

**2006 AMA Winter Throws Championships  
Canberra, ACT**

**Day 1 - Discus, Shot, Hammer**

**Discus Women**

W35	L Smith NSW	33.33
W40	J Hardy ACT	34.67
W45	S Gibbins ACT	31.21
W50	A van Bockel NSW	16.87
W55	D Palmer NSW	26.88CR
	J Brown NSW	16.33
W60	R Rudov ACT	19.51
	A Rose Vic	18.78
	J Banens ACT	18.67
	T Thomas ACT	18.22
W65	H Searle Q	22.89
	J Bourke ACT	17.99
	B Hugo Vic	15.62
	G White Q	12.75
W70	J Schmidt NSW	17.60
W95	R Frith Q	10.04

**Discus Men**

M30	J Glass ACT	17.81
M40	P Frkovic NSW	35.66
M45	A Atkinson-Howatt NSW	29.40
M50	G Crumpton ACT	30.21
	L Joni NSW	28.84
	D Haggith ACT	26.36
M55	R Glass Vic	30.70
M60	R Green ACT	44.33
	G Rose Vic	37.96
	J Fitzgerald NSW	26.03
	D Wookey Vic	24.00
	P Freeman ACT	23.64
	R Whyte ACT	23.08
M65	K James NSW	41.91CR
	B Sowerby NSW	35.44
	K Blewitt ACT	34.71
	B Binks Vic	30.60
	D Bugden NSW	27.74
M70	T Hancock Vic	38.62CR
	R Simcock NSW	31.73
M75	R Leovic ACT	15.05
M80	E Drummond ACT	15.16

**Shot Women**

W40	J Hardy ACT	10.17
W45	S Gibbins ACT	8.72
W50	A van Bockel NSW	6.03
W55	D Palmer NSW	10.19CR

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	J Brown NSW	5.84
	W O'Brien ACT	3.85
W60	J Banens ACT	8.12
	T Thomas ACT	7.80
	A Rose Vic	7.74
	R Rudov ACT	7.14
W65	H Searle Q	10.24
	J Bourke ACT	7.89
	G White Q	5.44
	B Hugo Vic	5.38
W70	J Schmidt NSW	7.32
W95	R Frith Q	4.94

**Shot Men**

M30	J Glass ACT	6.97
M40	P Frkovic NSW	11.59
M50	G Crumpton ACT	10.06
	D Haggith ACT	9.03
M55	R Glass Vic	10.56
M60	G Rose	12.60
	R Green ACT	12.14
	D Wookey Vic	9.23
	J Fitzgerald NSW	8.59
	P Freeman ACT	7.87
	R Whyte ACT	7.14
M65	K James NSW	10.64
	K Blewitt ACT	9.58
	B Binks Vic	9.36
	D Bugden NSW	9.35
	B Sowerby NSW	8.81
	B Thomas ACT	7.87
M70	R Leovic ACT	7.08
M80	E Drummond ACT	7.39

**Hammer Women**

W35	L Smith NSW	26.93
W40	J Hardy ACT	38.75
W45	S Gibbins ACT	35.79
W50	A van Bockel NSW	24.11
W55	D Palmer NSW	33.78
	J Brown NSW	15.30
	W O'Brien ACT	13.74
W60	J Banens ACT	34.43
	A Rose Vic	30.74
	R Rudov ACT	30.39
	T Thomas ACT	22.66
W65	H Searle Q	38.45
	J Bourke ACT	24.02

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	G White Q	16.92
	B Hugo Vic	16.14
W70	J Schmidt NSW	21.11
W95	R Frith Q	13.04CR

