

Results AMA Winter Throwing Championships heavy weight pentathlon Oct 1<sup>st</sup> and throws pentathlon sept 30<sup>th</sup> 2012 Masson St, Turner, ACT.

Throws	Pentathlon	Sept 30 <sup>th</sup>	2012	Hammer		Shot Put		Discus		Javelin		Weight		Total	Place
		Name	Age	Distance	Points	Distance	Points	Distance	Points	Distance	Points	Distance	Points		
	Warren	Jones	M30	36.61	457	9.34	446	26.58	398	29.29	289	10.33	470	2060	1
	Anatoly	Kirievsky	M30	26.67	297	8.76	411	27.95	424	31.98	327	8.58	373	1832	2
	Jamie	Muscat	M35	35.48	456	13.02	698	41.15	700	32.02	333	12.08	583	2770	1
	Rodney	Watson	M35	26.06	300	10.02	509	27.08	415	34.72	372	9.50	435	2031	2
	Aaron	Schenk	M40	26.26	343	9.30	507	27.48	470	33.73	394	10.41	527	2241	1
	Brett	Kingston	M40	30.20	414	8.09	426	21.87	349	29.23	324	9.05	444	1957	2
	Robert	Hanbury-Brown	M55	38.23	681	10.85	715	36.27	670	36.98	581	14.20	788	3435	1
	Gavin	Murray	M55	35.27	616	11.11	735	36.29	670	30.69	457	13.09	717	3195	2
	Lagos	Joni	M55	41.69	756	9.92	643	29.62	521	21.35	279	14.19	788	2987	3
	Geoff	Crumpton	M55	29.27	487	9.16	584	28.40	495	28.44	414	10.83	573	2553	4
	Roger	Glass	M60	43.83	798	9.89	627	33.75	581	27.22	420	16.49	860	3286	1
	Bob	Banens	M60	29.89	498	10.34	661	36.74	645	35.94	601	13.34	672	3077	2
	Bob	Jones	M60	15.39	194	5.15	273	14.75	192	12.50	130	6.24	259	1048	3
	Ray	Green	M65	30.49	589	9.88	694	34.37	664	24.79	424	10.85	570	2941	1
	John	Reynolds	M65	30.62	592	8.33	566	24.22	429	19.32	302	11.76	627	2516	2
	Robin	Whyte	M70	24.83	472	7.27	473	20.80	398	25.81	491	10.51	563	2397	1
	Ron	Simcock	M75	33.86	817	10.24	798	28.07	669	30.54	705	14.18	874	3863	1
	Kerry	Thew	M75	17.32	349	6.30	444	16.95	353	14.47	263	6.73	355	1764	2
	Cornel	Vena	M80	24.49	621	7.93	647	21.63	575	18.21	415	10.68	673	2931	1

