

**2023 Throws Pentathlon Championship - 2023-08-19**  
**& Throwers Meet #3**  
**Toronto Track and Field Centre**  
**Results**

**Event 1 W50 Shot Put Masters**

Name	Age Team	Finals
Finals		
1 Corcoran, Patricia	W52 London Western	7.34m 3.00kg
	6.77m 6.99m 6.68m 6.71m FOUL 7.34m	

**Event 1 M29&U Shot Put Masters**

Name	Age Team	Finals
1 Pannell, Samuel	M16 Unattached Ontario	11.70m 5.00kg
	11.70m FOUL FOUL 10.92m FOUL FOUL	

**Event 1 M70 Shot Put Masters**

Name	Age Team	Finals
1 Zowkewych, Peter	M72 Throwers Club	11.32m 4.00kg
	10.40m 10.45m 10.73m FOUL 11.32m FOUL	
-- Crispe, Brian	M74 Unattached Ontario	FOUL 4.00kg
	FOUL FOUL FOUL	

**Event 2 W29&U Discus Throw Masters**

Name	Age Team	Finals
1 Alty, Emily	W20 Unattached Ontario	46.62m
	46.62m 44.69m 44.22m 44.14m 45.45m FOUL	
2 Fawcett, Cariston	W28 Kingston T.F.C.	34.86m
	34.86m 31.12m 33.40m 34.72m 34.64m 34.80m	
3 Spozak, Elizabeth	W21 London Western	33.38m
	FOUL 33.38m FOUL FOUL FOUL 33.11m	
4 Smith, Hunter	W24 London Western	30.34m
	29.02m FOUL 28.21m 30.34m 29.49m 29.34m	

**Event 2 W50 Discus Throw Masters**

Name	Age Team	Finals
1 Corcoran, Patricia	W52 London Western	18.79m
	18.79m 18.75m 18.06m FOUL 17.16m FOUL	

**Event 2 M29&U Discus Throw Masters**

Name	Age Team	Finals
1 Pannell, Samuel	M16 Unattached Ontario	42.18m
	39.00m FOUL 42.18m 40.70m 39.61m 40.44m	
2 Garrett, Ryan	M21 London Western	40.86m
	40.86m FOUL FOUL FOUL FOUL 39.80m	

**2023 Throws Pentathlon Championship - 2023-08-19**  
**& Throwers Meet #3**  
**Toronto Track and Field Centre**  
**Results**

**Event 2 M30 Discus Throw Masters**

Name	Age	Team	Finals
1 Nasajpour, Shahrada	M33	Team Usa	42.49m
FOUL 40.28m 40.64m 41.67m 42.49m FOUL			

**Event 2 M35 Discus Throw Masters**

Name	Age	Team	Finals
1 Anderson, Andre	M37	Unattached	33.04m
FOUL 33.04m FOUL 31.33m FOUL 32.50m			

**Event 2 M50 Discus Throw Masters**

Name	Age	Team	Finals
1 Ransky, Mike	M52	Unattached Ontario	55.64m
FOUL FOUL FOUL FOUL 49.98m 55.64m			

**Event 3 W29&U Hammer Throw Masters**

Name	Age	Team	Finals
1 Spoozak, Elizabeth	W21	London Western	46.14m 4.00kg
42.96m 44.18m 46.14m 45.66m 42.42m 43.29m			
2 Fawcett, Cariston	W28	Kingston T.F.C.	42.65m 4.00kg
40.34m 42.65m FOUL 39.95m 40.23m FOUL			
3 Smith, Hunter	W24	London Western	35.56m 4.00kg
33.11m 34.17m 35.29m 34.56m 35.56m FOUL			

**Event 3 W50 Hammer Throw Masters**

Name	Age	Team	Finals
1 Corcoran, Patricia	W52	London Western	22.55m 3.00kg
21.69m 20.18m FOUL 22.42m FOUL 22.55m			

**Event 3 W70 Hammer Throw Masters**

Name	Age	Team	Finals
1 Green, Lucille	W74	Oakville T.F.C.	15.73m 3.00kg
13.19m 15.20m 14.59m 13.84m 14.86m 15.73m			

**Event 3 M29&U Hammer Throw Masters**

Name	Age	Team	Finals
1 Garrett, Ryan	M21	London Western	46.23m 7.26kg
43.41m FOUL 46.23m FOUL 45.99m FOUL			

**2023 Throws Pentathlon Championship - 2023-08-19**  
**& Throwers Meet #3**  
**Toronto Track and Field Centre**  
**Results**

**Event 3 M60 Hammer Throw Masters**

Name	Age	Team	Finals
1 Belle, Carl		M62 Throwers Club	25.02m 5.00kg
		23.94m 24.44m 25.02m 24.75m 22.58m 24.63m	

