

AMA

Winter Throws Competition

incorporating: **Australian Masters Heavy Weight Pentathlon Championships**

Brisbane 2024

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THE VOLUNTEERS

We could not manage without the volunteers who offer to officiate.

A big, big thank you to the volunteers.

Helen Arnot, Tamara Paterson, Miranda Ramsden, Bruce Bodsworth, Jim Quabba, Craig Elliott, Garry Donaldson, Darin Coombs, Mark McLean, Ray Jones, Jean Hampson, Allan Cameron, Ross Brims, Vince Di Dato, Dieter Lacko, Rob Lasker, Bruce O'Connor, Joe Begley, Beatriz Rodrigues, Irene Davey, John Wight, Tom Harrison, Kevin Davis, Grant Davis, Ellena Cubban, Marj Burley, Gabi Watts, Roslyn Kirwin, Trish DAbera, Heather Lamb, Maria Cimino, Gavin Murray, Peter Kolb, Jayne Hardy, Lesley Duncan, Samantha Hay, Mills Lafferty, Anthony Barraclough,

A special thank you to Jesse Whyte for the daily results, Jo Harlow for the photography, Kevin Ryall for the results book, Cathy and James Milne for the delivery of refreshments to the volunteers

Editor

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Compiler of results:
Don Quinn
Australian Masters Winter Throws Competition - Brisbane 2024

QMA Welcome

Thank you for taking part in the 2024 AMA Winter Throws. We have enjoyed hosting the event for the past 3 years and now we hand the baton to Tasmania.

Combined with the Sunday winter throws program, this has seen a great boost to the throwing events in SEQ, which we hope will continue. Visitors, you are always welcome - we throw year round so there's always an event going on!

Thank you once again to the volunteers that made this all possible, in particular the Organising Committee, our Equipment Coordinator John Milne, and Event Coordinator Wilma Perkins who has organised the program and volunteers for each Championships.

We hope you enjoyed taking part in the Winter Throws.

Nick Macmillan
QMA President

And much appreciation to the LOC for taking up the challenge for planning, preparing and presenting the Winter Throws.

Lajos Joni, John Milne, Don Quinn, Nick Macmillan, Guy Quarterman, Lorraine Birtwell, Mark Cumming, Miranda Ramsden, Stan Perkins



Official Photographer



JO HARLOW PHOTOGRAPHY

Sports, Family Portraits, Pets and Landscape Photography - anything else, please ask.

Available Gold Coast to Sunshine Coast, and Australia-wide for larger events.

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Mark Cumming

Mark you have a long list of NZ Masters and NZ Masters Championship records. What made you come over the ditch?

I lived in New Zealand for 59 years. I was born in Queensland in 1962, my dad was Australian and mum a Kiwi.

After a financially difficult divorce I thought it was time to come home and see if I could get on my feet

Yes I am fortunate to have a list of New Zealand records.

I was also fortunate enough to win four World Championships Hammer gold medals: Melbourne 2009, Brazil 2013, Perth 2016 and Auckland 2018. I also won three silver in the heavy weight throw.

Were you a late starter? It seems that your real success started at 35 years.

I was a sprinter and my best 100 was 10.9 at 40 I ran 11.0 seconds at 35 I had someone ask me if I would like to learn hammer

I was having a lot of injuries with running so that is when I started hammer.

Covid caused havoc in New Zealand and Master athletics fell apart in all of New Zealand. In Auckland they tried to Australian Masters Winter Throws Competition - Brisbane 2024

combine seniors and master but it didn't work and it fell apart.

I came to Brisbane and there was a Australian champs on and I met up with some off the throwers and it gave me the passion to start again

You and John Milne have been heavily involved in winter practice and competitions. Has this regular access to a throwing circle helped your progress.

John was kind to help coach me and learning from each other. I had trouble throwing the lighter weight 5k so we decided to change to speed with strength throwing. It been a slow process but we are seeing results

Being able to train at QSAC has made a huge difference training on Saturday and Sundays

Saturday for my training and Sundays helping others plus my training

Here is one from another thrower. Do you think 4 turns are necessary (as Yuri only used 3)

I think it's up to each individual if you do 3 or four turns. I was a 3 turner when I was in the younger groups because I had been a strength thrower. I'm working on 4 at the moment to get



speed across circle.

The modern throwers are all 4 turners. Yuri was one in a million.

What kind of program do you have in the gym... off season and during the season

My program in gym is cleans, deadlifts, squats. All body weight and a little more but everything fast. Bench press and curls and machine pulls for hammer, hammer drills with plates, plyometrics for core strength.

Does being the best masters hammer thrower in Queensland mean that you won't be able to improve much more?

I was one of the best hammer throwers in New Zealand and had no one to throw against so I threw with the seniors to give me competition.

I find it hard but being one

of the best in Queensland but I look at improving my pb and my throwing.

What are your short and long term goals with hammer and weight?

My short term goals are to break Australian records in hammer and the weight, to break my 44lb world best and get 5010 in heavy weight pentathlon to be world lead and best

So short term is to throw hammer 57m, weight 22m and long term to throw over 60 metre plus and heavy weight 23m.

Is there anyone you try to emulate?

There is the New Zealand hammer thrower Angus Cooper who holds the New Zealand record at 73 meters. Its been there since the 1980's.

He helped me to win the world's in Brazil by giving my coach and myself some great help.