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Throws	Pentathlon Sept 30th		2012	Hammer		Shot Put		Discus		Javelin		Weight		Total	Place
	Name		Age	Distance	Points	Distance	Points	Distance	Points	Distance	Points	Distance	Points		
	Tatiana	Sudarikova	W35	30.09	556	9.91	547	22.63	341	33.43	581	11.11	623	2648	1
	Kellie	Watson	W35	19.59	310	6.85	341	17.47	244	12.81	171	7.31	370	1436	2
	Althea	Mackie	W40	38.72	833	8.02	458	24.74	417	21.76	382	11.72	732	2822	1
	Megan	Schenk	W40	17.17	284	6.18	325	14.83	216	15.89	256	6.00	318	1399	2
	Jayne	Hardy	W45	38.69	915	9.03	581	32.64	642	33.09	692	12.57	881	3711	1
	Chris	Mccahill	W45	38.99	923	10.37	686	32.37	635	22.50	440	13.95	994	3678	2
	Glenys	Whitehead	W45	35.03	811	8.11	509	26.07	489	22.87	449	9.57	639	2897	3
	Sharon	Gibbins	W50	37.32	886	9.05	621	26.57	555	19.70	399	10.88	668	3129	1
	Christine	Shaw	W50	24.97	537	8.32	561	22.58	456	25.20	536	9.43	562	2652	2
	Leslie	Dawson	W50	16.61	308	7.49	493	16.05	297	13.17	239	7.94	455	1792	3
	Jill	Taylor	W55	34.28	886	7.91	585	22.22	500	17.08	377	11.96	829	3177	1
	Kerrie	Jones	W55	22.00	510	6.21	432	16.47	345	13.31	275	8.32	538	2100	2
	Adriana	Van Bockel	W60	24.62	663	6.18	482	16.89	405	14.04	319	8.70	525	2394	1
	Jillian	Senior	W60	22.06	577	5.79	444	13.31	300	12.21	267	8.86	537	2125	2
	Judy	Brown	W60	15.95	375	5.84	449	15.88	375	13.74	311	6.25	345	1855	3
	Karen	Jones	W60	17.39	422	4.58	327	14.53	336	9.54	191	7.09	407	1683	4
	Raylea	Rudov	W65	24.74	758	6.47	578	15.58	424	13.18	340	10.07	699	2799	1
	Jan	Banens	W70	28.30	1026	7.13	743	17.59	579	16.20	511	9.98	778	3637	1
	Jane	Kinsey	W70	15.66	493	4.98	480	9.63	274	10.74	309	7.32	537	2093	2
	Nola	De Chazal	W70	13.68	412	4.18	383	10.16	293	8.09	213	5.14	343	1644	3
	Jean	Thew	W75	16.99	579	4.85	456	9.96	304	8.68	285	6.06	442	2066	1

A= Australian Record, pending. C= Championship record.

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Mens' Individual Results

NAME	AGE	STATE	HAMMER	SHOT	DISCUS	JAVELIN	WEIGHT	56LB	100LB
Anatoly Kirievsky	30	NSW	28.86	8.65	28.49	30.26	9.33	5.92	2.53
Warren Jones	30	NSW	35.88	9.12	25.39	29.37	10.34	6.06	2.31
Jamie Muscat	35	NSW	38.66	13.18		30.75	13.16	7.44	4.16
Rodney Watson	35	NSW	25.97	9.97	27.58	37.13	9.32	5.55	3.10
Aaron Schenk	40	SA	23.76	9.32	30.55	39.15	9.60	5.89	3.34
Brett Kingston	40	ACT						6.02	2.82
Matt Stenning	45	NSW	34.58	8.40	27.89	22.23	9.50		
Stuart Gyngell	45	NSW	42.73	15.47C	42.88C		13.73		4.30
Andrew Ravenscroft	45	NSW				40.53			
Robert Hanbury-Brown	55	NSW	37.63	10.58	34.11	37.56	13.99		
Andrew Atkinson-Howatt	55	NSW			35.02	40.34			
Wayne Martin	55	NSW		12.16	39.31				
Lajos Joni	55	NSW	40.69	9.45	31.45		15.65	5.62	
Gavin Murray	55	NSW						5.64	2.61
Bill Swiney	60	NSW	19.73	8.13	20.78	18.97	8.97		
Bob Banens	60	ACT	32.23	10.46	38.04	33.07	12.61		
Roger Glass	60	VIC	44.77	11.02	35.00	27.43	16.96	5.78	3.41
Bob Jones	60	NSW	15.66	5.37	13.75	12.59	5.90	2.21	
John Reynolds	65	VIC	30.53	8.25	29.24		11.54	3.46	2.18
Ray Green	65	ACT	31.32	10.10	36.56	25.70	11.70	3.30	2.22
Bert Anders	65	SA		10.63	28.27	29.31			
Peter Freeman	65	ACT	18.68	7.41	19.35	22.52	8.20	3.48	1.70
Garry Maher	65	ACT	20.14	7.87	23.64	20.76			
Attila Spaits	70	ACT			24.90				
Bryan Thomas	70	ACT		7.16		20.66			
Robin Whyte	70	ACT	24.75	7.25	22.06	25.19	10.46		
Ron Simcock	75	NSW	34.35	10.64	29.40	29.23	12.87		1.70
Cornel Vena	80	QLD	24.49	7.60	23.70	16.55	10.92	2.33	1.34

