



# INDOOR THROWS CHAMPIONSHIPS 2023 RESULTS

**ARGENTILLE EQUESTRIAN CENTRE**

**LOVEDALE, NSW**

**19-20<sup>TH</sup> AUGUST 2023**

## EVENT: WOMEN - Shotput

Name	Weight	STATE	Age	1	2	3	4	5	6	BEST
Helena Smith	4kg	NSW	35	7.77	7.78	6.78	7.12	7.60	7.34	7.78
Dash Newington	4kg	QLD	35	6.66	5.82	5.60	7.04	6.92	6.44	4.04
Miranda Ramsden	4kg	Qld	40	8.86	9.33	9.21	9.33	9.12	8.27	9.33
Sukhvir Kaur	4kg	NSW	40	7.50	7.21	7.02	7.17	7.06	6.91	7.50
Julia Atilla	4kg	NSW	40	9.53	9.72	9.99	10.03	9.97	10.16	10.16
Maria Cimino	3kg	NSW	50	8.33	8.94	8.60	8.71	8.37	8.16	8.94
Nicole Johansen	3kg	Vic	50	8.94	9.58	9.92	9.33	9.66	10.07	10.07
Gabi Watts	3kg	NSW	55	10.61	10.94	10.33	10.12	10.66	10.34	10.94
Jill Taylor	3kg	NSW	65	F	7.70	8.08	8.21	7.87	7.74	8.21

## EVENT: WOMEN - Weight Throw

Name	Weight	State	Age	1	2	3	4	5	6	BEST
Helena Smith	20lb	NSW	35	8.83	F	9.05	F	F	F	9.05
Dash Newington	20lb	QLD	35	9.72	9.24	10.23	9.94	9.87	8.88	10.23
Miranda Ramsden	20lb	Qld	40	F	8.47	6.88	7.52	8.31	7.99	8.47
Sukhvir Kaur	20lb	NSW	40	F	7.755	F	8.88	10.48	F	10.48
Julia Atilla	20lb	NSW	40	8.32	10.29	F	9.66	10.45	11.18	11.18
Maria Cimino	16lb	NSW	50	12.86	13.66	14.06	13.46	12.74	13.97	14.06
Nicole Johansen	16lb	Vic	50	12.54	11.83	12.32	12.70	13.05	13.04	13.05
Gabi Watts	16lb	NSW	55	11.48	12.99	11.80	13.08	F	12.81	13.08
Jill Taylor	12lb	NSW	65	11.80	11.19	12.91	13.71	12.74	12.74	13.17
Sharon Gibbins	12lb	ACT	65	9.83	10.09	F	11.28	pass	F	11.28

## EVENT: WOMEN – Super Weight Throw

<b>Name</b>	<b>Weight</b>	<b>State</b>	<b>Age</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>BEST</b>
Helena Smith	35lb	NSW	35	4.99	5.19	5.75	5.56	F	5.74	5.75
Dash Newington	35lb	QLD	35	5.36	F	6.15	6.03	5.03	F	6.15
Miranda Ramsden	35lb	Qld	40	5.32	5.40	4.85	5.28	5.21	5.34	5.40
Sukhvir Kaur	35lb	NSW	40	F	4.86	4.55	4.49	5.05	4.92	5.05
Julia Atilla	35lb	NSW	40	6.08	5.73	5.82	F	6.63	6.73	6.73
Maria Cimino	25lb	NSW	50	8.65	9.46	9.68	F	F	9.75	9.75
Nicole Johansen	25lb	Vic	50	9.67	9.23	9.79	F	9.35	9.33	9.79
Gabi Watts	25lb	NSW	55	9.38	9.53	9.35	9.36	9.70	9.22	9.70
Jill Taylor	20lb	NSW	65	8.21	8.89	8.39	8.85	F	8.92	8.92
Sharon Gibbins	20lb	ACT	65	6.02	7.56	8.49	F	F	7.34	8.49

