



Australian Masters Winter Throws Championships 2023



**WTC Founder
Ray Green**



Ray Green

We asked the founder of the Winter Throws Championships a couple of questions. Below is his response.

Yes, ACTMA, then ACTVAC, did have a very strong throwing group, both men and women. But that wasn't the impetus for starting the Winter Throwing Championships (WTC). It occurred to me that runners in particular were able to compete in a variety of events, summer and winter, while throwers only had the summer season. I devised the WTC to provide a stimulus for Masters throwers to keep training during the winter, with the championships being both an indication of how well they had trained during the winter and as a major lead into the summer T&F season.

There was excellent support from ACTVAC's committee for the concept and I approached Len Childs, then AAVAC President, who incidentally was a friend of mine, being a fellow Principal in the ACT public education system. Len said put it in writing from ACTVAC and send it to the national committee. They accepted the concept and the WTC was started.

My personal vision, right from the start, was to provide a full program of events that would encompass all the throws plus some innovations as the Championships grew. Initially we had some 40m sprints and standing triple jumps, but we phased them out and gradually introduced the 100lb and 56lb weights and Heavy Weight Pentathlon. I devised the HWP event and Bob Banens developed the scoring table.



Editor

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NSW continued the innovatory approach with the introduction of the One Arm Weight Throw. So innovation was an important precept.

Additionally we wanted to provide a program that the athletes felt they had some ownership of. We deliberately organised the three day event so that the athletes could act as officials, so that athletes could get together in off-event times to talk to each other, so that coaching could be provided to anyone seeking it, and to provide refreshments at as cheap a cost as possible. And on the subject of cost, we wanted entry fees to be kept to an absolute minimum. Cost can be a major disincentive to people travelling interstate, so we worked hard to minimise fees.

My vision remains the same, - to provide a high quality, friendly, low cost program of events for the throwing community, with each state holding the event looking for innovations that will enhance the athlete's experience.

There were many great performances in my 20 years as convenor. Ruth Frith immediately comes to mind. Competing in the 95 and 100 year categories she rewrote the record book, setting world and Australian records that were extraordinary. In particular she mangled the the Throws Pentathlon record scoring



Ruth Frith

upwards of 1500 points for some events.

Graeme Rose was a standout performer as well as a great bloke. For his size he was probably the best all round thrower Australian Veterans/Masters has produced. Hammer - high 40m; Shot - 13m; Discus - around 40m ; Javelin - mid 50ms; Weight - around 20m. Other notables include ex Aussie international reps at open level, Karyn de Marco and Stuart Gyngell.



Roger Glass

As to great characters there were/are many: the Jones family- Bob Karen and Warren. They would turn up year after year, not because they were going to rewrite record books, but because they loved the event. Keith James was another, total mischief! Graeme and Astrid Rose who always were the first visitors to arrive and the last to leave because they helped with the ground set up and take down. And Cindy Lee Abelbide, from the US, who left her competition to chase after a kangaroo that strayed onto the field. It was the first one she had seen. And legally blind Royce Foley, giving coaching advice to competitors. There are many more.

Unfortunately injuries and worn out joints have curtailed my achievements compared to years past, but not my enthusiasm and ambition. For me, at any age, and no matter what shape my body is in, it is always about, "What is the best I can do at this moment in time."

I still weight train 2-3 times per week throughout the year with some aerobics thrown in. My knees won't let me run anymore but the stepper and the stationary bike are good substitutes. After being in sport for over 70 years - athletics, swimming, AFL, Life Saving, Cricket and coaching - it is a way of life. And I am positive many others out there feel the same way.

A short history of the Winter Throws Championships

PHILOSOPHY: From the first meeting of the 1996 committee it was stressed that the concept of a national veterans throwing event should embody distinct principles and values.

These were inclusivity, friendliness, participation, fairness, sportsmanship and socializing. In practice this was meant to result in a program provided at the lowest possible cost, where competition, while important, would be only one feature of the outcomes.

The organisers wanted an event where everyone would help run it, where competitors could receive coaching and helpful advice from each other, where competitors could always be in close proximity to each other, where, because the competitors were assisting in running the event, fairness and friendliness would be the basis of decision making, where competitors, no matter what their level of achievement or their level of athletic ability, would be welcome, and where competitors and their personal achievements could be recognised and celebrated.

