

| AUSTRALIAN MASTERS ATHLETICS, WINTER THROWS CHAMPIONSHIP OVER 30 RECORDS | | | | | | | | | | | |
|--------------------------------------------------------------------------|----|-----------------|-------|----------------|------|-----------------|----|------------------|-------|------------|------|
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| | | | | | | | | | | 12-Oct-20 | |
| MEN | | | | | | WOMEN | | | | | |
| AGE | | NAME | STATE | TIME | DATE | AGE | | NAME | STATE | TIME | DATE |
| SHOT PUT | | | | 7.260kg | | SHOT PUT | | | | 4kg | |
| M30 | CR | GREG URBANOWICZ | WA | 12.47m | 2011 | W30 | CR | MELISSA HOLAHAN | NSW | 10.77m | 2014 |
| M35 | CR | STUART GYNGELL | NSW | 17.17m | 2003 | W35 | CR | CHRIS MCCAHILL | NZ | 12.96m | 2002 |
| M40 | CR | JEFF HAILEY | NSW | 14.43m | 2001 | W40 | CR | KELLY HUNTER | NSW | 11.26m | 2017 |
| M45 | CR | STUART GYNGELL | NSW | 15.47m | 2012 | W45 | CR | CHRIS SCHULTZ | VIC | 12.30m | 1997 |
| SHOT PUT | | | | 6kg | | SHOT PUT | | | | 3kg | |
| M50 | CR | STUART GYNGELL | NSW | 16.08m | 2014 | W50 | CR | GABI WATTS | NSW | 12.59m | 2018 |
| M55 | CR | GRAEME ROSE | VIC | 12.59m | 2000 | W55 | CR | MARIE KAY | QTAS | 11.39m | 2016 |
| SHOT PUT | | | | 5kg | | SHOT PUT | | | | | |
| M60 | CR | GEOFFREY GEE | WA | 12.98m | 2013 | W60 | CR | HELEN SEARLE | QLD | 12.24m | 2000 |
| M65 | CR | GEOFFREY GEE | WA | 12.41m | 2014 | W70 | CR | HELEN SEARLE | QLD | 9.90m | 2010 |
| SHOT PUT | | | | 4kg | | SHOT PUT | | | | 2kg | |
| M70 | CR | GEORGE MENCIK | ACT | 12.11m | 2004 | W75 | CR | HELEN SEARLE | QLD | 9.79m | 2015 |
| M75 | CR | GEORGE MENCIK | ACT | 11.24m | 2008 | W80 | CR | MARY WAHREN | ACT | 5.52m | 2014 |
| SHOT PUT | | | | 3kg | | SHOT PUT | | | | | |
| M80 | CR | TOM HANCOCK | VIC | 11.77m | 2016 | W90 | CR | RUTH FRITH (3KG) | NSW | 5.10m | 2001 |
| M85 | CR | NORM WINDRED | NSW | 8.04m | 2013 | W95 | CR | RUTH FRITH | QLD | 5.09m | 2005 |
| M90 | CR | | | | | W100 | CR | RUTH FRITH | QLD | 4.06m | 2010 |
| M95 | CR | | | | | | | | | | |
| DISCUS | | | | 2kg | | DISCUS | | | | 1kg | |
| M30 | CR | ALLAN SADUL | NSW | 51.16m | 2019 | W30 | CR | SHARYN DICKSON | NSW | 36.67m | 2017 |
| M35 | CR | DARRON HAWORTH | QLD | 50.03m | 2008 | W35 | CR | KELLY HUNTER | NSW | 43.49m | 2016 |
| M40 | CR | JAMIE MUSCAT | NSW | 41.88m | 2019 | W40 | CR | KELLY HUNTER | NSW | 41.36m | 2020 |
| M45 | CR | STUART GYNGELL | NSW | 42.88m | 2012 | W45 | CR | CHRIS SCHULTZ | VIC | 39.04m | 1997 |
| DISCUS | | | | 1.5kg | | DISCUS | | | | | |
| M50 | CR | TODD DAVEY | TAS | 55.20m | 2018 | W50 | CR | GABI WATTS | NSW | 34.74m | 2018 |
| M55 | CR | TODD DAVEY | TAS | 55.20m | 2018 | W55 | CR | SHARON GIBBINS | ACT | 29.66m | 2016 |
| M55 | CR | WARWICK SELVEY | QLD | 42.98m | 1998 | W60 | CR | HELEN SEARLE | QLD | 32.03M | 2001 |