**Hammer Men**

M30	B Kingston NSW	23.93CR
	J Glass ACT	16.75
M40	P Frkovic NSW	39.35
M45	A Atkinson-Howatt NSW	27.30
	F Nugent ACT	16.20
M50	D Haggith ACT	34.40
	G Crumpton ACT	31.72
M55	R Glass Vic	42.98
M60	G Rose Vic	45.24
	R Green ACT	39.59
	D Wookey Vic	28.39
	J Fitzgerald	23.07
	R Whyte ACT	22.02
	P Freeman ACT	21.08
M65	K Blewitt ACT	35.97
	K James NSW	34.86
	D Bugden NSW	31.48
	B Sowerby NSW	29.72
	B Binks V	29.66
M70	T Hancock Vic	41.38
	R Simcock NSW	32.83
M75	R Leovic ACT	17.72
M80	E Drummond ACT	25.11

**Day 2 - Weight Pentathlon: Hammer, Shot, Discus, Javelin, Weight**

**Weight Pentathlon Women**

W35	L Smith NSW					
26.04 (486)	9.38 (523)	32.17 (521)	26.40 (409)	10.74 (720)	2659	
W40	J Hardy ACT					
39.83 (959)	9.70 (619)	34.95 (629)	33.23 (598)	12.01 (916)	3721	
W45	S Gibbins ACT					
30.41 (846)	8.76 (630)	31.32 (606)	18.29 (340)	10.08 (843)	3265	
W50	A van Bockel NSW					
20.70 (405)	6.36 (452)	18.50 (353)	14.58 (287)	7.34 (439)	1936	
W55	D Palmer NSW					
32.05 (800)	10.17 (890)	27.86 (654)	116.81 (401)	11.19 (814)	3559	
	J Brown NSW					
15.93 (320)	5.84 (456)	16.17 (336)	12.07 (264)	5.00 (300)	1676	
	W O'Brien ACT					
12.10 (209)	3.69 (246)	8.01 (129)	5.06 (67)	4.84 (287)	938	
W60	J Banens ACT					
32.84 (935)	8.39 (799)	18.77 (460)	18.28 (513)	11.08 (746)	3453	

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	R Rudov ACT				
29.86 (834)	7.64 (715)	20.63 (516)	16.47 (453)	12.64 (870)	3388
	A Rose Vic				
29.78 (831)	7.31 (678)	17.39 (419)	18.49 (520)	10.27 (682)	3130
	T Thomas ACT				
22.07 (572)	7.32 (680)	17.11 (410)	7.88 (174)	8.68 (557)	2393
W65	H Searle Q				
38.01 (1272)	10.38 (1161)	23.89 (707)	20.19 (657)	14.49 (1162)	4959
	J Bourke ACT				
23.48 (716)	7.29 (771)	20.40 (586)	20.38 (665)	9.12 (679)	3417
	B Hugo Vic				
16.03 (439)	5.62 (564)	14.59 (389)	14.30 (438)	7.32 (521)	2351
	G White Q				
16.85 (469)	5.60 (562)	12.11 (307)	10.14 (286)	6.18 (422)	2046
W70	J Schmidt NSW				
22.00 (778)	7.13 (870)	17.55 (572)	16.80 (616)	8.54 (735)	3571CR
W95	R Frith Q**				
13.71	A&CR	4.99	9.49	7.01CR	5.58A&CR
** (scores subject to confirmation on			2kg Hammer table)		
<b>Weight Pentathlon Men</b>					
M30	B Kingston NSW				
29.27 (339)	8.43 (392)	23.21 (333)	25.68 (239)	9.68 (434)	1737CR
	J Glass ACT				
17.89 (160)	6.83 (297)	19.03 (254)	17.34 (126)	6.32 (249)	1086
M40	P Frkovic NSW				
39.98 (564)	11.69 (606)	33.23 (528)	30.85 (367)	11.24 (581)	2646
M45	A Atkinson-Howatt NSW				
28.49 (411)	8.35 (443)	28.88 (471)	40.12 (578)	7.91 (412)	2315
M50	D Haggith ACT				
30.53 (440)	10.28 (593)	26.02 (387)	28.21 (386)	11.39 (602)	2408
	G Crumpton ACT				
29.19 (415)	10.59 (615)	28.12 (428)	24.97 (326)	11.71 (622)	2406
M55	R Glass Vic				
42.12 (756)	10.30 (674)	27.48 (468)	26.07 (394)	15.68 (964)	3256
M60	G Rose Vic				
48.24 (974)	12.16 (817)	38.14 (722)	43.28 (799)	17.68 (1032)	4344CR
	R Green ACT				
39.22 (762)	11.74 (784)	42.76 (829)	32.43 (559)	15.12 (862)	3796
M60	D Wookey Vic				
28.34 (510)	8.54 (536)	24.53 (416)	32.95 (570)	9.69 (510)	2542
	P Mc Williams NSW				
24.82 (429)	8.82 (558)	26.11 (451)	25.32 (406)	8.82 (454)	2298
	R Whyte ACT				
22.36 (373)	7.27 (440)	23.08 (385)	25.00 (399)	9.53 (500)	2097
	P Freeman ACT				
22.55 (378)	7.29 (441)	22.34 (369),	DNF		

