



22nd AMA Winter Throws Championships

Kerryn McCann Athletics Centre, Beaton Park, Wollongong

Saturday September 30, 2017

Hammer Men

Surname	First Name	State	Age Group	Best	Place
Day	Michael	QMA	M30	33.52	1
Meiring	Ricard	NSWMA	M40	51.82	1
Cooper	Matthew	TMA	M40	30.64	2
White	Chris	ACTVAC	M45	34.67	1
Sutton	Stuart	NSWMA	M45	30.94	2
Sander	Marc	NSWMA	M50	DNS	
van der Weegen	Anthony	ACTVAC	M50	DNS	
Fassolis	Jim	NSWMA	M50	44.64	1
Davey	Todd	TMA	M50	43.88	2
Stenning	Matt	NSWMA	M50	39.73	3
Liggins	Stephen	NSWMA	M50	32.82	4
Lowrey	Tim	QMA	M50	24.94	5
Olsson	Paul	VMA	M60	44.00	1
Murray	Gavin	NSWMA	M60	41.78	2
Gravestock	Tom	MAWA	M60	37.79	3
Ross	Dave	NSWMA	M65	25.35	1
Swiney	Bill	ACTVAC	M65	19.47	2
Ranasinghe	Gamini	Sri Lanka	M65	17.27	3
West	John	NSWMA	M65	14.87	4
Green	Ray	ACTVAC	M70	32.75	1
DeLaitte	Arnold	NSWMA	M70	28.89	2
Stubbs	Ken	NSWMA	M70	22.98	3
Rix	Brian	NSWMA	M75	17.01	1
Simcock	Ron	NSWMA	M80	34.62	1

Women

Surname	First Name	State	Age Group	Best	Place
Holahan	Melissa	NSWMA	W30	46.72	1
Dickson	Sharyn	NSWMA	W30	34.99	2
Day	Jessica	QMA	W30	22.32	3
Hunter	Kelly	NSWMA	W40	28.53	1
Austin	Rebecca	QMA	W40	23.22	2
Beddie	Vanessa	NSWMA	W40	14.86	3
Mackie	Althea	QMA	W45	40.24	1
Cimino	Maria	NSWMA	W45	34.27	2
Sander	Daina	NSWMA	W45	18.33	3
Watts	Gabriele	NSWMA	W50	39.85	1
Blair	Nicole	ACTVAC	W50	17.05	2
Hord	Wendy	NSWMA	W55	35.50	1
Gibbins	Sharon	ACTVAC	W55	30.01	2
Messerle	Narelle	VMA	W55	25.07	3
Engeler	Deborah	NSWMA	W55	22.86	4
Lowe	June	NSWMA	W60	32.11	1
Cubban	Ellena	NSWMA	W60	29.90	2
Jones	Kerrie	NSWMA	W60	20.01	3
Kate	Clarke	NSWMA	W65	20.90	1
Thomas	Mary	NSWMA	W70	26.77	1
Banens	Jan	ACTVAC	W75	31.24	1



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Shot Men

Surname	First Name	State	Age Group	Best	Place
Day	Michael	QMA	M30	12.23	1
Cooper	Matthew	TMA	M40	8.91	1
White	Chris	ACTVAC	M45	11.32	1
Sutton	Stuart	NSWMA	M45	9.92	2
Davey	Todd	TMA	M50	13.40	1
Liggins	Stephen	NSWMA	M50	12.48	2
Fassolis	Jim	NSWMA	M50	10.61	3
Lowrey	Tim	QMA	M50	8.60	4
Stenning	Matt	NSWMA	M50	8.01	5
van der Weegen	Anthony	ACTVAC	M50	7.70	6
Murray	Gavin	NSWMA	M60	11.61	1
Gravestock	Tom	MAWA	M60	11.57	2
Olsson	Paul	VMA	M60	11.35	3
Swiney	Bill	ACTVAC	M65	7.34	1
Ross	Dave	NSWMA	M65	6.66	2
West	John	NSWMA	M65	6.49	3
Ranasinghe	Gamini	Sri Lanka	M65	6.42	4
Green	Ray	ACTVAC	M70	9.80	1
DeLaité	Arnold	NSWMA	M70	9.72	2
Stubbs	Ken	NSWMA	M70	8.83	3
Rix	Brian	NSWMA	M75	6.46	1
Simcock	Ron	NSWMA	M80	9.82	1
Jekabsons	Felikss	NSWMA	M90	3.36	1