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Women's Individual results

<b>NAME</b>	<b>AGE</b>	<b>STATE</b>	<b>HAMMER</b>	<b>SHOT</b>	<b>DISCUS</b>	<b>JAVELIN</b>	<b>WEIGHT</b>	<b>56LB</b>	<b>100LB</b>
Pauline Armstrong	30	ACT	36.00	7.21	19.22	18.59	10.76		
Tatiana Sudarikova	35	NSW	30.98					4.36A	2.19
Kellie Watson	35	NSW	19.02	6.95	17.33	12.09	7.97	3.61	1.98
Megan Schenk	40	SA	16.66	6.40	14.55	15.73	5.98	2.63	1.12
Althea Mackie	40	QLD	40.15	7.99	22.87		11.82	4.56	1.92
Chris McCahill	45	NZ	37.73	9.81	30.79	19.97	13.30	3.72	1.94
Jayne Hardy	45	ACT	39.13	9.12	31.53	31.92	12.49	4.20	2.13
Nicole Blair	45	NSW	15.16	5.10	12.31	13.99	5.17		
Glenys Whitehead	45	NSW	36.21	8.32	24.88	21.08	9.81		
Sharon Gibbins	50	ACT	37.18	8.33	24.01		10.95		
Tanya Colyer	50	ACT	17.90		12.23				
Lesley Dawson	50	SA	17.61	7.38	15.05	13.60	8.06	2.83	1.41
June Lowe	55	NSW	33.31	8.77	19.01	20.58	8.60		
Jill Taylor	55	NSW						2.98	1.45
Kerrie Jones	55	NSW	23.32	6.49	17.24	12.50	8.15		
Judy Brown	60	NSW	15.68	5.71	15.19	13.98	6.03		
Adriana van Bockel	60	NSW	21.72	5.78	16.02	12.56	9.61	2.18	0.94
Karen Jones	60	NSW	17.74	4.99	13.80	8.79	6.66	1.88	
Kate Clarke	60	NSW	23.66	7.61	20.91	17.75	8.45		
Jillian Senior	60	NSW	21.79	5.86	14.12	11.50	9.01	2.56	1.01
Raylea Rudov	65	ACT	23.12	6.29	15.37	14.02	10.24	2.70	
Trish Thomas	65	ACT		4.70	12.41	9.23			
Jane Kinsey	70	VIC	16.40	5.35	12.13	11.05	6.79		
Nola de Chazal	70	ACT	13.75	4.26	11.20	7.77	5.45	1.38	
Jan Banens	70	ACT	30.12	7.96	16.98	15.70	11.49C		

