2009 Australian Masters Athletics Winter Throwing Championships Results

Women's results plus records set in Throws Pentathlon & Heavy Weight Pentathlon

3-5 October Masson St Ground, Turner, ACT. Distance in metres.

C = championship record, a= Australian record.

Name		age	hammer	shot	discus	javelin	weight	56lb	100lb
Karyne Di Marco	N	W30	58.47C	9.23	31.18	20.07	17.26	4.04	2.51a
Lyn Smith	N	W35	28.06	9.64	30.60	29.56	10.35		
Sharon Kingston	N	W35						1.33	
Allison Deskovic	N	W40						2.42	1.31
Gabi Watts	N	W40	35.80	10.89	33.54	22.68			
Lisa Mumberson	N	W40					9.72	3.23	1.76
Kim Debrot	N	W45	27.11	8.60	21.01	19.39			
Jayne Hardy	A	W45	40.10	9.25	29.37	32.71	11.85	4.19C	2.15C
Tanya Colyer	A	W45	13.39	3.97	12.40	7.49	4.81		
Annette Tillman	N	W45					5.97	1.95	0.91
Jill Taylor	N	W50						2.95	1.47
Sharon Gibbins	A	W50	36.55	8.87	24.31				
Lesley Dawson	S	W50	22.33	8.36	16.59		8.64	3.53a	1.72a
Judy Brown	N	W55	16.34	5.77	14.83	12.77	5.32	1.57	
Denise Palmer	A	W55	33.81	9.05	24.09	17.40	11.05	2.35	
Adriana Van Bockel	N	W55	23.19	5.57	16.39	13.04	7.45	2.17	
Kate Clarke	N	W55	22.52	7.82	23.72	20.96			
Cindy Lea Arbelbide	US	W60	30.51	8.34	21.65	18.97	12.70	2.76	
Trish Thomas	A	W60	19.76	6.14	14.19	12.16			
Wendy O'Brien	A	W60	12.94	3.38	8.00	5.84	4.76		
Mary Thomas	N	W65	30.54	8.49	21.54	30.69C	11.05	2.44	
Raylea Rudov	A	W65	28.48	7.24	18.10	16.38	13.40	2.92	
Astrid Rose	V	W65	25.63	6.01	17.50	16.35	10.43		
Joyce Schmidt	A	W70	20.13		16.07	15.35			
Mary Wahren	A	W75	23.83	6.40	14.04	15.60C	9.85		