

Cook Islands Masters Champs 2010 Results

Track				Field			
60m	Age Group	Result	Age Grade	Shot Put	Age Group	Result	Age Grade
Rouru Bishop	W55	11.7	74.8%	Kevin Henderson	M55	7.33	40.4%
Nane Tepai	W40	10.2	72.0%	Rouru Bishop	W55	7.16	
Mona Henderson	W45	15.6	50.2%	Terai Hill	W55	6.33	
Takau Moekaa	W55	16.2	52.0%	Takau Moekaa	W55	7.72	
Mata Lang	W35	12.7	55.1%	Nane Tepai	W40	8.48	45.9%
				Mona Henderson	W45	8.04	
Tamarua Herman	M65	11.4	71.4%	Tamarua Herman	M65	7.37	
David Lobb	M55	8.9	86.3%	Tui Ashe	W55	8.13	59.0%
Anau Manarangi	M60	13.0	60.6%	Mata Lang	W35	7.32	
Paul Allsworth	M50	7.9	92.1%	Anau Manarangi	M60	9.26	55.4%
Billy Foster	M50	9.8		Billy Foster	M50	7.69	
100m				Discus			
Takau Moekaa	W55	20.1		Kevin Henderson	M55	24.43	
Nane Tepai	W40	15.8		Terai Hill	W55	18.54	
Apii Napa	W35	18.2		Takau Moekaa	W55	21.07	
Mata Lang	W35	23.7		Nane Tepai	W40	19.13	
Mona Henderson	W45	18.5		Mona Henderson	W45	24.97	
Paul Allsworth	M50	13.6		Tamarua Herman	M65	29.34	
David Lobb	M55	14.7		Tui Ashe	W55	21.24	
				Mata Lang	W35	12.53	
				Rouru Bishop	W55	15.25	
				Apii Napa	W35	24.43	
				Ali Napa	M40	24.35	
				Billy Foster	M50	19.03	
				Andy Olah	M60	19.34	
400m				Javelin			
Mona Henderson	W45	01:49.1		Kevin Henderson	M55	20.62	
Apii Napa	W35	01:30.7		Terai Hill	W55	17.70	
				Takau Moekaa	W55	17.94	
				Mona Henderson	W45	23.83	
				Tamarua Herman	M65	27.58	
				Tui Ashe	W55	16.33	
				Apii Napa	W35	13.13	
				Ali Napa	M40	32.96	
				Billy Foster	M50	22.58	
3000m Walk				Hammer Throw			
Mona Henderson	W45	25:59.2	49.4%	Rouru Bishop	W55	18.21	35.3%
Takau Moekaa	W55	26:11.7	52.1%	Terai Hill	W55	17.56	34.0%
				Takau Moekaa	W55	19.53	34.9%
				Nane Tepai	W40	15.88	28.4%
				Mona Henderson	W45	19.94	43.6%
				Mata Lang	W35	16.75	26.8%
				Tamarua Herman	M65	21.47	42.5%
				Anau Manarangi	M60	23.59	41.0%
Relays (4x100)							
Nane, Tui, Andy, Mona		1					
Billy, Rouru, David, Apii		2					
Jumps							
Long Jump							
Rouru Bishop	W55	2.89					
Nane Tepai	W40	3.48					
David Lobb	M55	3.88					
Tui Ashe	W55	3.47					
Triple Jump							
Rouru Bishop	W55	6.47	61.6%				
David Lobb	M55	8.32	62.8%				
Andy Olah	M60	8.11					