

QMA
Athletic Challenge



AMA Winter Throws
Championships 2022



Australian Masters Athletics

Throws Pentathlon

W35

1 Ramsden, Miranda	1970
2 Newington, Dash	1882

W40

1 Champion, Megan	2822
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W45

1 Johansen, Nicole	3207
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W50

1 Mackie, Althea	3356
2 Manson, Andrea	1810

W55

1 Hardy, Jayne	3684
2 Duncan, Lesley	2674

W60

1 Cox, Pauline	3041
2 Gibbins, Sharon	2909
3 Messerle, Narelle	2824

W65

1 Taylor, Jill	3714
2 Quinn, Denise	2484

W70

1 van Bockel, Adriana	2325
2 Kopitke, Rosmary	1865

W75

1 Birtwell, Lorraine	2530
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M55

1 Lovell, Matthew	2903
2 Lowrey, Tim	2304

M60

1 Murray, Peter	2958
2 Clark, Robert	2837
3 Milne, John	2485
4 Lock, Phil	1440

Editorial Contact

Would you like to be part of the *Athletic Challenge* family. Have something you want to contribute?

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M65

1 O'Connor, Bruce	2022
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M70

1 Hook, Paul	2520
2 Haggith, David	2400

M75

1 Green, Ray	2729
2 Davies, Brian	2528

M80

1 Quarterman, Guy	3585
2 Donohoe, Noel	1798

M85

1 Hancock, Thomas	4080
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Heavy Weight Pentathlon

W30-49

1 Bianca Carr	2510
2 Miranda Ramsden	2214
1 Dash Newington	2385
1 Megan Champion	3158
1 Nicole Johansen	3456

W50

1 Althea Mackie	4058
2 Jayne Hardy	3837

W60

1 Pauline Cox	3614
2 Narelle Messerle	2667
3 Sharon Gibbins	2117

W65

1 Jill Taylor	4082
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W70

1 Adreana van Bockel	2280
2 Rosemary Koittke	1484

W75

Lorraine Birtwell	2496
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56Lb

W35

1 Ramsden, Miranda	4.13m
2 Newington, Dash	2.89m

W45

1 Johansen, Nicole	4.52m
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W50

1 Mackie, Althea	4.33m
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W55

1 Hardy, Jayne	3.53m
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W60

1 Narelle Messerle	2.63m
3 Drury Maria	2.60m

W65

Jill Taylor	2.94m
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W70

1 Rosemary Koittke	1.35m
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W75

Lorraine Birtwell	2496
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M30

1 Carstairs, Shane	6.64m
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M40

1 Norwood, Darrin	8.34m
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M45

1 Van Baalen, Simon	7.62m
2 Clifford, Morgan	6.39m
3 Doel, Rene	6.17m

M50

1 Keen, Adrian	6.57m
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2 Harris, Richard	6.25m
3 Mullarvey, Michale	5.40m

