

Throws Pentathlon

| W30 | | | | | | | | | | | | | |
|--------|-------------|------------|-----|----------|-----|------------|-----|---------------|-----|------------------------|-----|-------|-------|
| Number | Name | 4kg hammer | | 4kg shot | | 1kg discus | | 600gm javelin | | 9.080kg (20lbs) weight | | Total | Place |
| | Bianca Carl | 37.61 | 659 | 9.94 | 526 | 29.43 | 452 | 26.56 | 412 | 10.09 | 498 | 2547 | 1 |

| W35 | | | | | | | | | | | | | |
|--------|-----------------|------------|-----|----------|-----|------------|-----|---------------|-----|------------------------|-----|-------|-------|
| Number | Name | 4kg hammer | | 4kg shot | | 1kg discus | | 600gm javelin | | 9.080kg (20lbs) weight | | Total | Place |
| | Miranda Ramsden | 23.90 | 410 | 9.25 | 503 | 21.09 | 312 | 17.98 | 272 | 8.79 | 468 | 1965 | 1 |

| W45 | | | | | | | | | | | | | |
|--------|-------------|------------|-----|----------|-----|------------|-----|---------------|-----|------------------------|-----|-------|-------|
| Number | Name | 4kg hammer | | 4kg shot | | 1kg discus | | 600gm javelin | | 9.080kg (20lbs) weight | | Total | Place |
| | Tina Eilola | 22.63 | 467 | 8.14 | 511 | 21.52 | 387 | 12.88 | 216 | 8.26 | 536 | 2117 | 1 |

| W50 | | | | | | | | | | | | | |
|--------|---------------|------------|------|----------|-----|------------|-----|---------------|-----|-----------------------|-----|-------|-------|
| Number | Name | 3kg hammer | | 3kg shot | | 1kg discus | | 500gm javelin | | 7.26kg (16lbs) weight | | Total | Place |
| | Althea Mackie | 41.96 | 1019 | 8.58 | 583 | 24.07 | 493 | 19.12 | 385 | 11.71 | 729 | 3209 | 1 |

| W75 | | | | | | | | | | | | | |
|--------|-------------------|------------|-----|----------|-----|---------------|-----|---------------|-----|------------|-----|-------|-------|
| Number | Name | 2kg hammer | | 2kg shot | | 0.75kg discus | | 400gm javelin | | 4kg weight | | Total | Place |
| | Lorraine Birtwell | 19.54 | 645 | 5.48 | 532 | 15.60 | 531 | 9.12 | 304 | 6.68 | 452 | 2464 | 1 |

| M50 | | | | | | | | | | | | | |
|--------|----------------|------------|-----|----------|-----|--------------|-----|---------------|-----|------------------------|-----|-------|-------|
| Number | Name | 6kg hammer | | 6kg shot | | 1.5kg discus | | 700gm javelin | | 11.34kg (25lbs) weight | | Total | Place |
| | Richard Harris | 32.37 | 486 | 10.14 | 599 | 35.33 | 586 | 23.94 | 291 | 12.28 | 614 | 2576 | 1 |

| M60 | | | | | | | | | | | | | |
|--------|------------|------------|-----|----------|-----|------------|-----|---------------|-----|-----------------------|-----|-------|-------|
| Number | Name | 5kg hammer | | 5kg shot | | 1kg discus | | 600gm javelin | | 9.08kg (20lbs) weight | | Total | Place |
| | John Milne | 21.55 | 322 | 9.80 | 621 | 33.14 | 568 | 24.35 | 362 | 10.41 | 500 | 2373 | 1 |

| M70 | | | | | | | | | | | | | |
|--------|----------------|------------|-----|----------|-----|------------|-----|---------------|-----|-----------------------|-----|-------|-------|
| Number | Name | 4kg hammer | | 4kg shot | | 1kg discus | | 500gm javelin | | 7.26kg (16lbs) weight | | Total | Place |
| | Mills Lafferty | 23.43 | 415 | 6.63 | 395 | 21.75 | 421 | 17.82 | 298 | 8.85 | 457 | 1986 | 1 |

| M75 | | | | | | | | | | | | | |
|--------|--------------|------------|-----|----------|-----|------------|-----|---------------|-----|-----------------------|-----|-------|-------|
| Number | Name | 4kg hammer | | 4kg shot | | 1kg discus | | 500gm javelin | | 7.26kg (16lbs) weight | | Total | Place |
| | Brian Davies | 25.45 | 544 | 6.84 | 460 | 20.19 | 444 | 21.51 | 453 | 11.25 | 668 | 2569 | 1 |
| | Don Quinn | 22.69 | 470 | 6.91 | 466 | 20.46 | 451 | 12.98 | 224 | 8.74 | 493 | 2104 | 2 |

| M80 | | | | | | | | | | | | | |
|--------|----------------|------------|-----|----------|-----|------------|-----|---------------|-----|-----------------------|-----|-------|-------|
| Number | Name | 3kg hammer | | 3kg shot | | 1kg discus | | 400gm javelin | | 5.45kg (12lbs) weight | | Total | Place |
| | Guy Quarterman | 27.78 | 707 | 8.69 | 672 | 22.36 | 599 | 24.09 | 596 | 10.83 | 685 | 3259 | 1 |

56lb weight

| | | Distance |
|-----|-----------------|----------|
| W35 | Miranda Ramsden | 3.92 |
| W45 | Tina Eilola | 3.00 |
| W50 | Althea Mackie | 4.00 |

| | | |
|-----|----------------|------|
| M50 | Richard Harris | 6.40 |
| M70 | Mills Lafferty | 2.46 |
| M75 | Don Quinn | 3.85 |