For the first few years this consisted of two of the throws (hammer, discus) occurring on Day 1, the Throws (at that time Weight) Pentathlon on Day 2 and the final three individual throws (javelin, shot, weight) on day 3. W

From 2001 a new event was added to the program, the 100lb Weight Throw (the implement was half an elevator



Trish Thomas



counterweight at this time!). This event proved very popular with both men and women so the committee introduced the 56lb Weight AMA Winter Throwing Championships 1996-2015 Page 4 Throw as well and had both weights specially made as spheres.

Soon after, another event was added to the program. Ray Green devised the Heavy Weight Pentathlon, an event where the athlete throws five Heavy Weights, the age related weight and the two immediately above in weight and the two immediately below in weight with the throwing order being from lightest to heaviest. Scoring tables were initially



Ray Green & David Wookey

developed by Bob Banens with a new, updated version created by Stuart Reid some years later.

DISCOBOLUS: At the first meeting of the 1996 committee the suggestion was made to identify the event with

a significant logo. "Discobolus" was quickly accepted by the group as an outstanding representation for throwers.

"Discobolus" is derived from the Greek "diskobolus" meaning discus thrower: diskos/discus and ballos/to throw. The iconic image is from a famous Greek statue attributed to Myron from about 450BC representing an athlete throwing a discus. This representation, including the size of the discus relative to the size of the athlete's arm, is said to show the classic Greek style of discus throwing and was part of the modern Olympics from 1896 alongside normal discus throwing. It was discarded in the early 1900s as being too complex.

While the guiding principles for the Championships embraced inclusivity and egalitarianism it was recognised by the Committee at the conclusion of the 1996 Championships that trophies should be awarded to the Champion female and male athletes as judged by members of the committee.

These awards could take into account any or all of a number of achievement attributes including records at Championship, Australian and World levels; relativities to World/Australian Records; results in one event or a number of events and dominance of results in an age group.

AMA WINTER THROWING CHAMPIONSHIPS

CHAMPION ATHLETES OF THE MEET

Male Award

Female Award

Ray Green Perpetual Trophy

Len Childs perpetual trophy

YEAR	RAY GREEN PERPETUAL TROPHY		LEN CHILDS PERPETUAL TROPHY	
1997	Graeme Rose	M50 (VIC)	Marion Skarratt	W75 (TAS)
1998	Jeff Hailey	M35 (NSW)	Jan Davies	W55 (VIC)
1999	Jeff Hailey	M35 (NSW)	Helen Searle	W60 (NSW)
2000	Graeme Rose	M55 (VIC)	Helen Searle	W60 (NSW)
2001	Stuart Gyngell	M35 (NSW)	Ruth Frith	W90 (NSW)
2002	Graeme Rose	M55 (VIC)	Ruth Frith	W90 (NSW)
2003	Graeme Rose	M55 (VIC)	Jayne Hardy	W40 (ACT)
2004	Phil Frkovic	M40 (NSW)	Jayne Hardy	W40 (ACT)
2005	Graeme Rose	M60 (VIC)	Ruth Frith	W95 (QLD)
2006	Graeme Rose	M60 (VIC)	Helen Searle	W65 (QLD)
2007	Grant Edwards	M45 (ACT)	Jayne Hardy	W40 (ACT)
2008	Darron Haworth	M35 (QLD)	Karyn Di Marco	W30 (NSW)
2009	Tom Hancock	M70 (VIC)	Karyn Di Marco	W30 (NSW)
2010	Ron Simcock	M75 (NSW)	Ruth Frith	W100 (QLD)
2011	Roger Glass	M60 (VIC)	Tatiana Sudarikova	W35 (NSW)
2012	Stuart Gyngell	M45 (NSW)	Jan Banens	W70 (ACT)
2013	Grant Edwards	M50 (ACT)	Jayne Hardy	W50 (ACT)
2014	Stuart Gyngell	M50 (NSW)	Helen Searle	W75 (QLD)
2015	Ron Simcock	M80 (NSW)	Melissa Holahan	W30 (NSW)
2016	Tom Hancock	M80 (VIC)	Audrey Thomson	W35 (NSW)
2017	Todd Davey	M50 (TAS)	Kelly Hunter	W40 (NSW)
2018	Todd Davey	M50 (TAS)	Gabriele Watts	W50 (NSW)
2019	Jamie Muscat	M40 (NSW)	Mary Thomas	W75 (NSW)
2020	Ray Green	M75 (ACT)	Jill Taylor	W65 (NSW)
2021	Cancelled due to COVID 19		Pandemic	
2022	Tom Hancock	M85 (VIC)	Althea Mackie	W50 (QLD)