**Event 3 M70 Hammer Throw Masters**

Name	Age	Team	Finals
1 Garner, George		M71 Throwers Club	30.30m 4.00kg
		26.98m FOUL 30.30m 26.29m 26.15m 26.95m	

**Event 4 W29&U Javelin Throw Masters**

Name	Age	Team	Finals
1 Pryke, Ashley		W26 Unattached Ontario	49.38m
		FOUL 47.29m FOUL FOUL FOUL 49.38m	

**Event 4 W40 Javelin Throw Masters**

Name	Age	Team	Finals
1 Crispe, Michelle		W44 Unattached Ontario	35.07m 600g
		32.18m 32.34m 34.65m 35.07m 32.56m FOUL	

**Event 4 M29&U Javelin Throw Masters**

Name	Age	Team	Finals
1 Tyler, Erik		M22 London Western	62.49m
		58.05m 58.66m 60.76m 62.39m 62.49m 59.36m	

**Event 4 M70 Javelin Throw Masters**

Name	Age	Team	Finals
1 Northcott, Al		M72 Throwers Club	30.11m 500g
		28.18m 29.09m 30.11m FOUL FOUL 29.45m	

**Event 5 W29&U Weight Throw Masters**

Name	Age	Team	Finals
1 Fawcett, Cariston		W28 Kingston T.F.C.	14.13m
		FOUL 13.37m 13.15m 13.17m FOUL 14.13m	

**Event 5 M70 Weight Throw Masters**

Name	Age	Team	Finals
1 Garner, George		M71 Throwers Club	10.31m
		9.89m 9.72m FOUL 8.70m 10.31m 10.12m	

**2023 Throws Pentathlon Championship - 2023-08-19**  
**& Throwers Meet #3**  
**Toronto Track and Field Centre**  
**Results**

**Event 7 M65 Triathlon Masters**

Name	Age Team	Finals	H#
1 Shervington Iv, W Jeffre	M67 Throwers Club	1334	

**Event 7 M65 Shot Put Masters Triathlon**

Name	Age Team	Finals	Points
1 Shervington Iv, W Jeffre	M67 Throwers Club	8.13m	535 5.00kg
	8.11m FOUL 8.13m		

**Event 7 M65 Discus Throw Masters Triathlon**

Name	Age Team	Finals	Points
1 Shervington Iv, W Jeffre	M67 Throwers Club	25.85m	413 1.00kg
	FOUL FOUL 25.85m		

**Event 7 M65 Javelin Throw Masters Triathlon**

Name	Age Team	Finals	Points
1 Shervington Iv, W Jeffre	M67 Throwers Club	23.79m	386 600g
	23.79m 20.60m 18.91m		

**Event 8 W55 Throws Pentathlon Masters**

Name	Age Team	Finals	H#	Points
1 Easton, Leah	W58 Throwers Club	2339	10	

**Event 8 W60 Throws Pentathlon Masters**

Name	Age Team	Finals	H#	Points
1 Dajia, Kristen	W60 Throwers Club	3447	9	

**Event 8 W75 Throws Pentathlon Masters**

Name	Age Team	Finals	H#	Points
1 Miklos Den Iseger, Joann	W77 London Western	2372	9	

**Event 8 W55 Hammer Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Easton, Leah	W58 Throwers Club	27.17m	503
	25.52m 26.70m 27.17m		

**2023 Throws Pentathlon Championship - 2023-08-19  
& Throwers Meet #3  
Toronto Track and Field Centre  
Results**

**Event 8 W60 Hammer Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dajia, Kristen FOUL FOUL 38.12m	W60 Throwers Club	38.12m	853

**Event 8 W75 Hammer Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Miklos Den Iseger, Joann FOUL FOUL 15.44m	W77 London Western	15.44m	322

**Event 8 W55 Shot Put Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Easton, Leah 8.09m 8.90m 8.43m	W58 Throwers Club	8.90m	594 3.00kg

**Event 8 W60 Shot Put Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dajia, Kristen 8.71m 8.82m 8.74m	W60 Throwers Club	8.82m	656 3.00kg

**Event 8 W75 Shot Put Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Miklos Den Iseger, Joann 7.05m 6.64m 6.73m	W77 London Western	7.05m	580 2.00kg

**Event 8 W55 Discus Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Easton, Leah 21.60m 19.57m FOUL	W58 Throwers Club	21.60m	479 1.00kg

**Event 8 W60 Discus Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dajia, Kristen 24.87m 25.00m 25.88m	W60 Throwers Club	25.88m	675 1.00kg

**Event 8 W75 Discus Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Miklos Den Iseger, Joann 14.94m 15.50m 16.42m	W77 London Western	16.42m	507 0.75kg