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Heavy Weight Pent		Oct 1	Weight 1			Weight 2			Weight 3			Weight 4			Weight 5			Total
Name	Age	Wt	Dist	Points	Wt	Dist	Points	Wt	Dist	Points	Wt	Dist	Points	Wt	Dist	Points		
Tatiana	Sudarikova	W35	12lb	13.63	503	16lb	11.92	528	20lb	9.86	540	25lb	8.89	642	35lb	6.69	596	2809
Kellie	Watson	W35	12lb	10.09	343	16lb	7.57	295	20lb	7.18	362	25lb	6.63	448	35lb	5.16	433	1881
Althea	Mackie	W40	12lb	16.20	684	16lb	12.84	638	20lb	11.31	702	25lb	9.88	801	35lb	7.75	782	3607
Megan	Schenk	W40	12lb	9.50	353	16lb	7.89	348	20lb	6.36	344	25lb	5.05	351	35lb	4.02	349	1745
Chris	Mccahill	W45	12lb	18.37	880	16lb	15.43	879	20lb	13.42	951	25lb	11.42	1048	35lb	7.23	800	4558
Jayne	Hardy	W45	12lb	16.69	787	16lb	13.57	757	20lb	11.23	773	25lb	8.71	767	35lb	5.94	635	3719
Glenys	Whitehead	W45	12lb	14.13	647	16lb	11.46	619	20lb	8.97	592	25lb	7.69	662	35lb	4.88	500	3020
Leslie	Dawson	W50	8.8lb	11.32	491	12lb	9.65	486	16lb	7.57	429	20lb	5.22	366	25lb	6.07	668	2440
Tanya	Colyer	W50	8.8lb	7.38	282	12lb	6.21	274	16lb	4.59	219	20lb	4.13	267	25lb	3.40	324	1366
Jill	Taylor	W55	8.8lb	15.05	770	12lb	13.54	811	16lb	11.27	774	20lb	9.16	810	25lb	7.30	920	4085
Jillian	Senior	W60	6.6lb	11.84	535	8.8lb	10.23	553	12lb	8.82	534	16lb	6.69	476	20lb	5.97	624	2722
Karen	Jones	W60	6.6lb	8.28	340	8.8lb	7.01	343	12lb	6.43	359	16lb	4.96	324	20lb	4.66	461	1827
Judy	Brown	W60	6.6lb	7.68	308	8.8lb	6.85	333	12lb	5.07	261	16lb	4.57	290	20lb	3.62	333	1525
Adriana	Van Bockel	W60	6.6lb	12.01	544	8.8lb	10.58	576	12lb	8.94	543	16lb	6.30	441	20lb	5.83	607	2711
Raylea	Rudov	W65	6.6lb	13.45	695	8.8lb	11.18	686	12lb	9.68	667	16lb	6.46	510	20lb	5.46	625	3183
Jan	Banens	W70	6.6lb	14.07	825	8.8lb	12.10	847	12lb	11.13	884	16lb	7.55	695	20lb	7.05	950	4201
Warren	Jones	M30	20lb	16.49	604	25lb	13.45	557	35 lb	10.16	461	45lb	7.94	445	56lb	6.32	511	2578
Anatoly	Kirievsky	M30	20lb	13.24	463	25lb	12.73	521	35 lb	7.20	297	45lb	7.04	383	56lb	5.17	399	2063
Jamie	Muscat	M35	20lb	19.62	759	25lb	15.80	690	35 lb	12.49	606	45lb	10.56	644	56lb	7.41	634	3333
Rodney	Watson	M35	20lb	14.23	518	25lb	12.51	523	35 lb	9.38	428	45lb	7.92	455	56lb	6.44	536	2460
Brett	Kingston	M40	20lb	14.74	585	25lb	11.82	528	35 lb	9.35	463	45lb	7.81	485	56lb	5.89	521	2582
Aaron	Schenk	M40	20lb	14.86	591	25lb	10.34	449	35 lb	8.26	396	45lb	7.27	444	56lb	6.11	545	2425
Stuart	Gyngell	M45	20lb	21.25	973	25lb	17.77	927	35 lb	14.34	837	45lb	11.66	848	56lb	9.83	1030	4615
Lajos	Joni	M55	16lb	17.23	638	20lb	16.68	720	25lb	13.73	759	35lb	9.19	553	45lb	7.91	667	3337
Gavin	Murray	M55	16lb	17.98	671	20lb	15.10	641	25lb	11.94	644	35lb	9.00	539	45lb	7.75	651	3146
Roger	Glass	M60	12lb	21.92	836	16lb	19.22	780	20lb	16.16	841	25lb	14.42	979	35lb	10.71	900	4336
Bob	Banens	M60	12lb	17.02	622	16lb	13.73	523	20lb	12.58	627	25lb	11.98	791	35lb	7.93	634	3197
Bob	Jones	M60	12lb	7.52	218	16lb	6.77	208	20lb	6.41	269	25lb	4.64	242	35lb	3.56	228	1165
John	Reynolds	M65	12lb	15.35	596	16lb	14.18	590	20lb	12.21	656	25lb	10.29	717	35lb	6.42	534	3093
Ray	Green	M65	12lb	14.88	574	16lb	13.33	548	20lb	11.85	633	25lb	9.53	655	35lb	7.25	617	3027
Peter	Freeman	M65	12lb	11.01	397	16lb	9.75	372	20lb	7.97	390	25lb	6.92	445	35lb	4.98	390	1994
Robin	Whyte	M70	8.8lb	13.64	590	12lb	12.20	547	16lb	10.52	564	20lb	9.43	665	25lb	7.95	608	2974