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| DISCUS | | | | 1kg | | W65 | CR | HELEN SEARLE | QLD | 26.34M | 2005 |
| M60 | CR | KEITH JAMES | NSW | 49.53m | 2001 | W70 | CR | MARY THOMAS | NSW | 23.28m | 2014 |
| M65 | CR | KEITH JAMES | NSW | 43.14m | 2009 | DISCUS | | | | 750gm | |
| M70 | CR | KEITH JAMES | NSW | 39.52m | 2011 | W75 | CR | MARY THOMAS | NSW | 21.56m | 2019 |
| M75 | CR | RON SIMCOCK | NSW | 33.13m | 2010 | W80 | CR | MARY WAHREN | ACT | 11.60m | 2014 |
| M80 | CR | TOM HANCOCK | VIC | 29.60m | 2016 | W85 | CR | | | | |
| M85 | CR | NORM WINDRED | NSW | 23.54m | 2013 | W90 | CR | RUTH FRITH (1KG) | NSW | 11.46m | 2001 |
| M90 | CR | FELIX JEKABSONS | QLD | 7.78m | 2017 | W95 | CR | RUTH FRITH | QLD | 10.51m | 2005 |
| M95 | CR | | | | | W100 | CR | RUTH FRITH | QLD | 8.20m | 2010 |
| HAMMER | | | | 7.26kg | | HAMMER | | | | 4kg | |
| M30 | CR | WARREN JONES | NSW | 36.69m | 2013 | W30 | CR | KARYNE DI MARCO | NSW | 58.47m | 2009 |
| M35 | CR | SERGEI ZABLOTSKII | NSW | 53.42m | 1998 | W35 | CR | ODETTE PALMA | NSW | 53.75m | 2020 |
| M40 | CR | RICARD MEIRING | ACT | 51.82m | 2017 | W40 | CR | JAYNE HARDY | ACT | 46.33m | 2004 |
| M45 | CR | SERGEI. ZABLOTSKII | NSW | 51.85m | 2005 | W45 | CR | SHARON GIBBONS | ACT | 41.51m | 2003 |
| HAMMER | | | | 6kg | | HAMMER | | | | 3kg | |
| M50 | CR | GRANT EDWARDS | ACT | 50.25m | 2013 | W50 | CR | MARJA-LEENA PARVIAINEN | NSW | 49.12m | 1998 |
| M55 | CR | GRAEME ROSE | VIC | 47.19m | 2003 | W55 | CR | JAN DAVIES | VIC | 46.00m | 1999 |
| HAMMER | | | | 5kg | | W60 | CR | HELEN SEARLE | QLD | 46.09m | 2001 |
| M60 | CR | WIM VAN WEENEN | VIC | 49.00m | 1996 | W65 | CR | HELEN SEARLE | QLD | 40.11m | 2005 |
| M65 | CR | WIM VAN WEENEN | VIC | 47.52m | 1997 | W70 | CR | HELEN SEARLE | QLD | 32.08m | 2010 |
| HAMMER | | | | 4kg | | HAMMER | | | | 2kg | |
| M70 | CR | TOM HANCOCK | VIC | 42.46m | 2009 | W75 | CR | HELEN SEARLE | QLD | 32.27m | 2014 |
| M75 | CR | WIM VAN WEENEN | VIC | 40.55m | 2008 | W80 | CR | MARY WAHREN | ACT | 15.23m | 2016 |
| HAMMER | | | | 3kg | | W85 | CR | | | | |
| M80 | CR | RON SIMCOCK | NSW | 38.71m | 2016 | W90 | CR | RUTH FRITH (3KG) | NSW | 12.96m | 2001 |
| M85 | CR | NORM WINDRED | NSW | 23.54m | 2013 | W95 | CR | RUTH FRITH | QLD | 13.71m | 2006 |
| M90 | CR | | | | | W100 | CR | RUTH FRITH | QLD | 11.30m | 2010 |
| M95 | CR | | | | | | | | | | |
| JAVELIN | | | | 800g | | JAVELIN | | | | 600g | |
| M30 | CR | MICHAEL DAY | QLD | 42.57m | 2017 | W30 | CR | LYNETTE SMITH | NSW | 39.75m | 2003 |
| M35 | CR | JEFF HAILEY | NSW | 51.67m | 2000 | W35 | CR | JAYNE HARDY | ACT | 40.42m | 2000 |

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| M40 | CR | JEFF HAILEY | NSW | 46.55m | 2001 | W40 | CR | JAYNE HARDY | ACT | 37.76m | 2004 |