Day 1 Results

Shot Put

W30

1 Nicole Luyten
11.11m

W35

1 Catherine McCowan
9.12m
2 Helena Smith
8.33m
3 Jessica Bakes
5.96m

W40

1 Joanne Molloy
7.83m
2 Dash Newington
6.86m

W45

1 Sharon Thompson
9.02m
2 Olivia Pennisi
6.07m



W50

1 Nicole Johansen
9.44m
2 Janet Webber
9.23m
3 Christine Smith
7.70m

W55

1 Gabriele Watts
11.07m
2 Cathy McKeown
10.74m
3 Lisa Watson
9.68m
4 Leanne Hilton
9.33m
5 Suzie Gaynor
6.86m

W60

1 Lesley Duncan
9.35m
2 Jayne Hardy

8.48m

3 Trish DAbrera
5.18m

W65

1 Jill Taylor
7.66m
2 Maria Drury
7.47m
3 Ellena Cubban
6.74m

W70

1 Imogen Stanhope
7.18m
2 Kerrie Jones
5.75m
3 Doreen Conroy
5.29m
4 Rosemary Kopittke
4.96m
5 Adriana van Bockel
4.86m

W75

1 Wilma Perkins
7.37m

M30

1 Tyson Elisaia
12.48m
2 Hans Rotbauer
12.27m
3 Jeremy Black
9.47m
4 Thomas Harrison
8.90m
5 Tim DAbrera
5.69m

M35

1 Paul Spence
13.99m
2 Ben Cranney
11.04m

M40

1 Tristan Hill
11.18m

M45

1 Rene Doel
10.70m
2 Karl Beste
10.63m
3 Niel Ellis
9.91m
4 Anatoly Kirievsky
9.14m

M50

1 Adrian Keen
10.74m
2 Anthony Barraclough
9.77m
3 Shane Hutchison
8.60m

M55

1 Jaco Boshoff
10.91m
2 Chris Greatrex
9.19m
3 Peter Kolb
9.03m

M60

1 Grant Edwards
11.20m
2 Peter Wrzuszczyk
10.25m
3 John Milne
9.86m

M65

1 James Thomas
11.50m
2 Michael Metcalf
8.86m
3 Lajos Joni
8.69m
4 Philip Lock
6.16m



M70

1 Gavin Murray
11.39m
2 Clyde Riddoch
8.51m
3 David Haggith
6.57m

M75

1 Mills Lafferty
6.73m

M80

1 Ray Green
9.43m
2 Guy Quarterman
8.83m
3 Didimo Tonelli
8.64m
4 Don Quinn
7.66m



Discus

W30

1 Nicole Luyten
30.13m

W35

1 Catherine McCowan
32.78m
2 Helena Smith
26.37m
3 Roslyn Kirwin
19.50m
4 Jessica Bakes
19.49m

W40

1 Joanne Molloy
24.37m

W45

1 Sharon Thompson
21.36m
2 Olivia Pennisi
18.10m

W50

1 Christine Smith
28.96m
2 Nicole Johansen
28.85m
3 Janet Webber
25.39m

W55

1 Gabriele Watts
30.40m
2 Cathy McKeown
26.85m
3 Leanne Hilton
21.32m
4 Lisa Watson
21.18m

W60

5 Suzie Gaynor
17.97m
1 Jayne Hardy
26.59m
2 Lesley Duncan
23.64m
3 Trish DAbrera
14.19m

W65

1 Jill Taylor
21.18m
2 Ellena Cubban
18.60m



3 Sharon Gibbins	37.34m
18.30m	M45
4 Maria Drury	1 Rene Doel
15.05m	32.21m
W70	2 Karl Beste
1 Imogen Stanhope	30.73m
17.74m	3 Anatoly Kirievsky
2 Kerrie Jones	30.53m
15.14m	4 Niel Ellis
3 Adriana van Bockel	30.08m
13.29m	M50
4 Doreen Conroy	1 Adrian Keen
12.01m	40.03m
5 Rosemary Kopittke	2 Anthony Barraclough
10.20m	30.62m
W75	3 Shane Hutchison
1 Wilma Perkins	28.63m
15.28m	M55
M30	1 Jaco Boshoff
1 Hans Rotbauer	36.02m
34.72m	2 Peter Kolb
2 Jeremy Black	33.82m
32.28m	3 Chris Greatrex
3 Tyson Elisaia	31.19m
31.50m	M60
4 Thomas Harrison	1 Grant Edwards
29.72m	33.97m
5 Tim DAbrera	2 Peter Wrzuszcak
15.03m	33.81m
M35	3 John Milne
1 Ben Cranney	33.09m
39.48m	4 Robert Clark
2 Paul Spence	31.24m
36.66m	M65
M40	1 James Thomas
1 Tristan Hill	39.92m

2 Lajos Joni
30.34m
3 Michael Metcalf
25.95m
4 Philip Lock
19.21m

M70
1 Gavin Murray
39.55m
2 Clyde Riddoch
26.35m
3 David Haggith
22.50m

M75
1 Mills Lafferty
18.63m

M80
1 Ray Green
24.44m
2 Don Quinn
23.69m
3 Guy Quarterman
21.85m
4 Didimo Tonelli
18.86m

Hammer Throw

W30
1 Nicole Luyten
27.90m

W35
1 Catherine McCowan
40.48m
2 Helena Smith
29.94m
3 Jessica Bakes
18.20m

W40
1 Joanne Molloy
18.74m

W45
1 Sharon Thompson
24.83m

W50
1 Maria Cimino
42.84m
2 Nicole Johansen
34.07m
3 Christine Smith
28.34m

W55
1 Gabriele Watts
36.68m
2 Cathy McKeown
34.59m
3 Suzie Gaynor
28.39m

4 Leanne Hilton
24.45m
5 Lisa Watson
23.33m
6 Julie Jones
13.07m

W60
1 Lesley Duncan

31.18m
2 Jayne Hardy
26.88m
3 Trish DAbrera
15.43m

W65
1 Sharon Gibbins
28.95m

2 Jill Taylor
25.73m
3 Ellena Cubban
23.74m
4 Maria Drury
21.27m

W70
1 Imogen Stanhope
21.13m

2 Kerrie Jones
17.48m
3 Adriana van Bockel
15.32m
4 Doreen Conroy
14.89m
5 Rosemary Kopittke
11.99m

W75
1 Wilma Perkins
23.30m

M30
1 Tyson Elisaia
33.82m
2 Jeremy Black
31.29m
3 Tim DAbrera
10.53m

M40
1 Tristan Hill
39.62m

M45
1 Anatoly Kirievsky
29.94m
2 Rene Doel
28.90m
3 Niel Ellis
23.59m
4 Karl Beste
20.24m



M50

- 1 David Allan
44.81m
- 2 Adrian Keen
44.43m
- 3 Nick Macmillan
29.51m
- 4 Shane Hutchison
26.31m

M55

- 1 Peter Kolb
26.69m
- 2 Jaco Boshoff
26.29m

M60

- 1 Grant Edwards
45.45m
- 2 Peter Wrzuszcak
32.94m
- 3 John Milne
32.67m
- 4 Robert Clark
32.13m

M65

- 1 James Thomas
40.35m
- 2 Lajos Joni
35.53m
- 3 Philip Lock
19.60m

M70

- 1 Gavin Murray
41.44m
- 2 Bruce O'Connor
26.20m
- 3 David Haggith
24.66m
- 4 Clyde Riddoch
23.52m

M75

- 1 Mills Lafferty
25.86m
- 2 Brian Davies
21.58m

M80

- 1 Ray Green
31.90m
- 2 Guy Quarterman
29.70m
- 3 Don Quinn
27.38m
- 4 Didimo Tonelli
19.70m

Javelin Throw**W30**

- 1 Nicole Luyten
30.60m

W35

- 1 Catherine McCowan
22.26m
- 2 Helena Smith
18.17m
- 3 Jessica Bakes
13.15m

W40

- 1 Joanne Molloy
16.71m

W45

- 1 Sharon Thompson
21.94m
- 2 Olivia Pennisi
15.23m

W50

- 1 Janet Webber
28.80m
- 2 Nicole Johansen
27.28m
- 3 Christine Smith
19.28m

W55

- 1 Cathy McKeown
21.79m
- 2 Lisa Watson

**W60**

- 3 Gabriele Watts
19.58m
- 4 Suzie Gaynor
16.74m

W65

- 1 Lesley Duncan
27.75m
- 2 Jayne Hardy
24.26m
- 3 Trish DAbbrera
8.89m

W65

- 1 Maria Drury
16.74m
- 2 Ellena Cubban
13.93m

W70

- 1 Imogen Stanhope
16.42m
- 2 Kerrie Jones
12.97m
- 3 Adriana van Bockel
11.65m
- 4 Doreen Conroy
11.35m
- 5 Rosemary Kopittke

