



**Australian
Masters Athletics**

...competition for athletes 30 and over



**Australian Masters' Athletics
Indoor Throwing Championships
Argentille Equestrian Centre
Lovedale, NSW
Sat 19 & Sun 20 August
2023
RESULTS BOOKLET**



OVERVIEW REPORT

On behalf of the NSW Masters' organising committee, I would like to thank you all for attending the 2nd AMA Indoor Throws Championships. Our numbers were a little lower than last year, which was disappointing. I'm hoping that when word gets out letting people know how great the new venue is, we will have larger numbers next year. How much nicer was it not to have to breathe in so much dust and dirt!!

I know it is a little further out of Sydney, but we are planning lots of exciting activities next year. Hopefully this will encourage more people to attend, stay for the weekend and enjoy not just the athletics but the wonderful area that is the Hunter Valley.

Despite the smaller groups there was still plenty of fierce competition and a massive 36 new Australian records broken or set.

We were able to introduce some new events and I think you will all agree there was more than enough throwing on offer to fill up a weekend. Most competitors opted for the full program, which meant 45 competition throws and numerous warm-ups. I'm sure we all felt it on Monday! As the World Masters' Championships are in August next year, we will run the Indoor Championships in July 2024.

Thankyou once again for entering and travelling all the way to Lovedale. I look forward to seeing you again next year along with lots of your throwing friends and perhaps even your family and non -throwing friends.

Regards
Gabi Watts
NSWMA LOC

THANKYOU PAGE

There are so many people to thank, and I hope I don't forget anyone.

- Everyone that that turned up on Friday and helped to set up the circles (Jill, Dave, Paul, Howard, and Jason)
 - The NSWMA committee. Some that competed and officiated. Also, Bianca who came along just to help.
 - Gavin Murray for providing the EDM's, setting them up and operating them all day along with Maria Cimino and Anatoly Kirievsky.
 - Our ANSW official Angela Stephens Kinch who worked tirelessly for both days.
 - Ellena Cubban and Audrey Muscat for officiating.
 - Morgan Clifford for recording.
 - Jill Taylor and Maria for taking photos.
 - Anatoly for doing most of the medal presentations.
 - My fabulous husband Dave Watts who does most of the work even though he abandoned me for the women's world cup final.
 - All of you wonderful athletes who helped with officiating while competing.
 - Sharon for the yummy muffins.
 - Chandra for the soft drinks
 - All of you that helped to pack up. Many hands do make light work!
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- Finally!

A big thank you to all of you for registering for this event, travelling all the way to Lovedale and being part of the 2nd Australian Indoor Throws Championships. Your positive attitude, competitive spirit and friendliness made for a wonderful couple of days of throwing. Some of you are regulars at our events, but so great that we got to meet some new faces too.

COMPETITORS

Age	Name	State	Age	Name	State
35	Helena Smith	NSW	40	Albert Olivier	ACT
35	Amninder Kaur	NSW	40	Anatoly Kirievsky	NSW
35	Dash Newington	QLD	45	Morgan Clifford	NSW
40	Julia Atilla	NSW	45	Jamie Muscat	NSW
40	Miranda Ramsden	QLD	45	Dylan Connell	NSW
40	Sukhvir Kaur	NSW	50	Andrew Watson	NSW
50	Nicole Johansen	VIC	50	Jason Crethar	NSW
50	Maria Cimino	NSW	50	EJ Davie	NSW
55	Gabi Watts	NSW	55	Stephen Liggins	NSW
65	Ellena Cubban	NSW	55	Tim Lowrey	QLD
65	Jill Taylor	NSW	55	Matt Stenning	NSW
65	Sharon Gibbins	ACT	55	Chandra Rajapaksha Mudiyanselage	NSW
			60	Tim McGrath	NSW
			65	Gavin Murray	NSW
			70	Bruce O'Connor	QLD
			70	Paul Hook	SA
			70	Howard Avery	SA
			70	Glenn Crompton	NSW
			70	Mark Johnston	NSW
			75	Ray Green	ACT
			75	Raminder Singh	NSW
			80	Noel Donohoe	NSW