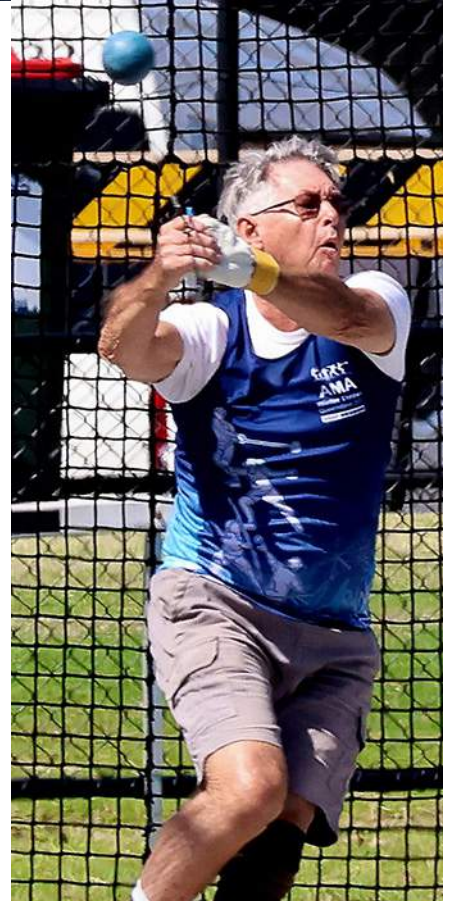


Lajos Joni on the left (Convenor of the LOC), Jayne Hardy Mark Cumming, Bruce Bodsworth (QMA President)

Female Award 2023 - W60 Jayne Hardy from ACT.
Male Award 2023 - M60 Mark Cumming from Qld

Day 1

Displayed Photographs by
Jo Harlow Photography









Throws Pentathlon.

Note: Events in order are: Hammer Throw, Shot Put, Discus, Javelin, Weight Throw, Total points.

W30

1 Luyten, Nicole 30.90m 12.12m 26.76m 30.34m 12.29m: **2496**
2 Keehn, Emily 25.41m 11.37m 37.31m 31.24m 9.90m **2450**

W35

1 Newington, Dash 29.65m 6.02m 28.50m 19.96m 10.94m: **1918**

W50

1 McKeown, Cathy 35.76m 10.61m 28.54m 20.97m 10.20m: **2796**
2 Mackie, Althea 41.61m 8.90m 23.79m 18.66m 12.51m: **2758**
3 Harlow, Jodie FOUL 5.35m 13.28m 10.42m 5.65m: **906**

W55

1 Watts, Gabi 37.92m 10.80m 28.69m 19.80m 12.56m: **3333**
2 Duncan, Lesley 29.43m 8.78m 22.53m 25.23m 7.68m: **2627**
3 Lamb, Heather 24.99m 6.83m 14.59m 13.47m 7.98m: **1866**
4 Manson, Andrea 24.76m 5.48m 18.37m 12.93m 6.77m: **1761**
5 Jones, Julie 16.58m 4.54m 11.52m 12.15m 4.58m: **1167**

W60

1 Hardy, Jayne 33.89m 8.21m 25.02m 23.89m 13.74m: **3354**
2 Varley, Desley 18.07m 5.85m 14.57m 11.27m 8.01m: **1707**

W65

1 Gibbins, Sharon 27.53m 7.11m 20.45m 12.71m 9.81m: **2716**
2 Drury, Maria 21.79m 7.50m 17.56m 15.11m 8.94m: **2513**
3 Quinn, Denise 17.14m 6.30m 16.02m 18.63m 7.78m: **2255**

W70

1 Conroy, Doreen 13.91m 5.43m 11.58m 10.53m 5.96m: **1796**
2 Kopittke, Rosemary 13.06m 5.02m 11.72m 11.74m 4.86m: **1694**
3 Silver, Valerie 12.92m 4.86m 10.28m 7.04m 6.07m: 1536

