

AUSTRALIAN & AMA WINTER THROWING CHAMPIONSHIP RECORDS

(Australian Records compiled from Clyde Riddoch tables of Aug 2015).

AMA Winter Throwing Championship Records compiled by Bob Banens Updated by Sharon Gibbins Oct 2015

HAMMER

Men 30

AR 77.53 (S Rendell)
CR 36.69 (W. Jones)

Men 35

AR 67.92 (H Lotz)
CR 53.42 (S Zablotki)

Men 40

AR 66.94 (H Lotz)
CR 43.07 (P Frkovic)

Men 45

AR 59.62 (H Lotz)
CR 51.85 (S Zablotskii)

Men 50

AR 60.39 (H Lotz)
CR 50.25 (G Edwards)

Men 55

AR 49.34 (K Readwin)
CR 47.19 (G Rose)

Men 60

AR 50.62 (W van Weenan)
CR 49.00 (W van Weenan)

Men 65

AR 50.38 (W van Weenan)
CR 47.52 (W van Weenan)

Men 70

AR 48.74 (W van Weenan)
CR 42.46 (T Hancock)

Men 75

AR 43.84 (W van Weenan)
CR 40.55 (W van Weenan)

Men 80

AR 41.98 (W van Weenan)
CR 37.28 (R Simcock)

Men 85

AR 28.01 (A Tesija)
CR 23.54 (N Windred)

Men 90

AR 24.61 (J Fraser)
CR

Women 100

AR 11.30 (R. Frith)
CR 11.30 (R Frith)

Women 30

AR 64.10 (K Di Marco)
CR 58.47 (K Di Marco)

Women 35

AR 54.67 (B Glass)
CR 47.68 (C McCahill)

Women 40

AR 46.33 (J Hardy)
CR 46.33 (J Hardy)

Women 45

AR 43.87 (S Gibbins)
CR 41.51 (S Gibbins)

Women 50

AR 51.73 (M Parviainen)
CR 49.12 (M Parviainen)

Women 55

AR 51.30 (M Parviainen)
CR 46.00 (J Davies)

Women 60

AR 46.09 (H Searle)
CR 46.09 (H Searle)

Women 65

AR 41.41 (H Searle)
CR 40.11 (H Searle)

Women 70

AR 35.67 (J.Banens)
CR 32.08 (H Searle)

Women 75

AR 23.82 (G Davidson)
AR 2kg 32.27 (H Searle)
CR 32.27 (H Searle)

Women 80

AR 23.12 (G Davidson)
AR 2kg 25.77 (V.Worrell)
CR 14.51 (M Wahren)

Women 85

AR 18.26 (3kg R Frith)
AR 18.55 (2kg R McMillan)

Women 90

AR 13.13 (R Frith)
CR 12.96 (R Frith) - 3kg

Women 95

AR 11.37 / 13.71 (R Frith)
CR 14.09 (R Frith) - 2kg
(long wire)

DISCUS

Men 30

AR 50.57 (G Hicks)
CR 37.51 (A Davey)

Men 35

AR 54.15 (D Haworth)
CR 50.03 (D Haworth)

Men 40

AR 54.35 (D Haworth)
CR 39.13 (J Hailey)

Men 45

AR 49.08 (G Tyler)
CR 42.88 (S Gyngell)

Men 50

AR 51.08 (S Gyngell)
CR 45.95 (S Gyngell)

Men 55

AR 44.47 (W Martin)
CR 42.98 (W Selvey)

Men 60

AR 53.43 (W Selvey)
CR 49.53 (K James)

Men 65

AR 46.79 (T Hancock)
CR 43.14 (K James)

Men 70

AR 41.66 (K James)
CR 39.52 (K James)

Men 75

AR 36.88 (C Rann)
CR 33.13 (R Simcock)

Men 80

AR 29.56 (S Coleman)
CR 27.26 (R Simcock)

Men 85

AR 25.28 (F Jekabsons)
CR 23.54 (N Windred)

Men 90

AR 19.72 (J Fraser)
CR

Women 30

AR 50.04 (C Schultz)
CR 35.40 (L Smith)

Women 35

AR 48.90 (C Schultz)
CR 38.13 (C McCahill)

