



INDOOR THROWS CHAMPIONSHIPS 2024

Date: 20th July, 2024

Argentille Equestrian Centre, Lovedale

EVENT: Shotput - WOMEN - FINAL RESULTS

Name	State	Age	Weight	1	2	3	4	5	6	Best	Place
Helena Smith	NSW	35	4kg	7.43	7.74	7.59	7.94	7.41	7.97	7.97	1
Julia Atilla	NSW	40	4kg	9.24	8.50	9.10	9.51	9.37	9.17	9.51	1
Melissa Holahan	NSW	40	4kg	8.46	-	-	-	-	-	8.46	2
Jeny Koot	NSW	45	4kg	6.64	6.60	F	6.98	6.68	-	6.98	4
Sharon Thompson	ACT	45	4kg	8.42	8.45	7.56	8.28	8.46	8.88	8.88	2
Kelly Hunter	NSW	45	4kg	F	F	9.44	9.87	9.62	9.81	9.87	1
Alison Lumley	NSW	45	4kg	7.08	7.21	7.13	7.45	6.45	7.03	7.45	3
Maria Cimino	NSW	50	3kg	9.33	9.33	-	-	-	-	9.33	1
Gabi Watts	NSW	55	3kg	10.48	10.30	10.54	10.30	10.52	10.37	10.54	1
Jayne Hardy	ACT	60	3kg	7.70	7.85	F	8.32	F	8.27	8.32	1
Trish D'Abrera	ACT	60	3kg	4.68	4.83	4.82	5.32	5.07	4.74	5.32	2
Ellena Cubban	NSW	65	3kg	6.84	6.85	6.44	6.45	6.26	6.97	6.97	3
Jill Taylor	NSW	65	3kg	8.58	8.44	7.86	7.87	7.82	7.96	8.58	1
Sharon Gibbins	ACT	65	3kg	6.93	7.17	F	-	-	-	7.17	2
Adriana Van Bockel	NSW	70	3kg	4.98	5.06	5.21	5.37	5.51	5.48	5.51	1
Mary Thomas	NSW	80	2kg	6.52	6.53	6.57	6.89	6.33	6.91	6.91	1



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EVENT: Shotput - MEN - FINAL RESULTS

Name	State	Age	Weight	1	2	3	4	5	6	Best	Place
Tim D'Abbrera	ACT	T20	7.26kg	5.75	5.92	5.70	6.06	6.20	5.78	6.20	1
David Waller	NSW	30	7.26kg	10.11	F	9.18	10.13	9.98	10.05	10.13	3
Tyson Elisaia	QLD	30	7.26kg	11.78	12.11	12.22	12.37	12.14	12.88	12.88	1
Joshua Johnson	NSW	30	7.26kg	8.20	8.69	8.63	8.74	9.47	9.08	9.47	4
John Crandell	NSW	30	7.26kg	9.99	10.39	10.37	10.39	10.80	10.96	10.96	2
Dylan Connell	NSW	45	7.26kg	9.59	F	9.38	9.81	9.53	9.53	9.81	4
Morgan Clifford	NSW	45	7.26kg	9.51	F	9.44	9.74	10.32	10.18	10.32	3
Anatoly Kirievsky	NSW	45	7.26kg	7.92	7.59	8.44	8.74	8.37	8.01	8.74	5
Niel Ellis	NSW	45	7.26kg	10.32	10.54	10.31	10.40	F	F	10.54	2
Jamie Muscat	NSW	45	7.26kg	11.26	11.04	11.75	11.52	11.51	12.26	12.26	1
EJ Davie	NSW	50	6kg	4.57	4.86	4.85	4.79	4.73	4.64	4.86	3
Richard Harris	QLD	50	6kg	F	F	10.27	10.43	10.42	—	10.43	2
Rodney Watson	QLD	50	6kg	11.74	11.75	F	12.20	12.07	12.17	12.20	1
Stephen Liggins	NSW	55	6kg	9.74	10.08	11.14	10.98	10.90	10.78	11.14	1
Robert Mason	ACT	55	6kg	5.99	6.52	6.25	6.46	6.53	-	6.53	2

