



2020 AMA WINTER THROWS CHAMPIONSHIPS

REPORT, RESULTS and RECORDS
(plus Virtual Competition review)



HOSTED BY NSW MASTERS ATHLETICS



25th AMA Winter Throws Championships Report, Results and Records

The 25th running of the AMA Winter Throws Championships was conducted at the Kerryn McCann Athletics Centre, Wollongong, over the traditional Labour Day long weekend of Saturday October 3rd to Monday October 5th. The meet was conducted by NSW Masters Athletics, in conjunction with the home club Athletics Wollongong, and the staff of the Beaton Park Leisure Centre venue.

The weather was favourable, with daily maximum temperatures in the mid-twenties on Saturday and Sunday, and breaking thirty on Monday, and we enjoyed pleasant, rain-free conditions with moderate winds over the entire event.

Attendance numbers at the Wollongong event were significantly down this year, due to the COVID-19 interstate lockdowns and travel restrictions, unfortunately decimating the non-NSW entries. Only 31 throwers could travel to compete in person, comprising of 28 NSW, 2 ACT and 1 WA athlete. Those entered were 17 male athletes ranging in age groups from M40 – M80, whilst the 14 female athletes were in the age groups W35 - W65.

So, thinking fast in the pivot spirit of 2020, we quickly decided to add in a Virtual Competition, to run in tandem with the Championships, for those unable to travel out of their states. This action proved to be very successful, with 62 entries from both regular Winter Throwers and also from a substantial number of first-time participants (*review of the Virtual event on pages 7-9*).

The Main Event

The first time running a COVID safe competition certainly had its challenges this year, but armed with social distancing instructions, industrial sized bottles of sanitizer and copious printed check in lists, we were determined to deliver our usual high standard competition event, in a safe and socially distanced format.

My committee of Adriana van Bockel, Gabi Watts and Robert Clark all worked hard in preparation for the event, with a hand from Stuart Gyngell with the event program. Nurse Mary Thomas was on hand also, armed with our new thermal thermometer - unable to compete due to injury, she manned the COVID check in desk and recorded like the champion she is. An extra big shout out to Gabi and husband Dave over the whole event with their outstanding equipment and results management.



L-R: Organising Committee 2020; NSWMA Outdoor Merchandise and check in; Nurse Mary Thomas on check in duty.

Day 1 – The Throws Pentathlon

The first day comprised the Throws Pentathlon, plus the 56lb and 100lb Weights, as the Championship followed the amended program format which was introduced in 2018.

Amongst the ladies, strong results came in all age groups. **Jill Taylor W65** recorded the highest score with an impressive 3770 points. Her pentathlon also included NSW State & Meet Records in

the Weight Throw (13.74m). **Odette Palma W35** amassed 3461 points to break the NSW State Record for her age group. **Gabi Watts W50** (3509 points), **Vicki Townsend W55** (3487 points) and **Christine Shaw W60** (3345 points) all produced substantial scores.

The W40 age group provided the closest competition in the ladies Throws Pentathlon, as **Kelly Hunter W40** struck an early lead in the Hammer (27.45m), with **Kate Adams W40** closing the gap with a fine Shot (10.09m). Kelly launched a big Discus (34.13m) but Kate was still there to snatch a 25 point lead, after propelling her Javelin (31.75m) into the heavens. So it all came down to the Weight Throw, where Kelly's 10.98m proved just too strong.

An epic contest occurred in the W60s, which saw **Sharon Gibbins W60** put **Christine Shaw W60** under huge pressure through an impressive Hammer (31.52m) and strong performances in the Shot (7.27m) and Discus (21.94m). However, the competition was determined by Christine's stellar Javelin (25.10m), which left Sharon with too much work to do in the Weight to gain back the lead.



L-R: Christine Shaw & Kate Clarke/Shot; spectators; Sharon Gibbins surveying the field; the young girls get ready to toss.

Whilst the men's scores were lower than the ladies, strong results were recorded by competitors in a number of age groups during the day. **Ray Green M75** recorded the highest score with an impressive 3284 points with **Arnie Delaite M75** (3185 points) close behind. **Robert Hanbury Brown M60** matched Arnie's point score (3185 points), and **Jamie Muscat M40** produced a commendable total of 3071 points in his age group.

The Men's events produced some of the closest throws pentathlon finishes we have seen in Winter Throws history - **Ian Guthrie M65** took an early advantage with his Hammer (29.15m) and consolidated his position with the Shot (8.50m) to lead by 107 points. **David Ross M65** then halved this advantage with his Discus (25.08m), then his fabulous Javelin (25.08m) propelled him in to a 50 point lead. Ian's Weight Throw (11.78m) looked like it could be enough to take the win, but when the final points were tallied, David had hung on to win by a single point (2379 points to 2378 points).

Then in the M55, **Robert Clark M55** took a big early lead with the Hammer (36.26m), **Stephen Liggins M55** produced a magnificent Shot (10.88m) to move within 9 points, with **Peter Murray M55** Shot (9.81m) put him just 35 points further behind. Stephen's huge throws in the Discus (35.13m) and Javelin (37.11m) looked decisive, as he extended his lead to 135 points over Peter and 249 points over Robert. But Robert's Weight Throw (14.59m) had everyone calculating and checking the final point totals, as Stephen held on to win by a point from Robert (2994 points to 2993 points) with Peter finishing a close third (2848 points).

