

AUSTRALIAN MASTERS ATHLETICS, WINTER THROWS CHAMPIONSHIP AS AT OCTOBER 2023											
		NB. Past combined events have been rescored to 2023 tables									
									As of	18-Oct-22	
MEN						WOMEN					
AGE		NAME	STATE	TIME	DATE	AGE		NAME	STATE	TIME	DATE
SHOT PUT				7.260kg		SHOT PUT				4kg	
M30	CR	SHANE CARSTAIRS	VIC	15.31m	2022	W30	CR	NICOLE LUYTON		12.12m	2023
M35	CR	STUART GYNGELL	NSW	17.17m	2003	W35	CR	CHRIS MCCAHILL	NZ	12.96m	2002
M40	CR	JEFF HAILEY	NSW	14.43m	2001	W40	CR	KELLY HUNTER	NSW	11.26m	2017
M45	CR	STUART GYNGELL	NSW	15.47m	2012	W45	CR	CHRIS SCHULTZ	VIC	12.30m	1997
SHOT PUT				6kg		SHOT PUT				3kg	
M50	CR	STUART GYNGELL	NSW	16.08m	2014	W50	CR	GABI WATTS	NSW	12.59m	2018
M55	CR	GRAEME ROSE	VIC	12.59m	2000	W55	CR	MARIE KAY	QTAS	11.39m	2016
SHOT PUT				5kg		W60	CR	HELEN SEARLE	QLD	12.24m	2000
M60	CR	GEOFFREY GEE	WA	12.98m	2013	W65	CR	HELEN SEARLE	QLD	10.82m	2005
M65	CR	GEOFFREY GEE	WA	12.41m	2014	W70	CR	HELEN SEARLE	QLD	9.90m	2010
SHOT PUT				4kg		SHOT PUT				2kg	
M70	CR	GEORGE MENCIAK	ACT	12.11m	2004	W75	CR	HELEN SEARLE	QLD	9.79m	2015
M75	CR	GEORGE MENCIAK	ACT	11.24m	2008	W80	CR	LORRAINE BIRTWELL	QLD	5.77m	2023
SHOT PUT				3kg		W85	CR				
M80	CR	TOM HANCOCK	VIC	11.77m	2016	W90	CR	RUTH FRITH (3KG)	NSW	5.10m	2001
M85	CR	TOM HANCOCK	VIC	9.06m	2023	W95	CR	RUTH FRITH	QLD	5.09m	2005
M90	CR	GORDON WOOLSTON	QLD	3.57m	2023	W100	CR	RUTH FRITH	QLD	4.06m	2010
DISCUS				2kg		DISCUS				1kg	
M30	CR	ALLAN SADUL	NSW	51.16m	2019	W30	CR	EMILY KEEHN		37.31m	2023
M35	CR	DARRON HAWORTH	QLD	50.03m	2008	W35	CR	KELLY HUNTER	NSW	43.49m	2016
M40	CR	JAMIE MUSCAT	NSW	41.88m	2019	W40	CR	KELLY HUNTER	NSW	41.36m	2020
M45	CR	STUART GYNGELL	NSW	42.88m	2012	W45	CR	CHRIS SCHULTZ	VIC	39.04m	1997
DISCUS				1.5kg		W50	CR	GABI WATTS	NSW	34.74m	2018
M50	CR	TODD DAVEY	TAS	55.20m	2018	W55	CR	GABI WATTS	NSW	29.70m	2023

M55	CR	WARWICK SELVEY	QLD	42.98m	1998	W60	CR	HELEN SEARLE	QLD	32.03M	2001
DISCUS				1kg		W65	CR	HELEN SEARLE	QLD	26.34M	2005
M60	CR	KEITH JAMES	NSW	49.53m	2001	W70	CR	MARY THOMAS	NSW	23.28m	2014
M65	CR	KEITH JAMES	NSW	43.14m	2009	DISCUS				750gm	
M70	CR	KEITH JAMES	NSW	39.52m	2011	W75	CR	MARY THOMAS	NSW	21.56m	2019
M75	CR	GEOFFREY TYLER		34.74m	2023	W80	CR	LORRAINE BIRTWELL	QLD	16.12m	2023
M80	CR	TOM HANCOCK	VIC	29.60m	2016	W85	CR				
M85	CR	TOM HANCOCK	VIC	24.62m	2022	W90	CR	RUTH FRITH (1KG)	NSW	11.46m	2001