MEN'S Shotput - Continued

Rob Clark	NSW	60	5kg	8.83	9.10	F	9.17	8.99	9.28	9.28	3
Grant Edwards	ACT	60	5kg	11.14	F	11.43	10.94	11.10	F	11.43	1
Andrew Wilson	NSW	60	5kg	8.98	9.38	9.73	8.76	9.10	9.31	9.73	2
Patrick Whymark	NSW	60	5kg	8.07	8.26	F	8.02	7.99	7.61	8.26	4
Lajos Joni	QLD	65	5kg	F	8.40	8.66	8.66	8.76	8.42	8.76	1
Clyde Riddoch	Vic	70	4kg	7.60	7.67	F	8.22	8.20	7.84	8.22	1
Ken Stubbs	NSW	75	4kg	7.37	6.82	7.72	7.49	7.78	7.22	7.78	3
Ray Green	ACT	75	4kg	7.65	8.07	F	8.13	F	7.88	8.13	2
Bob Banens	ACT	75	4kg	9.12	9.08	8.70	9.16	F	8.67	9.16	1
Brian Rix	NSW	80	3kg	6.28	6.18	5.71	6.18	6.01	6.34	6.34	1



INDOOR THROWS CHAMPIONSHIPS 2024

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Argentille Equestrian Centre, Lovedale

EVENT: Weight Throw - WOMEN - FINAL RESULTS

Name	State	Age	Weight	1	2	3	4	5	6	Best	Place
Helena Smith	NSW	35	20lb	F	8.51	6.91	F	9.35	9.09	9.35	1
Julia Atilla	NSW	40	20lb	7.08	9.41	10.05	10.46	8.37	-	10.46	2
Melissa Holahan	NSW	40	20lb	9.76	F	F	13.32	13.87	F	13.87	1
Kelly Hunter	NSW	45	20lb	F	11.25	11.46	10.78	F	11.35	11.46	1
Sharon Thompson	ACT	45	20lb	7.93	8.04	7.57	7.84	7.00	7.45	8.04	2
Jenny Koot	NSW	45	20lb	7.21	7.61	F	6.82	F	F	7.61	3
Alison Lumley	NSW	45	20lb	7.12	6.81	5.83	5.31	5.93	6.90	7.12	4
Maria Cimino	NSW	50	16lb	12.73	12.28	12.55	14.25	13.94	13.98	14.25	1
Gabi Watts	NSW	55	16lb	13.03	12.71	13.07	12.32	12.84	F	13.07	1
Jayne Hardy	ACT	60	12lb	F	12.86	12.69	F	13.82	13.16	13.82	1
Trish D'Abrera	ACT	60	12lb	6.30	6.34	5.86	6.32	5.95	6.20	6.34	2
Ellena Cubban	NSW	65	12lb	9.58	F	9.74	10.92	10.47	F	10.92	3
Jill Taylor	NSW	65	12lb	12.11	12.33	12.52	12.93	12.57	12.06	12.93	1
Sharon Gibbins	ACT	65	12lb	12.14	10.78	12.51	F	F	F	12.51	2
Adriana Van Bockel	NSW	70	12lb	F	5.78	6.76	6.52	6.49	6.98	6.98	1
Mary Thomas	NSW	80	4kg	8.61	8.15	8.67	8.35	9.16	F	9.16	1



