AMA WINTER THROWS CHAMPIONSHIP RECORDS (at 10/10/2019)

Age Group	Hammer		Shot		Discus		Javelin		Weight Throw		Super Weight		56LB Weight		100LB Weight		Weight for Distance		THROWS PENTATHLON		HEAVY WEIGHT PENTATHLON	
																			~2002 table	**2010 table*	*~2002 table*	**2015 table*
Men 30	36.69	W. Jones (2013)	12.47	G Urbanowicz (2011)	51.16	A Sadul (2019)	42.57	M Day (2017)	12.50	G Urbanowicz (2011)			7.90	M Day (2017)	4.16	M Day (2017)	15.83	M Day (2017)	2597	M Day* (2017)	3023	G Urbanowicz ~
Men 35	53.42	S Zablotski	17.17	S Gyngell	50.03	D Haworth	51.67	J Hailey	16.13	D Haworth	5.43	W Jones (2019)	10.94	D Haworth	5.57	D Haworth	15.09	J Muscat (2016)	3457	S Gyngell	4436	D Haworth ~
Men 40	51.82	R Meiring (2017)	14.43	J Hailey	41.88	J Muscat (2019)	46.55	J Hailey	16.92	R Meiring (2017)	8.82	J Muscat (2019)	10.49	R Meiring (2017)	4.97	J Muscat (2019)	17.87	J Muscat (2019)	3271 3378	J Hailey ~ J Muscat* (2017)	4668	R Meiring* (2017)
Men 45	51.85	S Zablotskii	15.47	S Gyngell (2012)	42.88	S Gyngell (2012)	47.42	B Banens	14.37	T Davey (2015)	6.90	R Watson (2019)	10.24	G Edwards (2013)	4.38	G Edwards (2013)	16.02	R Watson (2019)	3584	T Davey* (2015)	4747	G Edwards*
Men 50	50.25	G Edwards (2013)	16.08	S Gyngell (2014)	55.20	T Davey (2018)	48.18	B Banens	17.74	G Edwards (2013)	6.38	N Connell	9.39	G Edwards	4.81	T Davey (2018)	21.13	T Davey (2018)	4309 4146	G Rose~ T Davey (2018)*	4647	G Edwards*
Men 55	47.19	G Rose	12.59	G Rose	42.98	W Selvey	48.95	G Rose	17.40	G Rose	6.45	R Clark	7.33	G Crumpton (2010)	4.02	G Crumpton (2011)	17.32	P Reed (2016)	4187	G Rose ~	4581 4303	G Rose~ R Glass*
Men 60	49.00	W van Weenan	12.98	G Gee (2013)	49.53	K James	43.06	G Rose	18.49	G Rose	6.54	L Joni (2019)	7.49	R Glass (2011)	3.68	R Glass (2011)	18.78	J Joni (2019)	4344	G Rose ~	4469 4459	G Rose~ R Glass*
Men 65	47.52	W van Weenan	12.41	G Gee (2018)	43.14	K James	40.91	A Farr (2015)	17.83	W van Weenan	6.64	G Murray (2019)	6.18	W van Weenan	3.09	B Binks	16.47	G Murray (2019)	4384	G Rose	4095	G Gee* (2018)
Men 70	42.46	T Hancock	12.11	G Mencik	39.52	K James (2011)	37.42	T Hancock	17.38	K Priestley			5.55	P Rowlands (2018)	2.74	W van Weenan	18.23	P Rowlands (2018)	4322	T Hancock	4326	G Rose* (2014)
Men 75	40.55	W van Weenan	11.24	G Mencik	33.13	R Simcock	32.44	R Simcock	14.91	W van Weenan	7.23	R Green (2019)	3.96	H Wynhoven	2.44	R Green (2019)	16.05	A Delaite (2019)	4176	W Van Weenen	4335	K Priestley* (2013)
Men 80	38.71	R Simcock (2016)	11.77	T Hancock (2016)	29.60	T Hancock	30.68	R Simcock (2015)	16.92	G Mencik (2013)			3.49	H Wynhoven	1.76	N Windred			4670	T Hancock* (2016)	5034	R Simcock* (2015)
Men 85	23.54	N Windred (2013)	8.04	N Windred (2013)	23.54	N Windred (2013)	20.06	N Windred (2013)	11.34	N Windred (2013)			3.07	F Jekabsons	1.66	F Jekabsons			3375	N Windred (2013)	2195	E Drummond*