M90	CR	GORDON WOOLSTON	QLD	8.85m	2023	W95	CR	RUTH FRITH	QLD	10.51m	2005
						W100	CR	RUTH FRITH	QLD	8.20m	2010
HAMMER				7.26kg		HAMMER				4kg	
M30	CR	SHANE CARSTAIRS	VIC	39.87m	2022	W30	CR	KARYNE DI MARCO	NSW	58.47m	2009
M35	CR	SERGEI ZABLOTSKII	NSW	53.42m	1998	W35	CR	ODETTE PALMA	NSW	53.75m	2020
M40	CR	RICARD MEIRING	ACT	51.82m	2017	W40	CR	JAYNE HARDY	ACT	46.33m	2004
M45	CR	SERGEI. ZABLOTSKII	NSW	51.85m	2005	W45	CR	SHARON GIBBONS	ACT	41.51m	2003
HAMMER				6kg		HAMMER				3kg	
M50	CR	GRANT EDWARDS	ACT	50.25m	2013	W50	CR	MARJA-LEENA PARVIAINEN	NSW	49.12m	1998
M55	CR	RUSSELL DEVINE	VIC	47.68m	2023	W55	CR	JAN DAVIES	VIC	46.00m	1999
HAMMER				5kg		W60	CR	HELEN SEARLE	QLD	46.09m	2001
M60	CR	MARK CUMMING	QLD	51.05m	2023	W65	CR	HELEN SEARLE	QLD	40.11m	2005
M65	CR	WIM VAN WEENEN	VIC	47.52m	1997	W70	CR	HELEN SEARLE	QLD	32.08m	2010
HAMMER				4kg		HAMMER				2kg	
M70	CR	TOM HANCOCK	VIC	42.46m	2009	W75	CR	HELEN SEARLE	QLD	32.27m	2014
M75	CR	WIM VAN WEENEN	VIC	40.55m	2008	W80	CR	LORRAINE BIRTWELL	QLD	20.40m	2023
HAMMER				3kg		W85	CR				
M80	CR	RON SIMCOCK	NSW	38.71m	2016	W90	CR	RUTH FRITH (3KG)	NSW	12.96m	2001
M85	CR	TOM HANCOCK	VIC	30.57m	2022	W95	CR	RUTH FRITH	QLD	13.71m	2006
M90	CR	GORDON WOOLSTON	QLD	11.34m	2023	W100	CR	RUTH FRITH	QLD	11.30m	2010
JAVELIN				800g		JAVELIN				600g	
M30	CR	ASH ALMOND	VIC	53.07m	2022	W30	CR	LYNETTE SMITH	NSW	39.75m	2003

M35	CR	JEFF HAILEY	NSW	51.67m	2000	W35	CR	JAYNE HARDY	ACT	40.42m	2000
M40	CR	JEFF HAILEY	NSW	46.55m	2001	W40	CR	JAYNE HARDY	ACT	37.76m	2004
M45	CR	BOB BANENS	ACT	47.42m	1997	W45	CR	JAYNE HARDY	ACT	33.08m	2009
JAVELIN				700g		JAVELIN				500g	
M50	CR	NIC BATTY		56.03m	2020	W50	CR	JAYNE HARDY	ACT	31.63m	2013
M55	CR	GRAEME ROSE	VIC	48.95m	2003	W55	CR	JEN BOURKE	ACT	29.90m	1997
JAVELIN				600g		W60	CR	CHRISTINE SHAW	NSW	29.93m	2019
M60	CR	GRAEME ROSE	VIC	43.06m	2006	W65	CR	DENISE QUINN (500GM)	QLD	19.20m	2022
M65	CR	ANDREW FARR		40.91m	2015	W70	CR	MARY THOMAS	NSW	22.74m	2014
JAVELIN				500g		JAVELIN				400g	
M70	CR	TOM HANCOCK	VIC	37.42m	2006	W75	CR	MARY THOMAS	NSW	18.83m	2019
M75	CR	RON SIMCOCK		32.44m	2010	W80	CR	MARY WAHREN	ACT	11.85m	2014
JAVELIN				400g		W85	CR				
M80	CR	RON SIMCOCK		30.68m	2015	W90	CR	RUTH FRITH	NSW	10.00m	2001
M85	CR	TOM HANCOCK	VIC	20.12m	2023	W95	CR	RUTH FRITH	QLD	7.01m	2006
M90	CR	GORDON WOOLSTON	QLD	9.35m	2023	W100	CR	RUTH FRITH	QLD	5.62m	2010