W80

1 Birtwell, Lorraine 20.40m 5.77m 16.12m 9.47m 7.85m: **2552**

M45

1 Muscat, Jamie 38.80m 12.00m 40.27m 31.17m 13.32m: **3233**
2 Doel, Rene 28.52m 10.34m 30.55m 42.87m 10.60m: **2743**
3 Kirievsky, Anatoly 23.94m 9.06m 27.94m 28.36m 9.23m: **2168**

4 vanBaalén, Adam 18.91m 8.75m 19.84m 15.47m 8.59m: **1628**

M50

1 Keen, Adrian 40.04m 11.13m 36.14m 36.31m 15.13m: **3099**
2 van Baalen, Simon 39.56m 11.55m 33.37m 28.15m 14.75m: **2897**
3 Kolb, Peter 22.62m 8.95m 30.49m 24.37m 9.27m: 1984

M55

1 Lowrey, Tim 26.52m 9.81m 24.57m 20.66m 9.60m: **2147**

M60

1 Milne, John 29.50m 9.80m 32.32m 23.19m 11.07m: **2383**
2 Varley, David 20.21m 7.73m 30.69m 34.92m 10.31m: **2213**

M65

1 Murray, Gavin 34.20m 10.42m 40.15m 25.55m 15.47m: **3303**

M70

1 Hook, Paul 24.62m 9.25m 29.28m 23.35m 9.87m: **2408**
2 Riddoch, Clyde 25.14m 8.03m 23.43m 19.18m 10.53m: **2134**
3 O'Connor, Bruce 26.71m 7.32m 20.55m 15.95m 12.28m: **2076**
4 Kopittke, Eric 17.18m 5.63m 14.60m 10.98m 6.79m: **1200**

M75

1 Rowlands, Phillip 30.72m 10.12m 22.26m 25.79m 12.54m: **3031**
2 Green, Ray 27.67m 8.75m 25.77m 16.45m 10.76m: **2578**
3 Davies, Brian 21.70m 6.52m 19.20m 17.39m 10.40m: **2075**

M80

1 Quarterman, Guy 27.79m 9.76m 24.02m 24.14m 11.31m: **2890**

M85

1 Hancock, Tom 27.96m 9.06m 24.19m 20.12m 9.64m: **3156**

M90

1 Woolston, Gordon 11.34m 3.57m 8.85m 9.35m 3.90m: **1229**

Weight Throw 56lb

W30

1 Nicole Luyten 3.79m

W35

1 Dash Newington 3.46m

W45

1 Tina Eilola 3.72m

W50

1 Althea Mackie 4.12m
2 Cathy McKeown 3.41m

W55

1 Heather Lamb 2.61m

W60

1 Jayne Hardy 3.09m

W65

1 Maria Drury 2.52m

W70

1 Rosemary Kopittke 1.63m
2 Valerie Silver 1.61m

M40

1 Darrin Norwood 6.36m

M45

1 Jamie Muscat 8.60m
2 Anatoly Kirievsky 6.59m
3 Rene Doel 6.27m
4 Adam vanBaalén 4.33m

M50

1 Adrian Keen 8.55m
2 Simon van Baalen 7.57m

M55

1 Mark Ashcroft 5.68m
2 Tim Lowrey 5.55m

M60

1 Mark Cumming 6.80m

M65

1 Gavin Murray 5.92m
2 Lajos Joni 5.38m

M70

1 Bruce O'Connor 4.40m
2 Paul Hook 3.73m
3 Clyde Riddoch 2.80m
4 Eric Kopittke 2.24m

M75

1 Phillip Rowlands 4.81m
2 Ray Green 3.22m

M85

1 Tom Hancock 2.75m

M90

1 Gordon Woolston 1.08m

Weight Throw 100lb

W30

1 Nicole Luyten 1.61m

W35

1 Dash Newington 1.68m

W45

1 Tina Eilola 2.07m

W50

1 Althea Mackie 2.18m
2 Cathy McKeown 1.62m

W55

1 Heather Lamb 1.49m

W60
1 Jayne Hardy 1.77m

W65
1 Maria Drury 1.28m

W70
1 Valerie Silver 0.84m
2 Rosemary Kopittke 0.58m

M45
1 Jamie Muscat 4.96m
2 Anatoly Kirievsky 3.52m
3 Rene Doel 2.95m
4 Adam vanBaalen 2.49m