INDOOR THROWS CHAMPIONSHIPS 2024

Date: 20th July, 2024

Argentille Equestrian Centre, Lovedale

EVENT: Weight Throw - MEN - FINAL RESULTS

Name	State	Age	Weight	1	2	3	4	5	6	Best	Place
Tim D'Abrera	ACT	T20	35lb	4.59	4.83	4.64	4.54	4.04	3.89	4.83	1
David Waller	NSW	30	35lb	9.56	F	9.24	10.16	F	10.88	10.88	2
Tyson Elisaia	QLD	30	35lb	F	F	12.01	F	F	F	12.01	1
Joshua Johnson	NSW	30	35lb	8.16	8.20	7.46	7.42	7.57	8.08	8.20	3
Jamie Muscat	NSW	45	35lb	12.01	12.56	12.37	12.32	12.92	11.86	12.92	1
Morgan Clifford	NSW	45	35lb	9.10	8.74	9.46	9.39	9.39	8.94	9.46	3
Anatoly Kirievsky	NSW	45	35b	9.19	9.48	9.32	10.14	10.56	10.38	10.56	2
Niel Ellis	NSW	45	35lb	F	8.31	9.25	F	F	9.05	9.25	4
Dylan Connell	NSW	45	35lb	8.37	8.86	F	8.00	7.89	8.71	8.86	5
EJ Davie	NSW	50	25lb	5.20	5.40	5.20	4.86	5.27	5.29	5.40	3
Richard Harris	QLD	50	25lb	12.94	13.63	F	14.21	13.97	F	14.21	1
Rodney Watson	QLD	50	25lb	12.17	12.16	12.51	11.78	F	12.60	12.60	2
Stephen Liggins	NSW	55	25lb	F	10.81	11.34	11.36	11.26	11.47	11.47	1
Robert Mason	ACT	55	25lb	4.65	F	6.14	5.18	6.16	6.46	6.46	2

MEN'S -Weight Throw Continued

Patrick Whymark	NSW	60	20lb	F	9.88	F	10.54	11.01	11.32	11.32	3
Andrew Wilson	NSW	60	20lb	9.98	10.05	10.41	10.31	10.16	F	10.41	4
Grant Edwards	ACT	60	20lb	F	16.36	F	18.24	F	18.33	18.33	1
Rob Clark	NSW	60	20lb	15.77	F	15.96	15.37	15.85	15.92	15.96	2
Lajos Joni	QLD	65	20lb	13.11	F	F	13.60	F	14.03	14.03	1
Clyde Riddoch	Vic	70	16lb	9.63	F	10.32	F	10.37	11.13	11.13	1
Ray Green	ACT	75	16lb	10.39	9.77	F	10.26	F	10.93	10.93	2
Bob Banens	ACT	75	16lb	9.74	10.78	11.35	8.62	10.80	11.40	11.40	1
Ken Stubbs	NSW	75	16lb	8.94	F	9.20	9.18	9.84	9.40	9.84	3
Brian Rix	NSW	80	12lb	F	6.62	6.76	6.88	6.78	7.15	7.15	1



INDOOR THROWS CHAMPIONSHIPS 2024

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Argentille Equestrian Centre, Lovedale

EVENT: SUPER WEIGHT THROW - WOMEN - FINAL RESULTS

Name	State	Age	Weight	1	2	3	4	5	6	Best	Place
Helena Smith	NSW	35	35lb	4.75	F	6.28	5.11	6.28	5.89	6.28	1
Julia Atilla	NSW	40	35lb	6.79	6.80	F	F	6.31	–	6.80	2
Melissa Holahan	NSW	40	35lb	7.58	7.23	F	F	F	7.57	7.58	1
Alison Lumley	NSW	45	35lb	3.75	3.88	F	3.59	3.23	3.46	3.88	4
Sharon Thompson	ACT	45	35lb	4.61	4.66	4.96	4.96	5.28	5.54	5.54	2
Jenny Koot	NSW	45	35lb	3.99	F	4.08	3.76	4.56	4.11	4.56	3
Kelly Hunter	NSW	45	35lb	5.41	5.51	F	5.65	5.07	6.72	6.72	1
Maria Cimino	NSW	50	25lb	10.23	10.88	10.45	10.53	10.53	10.88	10.88	1
Gabi Watts	NSW	55	25lb	9.08	9.39	9.32	8.67	9.71	F	9.71	1
Jayne Hardy	ACT	60	20lb	9.28	8.98	9.55	9.98	10.17	9.48	10.17	1
Trish D'Abrera	ACT	60	20lb	4.65	3.88	4.60	4.37	4.32	4.82	4.82	2
Jill Taylor	NSW	65	20lb	8.77	8.44	F	7.81	7.60	F	8.77	2
Sharon Gibbins	ACT	65	20lb	8.70	7.54	8.92	–	9.02	F	9.02	1
Adriana Van Bockel	NSW	70	20lb	4.55	4.86	5.29	5.12	F	5.05	5.29	1
Mary Thomas	NSW	80	16lb	5.78	F	5.99	6.07	6.31	F	6.31	1



