

Competition:		2018 NSWMA HWP Championships					Date:		17-Mar-18				Instructions		Wollongong Athletics Centre		
Competitor	Origin	Age Grp	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Total score	Position	Age Grp		
<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>						
Sharyn Dickson		W30-34	14.34	501	11.66	475	10.10	499	8.52	503	5.43	354	2332		W30		
Melissa Holohan		W35-39	21.20	868	16.81	808	15.53	924	13.07	907	8.05	678	4185		W35		
<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>						
Alison White		W50-54	13.55	561	11.05	527	8.73	512	7.39	524	5.02	384	2508		W50		
Diana Dickson		W55-59	10.19	446	8.11	416	6.86	424	6.22	468	5.17	451	2205		W55		
Deborah Engeler		W55-59	11.15	496	9.65	515	7.54	477	6.87	532	5.71	516	2536		W55		
Anne Weekes		W55-59	8.92	380	8.00	410	6.02	358	5.82	429	4.52	374	1951		W55		
<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		W60-64	17.22	794	15.67	798	13.38	876	11.21	868	9.78	968	4304		W60		
Kerrie Jones		W60-64	12.34	541	10.51	501	8.74	528	7.10	496	4.97	404	2470		W60		
Jill Senior		W65-69	12.51	612	10.45	569	0.00	0	6.59	520	6.26	624	2325		W65		
Mary Thomas		W70-74	12.77	724	10.77	680	9.41	727	8.15	765	6.42	731	3627		W70		



# New South Wales Masters Athletics Heavy Weight Pentathlon Result Sheet

Competition: NSWMA HWP Championships

Date: 17/03/2018

Venue: Kerryn McCann Athletics Centre, Wollongong

Round: 1    2    3    4    5

	Name	Age Group	Weight	Throw 1	Throw 2	Throw 3	Best	Place	
10	Sharyn Dickson	1	W30	121b	✓	✓	✓	14.34	
10	Melissa Holahan	2	W35	121b	✓	✓	✓	21.20	
	Amanda Jordan		W35	121b					
	Maria Cimino		W45	121b					
10	Alison White	12 3	W50	4kg	✓	✓	✓	<sup>13.55</sup> 13.55	
10	Diana Dickson	4	W55	4kg	✓	✓	x	10.19	
10	Deborah Engeler	5	W55	4kg	✓	x	x	<del>8.92</del> 11.15	
10	Anne Weekes	13 6	W55	4kg	✓	✓	✓	8.92	
10	Jill Taylor	7	W60	3kg	✓	✓	x	17.21	
10	Kerrie Jones	8	W60	3kg	x	✓	✓	12.34	
10	Jillian Senior	9	W65	3kg	✓	✓	✓	12.51	
10	Mary Thomas	10	W70	3kg	x	✓	✓	12.77	



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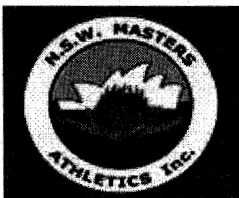
Competition: NSWMA HWP Championships

Date: 17/03/2018

Venue: Kerryn McCann Athletics Centre, Wollongong

Round:            1        **2**            3            4            5

Name		Age Group	Weight	Throw 1	Throw 2	Throw 3	Best	Place
Sharyn Dickson	1	W30	161b	✓	✓	✓	11.66	
Melissa Holahan	2	W35	161b	✓	✓	✓	16.81	
<del>Amanda Jordan</del>		<del>W35</del>						
<del>Maria Cimino</del>		<del>W45</del>						
Alison White	3	W50	121b	✓	✓	✓	11.05	
Diana Dickson	4	W55	121b	✓	✓	✓	8. <del>00</del> <sup>11</sup>	
Deborah Engeler	5	W55	121b	✓	✓	✓	9.65	
Anne Weekes	6	W55	121b	✓	✓	✓	8.00	
Jill Taylor	7	W60	4kg	✓	✓	✓	15.67	
Kerrie Jones	8	W60	4kg	✓	✓	✓	10.51	
Jillian Senior	9	W65	4kg	✓	✓	✓	10.45	
Mary Thomas	10	W70	4kg	✓	X	X	10.77	



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Round:            1            2            **3**            4            5

Name	Age Group	Weight	Throw 1	Throw 2	Throw 3	Best	Place	
Sharyn Dickson	1	W30	201b	✓	✓	✓	10.10	
Melissa Holahan	2	W35	201b	✓	✓	✓	15.53*	NSWMA Records
<del>Amanda Jordan</del>		<del>W35</del>						
<del>Maria Gimino</del>		<del>W45</del>						
Alison White	3	W50	161b	✓	✓	✓	8.73	
Diana Dickson	4	W55	161b	✓	✓	✓	6.86	
Deborah Engeler	5	W55	161b	✓	X	✓	7.54	
Anne Weekes	6	W55	161b	✓	X	✓	6.02	
Jill Taylor	7	W60	121b	✓	✓	✓	13.38	
Kerrie Jones	8	W60	121b	✓	X	✓	8.74	
Jillian Senior	9	W65	121b	X	X	X	NM	
Mary Thomas	10	W70	121b	✓	✓	✓	9.41	

*Handwritten signature: Sharyn Dickson*

*Handwritten signature: Jill Taylor*

*Handwritten signature: Melissa Holahan*



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Venue: Kerryn McCann Athletics Centre, Wollongong

Round:      1                      2                      3                      **4**                      5

Name	Age Group	Weight	Throw 1	Throw 2	Throw 3	Best	Place
Sharyn Dickson	1	W30	25	✓	✓	✓	8.52
Melissa Holahan	2	W35	25	✓	✓	✓	13.07
<del>Amanda Jordan</del>	<del>W35</del>						
<del>Maria Gimino</del>	<del>W45</del>						
Alison White	14 <sup>B</sup> 3 <sup>F</sup>	W50	20	F ✓	B ✓	✓	5.01 7.39
Diana Dickson	4	W55	20	✓	✓	✓	6.22
Deborah Engeler	3	W55	20	✓	X	✓	6.87
Anne Weekes	6 <sup>F</sup>	W55	20	F ✓	✓	✓	5.82
Jill Taylor	11 7	W60	16	✓	✓	✓	11.21
Kerrie Jones	8	W60	16	✓	✓	✓	7.10
Jillian Senior	9 <sup>F</sup>	W65	16	✓ F	F ✓	✓	6.59
Mary Thomas	10	W70	16	✓	✓	✓	8.15



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Round:            1            2            3            4            **5**

Name	Age Group	Weight	Throw 1	Throw 2	Throw 3	Best	Place
Sharyn Dickson	1	W30	35	X	✓	5.43	
Melissa Holahan	2	W35	35	X	✓	8.05	
<del>Amanda Jordan</del>	<del>W35</del>						
<del>Maria Cimino</del>	<del>W45</del>						
Alison White	13 <sup>B</sup> 3 <sup>F</sup>	W50	25	✓	✓	<sup>5.02</sup> 5.02	
Diana Dickson	4	W55	25	✓	✓	5.17	
Deborah Engeler	5	W55	25	✓	✓	5.71	
Anne Weekes	6 <sup>F</sup>	W55	25	✓	✓	4.52	
Jill Taylor	7	W60	26	✓	✓	9.78	
Kerrie Jones	8 <sup>F</sup>	W60	20	✓	✓	4.97	
Jillian Senior	9 <sup>F</sup>	W65	20	✓	✓	6.26	
Mary Thomas	10	W70	20	✓	✓	6.42	