



## THROWERS CLUB AWARDS 2019

### CANADIAN RECORDS

#### **Indoor**

##### **Shot Put**

Doreen Garner	W65	10.03	25-Mar-19
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##### **Weight**

Kristen Dajia	W55	12.06	19-Jul-19
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#### **Outdoor**

##### **Shot Put**

Doreen Garner	W65	10.42	7-Jul-19
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##### **Discus**

Jean-Pierre Mayer	M70	42.74	21-Jul-19
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Doreen Garner	W65	27.77	25-May-19
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Kristen Dajia	W55	27.84	5-Jun-19
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##### **Weight**

Kristen Dajia	W55	12.06	19-Jul-19
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Kristen Dajia pending	W55	12.46	17-Aug-19
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#### **Throws Pentathlon**

Kristen Dajia	W55	3,523pts	19-Jul-19
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Kristen Dajia pending	W55	3,557pts	29-Jun-19
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### ONTARIO RECORDS

All of the above are new Ontario Records

#### **Hammer**

Lucille Green	W70	16.96	17-Aug-19
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#### **Shot Put**

Kristen Dajia	W55	9.38	19-Jul-19
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Jean-Pierre Mayer	M70	13.31	
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#### **Javelin**

Brock Pullen	M70	37.55	23-Jun-19
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#### **Weight**

Lucille Green	W70	7.33	29-Jun-19
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Doreen Garner	W65	11.69	20-Jul-19
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Kristen Dajia	W55	12.06	19-Jul-19
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### WORLD MASTERS INDOOR CHAMPIONSHIPS

#### TORUN, POLAND - MEDALISTS

#### **Shot Put**

John Kasperski - SILVER	M70	11.61	
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#### **Discus**

Doreen Garner - SILVER	W65	27.32	
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## THROWERS CLUB AWARDS 2019

### NCCWMA 2019 MEDALISTS

#### **Hammer**

Kristen Dajia - BRONZE	W56	37.69
Leah Easton - BRONZE	W54	24.23

#### **Shot Put**

Doreen Garner - GOLD	W65	10.05
Jean-Pierre Mayer - GOLD	M70	13.31

#### **Discus**

Doreen Garner - GOLD	W65	26.89
Jean-Pierre Mayer - GOLD	M70	42.74
Ray Bzibziak - GOLD	M65	36.60
Leah Easton - BRONZE	W54	22.14

#### **Javelin**

Peter St. Pierre - SILVER	M60	35.03
Brock Pullen - BRONZE	M70	34.53

#### **Weight**

Doreen Garner - GOLD	W65	11.69
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#### **Throws Pentathlon**

Kristen Dajia - BRONZE	W56	3,523pts
Brock Pullen - BRONZE	M70	3,359pts
Peter St. Pierre - BRONZE	M60	2,327pts



## THROWERS CLUB AWARDS 2019

### CHALLENGE TROPHY

Kristen Dajia W56 - 10,598 pts

### LATVIAN CUP

Kristen Dajia W56 - 3,557 pts

### SEASON TOTAL POINTS -THROWS PENTATHLON

Gold	Kristen Dajia	W56	10,598
Silver	Bill Pearson	M67	10,278
Bronze	Leah Easton	W54	6,811

### SEASON TOTAL POINTS - TRIATHLON

Gold	Adriana Rowswell	W78	3,749
Silver	Gary McColeman	M77	2,882
Bronze	Peter Zowkewych	M68	1,649



## THROWERS CLUB AWARDS 2019

### HIGHEST POINTS IN EACH EVENT

<b>Hammer</b>					
Gold	Kristen Dajia	W56	989		29-Jun-19
Silver	Emil Muller	M83	796		19-Jul-19
Bronze	Brock Pullen	M70	627		19-Jul-19
<b>Shot Put</b>					
Gold	Doreen Garner	W65	974		19-Jul-19
Silver	Jean-Pierre Mayer	M71	916		19-Jul-19
Bronze	Adriana Rowswell	W78	815		17-Aug-19
<b>Discus</b>					
Gold	Jean-Pierre Mayer	M71	967		19-Jul-19
Silver	Doreen Garner	W65	815		19-Jul-19
Bronze	Brock Pullen	M70	724		19-Jul-19
<b>Javelin</b>					
Gold	Barb Dabrowski	W62	790		19-Jun-19
Silver	Brock Pullen	M70	708		19-Jul-19
Bronze	Peter St. Pierre	M60	582		19-Jul-19
<b>Weight Throw</b>					
Gold	Kristen Dajia	W56	869		17-Aug-19
Silver	Doreen Garner	W65	832		19-Jul-19
Bronze	Emil Muller	M83	738		19-Jul-19