| M45 | CR | BOB BANENS | ACT | 47.42m | 1997 | W45 | CR | JAYNE HARDY | ACT | 33.08m | 2009 |
| JAVELIN | | | | 700g | | JAVELIN | | | | 500g | |
| M50 | CR | NIC BATTY | NSW | 56.03m | 2020 | W50 | CR | JAYNE HARDY | ACT | 31.63m | 2013 |
| M55 | CR | GRAEME ROSE | VIC | 48.95m | 2003 | W55 | CR | JEN BOURKE | ACT | 29.90m | 1997 |
| JAVELIN | | | | 600g | | W60 | CR | CHRISTINE SHAW | NSW | 29.93m | 2019 |
| M60 | CR | GRAEME ROSE | VIC | 43.06m | 2006 | W65 | CR | MARY THOMAS (400GM) | NSW | 30.69m | 2009 |
| M65 | CR | ANDREW FARR | VIC | 40.91m | 2015 | W70 | CR | MARY THOMAS | NSW | 22.74m | 2014 |
| JAVELIN | | | | 500g | | JAVELIN | | | | 400g | |
| M70 | CR | TOM HANCOCK | VIC | 37.42m | 2006 | W75 | CR | MARY THOMAS | NSW | 18.83m | 2019 |
| M75 | CR | RON SIMCOCK | NSW | 32.44m | 2010 | W80 | CR | MARY WAHREN | ACT | 11.85m | 2014 |
| JAVELIN | | | | 400g | | W85 | CR | | | | |
| M80 | CR | RON SIMCOCK | NSW | 30.68m | 2015 | W90 | CR | RUTH FRITH | NSW | 10.00m | 2001 |
| M85 | CR | NORM WINDRED | NSW | 20.06m | 2013 | W95 | CR | RUTH FRITH | QLD | 7.01 | 2006 |
| M90 | CR | FELIX JEKABSONS | QLD | 6.19m | 2017 | W100 | CR | RUTH FRITH | QLD | 5.62m | 2010 |
| M95 | CR | | | | | | | | | | |
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| WEIGHT THROW | | | | 35lb 15.88kg | | WEIGHT THROW | | | | 20lb 9.08kg | |
| M30 | CR | GREG URBANOWICZ | WA | 12.50m | 2011 | W30 | CR | KARYNE DI MARCO | NSW | 17.52m | 2009 |
| M35 | CR | DARREN HAWORTH | QLD | 16.13m | 2008 | W35 | CR | CHRIS MCCA HILL | NZ | 15.87m | 2002 |
| M40 | CR | RICCRD MEIRING | ACT | 16.92m | 2017 | W40 | CR | JAYNE HARDY | ACT | 14.22m | 2003 |
| M45 | CR | TODD DAVEY | WA | 14.37m | 2015 | W45 | CR | CHRIS MCCA HILL | NZ | 13.95m | 2012 |
| WEIGHT THROW | | | | 25lb 11.34kg | 2011 | WEIGHT THROW | | | | 16lb 7.26kg | |
| M50 | CR | GRANT EDWARDS | ACT | 17.74m | 2013 | W50 | CR | MARJA-LEENA PARVIAINEN | NSW | 15.89m | 1996 |
| M55 | CR | GRAEME ROSE | VIC | 17.40m | 2003 | W55 | CR | JAN DAVIES | VIC | 14.04m | 1998 |
| WEIGHT THROW | | | | 20lb 9.082kg | | WEIGHT THROW | | | | 12lb 5.45kg | |
| M60 | CR | GRAEME ROSE | VIC | 18.49m | 2006 | W60 | CR | HELEN SEARLE | NSW | 16.22m | 2000 |
| M65 | CR | WIM VAN WEENEN | VIC | 17.83m | 1997 | W65 | CR | JILL TAYLOR | NSW | 13.74m | 2020 |
| WEIGHT THROW | | | | 16lb 7.26kg | | W70 | CR | JAN BANENS | ACT | 11.71m | 2013 |
| M70 | CR | KEN PRIESTLEY | VIC | 17.38m | 2008 | WEIGHT THROW | | | | 8.8lb 4kg | |
| M75 | CR | WIM VAN WEENEN | VIC | 14.91m | 2008 | W75 | CR | MARY THOMAS | NSW | 11.60m | 2019 |
| WEIGHT THROW | | | | 12lb 5.45kg | | W80 | CR | MARY WAHREN | ACT | 6.68m | 2016 |
| M80 | CR | GEORGE MENCIK | ACT | 16.92m | 2013 | W85 | CR | | | | |