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Ron	Simcock	M75	8.8lb	19.56	978	12lb	15.35	783	16lb	13.95	858	20lb	11.91	950	25lb	9.71	838	4407
Cornel	Vena	M80	6.6lb	13.53	685	8.8lb	12.12	654	12lb	10.19	638	16lb	8.30	621	20lb	7.20	780	3378

**Convenor's report on 17<sup>th</sup> Australian Masters Athletics Winter Throwing Championships 2012**

or "How I learnt to love Canberra in its winter shroud."

Canberra once again rose to the expectations we have of it on Spring long weekends and gave the 17<sup>th</sup> Championships a winter blast, particularly on day one, that ensured it would be a day long remembered in the history of the WTC. The maximum temperature was about 8 Celsius with a 40kmh wind chill factor of -10 Celsius. But the 58 brave souls (age range 30 to 80), many of whom had been warned to bring plenty of warm clothing, gathered in front of the official area to be welcomed by Convenor Ray Green and receive their competition medal and participation certificate from Sharon Gibbins. Unfortunately stalwarts Astrid and Graeme Rose had been struck down by a lurgy and were unable to get to the Championships. Their assistance was sorely missed. 10 year competition T shirts were given to Ron Simcock, Peter Freeman and Andrew Atkinson-Howatt. Helen Searle, although not competing, came down from Brisbane to be an official! Thank you. And the first day's events got under way on time at 10:30, thanks particularly to equipment manager Jayne Hardy and her team, who started preparing the ground at 6:00am.

**DAY 1:** Some good hammer distances for the men were registered by Roger Glass (Vic60) with 44.77, Stuart Gyngell (NSW45) at 42.73 and Lajos Joni (NSW55) reaching 40.69. The closest men's competition was between men 65 Ray Green (ACT) at 31.32 and John Reynolds (Vic) with 30.53. Althea Mackie (Qld40) led the women with 40.15, while women 45 Jayne Hardy (ACT) 39.13, Chris McCahill (NZ) 37.73 and Glenys Whitehead (NSW) 36.21 had a close competition. Other good throws were registered by Sharon Gibbins (ACT50) 37.18, Pauline Armstrong (ACT30) 36.00, June Lowe (NSW55) 33.31 and Jan Banens (ACT70) 30.12.

In spite of the strong winds some good javelin throws resulted. Andrew Ravenscroft (NSW45) a first timer, had the longest throw of the day at 40.53, marginally ahead of Andrew Atkinson-Howatt (NSW55) with 40.34. Aaron Schenk (SA40) 39.15, Robert Hanbury-Brown (NSW55) 37.56, and Rod Watson (NSW35) 37.13 all performed well. Less than a metre separated Anatoly Kirievsky (NSW30) 30.26 and Warren Jones (NSW30) 29.37 in a hard fought affair. The women's javelin was dominated by Jayne Hardy's 31.92, the closest to her being Glenys Whitehead's 21.08.

Stuart Gyngell was the only men's discus thrower over 40m with 42.88 for a Championship Record (CR), with Wayne Martin (NSW55) 39.31, Bob Banens (ACT60) 38.04, Ray Green 36.56, Andrew Atkinson-Howatt 35.02, Roger Glass 35.00 and Robert Hanbury-Brown 34.11 throwing well. Cornel Vena's (Qld80)

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23.70 was a sound effort. Jayne Hardy 31.53 and Chris McCahill 30.79 had an enthralling duel. Glenys Whitehead's 24.88 in the same age group was a nice throw.

Stuart Gyngell garnered another CR in the shot with a very good 15.47, while Jamie Muscat's (NSW35) 13.18 maintained a high standard. Wayne Martin's 12.16 was a good throw as was Ron Simcock's (NSW75) 10.64. Bert Anders' (SA65) 10.63 win was well deserved. Jayne Hardy 9.12 lowered her colours to Chris McCahill's 9.81 shot in another close contest. While Kate Clarke (NSW60) 7.61 was well ahead in her age group, Jillian Senior (NSW60) 5.86, Adriana van Bockel (NSW60) 5.78 and Judy Brown (NSW60) 5.71 fought hard for second and third places.