**W75**

- 1 Wilma Perkins
14.66m

M30

- 1 Thomas Harrison
41.80m
- 2 Tyson Elisaia
39.39m
- 3 Tim DAbbrera
16.88m

M40

- 1 Tristan Hill
37.68m

M45

- 1 Karl Beste
39.71m
- 2 Rene Doel
39.51m
- 3 Niel Ellis
35.93m
- 4 Anatoly Kirievsky
26.82m

M50

- 1 Anthony Barraclough
40.33m
- 2 Adrian Keen
35.13m
- 3 Shane Hutchison
33.84m

M55**W40**

- 1 Jaco Boshoff
33.63m
- 2 Chris Greatrex
33.06m
- 3 Peter Kolb
24.04m

M60

- 1 Robert Clark
25.61m
- 2 Peter Wrzuszcak
24.78m
- 3 John Milne
24.66m

M65

- 1 James Thomas
31.99m
- 2 Michael Metcalf
27.28m
- 3 Philip Lock
14.87m

M70

- 1 Gavin Murray
25.40m
- 2 Clyde Riddoch
20.84m

M75

- 1 Mills Lafferty
16.28m

M80

- 1 Didimo Tonelli
25.37m
- 2 Guy Quarterman
22.13m
- 3 Ray Green
16.21m

Weight Throw**W30**

- 1 Nicole Luyten
13.46m

W35

- 1 Catherine McCowan
12.02m
- 2 Helena Smith
9.48m
- 3 Jessica Bakes
6.44m

W40

- 1 Joanne Molloy
7.36m

W45

- 1 Sharon Thompson
8.59m
- 2 Olivia Pennisi
5.55m

W50

- 1 Maria Cimino
14.05m
- 2 Nicole Johansen
10.93m
- 3 Christine Smith
9.85m

W55

- 1 Gabriele Watts
13.37m
- 2 Cathy McKeown
12.82m
- 3 Suzie Gaynor
10.06m
- 4 Lisa Watson
10.01m
- 5 Leanne Hilton
9.95m

- 6 Julie Jones
3.53m

W60

- 1 Jayne Hardy
13.46m
- 2 Lesley Duncan
12.40m
- 3 Trish DAbnera
6.68m

W65

- 1 Jill Taylor
12.97m
- 2 Sharon Gibbins
11.82m
- 3 Ellena Cubban
10.48m
- 4 Maria Drury
9.14m

W70

- 1 Imogen Stanhope
9.79m
- 1 Adriana van Bockel
2.07m
- 2 Kerrie Jones
7.55m
- 2 Rosemary Kopitke
1.18m
- 3 Adriana van Bockel
6.70m
- 4 Doreen Conroy
6.63m
- 5 Rosemary Kopitke
4.44m

W75

- 1 Wilma Perkins
8.13m
- M30**
- 1 Tyson Elisaia
12.38m
 - 2 Jeremy Black
11.40m



- 3 Tim DAbnera
4.84m

M40

- 1 Tristan Hill
13.85m

M45

- 1 Anatoly Kirievsky
10.37m
- 2 Rene Doel
9.26m
- 3 Niel Ellis
9.15m
- 4 Karl Beste
7.17m

M50

- 1 David Allan
15.99m
- 2 Adrian Keen
15.47m
- 3 Nick Macmillan
9.44m
- 4 Shane Hutchison
9.00m

M55

- 1 Jaco Boshoff
11.26m
 - 2 Peter Kolb
10.59m
- M60**
- 1 Grant Edwards
18.33m
 - 2 Robert Clark
14.74m
 - 3 Peter Wrzuszczak
12.81m
 - 4 John Milne
12.28m

M65

- 1 James Thomas
16.48m
- 2 Lajos Joni

- 14.75m

- 3 Philip Lock
6.85m

M70

- 1 Gavin Murray
17.92m
- 2 Bruce O'Connor
10.99m
- 3 Clyde Riddoch
10.62m
- 4 David Haggith
8.81m

M75

- 1 Brian Davies
11.48m

M80

- 1 Ray Green
12.58m
- 2 Don Quinn
11.61m
- 3 Guy Quarterman
11.53m
- 4 Didimo Tonelli
9.24m

Weight Throw 56lb**W30**

- 1 Nicole Luyten
4.48m

W35

- 1 Catherine McCowan
4.27m
- 2 Helena Smith
3.72m
- 3 Jessica Bakes
2.55m

W40

- 1 Dash Newington
3.36m

W45

- 1 Sharon Thompson
3.87m

W50

- 1 Maria Cimino
4.14m
- 2 Nicole Johansen
4.10m
- 3 Tina Eilola
3.54m

W55

- 1 Cathy McKeown
3.60m
- 2 Leanne Hilton
2.91m

W60

- 1 Jayne Hardy
3.18m
- 2 Trish DAbnera
1.53m

W65

- 1 Jill Taylor
2.50m

M30

- 1 Jeremy Black
7.01m
- 2 Tyson Elisaia
6.95m
- 3 Tim DAbnera
2.71m

M45

- 1 Anatoly Kirievsky
6.71m
- 2 Rene Doel



5.75m
 3 Niel Ellis
 5.73m
M50
 1 Adrian Keen
 8.08m
M55
 1 Matthew Symonds
 5.34m
M60
 1 Grant Edwards
 7.40m
M65
 1 Lajos Joni
 4.43m
 2 Philip Lock
 2.72m
M70
 1 Gavin Murray
 5.35m
 2 Bruce O'Connor
 3.49m



3 David Haggith
 2.92m
 4 Clyde Riddoch
 2.76m
M75
 1 Brian Davies
 3.30m
M80
 1 Ray Green



3.64m
 2 Don Quinn
 3.55m
Super Weight Throw

W30
 1 Nicole Luyten
 7.14m
W35
 1 Catherine McCowan
 7.37m
 2 Helena Smith
 6.10m

W45
 1 Sharon Thompson
 5.59m
W50
 1 Maria Cimino
 10.02m
 2 Nicole Johansen
 8.68m
 3 Tina Eilola
 7.25m

W55
 1 Gabriele Watts
 9.96m
 2 Cathy McKeown
 8.05m
 3 Leanne Hilton
 6.77m
W60
 1 Jayne Hardy
 9.17m
 2 Trish DAbbrera
 4.73m

W65
 1 Sharon Gibbins
 7.79m
W70
 1 Kerrie Jones
 5.55m
 2 Adriana van Bockel
 5.05m

M30
 1 Tyson Elisaia
 7.57m
M45
 1 Anatoly Kirievsky
 6.64m

2 Rene Doel
 6.22m
 3 Niel Ellis
 5.21m
M50
 1 Adrian Keen
 8.27m
M60
 1 Grant Edwards
 9.73m
 2 Robert Clark
 7.05m
M65
 1 James Thomas
 7.39m

2 Lajos Joni
 5.85m
 3 Philip Lock
 3.48m
M70
 1 Gavin Murray
 9.52m
 2 Bruce O'Connor
 6.27m
 3 Clyde Riddoch
 5.66m
 4 David Haggith
 4.90m