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| M85 | CR | NORM WINDRED | NSW | 11.34m | 2013 | W90 | CR | RUTH FRITH (5.45KG) | NSW | 5.96m | 2003 |
| M90 | CR | FELIX JEKABSONS | QLD | 3.06m | 2017 | W95 | CR | RUTH FRITH | QLD | 5.58m | 2006 |
| M95 | | | | | | W100 | CR | RUTH FRITH | QLD | 4.30m | 2010 |
| | | | | | | | | | | | |
| SUPER WEIGHT | | | | 56lb 25.40kg | | SUPER WEIGHT | | | | 35lb 15.88kg | |
| M30 | CR | | | | | W30 | CR | | | | |
| M35 | CR | WARREN JONES | NSW | 5.43m | 2019 | W35 | CR | ODETTE PALMA | NSW | 8.87m | 2020 |
| M40 | CR | JAMIE MUSCAT | NSW | 8.82m | 2019 | W40 | CR | | | | |
| M45 | CR | RODNEY WATSON | NSW | 6.90m | 2019 | W45 | CR | MARIA CIMINO | NSW | 6.57m | 2020 |
| M50 | CR | NICK CONNELL | VIC | 6.38m | 2019 | SUPER WEIGHT | | | | 25lb 11.34kg | |
| M55 | CR | ROBERT CLARK | NSW | 6.45m | 2019 | W50 | CR | | | | |
| SUPER WEIGHT | | | | 44lb 19.95kg | | W55 | CR | JAYNE HARDY | ACT | 8.11m | 2019 |
| M60 | CR | LAJOS JONI | QLD | 6.54m | 2019 | SUPER WEIGHT | | | | 20lb 9.08kg | |
| M65 | CR | GAVIN MURRAY | NSW | 6.64m | 2019 | W60 | CR | JILL TAYLOR | NSW | 8.56m | 2019 |
| SUPER WEIGHT | | | | 35lb 15.88kg | | W65 | CR | JILL TAYLOR | NSW | 8.52m | 2020 |
| M70 | CR | | | | | W70 | CR | | | | |
| M75 | CR | RAY GREEN | ACT | 7.23m | 2019 | SUPER WEIGHT | | | | 16lb 7.26kg | |
| SUPER WEIGHT | | | | 25lb 11.34kg | | W75 | CR | MARY THOMAS | NSW | 7.42m | 2019 |
| M80 | CR | NOEL DONOHOE | ACT | 6.40m | 2020 | W80 | CR | | | | |
| M85 | CR | | | | | W85 | CR | | | | |
| | | | | | | | | | | | |
| 56lb HEAVY WEIGHT | | | | | | 56lb HEAVY WEIGHT | | | | | |
| M30 | CR | MICHAEL DAY | QLD | 7.90m | 2017 | W30 | CR | MELISSA HOLAHAN | NSW | 5.87m | 2015 |
| M35 | CR | DARRON HAWORTH | QLD | 10.94m | 2008 | W35 | CR | AUDREY MUSCAT | NSW | 4.48m | 2015 |
| M40 | CR | RICARD MEIRING | ACT | 10.49m | 2017 | W40 | CR | ALTHEA MACKIE | QLD | 5.00m | 2013 |
| M45 | CR | GRANT EDWARDS | ACT | 10.24m | 2007 | W45 | CR | ALTHEA MACKIE | QLD | 4.74m | 2017 |
| M50 | CR | GRANT EDWARDS | ACT | 9.39m | 2013 | W50 | CR | JAYNE HARDY | ACT | 4.40m | 2013 |
| M55 | CR | GEOFF CRUMPTON | ACT | 7.33m | 2010 | W55 | CR | JAYNE HARDY | ACT | 3.65m | 2019 |
| M60 | CR | ROGER GLASS | VIC | 7.49m | 2011 | W60 | CR | JILL TAYLOR | NSW | 3.13m | 2019 |
| M65 | CR | WIM VAN WEENEN | VIC | 6.18m | 2001 | W65 | CR | RAYLEA RUDOV | ACT | 2.98m | 2010 |
| M70 | CR | PHILLIP ROWLANDS | QLD | 5.55m | 2018 | W70 | CR | MARY THOMAS | NSW | 2.58m | 2017 |
| M75 | CR | RAY GREEN | ACT | 4.60M | 2020 | W75 | CR | MARY THOMAS | NSW | 2.35m | 2019 |
| M80 | CR | HARRY WYNHOVEN | VIC | 3.49m | 2009 | W80 | CR | | | | |

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| M85 | CR | FELIX JEKABSONS | QLD | 3.07m | 2007 | W85 | CR | | | | |
