

2023 NSWMA Throws Pentathlon Championships

WOMENS

W30	Name	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total	
	Harsheen Sahota	15.96	164	4.87	200	12.07	139	12.93	159	6.09	219	881	
W35	Name	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total	
	Amninder Kaur	13.47	137	4.83	208	10.29	109	8.36	80	5.08	177	711	
	Helena Smith	18.97	229	7.74	401	18.87	258	19.86	295	8.58	360	1543	
W40	Name	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total	
	Sukhir Kaur	28.38	439	7.62	432	20.12	307	21.58	371	8.18	374	1923	
W45	Number	Name	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total
		Ingrid Harris	21.67	353	6.89	419	22.66	400	12.17	200	7.41	366	1738
W55	Number	Name	3kg hammer		3kg shot		1kg discus		500gm javelin		7.26kg (16lbs) weight		Total
		Gabi Watts	36.05	705	10.83	752	31.71	759	20.33	450	13.87	814	3480
		Donna Hiscox	16.26	261	5.46	318	12.97	252	10.83	201	5.64	271	1303
W60	Number	Name	3kg hammer		3kg shot		1kg discus		500gm javelin		5.45kg (12lbs) weight		Total
		Christine Shaw	26.93	567	8.45	623	23.97	616	22.81	588	10.76	554	2948
		Deb Engeler	22.17	448	7.10	503	18.39	447	13.03	298	9.11	453	2149
		Pauline Cox	25.28	526	7.79	565	19.08	468	18.32	454	10.48	536	2549

W65	Name	3kg hammer		3kg shot		1kg discus		500gm javelin		5.45kg (12lbs) weight		Total
	Kerrie Jones	16.38	354	5.82	444	14.59	385	12.48	327	8.17	450	1960
	Jill Taylor	29.93	736	8.53	710	18.13	503	14.01	378	11.23	659	2986
	June Lowe	0.00	0	8.85	742	16.89	461	22.40	660	11.71	692	2555
	Ellena Cubban	29.43	722	7.85	643	19.15	538	16.65	466	10.18	587	2956
W70	Name	3kg hammer		3kg shot		1kg discus		500gm javelin		5.45kg (12lbs) weight		Total
	Adriana Van Bockel	15.42	383	5.12	432	14.00	424	10.84	320	6.79	413	1972
W75	Name	2kg hammer		2kg shot		0.75kg discus		400gm javelin		4kg weight		Total
	Mary Thomas	27.09	645	6.99	574	19.08	608	14.14	455	8.96	538	2820

MENS

M35	Name	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total
	Amardeep Malik	22.47	256	9.15	460	24.75	362	36.91	421	7.92	337	1836
M40	Name	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total
	Anatoly Kirievsky	27.27	354	8.37	444	28.46	445	28.40	325	9.08	434	2002
M45	Name	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total
	Benny Dalton	17.49	210	7.35	409	17.08	245	23.95	285	5.90	271	1420
	Jamie Muscat	40.06	618	12.78	800	38.88	710	30.78	403	12.54	695	3226
	Johannes Petzer	30.26	438	9.70	577	35.03	625	47.54	701	8.83	456	2797
	Justin Rejske	18.14	221	7.57	425	18.23	268	20.65	230	6.81	328	1472
M55	Name	6kg hammer		6kg shot		1.5kg discus		700gm javelin		11.34kg (25lbs) weight		Total
	Stephen Liggins	30.10	464	11.62	755	33.13	584	31.89	483	12.29	630	2916
	Anthony Howlett	25.85	383	9.08	562	29.13	497	39.06	625	11.35	572	2639
M60	Name	5kg hammer		5kg shot		1kg discus		600gm javelin		9.08kg (20lbs) weight		Total
	Rob Clark	33.39	524	8.82	534	33.81	516	25.17	362	15.89	792	2728
	Peter Murray	31.56	489	10.40	651	34.15	523	34.77	552	12.08	573	2788
	Tim McGrath	25.17	367	10.93	691	40.97	655	34.80	553	11.45	538	2804
	Peter Kidd	22.34	314	9.03	549	21.69	290	23.64	332	9.91	451	1936
M65	Name	5kg hammer		5kg shot		1kg discus		600gm javelin		9.08kg (20lbs) weight		Total
	Gavin Murray	35.48	632	10.65	739	42.70	771	26.74	451	14.89	802	3395
	Robert Hanbury - Brown	36.11	645	9.77	668	33.09	564	29.17	505	13.93	741	3123
	Simon Harmey	16.04	226	7.18	459	22.78	350	20.40	313	8.66	418	1766
M75	Name	4kg hammer		4kg shot		1kg discus		500gm javelin		7.26kg (16lbs) weight		Total
	Raminder Singh	20.05	358	7.26	512	18.34	352	17.32	309	7.72	378	1909
	Arnie Delaite	22.75	421	8.64	632	25.30	532	25.62	521	9.71	502	2608