Finally, **Ray Green M75** took an early lead in his group with his Hammer (29.12m), then consolidated this with his Shot (9.82m) and Discus (31.46m), to lead **Arnie Delaite M75** by 195 points. However, Arnie then produced a huge Javelin (27.51m) to close the gap to just 5 points with the Weight Throw to come. Ray's Weight Throw (12.13m) was good enough to close out the competition, however Arnie could console himself with the second best points total across all the male age groups on the day.

The 56lb and 100lb events

After the drama of the Throws Pentathlons, it was time for the strong men and women to show off their prowess with the 56 and 100lbs, and how they demonstrated it!

Vicki Townsend W35 (1.89m) and **Jill Taylor W65** (1.63m) set new Australian, NSW and Meet Records in the 100lb. Vicki (3.46m) and Jill (2.86m) also set new NSW State Records in the 56lb. **Ray Green M75** (4.60m) also set a new Meet Record in the 56lb, while **Noel Donohoe M80** (6.40m) set NSW State and Meet Records in his Super Weight (20lb).



L-R: 100lb - Ian Guthrie; Jill Taylor; Robert Clark; Adriana van Bockel.

Other strong performances were achieved by **Jamie Muscat M40** in the 56lb (8.51m) and in the 100lb (4.68m), **Morgan Clifford M40** (3.54m) in the 100lb, and **Anatoly Kirievsky M40** in the 56lb (6.36m) and 100lb (3.40m).

Unfortunately, the Championship Dinner was unable to be held this year due to the COVID-19 restrictions, but we hope to be able to bring it back for the 2021 event.



Day 2 – The Individual Events

Day 2 brought forth the Individual Events of Hammer, Shot Put, Discus, Javelin and Weight Throw. Athletes today were sorted into three separate groups to keep them small, to help with both social distancing and the speed with which each event could be completed. With three separate EDMs in operation to measure distances, each event ran quickly and smoothly.

The Hammer saw **Odette Palma W35** (53.75m) throw a NSW State and Meet Record. **Maria Cimino W45** (40.99m), **Jamie Muscat M40** (39.73m) and **Gabi Watts W50** (38.75m) all threw impressive distances.

In the Shot **Kate Adams W40** (10.52m) and **Kelly Hunter W40** (10.40m) produced another titanic, quality battle. **Jamie Muscat M40** (12.42m) and **Gabi Watts W50** (10.99m) threw well, whilst **Ray Green M75** showed his younger competitors how to do it with an awesome distance of 9.85m.

The Discus saw **Kelly Hunter W40** (41.36m) break the current Meet Record, and **Ray Green M75** (31.50m), **Jamie Muscat M40** (40.20m), **Robert Hanbury Brown M60** (36.50m) and **Gabi Watts**

W50 (32.19m) also notched good marks. In one of the closest Javelin battles of the day, **Sharon Gibbons W60** (23.01m) proved just that bit too strong for **Christine Shaw W60** (22.29m).



L-R: Jamie Muscat/Discus; Odette Palma/Hammer; Anatoly Kirievsky/Shot; Morgan Clifford/100lb.

The Javelin saw another Meet Record fall, this time to **Nick Batty M50** (56.03m), a distance that many of us couldn't match from all our throws combined! **Morgan Clifford M40** (32.66m), **Jamie Muscat M40** (32.26m) and **Anatoly Kirievsky** (30.07m) produced the closest competition of the day, whilst **Kate Adams W40** (30.99m), **John Appleton M75** (26.46m) and **Christine Shaw W60** (25.08m) all produced great throws.

The Weight Throw saw great throws from **Ray Green M75** (13.06m), **Robert Hanbury Brown M60** (14.61m), **Robert Clark M55** (14.32m) and **Jill Taylor W65** (13.34m), and **Christine Shaw W60** (12.03m) and **Sharon Gibbons W60** (11.51m) had yet another of their great tussles, with Christine just prevailing.

Not surprisingly, the unique Weight for Distance event also saw many new Meet Records set. 2 women set new marks – **Kelly Hunter W40** (13.35m) and **Jill Taylor W65** (18.49m) – and 2 men – **Ray Green M75** (16.99m) and **Noel Donohoe M80** (13.55m). **David Ross M65** (15.06m) **Jamie Muscat M40** (15.96m) and **Robert Hanbury Brown M60** (15.75m) all threw over 15 metres each.



L-R: Jill Taylor/Weight for Distance; Christine Shaw/Weight; Weight Throw implements

Day 3 – Heavy Weight Pentathlon

Our final competition day, Monday was certainly the pick of the days weatherwise, and a chance for the remaining group of hardcore throwers to produce one final day of quality throwing.

The ladies again provided some outstanding performances. **Jill Taylor W65** (4640 points) amassed the highest point score, setting new NSW State Records in the HWP and the Super Weight (20lb), with the Super Weight also being a Meet Record. **Odette Palma W35** (4067 points) threw an

Australian Record in the Super Weight (8.87m), and **Maria Cimino W45** (3701 points) threw consistently well across all the weights to amass a high score. Both Maria (6.57m) and Odette (8.87m) also set Super Weight NSW State and Meet Records.

Amongst the men, **Ray Green M75** (3717 points), **Robert Clark M55** (3714 points) and **Jamie Muscat M40** (3409 points) recorded substantial points total reflecting consistent throwing with all weights.



L-R: Weight - Ray Green; Noel Donohoe; Kate Clarke; Dave Ross/100lb.