**2023 Throws Pentathlon Championship - 2023-08-19**  
**& Throwers Meet #3**  
**Toronto Track and Field Centre**  
**Results**

**Event 8 W55 Javelin Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Easton, Leah 11.59m 13.48m 13.36m	W58 Throwers Club	13.48m	270 700g

**Event 8 W60 Javelin Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dajia, Kristen FOUL 16.78m 18.02m	W60 Throwers Club	18.02m	445 600g

**Event 8 W75 Javelin Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Miklos Den Iseger, Joann 14.67m 15.30m 12.50m	W77 London Western	15.30m	500 500g

**Event 8 W55 Weight Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Easton, Leah 9.07m 8.83m FOUL	W58 Throwers Club	9.07m	493

**Event 8 W60 Weight Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Dajia, Kristen 13.47m 15.02m FOUL	W60 Throwers Club	15.02m	818

**Event 8 W75 Weight Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Miklos Den Iseger, Joann 7.91m 7.77m 7.63m	W77 London Western	7.91m	463

**Event 9 M40 Throws Pentathlon Masters**

Name	Age Team	Finals	H#	Points
1 Armstrong, Andrew	M40 Thorold Elite	2794	10	

**Event 9 M55 Throws Pentathlon Masters**

Name	Age Team	Finals	H#	Points
1 Fawcett, Timothy	M58 Kingston T.F.C.	2369	10	

**2023 Throws Pentathlon Championship - 2023-08-19  
& Throwers Meet #3  
Toronto Track and Field Centre  
Results**

**Event 9 M60 Throws Pentathlon Masters**

Name	Age Team	Finals	H#	Points
1 Wolters, Jake	M63 Throwers Club	2876		10
2 Anderson, Michael	M63 Throwers Club	2244		8

**Event 9 M65 Throws Pentathlon Masters**

Name	Age Team	Finals	H#	Points
1 Murray, Jerry	M66 Throwers Club	2764		8

**Event 9 M70 Throws Pentathlon Masters**

Name	Age Team	Finals	H#	Points
1 Pullen, Brock	M74 Unattached Ontario	2669		8

**Event 9 M80 Throws Pentathlon Masters**

Name	Age Team	Finals	H#	Points
1 Brosz, Helmut	M80 Throwers Club	2281		8
2 Groulx, Patrick	M81 Throwers Club	1810		8

**Event 9 M40 Hammer Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Armstrong, Andrew FOUL FOUL 32.28m	M40 Thorold Elite	32.28m	439

**Event 9 M55 Hammer Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Fawcett, Timothy 21.50m 22.58m 22.29m	M58 Kingston T.F.C.	22.58m	321

**Event 9 M60 Hammer Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Wolters, Jake FOUL 41.48m FOUL	M63 Throwers Club	41.48m	680
2 Anderson, Michael 28.07m 27.41m 25.18m	M63 Throwers Club	28.07m	422

**Event 9 M65 Hammer Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Murray, Jerry 28.61m 31.01m 31.81m	M66 Throwers Club	31.81m	554

**2023 Throws Pentathlon Championship - 2023-08-19**  
**& Throwers Meet #3**  
**Toronto Track and Field Centre**  
**Results**

**Event 9 M70 Hammer Throw Masters Throws Pentathlon**

Name	Age	Team	Finals	Points
1 Pullen, Brock	M74	Unattached Ontario	28.28m	476
			26.33m 28.28m 27.73m	

**Event 9 M80 Hammer Throw Masters Throws Pentathlon**

Name	Age	Team	Finals	Points
1 Groulx, Patrick	M81	Throwers Club	20.40m	363
			15.53m 18.69m 20.40m	
2 Brosz, Helmut	M80	Throwers Club	19.42m	340
			19.42m 18.49m FOUL	

**Event 9 M40 Shot Put Masters Throws Pentathlon**

Name	Age	Team	Finals	Points
1 Armstrong, Andrew	M40	Thorold Elite	11.69m	667
			11.40m 11.69m 11.59m	7.26kg

**Event 9 M55 Shot Put Masters Throws Pentathlon**

Name	Age	Team	Finals	Points
1 Fawcett, Timothy	M58	Kingston T.F.C.	9.57m	599
			9.57m 9.25m 9.40m	6.00kg

**Event 9 M60 Shot Put Masters Throws Pentathlon**

Name	Age	Team	Finals	Points
1 Wolters, Jake	M63	Throwers Club	10.30m	643
			9.91m 10.30m FOUL	5.00kg
2 Anderson, Michael	M63	Throwers Club	9.27m	567
			7.75m 8.93m 9.27m	5.00kg

**Event 9 M65 Shot Put Masters Throws Pentathlon**

Name	Age	Team	Finals	Points
1 Murray, Jerry	M66	Throwers Club	10.40m	719
			10.40m 10.03m 10.24m	5.00kg