M75
 1 Brian Davies
 6.22m
M80
 1 Ray Green
 7.52m
 2 Guy Quarterman
 7.02m
 3 Don Quinn
 6.81m

Weight Throw 100lb

W30
 1 Nicole Luyten
 1.62m
W35
 1 Catherine McCowan
 2.22m
 2 Helena Smith
 1.75m



W40
 1 Dash Newington
 1.85m
W45
 1 Sharon Thompson
 1.91m

W50
 1 Nicole Johansen
 1.98m
 2 Maria Cimino
 1.82m
 3 Tina Eilola
 1.77m

W55
 1 Cathy McKeown
 2.04m
 2 Leanne Hilton
 1.17m

W60
 1 Jayne Hardy
 1.94m
 2 Trish DAbbrera
 0.89m

W65
 1 Jill Taylor
 1.68m

W70
 1 Adriana van Bockel
 1.24m
 2 Rosemary Kopittke
 0.51m

M30
 1 Tyson Elisaia
 4.24m



2 Jeremy Black
3.69m
3 Tim DAbbrera
1.36m
M45
1 Rene Doel
3.46m
2 Anatoly Kirievsky
3.31m
3 Niel Ellis
2.95m
M50
1 Adrian Keen
4.06m
M55
1 Matthew Symonds
2.92m
M60
1 Grant Edwards
2.88m
M65
1 Lajos Joni
2.34m
2 Philip Lock
1.58m
M70
1 Gavin Murray
2.47m
2 Bruce O'Connor
1.91m
3 Clyde Riddoch
1.51m
4 David Haggith
1.40m
M75
1 Mills Lafferty
1.48m
M80
1 Ray Green
2.33m
2 Don Quinn
2.25m

Single Arm Weight Throw

W30
1 Nicole Luyten
14.02
W35
1 Helena Smith
13.27
2 Catherine McCowan
12.44
3 Jessica Bakes
8.30
W45
1 Sharon Thompson
9.55
W50
1 Nicole Johansen
15.14
2 Christine Smith
13.03
W55
1 Cathy McKeown
13.46
2 Gabriele Watts
13.26
3 Suzie Gaynor
9.06
W60
1 Jayne Hardy
14.80
2 Trish DAbbrera
8.51
W65
1 Jill Taylor
14.88
2 Maria Drury
10.55
W70
1 Adriana van Bockel
8.52
2 Kerrie Jones



7.66
3 Rosemary Kopittke
6.13
M30
1 Tyson Elisaia
16.11
2 Jeremy Black
15.98
3 Tim DAbbrera
4.81
M45
1 Rene Doel
14.86
2 Niel Ellis
12.85
3 Anatoly Kirievsky
11.59
M50
1 Adrian Keen
18.55
2 Shane Hutchison
10.22
M55
1 Peter Kolb
10.81
M60
1 Grant Edwards
20.72
2 Peter Wrzuszczak
15.12
3 Robert Clark
12.02
M65
1 James Thomas
19.09
2 Lajos Joni
14.65

3 Philip Lock
9.77
M70
1 Gavin Murray
18.03
2 Clyde Riddoch
14.08
3 Bruce O'Connor
13.89
4 David Haggith
10.40
M75
1 Brian Davies
13.24
2 Mills Lafferty
10.81
M80
1 Ray Green
17.47
2 Don Quinn
17.12
3 Guy Quarterman
15.12



Lesley Duncan

Masters Rankings has you in both USA and Australia – what is the connection?

I am a dual citizen of both Australia and the USA. I was born in Sydney, finished high school at Malvina High School in Ryde, then graduated from Macquarie University with a BSc(Hons.) degree in biostatistics.

Got married in 1986 and moved with my hubby to NJ, USA on a two year work transfer for him in 1988.

Somehow, two years became 30 years, until we retired and moved back to Australia. I worked in the US as a Director of their Cancer Registry and Oncology Clinical Research Program at SBMC, a large hospital in NJ, for 10 years.

I was a stay at home mom for another 15 years for our two sons. I was actively involved in school fundraising and Boy Scouts.

For the last 5 years in the US, I worked as a Paraprofessional at a middle school in NJ, working with special education students.

I dabbled in masters throwing while living in the US, but just didn't have the time and commitment to give to it fully.



Where do you live

I live in Dulong, up on the Sunshine Coast hinterland, near Montville.

We currently have 6 rescue cows living the life up here on our 30 acre property with us.

In addition to training, I love hiking the Sunshine Coast mountains and trails, spend hours gardening and weeding, love reading, doing jigsaw puzzles, as well as online crosswords and word games.

Where do you compete

I compete at the University of Sunshine Coast Athletics Club's mini meets, occasionally

down in Brisbane at their meets, and at any other local meets I can find.

The QMA state championships and Aussie masters championships are my main competitions I try to aim towards.

What events do you concentrate on

I concentrate on the throwing events - javelin, hammer, discus and shot, as well as the throws pentathlon, which includes the weight throw. Javelin is my preferred event, and it is starting to "click" again.

Where do you train. Do you have good access to training facilities

I mostly train at Nambour

PCYC, and sometimes at the USCAC athletics track, and aim for twice weekly throwing sessions, with a third light day throwing at home.

The Nambour track is a lovely grass track, with multiple throwing circles, though unfortunately no cages...

Losing 20 kilos last year was a huge boost, and I try to walk between 15,000 - 20,000 steps a day, as well as have a nightly arm strengthening routine and sit-ups daily.

Do you train with others or by yourself?

I either train on my own, or with my training partner, Heather Lamb, who is recovering from foot issues.

I used to train with Denise Quinn, until she moved up to Harvey Bay. It is so much more fun and productive with a buddy!!

Do you have a coach

Heather Lamb is my unofficial coach as well as my throwing partner, always giving me constructive criticism and technique tips.

I also try to get down to Brisbane occasionally to get some coaching tips from my super coach Helen Searle, my buddy from the old days when we competed for the same club in NSW.

I have great support from my hubby, who is always encouraging me and cheering me on from the sidelines.



I started out as a sub junior with Northern Suburbs Athletics Club, and competed for them for about 10 years.

I was a heptathlete and 400m hurdler, trained by Ernie Watson. I was the NSW state junior and open 400m hurdles and heptathlon champion for a few years.

My best results at the Australian Championships were 2nd and 3rd place finishes in the Junior 400m hurdles and heptathlon, and 3rd place finishes in the Open 400m hurdles and heptathlon.

My highlight was being chosen for the World Student Games in Kobe, Japan in 1985, but did not get to compete due to injury.

I also played softball and hockey socially in my youth, and currently bowl in a ten pin bowling league weekly.

Performances you are most pleased with

See above. Any time I set a new PB is a great day!!

Goals for the future

I am hoping to throw over 30m this year in javelin, and hit some more PB's in the throwing events and throws pentathlon.

I am looking forward to my first PanPac games in November, and getting a chance to wear the green and gold.

I am looking forward to

the AMA championships in Adelaide next Easter and hoping to break the W60 Aussie record for javelin this year as well.