2020



Athletes of the Meet



Female Athlete: Jill Taylor W65 (NSW)

Over three days of stunning competition there were three women whose performances shone the brightest: **Odette Palma W35** (NSW), **Vicki Townsend W55** (NSW) and **Jill Taylor W65** (NSW). Each achieved quality results, as demonstrated by the Australian, State and Meet Records they set. Each performed brilliantly across a number of events, and it was difficult to split them. Given the sheer breadth and quality of performances over the event, the decision ultimately went to **Jill Taylor W65**, for the consistency of her performances in both

pentathlons, and across the individual events.



Male Athlete: Ray Green M75 (ACT)

Although there were a number of very strong male performances across the weekend, there was only really one male athlete whose performances were consistently at the highest level. He achieved the highest Male Throws Pentathlon Score, the highest Male Heavy Weight Pentathlon, and a number of strong individual performances, which included Meet records in the Javelin, Weight for Distance and the 56lb, making **Ray Green M75** a very worthy winner of the 2020 Male Athlete of the Meet.

Our grateful thanks, as always, to our wonderful helpers over the weekend:

Adriana van Bockel (Catering and Merchandise); Gabi and Dave Watts (Equipment and Site Management, Results)

EDM, Recording, Officiating: Mary Thomas; Maria Cimino; Gavin Murray; Anatoly Kirievsky; Audrey Muscat; Wollongong Aths President Michael McLelland;

Event program help: Stuart Gyngell



Despite the low numbers being able to attend in person, the Championships were as enjoyable to the athletes who made it as it usually is. The event ran very smoothly in beautiful weather, and the added fun of watching the virtual competition run around the country added an extra layer of enjoyment.

We hope that you enjoyed it as well, and we look forward to welcoming you all back in October 2021 to compete once again. Entries will open

Jill Taylor

LOC Convenor



Our Virtual Competition rundown

The virtual competition attracted the awesome number of 62 throwers, with representation from every State and territory in Australia.

The breakdown was: 16 ACT, 12 NT, 11 VIC, 10 QLD, 5 WA, 5 NSW, 2 SA, and 1 TAS.

The 29 male and 33 female athletes entered ranged in the age groups from MW35 to MW80.

Locations included:

Bunbury, Adelaide, Darwin, Hobart, Bendigo, Melbourne, Canberra, Sydney, Mackay, Bundaberg, Brisbane.



Throws Pentathlon

Amongst the ladies, **Jeanette Williamson W75** (3902 points) recorded the highest TP score, with **Jayne Hardy W55** (3773 points) second. Other scores over 3000 points were **Nicole Johansen W45** (3441 points), **Alex Lloyd W60** (3324 points), **Narelle Messerle W60** (3062 points) and **Jennifer Parker W50** (3050 points). There was also a fabulous contest in our W80 age group between **Maggie Roberts W80** (2133 points), **Nola Brockie W80** (2061 points) and **Nola de Chazal W80** (1404 points).



L-R: ACT team at Woden; Maria Drury in Bundaberg; the WA group in Bunbury

In the men's competition, **Chris White M50** (3604 points) recorded the highest, an impressive score which was over 300 points more than any male who had competed at the main event in Wollongong. Other scores over 3000 points were **Kevin Blewitt M80** (3329 points), **John Fettus M45** (3240 points) and **Simon Van Baalen M45** (3083 points).

Heavy Weight Pentathlon

Amongst the ladies **Jeanette Williamson W75** (3983 points) recorded the highest score just pipping **Jayne Hardy W55** (3974 points). **Nicole Johansen W50** (3733 points) scored heavily and **Jennifer Parker W50** (3102 points) was also over 3000 points. **Luella Jones W70** (2046 points) from three weights would surely have joined them, had she been able to throw/score points with all five weights.

In the men, **John Fettus M45** (3886 points) recorded the highest score finishing a long way clear of **Brian Davies M70** (3306 points). Other scores over 3000 points were **Don Quinn M75** (3226 points), **Todd Davey M50** (3211 points), **John Reynolds M75** (3153 points) **Lajos Joni M65** (3101 points), **Richard Harris M45** (3097 points) and **Ian Grazioli M60** (3023 points). It is worth noting that Lajos and Todd's scores were amassed from four weights only Oh, what might have been!



L-R: NT team in Darwin NT; a wet circle for entrants in Hobart TAS; Sharon Barr, on a concrete path somewhere in VIC!

Individual Performances

Note: if an athlete did not submit individual event performances but participated in either the throws pentathlon or heavy weight pentathlons, distances from those pentathlons have been included in the individual event summaries and review.

Commendable individual performances from the ladies included:

Shenevelle Dickson W35 (Discus 30.81m, Weight 11.16m), **Nicole Johansen W45** (Hammer 34.45m, Discus 32.70m, Javelin 30.33m, Weight 11.27m, 100lb 1.98m), **Anni Rowe W45** (Weight 11.25m), **Judy Pfanner W50** (Shot 10.50m, Discus 32.83m), **Leanne Hilton W50** (Shot 10.25m, Javelin 28.70m), **Jennifer Parker W50** (Weight 11.36m), **Jayne Hardy W55** (Hammer 37.48m, Discus 27.16m, Javelin 26.79m, Weight 12.42m, 56lb 3.39m, 100lb 1.86m), **Carole Condon W55** (56lb 3.26m), **Alex Lloyd W60** (Weight 12.05m) and **Jeanette Williamson W75** (Hammer 27.93m, Weight 10.28m, 100lb 1.39m).