## EVENT: WOMEN – 56lb

<b>Name</b>	<b>STATE</b>	<b>Age</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>BEST</b>
Helena Smith	NSW	35	3.07	2.90	3.08	pass	3.45	2.97	3.45®
Dash Newington	QLD	35	2.83	2.74	2.24	2.81	F	2.98	2.98
Amninder Kaur	NSW	35	2.28	1.69	2.19	2.23	2.00	2.13	2.28
Miranda Ramsden	Qld	40	3.52	3.53	3.59	3.47	3.71	F	3.71
Sukhvir Kaur	NSW	40	2.81	2.56	3.01	3.28	3.05	F	3.28
Julia Atilla	NSW	40	3.60	3.61	4.10	4.12	3.97	4.06	4.12®
Maria Cimino	NSW	50	3.30	2.95	3.15	F	2.97	3.97	3.97
Nicole Johansen	Vic	50	3.93	3.99	3.79	4.02	4.08	3.93	4.08
Jill Taylor	NSW	65	2.17	2.34	2.19	2.00	2.00	2.16	2.34
Sharon Gibbins	ACT	65	2.21	2.17	2.00	pass	pass	2.42	2.42

## EVENT: WOMEN – 100lb

<b>Name</b>	<b>STATE</b>	<b>Age</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>BEST</b>
Helena Smith	NSW	35	1.29	1.39	1.62	1.65	1.61	1.79	1.79®
Dash Newington	QLD	35	1.58	1.69	1.13	1.71	D	1.56	1.71
Amninder Kaur	NSW	35	1.19	0.83	1.21	1.34	1.22	1.20	1.34
Miranda Ramsden	Qld	40	1.93	2.00	2.20	2.15	2.14	1.87	2.20®
Sukhvir Kaur	NSW	40	1.62	1.70	1.65	1.60	1.53	1.47	1.70
Julia Atilla	NSW	40	1.77	1.71	1.49	1.85	1.96	1.36	1.96
Nicole Johansen	Vic	50	1.85	2.00	2.00	2.15	2.41	F	2.41®
Jill Taylor	NSW	65	1.28	1.53	1.29	1.34	1.36	1.24	1.53®
Sharon Gibbins	ACT	65	1.18	1.05	pass	pass	pass	1.33	1.33

## EVENT: MEN- SHOTPUT

Name	Weight	STATE	Age	1	2	3	4	5	6	BEST
Albert Olivier	7.26kg	ACT	40	11.26	10.95	12.05	12.23	12.31	12.15	12.31
Anatoly Kirievsky	7.26kg	NSW	40	8.65	8.83	8.90	8.55	8.24	8.78	8.90
Morgan Clifford	7.26kg	NSW	45	10.95	11.38	11.17	10.80	10.93	11.23	11.38
Jamie Muscat	7.26kg	NSW	45	12.71	10.82	11.99	F	12.72	12.63	12.72®
Dylan Connell	7.26kg	NSW	45	F	9.22	8.46	9.36	9.55	9.81	9.81
EJ Davie	6kg	NSW	50	4.61	4.92	4.88	4.87	4.89	4.43	4.92
Jason Crethar	6kg	NSW	50	10.06	9.92	10.24	10.06	10.03	10.52	10.52
Chandra Rajapaksha Mudiyansele	6kg	NSW	55	7.46	7.21	7.42	7.66	7.77	7.21	7.77
Tim Lowrey	6kg	Qld	55	10.01	9.91	10.29	9.74	10.16	8.38	10.29
Stephen Liggins	6kg	NSW	55	11.21	11.52	11.58	11.10	11.56	11.15	11.58
Tim McGrath	5kg	NSW	60	11.01	11.12	11.11	10.90	10.73	11.43	11.43®
Gavin Murray	5kg	NSW	65	10.84	F	10.20	10.33	F	10.82	10.84
Bruce O'Connor	4kg	Qld	70	7.67	7.19	7.92	8.36	8.07	7.81	8.36
Paul Hook	4kg	SA	70	9.13	9.46	9.29	9.30	10.60	10.10	10.60
Howard Avery	4kg	SA	70	9.31	9.00	9.66	9.30	9.17	9.26	9.66
Glenn Crompton	4kg	NSW	70	10.25	10.52	10.71	10.31	10.08	10.01	10.71®
Mark Johnston	4kg	NSW	70	9.33	F	9.63	F	9.55	9.39	9.63
Raminder Singh	4kg	NSW	75	6.75	6.86	6.72	7.16	6.92	6.89	7.16
Ray Green	4kg	ACT	75	7.81	7.81	7.95	7.45	7.59	7.20	7.95
Noel Donohoe	3kg	NSW	80	5.75	5.70	5.58	5.62	5.92	5.57	5.92