How do you deal with injuries

I have been very lucky as a masters athlete not to have had to deal with too many injuries.

I tore my hamstrings numerous times in my youth, which is why I now only throw and don't run or hurdle any longer.

I have a chronic back condition, which is under control with adequate stretching and a therapeutic massage every three weeks.

Advice you would give others

Enjoy what you do!

I love getting out there and throwing, even at training on my own or at competitions with others.

I love the thrill of competitions and the adrenaline surge.

I love the camaraderie of the other athletes and sharing a passion, while at the same time keeping fit and active.

I am fitter and healthier than I was 10 years ago, thanks to masters athletics!

I hope to continue throwing well into my 90's!

I also have my mum (Gloria Seymon) as my angel mentor, pushing me onwards, following in her steps.

And an added inspiration is my step dad, Jim Seymon, who is still race walking for NSW masters at 86!

Have you participated in Winter throws before

Yes, this will be my third year

AMA Champs?

My first AMA Championships were in Brisbane a couple of years ago, where I did not do so well.

The last ones I attended were in Hobart earlier this year, and with a couple of years of training under my belt, and a new age group, I did much better.

My highlight was winning the W60 javelin throw with a throw of 29.43m - a big PB for me. I also had a PB in weight throw, so was very happy with some of my performances.

What is your background in athletics and other sports?

I competed in athletics as a teenager, starting with school cross country.

Day 2 Results

THROWS PENTATHLON

HT SP DT JT
WT PTS

M30

1 Elisaia, Tyson
35.95m 12.08m 24.99m
38.25m 11.32m 2393

2 Dabrera, Tim 10.05m



5.54m 12.79m 16.05m
3.94m 658

M40

1 Hill, Tristan
39.84m 11.01m 34.16m
36.91m 12.18m 2830

M45

1 Doel, Rene
25.80m 10.09m 30.86m
37.74m 9.47m 2519

2 Ellis, Niel
24.53m 10.18m 29.01m
39.29m 9.12m 2467

3 Beste, Karl
19.40m 9.76m 28.39m
39.08m 7.40m 2219

4 Kirievsky, Anatoly
30.10m 8.74m 28.47m
24.88m 9.35m 2216

M50

1 Keen, Adrian
42.93m 10.53m 39.29m
33.83m 15.43m 3146

2 Hutchison, Shane
24.78m 8.72m 28.50m
34.29m 9.53m 2154

3 Macmillan, Nick
31.01m 7.63m 21.39m
16.71m 8.69m 1700



M55 1
Boshoff, Jaco
26.18m 11.06m 33.49m
30.40m 11.40m 2724

2 Kolb, Peter
23.47m 9.02m 32.24m
21.82m 10.52m 2273

M60 1
Edwards, Grant
44.39m 10.85m 33.69m
12.69m 16.66m 2899

2 Wrzuszczak, Peter
31.21m 9.97m 31.87m
22.19m 12.83m 2500

3 Clark, Robert
28.91m 8.84m 28.63m
26.05m 14.25m 2469

4 Milne, John
31.38m 10.03m 30.74m
24.13m 11.57m 2453

M65 1

Thomas, James
38.78m 12.15m 37.30m
34.51m 16.46m 3741

2 Joni, Lajos
35.30m 8.12m 25.02m
16.68m 10.79m 2340

3m Lock, Philip
17.68m 5.98m 18.40m
15.41m 6.54m 1384

M70 1
Murray, Gavin 40.00m
11.16m 39.22m 25.37m
17.12m 3591

2 Riddoch, Clyde
23.89m 8.03m 22.73m
19.95m 11.05m 2139

3 O'Connor, Bruce
23.10m 7.57m 16.32m
18.96m 10.25m 1874

4 Haggith, David
23.52m 7.06m 21.65m
17.83m 8.72m 1851

M75 1

Davies, Brian 21.98m
6.11m 16.87m 18.03m
10.54m 2013

M80 1 Green, Ray
32.18m 9.00m 24.55m
16.65m 12.12m 2795

2 Quarterman, Guy
27.54m 8.79m 21.69m
22.58m 11.37m 2695

3 Tonelli, Didimo
23.07m 8.18m 19.79m
25.41m 10.72m 2519

4 Quinn, Don
25.19m 7.69m 24.33m
14.91m 10.40m 2368

W30

1 Luyten, Nicole
26.78m 11.34m 25.73m
29.27m 12.78m 2365

W35

1 McCowan, Catherine
40.96m 8.72m 31.34m
17.91m 12.18m 2379

2 Smith, Helena
31.51m 8.49m 23.29m
19.04m 9.63m 1930

3 Bakes, Jessica
17.71m 6.26m 16.55m
13.00m 5.54m 1093

4 Kirwin, Roslyn
15.37m 6.54m 15.74m
10.31m 6.12m 1039

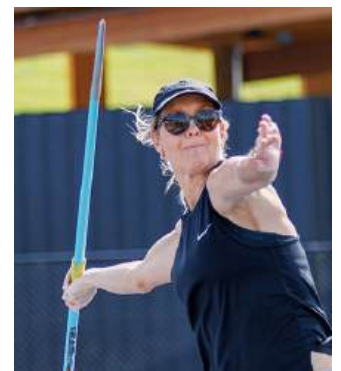
W40

1 Molloy, Joanne
18.64m 7.26m 24.61m
14.77m 7.70m 1630

W45

1 Thompson, Sharon
24.55m 8.97m 23.59m
21.38m 8.71m 2278

W50





1 Johansen, Nicole
35.18 9.11m 29.30m
24.49m 11.60m 2861

2 Hardy, Jayne 31.68m
8.49m 25.11m 22.82m
13.67m 3289

2 Eilola, Tina
29.63m 9.01m 24.76m
14.90m 10.40m 2326

3 Dabrera, Trish 18.39m
4.86m 12.93m 9.14m
6.46m 1427

7.84m 18.79m
13.28m 11.30m 2811

21.08m 10.80m 10.86m
2688

3 Smith, Christine
30.29m 7.39m 27.04m
15.66m 9.51m 2241

W65
1 Taylor, Jill 26.09m

2 Gibbins, Sharon
26.43m 6.83m

3 Cubban, Ellena
25.96m 6.26m 17.92m
15.42m 10.63m 2649

4 Webber, Janet
16.93m 8.81m 19.23m
29.92m 7.94m 2135

W55

1 Watts, Gabriele
37.46m 11.14m 26.87m
21.76m 13.11m 3389

2 McKeown, Cathy
35.07m 10.42m 29.31m
20.15m 12.21m 3240

3 Watson, Lisa
24.50m 9.46m 17.87m
19.64m 9.82m 2437

4 Hilton, Leanne
24.91m 9.02m
21.57m 16.64m 9.90m
2435

5 Gaynor, Suzie
29.29m 7.66m 18.29m
15.57m 9.30m 2268

W60

1 Duncan, Lesley 31.46m
9.09m 23.11m 27.12m
11.88m 3293



4 Drury, Maria
21.62m 7.22m 17.32m
15.41m 8.47m 2452

W70

1 Stanhope, Imogen
22.01m 7.46m 17.91m
16.71m 9.31m 3001

2 Jones, Kerrie
16.75m 5.80m 15.08m
12.29m 7.38m 2227

3 van Bockel, Adriana
14.35m 4.85m 12.97m
11.59m 6.77m 1989

4 Conroy, Doreen 15.57m
5.08m 11.61m 11.15m
6.59m 1882



Grant Edwards



A Queenslander retiring to the warmth of SACT is a bit unusual?