Commendable individual performances from the men included:

John Fettus M45 (Hammer 39.75m, Shot 11.86m, Discus 36.59m, 56lb 8.05m), **Simon Van Baalen M45** (Hammer 38.81m, 100lb 4.90m), **Chris White M50** (Hammer 39.12m, Shot 12.63m, Discus 39.86m, Javelin 45.03m, Weight 17.28m), **Craig Graham M55** (Hammer 35.00m), **Ian Grazioli M60** (Discus 35.68m), **Charles Bastecky M65** (Javelin 31.00m), **Lajos Joni M65** (Weight

15.30m, 56lb 6.06m), **John Reynolds M75** (56lb 4.10m, 100lb 2.31m), **Kevin Blewitt M80** (Hammer 33.83m, Shot 9.12m, Weight 11.76m, 56lb 3.44m, 100lb 1.66m) and **Ian Kennedy M80** (Hammer 26.97m, Weight 11.52m, 100lb 2.01m).



L-R: Craig Graham/VIC; Paul Hook and Howard Avery/Adelaide SA; David Conroy/Berwick Vic; Narelle Messele/VIC

*Saturday night session in Darwin - individual throws incorporating the throws pentathlon, plus weight for distance to finish off. Past bedtime for many but a tea break and a snack of mini sausage rolls kept everyone going! Thanks to Jill Taylor and the rest of the NSWMA crew for putting on the virtual comp. It was a great day of throwing up here in the NT. **Joanna Bailey, Darwin***

*Thanks Jill, it was such a thrill to be able to compete despite having a 12 week old son which would have meant travelling interstate for it wasn't an option even without covid restrictions. A lot of other virtual covid events have been disappointing and unengaging, but it was great to see all on the posts on here and imagining them all throwing against me in a different place at the same time. Really appreciate your efforts and those of your helpers and the competitors that bought in to the idea and participated - **Michael Higgs, Hobart***

*Spectators! I would like to thank Ken and Barbie for cheering us on and getting into the spirit of it all. Melbourne didn't disappoint and raised mercury levels to 29 degrees, and in true fashion expecting 14 tomorrow. Thanks for the inspiration AMA WTC. Great to see all the participants around Australia posting. - **Angela Edw, Ringwood***

*Thank you for allowing us throwers who are not able to travel interstate a chance to compete, virtually. Thanks **Craig** and **Olivia** for spotting the falls and watching the feet. Not allowed to throw at the aths track if someone is on the back straight so we had to use the old cricket pitch we use for training - **Sharon Barr, Bendigo***

Conclusion

At the time of the event, many of our fellow athletes around the country were in lockdown at the time, all state borders were closed, and Melbourne residents had only just been allowed out of their homes. Running the virtual event offered those living outside NSW an opportunity to compete in something to alleviate the frustrations and boredom, and gave them a connection and a purpose. The excitement generated over the facebook posts and photos coming in over the competition weekend was so good to see and made us very proud to have been able to run the event.

We hope that all border lockdowns and COVID 19 restrictions will be gone by next year's event and that many of these first timers might be able to make it in person to the 26th AMA Winter Throws Championships. Failing that, we have already undertaken to run the virtual competition again in 2021. The opportunity to connect with so many of our athletes around Australia, many who have never competed in some of the events that the Winter Throws Championships offer, is too good not to repeat in the future.





25th AMA WINTER THROWS CHAMPIONSHIPS

3 – 5 OCTOBER, 2020

BEATON PARK, WOLLONGONG

**RESULTS and RECORDS BROKEN
(MEET/STATE/NATIONAL)**

EVENT: HEAVY WEIGHT PENTATHLON - WOMEN

Women 30-49	Age	State	Distance 12lb	Score	Distance 16lb	Score	Distance 20lb	Score	Distance 25lb	Score	Distance 35lb	Score	TOTAL POINTS
Odette Palma	35	NSW	20.30	826	16.81	808	14.15	829	12.24	838	8.87	766	4067
Maria Cimino	45	NSW	16.36	786	13.71	784	10.49	713	9.60	767	6.57	651	3701
Women 50-54	Age		Distance 4kg	Score	Distance 12lb	Score	Distance 16lb	Score	Distance 20lb	Score	Distance 25lb	Score	TOTAL POINTS
Vicki Townsend	55	NSW	14.94	696	12.83	719	9.27	613	8.38	682	6.49	610	3320
Women 60-69	Age		Distance 3kg	Score	Distance 4kg	Score	Distance 12lb	Score	Distance 16lb	Score	Distance 20lb	Score	TOTAL POINTS
Jill Taylor	65	NSW	17.68	907	15.56	901	13.34	969	10.80	948	8.52	915	4640
Adriana Van Bockel	65	NSW	8.98	414	8.48	443	6.90	440	5.18	378	4.62	416	2091

