

## NSWMA 2013 Throws Pentathlon Championships 10 March

| Event:     |                  |     | Hammer |       |        | Shot Put |       |        | Discus |       |        | Javelin |       |        | Weight |        |        |       |          |
|------------|------------------|-----|--------|-------|--------|----------|-------|--------|--------|-------|--------|---------|-------|--------|--------|--------|--------|-------|----------|
| Grp        | Name             | Age | Dist   | %     | Points | Dist     | %     | Points | Dist   | %     | Points | Dist    | %     | Points | Dist   | %      | Points | Total | Place    |
| <b>W30</b> | Belinda Westcott | 32  | 16.85  | 28.08 | 218    | 6.30     | 29.37 | 290    | 17.01  | 23.03 | 224    | 16.65   | 22.51 | 227    | 6.51   | 42.41  | 348    | 1307  | <b>1</b> |
| <b>W35</b> | Kellie Watson    | 39  | 25.35  | 46.17 | 444    | 7.17     | 34.81 | 363    | 17.31  | 24.26 | 241    | 14.14   | 22.85 | 197    | 8.86   | 64.02  | 473    | 1718  | <b>1</b> |
| <b>W40</b> | Lynette Smith    | 42  | 24.18  | 46.78 | 459    | 9.44     | 49.79 | 560    | 31.34  | 47.30 | 556    | 30.91   | 53.96 | 580    | 9.90   | 74.83  | 599    | 2754  | <b>1</b> |
|            | Lisa Mumberson   | 44  | 26.84  | 54.00 | 527    | 6.53     | 36.36 | 350    | 16.96  | 26.86 | 258    | 15.26   | 28.02 | 243    | 9.27   | 72.14  | 553    | 1931  | <b>2</b> |
| <b>W45</b> | Gabi Watts       | 47  | 33.76  | 72.15 | 776    | 10.69    | 64.67 | 711    | 31.90  | 54.40 | 624    | 21.48   | 42.64 | 416    | 12.31  | 100.16 | 860    | 3387  | <b>1</b> |
|            | Glenys Whitehead | 48  | 34.17  | 74.49 | 787    | 8.63     | 53.67 | 549    | 27.14  | 47.42 | 514    | 21.80   | 44.45 | 424    | 9.97   | 82.33  | 671    | 2945  | <b>2</b> |
| <b>W50</b> | Wendy Hord       | 52  | 31.49  | 64.38 | 720    | 8.29     | 49.82 | 559    | 17.39  | 33.51 | 329    | 19.34   | 37.09 | 390    | 11.00  | 76.98  | 677    | 2675  | <b>2</b> |
|            | Christine Shaw   | 53  | 24.36  | 50.81 | 521    | 8.94     | 55.22 | 613    | 23.33  | 46.06 | 474    | 26.85   | 52.81 | 577    | 9.69   | 68.82  | 581    | 2766  | <b>1</b> |
| <b>W55</b> | Jill Taylor      | 57  | 30.34  | 68.53 | 764    | 8.65     | 59.61 | 651    | 21.94  | 47.77 | 493    | 16.64   | 36.26 | 365    | 11.08  | 83.50  | 758    | 3031  | <b>1</b> |
|            | Kerrie Jones     | 59  | 21.97  | 51.62 | 509    | 6.91     | 50.25 | 495    | 0.00   | 0.00  | 0      | 12.97   | 29.72 | 266    | 7.98   | 61.91  | 511    | 1781  | <b>2</b> |
| <b>W60</b> | Karen Jones      | 60  | 14.21  | 34.04 | 318    | 4.84     | 36.15 | 352    | 12.85  | 30.05 | 287    | 9.77    | 22.94 | 198    | 4.63   | 29.47  | 229    | 1384  | <b>3</b> |
|            | Jillian Senior   | 61  | 21.17  | 51.76 | 547    | 5.80     | 44.58 | 445    | 12.74  | 30.57 | 284    | 13.43   | 32.39 | 302    | 9.14   | 59.04  | 558    | 2136  | <b>2</b> |