M50
1 Simon van Baalen 4.08m
2 Adrian Keen 3.31m

M55
1 Mark Ashcroft 3.55m
2 Tim Lowrey 3.10m

M60
1 Mark Cumming 2.91m

M65
1 Gavin Murray 2.36m

M70
1 Paul Hook 2.37m
2 Bruce O'Connor 1.98m
3 Clyde Riddoch 1.19m
4 Eric Kopittke 1.14m

M75
1 Phillip Rowlands 2.67m
2 Ray Green 2.37m

M85
1 Tom Hancock 1.42m

M90
1 Gordon Woolston 0.54m

Day 2

Displayed Photographs by
Jo Harlow Photography





Shot Put**W30**

1 Nicole Luyten	12.01m
2 Emily Keehn	10.57m

W40

1 Rachel McNaughton	7.78m
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W45

1 Tina Eilola	8.67m
2 Janet Webber	7.51m

W50

1 Cathy McKeown	10.72m
2 Leanne Hilton	9.49m
3 Saly Mathew	9.36m
4 Althea Mackie	9.05m
5 Sarita Jatyan	7.07m
6 Jodie Harlow	5.30m

W55

1 Gabi Watts	11.15m
2 Lesley Duncan	8.50m
3 Heather Lamb	6.20m
4 Andrea Manson	5.77m
5 Julie Jones	4.95m

W60

1 Jayne Hardy	8.41m
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W65

1 Maria Drury	7.68m
2 Denise Quinn	6.58m

W70

1 Doreen Conroy	5.43m
2 Rosemary Kopittke	5.00m

M35

1 Ben Cranney	9.36m
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M45

1 Jamie Muscat	12.34m
2 Rene Doel	10.66m
3 Anatoly Kirievsky	8.87m
4 Adam vanBaalén	8.08m

M50

1 Darin Coombs	11.71m
2 Simon van Baalen	11.22m
3 Adrian Keen	10.46m

M55

1 Tim Lowrey	9.84m
2 Darryn Bryant	7.24m

M60

1 John Milne	9.98m
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M65

1 Gavin Murray	10.62m
2 Lajos Joni	9.01m

M70

1 Paul Hook	9.73m
2 Clyde Riddoch	8.06m

M75

1 Geoffrey Tyler	10.97m
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2 Phillip Rowlands	9.50m
3 Ray Green	7.59m

M80

1 Guy Quarterman	9.46m
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M85

1 Tom Hancock	8.70m
2 Laurence Quinlivan	6.05m

Discus**W30**

1 Emily Keehn	35.47m
2 Nicole Luyten	29.03m

W35

1 Dash Newington	27.59m
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W40

1 Rachel McNaughton	19.78m
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W45

1 Tina Eilola	23.17m
2 Janet Webber	21.73m

W50

1 Cathy McKeown	27.57m
2 Leanne Hilton	24.61m
3 Althea Mackie	22.66m
4 Sarita Jatyan	22.20m
5 Saly Mathew	17.96m
6 Jodie Harlow	13.02m