Roger Glass was dominant in the weight throw with 16.96, while Lajos Doni's 15.65 was a good throw. Other good performances came from Robert Hanbury-Brown 13.99, Stuart Gyngell 13.73, Jamie Muscat 13.16 and Ron Simcock 12.87. Chris McCahill's 13.30 was well ahead of Jayne Hardy's 12.49. Althea Mackie's 11.82 was good, while Jan Banens set a CR with 11.49. So the weather had not stopped the enthusiasm, had not stopped close but friendly competition and had not got in the way of three Championship Records.

**DAY 2**: Blue skies and a cool breeze following a frosty night welcomed athletes to the Throws Pentathlon day of the Championships. Trish Thomas was warmly wrapped inside the equipment shed ready to provide ongoing scores to the athletes. In the hammer Jan Banens 28.30 for 1 026 points, Chris McCahill 38.99 for 923 points, closely followed by Jayne Hardy 38.69 for 915 points, Sharon Gibbins 37.32 for 886 points and Jill Taylor (NSW55) 34.28 for 886 points, topped the scoring table. In the shot Jan Banens again topped the scoring with 7.13 for 743 points. Chris McCahill 10.37 for 686 points, Sharon Gibbins with 9.05 and 621 points, Jill Taylor 7.91 and 585 points and Jayne Hardy 9.03 for 581 points maintained their dominance. Jayne Hardy 32.64 and 642 points was to the fore, just, in the discus ahead of Chris McCahill 32.37 and 635 points. Jan Banens 17.59 scored 579 points and Sharon Gibbins 26.57 for 555 points. Jayne Hardy was very pleased with her 33.09 javelin for 692 points. This discipline saw a new name on the highest scores list with Tatiana Sudarikova (NSW35) throwing 33.43 for 581 points followed by Christine Shaw with 25.20 for 536 points. The weight, as is often the case, determines the winners. Chris McCahill 13.95 for 994 points was unable to surpass Jayne Hardy 12.57 for 881 points and Jayne won the age group 3 711 points to Chris's 3 678 with Glenys Whitehead on 2 897. Other good weight scores were Jill Taylor 11.96 and 829 points, Jan Banens 9.98 and 778 points and Althea Mackie 11.72 for 732 points. Jan Banens 3637 points, Jill Taylor 3177 points and Sharon Gibbins 3129 points, won their respective age groups with good scores.

Ron Simcock's 33.86 hammer for 817 points led the men from Roger Glass 43.83 for 798 points and Lajos Joni 41.69 for 756 points. Ron Simcock's 10.24 shot with 798 points continued to lead the way from Gavin Murray (NSW55) at 11.11 for 735 points, Robert Hanbury-Brown 10.85 for 715 and Jamie Muscat 13.02 for 698 points. Jamie Muscat 41.15 for 700 points led the discus from Robert Hanbury-Brown 36.27 and 670 points, Gavin Murray 36.29 for 670 points and Ron Simcock 28 .07 for 669 points. Ron Simcock continued to dominate the points with a javelin of 30.54 for 705 points from Bob Banens 35.94 and 601 points and Robert Hanbury-Brown 36.98 for 581 points. Ron Simcock 14.18 for 881 points topped the points score in the weight throw from Roger Glass

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16.49 and 860 points and Robert Hanbury-Brown 14.20 for 788 points and Lajos Joni 14.19 and 788 points. Ron Simcock's total of 3 863 was well ahead of all other men's age groups, the closest being Robert Hanbury-Brown on 3 435 and Roger Glass on 3 286.

The Championship Dinner was well attended with 30 enjoying the fine selection of meats, salads and desserts. Ray Green surprised the Organising Committee by presenting each member with a small token of gratitude for work well done.