Men 90					7.78	F Jecabsons (2017)	6.19	F Jekabsons (2017)	3.06	F Jekabsons (2017)												
Women 30	58.47	K Di Marco	10.77	M Holahan (2014)	36.67	S Dickson (2017)	39.75	L Smith	17.52	K Di Marco			5.87	M Holahan (2015)	2.51	K DiMarco	10.22	S Dickson (2017)	3531	K Di Marco	4472	K Di Marco*
Women 35	47.68	C McCahill	12.96	C McCahill	43.49	K Hunter (2016)	40.42	J Hardy	15.87	C McCahill	5.12	M Kierath (2019)	4.48	A Muscat (2015)	2.34	A Muscat (2016)	13.63	A Muscat (2016)	3757	C McCahill	5101	C McCahill~
Women 40	46.33	J Hardy	11.26	K Hunter (2017)	40.39	K Hunter (2019)	37.76	J Hardy	14.22	J Hardy			5.00	A Mackie (2013)	2.24	J Hardy			4194	J Hardy	4830	J Hardy~
Women 45	41.51	S Gibbins	12.30	C Schultz	40.82	C Schultz	33.09	J Hardy	13.95	C McCahill	3.96	M Cimino (2019)	4.74	A Mackie (2017)	2.25	A Mackie (2018)	12.81	A Mackie (2018)	4179	C Schultz	4637 4245	J Hardy~ A Mackie * (2018)
Women 50	49.12	M Parviainen	12.59	G Watts (2018)	34.74	G Watts (2018)	42.26	M Thomas (400g)	15.89	M Parviainen			4.40	J Hardy	2.02	J Hardy	9.94	D Engeler (2016)	4263	J Hardy	4750	G Watts* (2018)
Women 55	46.00	J Davies	11.39	M Kay (2016)	29.66	S Gibbins (2016)	29.90	J Bourke (500g)	14.04	J Davies	8.11	J Hardy (2019)	3.65	J Hardy (2019)	1.81	J Hardy (2019)	13.12	D Engeler (2018)	4005	J Davies	4186	J Hardy* (2019)
Women 60	46.09	H Searle	12.24	H Searle	32.03	H Searle	29.93	C Shaw (2019)	16.22	H Searle	8.56	J Taylor (2019)	3.13	J Taylor (2019)	1.64	J Taylor (2019)	17.48	J Taylor (2017)	5154	H Searle	4871 4046	H Searle~ J Taylor* (2019)
Women 65	40.11	H Searle	10.53	H Searle	26.34	H Searle	30.69	M Thomas (400g)	13.15	H Searle	6.17	M Muscat (2019)	2.98	R Rudov (2010)	1.29	M Muscat (2018)	10.13	A van Bockel (2018)	5046	H Searle	4772	H Searle~
Women 70	32.08	H Searle (2010)	9.90	H Searle (2010)	23.28	M Thomas (2014)	22.74	M Thomas (500g) (2014)	11.71	J Banens (2013)			2.58	M Thomas (2017)	1.37	F Harris	10.27	M Thomas (2017)	4349	H Searle (2010)	4201 3799	J Banens~ M Thomas* (2017)
Women 75	32.27	H Searle (2014)	9.79	H Searle (2015)	21.56	M Thomas (2019)	18.83	M Thomas (2019)	11.60	M Thomas (2019)	7.42	M Thomas (2019)	2.35	M Thomas (2019)	1.02	M Thomas (2019)	12.04	M Thomas (2019)	4363	H Searle (2014)	4001	M Thomas* (2019)
Women 80	15.23	M Wahren (2016)	5.52	M Wahren (2014)	11.60	M Wahren (2014)	11.85	M Wahren (2014)	6.68	M Wahren (2016)									1914	M Wahren (2015)		
Women 85																						
Women 90	12.96	R Frith (3kg)	5.10	R Frith	11.46	R Frith (1kg)	10.00	R Frith	5.96	R Frith (5.45kg)									4180	R Frith		
Women 95	14.09	R Frith (2kg)	5.09	R Frith (2kg)	13.71	R Frith (750g)	5.78	R Frith	5.33	R Frith									7193	R Frith		
Women 100	11.30	R Frith (2010)	4.06	R Frith (2010)	8.20	R Frith (2010)	5.62	R Frith (2010)	4.30	R Frith (2010)									5495	R Frith* (2010)		