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EVENT: SUPER WEIGHT THROW - MEN - FINAL RESULTS

Name	State	Age	Weight	1	2	3	4	5	6	Best	Place
Joshua Johnson	NSW	30	56lb	F	4.36	4.71	5.75	5.05	5.26	5.75	2
Tyson Elisaia	QLD	30	56lb	7.34	7.64	F	7.64	F	F	7.64	1
David Waller	NSW	30	56lb	F	5.37	5.68	5.39	5.55	F	5.68	3
Tim D'Abrera	ACT	T20	56lb	3.06	3.01	2.91	3.07	3.22	3.31	3.31	1
Niel Ellis	NSW	45	56lb	F	F	F	4.89	5.05	5.33	5.33	5
Morgan Clifford	NSW	45	56lb	6.02	5.47	5.88	5.86	5.88	6.31	6.31	3
Anatoly Kirievsky	NSW	45	56lb	6.22	6.43	6.15	F	5.12	F	6.43	2
Jamie Muscat	NSW	45	56lb	7.64	7.46	7.51	7.87	7.95	8.04	8.04	1
Dylan Connell	NSW	45	56lb	5.59	5.90	5.73	4.61	6.12	6.26	6.26	4
Richard Harris	QLD	50	56lb	F	6.35	7.06	F	6.19	6.47	7.06	1
EJ Davie	NSW	50	56lb	2.68	2.88	2.85	2.71	2.75	2.97	2.97	2
Robert Mason	ACT	55	56lb	2.39	2.76	2.72	2.98	2.90	3.30	3.30	1

MEN'S SUPERWEIGHT CONTINUED

Rob Clark	NSW	60	44lb	5.89	7.04	6.26	6.37	5.68	6.28	7.04	2
Grant Edwards	ACT	60	44lb	8.51	9.47	F	9.60	8.83	9.43	9.60	1
Andrew Wilson	NSW	60	44lb	5.74	5.77	F	5.03	F	F	5.77	3
Patrick Whymark	NSW	60	44lb	4.47	F	4.70	4.31	F	4.69	4.70	4
Lajos Joni	QLD	65	44lb	F	F	5.33	F	5.86	F	5.86	1
Clyde Riddoch	Vic	70	35lb	4.52	5.16	5.31	5.00	5.26	5.09	5.31	1
Ken Stubbs	NSW	75	35lb	3.82	4.23	4.23	4.04	3.88	4.30	4.30	3
Ray Green	ACT	75	35lb	5.08	F	5.53	5.35	5.01	5.14	5.53	2
Bob Banens	ACT	75	35lb	6.13	5.65	6.01	6.45	6.14	F	6.45	1
Brian Rix	NSW	80	25lb	4.67	5.02	5.09	4.76	5.12	4.89	5.12	1



INDOOR THROWS CHAMPIONSHIPS 2024

Date: 20th July, 2024

Argentille Equestrian Centre, Lovedale

EVENT: 56lb - WOMEN - FINAL RESULTS

Name	State	Age	1	2	3	4	5	6	Best	Place
Helena Smith	NSW	35	3.30	2.89	3.56	3.76	3.70	3.31	3.76	1
Julia Atilla	NSW	40	2.72	3.59	3.90	3.82	3.16	3.66	3.90	2
Melissa Holahan	NSW	40	4.21	4.72	F	4.29	F	F	4.72	1
Alison Lumley	NSW	45	2.44	2.68	2.86	2.70	2.88	3.19	3.19	3
Jenny Koot	NSW	45	2.48	2.66	2.71	2.80	2.67	2.58	2.80	4
Sharon Thompson	ACT	45	2.77	3.36	3.52	3.32	3.67	3.62	3.67	2
Kelly Hunter	NSW	45	3.44	3.62	F	F	3.63	3.80	3.80	1
Maria Cimino	NSW	50	3.42	F	4.03	4.02	F	F	4.03	1
Jayne Hardy	ACT	60	3.12	3.27	3.24	3.21	3.23	3.32	3.32	1
Trish D'Abrera	ACT	60	1.82	–	1.47	–	1.91	–	1.91	2
Jill Taylor	NSW	65	2.48	2.50	2.65	2.77	2.44	2.64	2.77	1
Sharon Gibbins	ACT	65	2.28	2.54	2.47	–	2.45	–	2.54	2
Adriana Van Bockel	NSW	70	2.10	2.20	2.17	2.26	2.14	2.27	2.27	1
Mary Thomas	NSW	80	1.68	1.74	1.85	1.99	2.05	2.04	2.05	1