M55

1 Lowrey, Tim	5.60m
2 Lovell, Matthew	4.27m

M60

1 Mark Cumming.	5.52m
2 Lock, Phil	2.38m

M65

1 Lajos Joni	5.65m
2 O'Connor, Bruce	3.30m

M70

1 Haggith, David	3.32m
2 Lafferty Mills	2.53m

M75
1 Green, Ray 3.55m

M80
1 Donohoe Noel 2.35m

100lb Weight Throw

W35
1 Ramsden, Miranda 2.36m
2 Newington, Dash 1.78m



W45
1 Johansen, Nicole 2.01m

W50
1 Mackie, Althea 2.04m

W55
1 Hardy, Jayne 1.93m

W60
1 Narelle Messerle 1.38m
3 Drury Maria 1.36m

W65
Jill Taylor 1.59m

W70
1 Rosemary Koittke 0.64m

M30
1 Carstairs, Shane 4.03m

M40
1 Norwood, Darrin 4.52m

M45
1 Van Baalen, Simon 4.07m
2 Clifford, Morgan 3.37m
3 Doel, Rene 3.13m



M50
1 Keen, Adrian 3.16m
2 Mullarvey, Michael 2.91m
3 Harris, Richard 2.72m

M55
1 Lowrey, Tim 3.08m
2 Lovell, Matthew 1.88m

M60
1 Lock, Phil 1.65m

M65
1 Lajos Joni 2.40m
2 O'Connor, Bruce 1.98m

M70
1 Haggith, David 2.00m
2 Lafferty Mills 1.49m

M75
1 Green, Ray 2.28m

M80
1 Donohoe Noel 1.07m

Discus

W35
1 Newington, Dash 25.07m
2 Wessling, Sara 19.61m

W45
1 Johansen, Nicole 30.16m
2 Webber, Janet 22.39m
3 McCarron, Philippa 21.40m

W50
1 Mackie, Althea 26.39m
2 Jatyan, Sarita 19.96m
3 Manson, Andrea 16.75m

W55
1 Hardy, Jayne 25.98m
2 Duncan, Lesley 21.41m

W60
1 Cox, Pauline 22.25m
2 Gibbins, Sharon 21.38m
3 Messerle, Narelle 20.70m
4 McClintock, Karel 20.58m
5 Drury, Maria 17.87m

W65
1 Jill Taylor 20.54m
2 Quinn, Denise 15.98m

W70
1 van Bockel, Adriana 14.19m
2 Conroy, Doreen 12.22m
3 Kopitke, Rosmary 10.48m

M30
1 Carstairs, Shane 40.67m
2 Almond, Ash 29.49m

M40
1 Norwood, Darrin 40.23m

M45
1 Doel, Rene 30.33m
2 Van Baalen, Simon 29.78m
3 Clifford, Morgan 21.62m

M50
1 Harris, Richard 36.41m
2 Keen, Adrian 35.73m
3 Mullarvey, Michael 17.92m

M55
1 Lovell, Matthew 26.34m
2 Lowrey, Tim 25.12m

M60
1 Murray, Peter 34.25m
2 Clark, Robert 32.60m
3 Milne, John 32.39m
4 Lock, Phil 18.76m

M65
1 Lajos Joni 28.45m

M70

M70

1 Tyer, Geoff	38.87m
2 Hook, Paul	28.13m
3 Haggith, David	25.68m

M75

1 Green, Ray	24.71m
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M80

1 Quarterman, Guy	23.80m
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M85

1 Hancock, Thomas	24.62m
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Hammer Throw**W30**

1 Carr, Bianca	37.43m
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W35

1 Newington, Dash	25.50m
2 Ramsden, Miranda	23.58m
3 Wessling, Sara	19.61m

W45

1 Johansen, Nicole	32.87m
2 McCarron, Philippa	17.11m

W50

1 Mackie, Althea	42.00m
2 Manson, Andrea	22.52m

W55

1 Hardy, Jayne	36.58m
2 Duncan, Lesley	25.01m

W60

1 Gibbins, Sharon	26.88m
2 Messerle, Narelle	22.81m
3 McClintock, Karel	22.75m
4 Drury, Maria	21.89m
5 Cox, Pauline	21.44m