Women 40

AR 48.52 (C Schultz)
CR 39.19 (J Hardy)

Women 45

AR 44.38 (C Schultz)
CR 40.82 (C Schultz)

Women 50

AR 41.00 (C Schultz)
CR 33.69 (M Parviainen)

Women 55

AR 35.30 (U Lund)
CR 28.72 (S Gibbins)

Women 60

AR 33.24 (H Doherty)
CR 32.03 (H Searle)

Women 65

AR 30.74 (H Doherty)
CR 26.34 (H Searle)

Women 70

AR 25.45 (H Doherty)
CR 23.28 (M Thomas)

Women 75

AR 21.02 (H Doherty)
AR 24.46 (H Doherty) 750g
CR 21.00 (H Searle)

Women 80

AR 15.59 (1kg G Davidson)
AR 22.28 (H Doherty) 750gm
CR 10.96 (M Wahren)

Women 85

AR 13.92 (1kg R Frith)
AR 13.81 (R McMillan) 750g

Women 90

AR 12.10 (R Frith)
CR 11.46 (R Frith) - 1kg

Women 95 (750gm)

AR 9.85 / 10.90 (R Frith)
CR 13.71 (R Frith) - 750g

Women 100

AR 9.30 (R.Frith)
CR 8.20 (R Frith)

SHOT PUT

Men 30

AR 15.65 (D Cowan)

CR 12.47 (G Urbanowicz)

Men 35

AR 18.55 (S Gyngell)
CR 17.17 (S Gyngell)

Men 40

AR 18.55 (S Gyngell)
CR 14.43 (J Hailey)

Men 45

AR 18.12 (S Gyngell)
CR 15.47 (S Gyngell)

Men 50

AR 18.63 (S Gyngell)
CR 16.08 (S Gyngell)

Men 55

AR 13.85 (R Green)
CR 12.59 (G Rose)

Men 60

AR 14.30 (G Mencik)
CR 12.98 (G Gee)

Men 65

AR 13.02 (A Pavulins)
CR 12.34 (G Mencik)

Men 70

AR 13.60 (L Christopher)
CR 12.11 (G Mencik)

Men 75

AR 11.64 (J Peridis)
CR 11.24 (G Mencik)

Men 80

AR 11.29 (R Simcock)
CR 11.29 (R Simcock)

Men 85

AR 9.66 (F Jekabsons)
CR 8.04 (N Windred)

Men 90

AR 6.95 (F Jekabsons)
CR

CR 12.96 (C McCahill)

Women 40

AR 14.36 (C Schultz)
CR 11.26 (J Hardy)

Women 45

AR 13.18 (C Schultz)
CR 12.30 (C Schultz)

Women 50

AR 14.39 (C Schultz)
CR 12.37 (M Thomas)

Women 55

AR 12.09 (M Thomas)
CR 10.19 (D Palmer)

Women 60

AR 12.36 (H Searle)
CR 12.24 (H Searle)

Women 65

AR 11.58 (H Searle)
CR 10.53 (H Searle)

Women 70

AR 9.98 (H Searle)
CR 9.90 (H Searle)

Women 75

AR 3kg 7.36 (H Doherty)
AR 2kg 10.40 (H Searle)
CR 9.79 (H Searle)

Women 80

AR 6.93 (R Frith)
AR 2kg 7.44 (H Doherty)
CR 5.52 (M Wahren)

Women 85

AR 5.92 (R Frith)

Women 90

AR 5.37 (R Frith)
CR 5.10 (R Frith)

Women 95

AR 4.72 / 5.25 (R Frith)
CR 5.09 (R Frith) - 2kg

Women 100

AR 4.48 (R Frith)
CR 4.06 (R Frith)

JAVELIN

Men 30

AR 86.67 (A Curry)
CR 41.96 (W Benbow)

Men 35

AR 62.11 (T Shield)

CR 51.67 (J Hailey)

Men 40

AR 66.90 (J Kay)
CR 46.55 (J Hailey)

Men 45

AR 57.38 (B Banens)
CR 47.42 (B Banens)

Men 50

AR 58.68 (B Banens)
CR 48.18 (B Banens)

Men 55

AR 51.75 (B Banens)
CR 48.95 (G Rose)