EVENT: HEAVY WEIGHT PENTATHLON - MEN

Men 40-49	Age	State	Distance 20lb	Score	Distance 25lb	Score	Distance 35lb	Score	Distance 45lb	Score	Distance 56lb	Score	TOTAL POINTS
Morgan Clifford	40	NSW	11.19	402	10.17	410	8.71	424	6.80	446	5.45	433	2115
Anatoly Kirievsky	40	NSW	13.85	518	12.65	532	10.02	503	7.51	508	6.49	551	2612
Jamie Muscat	40	NSW	17.00	656	15.61	680	10.87	555	9.83	713	8.72	805	3409
Men 50-59	Age		16lb		20lb		25lb		35lb		45lb		
Robert Clark	55	NSW	17.64	708	16.21	748	14.14	785	10.85	717	8.40	756	3714
Men 60-69	Age		12lb		16lb		20lb		25lb		35lb		
Ian Guthrie	65	NSW	13.68	524	10.20	433	9.98	515	9.00	544	6.75	472	2488
Men 70-79	Age		4kg		12lb		16lb		20lb		25lb		
Ray Green	75	ACT	16.07	725	14.03	759	12.05	724	10.71	774	8.69	735	3717
Men 80-89	Age		3kg		4kg		12lb		16lb		20lb		
Noel Donohoe	80	NSW	11.02	503	9.31	446	8.18	489	7.19	479	6.31	499	2416

EVENT: THROWS PENTATHLON – MEN

Age	Name	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total
M40	Morgan Clifford	22.05	268	9.54	523	21.34	338	27.54	298	8.50	411	1838
M40	Anatoly Kirievsky	30.65	423	8.22	435	29.79	520	28.61	314	9.69	483	2175
M40	Jamie Muscat	41.77	627	12.13	698	38.56	715	32.51	375	12.49	656	3071
Age	Name	6kg hammer		6kg shot		1.5kg discus		700gm javelin		11.34kg (25lbs) weight		Total
M55	Robert Clark	36.26	638	9.00	572	31.77	569	27.74	400	14.59	814	2993
M55	Stephen Liggins	29.07	483	10.88	718	35.13	644	37.11	583	10.72	566	2994
M55	Peter Murray	31.31	531	9.81	635	30.60	543	37.13	584	10.54	555	2848
M55	Andrew Wilson	19.40	279	8.83	559	22.25	361	22.53	301	8.54	429	1929
Age	Name	5kg hammer		5kg shot		1kg discus		600gm javelin		9.08kg (20lbs) weight		Total
M60	Robert Hanbury Brown	37.23	655	10.33	661	35.14	611	33.70	554	13.87	704	3185
Age	Name	5kg hammer		5kg shot		1kg discus		600gm javelin		9.08kg (20lbs) weight		Total
M65	Ian Guthrie	29.15	557	8.50	580	22.46	389	15.71	223	11.78	629	2378
M65	Dave Ross	28.52	542	7.38	488	25.08	448	20.18	321	11.00	580	2379
Age	Name	4kg hammer		4kg shot		1kg discus		500gm javelin		7.26kg (16lbs) weight		Total
M75	Arnie Delaite	26.94	585	9.30	668	28.36	678	27.51	619	10.78	635	3185
M75	Ray Green	29.12	644	9.82	713	31.46	769	20.64	429	12.13	729	3284
Age	Name	3kg hammer		3kg shot		1kg discus		400gm javelin		5.48kg (12lbs) weight		Total
M80	Noel Donohoe	20.54	485	6.48	471	15.74	384	11.46	216	8.43	508	2064

EVENT: THROWS PENTATHLON – WOMEN

Age	Name	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg(20lbs) weight		Total
W35	Odette Palma	53.64	1127	10.01	554	34.78	578	18.69	286	15.41	916	3461
W40	Kate Adams	25.97	505	10.09	608	27.32	471	31.75	599	8.36	487	2670
W40	Kelly Hunter	27.45	543	9.78	586	34.13	616	23.23	413	10.98	678	2836
W45	Maria Cimino	35.71	830	8.18	514	23.88	440	21.82	424	10.14	685	2893
W45	Sam Latanis	23.97	504	9.58	624	26.80	506	19.94	380	8.08	521	2535
Age	Name	3kg hammer		3kg shot		1kg discus		500gm javelin		7.26kg (16lbs) weight		Total
W50	Gabi Watts	36.33	858	11.00	785	29.75	636	19.53	395	13.15	835	3509
W55	Vicki Townsend	31.16	790	10.02	776	28.45	673	20.49	470	11.32	778	3487
W55	Anne Weekes	18.01	390	5.53	372	14.79	301	12.11	243	5.62	327	1633
Age	Name	3kg hammer		3kg shot		1kg discus		500gm javelin		5.45kg(12lbs) weight		Total
W60	Sharon Gibbins	31.52	897	7.27	590	21.94	558	11.89	273	11.68	748	3066
W60	Christine Shaw	25.09	679	8.33	695	22.50	575	25.10	676	11.31	720	3345
W65	Jill Taylor	30.48	975	8.04	750	22.70	668	13.52	374	13.74	1003	3770
W65	Adriana Van Bockel	17.27	481	5.23	444	14.59	390	11.62	310	7.24	468	2093
W65	Kate Clarke	20.24	590	6.39	569	17.51	489	14.58	410	8.21	547	2605