## THROWERS CLUB AWARDS 2019

### HIGHEST POINTS - THROWS PENTATHLON

Kristen Dajia	W56	3,557	29-Jun-19
Brock Pullen	M70	3,359	19-Jul-19
Bill Pearson	M67	2,614	29-Jun-19
Ellen Jardine	W63	2,565	19-Jul-19
Peter Zowkewych	M68	2,455	17-Aug-19
Peter St. Pierre	M60	2,422	25-May-19
Leah Easton	W54	2,367	17-Aug-19
Bruce Wilson	M70	1,934	19-Jul-19

### HIGHEST POINTS - TRIATHLON

Adriana Rowswell	W78	1,875	17-Aug-19
Peter Zowkewych	M68	1,649	29-Jun-19
Gary McColeman	M77	1,011	29-Jun-19
Tim Delyea	M54	706	25-May-19



## THROWERS CLUB AWARDS 2019

### HIGHEST POINTS - HAMMER

Kristen Dajia	W56	989	29-Jun-19
Emil Muller	M83	796	19-Jul-19
Brock Pullen	M70	627	19-Jul-19
Ellen Jardine	W63	582	19-Jul-19
Lucille Green	W70	547	17-Aug-19
Leah Easton	W54	513	19-Jul-19
Ray Bzibziak	M64	503	25-May-19
Jean-Francois Latour	M55	502	19-Jul-19
Bill Pearson	M67	446	19-Jul-19
Peter St. Pierre	M60	391	25-May-19
Bruce Wilson	M70	369	19-Jul-19
Peter Zowkewych	M68	293	17-Aug-19

### HIGHEST POINTS - SHOT PUT

Doreen Garner	W65	974	19-Jul-19
Jean-Pierre Mayer	M71	916	19-Jul-19
Adriana Rowswell	W78	815	17-Aug-19
Peter Zowkewych	M68	750	19-Jul-19
Kristen Dajia	W56	717	19-Jul-19
Brock Pullen	M70	653	19-Jul-19
Ellen Jardine	W63	628	25-May-19
Francesco Fedeli	M52	626	19-Jul-19
Bill Pearson	M67	621	19-Jul-19
Ellen Jardine	W63	592	19-Jul-19
Peter St. Pierre	M60	570	19-Jul-19
Leah Easton	W54	564	17-Aug-19
Gary McColeman	M77	436	29-Jun-19
Bruce Wilson	M70	435	19-Jul-19
Jean-Emile Paraiso	M46	378	25-May-19
Tim Delyea	M54	366	25-May-19



## THROWERS CLUB AWARDS 2019

### HIGHEST POINTS - DISCUS

Jean-Pierre Mayer	M71	967	19-Jul-19
Doreen Garner	W65	815	19-Jul-19
Brock Pullen	M70	724	19-Jul-19
Moe Jacobs	M75	663	19-Jul-19
Adriana Rowswell	W78	642	17-Aug-19
Raymond Bzibziak	M65	642	19-Jul-19
Kristen Dajia	W56	625	19-Jul-19
Bill Pearson	M67	561	29-Jun-19
Ellen Jardine	W63	513	25-May-19
Leah Easton	W54	485	29-Jun-19
Peter Zowkewych	M68	479	29-Jun-19
Bruce Urch	M63	477	19-Jul-19
Peter St. Pierre	M60	461	25-May-19
Jean-Francois Latour	M55	424	19-Jul-19
Bruce Wilson	M70	377	19-Jul-19
Gary McColeman	M77	334	29-Jun-19
Tim Delyea	M54	212	25-May-19



## THROWERS CLUB AWARDS 2019

### HIGHEST POINTS - JAVELIN

Barb Dabrowski	W62	790	19-Jun-19
Brock Pullen	M70	708	19-Jul-19
Peter St. Pierre	M60	582	19-Jul-19
Peter Zowkewych	M68	537	17-Aug-19
Adriana Rowswell	W78	498	17-Aug-19
Kristen Dajia	W56	490	29-Jun-19
Bruce Urch	M63	428	19-Jul-19
Bill Pearson	M67	369	17-Aug-19
Ellen Jardine	W63	334	19-Jul-19
Leah Easton	W54	324	19-Jul-19
Bruce Wilson	M70	307	19-Jul-19
Gary McColeman	M77	266	25-May-19
Jean-Emile Paraiso	M46	174	25-May-19
Tim Delyea	M54	128	25-May-19

### HIGHEST POINTS - WEIGHT THROW

Kristen Dajia	W56	869	17-Aug-19
Doreen Garner	W65	832	19-Jul-19
Emil Muller	M83	738	19-Jul-19
Brock Pullen	M70	684	19-Jul-19
Raymond Bzibziak	M65	637	19-Jul-19
Leah Easton	W54	617	17-Aug-19
Ellen Jardine	W63	554	25-May-19
Bill Pearson	M66	542	25-May-19
Lucille Green	W70	539	29-Jun-19
Peter St. Pierre	M60	484	25-May-19
Peter Zowkewych	M68	457	17-Aug-19
Bruce Wilson	M70	446	19-Jul-19