Women

Surname	First Name	State	Age Group	Best	Place
Holahan	Melissa	NSWMA	W30	9.66	1
Dickson	Sharyn	NSWMA	W30	9.57	2
Hunter	Kelly	NSWMA	W40	11.27	1
Austin	Rebecca	QMA	W40	8.21	2
Beddie	Vanessa	NSWMA	W40	5.41	3
Cimino	Maria	NSWMA	W45	8.29	1
Mackie	Althea	QMA	W45	8.29	2
Sander	Daina	NSWMA	W45	6.56	3
Watts	Gabriele	NSWMA	W50	11.42	1
Blair	Nicole	ACTVAC	W50	5.75	2
Shaw	Christine	NSWMA	W55	8.95	1
Gibbins	Sharon	ACTVAC	W55	8.84	2
Messerle	Narelle	VMA	W55	8.39	3
Hord	Wendy	NSWMA	W55	8.37	4
Engeler	Deborah	NSWMA	W55	7.19	5
Weekes	Anne	NSWMA	W55	6.64	6
Lowe	June	NSWMA	W60	9.46	1
Cubban	Ellena	NSWMA	W60	8.94	2
Jones	Kerrie	NSWMA	W60	6.61	3
Kate	Clarke	NSWMA	W65	6.94	1
Thomas	Mary	NSWMA	W70	7.96	1
Banens	Jan	ACTVAC	W75	7.78	1

new MR



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Discus Men

Surname	First Name	State	Age Group	Best	Place	
Day	Michael	QMA	M30	39.63	1	
Cooper	Matthew	TMA	M40	26.59	1	
Sutton	Stuart	NSWMA	M45	35.16	1	
White	Chris	ACTVAC	M45	31.25	2	
Harland	Martin	NSWMA	M50	50.47	1	new MR
Davey	Todd	TMA	M50	50.08	2	
Liggins	Stephen	NSWMA	M50	37.84	3	
Lowrey	Tim	QMA	M50	24.10	4	
Gravestock	Tom	MAWA	M60	45.55	1	new MR
Murray	Gavin	NSWMA	M60	45.32	2	
Greenland	Peter	NSWMA	M60	23.99	3	
Ranasinghe	Gamini	Sri Lanka	M65	24.57	1	
Ross	Dave	NSWMA	M65	23.84	2	
Swiney	Bill	ACTVAC	M65	21.52	3	
West	John	NSWMA	M65	19.93	4	
Green	Ray	ACTVAC	M70	33.28	1	
DeLaite	Arnold	NSWMA	M70	29.67	2	
Stubbs	Ken	NSWMA	M70	22.08	3	
Rix	Brian	NSWMA	M75	19.73	1	
Simcock	Ron	NSWMA	M80	24.84	1	
Jekabsons	Felikss	NSWMA	M90	7.78	1	new MR

Women

Surname	First Name	State	Age Group	Best	Place	
Dickson	Sharyn	NSWMA	W30	36.67	1	new MR
Holahan	Melissa	NSWMA	W30	27.12	2	
Day	Jessica	QMA	W30	13.98	3	
Hunter	Kelly	NSWMA	W40	39.08	1	
Austin	Rebecca	QMA	W40	24.91	2	
Beddie	Vanessa	NSWMA	W40	13.67	3	
Mackie	Althea	QMA	W45	26.37	1	
Cimino	Maria	NSWMA	W45	23.33	2	
Sander	Daina	NSWMA	W45	18.75	3	
Watts	Gabriele	NSWMA	W50	33.77	1	
Blair	Nicole	ACTVAC	W50	14.27	2	
Gibbins	Sharon	ACTVAC	W55	25.76	1	
Engeler	Deborah	NSWMA	W55	23.56	2	
Shaw	Christine	NSWMA	W55	22.30	3	
Messerle	Narelle	VMA	W55	20.60	4	
Weekes	Anne	NSWMA	W55	14.92	5	
Cubban	Ellena	NSWMA	W60	20.14	1	
Lowe	June	NSWMA	W60	19.55	2	
Jones	Kerrie	NSWMA	W60	16.40	3	
Kate	Clarke	NSWMA	W65	19.48	1	
Thomas	Mary	NSWMA	W70	19.95	1	
Banens	Jan	ACTVAC	W75	16.09	1	