|            | Kate Clarke      | 62  | 24.45  | 61.02 | 657    | 7.60     | 60.08 | 622    | 21.07  | 51.83 | 531    | 18.91   | 46.82 | 460    | 9.68   | 63.52  | 598    | 2868  | <b>1</b> |
| <b>W75</b> | Joyce Schmidt    | 77  | 22.23  | 74.80 | 809    | 7.02     | 83.77 | 718    | 15.11  | 53.62 | 511    | 12.61   | 45.82 | 453    | 6.60   | 54.05  | 492    | 2983  | <b>1</b> |

| Event:     |                   |     | Hammer |       |        | Shot Put |       |        | Discus |       |        | Javelin |       |        | Weight |       |        |       |          |
|------------|-------------------|-----|--------|-------|--------|----------|-------|--------|--------|-------|--------|---------|-------|--------|--------|-------|--------|-------|----------|
| Grp        | Name              | Age | Dist   | %     | Points | Dist     | %     | Points | Dist   | %     | Points | Dist    | %     | Points | Dist   | %     | Points | Total | Place    |
| <b>M30</b> | Anatoly Kirievsky | 34  | 29.03  | 34.86 | 335    | 9.30     | 41.89 | 444    | 25.73  | 36.18 | 381    | 32.98   | 34.35 | 341    | 9.37   | 37.48 | 417    | 1918  | <b>2</b> |
|            | Warren Jones      | 33  | 32.40  | 38.91 | 389    | 9.31     | 41.94 | 444    | 27.24  | 38.30 | 410    | 30.44   | 31.71 | 305    | 10.55  | 42.20 | 483    | 2031  | <b>1</b> |
| <b>M35</b> | Jamie Muscat      | 36  | 37.15  | 44.61 | 484    | 12.85    | 57.88 | 687    | 38.85  | 54.63 | 652    | 29.29   | 32.84 | 294    | 11.46  | 47.63 | 547    | 2664  | <b>1</b> |
|            | Rodney Watson     | 39  | 33.04  | 40.52 | 415    | 10.38    | 46.76 | 531    | 27.41  | 38.54 | 421    | 37.10   | 42.42 | 407    | 10.80  | 45.61 | 509    | 2283  | <b>2</b> |
| <b>M40</b> | David Murphy      | 44  | 17.41  | 23.19 | 186    | 8.71     | 41.60 | 468    | 25.72  | 36.16 | 432    | 39.61   | 48.80 | 486    | 7.37   | 33.09 | 343    | 1915  | <b>2</b> |
|            | Simon Lindsay     | 40  | 23.42  | 31.88 | 292    | 8.48     | 41.41 | 452    | 23.49  | 33.18 | 384    | 22.97   | 28.86 | 229    | 0.00   | 0.00  | 0      | 1357  | <b>4</b> |
|            | Peter Campbell    | 40  | 23.78  | 33.07 | 299    | 9.63     | 48.08 | 529    | 34.64  | 50.03 | 627    | 23.90   | 30.61 | 243    | 0.00   | 0.00  | 0      | 1698  | <b>3</b> |
|            | Andrew Watson     | 44  | 19.71  | 27.99 | 226    | 11.66    | 59.49 | 666    | 30.32  | 44.75 | 532    | 36.67   | 47.87 | 440    | 9.21   | 43.36 | 454    | 2318  | <b>1</b> |
| <b>M45</b> | Stuart Gyngell    | 49  | 38.84  | 57.42 | 646    | 13.24    | 70.43 | 846    | 34.11  | 52.51 | 687    | 16.07   | 21.76 | 146    | 10.59  | 51.41 | 586    | 2911  | <b>1</b> |
|            | Matt Stenning     | 46  | 35.80  | 54.09 | 584    | 8.21     | 44.67 | 478    | 27.37  | 43.10 | 523    | 22.34   | 30.85 | 246    | 9.80   | 48.32 | 534    | 2365  | <b>4</b> |
