36m X X X | | |
| 2 Jack Beatson | 17 Wairarapa A | 38.59m 6kg |
| X X 38.59m X 34.45m X | | |
| 3 Peter Orman | 65 Lower Hutt Aac | 22.28m 5kg |
| 21.01m 21.78m 20.43m 22.28m 22.09m 21.12m | | |
| 4 Graham Cook | 72 Kiwi AC | 19.49m 4kg |
| 15.70m 15.59m X X 16.41m 19.49m | | |

Event 306 Women 1 Mile Run GP3/SNoM

Sponsor: Lifestyle Sports

| Name | Age Team | Finals |
|---------------------|---------------------|---------|
| Heat 1 | | |
| 1 Tina Harris | 34 Scottish | 4:55.04 |
| 2 Kara MacDermid | 19 Palmerston North | 4:55.55 |
| 3 Phoebe McKnight | 15 Lower Hutt Aac | 5:13.41 |
| 4 Andrea Peat | 26 Wellington H&A | 5:20.85 |
| 5 Jo Crawford | 35 Olympic H&A | 5:39.43 |
| 6 Lindsay Barwick | 42 Scottish | 5:47.77 |
| 7 Michelle Van Looy | 45 Olympic H&A | 5:53.27 |

Event 310G Women 100 Metre Run GP3 Open

| Name | Age Team | Finals |
|-------------------|------------------|--------|
| Heat 1 Wind: -0.5 | | |
| 1 Aimee Francois | 29 Upper Hutt AC | 12.79 |
| 2 Alyssa Wilson | 13 Karori AC | 13.29 |

Grand Prix 3 - Lifestyle Sports Scottish Night of Miles - 17/12/2016**Newtown Park****17/12/2016****Results****....Event 310G Women 100 Metre Run GP3 Open**

| | | | | |
|---|-----------------|----|--------------------|-------|
| 3 | Ellen Homstad | 17 | Lower Hutt Aac | 13.35 |
| 4 | Vanessa Story | 42 | Wellington Masters | 13.45 |
| 5 | Lauren Goodman | 13 | Paraparaumu T&F | 14.10 |
| 6 | Jessie Falloon | 14 | Palmerston North | 14.41 |
| 7 | Petra Stoeveken | 51 | Wellington Masters | 14.61 |

Heat 2 Wind: -0.7

| | | | | |
|---|----------------|----|--------------------|-------|
| 1 | Hyzinta Waugh | 26 | Guest | 13.72 |
| 2 | Jasmine Amohia | 14 | WelEast | 14.26 |
| 3 | Samantha Whyte | 13 | Wellington H&A | 14.30 |
| 4 | Gordon Cameron | 60 | Wellington Masters | 14.55 |
| 5 | One Lane | | Guest | 14.71 |
| 6 | Libby Leikis | 18 | Karori AC | 16.88 |
| 7 | Jenny Mason | 64 | Scottish | 17.01 |

Event 320G Women 200 Metre Run GP3 Open

| Name | Age | Team | Finals |
|------|-----|------|--------|
|------|-----|------|--------|

Heat 1 Wind: 3.3

| | | | | |
|---|----------------|----|------------------|-------|
| 1 | Aimee Francois | 29 | Upper Hutt AC | 26.15 |
| 2 | Alyssa Wilson | 13 | Karori AC | 27.57 |
| 3 | Lauren Goodman | 13 | Paraparaumu T&F | 28.32 |
| 4 | Jessie Falloon | 14 | Palmerston North | 28.72 |
| 5 | Hyzinta Waugh | 26 | Guest | 29.79 |
| 6 | Libby Leikis | 18 | Karori AC | 35.47 |

Event 340G Women 400 Metre Run GP3 Open

| Name | Age | Team | Finals |
|------|-----|------|--------|
|------|-----|------|--------|

Heat 1

| | | | | |
|----|--------------------------|----|--------------------|---------|
| 1 | Jo Crawford | 35 | Olympic H&A | 1:07.43 |
| 2 | Vanessa Story | 42 | Wellington Masters | 1:01.39 |
| 3 | Maddie Feaunati | 14 | Paraparaumu T&F | 1:03.14 |
| 4 | Charlotte Floodsmith-Rya | 14 | Wellington H&A | 1:02.49 |
| 6 | Victoria Green | 15 | Olympic H&A | 1:05.40 |
| -- | Lauren Goodman | 13 | Paraparaumu T&F | 1:09.60 |