Men 60

AR 49.22 (B Banens)
CR 43.06 (G Rose)

Men 65

AR 45.00 (A Pavulins)
CR 40.91 (A Farr)

Men 70

AR 42.00 (E Saarinen)
CR 37.42 (T Hancock)

Men 75

AR 38.12 (E Saarinen)
CR 32.44 (R Simcock)

Men 80

AR 33.80 (E Saarinen)
CR 30.68 (R Simcock)

Men 85

AR 21.98 (V Younger)
CR 20.06 (N Windred)

Men 90

AR 17.01 (V Younger)
CR

Women 30

AR 49.40 (M Thomas)
AR 38.88 (L Smith)
CR 39.75 (L Smith)

Women 35

AR 46.98 (M Thomas)
AR 41.28 (J Hardy)
CR 40.42 (J Hardy)

Women 40

AR 48.84 (M Thomas)

AR 39.32 (J Hardy)

CR 37.76 (J Hardy)

Women 45

AR 42.28 (H Doherty)
AR 37.01 (J Hardy)
CR 33.09 (J Hardy)

Women 50

AR 48.56 (400g M Thomas)
AR 36.19 (500g J Hardy)
CR 42.26 (400g M Thomas)

Women 55

AR 36.08 (400g H Doherty)
AR 39.17 (500g M Thomas)
CR 29.90 (500g J Bourke)

Women 60

AR 36.08 (400g H Doherty)
AR 23.42 (500g W Perkins)
CR 26.27 (400g H Searle)

Women 65

AR 31.31 (400g M Thomas)
AR 23.57 (500g M Thomas)
CR 30.69 (400g M Thomas)

Women 70

AR 26.14 (400g H Doherty)
AR 24.31 (500g M Thomas)
CR 22.74 (500g M Thomas)

Women 75

AR 22.43 (M Cudmore)
CR 17.47 (H Searle)

Women 80

AR 19.45 (H Doherty)
CR 11.85 (M Wahren)

Women 85

AR 12.09 (R McMillan)

Women 90

AR 10.51 (R Frith)
CR 10.00 (R Frith)

Women 95

AR 9.03 (R Frith)
CR 5.78 (R Frith)

Women 100

AR 6.43 (R Frith)
CR 5.62 (R Frith)

THROWS

PENTATHLON

(with 2002 scoring)
(* 2010 Table)

Men 30

AR 3444 (G Hicks)
CR 2420 (W Benbow)

Men 35

AR 3672 (D Haworth)
CR 3457 (S Gyngell)

Women 30

AR 15.71 (C Schultz)
CR 10.77 (M Holahan)

Women 35

AR 15.41 (C Schultz)

Men 40

AR 3946 (S Gyngell)
CR 3271 (J Hailey)

Men 45

*AR 4191 (S Gyngell)
CR 3584 (T Davey)

Men 50

AR 4072 (S Gyngell)
CR 4309 (G Rose)

Men 55

AR 4174 (G Rose)
CR 4187 (G Rose)

Men 60

AR 4242 (G Rose)
CR 4344 (G Rose)

Men 65

AR 4325 (G Rose)
CR 4384 (G Rose)

Men 70

*AR 4122 (K James)
CR 4322 (T Hancock)

Men 75

*AR 4290 (T. Hancock)
CR 4176 (W Van Weenan)

Men 80

*AR 4520 (R Simcock)
CR 4272 (R Simcock)

Men 85

AR 3897 (F Jekabsons)
CR 3375 (N Windred)

Men 90

AR 4005 (J Fraser)
CR

Points for CR not all changed
Women's javelin weight change
60+

Women 30

AR 3831 (B Glass)
CR 3531 (K Di Marco)

Women 35

AR 3795 (C Schultz)
CR 3757 (C McCahill)

Women 40

AR 3929 (J Hardy)
CR 4194 (J Hardy)

Women 45

AR 4174 (C Schultz)
CR 4179 (C Schultz)

Women 50

AR 4371 (C Schultz)
CR 4263 (J Hardy)

Women 55

AR 4285 (M Thomas)
CR 4005 (J Davies)