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Javelin Men

Surname	First Name	State	Age Group	Best	Place	
Day	Michael	QMA	M30	42.57	1	new MR
White	Chris	ACTVAC	M45	40.62	1	
Sutton	Stuart	NSWMA	M45	30.61	2	
Liggins	Stephen	NSWMA	M50	35.97	1	
Sander	Marc	NSWMA	M50	28.22	2	
van der Weegen	Anthony	ACTVAC	M50	21.01	3	
Lowrey	Tim	QMA	M50	19.18	4	
Gravestock	Tom	MAWA	M60	30.17	1	
Greenland	Peter	NSWMA	M60	25.47	2	
Ranasinghe	Gamini	Sri Lanka	M65	25.08	1	
West	John	NSWMA	M65	22.09	2	
Ross	Dave	NSWMA	M65	19.52	3	
Swiney	Bill	ACTVAC	M65	17.58	4	
DeLaite	Arnold	NSWMA	M70	25.51	1	
Stubbs	Ken	NSWMA	M70	22.22	2	
Green	Ray	ACTVAC	M70	20.79	3	
Rix	Brian	NSWMA	M75	20.27	1	
Simcock	Ron	NSWMA	M80	22.59	1	
Jekabsons	Felikss	NSWMA	M90	6.19	1	new MR

Women

Surname	First Name	State	Age Group	Best	Place
Dickson	Sharyn	NSWMA	W30	27.38	1
Holahan	Melissa	NSWMA	W30	21.91	2
Hunter	Kelly	NSWMA	W40	26.66	1
Austin	Rebecca	QMA	W40	20.25	2
Cimino	Maria	NSWMA	W45	23.09	1
Mackie	Althea	QMA	W45	20.31	2
Sander	Daina	NSWMA	W45	20.12	3
Watts	Gabriele	NSWMA	W50	21.07	1
Blair	Nicole	ACTVAC	W50	13.01	2
Messlerle	Narelle	VMA	W55	18.71	1
Gibbins	Sharon	ACTVAC	W55	16.12	2
Hord	Wendy	NSWMA	W55	15.84	3
Weekes	Anne	NSWMA	W55	15.39	4
Engeler	Deborah	NSWMA	W55	14.77	5
Lowe	June	NSWMA	W60	24.44	1
Cubban	Ellena	NSWMA	W60	18.06	2
Jones	Kerrie	NSWMA	W60	14.31	3
Kate	Clarke	NSWMA	W65	15.26	1
Thomas	Mary	NSWMA	W70	18.79	1
Banens	Jan	ACTVAC	W75	12.60	1



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Weight Throw Men

Women

Surname	First Name	State	Age Group	Best	Place	
Day	Michael	QMA	M30	11.47	1	
Meiring	Ricard	NSWMA	M40	16.92	1	new MR
Cooper	Matthew	TMA	M40	9.42	2	
White	Chris	ACTVAC	M45	11.40	1	
Sutton	Stuart	NSWMA	M45	9.31	2	
Davey	Todd	TMA	M50	16.06	1	
Fassolis	Jim	NSWMA	M50	14.03	2	
Stenning	Matt	NSWMA	M50	13.81	3	
Liggins	Stephen	NSWMA	M50	12.09	4	
Lowrey	Tim	QMA	M50	9.17	5	
van der Weegen	Anthony	ACTVAC	M50	7.35	6	
Olsson	Paul	VMA	M60	15.98	1	
Murray	Gavin	NSWMA	M60	15.38	2	
Gravestock	Tom	MAWA	M60	12.73	3	
Ross	Dave	NSWMA	M65	9.86	1	
Swiney	Bill	ACTVAC	M65	8.72	2	
West	John	NSWMA	M65	7.52	3	
Ranasinghe	Gamini	Sri Lanka	M65	6.32	4	
Green	Ray	ACTVAC	M70	13.03	1	
DeLaite	Arnold	NSWMA	M70	12.83	2	
Stubbs	Ken	NSWMA	M70	9.65	3	
Donohoe	Noel	NSWMA	M75	8.34	1	
Rix	Brian	NSWMA	M75	7.67	2	
Simcock	Ron	NSWMA	M80	14.42	1	
Jekabsons	Felikss	NSWMA	M90	3.06	1	new MR