I still reside in Queensland, I have kept my membership current with ACT given I have been with them for many years.

Grant it is well documented through books and interviews you had psychological problems perhaps related to your job. Did training and throwing assist in the rehab for you

Track and field, especially throwing events, have been incredibly grounding and mindful activities for me over the past 47 years. Not only do they keep me physically active, but they also play a crucial role in supporting my mental well-being by keeping me present and in the moment. The focus and discipline required in throwing events provided a perfect counterbalance to the high-stress situations I faced during my professional life in law enforcement. Today, these activities continue to help me manage and alleviate any anxiety or

stress I might experience, offering a sense of stability and mindfulness that is essential to my overall health.

During a stint in the USA for the ASFP you had access to multiple training venues. How does the ACT facilities rate?

I was fortunate enough to compete in track and field events in the USA and Canada whenever time permitted. The facilities in both countries are truly first-class, spanning from high school and college venues to general public facilities. Unfortunately, the facilities in Australia significantly lag behind those in the US and Canada.

One of the most striking differences I noticed was the warm and welcoming attitude towards throwers in North America, which was a refreshing change from the atmosphere in Australia.

Competing in the winter at several indoor events in the US and Canada was an incredible experience. The facilities were nothing short of unbelievable, offering state-of-the-art amenities that are unparalleled in Australia. The Iron Wood Throwers Center in Idaho, for example, is a world-class facility dedicated to training athletes in shot put, discus, hammer, and javelin. Such specialised

centers, along with the general high standard of track and field venues, highlight the gap between the facilities available in North America and those in Australia.

In Australia, while there are some notable facilities, they do not match the breadth and quality found in the US and Canada. This disparity in facilities can impact the development and performance of athletes, making it challenging to compete on an equal footing with North American counterparts. The welcoming environment

and superior facilities in the US and Canada not only enhance the training experience but also foster a supportive community for athletes, something that is crucial for their growth and success.

I recall you telling of competing in a 300Lb throwing competition at the beach in the USA. Did you have similar experiences there?

In 2017, I had the incredible opportunity to compete at the World Masters Ultra Weight titles in Clearwater, Florida. This event was part of a larger festival celebrating master's sports, held on the stunning Clearwater



Beach, renowned for its pristine white sands and clear gulf waters. The Ultra Weight event is similar to our own Heavy Weight Pentathlon, but with a unique twist. The weights I had to throw were 25lb, 56lb, 98lb, 200lb, and an astonishing 300lb.

This was my first and only experience with the Ultra Weight event, but it remains one of the most memorable and enjoyable experiences of my athletic career. Competing in such a picturesque location, surrounded by fellow athletes who share a passion for master's sports, was truly special. The camaraderie and support among the participants were palpable, making the event not just a competition, but a celebration of athleticism and community.

Clearwater Beach provided a perfect backdrop for the event, enhancing the overall experience. The facilities were top-notch, and the organization of the event was impeccable. Despite the challenges posed by the heavy weights, the thrill of competing and the sense of achievement I felt were unparalleled. This unique experience has left a lasting impression on me, and I cherish the memories of that remarkable event to this day

You competed in a number of Strongest Man competitions... what

was some memorable experiences.

In 1995, my sporting career took a dramatic 180-degree turn when I inadvertently fell into the sport of Strongman. It all began when former hammer thrower David Huxley invited me to compete at a Strongman event he had organized at the Bundanoon Scottish Highland Gathering. This event, known for its vibrant celebration of Scottish culture, was the perfect setting for my introduction to Strongman competitions.

Huxley had invited several former World's Strongest Men and heavyweight athletes to Australia, and we were tasked with lifting the Bundanoon stones—a series of five stones weighing between 100kg and 160kg—onto a whiskey barrel over a 20-meter course. From that one event, I was hooked.

My passion for Strongman grew rapidly, and I was fortunate enough to later become Australia's Strongest Man. This title opened doors to numerous competitions across the globe, including the prestigious World's Strongest Man competition. Competing on the world stage was an exhilarating experience, but some of my most memorable moments came from unique feats of strength outside the traditional competition format.

One of the highlights of

my Strongman career was setting a record for the Guinness Book of Records by pulling a 201-ton steam locomotive a distance of 36.8 meters. This incredible feat took place at Thirlmere, NSW, and remains one of my proudest achievements. The thrill of pulling such massive weights, whether it was trains, boats, planes, or tractors, was unparalleled. Each event presented its own set of challenges and required immense physical and mental strength.

The camaraderie and support within the Strongman community were also remarkable. Competing alongside some of the strongest individuals in the world, I forged lasting friendships and shared unforgettable experiences. The sense of accomplishment and the adrenaline rush from each competition were addictive, driving me to push my limits further.

Reflecting on my journey, I realize how fortunate I was to have stumbled upon Strongman. It not only provided me with incredible opportunities to travel and compete but also taught me

valuable lessons about perseverance, resilience, and the power of the human spirit. The experiences and memories from my Strongman career continue to inspire me, and I am grateful for every moment spent in this extraordinary sport.

I recall you having a 13.10 shot put in Brisbane. What is your favourite event?

My throwing journey began in 1978 as a shot putter. Like many kids, I started throwing at school, and the shot put seemed like a natural fit for me, given my size. I progressed quickly and placed second by just 1cm at the NSW Sub Junior state titles¹.

This early success fueled my passion for the sport and set me on a path of continuous improvement.

Soon after, I was introduced to the hammer throw at the old Sydney Interclub events. Despite its highly technical nature—and the fact that I still can't quite nail the technique—there is something uniquely exhilarating about the feeling you get heel-



toeing in a 7ft circle with a lump of iron at the end of a wire. The challenge and complexity of the hammer throw captivated me, and I began to dedicate more time to it.

My dedication paid off when I was selected to represent NSW schools on a tour to the USA. This experience broadened my horizons and exposed me to a higher level of competition and training facilities. In 1982,

I had the honor of representing Australia at the Seoul Junior Open in Korea. Our small team of seven athletes included a young runner named Steve Moneghetti, who would later become one of Australia's most celebrated distance runners.

These early experiences in shot put and hammer throw laid a strong foundation for my athletic career. They taught me the importance of discipline, perseverance, and the joy of competing at an international level. The formative elements of the sport held my in good stead providing the core skills and capabilities that led me becoming a member of the Australian Bobsleigh team and helped me to an American Football Scholarship at the University of Hawaii.

I think this is your first Winter Throws Competition – what do you think of the concept?

My first experience

with the Winter Throws competition dates back to 2007, if memory serves me right. Since then, I've participated in several of these events whenever my work schedule allowed.

