



THROWERS CLUB AWARDS 2009

CANADIAN RECORDS

Weight Pentathlon

Richard Parkinson M45 3,166 15-Aug-09

CHALLENGE TROPHY

John Kasperski M65 - 16,836pts

LATVIAN CUP

Garry Bachman M85 - 4,313pts

SEASON TOTAL POINTS - WEIGHT PENTATHLON

Gold	John Kasperski	M65	16,836
Silver	David Morris	M71	16,273
Bronze	Bill Pearson	M56/57	15,073

SEASON TOTAL POINTS - TRIATHLON

Gold	Evalds Viskers	M83	7,255
Silver	Jim Flowers	M81	5,753
Bronze	Ina Legzdins	W40	3,557

HIGHEST POINTS IN EACH EVENT

Hammer

Gold	Garry Bachman	M87	969	15-Aug-09
Silver	Jan Graczyk	M56	827	13-Jun-09
Bronze	Rhona Trott	W60	769	5-Jul-09

Shot Put

Gold	Velta Tomsons	W80	1,058	13-Jun-09
Silver	Garry Bachman	M87	930	12-Sep-09
Bronze	Jean Pierre Mayer	M61	909	15-Aug-09

Discus

Gold	Jean Pierre Mayer	M61	907	15-Aug-09
Silver	Evalds Viskers	M83	855	15-Aug-09
Bronze	Garry Bachman	M87	852	12-Sep-09

Javelin

Gold	Barb Dabrowski	W50	793	13-Jun-09
Silver	Richard Parkinson	M45	782	16-May-09
Bronze	Peter St. Pierre	M50	699	15-Aug-09

Weight Throw

Gold	Garry Bachman	M87	1,136	12-Sep-09
Silver	Jan Graczyk	M56	1,012	13-Jun-09
Bronze	Dave Morris	M70	862	5-Jul-09



THROWERS CLUB AWARDS 2009

HIGHEST POINTS - WEIGHT PENTATHLON

Garry Bachman	M87	4,313	15-Aug-09
Dave Morris	M70	3,435	5-Jul-09
John Kasperski	M65	3,429	12-Sep-09
Rhona Trott	W60	3,381	5-Jul-09
Bill Pearson	M57	3,194	5-Jul-09
Richard Parkinson	M45	3,166	15-Aug-09
Ray Bzibziak	M55	3,098	5-Jul-09
Dan Yoisten	M49	2,760	12-Sep-09
Peder Neilsen	M85	2,687	16-May-09
Max Woerle	M79	2,638	15-Aug-09
Barb Dabrowski	W50	2,622	13-Jun-09
Peter St. Pierre	M50	2,582	15-Aug-09
John Olivierre	M45	2,386	15-Aug-09
Rajalingham Kadirgamarajay	M60	1,562	5-Jul-09

HIGHEST POINTS - TRIATHLON

Jean Pierre Mayer	M61	2,420	15-Aug-09
Evalds Viskers	M83	1,905	15-Aug-09
Arvids Zakis	M88	1,539	12-Sep-09
Jim Flowers	M81	1,482	15-Aug-09
Ina Legzdins	W40	1,224	13-Jun-09