## EVENT: MEN- WEIGHT THROW

Name	WEIGHT	STATE	Age	1	2	3	4	5	6	BEST
Albert Olivier	35lb	ACT	40	9.15	9.34	8.30	F	9.00	9.17	9.34
Anatoly Kirievsky	35lb	NSW	40	9.05	9.06	9.33	F	9.61	9.38	9.61
Morgan Clifford	35lb	NSW	45	9.40	9.11	8.42	9.23	9.15	9.39	9.40
Jamie Muscat	35lb	NSW	45	11.29	F	11.91	11.21	F	11.30	11.91
Dylan Connell	35lb	NSW	45	9.33	F	9.00	9.76	F	9.70	9.76
EJ Davie	25lb	NSW	50	5.55	5.64	5.58	5.63	5.79	5.62	5.79
Jason Crethar	25lb	NSW	50	8.55	7.21	8.43	8.39	9.23	8.54	9.23
Stephen Liggins	25lb	NSW	55	11.00	11.65	12.15	F	12.58	11.30	12.58
Chandra Rajapaksha Mudiyansele	25lb	NSW	55	F	7.22	F	F	F	7.76	7.76
Tim Lowrey	25lb	Qld	55	9.83	9.48	7.58	9.97	F	F	9.97
Tim McGrath	20lb	NSW	60	10.77	11.47	F	10.49	11.47	11.27	11.47
Gavin Murray	20lb	NSW	65	15.32	14.79	14.86	15.02	14.80	14.95	15.32®
Bruce O'Connor	16lb	Qld	70	10.64	11.32	F	10.29	11.41	11.60	11.60
Paul Hook	16lb	SA	70	10.14	D	9.89	10.58	10.37	9.44	10.58
Mark Johnston	16lb	NSW	70	11.20	12.83	11.33	F	F	12.61	12.83®
Howard Avery	16lb	SA	70	F	9.72	9.36	F	10.59	9.99	10.59
Raminder Singh	16lb	NSW	75	F	6.00	7.34	7.14	6.94	7.16	7.34
Ray Green	16lb	ACT	75	9.98	9.17	10.40	10.06	10.33	F	10.40
Noel Donohoe	12lb	NSW	80	6.85	6.37	F	7.94	7.41	7.84	7.94

## EVENT: MEN-SUPER WEIGHT

Name	WEIGHT	STATE	Age	1	2	3	4	5	6	BEST
Anatoly Kirievsky	56lb	NSW	40	5.76	6.01	5.46	6.13	F	F	6.13
Albert Olivier	56lb	ACT	40	4.64	5.44	4.79	5.65	F	6.05	6.05
Morgan Clifford	56lb	NSW	45	6.75	6.52	F	6.32	6.64	6.57	6.75
Jamie Muscat	56lb	NSW	45	3.68	7.16	7.99	8.03	8.18	F	8.18
Dylan Connell	56lb	NSW	45	6.34	F	6.40	6.28	6.38	5.94	6.40
EJ Davie	56lb	NSW	50	2.91	2.93	2.68	3.02	2.95	2.92	3.02
Jason Crethar	56lb	NSW	50	3.81	4.66	4.00	F	F	4.61	4.66
Chandra Rajapaksha Mudiyansele	56lb	NSW	55	3.33	3.89	3.92	4.05	3.79	3.73	4.05
Tim Lowrey	56lb	Qld	55	5.26	4.56	F	4.07	5.28	5.24	5.28
Gavin Murray	44lb	NSW	65	7.70	7.48	7.69	7.88	7.56	7.41	7.88®
Bruce O'Connor	35lb	Qld	70	6.96	6.66	7.43	6.56	6.24	F	7.43®
Paul Hook	35lb	SA	70	4.65	4.77	5.14	5.30	5.79	5.34	5.79
Howard Avery	35lb	SA	70	F	5.98	F	F	F	5.35	5.98
Raminder Singh	35lb	NSW	75	2.87	3.05	3.30	3.22	3.44	3.43	3.44
Ray Green	35lb	ACT	75	4.32	F	5.67	F	4.92	F	5.67
Noel Donohoe	25lb	NSW	80	4.86	5.07	4.42	5.01	5.12	5.02	5.12





