



THROWERS CLUB AWARDS 2013

CANADIAN RECORDS

Throwers Pentathlon

Kristen Dajia W50 3,533pts 11-May-13

Hammer

Rhona Trott W65 30.90 14-Sep-13

Kristen Dajia W50 41.30 14-Sep-13

Weight Throw

Kristen Dajia W50 13.50 14-Sep-13

CHALLENGE TROPHY

Dave Morris M75 - 10,394 pts

LATVIAN CUP

Kristen Dajia W50 - 3,533pts

SEASON TOTAL POINTS -THROWS PENTATHLON

Gold	David Morris	M75	10,394
Silver	Bill Pearson	M61	9,594
Bronze	Rhona Trott	W64	8,538

SEASON TOTAL POINTS - TRIATHLON

Gold	Evalds Viskers	M87	6,352
Silver	Peter Zowkewych	M62	3,255
Bronze	Adri Rowsell	W72	1,935

HIGHEST POINTS IN EACH EVENT

	Hammer			
Gold	Kristen Dajia	W50	1,000	14-Sep-13
Silver	Rhona Trott	W65	991	14-Sep-13
Bronze	Elizabeth Hill	W52	871	14-Sep-13

	Shot Put			
Gold	Bill Pearson	M61	803	14-Sep-13
Silver	Elizabeth Hill	W52	746	14-Sep-13
Bronze	Dan Yoisten	M53	727	8-Jun-13

	Discus			
Gold	Bill Pearson	M61	767	14-Sep-13
Silver	Dan Yoisten	M53	665	8-Jun-13
Bronze	Elizabeth Hill	W52	659	14-Sep-13

	Javelin			
Gold	Barb Dabrowski	W55	859	29-Jun-13
Silver	Sharaz Shaikh	M41	687	8-Jun-13
Bronze	Elizabeth Hill	W52	567	14-Sep-13

	Weight Throw			
Gold	Kristen Dajia	W50	861	14-Sep-13
Silver	Rhona Trott	W65	776	14-Sep-13
Bronze	Dave Morris	M75	720	14-Sep-13



THROWERS CLUB AWARDS 2013

HIGHEST POINTS - THROWS PENTATHLON

Kristen Dajia	W50	3,533	11-May-13
Elizabeth Hill	W52	3,439	14-Sep-13
Bill Pearson	M61	3,284	14-Sep-13
Rhona Trott	W65	3,177	14-Sep-13
David Morris	M75	2,964	14-Sep-13
Dan Yoisten	M52	2,360	11-May-13
Ray Bzibziak	M58	1,880	11-May-13

HIGHEST POINTS - TRIATHLON

Adri Rowsell	W72	1,935	29-Jun-13
Peter Zowkewych	M62	1,678	29-Jun-13
Evalds Viskers	M87	1,669	14-Sep-13