



21st AMA Winter Throws Championships

Sunday October 2nd, 2016

Kerryn McCann Athletics Centre, Beaton Park, Wollongong

Throws Pentathlon Results

Women

W30

Surname	Name	State	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total	Place
Day	Jessica	QLD	23.12	346	6.25	287	15.52	198	9.17	91	7.88	364	1286	1

W35

Surname	Name	State	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total	Place
Hunter	Kelly	NSW	29.12	533	11.07	627	39.92	681	28.91	490	11.02	617	2948	1
Thomson	Audrey	NSW	32.37	611	9.13	495	26.01	406	15.82	230	9.40	509	2251	2
Beddie	Vanessa	NSW	14.15	186	5.16	230	13.03	163	10.76	132	3.70	138	849	3

W40

Surname	Name	State	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total	Place
Latanis	Samantha	NSW	27.11	534	9.92	596	28.41	494	22.15	390	10.59	649	2663	1

W45

Surname	Name	State	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total	Place
Cimino	Maria	NSW	22.71	469	7.76	482	22.87	417	21.47	416	10.06	679	2463	1

W50

Surname	Name	State	3kg hammer		3kg shot		1kg discus		500gm javelin		7.26kg (16lbs) weight		Total	Place
Watts	Gabi	NSW	39.38	945	11.45	823	32.79	714	22.76	475	13.81	884	3841	1
Howorth	Sandra	VIC	31.16	711	7.55	498	19.68	385	15.23	289	8.67	508	2391	2
Engeler	Deborah	NSW	23.20	488	6.70	428	23.87	488	14.02	260	8.66	507	2171	3
Fellows	Denise	NSW	25.66	557	5.86	360	18.62	359	12.71	228	7.49	423	1927	4

THROWS PENTATHLON SCORING SHEETS (WMA 2010 FACTORS)

W55

Surname	Name	State	3kg hammer		3kg shot		1kg discus		500gm javelin		7.26kg (16lbs) weight		Total	Place
Gibbins	Sharon	ACT	36.03	941	8.83	668	27.09	635	17.89	399	11.03	754	3397	1
Shaw	Christine	NSW	29.63	743	8.84	669	23.82	544	24.19	572	9.33	619	3147	2
Hord	Wendy	NSW	36.02	941	8.19	610	17.11	363	17.68	394	10.23	690	2998	3
Cubban	Ellena	NSW	30.24	761	8.48	636	19.32	422	17.21	381	7.56	478	2678	4
Messerle	Narelle	VIC	19.84	445	7.82	577	17.20	365	16.84	371	7.55	478	2236	5
Lloyd	Alex	ACT	29.47	738	6.74	480	21.64	485	0.00	0	8.24	532	2235	6

W60

Surname	Name	State	3kg hammer		3kg shot		1kg discus		500gm javelin		5.45kg (12lbs) weight		Total	Place
Lowe	June	NSW	36.96	1083	9.57	819	21.88	556	22.61	599	13.08	854	3911	1
Taylor	Jill	NSW	32.69	937	7.92	654	21.48	544	14.10	340	11.62	743	3218	2
Clarke	Kate	NSW	23.52	626	7.09	572	19.48	483	17.58	445	7.40	430	2556	3
van Bockel	Adriana	NSW	22.26	584	5.81	446	16.61	397	12.19	282	7.96	471	2180	4

W70

Surname	Name	State	3kg hammer		3kg shot		1kg discus		500gm javelin		5.45kg (12lbs) weight		Total	Place
Thomas	Mary	NSW	27.05	973	6.52	668	19.60	659	20.37	720	10.34	812	3832	1
Rudov	Raylea	ACT	18.95	630	5.41	532	14.27	449	10.65	333	8.63	656	2600	2

W80

Surname	Name	State	2kg hammer		2kg shot		0.75kg discus		400gm javelin		4kg weight		Total	Place
Wahren	Mary	ACT	15.85	586	5.49	621	10.75	408	10.89	468	5.78	427	2510	1