The Winter Throws competition is a unique, one-stop event exclusively for throwers, and it has grown exponentially over the years. It brings together like-minded athletes who share a passion for throwing, creating a vibrant and supportive community.

The competition itself is a fantastic opportunity to focus solely on throwing events, which is quite rare. The physical demands of the events are significant, but the encouragement, support, and camaraderie among the participants make it a truly special experience. The sense of community and shared passion is palpable, and it's inspiring to be surrounded by athletes who are equally dedicated to their craft.

However, as I've gotten older, I've noticed that my body doesn't recover as quickly as it used to. The physical toll of the competition means I now rely more on anti-inflammatory medications, painkillers, and plenty of Gatorade to prevent cramping. I suspect I'm not alone in this, as many of my fellow competitors also share stories of managing aches and pains.

Despite these

challenges, the joy and fulfillment I get from participating in the Winter Throws competition make it all worthwhile. The event continues to be a highlight of my athletic journey, and I look forward to many more years of throwing alongside such a dedicated and supportive community.

Do you train by yourself or with others?

I mostly train by myself. As a youngster, I was part of a cherished training group where I formed many lifelong friendships. The camaraderie and shared experiences were invaluable, and I look back on those days with fondness. However, once I began my career in policing, committing to training with others became highly problematic. The extended hours and unpredictability of policing meant that I could rarely adhere to a regular training schedule. It felt selfish to expect others to accommodate my erratic availability.

Additionally, my career took me overseas for approximately ten years, further complicating any attempts to train with a group. During my time abroad, I found it easier to train alone. This allowed me to maintain my fitness and focus on my training without the added pressure of coordinating with others. Training solo also provided a much-needed respite from the demands of my professional life, offering

moments of solitude and reflection.

While I miss the camaraderie of group training, the flexibility and independence of training alone have their own benefits. It has taught me self-discipline and allowed me to tailor my workouts to my specific needs and goals.

Despite the challenges, I have managed to stay committed to my training, finding solace and strength in the solitary pursuit of my athletic passions.

What is your immediate ambitions with the throwing events?

These days, I'm incredibly grateful that I can still participate in throwing events. Competing is an added benefit, but just being able to throw is a blessing. After undergoing multiple shoulder surgeries, including a full shoulder replacement, I thought my athletic pursuits were over. The physical challenges were compounded by my PTSD and Myalgic Encephalomyelitis (Chronic Fatigue Syndrome), conditions I developed after contracting multiple diseases while working in Afghanistan and Timor-Leste.

Managing my energy levels has become a crucial part of my daily routine. The unpredictability of Chronic Fatigue Syndrome means I have to be mindful of my

activities and ensure I don't overexert myself.

The upcoming Winter Throws Competition, which spans three days, is particularly draining. It's a test of not just physical strength but also of how well I can manage my energy and symptoms.

Despite these challenges, I'm up for the competition. Each day is different, and my performance will largely depend on how I'm feeling and how well I can maintain my energy levels. I rely on a combination of pacing, rest, and careful monitoring of my symptoms to get through such demanding events. The support and camaraderie from fellow athletes also play a significant role in keeping my spirits high.

While the physical demands are tough, the mental and emotional benefits of participating in these events are immense. They provide a sense of normalcy and achievement that is vital for my mental health. Competing again, despite the odds, is a testament to resilience and the human spirit's ability to overcome adversity. I'm looking forward to the challenge and the opportunity to once again be part of the throwing community.

Is there any one person who has inspired you to compete?

When I was at school, Australian Masters Winter Throws Competition - Brisbane 2024

my PE teacher, Peter Hadfield, drew my attention. Peter is an Olympian, Commonwealth Games silver medalist (behind then world record holder Daley Thompson), and former Australian record holder for the decathlon. I would watch Peter train before, after, and sometimes during school hours. Although I never aspired to become a decathlete, I often saw him throwing the shot put. I vividly recall staying up very late in my final year of school to watch Peter compete at the Moscow Olympics. I still jokingly blame him for my poor Higher School Certificate grades. Peter went on to become a mentor to me and remains a good friend to this day. We both competed in the Sydney Interclub for the Sutherland Club, and I fondly remember sourcing all his supplies at the Nationals—mostly Coke, Mars bars, and other energy foods. Another significant influence in my life was Al Oerter, the four-time Olympic discus gold medalist. During the NSW Schools tour of the US, we were training at the famed Drake Stadium at UCLA when I saw Al training. As a brash 17-year-old, I went over and introduced myself. Al graciously stopped his training and spent about an hour talking to me and my teammates. I vividly remember shaking his hands, which were the size of dinner plates. One comment he made stuck with me throughout my life: "Don't they have



weights in Australia?" I guess he was referring to us being a bunch of scrawny Aussies, at least in his mind. Those words motivated me and played a significant role in my eventual journey to becoming a strength athlete. Al was genuinely one of the world's nicest guys, and his kindness left a lasting impression on me. These interactions with Peter Hadfield and Al Oerter were pivotal in shaping my athletic journey. They taught me the importance of dedication, mentorship, and the impact that a few kind words can have on someone's life. Their influence extended beyond the track and field, instilling values that I carried with me

throughout my career and personal life.

As part of what is obviously Grant's mantra to give back he sits on a number of community boards
Advisory Board Chair – Centre for Law enforcement and Public Health – www.cleph.com.au
Advisory Board member – Diverse Rehabilitation Group – Traumatic Stress Recovery Program Diversified Rehabilitation Kelowna (ptsdrecovery.ca)
Ambassador Integra Service Dogs Australia – www.isda.com.au
Ambassador Fearless PTSD Aust & NZ – www.fearless.org.au