| | | | | | | | | | | | |
| 100lb HEAVY WEIGHT | | | | | 2008 | 100lb HEAVY WEIGHT | | | | | |
| M30 | CR | MICHAEL DAY | QLD | 4.16m | 2017 | W30 | CR | KARYNE DI MARCO | NSW | 2.51m | 2009 |
| M35 | CR | DARRON HAWORTH | QLD | 5.57m | 2008 | W35 | CR | MIRANDA RAMSDEN | QLD | 2.36m | 2022 |
| M40 | CR | JAMIE MUSCAT | NSW | 4.97m | 2019 | W40 | CR | SAMANTHA LATANIS | NSW | 2.33m | 2014 |
| M45 | CR | GRANT EDWARDS | ACT | 4.38m | 2007 | W45 | CR | JAYNE HARDY | ACT | 2.27m | 2008 |
| M50 | CR | TODD DAVEY | WA | 4.81m | 2018 | W50 | CR | ALTHEA MACKIE | QLD | 2.15m | 2021 |
| M55 | CR | GEOFF CRUMPTON | ACT | 4.02m | 2011 | W55 | CR | CAROLINE LAYT | NSW | 2.02m | 2021 |
| M60 | CR | ROGER GLASS | VIC | 3.68m | 2011 | W60 | CR | JILL TAYLOR | NSW | 1.65m | 2019 |
| M65 | CR | BILL BINKS | VIC | 3.09m | 2006 | W65 | CR | JILL TAYLOR | NSW | 1.63m | 2020 |
| M70 | CR | WIM VAN WEENEN | VIC | 2.74m | 2006 | W70 | CR | FRAN HARRIS | ACT | 1.37m | 2011 |
| M75 | CR | RAY GREEN | ACT | 2.44m | 2019 | W75 | CR | MARY THOMAS | NSW | 1.02m | 2019 |
| M80 | CR | NORM WINDRED | NSW | 1.76m | 2008 | W80 | CR | | | | |
| M85 | CR | FELIX JEKABSONS | QLD | 1.66m | 2007 | W85 | CR | | | | |
| | | | | | | | | | | | |
| WEIGHT FOR DISTANCE | | | | 25lb 11.34kg | | WEIGHT FOR DISTANCE | | | | 16lb 7.26kg | |
| M30 | CR | MICHAEL DAY | QLD | 15.83m | 2017 | W30 | CR | SHARYN DICKSON | NSW | 10.22m | 2017 |
| M35 | CR | JAMIE MUSCAT | NSW | 15.09m | 2016 | W35 | CR | AUDREY MUSCAT | NSW | 13.63m | 2016 |
| M40 | CR | JAMIE MUSCAT | NSW | 17.87m | 2019 | W40 | CR | KELLY HUNTER | NSW | 13.35m | 2020 |
| M45 | CR | RODNEY WATSON | NSW | 16.02m | 2019 | W45 | CR | ALTHEA MACKIE | QLD | 12.81m | 2018 |
| WEIGHT FOR DISTANCE | | | | 20lb 9.082kg | | WEIGHT FOR DISTANCE | | | | 12lb 5.45kg | |
| M50 | CR | TODD DAVEY | TAS | 21.13m | 2018 | W50 | CR | DEBORAH ENGELER | | 9.94m | 2016 |
| M55 | CR | PETER REED | ACT | 17.32m | 2016 | W55 | CR | DEBORAH ENGELER | | 13.12m | 2018 |
| WEIGHT FOR DISTANCE | | | | 16lb 7.26kg | | WEIGHT FOR DISTANCE | | | | 8.8lb 4kg | |
| M60 | CR | LAJOS JONI | QLD | 18.78m | 2019 | W60 | CR | JILL TAYLOR | NSW | 17.48m | 2017 |
| M65 | CR | GAVIN MURRAY | NSW | 16.47m | 2019 | W65 | CR | JILL TAYLOR | NSW | 18.49m | 2020 |
| WEIGHT FOR DISTANCE | | | | 12lb 5.45kg | | W70 | CR | MARY THOMAS | NSW | 10.27m | 2017 |
| M70 | CR | PHILLIP ROWLANDS | QLD | 18.23m | 2018 | WEIGHT FOR DISTANCE | | | | 6.6lb 3kg | |
| M75 | CR | RAY GREEN | ACT | 16.99m | 2020 | W75 | CR | MARY THOMAS | NSW | 12.04m | 2019 |
| WEIGHT FOR DISTANCE | | | | 8.8lb 4kg | | W80 | CR | | | | |
| M80 | CR | NOEL DONOHOE | ACT | 13.55m | 2020 | W85 | CR | | | | |
| M85 | CR | | | | | W90 | CR | | | | |