Women 60

AR 4789 (H Searle)
AR 4437 (D Jenkins)
CR 5154 (H Searle)

Women 65

AR 5013 (H Searle)
AR 3651 (M Thomas)
CR 5046 (H Searle)

Women 70

AR 4800 (H Searle)
AR 4407 (M Thomas)
*CR 4349 (H Searle)

Women 75

*AR 4637 (H Searle)
CR 4363 (H Searle)

Women 80

AR 3935 (G Davidson)
AR 4269 (H Doherty)
CR 1914 (M Wahren)

Women 85

AR 3977 (R Frith)

Women 90

AR 4337 (R Frith)
CR 4180 (R Frith)

Women 95

AR 4539 (R Frith)
CR 7193 (R Frith)

Women 100

*AR 5743 (R Frith)
*CR 5495 (R Frith)

**HEAVY
WEIGHT****Men 30**

AR 17.05 (D Allan)
CR 12.50 (G Urbanowicz)

Men 35

AR 19.08 (R Meiring)
CR 16.13 (D Haworth)

Men 40

AR 16.60 (H Lotz)
CR 12.73 (P Frkovic)

Men 45

AR 16.11 (B Wagner)
CR 14.37 (T Davey)

Men 50

AR 19.78 (B Wagner)
CR 17.74 (G Edwards)

Men 55

AR 17.84 (G Rose)
CR 17.40 (G Rose)

Men 60

AR 19.03 (G Rose)
CR 18.49 (G Rose)

Men 65

AR 18.57 (W van Weenan)
CR 17.83 (W van Weenan)

Men 70

AR 17.96 (W van Weenan)
CR 17.38 (K Priestley)

Men 75

AR 15.98 (W van Weenan)
CR 14.91 (W van Weenan)

Men 80

AR 16.92 (G Mencik)
CR 16.92 (G Mencik)

Men 85

AR 12.99 (J Fraser)
CR 11.34 (N Windred)

Men 90

AR 10.11 (J Fraser)
CR

Women 30

AR 18.57 (K Di Marco)
CR 17.52 (K Di Marco)

Women 35

AR 18.02 (B Glass)
CR 15.87 (C McCahill)

Women 40

AR 14.62 (J Hardy)
CR 14.22 (J Hardy)

Women 45

AR 13.88 (G Watts)
CR 13.95 (C McCahill)

Women 50

AR 16.54 (M Parviainen)
CR 15.89 (M Parviainen)

Women 55

AR 15.15 (M Parviainen)
CR 14.04 (J Davies)

Women 60

AR 17.52 (H Searle)
CR 16.22 (H Searle)

Women 65

AR 16.44 (H searle)
CR 16.15 (H Searle)

Women 70

AR 13.94 (H.Searle)
CR 11.81 (J Banens)

Women 75

AR 13.23 (H Searle)
CR 11.55 (H Searle)

Women 80

AR 9.72 (V Worrell)
CR 5.85 (M Wahren)

Women 85

AR 9.90 (R McMillan)

Women 90

AR 6.19 (R Frith)
CR 5.96 (R Frith)-5.45kg

Women 95

AR 5.16 / 6.23 (R Frith)
CR 5.33 (R Frith)

Women 100

AR 4.88 (R Frith)
CR 4.30 (R Frith)

56lb Weight**Men 30**

AR 7.74 (G Urbanowicz)
CR 7.74 (G Urbanowicz)

Men 35

AR 10.94 (D Haworth)
CR 10.94 (D Haworth)

Men 40

AR 10.82 (G Edwards)
CR 8.02 (P Frkovic)

Men 45

AR 10.24 (G Edwards)
CR 10.24 (G Edwards)

Men 50

AR 9.79 (G Edwards)

CR 9.39 (G Edwards)

Men 55

AR 7.87 (L Joni)
CR 7.33 (G Crumpton)

Men 60

AR 7.49 (R Glass)
CR 7.49 (R Glass)

Men 65

AR 6.18 (W van Weenan)
CR 6.18 (W van Weenan)

Men 70

AR 5.84 (W van Weenan)
CR 5.38 (W van Weenan)

Men 75

AR 5.05 (W van Weenan)
CR 3.96 (H Wynhoven)