EVENT: Individual Hammer

Name		Age		Best
Morgan Clifford	NSW	M40	7.26kg	21.80
Anatoly Kirievsky	NSW	M40	7.26kg	30.61
Jamie Muscat	NSW	M40	7.26kg	39.73
Robert Hanbury Brown	NSW	M60	5kg	36.61
Gabi Watts	NSW	W50	3kg	38.75
Vicki Townsend	NSW	W55	3kg	30.10
Anne Weekes	NSW	W55	3kg	17.41
Robert Clark	NSW	M55	6kg	31.46
Dave Ross	NSW	M65	5kg	25.69
Ian Guthrie	NSW	M65	5kg	29.68
Christine Shaw	NSW	W60	3kg	25.98
Kate Clarke	NSW	W65	3kg	20.91
Jill Taylor	NSW	W65	3kg	31.10
Adriana Van Bockel	NSW	W65	3kg	16.47
Sharon Gibbins	ACT	W60	3kg	30.48
E.J Davie	NSW	M45	7.26kg	6.10
Ray Green	ACT	M75	4kg	30.80
Noel Donohoe	NSW	M80	3kg	19.68
Odette Palma	NSW	W35	4kg	53.75
Kelly Hunter	NSW	W40	4kg	28.13
Maria Cimino	NSW	W45	4kg	40.99

EVENT: Individual Javelin

Name		Age		Best <small>[JT1]</small>
Morgan Clifford	NSW	M40	800g	32.66
Anatoly Kirievsky	NSW	M40	800g	30.07
Jamie Muscat	NSW	M40	800g	32.26
Robert Hanbury Brown	NSW	M60	600g	33.56
Vicki Townsend	NSW	W55	500g	19.63
Anne Weekes	NSW	W55	500g	11.43
E.J Davie	NSW	M45	800g	11.44
John Appleton	NSW	M75	500g	26.46
Noel Donohoe	NSW	M80	400g	13.48
Kate Adams	NSW	W40	600g	30.99
Kelly Hunter	NSW	W40	600g	23.11
Sam Latanis	NSW	W45	600g	DNS
Nick Batty	NSW	M50	700g	56.03
Robert Clark	NSW	M55	700g	26.87
Ian Guthrie	NSW	M65	600g	DNS
Kate Clarke	NSW	W65	500g	15.83
Adriana Van Bockel	NSW	W65	500g	12.20
Christine Shaw	NSW	W60	500g	25.08

EVENT: Individual Weight Throw

Name		Age		Best
Morgan Clifford	NSW	M40	35lb	8.85
Anatoly Kirievsky	NSW	M40	35lb	9.61
Jamie Muscat	NSW	M40	35lb	10.79
Robert Hanbury Brown	NSW	M60	20lb	14.61
Donna Hiscox	WA	M50	16lb	7.23
Gabi Watts	NSW	W50	16lb	13.75
Vicki Townsend	NSW	W55	16lb	11.14
Anne Weekes	NSW	W55	16lb	6.54
Robert Clark	NSW	M55	25lb	14.32
Ian Guthrie	NSW	M65	20lb	10.27
Kate Clarke	NSW	W65	12lb	9.12
Jill Taylor	NSW	W65	12lb	13.36
Adriana Van Bockel	NSW	W65	12lb	7.13
Sharon Gibbins	ACT	W60	12lb	11.51
Christine Shaw	NSW	W60	12lb	12.03
E.J Davies	NSW	M45	35lb	4.79
Ray Green	ACT	M75	16lb	13.06
Noel Donohoe	NSW	M80	12lb	8.96
Kelly Hunter	NSW	W40	20lb	11.79

EVENT: Individual SUPERWEIGHT

Name		Age		Best
Robert Clark	NSW	M55	56	5.58
Ian Guthrie	NSW	M65	44lb	5.62
Ray Green	ACT	M75	35lb	6.71
Noel Donohoe	NSW	M80	25lb	6.40
Odette Palma	NSW	W35	35lb	8.87
Maria Cimino	NSW	W45	35lb	6.57
Vicki Townsend	NSW	W55	25lb	6.49
Jill Taylor	NSW	W65	20lb	8.52
Adriana Van bockel	NSW	W65	20lb	4.62

EVENT: Individual Shot Put

Name		Age		Best
Robert Clark	NSW	M55	6kg	8.88
Ian Guthrie	NSW	M65	5kg	8.30
Tuck Yuen	NSW	M70	4kg	8.18
Kate Clarke	NSW	W65	3kg	6.58
Jill Taylor	NSW	W65	3kg	7.99
Adriana Van Bockel	NSW	W65	3kg	5.27
E.J Davie	NSW	M45	7.26kg	5.07
Ray Green	ACT	M75	4kg	9.85
Noel Donohoe	NSW	M80	3kg	6.78
Kate Adams	NSW	W40	4kg	10.52
Kelly Hunter	NSW	W40	4kg	10.40
Morgan Clifford	NSW	M40	7.26kg	9.81
Anatoly Kirievsky	NSW	M40	7.26kg	8.32
Jamie Muscat	NSW	M40	7.26kg	12.42
Robert Hanbury Brown	NSW	M60	5kg	10.02
Donna Hiscox	WA	W50	3kg	5.90
Gabi Watts	NSW	W50	3kg	10.99
Vicki Townsend	NSW	W55	3kg	10.29
Anne Weekes	NSW	W55	3kg	5.34