W65

1 Jill Taylor	27.12m
2 Quinn, Denise	16.37m

W70

1 van Bockel, Adriana	16.59m
2 Conroy, Doreen	16.35m
3 Kopitke, Rosmary	12.84m

W75

1 Birtwell, Lorraine	18.80m
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M30

1 Carstairs, Shane	34.99m
2 Almond, Ash	23.39m

M40

1 Norwood, Darrin	41.14m
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M45

1 Van Baalen, Simon	36.98m
2 Doel, Rene	27.98m



3 Clifford, Morgan 23.23m

M50

1 Keen, Adrian	40.16m
2 Harris, Richard	35.09m
3 Mullarvey, Michael	31.61m

M55

1 Lovell, Matthew	31.79m
2 Lowrey, Tim	25.75m

M60

1 Cumming, Mark	47.33m
2 Murray, Peter	33.85m
3 Clark, Robert	32.20m
4 Milne, John	29.21m
5 Lock, Phil	18.40m

M65

1 Lajos Joni	32.54m
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M70

1 Haggith, David	26.06m
2 Lafferty, Mills	25.59m

M75

1 Green, Ray	27.98m
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M80

1 Quarterman, Guy	29.52m
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M85

1 Hancock, Thomas	27.48m
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Javelin**W30**

1 Carr, Bianca	31.83m
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**W35**

1 Newington, Dash	17.36m
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W45

1 Webber, Janet	26.96
m 2 Johansen, Nicole	26.25m
3 McCarron, Philippa	18.02m



Someone can't read

W50

1 Jatyan, Sarita	18.81m
2 Mackie, Althea	17.30m
3 Manson, Andrea	13.49m

W55

1 Hardy, Jayne	25.48m
2 Duncan, Lesley	20.04m

W60

1 Cox, Pauline	21.32m
2 McClintock, Karel	18.74m
3 Drury, Maria	17.69m
4 Messerle, Narelle	16.12m

W65

1 Quinn, Denise	18.10m
2 Jill Taylor	13.85m

W70

1 Kopitke, Rosmary	11.59m
2 van Bockel, Adriana	11.34m
3 Conroy, Doreen	11.10m

M30

1 Almond, Ash	53.07m
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M45

1 Doel, Rene	45.80m
2 Clifford, Morgan	29.55m
3 Van Baalen, Simon	28.64m

**M50**

1 Keen, Adrian	38.15m
2 Mullarvey, Michael	34.08m

M55

1 Lovell, Matthew	32.21m
2 Lowrey, Tim	22.08m

M60

1 Murray, Peter	34.35m
2 Milne, John	30.70m
3 Lock, Phil	16.71m

M70

1 Lafferty, Mills	20.89m
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M75

1 Appleton, John	25.33m
2 Davies, Brian	21.57m

M80

1 Quarterman, Guy	24.41m
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Shot Put**W30**

1 Carr, Bianca	10.20m
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W35

1 Ramsden, Miranda	9.48m
2 Newington, Dash	6.68m
3 Wessling, Sara	4.77m

W45

1 Johansen, Nicole	8.23m
2 McCarron, Philippa	7.78m
3 Webber, Janet	7.54m

W50

1 Mackie, Althea	8.60m
2 Jatyan, Sarita	6.53m
3 Manson, Andrea	4.99m

W55

1 Duncan, Lesley	8.20m
2 Hardy, Jayne	8.14m

W60

1 Cox, Pauline	8.16m
2 McClintock, Karel	8.02m
2 Messerle, Narelle	8.02m
4 Drury, Maria	7.38m

W65

1 Jill Taylor	7.53m
2 Quinn, Denise	6.22m

W70

1 Conroy, Doreen	5.60m
2 Kopitke, Rosmary	5.10m
3 van Bockel, Adriana	5.06m

W75

1 Birtwell, Lorraine	5.62m
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M30

1 Carstairs, Shane	14.16
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**M40**

1 Norwood, Darrin	13.13m
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M45

1 Van Baalen, Simon	10.68m
2 Doel, Rene	10.59m
2 Clifford, Morgan	10.59m

M50

1 Keen, Adrian	11.22m
2 Harris, Richard	9.93m

3 Mullarvey, Michael	7.98m
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M55

1 Lowrey, Tim	9.93m
2 Lovell, Matthew	9.02m

M60

1 Murray, Peter	10.04m
2 Clark, Robert	9.44m
3 Milne, John	9.19m
3 Lock, Phil	6.54m

M65
Joni, Lajos 9.84m

M70
1 Tyer, Geoff 11.18m
2 Hook, Paul 9.67m
3 Haggith, David 8.40m

M75
1 Green, Ray 7.59m

M80
1 Quarterman, Guy 9.51m

M85
1 Hancock, Thomas 8.57m

Weight Throw

W35
1 Newington, Dash 10.11m
2 Ramsden, Miranda 8.67m

W45
1 Johansen, Nicole 11.42m
2 Webber, Janet 6.89m

W50
1 Mackie, Althea 13.32m
2 Manson, Andrea 7.09m

W55
1 Hardy, Jayne 12.07m

W60
1 Cox, Pauline 11.77m
2 Gibbins, Sharon 11.15m
3 McClintock, Karel 9.96m
4 Messerle, Narelle 9.83m
5 Drury, Maria 9.74m

