

Heavy Weights Pentathlon

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Competition:		AMA WINTER THROWS – BRISBANE					Date:		3 rd October 2022					Instructions	
Competitor	Origin	Age Grp	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Total score	Position	Age Grp
W30-W49			5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)				
Bianca Carr	QMA	W30-34	13.81	479	12.45	514	10.68	534	8.91	533	6.44	450	2510	1	W30
Miranda Ramsden	QMA	W35-39	11.20	415	10.00	439	8.85	472	7.42	453	5.75	435	2214	2	W35
Dash Newington	QMA	W35-39	13.45	516	10.18	448	7.99	415	8.09	506	6.37	500	2385	1	W35
Megan Champion	VMA	W40-44	15.22	654	12.38	624	9.73	586	9.70	700	6.68	594	3158	1	W40
Nicole Johansen	VMA	W45-49	14.38	679	12.19	685	11.01	755	8.86	696	6.49	641	3456	1	W45
W50-W55			4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)				
Althea Mackie	QMA	W50-54	17.94	774	14.98	752	12.71	803	11.16	868	9.34	861	4058	1	W50
Jayne Hardy	ACTMA	W55-59	15.99	752	13.53	764	11.80	816	9.44	788	7.38	717	3837	1	W55
W60-W74			3kg (6.6lb)		4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)				
Sharon Gibbins	ACTMA	W60-64	11.62	505	0.00	0	8.68	524	7.42	525	6.34	563	2117	3	W60
Pauline Cox	NSWMA	W60-64	15.44	702	13.75	687	11.81	758	9.34	699	8.09	768	3614	1	W60
Narelle Messerle	VMA	W60-64	12.66	558	10.51	501	8.03	476	7.19	505	6.88	627	2667	2	W60
Jill Taylor	NSWMA	W65-69	15.55	785	15.32	886	11.66	830	9.47	812	7.40	769	4082	1	W65
Adriana van Bockel	NSWMA	W70-74	8.96	480	7.74	460	6.34	450	4.79	391	4.77	499	2280	1	W70
Rosemary Kopitke	QMA	W70-74	5.77	280	5.36	290	4.56	293	3.70	273	3.47	318	1454	2	W70
W75-W100+			2kg (4.4lb)		3kg (6.6lb)		4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)				
Lorraine Birtwell	QMA	W75-79	9.41	479	7.79	425	7.07	485	6.49	565	5.25	542	2496	1	W75

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M30-M49			9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		20kg (44lb)		25.4kg (56lb)					
Shane Carstairs	VMA	M30-34	14.22	482	12.76	485	10.54	482	8.97	572	6.74	516	2537	1	M30	
Darrin Norwood	QMA	M40-44	19.00	744	17.35	768	13.40	712	9.35	669	7.47	663	3556	1	M40	
Simon Van Baalen	VMA	M45-49	17.66	743	15.56	735	12.31	701	9.94	787	7.13	684	3650	1	M45	
Rene Doel	QMA	M45-49	15.53	641	12.55	573	9.30	501	8.04	607	6.03	549	2871	2	M45	
Morgan Clifford	NSWMA	M45-49	12.73	510	10.55	467	8.36	440	6.98	507	4.88	410	2334	3	M45	
M50-M59			7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		20kg (44lb)					
Adrian Keen	QMA	M50-54	14.76	534	16.36	704	14.52	748	9.95	595	8.19	673	3254	1	M50	
Michael Mullarvey	TMA	M50-54	16.09	590	13.70	573	11.94	594	9.26	545	7.33	583	2885	2	M50	
Tim Lowrey	QMA	M55-59	12.15	459	11.61	507	9.80	508	8.08	500	6.35	527	2501	2	M55	
Mathew Lovell	SAMA	M55-59	15.30	602	13.73	618	10.78	570	8.55	537	6.25	516	2843	1	M55	
M60-M69			5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)					
Mark Cumming	QMA	M60-64	21.65	821	21.47	917	18.58	987	15.60	952	12.35	921	4598	1	M60	
Robert Clark	NSWMA	M60-64	19.51	730	16.80	694	14.95	768	12.28	719	9.65	682	3593	2	M60	
Phil Lock	QMA	M60-64	8.88	287	7.54	263	6.22	258	5.59	261	4.23	219	1288	3	M60	
Lajos Joni	QMA	M65-69	13.95	536	13.07	583	13.78	756	11.36	722	8.78	660	3257	1	M65	
Bruce O'connor	QMA	M65-69	12.33	464	11.24	487	10.11	524	8.16	482	5.95	399	2356	2	M65	
M70-M79			4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)					
David Haggith	QMA	M70-74	14.12	559	11.91	523	10.36	554	8.33	479	5.93	384	2499	1	M70	
Paul Hook	SAMA	M70-74	13.59	534	11.63	508	9.51	500	8.34	480	6.94	473	2495	2	M70	
Ray Green	ACTMA	M75-79	14.20	630	11.80	621	9.82	568	7.39	493	6.66	526	2838	2	M75	
Brian Davies	QMA	M75-79	16.04	724	13.67	737	11.56	689	9.34	658	7.77	640	3448	1	M75	
M80-M100+			3kg (6.6lb)		4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)					
Noel Donohoe	NSWMA	M80-84	10.29	464	9.00	429	6.67	380	6.01	381	6.18	485	2139	2	M80	
Guy Quarterman	QMA	M80-84	15.67	755	13.53	691	11.97	770	8.94	626	8.24	696	3538	1	M80	
Tom Hancock	VMA	M85-90	11.48	594	13.09	768	11.81	854	7.45	598	5.48	504	3318	1	M85	