

Heavy Weights Pentathlon - QMA Christmas Throws in July 2026

Based on 2023 WMA 5-year age factors for standard weights

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WOMEN

Competitor	Origin	Age Grp	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Total score	Position	Age Grp
W30-W49			5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)				
Nicole Luyten		W30-34	16.02	521	14.37	524	13.26	588	10.94	583	8.10	520	2736	1	W30
Marcia Lucero Hansen		W30-34	11.40	348	10.79	371	8.95	364	7.75	378	5.96	343	1804	2	W30
Bridget Ryan		W35-39	8.16	239	7.43	243	6.18	234	5.75	265	4.11	207	1188	2	W35
Helena Smith		W35-39	13.37	439	9.87	348	9.67	419	8.19	425	5.35	309	1940	1	W35
Kathleen McLean		W40-44	8.04	259	5.96	200	5.41	217	4.45	203	3.78	204	1083	2	W40
Melissa Kierath		W40-44	17.76	666	15.39	645	13.53	687	10.69	650	8.32	618	3266	1	W40
Kieran Elliott		W40-44	5.46	155	5.53	180	4.92	189	4.16	183	3.52	181	888	3	W40
Melissa Percy		W45-49	10.76	409	8.29	345	7.37	363	5.47	307	4.31	283	1707	2	W45
Cathryn Hoare		W45-49	12.28	478	9.03	382	8.18	414	7.21	441	5.33	383	2098	1	W45
W50-W55			4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)				
Tracy Canham		W50-54	13.90	507	11.76	490	8.91	433	7.40	428	5.91	395	2253	2	W50
Maria Cimino		W50-54	15.85	589	14.32	616	12.16	629	10.43	655	9.42	717	3206	1	W50
Althea Mackie		W55-59	16.86	701	14.12	664	11.80	675	10.78	758	9.38	796	3594	1	W55
Andrea Manson		W55-59	11.59	456	8.63	372	7.08	364	6.54	411	5.07	362	1965	2	W55
W60-W74			3kg (6.6lb)		4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)				
Gabriele Watts		W60-64	17.89	708	18.33	841	15.91	873	13.59	911	11.41	950	4283	1	W60
Heather Lamb		W60-64	10.67	389	10.72	451	9.05	449	7.19	421	6.03	428	2138	2	W60
Sandra Howorth		W60-64	13.52	514		0	9.58	482	8.54	522	6.89	510	2028	3	W60
Karel McClintock		W65-69	12.04	506	11.31	544	9.78	559	7.59	513	6.20	508	2630	1	W65
W75-W100+			2kg (4.4lb)		3kg (6.6lb)		4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)				
Rosemary Kopittke		W75-79	5.74	222	5.26	233	3.76	172	3.47	194	2.86	182	1003	1	W75

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MEN

Competitor	Origin	Age Grp	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Total score	Position	Age Grp
M30-M49			9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		20kg (44lb)		25.4kg (56lb)				
Conrad Galuvao		M45-49	12.46	476	10.46	448	8.92	462	7.60	540	6.41	575	2501	2	M45
Arno van der Westhuizen		M45-49	20.49	841	20.40	971	15.05	859	11.59	908	8.99	885	4464	1	M45
M50-M59			7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)		20kg (44lb)				
Karl Beste		M50-54	15.29	524	12.93	528	10.29	467	7.62	400	6.26	441	2360	2	M50
Adrian Keen		M55-59	19.89	769	17.88	827	15.51	827	11.27	710	9.53	833	3966	1	M55
Tim Lowrey		M55-59	11.51	408	9.89	411	9.05	434	6.82	377	5.32	387	2017	3	M55
M60-M69			5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)		15.88kg (35lb)				
Mark Cumming		M60-64	21.46	781.00	19.75	833.00	18.28	931.00	14.44	836.00	11.70	828.00	4209	1	M60
Manuel Dimou		M60-64	11.93	395.00	9.77	363.00	9.89	450.00	7.94	401.00	5.31	294.00	1903	2	M60
Peter Wrzuszcak		M65-69	15.04	567	13.62	599	12.39	646	10.13	609	6.62	444	2865	1	M65
Phil Lock		M65-69	9.28	319	8.19	323	5.57	234	4.86	230	4.10	222	1328	2	M65
M70-M79			4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)		11.34kg (25lb)				
Lajos Joni		M70-74	20.97	778	17.69	751	14.68	738	13.42	798	10.59	725	3790	1	M70
Clyde Riddoch		M70-74	14.71	518	11.84	469	9.84	457	8.76	475	6.69	403	2322	3	M70
Bruce O'Connor		M70-74	13.53	469	12.20	487	10.20	478	8.71	470	8.18	524	2428	2	M70
David Haggith		M70-74	11.37	381	9.78	372	7.88	345	7.22	369	5.93	342	1809	4	M70
M80-M100			3kg (6.6lb)		4kg (8.8lb)		5.45kg (12lb)		7.26kg (16lb)		9.08kg (20lb)				
Brian Davies		M80-84	14.68	548	12.51	537	10.84	532	9.71	567	9.20	652	2836	1	M80
Don Quinn		M80-84	12.74	464	12.22	521	9.98	481	8.78	500	7.40	495	2461	3	M80
Guy Quarterman		M80-84	14.23	529	11.98	510	11.29	559	9.81	574	7.80	529	2701	2	M80
Tom Hancock		M90-95	10.46	524	10.30	593	8.93	604	6.27	474	5.77	529	2724	1	M90
Laurence Quinliven		M90-95	10.56	529	9.31	527	7.48	488	5.94	442	5.62	510	2496	2	M90