WEIGHT THROW				35lb 15.88kg		WEIGHT THROW				20lb 9.08kg	
M30	CR	GREG URBANOWICZ		12.50m	2011	W30	CR	KARYNE DI MARCO	NSW	17.52m	2009
M35	CR	DARRON HAWORTH		16.13m	2008	W35	CR	CHRIS MCCA HILL	NZ	15.87m	2002
M40	CR	RICARD MEIRING	ACT	16.92m	2017	W40	CR	JAYNE HARDY	ACT	14.22m	2003
M45	CR	TODD DAVEY		14.37m	2015	W45	CR	CHRIS MCCA HILL	NZ	13.95m	2012
WEIGHT THROW				25lb 11.34kg	2011	WEIGHT THROW				16lb 7.26kg	
M50	CR	GRANT EDWARDS	ACT	17.74m	2013	W50	CR	MARJA-LEENA PARVIAINEN	NSW	15.89m	1996
M55	CR	GRAEME ROSE	VIC	17.40m	2003	W55	CR	JAN DAVIES	VIC	14.04m	1998
WEIGHT THROW				20lb 9.082kg		WEIGHT THROW				12lb 5.45kg	
M60	CR	MARK CUMMING	QLD	19.77m	2023	W60	CR	HELEN SEARLE	NSW	16.22m	2000
M65	CR	WIM VAN WEENEN	VIC	17.83m	1997	W65	CR	JILL TAYLOR	NSW	13.74m	2020
WEIGHT THROW				16lb 7.26kg		W70	CR	JAN BANENS	ACT	11.71m	2013
M70	CR	KEN PRIESTLEY	VIC	17.38m	2008	WEIGHT THROW				8.8lb 4kg	
M75	CR	WIM VAN WEENEN	VIC	14.91m	2008	W75	CR	MARY THOMAS	NSW	11.60m	2019
WEIGHT THROW				12lb 5.45kg		W80	CR	LORRAINE BIRTWELL	QLD	9.17m	2023

M80	CR	GEORGE MENCIK	ACT	16.92m	2013	W85	CR				
M85	CR	TOM HANCOCK	VIC	13.55m	2022	W90	CR	RUTH FRITH (5.45KG)	NSW	5.96m	2003
M90	CR	GORDON WOOLSTON	QLD	3.90m	2023	W95	CR	RUTH FRITH	QLD	5.58m	2006
						W100	CR	RUTH FRITH	QLD	4.30m	2010
SUPER WEIGHT				56lb 25.40kg		SUPER WEIGHT				35lb 15.88kg	
M30	CR	SHANE CARSTAIRS	VIC	6.73m	2022	W30	CR	NICOLE LUYTON		7.24m	2023
M35	CR	WARREN JONES	NSW	5.43m	2019	W35	CR	ODETTE PALMA	NSW	8.87m	2020
M40	CR	JAMIE MUSCAT	NSW	8.82m	2019	W40	CR	MEGAN CHAMPION	VIC	6.57m	2022
M45	CR	SIMON VAN BAALEN	VIC	8.44m	2022	W45	CR	NICOLE JOHANSEN	VIC	6.71m	2022
M50	CR	ADRIAN KEEN		8.64m	2023	SUPER WEIGHT				25lb 11.34kg	
M55	CR	TIM LOWREY	QLD	6.55m	2022	W50	CR	ALTHEA MACKIE	QLD	9.82m	2022
SUPER WEIGHT				44lb 19.95kg		W55	CR	GABI WATTS	NSW	9.27M	2023
M60	CR	MARK CUMMING	QLD	9.89m	2023	SUPER WEIGHT				20lb 9.08kg	
M65	CR	GAVIN MURRAY	NSW	7.48m	2023	W60	CR	JAYNE HARDY	ACT	8.81m	2023
SUPER WEIGHT				35lb 15.88kg		W65	CR	JILL TAYLOR	NSW	8.52m	2020
M70	CR	BRUCE O'CONNOR		6.73m	2023	W70	CR	ROSEMARY KOPITTKE	QLD	3.41m	2022
M75	CR	RAY GREEN	ACT	7.23m	2019	SUPER WEIGHT				16lb 7.26kg	
SUPER WEIGHT				25lb 11.34kg		W75	CR	MARY THOMAS	NSW	7.42m	2019
M80	CR	GUY QUARTERMAN	QLD	7.49m	2022	W80	CR	LORRAINE BIRTWELL	QLD	5.38m	2023
M85	CR	TOM HANCOCK	VIC	5.82m	2023	W85	CR				
M90	CR	GORDON WOOLSTON	QLD	2.71m	2023						