Surname	First Name	State	Age Group	Best	Place
Holahan	Melissa	NSWMA	W30	14.79	1
Dickson	Sharyn	NSWMA	W30	11.00	2
Day	Jessica	QMA	W30	8.54	3
Hunter	Kelly	NSWMA	W40	11.74	1
Austin	Rebecca	QMA	W40	8.91	2
Beddie	Vanessa	NSWMA	W40	3.84	3
Mackie	Althea	QMA	W45	12.38	1
Cimino	Maria	NSWMA	W45	11.09	2
Sander	Daina	NSWMA	W45	6.97	3
Watts	Gabriele	NSWMA	W50	13.24	1
Blair	Nicole	ACTVAC	W50	4.89	2
Gibbins	Sharon	ACTVAC	W55	10.69	1
Messlerle	Narelle	VMA	W55	9.34	2
Engeler	Deborah	NSWMA	W55	8.45	3
Weekes	Anne	NSWMA	W55	6.45	4
Lowe	June	NSWMA	W60	11.76	1
Cubban	Ellena	NSWMA	W60	10.44	2
Jones	Kerrie	NSWMA	W60	8.52	3
Kate	Clarke	NSWMA	W65	7.55	1
Thomas	Mary	NSWMA	W70	10.55	1
Banens	Jan	ACTVAC	W75	11.79	1



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Weight for Distance

Men

Surname	First Name	State	Age Group	Best	Place	
Day	Michael	QMA	M30	15.83	1	new MR
Meiring	Ricard	NSWMA	M40	15.29	1	new MR
Lowrey	Tim	QMA	M50	13.40	1	new MR
Murray	Gavin	NSWMA	M60	18.04	1	new MR
Gravestock	Tom	MAWA	M60	15.79	2	
Ross	Dave	NSWMA	M65	13.73	1	
Ranasinghe	Gamini	Sri Lanka	M65	9.01	2	
Green	Ray	ACTVAC	M70	16.44	1	new MR

Women

Surname	First Name	State	Age Group	Best	Place	
Dickson	Sharyn	NSWMA	W30	10.22	1	new MR
Cimino	Maria	NSWMA	W45	7.50	1	
Engeler	Deborah	NSWMA	W55	11.58	1	new MR
Taylor	Jill	NSWMA	W60	17.48	1	new MR
Thomas	Mary	NSWMA	W70	10.27	1	new MR



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Throws Pentathlon Men

M30

Surname	Name	Oceania TP	State	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total	Place
Day	Michael	Y	QLD	31.76	379	12.46	634	0.00	0	39.51	435	11.07	512	1960	1

M35

Surname	Name	Oceania TP	State	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total	Place
Jones	Warren	Y	NSW	34.30	436	7.89	377	24.05	355	19.73	161	9.62	442	1771	1

M40

Surname	Name	Oceania TP	State	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total	Place
Cooper	Matthew	Y	TMA	31.20	433	8.79	473	23.65	387	0.00	0	9.11	448	1741	3
Meiring	Ricard		NSWMA	52.11	820	10.55	591	23.94	394	29.39	326	15.93	871	3002	2
Muscat	Jamie	Y	NSWMA	47.84	740	13.50	792	42.25	798	32.24	370	12.84	678	3378	1

new MR

M45

Surname	Name	Oceania TP	State	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total	Place
White	Chris		ACTVAC	36.58	600	11.04	684	32.13	638	37.55	500	12.25	697	3119	1