NEW AUSTRALIAN RECORDS

NAME	EVENT	AGE	PERFORMANCE
Jamie Muscat	Shot	M-45	12.72m
Tim McGrath	Shot	M-60	11.43m
Glenn Crompton	Shot	M-70	10.71m
Gabi Watts	Super weight	W-55	9.98m
Gavin Murray	Super weight	M-65	7.88m
Bruce O'Connor	Super weight	M-70	7.43m
Helena Smith	56lb	W-35	3.45m
Julia Atilla	56lb	W-40	4.12m
Jamie Muscat	56lb/Super weight	M-45	8.70m
Gavin Murray	56lb	M-65	6.09m
Bruce O'Connor	56lb	M-70	4.18m
Ray Green	56lb	M-75	4.14m
Jamie Muscat	100lb	M-45	4.59m
Jason Crethar	100lb	M-50	2.44m
Tim Lowrey	100lb	M-55	3.10m
Helena Smith	100lb	W-35	1.79m
Miranda Ramsden	100lb	W-40	2.20m
Nicole Johansen	100lb	W-50	2.41m
Jill Taylor	100lb	W-65	1.53m
Anatoly Kirievsky	100lb	M-40	3.13m
Gavin Murray	100lb	M-65	2.71m
Paul Hook	100lb	M-70	2.26m
Ray Green	100lb	M-75	2.43m
Noel Donohoe	100lb	M-80	1.26m
Jamie Muscat	Weight Throw	M-45	13.02m
Gavin Murray	Weight Throw	M-65	15.32m
Mark Johnston	Weight Throw	M-70	12.83m
Helena Smith	HWP	W-35	2034pts
Gabi Watts	HWP	W-55	4057pts
Anatoly Kirievsky	HWP	M-40	2419pts
Jamie Muscat	HWP	M-45	3827pts
Jason Crethar	HWP	M-50	1974pts
Matt Stenning	HWP	M-55	254pts
Gavin Murray	HWP	M-65	3914pts
Bruce O'Connor	HWP	M-70	2748pts
Ray Green	HWP	M-75	2629pts

Australian Records Bettered

I'd like to acknowledge the following performances by athletes who also bettered the current Australian record in their events.

Name	Event	Age	Performance
Morgan Clifford	100lb	M-45	4.01m
Chandra Rajapaksha Mudiyansele	100lb	M-55	2.37m
Bruce O'Connor	100lb	M-70	1.87m
Howard Avery	100lb	M-70	2.00m
Paul Hook	Shotput	M-70	10.60m
Howard Avery	HWP	M-70	2466pts
Sharon Gibbins	100lb	W-65	1.33m
Paul Hook	56lb	M-70	3.90m
Howard Avery	56lb	M-70	3.83m

Congratulations to all our record breakers and our new record holders.



INDOOR THROWS CHAMPIONSHIPS 2023 RESULTS

ARGENTILLE EQUESTRIAN CENTRE

LOVEDALE, NSW

19-20TH 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

Name	Weight	State	Age	1	2	3	4	5	6	BEST
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

Name	STATE	Age	1	2	3	4	5	6	BEST
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

Name	STATE	Age	1	2	3	4	5	6	BEST
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 Mudiyanselage	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	WEIG HT	STAT E	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 Mudiyanselage	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 Mudiyanselage	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 Mudiyanselage	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
W30-W49			5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		
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
W50-W55			4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		
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®
W60-W74			3kg (6.6lb)		4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		
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
M30-M49			9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		20kg (44lb)		25.4kg (56lb)		
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®
M50-M59			7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		20kg (44lb)		
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
M60-M69			5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		
Gavin Murray	NSW	M65-69	20.16	793	17.47	799	15.09	814	12.79	805	9.49	703	3914 ®
M70-M79			4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		
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
M80-M100			3kg (6.6lb)		4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		
Noel Donohue	NSW	M80-84	9.53	326	6.86	254	5.40	215	5.65	279	4.33	231	1305

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