## EVENT: MEN-100lb

Name	STATE	Age	1	2	3	4	5	6	BEST
Anatoly Kirievsky	NSW	40	2.85	2.91	F	2.93	2.92	3.13	3.13®
Morgan Clifford	NSW	45	3.35	3.68	3.75	3.85	4.01	3.63	4.01
Jamie Muscat	NSW	45	4.46	4.51	4.48	4.43	4.53	4.59	4.59®
EJ Davie	NSW	50	F	1.50	1.62	1.63	1.65	1.68	1.68
Jason Crethar	NSW	50	2.35	2.38	2.41	1.99	2.44	pass	2.44®
Chandra Rajapaksha Mudiyansele	NSW	55	2.00	2.00	2.34	2.18	2.37	2.24	2.37
Tim Lowrey	Qld	55	2.99	2.84	3.04	3.10	2.86	3.00	3.10®
Gavin Murray	NSW	65	F	F	2.45	2.59	2.55	2.71	2.71®
Bruce O'Connor	Qld	70	1.87	1.57	pass	pass	pass	pass	1.87
Paul Hook	SA	70	2.00	2.00	F	2.18	2.22	2.26	2.26®
Howard Avery	SA	70	F	2.00	1.67	1.98	2.00	2.00	2.00
Raminder Singh	NSW	75	1.12	1.17	pass	1.20	pass	1.16	1.20
Ray Green	ACT	75	2.26	2.18	2.23	2.43	2.32	2.26	2.43®
Noel Donohoe	NSW	80	1.25	pass	pass	pass	pass	pass	1.26®

# HEAVY WEIGHT PENTATHLON RESULTS

## WOMEN- 20.08.2023

Competitor	Origin	Age Grp	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Total score
<b>W30-W49</b>			<b>5.45kg (12lb)</b>		<b>7.26kg (16lb)</b>		<b>9.08kg (20lb)</b>		<b>11.34kg (25lb)</b>		<b>15.88kg (35lb)</b>		
Amninder Kaur	NSW	W35-39	7.75	224	5.76	171	4.52	149	3.40	115	3.17	131	790
Helena Smith	NSW	W35-39	13.63	449	11.37	413	8.73	368	8.08	417	6.27	387	2034®
Dash Newington	QLD	W35-39	11.26	357	12.31	454	8.64	364	6.63	322	6.07	369	1866
Miranda Ramsden	QLD	W40-44	11.79	414	9.88	383	8.27	379	7.39	411	5.14	325	1912
Sukhvir Kaur	NSW	W40-44	13.75	497	12.95	528	10.28	496	6.62	356	4.95	309	2186
<b>W50-W55</b>			<b>4kg (8.8lb)</b>		<b>5.45kg (12lb)</b>		<b>7.26kg (16lb)</b>		<b>9.08kg (20lb)</b>		<b>11.34kg (25lb)</b>		
Maria Cimino	NSW	W50-54	15.37	569	14.40	620	12.81	668	11.00	697	9.13	691	3245
Nicole Johansen	VIC	W50-54	17.58	664	14.59	630	12.80	668	11.40	728	9.66	740	3430
Gabi Watts	NSW	W55-59	17.82	746	16.05	768	13.69	802	12.28	883	9.98®	858	4057®
<b>W60-W74</b>			<b>3kg (6.6lb)</b>		<b>4kg (8.8lb)</b>		<b>5.45kg (12lb)</b>		<b>7.26kg (16lb)</b>		<b>9.08kg (20lb)</b>		
Jill Taylor	NSW	W65-69	14.11	609	13.82	687	11.64	687	9.92	711	8.11	713	3407
Sharon Gibbons	ACT	W65-69	0.00	0	11.49	555	10.83	631	7.90	540	7.13	609	2335