**Event 9 M70 Shot Put Masters Throws Pentathlon**

Name	Age	Team	Finals	Points
1 Pullen, Brock	M74	Unattached Ontario	9.65m	641
			9.50m 9.37m 9.65m	4.00kg

**2023 Throws Pentathlon Championship - 2023-08-19**  
**& Throwers Meet #3**  
**Toronto Track and Field Centre**  
**Results**

**Event 9 M80 Shot Put Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Brosz, Helmut 8.11m 8.52m 8.07m	M80 Throwers Club	8.52m	596 3.00kg
2 Groulx, Patrick 7.33m 7.38m 6.84m	M81 Throwers Club	7.38m	500 3.00kg

**Event 9 M40 Discus Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Armstrong, Andrew 28.44m 30.51m 29.58m	M40 Thorold Elite	30.51m	486 2.00kg

**Event 9 M55 Discus Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Fawcett, Timothy 29.40m 32.62m 32.02m	M58 Kingston T.F.C.	32.62m	573 1.50kg

**Event 9 M60 Discus Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Wolters, Jake 39.93m 38.53m 37.63m	M63 Throwers Club	39.93m	635 1.00kg
2 Anderson, Michael 21.58m FOUL 23.20m	M63 Throwers Club	23.20m	317 1.00kg

**Event 9 M65 Discus Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Murray, Jerry 31.57m 31.36m 31.93m	M66 Throwers Club	31.93m	540 1.00kg

**Event 9 M70 Discus Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Pullen, Brock FOUL 28.45m 27.98m	M74 Unattached Ontario	28.45m	532 1.00kg

**Event 9 M80 Discus Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Brosz, Helmut 16.56m 18.49m 21.94m	M80 Throwers Club	21.94m	526 1.00kg
2 Groulx, Patrick 11.36m 13.86m 12.93m	M81 Throwers Club	13.86m	290 1.00kg

**2023 Throws Pentathlon Championship - 2023-08-19**  
**& Throwers Meet #3**  
**Toronto Track and Field Centre**  
**Results**

**Event 9 M40 Javelin Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Armstrong, Andrew 42.49m 36.80m 41.69m	M40 Thorold Elite	42.49m	554 800g

**Event 9 M55 Javelin Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Fawcett, Timothy 24.10m 22.91m 22.91m	M58 Kingston T.F.C.	24.10m	332 700g

**Event 9 M60 Javelin Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Anderson, Michael 27.99m 26.22m 26.28m	M63 Throwers Club	27.99m	417 600g
2 Wolters, Jake 12.61m 14.12m 13.01m	M63 Throwers Club	14.12m	152 600g

**Event 9 M65 Javelin Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Murray, Jerry 22.07m 21.89m 19.49m	M66 Throwers Club	22.07m	349 600g

**Event 9 M70 Javelin Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Pullen, Brock 25.27m 27.75m FOUL	M74 Unattached Ontario	27.75m	489 500g

**Event 9 M80 Javelin Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Brosz, Helmut 17.69m 18.89m 18.81m	M80 Throwers Club	18.89m	367 400g
2 Groulx, Patrick 13.05m 9.36m 13.33m	M81 Throwers Club	13.33m	223 400g

**Event 9 M40 Weight Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Armstrong, Andrew 12.64m FOUL FOUL	M40 Thorold Elite	12.64m	648

**2023 Throws Pentathlon Championship - 2023-08-19**  
**& Throwers Meet #3**  
**Toronto Track and Field Centre**  
**Results**

**Event 9 M55 Weight Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Fawcett, Timothy 10.88m FOUL 10.52m	M58 Kingston T.F.C.	10.88m	544

**Event 9 M60 Weight Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Wolters, Jake FOUL 15.45m 14.23m	M63 Throwers Club	15.45m	766
2 Anderson, Michael 9.80m 11.16m 10.59m	M63 Throwers Club	11.16m	521

**Event 9 M65 Weight Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Murray, Jerry 11.68m FOUL FOUL	M66 Throwers Club	11.68m	602

**Event 9 M70 Weight Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Pullen, Brock 9.87m 10.80m 11.12m	M74 Unattached Ontario	11.12m	531

**Event 9 M80 Weight Throw Masters Throws Pentathlon**

Name	Age Team	Finals	Points
1 Brosz, Helmut 9.49m 9.08m 8.50m	M80 Throwers Club	9.49m	452
2 Groulx, Patrick 8.74m 9.18m 8.33m	M81 Throwers Club	9.18m	434

Combined Team Scores - Masters - 2 Events Scored

1) Throwers Club	61	2) Kingston Track & Field Cl	10
2) Thorold Elite Track Club	10	4) London Western T.f.c.	9
5) Unattached Ontario	8		