M50

Surname	Name	Oceania TP	State	6kg hammer		6kg shot		1.5kg discus		700gm javelin		11.34kg (25lbs) weight		Total	Place
Davey	Todd	Y	TMA	42.76	689	14.15	887	46.08	810	35.24	490	16.37	860	3736	1
Fassolis	Jim		NSWMA	45.74	747	10.87	651	28.98	457	23.27	279	14.41	741	2875	2
Lowrey	Tim	Y	QMA	25.93	363	9.27	538	24.72	372	20.09	225	8.41	386	1884	3
van der Weegen	Anthony		ACTVAC	18.64	225	8.75	501	19.68	274	19.94	222	8.21	375	1597	4

M55

Surname	Name	Oceania TP	State	6kg hammer		6kg shot		1.5kg discus		700gm javelin		11.34kg (25lbs) weight		Total	Place
Clark	Robert		NSWMA	36.58	645	9.70	626	29.01	508	30.24	449	13.13	720	2948	1
McGrath	Tim		NSWMA	25.44	406	11.04	730	31.52	564	36.47	571	10.45	549	2820	2

MENS THROWS PENTATHLON SCORING SHEETS (WMA 2010 FACTORS)

M60

Surname	Name	Oceania TP	State	5kg hammer		5kg shot		1kg discus		600gm javelin		9.08kg (20lbs) weight		Total	Place
Gravestock	Tom	Y	MAWA	35.36	615	11.79	772	42.08	761	30.30	483	12.98	651	3282	3
Hanbury-Brown	Robert		NSWMA	27.76	452	10.56	678	33.46	575	26.12	398	13.78	699	2802	4
Murray	Gavin	Y	NSWMA	40.59	728	11.26	732	39.23	699	29.09	459	14.12	719	3337	2
Olsson	Paul	Y	VMA	42.79	776	11.34	738	34.97	607	31.24	503	15.79	819	3443	1

M65

Surname	Name	Oceania TP	State	5kg hammer		5kg shot		1kg discus		600gm javelin		9.08kg (20lbs) weight		Total	Place
Jones	Bob		NSWMA	13.67	193	4.98	294	13.69	197	11.15	127	5.36	230	1041	3
Ross	Dave	Y	NSWMA	24.35	442	7.13	468	23.02	402	19.38	303	9.56	489	2104	1
West	John	Y	NSWMA	15.32	231	6.56	421	20.06	335	21.91	359	7.15	340	1686	2

M70

Surname	Name	Oceania TP	State	4kg hammer		4kg shot		1kg discus		500gm javelin		7.26kg (16lbs) weight		Total	Place
Green	Ray		ACTVAC	32.97	642	10.09	662	27.81	575	20.33	358	12.69	705	2942	1
Reynolds	John		ACTVAC	30.67	587	7.77	483	27.03	555	17.71	296	12.47	691	2612	2
Stubbs	Ken		NSWMA	23.19	410	8.89	569	21.64	419	21.37	383	10.13	539	2320	3

M75

Surname	Name	Oceania TP	State	4kg hammer		4kg shot		1kg discus		500gm javelin		7.26kg (16lbs) weight		Total	Place
Donohoe	Noel		NSWMA	19.03	373	7.03	476	20.47	451	14.77	271	8.57	482	2053	1
Rix	Brian		NSWMA	17.73	338	6.51	432	19.46	423	18.10	360	6.56	344	1897	2

M80

Surname	Name	Oceania TP	State	3kg hammer		3kg shot		1kg discus		400gm javelin		5.48kg (12lbs) weight		Total	Place
Simcock	Ron	Y	NSWMA	33.6	887	10.44	834	21.77	580	22.63	550	13.62	894	3745	1

M90

Number	Name	Oceania TP	State	3kg hammer		3kg shot		1kg discus		400gm javelin		5.48kg (12lbs) weight		Total	Place
Jekabsons	Felikss		NSWMA	0.00	0	3.48	295	8.60	291	5.16	96	3.04	182	864	1



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Throws Pentathlon Results

Women

W30

Surname	Name	Oceania TP	State	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total	Place
Day	Jessica	Y	QLD	22.31	329	5.89	264	14.81	186	8.35	77	7.88	364	1220	3
Dickson	Sharyn	Y	NSWMA	33.62	572	9.66	507	32.85	516	28.12	441	9.58	467	2503	2
Holahan	Melissa	Y	NSWMA	46.15	847	10.00	529	27.67	419	23.19	348	13.95	736	2879	1