56lb HEAVY WEIGHT						56lb HEAVY WEIGHT					
M30	CR	MICHAEL DAY	QLD	7.90m	2017	W30	CR	MELISSA HOLAHAN	NSW	5.87m	2015
M35	CR	DARRON HAWORTH	QLD	10.94m	2008	W35	CR	AUDREY MUSCAT	NSW	4.48m	2015
M40	CR	RICARD MEIRING	ACT	10.49m	2017	W40	CR	ALTHEA MACKIE	QLD	5.00m	2013
M45	CR	GRANT EDWARDS	ACT	10.24m	2007	W45	CR	ALTHEA MACKIE	QLD	4.74m	2017
M50	CR	GRANT EDWARDS	ACT	9.39m	2013	W50	CR	JAYNE HARDY	ACT	4.40m	2013
M55	CR	GEOFF CRUMPTON	ACT	7.33m	2010	W55	CR	JAYNE HARDY	ACT	3.65m	2019
M60	CR	ROGER GLASS	VIC	7.49m	2011	W60	CR	JILL TAYLOR	NSW	3.13m	2019
M65	CR	WIM VAN WEENEN	VIC	6.18m	2001	W65	CR	RAYLEA RUDOV	ACT	2.98m	2010
M70	CR	PHILLIP ROWLANDS	QLD	5.55m	2018	W70	CR	MARY THOMAS	NSW	2.58m	2017

M75	CR	PHILLIP ROWLANDS	QLD	4.81m	2023	W75	CR	MARY THOMAS	NSW	2.35m	2019
M80	CR	HARRY WYNHOVEN	VIC	3.49m	2009	W80	CR				
M85	CR	FELIX JEKABSONS	QLD	3.07m	2007	W85	CR				
M90	CR	GORDON WOOLSTON	QLD	1.08m	2023						
100lb HEAVY WEIGHT					2008	100lb HEAVY WEIGHT					
M30	CR	MICHAEL DAY	QLD	4.16m	2017	W30	CR	KARYNE DI MARCO	NSW	2.51m	2009
M35	CR	DARRON HAWORTH	QLD	5.57m	2008	W35	CR	MIRANDA RAMSDEN	QLD	2.36m	2022
M40	CR	JAMIE MUSCAT	NSW	4.97m	2019	W40	CR	SAMANTHA LATANIS	NSW	2.33m	2014
M45	CR	JAMIE MUSCAT	NSW	4.96m	2023	W45	CR	JAYNE HARDY	ACT	2.27m	2008
M50	CR	TODD DAVEY	WA	4.81m	2018	W50	CR	ALTHEA MACKIE	QLD	2.18m	2023
M55	CR	GEOFF CRUMPTON	ACT	4.02m	2011	W55	CR	CAROLINE LAYT	NSW	2.02m	2021
M60	CR	ROGER GLASS	VIC	3.68m	2011	W60	CR	JAYNE HARDY	ACT	1.77m	2023
M65	CR	BILL BINKS	VIC	3.09m	2006	W65	CR	JILL TAYLOR	NSW	1.63m	2020
M70	CR	WIM VAN WEENEN	VIC	2.74m	2006	W70	CR	FRAN HARRIS	ACT	1.37m	2011
M75	CR	PHILLIP ROWLANDS	QLD	2.67m	2023	W75	CR	MARY THOMAS	NSW	1.02m	2019
M80	CR	NORM WINDRED	NSW	1.76m	2008	W80	CR				
M85	CR	FELIX JEKABSONS	QLD	1.66m	2007	W85	CR				
M90	CR	GORDON WOOLSTON	QLD	0.54m	2023						
SINGLE ARM WEIGHT				25lb 11.34kg		SINGLE ARM WEIGHT				16lb 7.26kg	
M30	CR	MICHAERL DAY	QLD	15.83m	2017	W30	CR	NICOLE LUYTON		14.12m	2023
M35	CR	JAMIE MUSCAT	NSW	15.09m	2016	W35	CR	AUDREY MUSCAT	NSW	13.63m	2016
M40	CR	JAMIE MUSCAT	NSW	17.87m	2019	W40	CR	KELLY HUNTER	NSW	13.35m	2020
M45	CR	RODNEY WATSON	NSW	16.02m	2019	W45	CR	ALTHEA MACKIE	QLD	12.81m	2018
SINGLE ARM WEIGHT				20lb 9.082kg		SINGLE ARM WEIGHT				12lb 5.45kg	
M50	CR	TODD DAVEY	TAS	21.13m	2018	W50	CR	ATHLEA MACKIE	QLD	16.07	2023