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M65	K James NSW	18.93 (350)	11.02 (865)	40.90 (895)	36.26 (735)	13.82 (875)	3720
	K Blewitt ACT	36.05 (795)	9.48 (723)	32.92 (689)	32.84 (651)	12.19 (756)	3616
	B Binks Vic	29.50 (618)	9.29 (708)	28.14 (568)	18.55 (308)	13.68 (864)	3066
	D Bugden NSW	35.01 (768)	9.22 (702)	20.75 (386)	23.31 (420)	10.95 (667)	2943
	B Sowerby NSW	29.49 (623)	9.37 (715)	32.04 (666)	19.30 (325)	9.30 (549)	2878
	B Thomas ACT	21.18 (424)	7.87 (581)	21.31 (399)	25.87 (481)	6.48 (350)	2235
	N Donohoe NSW	19.33 (361)	7.82 (577)	24.98 (489)	000	10.42 (629)	2056
M70	T Hancock Vic	36.79 (831)	11.87 (817)	34.04 (830)	35.79 (775)	14.39 (943)	4196CR
M75	R Leovic ACT	16.43 (363)	6.44 (466)	16.05 (387)	16.62 (347)	7.70 (527)	2090
M80	E Drummond ACT	25.10 (780)	7.49 (688)	16.90 (509)	15.11 (315)	9.32 (716)	3006

**Day 3 – Javelin, Weight Heavy Weight Pentathlon, 56lb Weight, 100lb Weight**

**Javelin Women**

W40	J Hardy ACT	31.62
W45	S Gibbins ACT	19.11
W50	A van Bockel NSW	13.01
	C Freeman ACT	12.16
W55	D Palmer NSW	18.20
	J Brown NSW	13.50
W60	A Rose Vic	16.32
	R Rudov ACT	16.32
	T Thomas ACT	8.85
W65	H Searle Q	21.91
	J Bourke ACT	20.64
	B Hugo Vic	13.87
	G White Q	9.54
W70	J Schmidt NSW	16.48

**Javelin Men**

M30	J Glass ACT	27.76CR
	B Kingston NSW	26.55
M45	A Atkinson-Howatt NSW	41.53
M50	D Haggith ACT	29.81
	G Crumpton ACT	19.60
M55	R Glass Vic	23.18
M60	G Rose Vic	43.06CR
	R Green ACT	31.56
	D Wookey Vic	30.83