W65
1 Jill Taylor 12.66m

W70
1 van Bockel, Adriana 7.27m
2 Conroy, Doreen 6.50m
3 Kopitke, Rosmary 5.26m

W75
1 Birtwell, Lorraine 7.33m

M30
1 Carstairs, Shane 9.94m

M40
1 Norwood, Darrin 13.80m

M45
1 Van Baalen, Simon 12.19m
2 Doel, Rene 9.99m
2 Clifford, Morgan 9.14m

M50
1 Allan, David 16.09m
2 Keen, Adrian 15.17m
3 Harris, Richard 13.06m
4 Mullarvey, Michael 12.48m

M55
1 Lovell, Matthew 11.34m
2 Lowrey, Tim 9.47m

M60
1 Cumming, Mark 19.38m
2 Clark, Robert 15.90m
3 Milne, John 11.39m
4 Lock, Phil 5.59m

M65
Joni, Lajos 13.03m

M70
1 Lafferty, Mills 9.84m
2 Haggith, David 9.44m

M75
1 Davies, Brian 11.44m
2 Green, Ray 10.06m

M80
1 Quarterman, Guy 12.94m

Weight For Distance

W35
1 Newington, Dash 10.44m

W45
1 Johansen, Nicole 11.05m

W50
1 Mackie, Althea 15.39m

W55
1 Hardy, Jayne 12.05m

W60
1 Messerle, Narelle 11.38m
2 McClintock, Karel 9.11m

W65
1 Jill Taylor 15.92m

W70
1 van Bockel, Adriana 8.66m
2 Kopitke, Rosmary 5.95m

M30
1 Carstairs, Shane 16.52m
2 Almond, Ash 10.16m

M40
1 Norwood, Darrin 15.29m

M45
1 Clifford, Morgan 13.98m
2 Van Baalen, Simon 13.62m
3 Doel, Rene 13.18m

M50
1 Keen, Adrian 16.73m
2 Harris, Richard 15.04m

M55
1 Lowrey, Tim 12.71m
2 Lovell, Matthew 10.13m

M60
1 Cumming, Mark 14.34m
2 Clark, Robert 13.97m
3 Lock, Phil 8.59m

M65
Joni, Lajos 15.95m

M70
1 Haggith, David 10.85m

M75
1 Green, Ray 13.06m
2 Davies, Brian 10.47m

M80
1 Donohoe, Noel 10.79m



Super Weight

W30

1 Carr, Bianca 6.65m

W35

1 Newington, Dash 6.54m

2 Ramsden, Miranda 5.82m

W40

1 Champion, Megan 6.57m

W45

1 Johansen, Nicole 6.71m

W50

1 Mackie, Althea 9.82m

W55

1 Hardy, Jayne 7.41m

W60

1 Messerle, Narelle 7.16m

2 Gibbins, Sharon 7.15m

W70

1 Kopitke, Rosmary 3.41m

M30

1 Carstairs, Shane 6.73m

2 Almond, Ash 5.19m

M40

1 Norwood, Darrin 7.87m

M45

1 Van Baalen, Simon 8.44m

2 Doel, Rene 6.78m

3 Clifford, Morgan 6.18m

M50

1 Keen, Adrian 9.14m

2 Mullarvey, Michael 7.66m

M55

1 Lowrey, Tim 6.55m

2 Lovell, Matthew 6.13m

M60

1 Lock, Phil 3.50m

M65

1 Joni, Lajos 5.54m

2 O'Connor, Bruce. 4.80m

M70

1 Haggith, David 5.89m

M75

1 Davies, Brian 6.29m

2 Green, Ray 5.80m

M80

1 Quarterman, Guy 7.49m

2 Donohoe, Noel 5.65m

M85

1 Hancock, Thomas 5.56m