W35

Surname	Name	Oceania TP	State	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total	Place
Muscat	Audrey	Y	NSWMA	28.37	516	8.88	478	23.26	353	14.90	212	9.31	503	2062	1

W40

Surname	Name	Oceania TP	State	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total	Place
Austin	Rebecca	Y	QMA	22.67	421	7.43	415	23.51	392	18.07	303	8.62	506	2037	2
Beddie	Vanessa		NSWMA	13.94	205	5.41	272	12.28	167	9.73	127	4.00	179	950	3
Hunter	Kelly	Y	NSWMA	0.00	0	10.68	652	37.71	694	25.90	471	10.91	673	2490	1

W45

Surname	Name	Oceania TP	State	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total	Place
Cimino	Maria	Y	NSWMA	0.00	0	8.17	514	20.91	373	21.95	427	9.88	665	1979	2
Mackie	Althea	Y	QMA	37.13	870	8.41	532	26.49	499	18.44	345	13.00	916	3162	1
Sander	Daina		NSWMA	19.23	374	6.92	416	19.64	345	18.51	347	6.50	397	1879	3

W55

Surname	Name	Oceania TP	State	3kg hammer		3kg shot		1kg discus		500gm javelin		7.26kg (16lbs) weight		Total	Place
Engeler	Deborah		NSWMA	21.79	503	6.92	496	23.19	527	13.22	273	7.85	501	2300	4
Gibbins	Sharon		ACTVAC	35.27	917	8.45	633	25.14	581	18.04	403	10.12	682	3216	1
Messerle	Narelle	Y	VMA	20.64	469	8.62	649	20.64	457	19.42	441	9.33	619	2635	3
Shaw	Christine		NSWMA	25.60	619	9.20	701	22.77	516	28.05	679	9.57	638	3153	2

THROWS PENTATHLON SCORING SHEETS (WMA 2010 FACTORS)

W60

Surname	Name	Oceania TP	State	3kg hammer		3kg shot		1kg discus		500gm javelin		5.45kg (12lbs) weight		Total	Place
Cubban	Ellena	Y	NSWMA	27.26	752	7.89	651	21.00	529	19.08	491	9.78	606	3029	3
Jones	Kerrie		NSWMA	20.01	509	6.61	525	15.57	366	11.78	270	8.33	498	2168	4
Lowe	June	Y	NSWMA	34.38	994	8.51	713	21.85	555	20.97	549	11.64	745	3556	1
Taylor	Jill	Y	NSWMA	32.64	935	7.95	657	21.09	532	13.51	322	12.23	789	3235	2

W65

Surname	Name	Oceania TP	State	3kg hammer		3kg shot		1kg discus		500gm javelin		5.45kg (12lbs) weight		Total	Place
Kate	Clarke	Y	NSWMA	21.97	655	7.26	665	18.39	519	15.11	429	7.28	472	2740	1

W70

Surname	Name	Oceania TP	State	3kg hammer		3kg shot		1kg discus		500gm javelin		5.45kg (12lbs) weight		Total	Place
Thomas	Mary	Y	NSWMA	26.81	963	7.54	794	20.71	704	16.98	584	9.07	696	3741	1

W75

Surname	Name	Oceania TP	State	2kg hammer		2kg shot		0.75kg discus		400gm javelin		4kg weight		Total	Place
Banens	Jan		ACTVAC	30.49	1104	7.60	789	15.92	544	11.46	403	10.83	808	3648	1