Australian Masters Heavy Weight Pentathlon Championships

M30

1 Elisaia, Tyson
14.00m 14.59m 12.42m
9.84m 7.43 2862

2 Black, Jeremy
15.25m 14.40m 11.43m
9.47m 6.13 2681

3 Dabrera, Tim
7.09m 5.75m 4.16m
3.57m 2.75 771

M45

1 Kirievsky, Anatoly
14.53m 12.59m 9.80m
7.95m 6.54 2809

2 Ellis, Niel
12.78m 11.26m 7.85m
5.04m 4.94 2086

3 Doel, Rene
ND 10.92m 9.52m
8.27m 5.74 2069

M50

1 Allan, David
22.30m 19.03m 15.72m
12.75m 9.82 3962

2 Keen, Adrian
21.93m 17.49m 15.43m
12.25m 9.92 3829

3 Hutchison, Shane
12.84m 10.81m 7.86m
6.31m 5.94 1902

M55

1 Symonds, Matthew
14.56m 11.81m 10.31m
8.84m 6.53 2597

M60

1 Edwards, Grant
22.73m 19.72m 17.40m
14.81m 11.10 4184

2 Clark, Robert
19.37m 18.23m 15.07m
12.25m 7.69 3377

3 Wrzuszczak, Peter
18.06m 14.87m 13.75m
10.16m 7.20 2910

4 Milne, John
16.12m 14.00m 11.78m
9.61m 6.59 2592

M65

1 Thomas, James
19.97m 17.99m 16.71m
12.61m 9.59 4028

2 Joni, Lajos
17.64m 15.93m 13.48m
10.74m 7.27 3270

3 Lock, Philip
8.84m 7.99m 6.65m
5.38m 4.18 1405

M70

1 Murray, Gavin
23.55m 19.79m 17.14m
15.25m 12.57 4440

2 O'Connor, Bruce
14.21m 13.48m 10.77m
9.71m 8.20 2622

3 Riddoch, Clyde
14.45m 12.49m 10.61m
9.12m 7.94 2513

4 Haggith, David
12.32m 9.61m 9.51m
6.80m 5.48 1866

M75

1 Davies, Brian
14.17m 13.12m 11.46m
9.49m 7.41 2878

2 Rowlands, Phillip
15.42m 11.65m 10.11m
9.54m 8.13 2844

3 Lafferty, Mills
11.03m 9.51m 8.52m
7.30m 6.18 2085

M80

1 Green, Ray
16.84m 13.91m 12.62m
10.34m 8.89 3125

2 Quarterman, Guy
13.94m 14.36m 12.45m
9.51m 8.32 2903

3 Quinn, Don 1
2.61m 13.25m 10.40m
9.24m 8.13 2630

W30

1 Luyten, Nicole
17.20m 14.67m 12.69m
10.65m 7.47 2691

W35

1 McCowan, Catherine
14.16m 13.61m 11.14m
9.42m 7.41 2469

2 Smith, Helena
12.31m 10.59m 8.21m
7.27m 5.64 1814

3 Bakes, Jessica
8.47m 7.97m 6.02m
5.17m 3.92 1161

4 Kirwin, Roslyn
7.81m 7.65m 6.33m
5.61m 3.84 1158

W40

1 Newington, Dash
14.34m 12.52m 11.56m
9.26m 5.87 2536

2 Molloy, Joanne
12.10m 10.23m 8.89m
6.36m 4.78 1871

W45

1 Thompson, Sharon
13.69m 10.68m 7.67m
7.28m 5.96 2287

W50

1 Cimino, Maria
18.58m 16.59m 12.88m
12.26m 10.02 3674

2 Johansen, Nicole
17.47m 15.30m 12.65m
11.00m 8.85 3344

3 Eilola, Tina 1
3.50m 12.01m 10.47m
8.84m 6.92 2540

4 Smith, Christine
14.09m 9.99m 9.01m
6.82m 5.31 2084

W55

1 Watts, Gabriele
16.72m 16.60m 13.31m
12.09m 9.41 3935

2 McKeown, Cathy
18.70m 15.55m 12.54m
10.32m 6.24 3452

3 Hilton, Leanne
14.14m 10.89m 9.05m
8.10m 6.93 2642

4 Gaynor, Suzie
13.18m 12.11m 10.07m
7.72m 6.18 2623

W60

1 Hardy, Jayne
16.59m 15.65m 13.32m
9.38m 8.61 3325

2 Dabrera, Trish
8.10m 7.53m 6.02m
5.15m 4.65 1403

W65

1 Taylor, Jill
13.89m 13.74m 11.26m
8.47m 7.38 3110

2 Gibbins, Sharon
13.15m 12.31m 10.68m
8.29m 7.70 3027

W70

1 Jones, Kerrie
8.31m 8.54m 7.31m
5.86m 5.33 2184

2 van Bockel, Adriana
8.46m 7.59m 6.90m
5.40m 4.17 1924

3 Kopittke, Rosemary
6.45m 4.76m 4.85m
3.49m 3.06 1186



Gabi Watts and Gavin Murray with their trophies for being the Best Female and Best Male athletes on the weekend





Competitors

David	Allan	M50	QMA
JOHN	APPLETON	M80	NSWMA
Jessica	Bakes	W35	QMA
Anthony	Barraclough	M50	QMA
Karl	Beste	M45	QMA
Jeremy	Black	M30	QMA
Jaco	Boshoff	M55	QMA
Maria	Cimino	W50	NSWMA
Robert	Clark	M60	NSWMA
Doreen	Conroy	W70	QMA
Ben	Cranney	M35	QMA
Ellena	Cubban	W65	NSWMA
Mark	Cumming	M60	QMA
Tim	DAbreira	M30	ACTMA
Trish	DAbreira	W60	ACTMA
Brian	Davies	M75	QMA
Rene	Doel	W45	QMA
Maria	Drury	W65	QMA
Lesley	Duncan	W60	QMA
Grant	Edwards	M60	ACTMA
Tina	Eilola	W50	QMA
Tyson	Elisaia	M30	QMA
Niel	Ellis	M45	NSWMA
Suzie	Gaynor	W55	ACTMA
Sharon	Gibbins	W65	ACTMA
Chris	Greatrex	M55	NSWMA
Ray	Green	M80	ACTMA
David	Haggith	M70	QMA
Jayne	Hardy	W60	ACTMA
Thomas	Harrison	M30	QMA
Tristan	Hill	M40	QMA
Leanne	Hilton	W55	QMA
Shane	Hutchison	M50	ACTMA
Nicole	Johansen	W50	VMA
Julie	Jones	W55	QMA
Kerrie	Jones	W70	NSWMA
Lajos	Joni	M65	QMA
Adrian	Keen	M50	QMA
Anatoly	Kirievsky	M45	NSWMA
Roslyn	Kirwin	W35	QMA
Peter	Kolb	M55	QMA
Rosemary	Kopittke	W70	QMA
Mills	Lafferty	M75	QMA
Heather	Lamb	W60	QMA
Philip	Lock	M65	QMA
Nicole	Luyten	W30	QMA
Althea	Mackie	W50	QMA
Nick	Macmillan	M50	QMA
Catherine	McCowan	W35	VMA
Cathy	McKeown	W55	TMA
Michael	Metcalf	M65	QMA
John	Milne	M60	QMA
Joanne	Molloy	W40	QMA
Gavin	Murray	M70	NSWMA
Jamie	Muscat	M45	NSWMA
Dash	Newington	W40	QMA
Bruce	O'Connor	M70	QMA
Kim	Peak	W55	VMA
Olivia	Pennisi	W45	QMA
Wilma	Perkins	W75	QMA

Guy	Quarterman	M80	QMA
Don	Quinn	M80	QMA
Sarah	Renals	W50	QMA
Clyde	Riddoch	M70	VMA
Hans	Rotbauer	M30	QMA
Phillip	Rowlands	M75	QMA
Christine	Smith	W50	NSWMA
Helena	Smith	W35	NSWMA
Paul	Spence	M35	QMA
Imogen	Stanhope	W70	QMA
Matthew	Symonds	M55	QMA
Jill	Taylor	W65	NSWMA
James	Thomas	M65	Overseas Masters
Sharon	Thompson	W45	ACTMA
Didimo	Tonelli	M80	VMA
Adriana	van Bockel	W70	NSWMA
Lisa	Watson	W55	NSWMA
Gabriele	Watts	W55	NSWMA
Janet	Webber	W50	QMA
Anne	Weekes	W60	NSWMA
Peter	Wrzuszczak	M60	VMA