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	P McWilliams NSW	25.35
	R Whyte	25.32
	P Freeman ACT	21.20
M65	K Blewitt ACT	33.25
	B Thomas ACT	26.90
	N Donohoe NSW	22.92
	D Bugden NSW	21.43
	C Yardley ACT	16.24
M70	T Hancock Vic	37.42CR
M75	R Leovic	17.92
M80	E Drummond	16.49
	<b>Weight Throw Women</b>	
W40	J Hardy ACT	12.08
W45	S Gibbins ACT	11.19
W50	C Freeman ACT	7.23
	A van Bockel NSW	7.00
W55	D Palmer NSW	10.84
	J Brown NSW	5.45
	W O'Brien ACT	5.02
W60	R Rudov ACT	12.53
	A Rose Vic	10.45
	T Thomas ACT	8.41
W65	H Searle Q	14.31
	J Bourke ACT	9.13
	B Hugo Vic	7.36
	G White Q	6.68
	J Heath ACT	5.51
W70	J Schmidt NSW	8.05ECR
W95	R Frith Q	5.33
	<b>Weight Throw Men</b>	
M30	B Kingston NSW	10.36CR
	J Glass ACT	6.69
M40	F Frkovic NSW	11.40
M45	A Atkinson-Howatt NSW	8.73
	F Nugent ACT	5.80
M50	G Crumpton ACT	11.29
	D Haggith ACT	11.21
M55	R Glass Vic	16.09
M60	G Rose Vic	18.49CR
	R Green ACT	14.18
	D Wookey Vic	10.75
	R Whyte ACT	10/15
	P McWilliams NSW	8.68
	P Freeman ACT	8.41
M65	B Binks Vic	13.10
	K Blewitt ACT	12.75

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	D Bugden NSW	11.78
	N Donohoe NSW	10.88
	B Sowerby NSW	10.38
M70	W van Weenen Vic	16.60CR
	T Hancock Vic	15.94
M75	R Leovic ACT	8.22
M80	E Drummond ACT	9.32

**Heavy Weight Pentathlons:** Two lighter weights than for the age group, then the usual weight, then the next two heavier weights. (eg W40: 5.449kg,7.258kg,9.072kg,11.34kg,15.88kg.)

**Heavy Weight Pentathlon Women**

W40	J Hardy ACT					
16.79 (805)	13.57 (844)	11.95 (912)	9.34 (820)	5.56 (648)	4029	
W45	S Gibbins ACT					
15.11 (777)	13.38 (904)	9.78 (788)	8.69 (822)	4.67 (567)	3858	
	T Colyer ACT					
6.19 (272)	5.35 (301)	4.60 (309)	3.91 (296)	2.71 (255)	1433	
W50	C Freeman ACT					
10.09 (410)	7.63 (390)	6.31 (384)	4.91 (357)	3.93 (320)	1861	
W55	J Brown NSW					
8.22 (351)	6.76 (368)	4.96 (308)	4.01 (299)	3.78 (337)	1663	
W60	R Rudov ACT					
17.01 (697)	14.78 (792)	11.99 (777)	9.97 (750)	6.88 (651)	3667	
	A Rose Vic					
13.67 (543)	11.82 (611)	10.05 (631)	8.43 (610)	6.35 (587)	2982	
W65	H Searle Q					
19.54 (885)	15.90 (936)	12.23 (867)	10.00 (822)	8.66 (950)	4460	
	B Hugo Vic					
9.91 (406)	8.65 (460)	6.76 (424)	5.05 (348)	4.70 (432)	2070	
	G White Q					
8.69 (347)	7.62 (394)	6.57 (409)	5.74 (412)	5.11 (485)	2047	
	J Heath ACT					
7.32 (281)	6.62 (330)	5.50 (325)	4.47 (294)	3.75 (311)	1541	

**Heavy Weight Pentathlon Men**

M30	B Kingston NSW				
14.37 (454)	12.57 (507)	9.41 (419)	4.82 (336)	2.70 (342)	2058CR
	J Glass ACT				
10.36 (306)	8.30 (303)	6.62 (265)	4.24 (274)	2.26 (210)	1358
M45	F Nugent ACT				
8.76 (316)	7.41 (336)	6.22 (316)	3.61 (290)	1.75 (174)	1432
M50	G Crumpton ACT				
14.29 (508)	13.22 (607)	11.65 (616)	8.93 (557)	6.02 (670)	2958
	D Haggith ACT				
13.18 (462)	12.92 (591)	11.16 (585)	6.25 (352)	5.95 (660)	2650
M55	R Glass Vic				
17.86 (717)	15.10 (775)	15.64 (950)	12.08 (880)	6.55 (830)	4152
M60	G Rose Vic				