Event 410 Women High Jump Open

| Name | Age | Team | Finals |
|------|-----|------|--------|
|------|-----|------|--------|

Flight 1

| | | | | |
|---|---------------------|----|----------------|-------|
| 1 | Imogen Skelton | 16 | Wellington H&A | 1.60m |
| | 1.55 1.60 1.65 | | | |
| | O XO XXX | | | |
| 2 | Phoebe Evans | 14 | Lower Hutt Aac | 1.45m |
| | 1.35 1.40 1.45 1.50 | | | |
| | O O XXO XXX | | | |

Event 430 Women Long Jump Open

| Name | Age | Team | Finals | Wind |
|------|-----|------|--------|------|
|------|-----|------|--------|------|

| | | | | | |
|---|---|----|----------------|-------|-----|
| 1 | Ellen Homstad | 17 | Lower Hutt Aac | 4.79m | 1.9 |
| | 4.21m(0.6) 4.71m(-1.7) 4.67m(0.2) X(-2.1) 4.79m(1.9) 4.75m(2.8) | | | | |
| 2 | Elsa Keene | 15 | Olympic H&A | 4.49m | 2.6 |
| | 4.26m(-1.8) 3.68m(-0.5) 4.00m(-0.9) X(-2.4) 4.49m(2.6) 4.17m(3.7) | | | | |

Grand Prix 3 - Lifestyle Sports Scottish Night of Miles - 17/12/2016**Newtown Park****17/12/2016****Results****....Event 430 Women Long Jump Open**

| | | | |
|-----------------|-------------------|---|-----|
| 3 Phoebe Evans | 14 Lower Hutt Aac | 4.48m | 3.0 |
| | | 4.04m(-2.0) 4.28m(-2.1) X(-2.5) 4.38m(1.1) 4.48m(3.0) 4.40m(1.6) | |
| 3 Hyzinta Waugh | 26 Guest | 4.48m | NWI |
| | | 4.48m(-0.0) 4.28m(-1.0) 3.99m(-1.8) X(-1.5) 4.13m(6.0) 4.34m(0.7) | |

Event 450 Women Shot Put Open

| Name | Age Team | Finals |
|--------------------|-----------------------|-------------------------------------|
| 1 Michelle Scriven | 48 Wellington Masters | 8.94m 4kg |
| | | 8.73m 8.74m 8.36m 8.94m 8.66m 8.38m |

Event 460 Women Discus Throw Open

| Name | Age Team | Finals |
|--------------------|-----------------------|---------------------------------|
| 1 Michelle Scriven | 48 Wellington Masters | 25.65m 1kg |
| | | 25.65m X X 22.79m X X |
| 2 Brandy Collins | 17 Titahi Bay Aac | 24.35m 1kg |
| | | 19.98m 24.02m 23.81m X 24.35m X |

Event 470 Women Hammer Throw Open

| Name | Age Team | Finals |
|----------------------|-------------------|----------------------------|
| 1 Montaya Wharehinga | 21 Lower Hutt Aac | 49.55m 4kg |
| | | X X 48.96m X 47.39m 49.55m |

Event 506 Mixed 1 Mile Run GP3 All Come Open

| Name | Age Team | Finals |
|------------------|--------------|---------|
| Heat 1 | | |
| 1 Marshall Clark | M61 Scottish | 5:43.68 |
| 2 Lyn Clark | W Guest | 7:01.53 |
| 3 Ian Morton | M60 Scottish | 7:19.08 |

Event 506W Mixed 1 Mile Race Walk GP3/SNoM Open

| Name | Age Team | Finals |
|---------------------|------------------------|----------|
| 1 Sean Lake | M45 Scottish | 8:03.74 |
| 2 Daniel du Toit | M14 Wellington H&A | 8:08.23 |
| 3 Bart Henderson | M Wellington Masters | 9:28.10 |
| 4 Christina Gardner | W18 Scottish | 9:28.70 |
| 5 Bob Gardner | M62 Scottish | 9:35.72 |
| 6 Jacqueline Wilson | W Wellington Masters | 9:54.35 |
| 7 Ian Morton | M60 Scottish | 10:18.78 |
| 8 David Fisher | M57 Guest | 10:19.69 |
| 9 Diane Morgan | W58 Scottish | 10:43.35 |
| 10 Daphne Jones | W75 Scottish | 11:00.07 |
| 11 Geoff Iremonger | M70 Wellington Masters | 11:24.93 |
| 12 Don Stevens | M Scottish | 13:41.03 |