**DAY 3** : In many ways the last day of competition is the most fun while at the same time the most demanding because it consists of events rarely contested – the Heavy Weight Pentathlon and the Super Heavyweights of 56lb and 100lb. If an athlete competed in all events on this day and had all available attempts they would throw unusual and heavy implements 27 times, different from 30 possible throws on day 1 with normal implements and 15 throws on day 2 with normal implements. And the weather gods were very kind. The day was clear blue all day with a soft breeze tempering the mid 20s sun. Sun screen was a necessity.

The standout male athlete on day 3 was Stuart Gyngell. In the Heavy Weight Pentathlon he averaged over 900 points for each of the disciplines with a terrific 56lb throw of 9.83 for 1 030 points and a total of 4 615. Ron Simcock again showed his ability with an excellent total of 4 407. Roger Glass also scored very well with 4 336. John Reynolds 3 093 points and Ray Green 3 027 points had the closest competition of the day.

The highest scoring female athlete was Chris McCahill averaging over 900 points for a total of 4 558. Chris also had the highest individual discipline score, male or female with a 25lb throw of 11.42 for 1 048 points. Jan Banens with 4 201 performed very well. The surprise packet in the Heavyweight Pentathlon was Jill Taylor with 4 085 points, a terrific score.

The women's 56lb weight throw saw Tatiana Sudarikova set the only Australian Record of the meet with a great throw of 4.36. However this was not the longest women's throw. In another age group Althea Mackie reached 4.56. Jayne hardy threw well for 4.20. Lesley Dawson's (SA50) 2.83 was good as were Jill Taylor's 2.98 and Raylea Rudov's (ACT65) 2.70. Unfortunately during the men's 56lb weight throw a chain link broke and the competition was abandoned.

The women's 100lb weight throw was notable in only two competitors getting over 2.00, Tatiana Sudarikova with 2.19 and Jayne hardy with 2.13. Kellie Watson (NSW35) 1.98 pushed Tatiana, as Chris McCahill 1.94 pushed Jayne.

In the men's 100lb Stuart Gyngell 4.30 wasn't far behind the AR and Jamie Muscat 4.16 in a younger age group gave Stuart welcome competition. Aaron Schenk's (SA40) 3.34 was a pleasing throw as was Roger Glass's 3.41.



*Results AMA Winter Throwing Championships heavy weight pentathlon Oct 1<sup>st</sup> and throws pentathlon sept 30<sup>th</sup> 2012 Masson St, Turner, ACT.*

While there were few records set during the 2012 Winter Throwing Championships there were many standout performances. For the overall high level of their performances Jan Banens and Stuart Gyngell were awarded the female and male athlete of the meet awards respectively. Jan has now won the award twice, 1998 and 2012, as has Stuart, 2001 and 2012.

The AMA Winter Throwing Championships continue to prosper. This year 16 athletes competed for the first time and over the past few years we have averaged over 60 athletes per year. This popularity is an outcome of the dedication of a small band of people committed to providing a quality Veteran/Masters event to athletes from Australia and overseas. Thank you Jayne Hardy, Raylea Rudov, Sharon Gibbins, Trish Thomas, Bryan Thomas, Barbara Burton and Stuart Reid. I will finish with visiting athlete and ex Modern Pentathlon Olympian, Cornel Vena, speaking of his Canberra experience: ***“Once again I enjoyed a wonderful weekend of competition, meeting friends with whom I enjoy common interests. You and your committee deserve most sincere appreciation; not only the organisation of the competition was spotless, but the real atmosphere of good competition, and great results. It is a pity that other sporting groups here in Australia, and in particular those that have the power and the funding to do it, cannot even get close to what you have achieved to such a high standard. But ultimately there are only a few really interested people in the actual sport.....We have the human material, Australians as a nation can achieve high results in any sport, however against the rest of the world, against many nations prepared to put the money and the necessary time coupled with expert coaches, we have Buckley’s chance to be successful. In finishing these thoughts I can say that as far as the “Veterans” athletics, thanks to people like your group, we can keep our heads high against any nation in the world.”***

My sincere thanks to everyone who attended the Championships, everyone who assisted getting the field ready each day and everyone who officiated during the meet. We appreciate your support.

Ray Green

Convenor

October 8, 2012