M55	CR	RUSSELL DEVINE	VIC	19.08m	2023	W55	CR	GABI WATTS	NSW	14.22m	2023
SINGLE ARM WEIGHT				16lb 7.26kg		SINGLE ARM WEIGHT				8.8lb 4kg	
M60	CR	LAJOS JONI	QLD	18.78m	2019	W60	CR	JILL TAYLOR	NSW	17.48m	2017
M65	CR	GAVIN MURRAY	NSW	16.47m	2019	W65	CR	JILL TAYLOR	NSW	18.49m	2020
SINGLE ARM WEIGHT				12lb 5.45kg		W70	CR	MARY THOMAS	NSW	10.27m	2017
M70	CR	PHILLIP ROWLANDS	QLD	18.23m	2018	SINGLE ARM WEIGHT				6.6lb 3kg	

M75	CR	RAY GREEN	ACT	16.99m	2020	W75	CR	MARY THOMAS	NSW	12.04m	2019
SINGLE ARM WEIGHT				8.8lb 4kg							
M80	CR	GUY QUARTERMAN	QLD	14.81m	2023						
HEAVY WEIGHT PENTATHLON (2023 AMA Tables)						HEAVY WEIGHT PENTATHLON (2023 AMA Tables)					
M30	CR	GREG URBANOWICZ	WA	2981	2011	W30	CR	KARYNE DI MARCO	NSW	3865	2009
M35	CR	DARRON HAWORTH	QLD	4254	2008	W35	CR	CHRIS MCCAHERILL	NZ	3320	2002
M40	CR	RICARD MEIRING	NSW	4547	2017	W40	CR	JAYNE HARDY	ACT	3153	2003
M45	CR	GRANT EDWARDS	ACT	4408	2008	W45	CR	ALTHEA MACKIE	QLD	3426	2018
M50	CR	GRANT EDWARDS	ACT	4432	2013	W50	CR	GABRIELE WATTS	NSW	3988	2018
M55	CR	RUSSELL DEVINE	VIC	4197	2023	W55	CR	JAYNE HARDY	ACT	3502	2019
M60	CR	MARK CUMMING	QLD	4803	2023	W60	CR	HELEN SEARLE	NSW	4012	2002
M65	CR	GEOFFREY GEE	WA	3978	2018	W65	CR	HELEN SEARLE	QLD	4201	2005
M70	CR	GRAEME ROSE	VIC	3914	2014	W70	CR	MARY THOMAS	NSW	3509	2014
M75	CR	KEN PRIESTLEY	VIC	3808	2013	W75	CR	MARY THOMAS	NSW	3388	2019
M80	CR	RON SIMCOCK	NSW	4100	2015	W80	CR	LORRAINE BIRTWELL	QLD	3019	2023
M85	CR	TOM HANCOCK	VIC	2697	2022						
M90	CR	GORDON WOOLSTON	QLD	1398	2023						
THROWS PENTATHLON (2023 Tables)						THROWS PENTATHLON (2023- Tables)					
M30	CR	SHANE CARSTAIRS	VIC	3001	2022	W30	CR	KARYN DE MARCO	NSW	2956	2009
M35	CR	STUART GYNGELL	NSW	3514	2003	W35	CR	CHRIS MCCAHERILL	NZ	3188	2002
M40	CR	DARRIN NORWOOD	QMA	3317	2022	W40	CR	JAYNE HARDY	ACT	3432	2003
M45	CR	TODD DAVEY	WA	3419	2015	W45	CR	CHRIS SCHULTZ	VIC	3398	1997
M50	CR	TODD DAVEY	WA	4014	2018	W50	CR	JAYNE HARDY	ACT	3646	2013
M55	CR	GRAEME ROSE	VIC	3905	2003	W55	CR	JAN DAVIES	VIC	3296	1998
M60	CR	GRAEME ROSE	VIC	3817	2006	W60	CR	JAYNE HARDY	ACT	3354	2023
M65	CR	GRAEME ROSE	VIC	3737	2009	W65	CR	JILL TAYLOR	NSW	3213	2022
M70	CR	TOM HANCOCK	VIC	3605	2009	W70	CR	MARY THOMAS	NSW	3769	2014
M75	CR	WIM VAN WEENAN	VIC	3335	2008	W75	CR	HELEN SEARLE	QLD	3365	2014
M80	CR	TOM HANCOCK	VIC	3917	2016	W80	CR	LORRAINE BIRTWELL	QLD	2552	2023
M85	CR	TOM HANCOCK	VIC	3418	2022	W85	CR				