EVENT: Individual Discus

Name		Age		Best
Robert Clark	NSW	M55	1.5kg	31.59
Ian Guthrie	NSW	M65	1kg	22.20
Dave Ross	NSW	M65	1kg	25.23
Tuck Yuen	NSW	M70	1kg	20.18
Kate Clarke	NSW	W65	1kg	18.61
Jill Taylor	NSW	W65	1kg	22.31
Adriana Van Bockel	NSW	W65	1kg	14.93
Sharon Gibbins	ACT	W60	1kg	23.01
Christine Shaw	NSW	W60	1kg	22.29
E.J Davie	NSW	M45	2kg	11.95
Ray Green	ACT	M75	1kg	31.50
Noel Donohoe	NSW	M80	1kg	16.07
Kelly Hunter	NSW	W40	1kg	41.36
Maria Cimino	NSW	W45	1kg	25.28
Morgan Clifford	NSW	M40	2kg	24.66
Anatoly Kirievsky	NSW	M40	2kg	30.59
Jamie Muscat	NSW	M40	2kg	40.20
Robert Hanbury Brown	NSW	M60	1kg	36.50
Donna Hiscox	WA	W50	1kg	15.43
Gabi Watts	NSW	W50	1kg	32.19
Vicki Townsend	NSW	W55	1kg	27.49
Anne Weekes	NSW	W55	1kg	15.16

EVENT: Individual Weight for Distance

Name		Age		Best
Morgan Clifford	NSW	M40	25lb	13.09
Anatoly Kirievsky	NSW	M40	25lb	11.03
Jamie Muscat	NSW	M40	25lb	15.96
Robert Hanbury Brown	NSW	M60	16lb	15.75
Vicki Townsend	NSW	W55	12lb	12.38
Robert Clark	NSW	M55	20lb	14.02
Ian Guthrie	NSW	M65	16lb	13.19
Dave Ross	NSW	M65	16lb	15.06
Christine Shaw	NSW	W60	4kg	11.72
Jill Taylor	NSW	W65	4kg	18.49
Adriana Van Bockel	NSW	W65	4kg	9.38
Robert Clark	NSW	M55	20lb	14.02
Ian Guthrie	NSW	M65	16lb	13.19
Dave Ross	NSW	M65	16lb	15.06
Christine Shaw	NSW	W60	4kg	11.72
Jill Taylor	NSW	W65	4kg	18.49*
Adriana Van Bockel	NSW	W65	4kg	9.38
E.J Davies	NSW	M45	25lb	4.52
Ray Green	ACT	M75	12lb	16.99*
Noel Donohoe	NSW	M80	4kg	13.55*
Kelly Hunter	NSW	W40	16lb	13.35

EVENT: Individual 56lb

Name		Age		Best
Vicki Townsend	NSW	W55	56lb	3.46
Sam Latanis	NSW	W45	56lb	3.50
Robert Clark	NSW	M55	56lb	5.58
Ian Guthrie	NSW	M65	56lb	3.64
Dave Ross	NSW	M65	56lb	4.29
Ray Green	ACT	M75	56lb	4.60
Noel Donohoe	NSW	M80	56lb	2.99
Jill Taylor	NSW	W65	56lb	2.86
Adriana Van Bockel	NSW	W65	56lb	1.94
Morgan Clifford	NSW	M40	56lb	5.46
Anatoly Kirievsky	NSW	M40	56lb	6.36
Jamie Muscat	NSW	M40	56lb	8.51

EVENT: Individual 100lb

Name		Age		Best
Vicki Townsend	NSW	W55	100lb	1.89
Sam Latanis	NSW	W45	100lb	1.79
Robert Clark	NSW	M55	100lb	2.92
Ian Guthrie	NSW	M65	100lb	2.05
Dave Ross	NSW	M65	100lb	2.43
Ray Green	ACT	M75	100lb	2.33
Noel Donohoe	NSW	M80	100lb	1.35
Jill Taylor	NSW	W65	100lb	1.63
Adriana Van Bockel	NSW	W65	100lb	0.78
Morgan Clifford	NSW	M40	100b	3.54
Anatoly Kirievsky	NSW	M40	100lb	3.40
Jamie Muscat	NSW	M40	100lb	4.68

MEET / STATE / AUSTRALIAN RECORDS BROKEN:

NAME	EVENT	AGE	DISTANCE	RECORD
Nick Batty	Javelin	M-50	56.03	Meet
Ray Green	WFD	M-75	16.99	Meet
Ray Green	56lb	M-75	4.60	Meet
Noel Donohoe	WFD	M-80	13.55	Meet
Noel Donohoe	Super Weight(25lb)	M-80	6.40	Meet
Odette Palma	Hammer	W-35	53.75	Meet
Odette Palma	Super Weight(35lb)	W-35	8.87	Meet
Kelly Hunter	WFD	W-40	13.35	Meet
Kelly Hunter	Discus	W-40	41.36	Meet
Maria Cimino	Super Weight(35lb)	W-45	6.57	Meet
Vicki Townsend	100lb	W-55	1.89	Meet
Jill Taylor	WFD	W-65	18.49	Meet
Jill Taylor	100lb	W-65	1.63	Meet
Jill Taylor	Weight	W-65	13.74	Meet
Jill Taylor	Super Weight(20lb)	W-65	8.52	Meet
NAME	EVENT	AGE	DISTANCE	RECORD
Noel Donohoe	Super Weight(20lb)	M-80	6.40	State
Odette Palma	T.P	W-35	3461pts	State
Odette Palma	Hammer	W-35	53.75	State
Odette Palma	Super Weight(35lb)	W-35	8.87	State
Maria Cimino	Super Weight(35lb)	W-45	6.57	State
Vicki Townsend	100lb	W-55	1.89	State
Vicki Townsend	56lb	W-55	3.46	State
Jill Taylor	Weight	W-65	13.74	State
Jill Taylor	100lb	W-65	1.63	State
Jill Taylor	56lb	W-65	2.86	State
Jill Taylor	HWP	W-65	4640pts	State
Jill Taylor	Super Weight(20lb)	W-65	8.52	State
NAME	EVENT	AGE	DISTANCE	RECORD
Odette Palma	Super Weight(35lb)	W-35	8.87	Australian
Vicki Townsend	100lb	W-55	1.89	Australian
Jill Taylor	100lb	W-65	1.63	Australian

