

Winter Northern Zone RAF - Throws Pentathlon Results 10 August 2019



Men

Name	6kg hammer		6kg shot		1.5kg discus		700gm javelin		11.34kg weight		Total
M-55											
Peter Murray	-	0	10.47	686	24.46	409	35.91	560	11.06	588	2243
Robert Clark	33.59	580	8.79	556	29.37	516	24.14	332	13.88	768	2752
Name	5kg hammer		5kg shot		1kg discus		600gm javelin		9.08kg weight		Total
M-60											
Simon Butler-White	27.97	457	9.64	608	25.85	415	31.09	500	11.66	573	2553
M-65											
Gavin Murray	40.84	840	11.48	828	41.45	834	27.73	490	14.86	825	3817

Women

Name	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg weight		Total
W-45											
Maria Cimino	38.49	909	8.36	528	25.19	469	25.01	499	10.82	740	3145
W-60											
Name	3kg hammer		3kg shot		1kg discus		500gm javelin		7.26kg weight		Total
Jill Taylor	34.13	986	9.50	811	22.08	562	15.67	387	12.57	814	3560
W-65											
Jacqui Walton	19.53	564	6.30	559	17.01	472	12.72	347	6.48	407	2349
W-75											
Name	2kg hammer		2kg shot		750g discus		400gm javelin		4kg weight		Total
Mary Thomas	29.91	1079	8.51	900	20.02	715	15.90	595	10.79	804	4093

Winter Northern Zone RAF – Super Heavy Weight Results 10 August 2019



Women

Name	35lb
W-45	
Maria Cimino	6.92
W-60	
Name	20lb
Jill Taylor	9.14
W-75	
Name	16lb
Mary Thomas	7.79

Men

Name	45lb
M-Opens	
Tim Heyes	11.91
M-65	
Name	45lb
Gavin Murray	7.08