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Throws Pentathlon

Men

M30

Surname	Name	State	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total	Place	
Day	Michael	QLD	33.98	414	12.29	624	34.94	562	41.67	466	11.41	531	2597	1	New MR

M35

Surname	Name	State	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total	Place
Norwood	Darrin	QLD	39.84	529	14.35	783	43.18	742	44.75	520	14.35	714	3288	1
Muscat	Jamie	NSW	47.02	651	13.56	732	41.38	705	31.20	322	14.23	708	3118	2
Kirievsky	Anatoly	NSW	29.45	356	8.76	431	29.92	471	30.02	305	8.85	398	1961	3
Jones	Warren	NSW	30.63	375	8.38	407	23.09	337	21.71	188	9.18	417	1724	4

M40

Surname	Name	State	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total	Place
Watson	Rodney	NSW	33.69	478	11.10	628	29.18	507	30.62	345	10.42	528	2486	1
Henry	Stephen	NSW	26.52	348	9.95	551	18.69	283	20.19	187	9.54	474	1843	2

M45

Surname	Name	State	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total	Place
White	Chris	ACT	28.36	434	9.67	584	33.56	673	38.93	524	8.74	464	2679	1
Lowrey	Tim	QLD	24.86	364	8.53	501	22.44	407	20.51	216	8.36	440	1928	2

M50

Surname	Name	State	6kg hammer		6kg shot		1.5kg discus		700gm javelin		11.34kg (25lbs) weight		Total	Place
Fassolis	Jim	NSW	39.70	629	10.79	646	31.33	504	23.33	280	13.92	712	2771	1

M55

Surname	Name	State	6kg hammer		6kg shot		1.5kg discus		700gm javelin		11.34kg (25lbs) weight		Total	Place
Reed	Peter	ACT	37.11	656	10.67	701	29.15	511	26.98	386	14.27	793	3047	1
Hanbury-Brown	Robert	NSW	32.46	556	9.52	612	30.00	530	29.44	433	12.96	709	2840	2
Clark	Robert	NSW	32.41	555	9.72	628	28.94	507	24.29	335	12.34	669	2694	3

MENS THROWS PENTATHLON SCORING SHEETS (WMA 2010 FACTORS)

M60														
Surname	Name	State	5kg hammer		5kg shot		1kg discus		600gm javelin		9.08kg (20lbs) weight		Total	Place
Murray	Gavin	NSW	40.72	731	12.11	797	40.45	726	30.74	493	15.04	774	3521	1
Joni	Lajos	NSW	37.48	660	10.32	660	30.67	516	21.28	300	13.36	674	2810	2

M65														
Surname	Name	State	5kg hammer		5kg shot		1kg discus		600gm javelin		9.08kg (20lbs) weight		Total	Place
Ross	Dave	NSW	28.40	539	7.30	482	25.41	456	23.23	389	11.19	592	2458	1
West	John	NSW	17.89	290	7.50	498	25.04	448	26.24	456	8.27	409	2101	2

M70														
Surname	Name	State	4kg hammer		4kg shot		1kg discus		500gm javelin		7.26kg (16lbs) weight		Total	Place
Green	Ray	ACT	32.31	626	9.88	646	30.62	647	18.79	321	11.46	625	2865	1
Tonelli	Didimo	VIC	24.97	451	8.97	575	23.03	453	26.56	509	9.03	469	2457	2

M80														
Surname	Name	State	3kg hammer		3kg shot		1kg discus		400gm javelin		5.48kg (12lbs) weight		Total	Place
Hancock	Tom	VIC	36.67	984	11.60	942	31.08	893	31.65	833	15.26	1018	4670	1
Simcock	Ron	NSW	37.29	1003	10.97	883	23.83	648	27.99	717	15.57	1041	4292	2

New
Discus &
TP AR/MR