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EVENT: 56lb - MEN - FINAL RESULTS

Name	State	Age	1	2	3	4	5	6	Best	Place
Tim D'Abrera	ACT	T20	2.51	2.72	2.52	2.63	2.70	2.48	2.72	1
David Waller	NSW	30	5.95	5.47	F	F	6.16	6.25	6.25	2
Tyson Elisaia	QLD	30	6.56	7.34	7.56	F	6.96	7.34	7.56	1
Joshua Johnson	NSW	30	4.35	F	5.83	5.84	4.72	F	5.84	3
Dylan Connell	NSW	45	F	5.13	5.58	5.51	5.93	5.69	5.93	3
Niel Ellis	NSW	45	F	5.01	F	5.64	F	5.13	5.64	5
Anatoly Kirievsky	NSW	45	5.34	6.19	6.51	5.72	6.68	6.95	6.95	2
Morgan Clifford	NSW	45	5.51	5.77	5.44	5.54	5.41	5.66	5.77	4
Jamie Muscat	NSW	45	7.73	8.17	F	–	–	–	8.17	1
EJ Davie	NSW	50	2.57	2.64	2.76	–	–	–	2.76	3
Richard Harris	QLD	50	F	F	5.45	6.79	6.77	F	6.79	1
Rodney Watson	QLD	50	5.59	5.85	F	5.73	6.16	6.18	6.18	2
Robert Mason	ACT	55	2.62	2.45	2.57	2.77	–	–	2.77	1

MEN'S 56lb CONTINUED

Patrick Whymark	NSW	60	4.13	4.22	3.38	3.77	2.89	F	4.22	3
Andrew Wilson	NSW	60	F	3.65	3.34	F	3.26	F	3.65	4
Grant Edwards	ACT	60	6.38	6.92	7.47	F	–	–	7.47	1
Rob Clark	NSW	60	4.36	4.34	5.31	F	4.49	4.92	5.31	2
Lajos Joni	QLD	65	4.40	4.70	4.08	5.06	5.79	F	5.79	1
Clyde Riddoch	Vic	70	F	3.04	3.17	3.06	3.25	2.37	3.25	1
Ray Green	ACT	75	3.58	3.58	F	3.47	3.34	3.69	3.69	2
Bob Banens	ACT	75	4.37	4.07	4.28	4.04	4.00	4.27	4.37	1
Ken Stubbs	NSW	75	2.43	2.44	2.75	2.66	2.55	F	2.75	3
Brian Rix	NSW	80	1.74	1.84	1.91	2.34	2.22	1.95	2.34	1



INDOOR THROWS CHAMPIONSHIPS 2024

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Argentille Equestrian Centre, Lovedale