Heavy Weights Pentathlon - Revised Scoring Table V4.0 - 1 July 2015

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Competition:		22nd AMA Winter Throws Championships						Date:		Monday, October 2nd, 2017				Instructions		Kerryn McCann Athletics Centre		
Competitor	Origin	Age Grp	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Total score	Position	Age Grp			
M30-M49			9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		20kg (44lb)		25.4kg (56lb)							
Day	Michael	QMA	M30-34	16.57	577	14.40	560	11.04	510	9.01	575	7.82	628	2850		M30		
Jones	Warren	NSWMA	M35-39	13.88	480	12.24	473	9.55	437	7.07	430	5.96	448	2268	1	M35		
Cooper	Matthew	TMA	M40-44	14.89	563	13.09	554	9.57	476	7.17	478	4.56	334	2405	4	M40		
Henry	Stephen	NSWMA	M40-44	14.44	543	13.16	557	10.40	527	8.17	566	7.10	619	2812	3	M40		
Meiring	Ricard	NSWMA	M40-44	23.24	934	20.15	909	16.14	883	12.28	932	10.49	1010	4668	1 new MR / AR	M40		
Muscat	Jamie	NSWMA	M40-44	14.61	551	17.99	800	13.52	720	10.98	814	8.73	807	3692	2	M40		
M50-M59			7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		20kg (44lb)							
Davey	Todd	TMA	M50-54	21.09	802	18.66	818	16.21	850	13.04	823	10.05	867	4160	1	M50		
Lowrey	Tim	QMA	M50-54	12.52	439	11.35	458	9.55	453	7.65	427	6.00	444	2221	3	M50		
Stenning	Matt	NSWMA	M50-54	17.59	653	15.65	669	12.81	645	8.85	515	6.84	531	3013	2	M50		
Clark	Robert	NSWMA	M55-59	18.63	753	16.30	753	14.03	777	10.54	693	7.90	700	3676	1	M55		
M60-M69			5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)							
Gravestock	Tom	MAWA	M60-64	16.10	585	14.89	604	11.93	589	8.73	474	0.00	0	2252		M60		
Murray	Gavin	NSWMA	M60-64	20.06	753	16.93	700	13.83	701	11.76	683	9.32	654	3491	2	M60		
Olsson	Paul	VMA	M60-64	20.40	767	18.71	785	15.75	816	13.11	777	10.19	730	3875	1	M60		
Jones	Bob	NSWMA	M65-69	6.73	219	5.82	211	5.33	228	4.20	193	3.39	169	1020	2	M65		
Ross	Dave	NSWMA	M65-69	11.92	446	11.12	481	9.51	486	8.18	483	6.80	477	2373	1	M65		
M70-M79			4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)							
Green	Ray	ACTVAC	M70-74	17.69	723	14.73	670	12.23	675	10.78	656	9.51	703	3427	1	M70		
Reynolds	John	ACTVAC	M70-74	16.80	682	13.55	608	12.08	665	10.27	619	7.60	532	3106	2	M70		
Donohoe	Noel	NSWMA	M75-79	12.31	534	10.33	530	7.36	399	7.71	519	6.08	466	2448		M75		
M80-M100+			3kg (6.6lb)		4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)							
Simcock	Ron	NSWMA	M80-84	18.94	934	16.34	858	13.42	879	11.23	821	9.24	799	4291	1	M80		

Heavy Weights Pentathlon - Revised Scoring Table V4.0 - 1 July 2015

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Competition:		22nd AMA Winter Throws Championships						Date:		Monday, October 2nd, 2017				Instructions		Kerryn McCann Athletics Centre	
Competitor	Origin	Age Grp	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Total score	Position	Age Grp		
W30-W49			5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)						
Day	Jessica	QMA	W30-34	9.41	301	8.38	316	7.18	323	7.21	405	5.76	385	1730	3	W30	
Dickson	Sharyn	NSWMA	W30-34	15.06	531	11.93	488	10.59	529	8.31	487	6.17	426	2461	2	W30	
Holahan	Melissa	NSWMA	W30-34	18.21	661	15.79	680	13.79	726	11.91	762	8.72	672	3501	1	W30	
Muscat	Audrey	NSWMA	W35-39	13.04	497	11.08	496	9.81	536	8.60	547	6.33	495	2571	1	W35	
Austin	Rebecca	QMA	W40-44	12.43	517	10.99	542	8.15	471	6.67	439	4.15	306	2275	2	W40	
Hunter	Kelly	NSWMA	W40-44	16.17	700	11.10	548	9.75	588	7.97	550	5.32	437	2823	1	W40	
Cimino	Maria	NSWMA	W45-49	14.58	689	0.00	0	8.28	537	8.19	633	5.85	560	2419	2	W45	
Mackie	Althea	QMA	W45-49	16.04	768	14.62	844	12.13	846	10.67	869	7.83	811	4138	1	W45	
W50-W55			4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)						
Engeler	Deborah	NSWMA	W55-59	9.77	425	8.84	463	8.15	524	6.75	520	5.83	530	2462	2	W55	
Messerle	Narelle	VMA	W55-59	11.69	524	10.46	567	7.96	510	6.71	516	5.79	525	2642	1	W55	
W60-W74			3kg (6.6lb)		4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)						
Taylor	Jill	NSWMA	W60-64	14.89	673	13.76	687	12.11	780	9.19	684	8.12	771	3595	1	W60	
Thomas	Mary	NSWMA	W70-74	13.03	741	12.03	773	9.28	715	8.02	751	7.03	819	3799	1	W70	