Men 80

AR 4.30 (W van Weenan)
CR 3.49 (H Wynhoven)

Men 85

AR 3.07 (F Jekabsons)
CR 3.07 (F Jekabsons)

Women 30

AR 5.87 (M Holahan)
CR 5.87 (M Holahan)

Women 35

AR 5.40 (B Glass)
CR 4.48 (A Muscat)

Women 40

AR 5.00 (A Mackie)
CR 5.00 (A Mackie)

Women 45

AR 4.33 (J Hardy)
CR 4.30 (J Hardy)

Women 50

AR 4.40 (J Hardy)
CR 4.40 (J Hardy)

Women 55

AR 3.32 (J Corham)
CR 3.32 (J Corham)

Women 60

AR 3.27 (R Rudov)
CR 3.05 (R Rudov)

Women 65

AR 3.24 (R Rudov)
CR 2.98 (R Rudov)

Women 70

AR 2.67 (F Harris)
CR 2.50 (M Thomas)
CR 2.50 (R Rudov)

Women 75

AR 1.97 (S Saberton)
CR 1.97 (S Saberton)

100lb Weight

Women 30

AR 2.51 (K DiMarco)
CR 2.51 (K DiMarco)

Women 35

AR 2.27 (A Muscat)
CR 2.27 (A Muscat)

Women 40

AR 2.33 (S Latanis)
CR 2.24 (J Hardy)

Women 45

AR 2.27 (J Hardy)
CR 2.15 (J Hardy)

Women 50

AR 2.14 (J Hardy)
CR 2.02 (J Hardy)

Women 55

AR 1.62 (J Taylor)
CR 1.62 (J Taylor)

Women 60

AR 1.61 (T Thomas)
CR 1.61 (T Thomas)

Women 65

AR 1.40 (J Banens)
CR 0.55 (J Heath)

Women 70

AR 1.37 (F Harris)
CR 1.37 (F Harris)

100lb Weight

Men 30

AR 3.97 (G Urbanowicz)
CR 3.97 (G Urbanowicz)

Men 35

AR 5.57 (D Haworth)
CR 5.57 (D Haworth)

Men 40

AR 4.94 (G Edwards)
CR 3.34 (A Schenk)

Men 45

AR 4.38 (G Edwards)
CR 4.38 (G Edwards)

Men 50

AR 4.22 (G Crumpton)
CR 4.00 (G Edwards)

Men 55

AR 4.02 (G Crumpton)
CR 4.02 (G Crumpton)

Men 60

AR 3.68 (R Glass)
CR 3.68 (R Glass)

Men 65

AR 3.09 (B Binks)
CR 3.09 (B Binks)

Men 70

AR 2.74 (W van Weenan)
CR 2.74 (W van Weenan)

Men 75

AR 1.99 (H Wynhoven)
CR 1.99 (H Wynhoven)

Men 80

AR 1.99 (W van Weenan)
CR 1.76 (N Windred)

Men 85

AR 1.66 (F Jekabsons)
CR 1.66 (F Jekabsons)

Heavy Weight Pent

(Weight change for 30-59 M 2007)

Men 30

CR 3023 (G Urbanowicz)

Men 35

CR 4436 (D Haworth)

Men 40

CR 3552 (P Frkovic)new

Men 45

CR 4747 (G Edwards) new

Men 50

CR 4864 (G Edwards) new

Men 55

CR 4303 (R Glass) new
CR 4581 (G Rose) old

Men 60

CR 4469 (G Rose)
CR 4647 (R Glass) new

Men 65

CR 5069 (K Priestley)

Men 70

CR 5032 (G Rose)

Men 75

CR 5186 (K Priestley)

Men 80

CR 5034 (R Simcock)

Men 85

CR 2186 (E Drummond)

Women 30

CR 5380 (K Di Marco)

Women 35

CR 5101 (C McCahill)

Women 40

CR 4830 (J Hardy)

Women 45

CR 4637 (J Hardy)

Women 50

CR 4716 (J Hardy)

Women 55

CR 4088 (R Rudov)

Women 60

CR 4871 (H Searle)

Women 65

CR 4772 (H Searle)

Women 70

CR 4201 (J Banens)

Women 75

CR 3073 (S Saberton)