|            | Jim Fassolis      | 45  | 36.76  | 56.73 | 603    | 9.94     | 55.31 | 603    | 27.88  | 44.90 | 536    | 24.28   | 34.18 | 277    | 10.32  | 51.70 | 568    | 2587  | <b>2</b> |

|            |                  |    |       |       |     |       |       |     |       |       |     |       |       |     |       |       |     |      |          |
|------------|------------------|----|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|------|----------|
|            | Andrew Kohlrush  | 47 | 24.30 | 38.29 | 352 | 9.92  | 56.40 | 602 | 31.66 | 52.10 | 627 | 39.42 | 56.55 | 532 | 7.81  | 39.75 | 404 | 2517 | <b>3</b> |
| <b>M50</b> | Tim McGrath      | 50 | 25.33 | 37.78 | 351 | 10.39 | 55.98 | 617 | 34.85 | 52.86 | 576 | 37.79 | 56.24 | 535 | 10.65 | 47.21 | 517 | 2596 | <b>1</b> |
| <b>M55</b> | Rob Hanbury Brow | 56 | 33.83 | 56.01 | 585 | 10.21 | 61.32 | 665 | 34.44 | 58.23 | 629 | 36.18 | 59.17 | 565 | 13.70 | 65.61 | 756 | 3200 | <b>2</b> |
|            | Gavin Murray     | 58 | 37.59 | 63.60 | 667 | 11.24 | 69.04 | 745 | 34.59 | 59.82 | 632 | 31.00 | 51.69 | 463 | 12.99 | 63.21 | 711 | 3218 | <b>1</b> |
|            | Lajos Joni       | 57 | 39.99 | 67.66 | 719 | 10.14 | 62.29 | 660 | 30.05 | 51.97 | 531 | 23.56 | 39.29 | 321 | 13.44 | 65.40 | 740 | 2971 | <b>3</b> |
|            | Andrew A-Howatt  | 56 | 30.82 | 52.15 | 521 | 9.53  | 58.54 | 612 | 33.78 | 58.42 | 614 | 43.11 | 71.89 | 703 | 0.00  | 0.00  | 0   | 2450 | <b>4</b> |
|            | Tony Baker       | 58 | 23.83 | 40.32 | 372 | 9.14  | 56.14 | 583 | 23.35 | 40.38 | 385 | 22.49 | 37.50 | 300 | 8.56  | 41.65 | 430 | 2070 | <b>6</b> |
|            | Ian Guthrie      | 58 | 26.47 | 47.68 | 428 | 8.23  | 53.93 | 513 | 20.31 | 37.49 | 320 | 18.94 | 33.42 | 234 | 11.56 | 58.95 | 619 | 2114 | <b>5</b> |
| <b>M60</b> | Bob Jones        | 62 | 15.57 | 26.12 | 198 | 5.14  | 31.40 | 273 | 15.92 | 25.01 | 215 | 11.96 | 19.80 | 120 | 5.58  | 25.83 | 221 | 1027 | <b>2</b> |
|            | Dave Ross        | 62 | 28.82 | 48.34 | 475 | 8.70  | 53.15 | 537 | 32.39 | 50.89 | 552 | 21.95 | 36.34 | 314 | 11.68 | 54.07 | 574 | 2452 | <b>1</b> |
| <b>M65</b> | Raminder Singh   | 66 | 19.95 | 37.96 | 338 | 7.72  | 53.72 | 516 | 23.33 | 41.80 | 409 | 18.96 | 35.18 | 294 | 8.32  | 42.30 | 411 | 1968 | <b>1</b> |
| <b>M70</b> | Noel Donohue     | 70 | 23.93 | 44.22 | 450 | 7.85  | 53.22 | 520 | 23.30 | 45.50 | 460 | 15.42 | 30.83 | 242 | 10.95 | 52.95 | 592 | 2264 | <b>2</b> |
|            | Ron Bragg        | 73 | 22.94 | 45.19 | 426 | 7.91  | 57.32 | 525 | 22.67 | 47.32 | 444 | 29.53 | 62.54 | 583 | 9.42  | 47.74 | 493 | 2471 | <b>1</b> |
| <b>M75</b> | Ron Simcock      | 77 | 34.24 | 73.32 | 828 | 9.94  | 78.52 | 771 | 27.63 | 62.91 | 656 | 29.76 | 67.96 | 683 | 13.64 | 73.57 | 835 | 3773 | <b>1</b> |
| <b>M85</b> | Max McKay        | 89 | 18.54 | 60.93 | 549 | 5.77  | 71.15 | 510 | 9.69  | 34.52 | 252 | 10.71 | 35.96 | 245 | 7.14  | 45.65 | 469 | 2025 | <b>1</b> |