W55

1 Gabi Watts	29.70m
2 Lesley Duncan	22.08m
3 Andrea Manson	19.80m
4 Heather Lamb	18.29m
5 Julie Jones	11.39m

W60

1 Jayne Hardy	23.86m
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W65

1 Sharon Gibbins	21.94m
2 Maria Drury	17.29m
3 Denise Quinn	16.85m

W70

1 Rosemary Kopittke	12.74m
2 Doreen Conroy	12.71m

W80

1 Lorraine Birtwell	14.83m
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M35

1 Ben Cranney	42.62m
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M45

1 Jamie Muscat	37.73m
2 Rene Doel	29.48m
3 Anatoly Kirievsky	29.00m
4 Nick Macmillan	21.61m
5 Adam vanBaalén	19.34m

M50

1 Justin Holzer	44.56m
2 Adrian Keen	40.03m
3 Darin Coombs	39.43m

4 Simon van Baalen	35.22m
5 Anthony Barraclough	30.49m

M55

1 Darryn Bryant	28.48m
2 Tim Lowrey	25.54m

M60

1 John Milne	34.93m
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M65

1 Gavin Murray	40.38m
2 Lajos Joni	28.03m

M70

1 Paul Hook	28.09m
2 Clyde Riddoch	24.13m

M75

1 Geoffrey Tyler	34.74m
2 Ray Green	24.44m

M80

1 Guy Quarterman	24.08m
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M85

1 Tom Hancock	24.28m
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Hammer Throw**W30**

1 Nicole Luyten	26.97m
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W45

1 Tina Eilola	24.77m
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W50

1 Althea Mackie	40.16m
2 Cathy McKeown	37.79m
3 Jodie Harlow	16.44m

W55

1 Gabi Watts	38.90m
2 Lesley Duncan	25.65m
3 Heather Lamb	23.90m
4 Andrea Manson	21.85m
5 Julie Jones	16.08m

W60

1 Jayne Hardy	30.17m
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W65

1 Sharon Gibbins	23.89m
2 Maria Drury	20.12m
3 Denise Quinn	15.63m

W70

1 Doreen Conroy	14.78m
2 Rosemary Kopittke	12.23m

W80

1 Lorraine Birtwell	18.27m
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M45

1 Jamie Muscat	41.78m
2 Anatoly Kirievsky	30.87m
3 Rene Doel	28.10m
4 Nick Macmillan	24.20m
5 Adam vanBaalén	21.68m

M50
 1 David Allan 43.76m
 2 Adrian Keen 40.21m
 3 Simon van Baalen 40.05m

M55
 1 Russell Devine 47.68m
 2 Tim Lowrey 27.67m

M60
 1 Mark Cumming 51.05m
 2 John Milne 31.11m

M65
 1 Gavin Murray 35.70m
 2 Lajos Joni 34.91m

M70
 1 Clyde Riddoch 25.82m
 2 Mills Lafferty 25.44m

M75
 1 Ray Green 27.60m
 2 Phillip Rowlands 27.45m

M80
 1 Guy Quarterman 29.51m

M85
 1 Tom Hancock 29.71m

Javelin Throw
W30
 1 Nicole Luyten 29.42m

W40
 1 Rachel McNaughton 14.89m

W45
 1 Janet Webber 28.92m

W50
 1 Cathy McKeown 22.37m
 2 Leanne Hilton 19.40m
 3 Sarita Jatyan 18.90m
 4 Jodie Harlow 10.72m

W55
 1 Lesley Duncan 25.00m
 2 Heather Lamb 13.22m
 3 Andrea Manson 12.59m
 4 Julie Jones 10.84m

W60
 1 Jayne Hardy 23.34m

W65
 1 Denise Quinn 17.90m
 2 Maria Drury 16.38m

W70
 1 Rosemary Kopittke 11.13m
 2 Doreen Conroy 10.78m

M45
 1 Rene Doel 41.50m
 2 Jamie Muscat 29.77m
 3 Anatoly Kirievsky 27.38m
 4 Nick Macmillan 21.68m

5 Adam vanBaalen 16.32m

M50
 1 Anthony Barraclough 40.25m
 2 Darin Coombs 38.10m
 3 Adrian Keen 37.99m
 4 Simon van Baalen 30.97m

M55
 1 Darryn Bryant 31.25m
 2 Tim Lowrey 21.00m

M60
 1 John Milne 24.52m

M70
 1 Paul Hook 26.88m
 2 Clyde Riddoch 19.72m

M75
 1 Brian Davies 17.39m

M80
 1 John Appleton 26.24m
 2 Guy Quarterman 23.92m

M85
 1 Tom Hancock 19.82m

Weight Throw
W30
 1 Nicole Luyten 11.97m

W35
 1 Dash Newington 10.83m

W45
 1 Tina Eilola 8.77m

W50
 1 Althea Mackie 13.66m
 2 Cathy McKeown 12.50m
 3 Leanne Hilton 9.71m

W55
 1 Gabi Watts 13.62m
 2 Heather Lamb 8.15m
 3 Andrea Manson 6.35m
 4 Julie Jones 5.07m

W60
 1 Jayne Hardy 12.88m

W65
 1 Sharon Gibbins 10.79m
 2 Maria Drury 9.94m
 3 Denise Quinn 7.66m

W70
 1 Doreen Conroy 5.67m
 2 Rosemary Kopittke 5.46m

W80
 1 Lorraine Birtwell 9.17m

M45
 1 Jamie Muscat 13.64m
 2 Anatoly Kirievsky 10.34m
 3 Rene Doel 10.29m
 4 Adam vanBaalen 7.90m