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21.45 (848)	18.76 (842)	14.88 (863)	14.00 (884)	10.61 (899)	4336CR
R Green ACT					
17.25 (663)	15.63 (684)	13.96 (801)	11.42 (696)	7.99 (635)	3479
D Wookey Vic					
15.41 (583)	11.92 (499)	11.24 (622)	9.44 (554)	5.96 (434)	2692
R Whyte ACT					
12.76 (469)	10.59 (434)	9.80 (527)	8.49 (486)	4.93 (334)	2250
P Freeman ACT					
10.38 (367)	9.57 (384)	8.40 (436)	7.21 (396)	5.67 (406)	1989
M65	B Binks Vic				
13.89 (566)	15.01 (761)	13.01 (808)	10.67 (737)	7.12 (606)	3478
K Blewitt ACT					
12.99 (523)	13.99 (702)	11.83 (723)	9.64 (653)	7.23 (618)	3219
D Bugden NSW					
12.52 (502)	12.85 (636)	11.27 (683)	8.84 (587)	5.54 (437)	2845
N Donohoe NSW					
13.65 (555)	11.27 (546)	9.46 (555)	8.32 (546)	5.87 (472)	2674
B Sowerby NSW					
15.60 (646)	10.43 (499)	10.10 (600)	8.98 (599)	4.32 (308)	2652
M70	W van Weenen Vic				
19.62 (868)	17.94 (841)	15.77 (969)	13.81 (998)	11.50 (1008)	4684
M80	E Drummond ACT				
12.89 (544)	11.84 (599)	9.04 (511)	6.64 (416)	6.00 (456)	2526CR
<b>56lb Weight Women</b>					
W40	J Hardy ACT		3.85		
W45	S Gibbins ACT		2.99		
	T Colyer ACT		1.74		
W60	T Thomas ACT		3.01ECR		
	R Rudov ACT		3.01ECR		
W65	B Hugo Vic		1.93A&CR		
	J Heath ACT		1.64		
<b>56lb Weight Men</b>					
M30	B Kingston NSW		5.05A&CR		
	J Glass ACT		4.10		
M45	F Nugent ACT		3.89		
M50	T Gibbs NSW		6.82		
	G Crumpton ACT		6.51		
	D Haggith ACT		6.26		
M55	R Glass Vic		7.28A&CR		
M60	G Rose Vic		7.01A&CR		
	R Green ACT		5.58		
	D Wookey VIC		4.29		
	P Freeman ACT		3.43		
	R Whyte ACT		3.03		
M65	B Binks Vic		4.89		
	N Donohoe NSW		4.38		

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	D Bugden NSW	3.95
M70	W van Weenen Vic	5.84A&CR
M80	E Drummond ACT	2.59
<b>100lb Weight Women</b>		
W40	J Hardy ACT	2.12CR
W45	S Gibbins ACT	1.33
W60	T Thomas ACT	1.49A&CR
W65	J Heath ACT	0.57A&CR
<b>100lb Weight Men</b>		
M30	B Kingston NSW	2.86A&CR
	J Glass ACT	1.81
M45	F Nugent ACT	1.73
M50	G Crumpton ACT	3.48
	T Gibbs NSW	2.84
	D Haggith ACT	2.83
M55	R Glass Vic	2.57
M60	R Green ACT	2.79CR
	D Wookey Vic	2.16
	P Freeman ACT	1.68
	R Whyte ACT	1.58
M65	B Binks Vic	3.09A&CR
	N Donohoe NSW	2.11
	D Bugden NSW	2.04
M70	W van Weenen Vic	2.74A&CR