



MOHAWK PARK, HAMILTON  
 THROWERS CLUB MEET #3  
 September 13, 2014 RESULTS

**THROWS PENTATHLON**

**MASTERS**

**Men**

	<b>HT</b>	<b>SP</b>	<b>DT</b>	<b>JT</b>	<b>WT</b>	<b>PTS</b>
Men 70-74						
<b>John Kasperski 70</b>						
Meters	32.68	11.06	35.21	23.62	15.56	
AG Mark	49.42	14.89	45.00	39.68	17.75	
Perf.%	56.98%	64.44%	60.75%	40.30%	68.64%	
Points	667	783	767	437	893	<b>3,547</b>
<b>Enrico Toscano 73</b>						
Meters	16.21	6.33	14.07	10.11	6.29	
AG Mark	24.51	8.52	17.98	16.98	7.17	
Perf.%	28.26%	36.88%	24.27%	17.25%	27.75%	
Points	263	397	234	121	295	<b>1,310</b>
Men 55-59						
<b>Bruce Urch 59</b>						
Meters	12.52	7.46	21.61	22.46	7.00	
AG Mark	16.45	9.47	23.99	30.05	7.85	
Perf.%	18.97%	41.00%	32.39%	30.52%	30.38%	
Points	137	454	348	300	333	<b>1,572</b>

**THROWS PENTATHLON**

**MASTERS**

**Women**

	<b>HT</b>	<b>SP</b>	<b>DT</b>	<b>JT</b>	<b>WT</b>	<b>PTS</b>
Women 60-64						
<b>Rhona Trott 66</b>						
Meters	27.89	6.53	17.34	16.02	10.25	
AG Mark	47.51	10.83	31.08	27.67	13.59	
Perf.%	61.71%	47.90%	40.48%	37.91%	57.59%	
Points	877	584	483	433	714	<b>3,091</b>
Women 50-54						
<b>Elizabeth Hill 53</b>						
Meters	34.68	10.41	28.12	21.62	10.33	
AG Mark	44.52	13.12	36.91	28.42	12.21	
Perf.%	57.82%	57.99%	48.07%	38.94%	51.75%	
Points	811	735	594	447	628	<b>3,215</b>
<b>Kristen Dajia 51</b>						
Meters	39.16	8.63	26.17	17.51	11.61	
AG Mark	50.27	10.87	34.35	23.02	13.72	
Perf.%	65.29%	48.08%	44.73%	31.53%	58.16%	
Points	938	587	545	345	722	<b>3,137</b>



**TRIATHLON  
MASTERS**

**Men**

	<b>HT</b>	<b>SP</b>	<b>DT</b>	<b>JT</b>	<b>WT</b>	<b>PTS</b>
<b>Men 60-64</b>						
<b>Peter Zowkewych</b> 64						
Meters	0.00	8.87	28.08	28.19	0.00	
AG Mark	0.00	11.07	29.84	39.86	0.00	
Perf.%	0.00%	47.89%	40.29%	40.48%	0.00%	
Points	0	550	461	440	0	<b>1,451</b>
<b>Men 55-59</b>						
<b>Harbans Cheema</b> 59						
Meters	0.00	8.26	18.65	21.30	0.00	
AG Mark	0.00	10.49	20.70	28.49	0.00	
Perf.%	0.00%	45.39%	27.95%	28.94%	0.00%	
Points	0	515	285	278	0	<b>1,078</b>
<b>Men 40-44</b>						
<b>Mike Ransky</b> 43						
Meters	0.00	12.44	49.05	41.58	0.00	
AG Mark	0.00	13.85	54.02	45.16	0.00	
Perf.%	0.00%	59.92%	72.93%	45.86%	0.00%	
Points	0	719	954	517	0	<b>2,190</b>
<b>Men &lt;30</b>						
<b>Jeremy Elliot</b> 12						
Meters	0.00	8.05	30.57	24.15	0.00	
AG Mark	0.00	8.05	30.57	24.15	0.00	
Perf.%	0.00%	34.82%	41.27%	24.52%	0.00%	
Points	0	369	476	218	0	<b>1,063</b>

**TRIATHLON  
MASTERS**

**Women**

	<b>HT</b>	<b>SP</b>	<b>DT</b>	<b>JT</b>	<b>WT</b>	<b>PTS</b>
<b>Women 45-49</b>						
<b>Janine Sindrey</b> 47						
Meters	0.00	6.96	18.89	13.57	0.00	
AG Mark	0.00	8.31	22.77	16.93	0.00	
Perf.%	0.00%	36.73%	29.66%	23.20%	0.00%	
Points	0	419	328	232	0	<b>979</b>



**SINGLE EVENTS****MASTERS****Men****Hammer**

	<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
Men 55-59				
Bruce Urch 59	15.49	20.36	23.47%	198

**Shot Put**

	<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
Men 55-59				
Harbans Cheema 59	8.26	10.49	45.39%	515
Bruce Urch 59	7.54	9.58	41.44%	460
Men 40-44				
Mike Ransky 43	12.44	13.85	59.92%	719

**Discus**

	<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
Men 55-59				
Harbans Cheema 59	22.30	24.75	33.42%	362
Bruce Urch 59	21.61	23.99	32.39%	348
Men 40-44				
Mike Ransky 43	49.34	54.34	73.36%	961

**Javelin**

	<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
Men 55-59				
Bruce Urch 59	26.19	35.04	35.58%	371
Harbans Cheema 59	21.30	28.49	28.94%	278
Men 40-44				
Mike Ransky 43	41.58	45.16	45.86%	517
Men 30-34				
Dinyar Buhariwalla 33	29.95	29.95	30.41%	299

**Weight**

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



**SINGLE EVENTS****MASTERS****Women****Hammer**

		<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
Women 65-69					
Rhona Trott	66	27.89	47.51	61.71%	877
Women 35-39					
Kristen Dajia	51	40.79	52.36	68.01%	985
Elizabeth Hill	53	34.68	44.52	57.82%	811

**Shot Put**

		<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
Women 50-54					
Elizabeth Hill	53	10.41	13.12	57.99%	735
Women 45-49					
Janine Sindrey	47	6.97	8.32	36.78%	420

**Discus**

		<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
Women 65-69					
Rhona Trott	66	18.13	32.50	42.32%	510
Women 50-54					
Elizabeth Hill	53	28.12	36.91	48.07%	594
Women 45-49					
Janine Sindrey	47	20.01	24.12	31.42%	353

**Javelin**

		<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
Women 45-49					
Janine Sindrey	47	14.28	17.82	24.41%	249

**Weight**

		<b>M</b>	<b>AG Mark</b>	<b>Perf.%</b>	<b>Points</b>
Women 65-69					
Rhona Trott	66	10.25	13.59	57.59%	714
Women 50-54					
Elizabeth Hill	53	10.33	12.21	51.75%	628



**SINGLE EVENTS**  
**YOUTH/BANTAM**

**Male**

**Hammer**

**M**

*Youth*

Tony Elliot                      17      44.55

**Shot Put**

**M**

*Bantam*

Jeremy Elliot                    12      8.60

**Discus**

**M**

*Youth*

Tony Elliot                      17      39.44

*Bantam*

Jeremy Elliot                    12      31.45

**Javelin**

**M**

None

**Weight**

**M**

None

