



MOHAWK PARK, HAMILTON  
 THROWERS CLUB MEET #3  
 September 12, 2015 RESULTS

**THROWS PENTATHLON**

**MASTERS**

**Men**

	<b>HT</b>	<b>SP</b>	<b>DT</b>	<b>JT</b>	<b>WT</b>	<b>PTS</b>
Men 75-79						
<b>David Morris</b> 76						
Meters	25.30	7.92	23.70	16.00	10.11	
AG Mark	41.71	11.08	33.96	30.29	12.42	
Perf. %	48.10%	47.93%	45.85%	30.76%	48.03%	
Points	540	551	543	303	588	<b>2,525</b>
Men 65-69						
<b>Brock Pullen</b> 66						
Meters	27.02	9.14	33.41	32.95	9.94	
AG Mark	39.60	12.43	38.87	51.46	11.08	
Perf. %	45.65%	53.79%	52.48%	52.26%	42.87%	
Points	506	633	642	610	513	<b>2,904</b>
Men 55-59						
<b>Peter St. Pierre</b> 56						
Meters	24.80	8.27	23.14	36.98	9.27	
AG Mark	32.59	10.50	25.69	49.47	10.40	
Perf. %	37.58%	45.45%	34.68%	50.24%	40.24%	
Points	392	516	380	581	474	<b>2,343</b>

**THROWS PENTATHLON**

**MASTERS**

**Women**

	<b>HT</b>	<b>SP</b>	<b>DT</b>	<b>JT</b>	<b>WT</b>	<b>PTS</b>
Women 50-54						
<b>Kristen Dajia</b> 52						
Meters	38.42	8.64	26.24	17.68	11.75	
AG Mark	49.32	10.89	34.44	23.24	13.89	
Perf. %	64.06%	48.13%	44.85%	31.84%	58.86%	
Points	917	588	547	349	732	<b>3,133</b>
<b>Elizabeth Hill</b> 54						
Meters	31.25	10.01	26.89	23.85	10.20	
AG Mark	40.11	12.61	35.30	31.35	12.05	
Perf. %	52.10%	55.76%	45.97%	42.95%	51.10%	
Points	714	702	563	502	618	<b>3,099</b>

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**TRIATHLON**  
**MASTERS**  
**Men**

Men 65-69

<b>Peter Zowkewych</b>	<b>65</b>					
Meters		0.00	10.05	28.98	28.42	0.00
AG Mark		0.00	13.67	33.72	44.39	0.00
Perf.%		0.00%	59.15%	45.52%	45.08%	0.00%
Points		0	708	538	506	0
						<b>1,752</b>

**TRIATHLON**  
**MASTERS**  
**Women**

Women 70-74

<b>Adriana Rowswell</b>	<b>74</b>					
Meters		0.00	7.08	18.99	12.72	0.00
AG Mark		0.00	13.13	39.00	26.70	0.00
Perf.%		0.00%	58.06%	50.79%	36.58%	0.00%
Points		0	736	635	414	0
						<b>1,785</b>

**SINGLE EVENTS**  
**MASTERS**

**Men**

**Hammer**

	<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>	
Men 55-60					
<b>Peter St. Pierre</b>	<b>56</b>	<b>26.78</b>	35.20	40.58%	434

**Shot Put**

	<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>	
Men 65-69					
<b>Brock Pullen</b>	<b>66</b>	<b>9.19</b>	12.50	54.09%	637
<b>Peter Zowkewych</b>	<b>65</b>	<b>10.13</b>	13.78	59.62%	715

**Discus**

	<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>	
Men 65-69					
<b>Brock Pullen</b>	<b>66</b>	<b>33.76</b>	39.28	53.03%	650
<b>Peter Zowkewych</b>	<b>65</b>	<b>29.29</b>	34.08	46.01%	545

**Javelin**

	<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>	
Men 65-69					
<b>Brock Pullen</b>	<b>66</b>	<b>32.98</b>	51.51	52.31%	611
<b>Peter Zowkewych</b>	<b>65</b>	<b>28.42</b>	44.39	45.08%	506
Men 55-60					
<b>Peter St. Pierre</b>	<b>56</b>	<b>37.04</b>	49.55	50.32%	582

**Weight**

	<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
none				



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**SINGLE EVENTS**

**MASTERS**

**Women**

**Hammer**

		<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
Women 55-59					
Elizabeth Hill	54	31.60	40.56	52.69%	723

**Shot Put**

		<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
Women 70-74					
Adriana Rowswell	74	7.11	13.19	58.31%	740
Women 50-54					
Elizabeth Hill	54	10.42	13.13	58.05%	736

**Discus**

		<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
Women 70-74					
Adriana Rowswell	74	18.99	39.00	50.79%	635
Women 55-59					
Elizabeth Hill	54	26.89	35.30	45.97%	563
Women 45-49					
Michelle Baptie	48	20.13	24.27	31.61%	356
Patricia Miyashiro	46	18.45	22.24	28.97%	318

**Javelin**

		<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
Women 70-74					
Adriana Rowswell	74	15.31	32.13	44.03%	517
Women 50-54					
Elizabeth Hill	54	24.54	32.26	44.20%	519
Kristen Dajia	52	18.42	24.21	33.17%	367

**Weight**

		<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
Women 50-54					
Elizabeth Hill	54	10.20	12.05	51.10%	618



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SINGLE EVENTS  
OPEN/JUNIOR/YOUTH

**Men**

*None*

SINGLE EVENTS  
OPEN/JUNIOR/YOUTH

**Female**

**Hammer**

**M**

*None*

**Shot Put**

**M**

*Open*

Elishe Donahey 29 6.90

*Youth*

Kambrie Luciani 16 9.75

**Discus**

**M**

*Youth*

Kambrie Luciani 16 34.76

**Javelin**

Kambrie Luciani 16 31.82

**Weight**

**M**

*None*