22nd AMA Winter Throws Championships

Kerryn McCann Athletics Centre, Beaton Park, Wollongong

Monday October 2nd, 2017

56lb Weight Men

Surname	First Name	State	Age Group	Best	Place	
Day	Michael	QMA	M30	7.90	1	new MR / AR
Muscat	Jamie	NSWMA	M40	8.80	1	new MR
Henry	Stephen	NSWMA	M40	6.66	2	
Cooper	Matthew	TMA	M40	5.80	3	
Davey	Todd	TMA	M50	9.08	1	
Lowrey	Tim	QMA	M50	5.66	2	
Clark	Robert	NSWMA	M55	6.62	1	
Ross	Dave	NSWMA	M65	3.79	1	
Green	Ray	ACTVAC	M70	4.38	1	
Reynolds	John	ACTVAC	M70	4.02	2	
Donohoe	Noel	NSWMA	M75	3.46	1	

Women

Surname	First Name	State	Age Group	Best	Place	
Holahan	Melissa	NSWMA	W30	5.01	1	new MR
Day	Jessica	QMA	W30	3.39	2	
Dickson	Sharyn	NSWMA	W30	2.66	3	
Muscat	Audrey	NSWMA	W35	4.01	1	
Hunter	Kelly	NSWMA	W40	4.05	1	
Austin	Rebecca	QMA	W40	3.08	2	
Mackie	Althea	QMA	W45	4.74	1	new MR
Cimino	Maria	NSWMA	W45	3.23	2	
Engeler	Deborah	NSWMA	W55	2.94	1	
Messerle	Narelle	VMA	W55	2.87	2	
Taylor	Jill	NSWMA	W60	2.71	1	
Thomas	Mary	NSWMA	W70	2.58	1	new MR



22nd AMA Winter Throws Championships

Kerryn McCann Athletics Centre, Beaton Park, Wollongong

Monday October 2nd, 2017

100lb Weight Men

Surname	First Name	State	Age Group	Best	Place	
Day	Michael	QMA	M30	4.16	1	new MR
Muscat	Jamie	NSWMA	M40	4.92	1	new MR
Henry	Stephen	NSWMA	M40	3.16	2	
Davey	Todd	TMA	M50	4.43	1	new MR / AR
Lowrey	Tim	QMA	M50	2.70	2	
Clark	Robert	NSWMA	M55	2.94	1	
Ross	Dave	NSWMA	M65	2.65	1	
Green	Ray	ACTVAC	M70	2.59	1	
Reynolds	John	ACTVAC	M70	2.41	2	
Donohoe	Noel	NSWMA	M75	1.78	1	

Women

Surname	First Name	State	Age Group	Best	Place	
Holahan	Melissa	NSWMA	W30	2.35	1	
Day	Jessica	QMA	W30	1.97	2	
Dickson	Sharyn	NSWMA	W30	1.52	3	
Muscat	Audrey	NSWMA	W35	2.16	1	
Hunter	Kelly	NSWMA	W40	2.07	1	
Austin	Rebecca	QMA	W40	1.30	2	
Mackie	Althea	QMA	W45	2.19	1	new MR
Cimino	Maria	NSWMA	W45	1.70	2	
Engeler	Deborah	NSWMA	W55	1.54	1	
Messerle	Narelle	VMA	W55	1.43	2	
Taylor	Jill	NSWMA	W60	1.52	1	
Thomas	Mary	NSWMA	W70	1.31	1	