M50
 1 Adrian Keen 15.83m
 2 Simon van Baalen 15.45m
 3 David Allan 14.81m

M55
 1 Russell Devine 16.61m
 2 Tim Lowrey 9.55m

M60
 1 Mark Cumming 19.77m
 2 John Milne 11.66m

M65
 1 Gavin Murray 14.84m
 2 Lajos Joni 13.92m

M70
 1 Clyde Riddoch 11.09m

M75
 1 Brian Davies 11.03m
 2 Ray Green 10.42m

M80
 1 Guy Quarterman 12.27m

M85
 1 Tom Hancock 12.80m



Weight For Distance

W30

1 Nicole Luyten 14.12

W35

1 Dash Newington 10.13

W45

1 Tina Eilola 10.03

W50

1 Althea Mackie 16.07

W55

1 Gabi Watts 14.22

2 Heather Lamb 8.63

W60

1 Jayne Hardy 13.44

W65

1 Maria Drury 9.62

W70

1 Rosemary Kopittke 6.23

M45

1 Jamie Muscat 15.98

2 Rene Doel 13.10

3 Adam vanBaalen 10.98

4 Anatoly Kirievsky 10.95

M50

1 Simon van Baalen 17.87

2 Adrian Keen 16.48

M55

1 Russell Devine 19.08

2 Mark Ashcroft 15.86

3 Tim Lowrey 13.22

M60

1 Mark Cumming 18.13

2 John Milne 11.23

M65

1 Gavin Murray 14.71

2 Lajos Joni 14.47

M70

1 Clyde Riddoch 12.61

2 Paul Hook 12.46

M75

1 Brian Davies 13.63

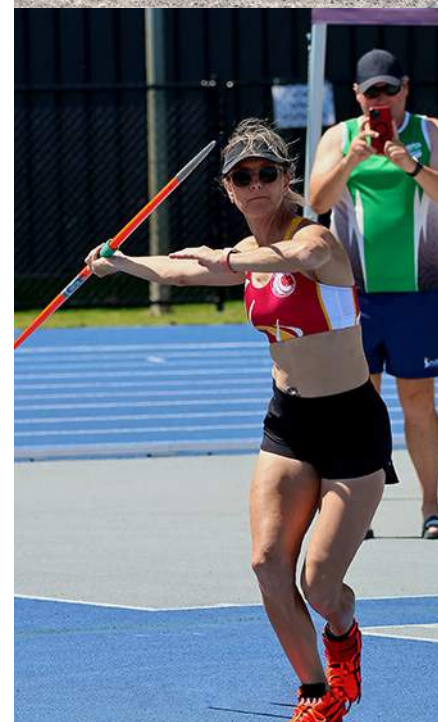
2 Ray Green 13.18

M80

1 Guy Quarterman 14.81

Day 3

Displayed Photographs by
Jo Harlow Photography





Heavy Weight Pentathlon

Events in order are: Hammer Throw, Shot Put, Discus Throw, Javelin Throw, Weight Throw

W30

1 Luyten, Nicole 16.02m 13.65m 12.42m 9.74m 7.24m: **2512**

2 Keehn, Emily 11.39m 10.58m 8.63m 7.48m 4.84m: **1672**

W35

1 Newington, Dash 14.00m 11.83m 10.58m 7.85m FOUL: **1765**

W45

1 Eilola, Tina 11.23m 9.48m 8.02m 6.78m 5.00m: **1999**

W50

1 Mackie, Althea 18.01m 15.72m 12.92m 11.11m 9.81m: **3503**
2 McKeown, Cathy 17.51m 14.40m 12.44m 9.80m 7.45m: **3070**

W55

1 Watts, Gabi 18.72m 16.34m 12.94m 11.63m 9.27m: **3939**
2 Lamb, Heather 10.58m 9.20m 7.76m 6.37m 5.45m: **2015**
3 Manson, Andrea 10.85m 7.43m 4.55m 5.80m 4.06m: **1544**
4 Jones, Julie 7.41m 6.11m 4.59m 3.83m 3.29m: **1094**