EVENT: 100lb - WOMEN - FINAL RESULTS

Name	State	Age	1	2	3	4	5	6	Best	Place
Helena Smith	NSW	35	1.54	1.35	1.64	1.62	1.69	1.57	1.69	1
Julia Atilla	NSW	40	2.20	2.00	2.13	2.00	1.89	1.98	2.20	2
Melissa Holahan	NSW	40	2.25	2.30	2.31	2.26	2.28	2.00	2.31	1
Alison Lumley	NSW	45	0.95	1.04	1.33	1.25	1.56	1.61	1.61	3
Jenny Koot	NSW	45	0.57	1.12	1.32	1.49	1.43	1.39	1.49	4
Sharon Thompson	ACT	45	1.33	1.37	1.06	1.50	1.62	1.75	1.75	2
Kelly Hunter	NSW	45	1.71	1.80	1.76	1.93	2.00	2.00	2.00	1
Maria Cimino	NSW	50	1.50	1.88	1.74	1.67	1.73	1.74	1.88	1
Trish D'Abrera	ACT	60	0.49	—	0.49	—	F	0.78	0.78	2
Jayne Hardy	ACT	60	1.84	1.87	1.93	1.84	—	—	1.93	1
Jill Taylor	NSW	65	1.24	1.32	1.40	1.47	1.31	1.33	1.47	1
Sharon Gibbins	ACT	65	0.99	1.22	1.34	—	1.27	—	1.34	2
Adriana Van Bockel	NSW	70	1.09	1.16	1.18	1.16	1.14	1.17	1.18	1
Mary Thomas	NSW	80	0.87	0.96	0.95	0.75	0.97	1.03	1.03	1



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Argentille Equestrian Centre, Lovedale

EVENT: 100lb - MEN - FINAL RESULTS

Name	State	Age	1	2	3	4	5	6	Best	Place
Joshua Johnson	NSW	30	2.66	2.71	2.72	2.90	2.79	2.83	2.90	2
Tyson Elisaia	QLD	30	3.03	3.52	3.74	3.50	F	F	3.74	1
David Waller	NSW	30	2.85	2.76	2.54	2.68	2.88	2.74	2.88	3
Tim D'Abrera	ACT	T20	1.11	1.22	1.34	1.21	1.20	1.20	1.34	1
Dylan Connell	NSW	45	2.99	2.90	3.20	2.98	2.71	3.05	3.20	3
Niel Ellis	NSW	45	2.92	F	3.01	2.36	F	2.85	3.01	5
Anatoly Kirievsky	NSW	45	3.46	3.25	3.17	3.24	3.53	3.20	3.53	2
Morgan Clifford	NSW	45	2.84	3.03	2.83	2.97	—	—	3.03	4
Jamie Muscat	NSW	45	F	3.71	3.63	3.77	F	4.07	4.07	1
Richard Harris	QLD	50	3.15	3.22	F	3.19	3.83	F	3.83	1
EJ Davie	NSW	50	1.44	1.57	1.60	1.66	1.65	-	1.66	2
Robert Mason	ACT	55	0.98	1.25	—	—	—	—	1.25	1
Rob Clark	NSW	60	2.56	2.38	2.40	2.68	2.70	2.74	2.74	2
Grant Edwards	ACT	60	2.69	F	F	2.87	F	3.04	3.04	1
Andrew Wilson	NSW	60	1.90	2.27	2.25	2.30	2.37	2.28	2.37	4
Patrick Whymark	NSW	60	1.97	2.25	2.40	2.60	2.57	2.53	2.60	3

MEN'S 100lb CONTINUED

Clyde Riddoch	Vic	70	1.46	1.16	1.22	1.20	–	–	1.46	1
Ken Stubbs	NSW	75	1.58	1.59	F	1.53	1.64	1.63	1.64	3
Ray Green	ACT	75	2.30	2.37	2.26	2.42	2.47	F	2.47	2
Bob Banens	ACT	75	2.37	2.35	2.56	2.49	2.47	2.61	2.61	1
Brian Rix	NSW	80	0.97	1.13	1.07	1.08	1.03	0.97	1.13	1