# HEAVY WEIGHT PENTATHLON RESULTS

## MEN- 20.08.2023

Competitor	Origin	Age Grp	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Total score
<b>M30-M49</b>			<b>9.08kg (20lb)</b>		<b>11.34kg (25lb)</b>		<b>15.88kg (35lb)</b>		<b>20kg (44lb)</b>		<b>25.4kg (56lb)</b>		
Anatoly Kirievsky	NSW	M40-44	14.46	531	11.60	468	8.55	403	7.57	495	6.37	522	2419®
Morgan Clifford	NSW	M45-49	12.90	495	11.70	512	9.37	490	8.30	605	6.63	602	2704
Jamie Muscat	NSW	M45-49	17.90	722	15.35	703	13.02®	726	10.68	825	8.70®	851	3827®
<b>M50-M59</b>			<b>7.26kg (16lb)</b>		<b>9.08kg (20lb)</b>		<b>11.34kg (25lb)</b>		<b>15.88kg (35lb)</b>		<b>20kg (44lb)</b>		
E.J Davie	NSW	M50-54	7.48	217	6.34	214	5.58	208	4.27	173	3.44	171	983
Jason Crethar	NSW	M50-54	12.11	398	10.92	431	9.27	410	6.87	348	5.72	387	1974®
Chandra R.Mudiyanselage	NSW	M55-59	9.76	333	8.31	331	7.73	356	4.87	236	4.04	255	1511
Matt Stenning	NSW	M55-59	15.74	588	13.67	606	11.40	576	8.05	468	6.56	516	2754®
Tim Lowrey	QLD	M55-59	12.96	469	11.37	487	10.13	499	7.95	461	6.36	495	2411
<b>M60-M69</b>			<b>5.45kg (12lb)</b>		<b>7.26kg (16lb)</b>		<b>9.08kg (20lb)</b>		<b>11.34kg (25lb)</b>		<b>15.88kg (35lb)</b>		
Gavin Murray	NSW	M65-69	20.16	793	17.47	799	15.09	814	12.79	805	9.49	703	3914 ®
<b>M70-M79</b>			<b>4kg (8.8lb)</b>		<b>5.45kg (12lb)</b>		<b>7.26kg (16lb)</b>		<b>9.08kg (20lb)</b>		<b>11.34kg (25lb)</b>		
Bruce O'Connor	QLD	M70-74	15.44	548	13.64	555	11.47	551	9.65	535	8.60	559	2748®
Paul Hook	SA	M70-74	13.99	488	11.04	432	9.94	463	9.17	502	7.26	450	2335
Howard Avery	SA	M70-74	15.39	546	10.04	384	11.07	528	9.52	526	7.65	482	2466
Ray Green	ACT	M75-79	14.32	557	11.01	479	9.59	495	8.75	530	7.73	568	2629®
Raminder Singh	NSW	M75-79	11.67	438	9.36	394	7.56	368	6.01	326	4.51	271	1797
<b>M80-M100</b>			<b>3kg (6.6lb)</b>		<b>4kg (8.8lb)</b>		<b>5.45kg (12lb)</b>		<b>7.26kg (16lb)</b>		<b>9.08kg (20lb)</b>		
Noel Donohue	NSW	M80-84	9.53	326	6.86	254	5.40	215	5.65	279	4.33	231	1305