

AMA WINTER THROWS CHAMPIONSHIP RECORDS (07/10/2019)

Age Group	Hammer	Shot	Discus	Javelin	Weight Throw	Superheavy Weight Throw	56LB Weight	100LB Weight	Weight for Distance	THROWS PENTATHLON		HEAVY WEIGHT PENTATHLON	
										<i>~2002 table</i>	<i>*2010 table</i>	<i>~2002 table</i>	<i>*2015 table</i>
Men 30	36.69 W. Jones	12.47 G Urbanowicz	51.16 A Sadul (2019)	42.57 M Day (2017)	12.50 G Urbanowicz		7.90 M Day (2017)	4.16 M Day (2017)	15.83 M Day (2017)	2420 W Benbow~ 2597 M Day* (2017)	3023 G Urbanowicz ~		
Men 35	53.42 S Zablotki	17.17 S Gyngell	50.03 D Haworth	51.67 J Hailey	16.13 D Haworth		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)		10.49 R Meiring (2017)	4.97 J Muscat (2019)	17.87 J Muscat (2019)	3271 J Hailey ~ 3378 Muscat* (2017)	4668 R Meiring* (2017)		
Men 45	51.85 S Zablotkii	15.47 S Gyngell	42.88 S Gyngell	47.42 B Banens	14.37 T Davey		10.24 G Edwards	4.38 G Edwards	16.02 R Watson (2019)	3584 T Davey* 4309 G Rose~ 4146 Davey* (2018)*	4747 G Edwards*		
Men 50	50.25 G Edwards	16.08 S Gyngell	55.20 T Davey (2018)	48.18 B Banens	17.74 G Edwards		9.39 G Edwards	4.81 T Davey (2018)	21.13 T Davey (2018)	T	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		7.33 G Crumpton	4.02 G Crumpton	17.32 P Reed (2016)	4187 G Rose ~	4581 G Rose~ 4303 R Glass~ 4459 G Rose~ 4459 R Glass*		
Men 60	49.00 W van Weenan	12.98 G Gee	49.53 K James	43.06 G Rose	18.49 G Rose	6.54 L Joni (2019)	7.49 R Glass	3.68 R Glass	18.78 J Joni (2019)	4344 G Rose ~	4469 G Rose~ 4459 R Glass*		
Men 65	47.52 W van Weenan	12.41 G Gee (2018)	43.14 K James	40.91 A Farr	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	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*		
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 Weenan	4335 K Priestley*		
Men 80	38.71 R Simcock (2016)	11.77 T Hancock (2016)	29.60 T Hancock	30.68 R Simcock	16.92 G Mencik		3.49 H Wynhoven	1.76 N Windred		4670 T Hancock* (2016)	5034 R Simcock*		
Men 85	23.54 N Windred	8.04 N Windred	23.54 N Windred	20.06 N Windred	11.34 N Windred		3.07 F Jakabsons	1.66 F Jakabsons		3375 N Windred	2195 E Drummond*		
Men 90			7.78 F Jacabsons (2017)	6.19 F Jakabsons (2017)	3.06 F Jakabsons (2017)								
Women 30	58.47 K Di Marco	10.77 M Holahan	36.67 S Dickson (2017)	39.75 L Smith	17.52 K Di Marco		5.87 M Holahan	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		4.48 A Muscat	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	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		4.74 A Mackie (2017)	2.25 A Mackie (2018)	12.81 A Mackie (2018)	4179 C Schultz	4637 J Hardy~ 4245 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		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		3.13 J Taylor (2019)	1.64 J Taylor (2019)	17.48 J Taylor (2017)	5154 H Searle	4871 H Searle~ 4046 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		2.98 R Rudov	1.29 M Muscat (2018)	10.13 A van Bockel (2018)	5046 H Searle	4772 H Searle~		
Women 70	32.08 H Searle	9.90 H Searle	23.28 M Thomas	22.74 M Thomas (500g)	11.71 J Banens		2.58 M Thomas (2017)	1.37 F Harris	10.27 M Thomas (2017)	4349 H Searle	4201 J Banens~ 3799 M Thomas* (2017)		
Women 75	32.27 H Searle	9.79 H Searle	21.56 M Thomas (2019)	18.83 M Thomas (2019)	11.60 M Thomas (2019)		2.35 M Thomas (2019)	1.02 M Thomas (2019)	12.04 M Thomas (2019)	4363 H Searle	4001 M Thomas* (2019)		
Women 80	15.23 M Wahren (2016)	5.52 M Wahren	10.96 M Wahren	11.83 M Wahren	6.68 M Wahren (2016)					1914 M Wahren			
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	4.06 R Frith	8.20 R Frith	5.62 R Frith	4.30 R Frith					5495 R Frith*			