HEAVY WEIGHT PENTATHLON RESULTS

WOMEN- 21.07.2024

Competition:		AMA INDOOR CHAMPS 2024 - Lovedale					Date:		21.07.2024				
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)		
Helena Smith	NSW	W35-39	13.25	434	11.63	424	10.34	454	8.37	436	5.88	353	2101
Julia Atilla	NSW	W40-44	14.23	516	12.34	499	9.34	441	10.03	601	6.47	447	2504
Melissa Holahan	NSW	W40-44	18.32	690	15.07	630	13.17	666	11.50	708	8.34	620	3314
Jenny Koot	NSW	W45-49	11.04	422	8.49	355	7.66	381	6.15	358	4.24	277	1793
Kelly Hunter	NSW	W45-49	12.82	503	12.65	572	9.98	527	6.40	378	5.43	393	2373
Sharon Thompson	ACT	W45-49	10.97	418	8.21	341	6.61	316	6.63	396	5.19	370	1841
W50-W55			4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		
Maria Cimino	NSW	W50-54	17.69	668	15.11	656	12.38	643	12.17	786	9.99	771	3524
Gabi Watts	NSW	W55-59	18.15	762	16.49	793	13.31	776	11.23	796	9.46	806	3933
W60-W74			3kg (6.6lb)		4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		
Trish D'Abrera	ACT	W60-64	9.08	320	7.87	309	6.29	283	5.12	267	4.53	286	1465
Jayne Hardy	ACT	W60-64	15.96	622	15.14	676	12.83	682	10.99	710	8.90	704	3394
Sharon Gibbins	ACT	W65-69	15.72	689	13.61	674	11.81	699	8.56	596	7.28	624	3282
Jill Taylor	NSW	W65-69	16.71	738	13.72	681	12.84	770	9.94	712	8.79	787	3688
Adriana Van Bockel	NSW	W70-74	9.74	452	9.22	489	6.89	420	6.14	455	4.87	430	2246
Kerrie Jones	NSW	W70-74	9.72	451	8.94	472	7.76	486	6.26	466	5.10	457	2332
W75-W100+			2kg (4.4lb)		3kg (6.6lb)		4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		
Mary Thomas	NSW	W80-85	12.16	653	10.67	648	9.21	658	7.57	662	6.64	729	3350

HEAVY WEIGHT PENTATHLON RESULTS

MEN- 21.07.2024

Competition:		AMA INDOOR CHAMPS- Lovedale					Date:		21.07.2024				
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)		
Joshua Johnson	NSW	M30-34	14.95	512	13.11	501	9.55	427	7.66	466	5.99	438	2344
David Waller	NSW	M30-34	16.96	593	13.90	537	0.00	0	7.92	488	5.73	412	2030
Tyson Elisaia	QLD	M30-34	17.28	606	14.41	560	11.42	532	10.28	678	8.17	665	3041
Tim D'Abrera	ACT	M30-34	6.30	173	5.07	144	4.01	125	3.67	155	2.89	127	724
Jamie Muscat	NSW	M45-49	18.37	744	15.23	696	11.69	640	8.71	642	7.45	699	3421
Anatoly Kirievsky	NSW	M45-49	15.09	594	13.31	596	10.72	577	8.81	651	6.61	598	3016
Morgan Clifford	NSW	M45-49	12.85	493	11.07	479	8.36	426	7.12	499	6.38	571	2468
Niel Ellis	NSW	M45-49	13.85	538	10.58	454	7.91	397	7.73	553	6.54	590	2532
M50-M59			7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		20kg (44lb)		
EJ Davie	NSW	M50-54	7.25	209	6.12	203	5.41	199	4.02	156	3.44	171	938
Richard Harris	QLD	M50-54	18.02	634	15.16	638	13.67	657	9.51	530	8.60	671	3130
Rodney Watson	QLD	M50-54	16.80	585	14.13	587	11.58	539	9.44	525	7.61	572	2808
M60-M69			5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		
Rob Clark	NSW	M60-64	18.09	644	17.10	706	15.22	753	13.08	744	9.16	613	3460
Grant Edwards	ACT	M60-64	23.45	863	20.90	888	18.53	946	16.11	949	11.96	850	4496
Lajos Joni	QLD	M65-69	17.39	670	13.98	618	10.06	503	10.81	658	7.83	552	3001
M70-M79			4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		
Clyde Riddoch	VIC	M70-74	14.87	525	12.31	492	10.40	490	8.61	464	7.38	459	2430
Ray Green	ACT	M75-79	15.05	590	12.15	538	9.91	515	8.18	487	7.67	562	2692
Ken Stubbs	NSW	M75-79	13.32	513	11.89	525	8.65	436	7.18	412	5.65	375	2261

Bob Banens	ACT	M75-79	15.48	610	13.46	607	11.07	589	9.68	601	8.54	643	3050
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