AMA WINTER THROWS CHAMPIONSHIP RECORDS (at 1/11/2020)

Age Group	Hammer	Shot	Discus	Javelin	Weight Throw	Super Weight	56LB Weight	100LB Weight	Weight for Distance	THROWS PENTATHLON	HEAVY WEIGHT PENTATHLON
										*2002 table	*2002 table *2005 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)	15.88 M Day (2017)	2597 M Day (2017)	3023 G Urbanowicz ~
Men 35	53.42 S Zahloski	17.17 S Gungell	50.03 D Haworth	51.67 Halley	16.13 D Haworth	5.43 W Jones (2019)	10.94 D Haworth	5.57 D Haworth	15.09 J Muscat (2016)	3457 S Gungell	4436 D Haworth ~
Men 40	51.82 R Meiring (2017)	14.43 Halley	41.88 J Muscat (2019)	46.55 Halley	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)	3721 J Halley ~ 3578 Muscat (2017)	4668 R Meiring* (2017)
Men 45	51.85 S Zahloski	15.47 S Gungell (2012)	42.88 S Gungell (2012)	47.42 B Barens	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 Gungell (2014)	55.20 T Davey (2018)	56.03 J Batty (2020)	17.74 G Edwards (2013)	6.38 N Cornell (2019)	9.39 G Edwards	4.81 T Davey (2018)	21.13 T Davey (2018)	4309 G Rose ~ 4146 Davey (2018)*	4647 G Edwards* 4581 G Rose ~ 4303 Glas* 4469 G Rose ~ 4459 R Glas*
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 (2019)	7.33 G Crumpton (2010)	4.02 G Crumpton (2011)	17.32 P Reed (2016)	4187 G Rose ~	R
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 J Joni (2019)	7.49 R Glas (2011)	3.68 R Glas (2011)	18.78 J Joni (2019)	4344 G Rose ~	
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 Mencil	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 Mencil	33.13 R Sincok	32.44 R Sincok	14.91 W van Weenan	7.23 R Green (2019)	4.60 R Green (2020)	2.44 R Green (2019)	16.99 R Green (2020)	4716 W Van Weenan	4335 K Priestley* (2013)
Men 80	38.71 R Sincok (2016)	11.77 T Hancock (2016)	29.60 T Hancock	30.68 R Sincok (2015)	16.92 G Mencil (2013)	6.40 N Donohoe (2020)	3.49 H Wynhoven	1.76 N Windred	13.35 N Donohoe (2020)	4670 T Hancock* (2016)	5034 R Sincok* (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 Jakabsons	1.66 F Jakabsons		3375 N Windred (2013)	2195 E Drummond*
Men 90			7.78 F Jakabsons (2017)	6.19 F Jakabsons (2017)	3.06 F Jakabsons (2017)						
Women 30	58.47 K Di Marco	10.77 M Holihan (2014)	36.67 S Dickson (2017)	39.75 L Smith	17.52 K Di Marco		5.87 M Holihan (2015)	2.51 K Di Marco	10.22 S Dickson (2017)	3331 K Di Marco	4472 K Di Marco*
Women 35	53.75 O Palma (2020)	12.96 C McCahill	43.49 K Hunter (2016)	40.42 J Hardy	15.87 C McCahill	8.87 O Palma (2020)	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)	41.36 K Hunter (2020)	37.76 J Hardy	14.22 J Hardy		5.00 A Mackie (2013)	2.24 J Hardy	13.35 K Hunter (2020)	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	6.57 M Cimino (2020)	4.74 A Mackie (2017)	2.25 A Mackie (2018)	12.81 A Mackie (2018)	4179 C Schultz	4637 J Hardy~ 4245 Mackie* (2018)
Women 50	49.12 M Parvainen	12.59 G Watts (2018)	34.74 G Watts (2018)	31.63 J Hardy (500g 2013)	15.89 M Parvainen		4.40 J Hardy	2.02 J Hardy	9.94 D Engeler (2016)	4363 J Hardy	4750 G Watts* (2018)
Women 55	46.00 J Davies	11.39 M Kay (2016)	29.66 S Gibbins (2016)	29.90 Bourke (500g)	14.04 J Davies	8.11 J Hardy (2019)	3.65 J Hardy (2019)	1.89 V Townsend (2020)	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 (500g 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 H Searle~ 4046 Taylor* (2019)
Women 65	40.11 H Searle	10.53 H Searle	26.34 H Searle	30.69 M Thomas (400g)	13.74 J Taylor (2020)	8.52 J Taylor (2020)	2.98 R Rudov (2010)	1.63 J Taylor (2020)	18.49 J Taylor (2020)	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 Barens (2013)		2.58 M Thomas (2017)	1.37 F Harris	10.27 M Thomas (2017)	4349 H Searle (2010)	4201 J Barens~ 3799 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)	