

FIORDLAND ATHLETICS CLUB

Throws Pentathlon

Te Anau

18 January 2019

Women's Throws Pentathlon

Name	Age	Hammer	Shot Put	Discus	Javelin	Heavy Weight	Total
J Knowles	MW45	24.90m 529	9.08m 585	22.59m 410	22.55m 441	8.66m 567	2532
M Knowles	G14	21.85m 319	9.32m 485	20.52m 287	13.21m 164	8.76m 417	1672
L Grieve	MW40	21.98m 404	6.70m 363	20.07m 321	13.09m 197	6.76m 372	1657
G Knowles	G10	30.05m 494	6.70m 316	NT 0	8.39m 77	6.40m 276	1163

Men's Throws Pentathlon

Name	Age	Hammer	Shot Put	Discus	Javelin	Heavy Weight	Total
L Laughton	MM65	30.94m 600	8.70m 596	32.07m 610	23.41m 393	11.63m 619	2818
W Green	MM65	17.83m 289	6.80m 441	25.68m 462	29.87m 539	9.31m 473	2204
J Knowles	MM45	21.54m 298	8.38m 490	21.21m 378	18.75m 188	9.09m 487	1841
S Cantwell	MM60	19.48m 278	7.34m 435	22.60m 348	15.41m 185	7.63m 358	1604