

## Throws Championship Winners

<b>Year</b>	<b>Event</b>	<b>Men</b>	<b>Age</b>	<b>State</b>
1999	Javelin	Peter O'Brien	M30	ACT
2000	Discus	James Davis	M65	QLD
2001	Hammer	Ken Readwin	M60	VIC
2002	Shot Put	Ted Vickers	M80	QLD
2003	Weight	Bob Banens	M50	ACT
2004	Javelin	Bob Watson	M60	NSW
2005	Discus	Warren Evans	M30	QLD
2006	Hammer	Graeme Rose	M60	VIC
2007	Shot Put	Stuart Gyngell	M40	NSW
2008	Weight	Graeme Rose	M65	VIC
2009	Javelin	Andrew Atkinson-Howatt	M50	NSW
2010	Discus	Mark Hamilton	M35	WA
2011	Hammer	Peter Neale	M40	VIC
2012	Shot Put	Keith James	M70	NSW
2013	Weight	Greg Urbanowicz	M30	WA
2014	Javelin	Darrin Norwood	M30	QLD
2015	Discus	Jamie Muscat	M35	NSW
2016	Hammer	Jim Davis	M80	WA
2017	Shot put	Darrin Norwood	M35	QLD
2018	Weight	Todd Davey	M60	WA
2019	Javelin	Greg Carstairs	M30	VMA
2020	No Award due to COVID - 19 pandemic			

<b>Year</b>	<b>Event</b>	<b>Women</b>	<b>Age</b>	<b>State</b>
1999	Javelin	Mary Thomas	W50	NSW
2000	Discus	Chris Schultz	W45	VIC
2001	Hammer	Marja-Leena Parvianen	W55	NSW
2002	Shot Put	Mary Thomas	W55	NSW
2003	Weight	Raema McMillan	W75	WA
2004	Javelin	Mary Thomas	W55	NSW
2005	Discus	Lynne Smith	W30	NSW
2006	Hammer	Tatiana Sudarikova	W30	NSW
2007	Shot Put	Lisa Kirsch	W55	TAS
2008	Weight	Raylea Rudov	W60	ACT
2009	Javelin	Mary Thomas	W60	NSW
2010	Discus	Raema McMillan	W80	WA
2011	Hammer	Jill Taylor	W55	NSW
2012	Shot Put	Joanne Pronk	W55	QLD
2013	Weight	Dorn Jenkins	W55	VIC
2014	Javelin	Cathy McKeown	W40	TAS
2015	Discus	Mary Thomas	W70	NSW
2016	Hammer	Gabi Watts	W50	NSW
2017	Shot put	Wilma Perkins	W65	QLD
2018	Weight	Dorn Jenkins	W60	VIC
2019	Javelin	Mary Thomas	W70	NSW
2020	No Award due to COVID - 19 pandemic			