W60

1 Hardy, Jayne 14.27m 13.99m 12.89m 10.66m 8.80m: **3226**

W65

1 Gibbins, Sharon 13.67m 12.43m 10.39m 8.81m 6.69m: **2973**
2 Drury, Maria 11.65m 10.82m 8.35m 7.09m 5.56m: **2378**

W70

1 Silver, Valerie 8.03m 7.07m 6.52m 4.95m 4.16m: **1796**
2 Kopittke, Rosemary 6.68m 6.95m 5.49m 3.89m 3.53m: **1469**

W80

1 Birtwell, Lorraine 12.53m 9.99m 8.39m 6.91m 5.38m: **3019**

M45

1 Muscat, Jamie 18.12m 16.35m 12.75m 10.16m 8.51m: **3799**
2 Doel, Rene 14.31m 12.67m 9.42m 7.60m 6.08m: **2690**
3 Kirievsky, Anatoly 13.10m 12.52m 9.40m 7.81m 6.15m: **2657**
4 vanBaalen, Adam 9.58m 9.92m 7.62m 5.83m 4.92m: **1926**

M50

1 Allan, David 21.41m 19.87m 16.37m 11.89m 8.37m: **3801**
2 Keen, Adrian 19.94m 17.71m

16.19m 12.04m 9.55m: **3749**
3 van Baalen, Simon 18.92m 16.12m 13.90m 11.63m 9.11m: **3426**

M55

1 Devine, Russell 20.31m 19.41m 15.82m 12.45m 9.78m: **4197**
2 Lowrey, Tim 13.36m 11.12m 9.83m 7.86m 6.97m: **2455**
3 Ashcroft, Mark 13.36m 6.95m 10.54m 7.72m 6.91m: **2268**

M60

1 Cumming, Mark 24.63m 21.63m 19.47m 17.38m 12.89m: **4803**
2 Milne, John 15.45m 12.00m 11.13m 8.21m 6.58m: **2336**

M65

1 Murray, Gavin 20.46m 17.39m 15.24m 12.50m 9.43m: **3904**
2 Joni, Lajos 14.72m 14.55m 14.16m 9.84m 7.69m: **3084**

M70

1 Riddoch, Clyde 16.30m 12.06m 11.75m 8.76m 6.53m: **2495**
2 O'Connor, Bruce 8.76m 13.89m 11.57m 9.83m 8.20m: **2458**
3 Hook, Paul 14.34m 12.11m 10.10m 8.90m 8.00m: **2451**
4 Kopittke, Eric 10.20m 8.05m 6.25m 5.31m 4.39m: **1338**

M75

1 Davies, Brian 13.85m 12.89m 10.88m 9.72m 8.15m: **2901**
2 Green, Ray 14.50m 11.36m 10.39m 9.29m 7.65m: **2740**

M80

1 Quarterman, Guy 14.22m 14.14m 11.24m 9.05m 7.62m: **2736**

M85

1 Hancock, Tom 14.18m 14.49m 11.01m 9.89m 6.86m: **3193**

M90

1 Woolston, Gordon 5.82m 6.02m 5.11m 4.42m 3.25m: **1398**

Super Weight Throw

W30

1 Nicole Luyten 6.92m

W35

1 Dash Newington 6.25m

W45

1 Tina Eilola 5.34m

W50

1 Althea Mackie 9.38m

W55

1 Heather Lamb 5.43m

W60

1 Jayne Hardy 8.81m

W65

1 Sharon Gibbins 7.22m

2 Maria Drury 5.42m

W70

1 Rosemary Kopittke 3.42m

M45

1 Rene Doel 7.17m

2 Anatoly Kirievsky 6.50m

3 Adam vanBaalen 5.52m

M50

1 Adrian Keen 8.64m

2 Simon van Baalen 7.54m

M55

1 Tim Lowrey 5.25m

M60

1 Mark Cumming 9.89m

M65

1 Gavin Murray 7.48m

2 Lajos Joni 6.28m

M70

1 Bruce O'Connor 6.73m

2 Paul Hook 5.74m

3 Clyde Riddoch 5.01m

4 Eric Kopittke 3.44m

M75

1 Brian Davies 5.95m

2 Ray Green 5.25m

M80

1 Guy Quarterman 6.45m

M85

1 Tom Hancock 5.82m

M90

1 Gordon Woolston 2.71m

