

## CMA Throws Pentathlon 2015 Series

Note:  
 There have been changes to the age factors for W75+ Hammer & Weight and M70+ Hammer & Shot Put effective December 2014.  
 For both genders it means that fewer points are scored for a given distance.  
 All results in this document have been calculated using the latest age factors.

### 1 November 2015

W45	Hammer	Shot	Discus	Javelin	Weight	Total
Sybil Heke	20.10	6.70	20.02	16.24	8.12	
	398	399	353	294	524	<b>1968</b>
	398	797	1150	1444	1968	

W65	Hammer	Shot	Discus	Javelin	Weight	Total
Bev Church	24.45	6.40	17.44	13.03	7.84	
	747	570	486	357	517	<b>2677</b>
	747	1317	1803	2160	2677	

W70	Hammer	Shot	Discus	Javelin	Weight	Total
Justine Whitaker	20.01	6.22	16.28	11.7	7.54	
	674	631	528	374	557	<b>2764</b>
	674	1305	1833	2207	2764	

M65	Hammer	Shot	Discus	Javelin	Weight	Total
Glen Church	19.26	6.45	16.11	16.2	7.53	
	322	412	249	234	362	<b>1579</b>
	322	734	983	1217	1579	

M75	Hammer	Shot	Discus	Javelin	Weight	Total
Alan Hunter	16.7	5.47	16.44	10.7	7.98	
	311	346	339	165	441	<b>1602</b>
	311	657	996	1161	1602	

### 6 September 2015

W45	Hammer	Shot	Discus	Javelin	Weight	Total
Sybil Heke	15.77	6.35	17.72	12.02	7.95	
	281	372	302	196	510	<b>1661</b>
	281	653	955	1151	1661	

W65	Hammer	Shot	Discus	Javelin	Weight	Total
Bev Church	25.06	6.45	17.39	13.35	7.74	
	770	575	485	368	509	<b>2707</b>
	770	1345	1830	2198	2707	

W65	Hammer	Shot	Discus	Javelin	Weight	Total
Alison Wright	16.01	4.76	13.83	11.86	7.68	
	434	393	365	318	504	<b>2014</b>
	434	827	1192	1510	2014	

W70	Hammer	Shot	Discus	Javelin	Weight	Total
Justine Whitaker	19.53	5.86	16.17	12.1	8.62	
	654	587	523	390	655	<b>2809</b>
	654	1241	1764	2154	2809	

M65	Hammer	Shot	Discus	Javelin	Weight	Total
Rick Davison	36.61	9.19	35.18	27.82	13.12	
	737	637	683	492	714	<b>3263</b>
	737	1374	2057	2549	3263	

**30 August 2015**

<b>W65</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Alison Wright	15.80	4.88	11.69	13.58	6.97	
	427	406	295	376	447	<b>1951</b>
	427	833	1128	1504	1951	

<b>W70</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Justine Whitaker	20.17	6.41	16.73	11.29	8.15	
	681	654	545	358	612	<b>2850</b>
	681	1335	1880	2238	2850	

<b>W75</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Barbara Bird	15.46	5.41	13.60	10.95	5.24	
	477	524	449	381	330	<b>2161</b>
	477	1001	1450	1831	2161	

<b>W80</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Iris Bishop	12.48	4.55	8.98	7.83	4.69	
	428	492	326	312	326	<b>1884</b>
	428	920	1246	1558	1884	

**2 August 2015**

<b>W45</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Sybil Heke	15.79	6.33	16.59	13.35	8.22	
	281	370	278	227	532	<b>1688</b>
	281	651	929	1156	1688	

<b>W70</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Justine Whitaker	19.20	5.99	16.26	12.18	8.31	
	640	602	527	393	626	<b>2788</b>
	640	1242	1769	2162	2788	

<b>W75</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Barbara Bird	14.79	5.89	11.88	11.46	5.34	
	449	581	380	403	339	<b>2152</b>
	449	1030	1410	1813	2152	

Gwyn Heseltine	17.49	5.08	8.72	7.70	6.66	
	560	484	256	244	450	<b>1994</b>
	560	1044	1300	1544	1994	

<b>W80</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Iris Bishop	12.55	4.43	8.98	7.34	5.08	
	432	476	326	287	361	<b>1882</b>
	432	908	1234	1521	1882	

27 July 2015

<b>W45</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Sybil Heke	18.69	6.52	15.53	14.07	7.75	
	359	385	255	244	495	<b>1738</b>
	359	744	999	1243	1738	

<b>W70</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Justine Whitaker	17.85	5.97	15.90	11.91	7.46	
	584	600	513	382	550	<b>2629</b>
	584	1184	1697	2079	2629	

<b>W75</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Barbara Bird	13.85	5.83	12.70	11.84	5.06	
	411	574	413	420	315	<b>2133</b>
	411	985	1398	1818	2133	
Gwyn Heseltine	17.97	5.08	8.98	7.66	6.45	
	580	484	266	242	432	<b>2004</b>
	580	1064	1330	1572	2004	

<b>W80</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Iris Bishop	13.21	4.28	8.52	7.52	5.59	
	462	456	305	296	409	<b>1928</b>
	462	918	1223	1519	1928	

7 July 2015

<b>W65</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Bev Church	24.95	6.82	18.31	13.29	7.48	
	766	616	516	366	487	<b>2751</b>
	766	1382	1898	2264	2751	

<b>W70</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Justine Whitaker	17.41	6.07	14.13	12.37	8.65	
	566	612	444	400	657	<b>2679</b>
	566	1178	1622	2022	2679	

<b>W75</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Barbara Bird	14.9	5.73	12.81	11.72	5.05	
	454	562	417	414	314	<b>2161</b>
	454	1016	1433	1847	2161	
Gwyn Heseltine	16.94	4.79	9.40	7.53	6.23	
	537	449	282	236	413	<b>1917</b>
	537	986	1268	1504	1917	

<b>W80</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Iris Bishop	12.85	4.72	8.74	7.13	4.97	
	446	516	315	277	351	<b>1905</b>
	446	962	1277	1554	1905	

<b>M65</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Glen Church	16.18	6.08	18.16	0	7.69	
	250	382	293	0	372	<b>1297</b>
	250	632	925	925	1297	

28 June 2015

<b>W70</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Justine Whitaker	18.04	5.85	14.8	12.07	8	
Age Factors	1.9160	1.8559	2.0542	2.0992	1.4667	
	34.56	10.85	30.40	25.33	11.73	
	592	585	470	389	599	<b>2635</b>
	592	1177	1647	2036	2635	
<b>W75</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Barbara Bird	14.6	5.39	12.91	11.15	4.95	
Age Factors	1.8918	1.8324	2.1546	2.2794	1.3955	
	27.62	9.87	27.81	25.41	6.90	
	442	521	421	390	306	<b>2080</b>
	442	963	1384	1774	2080	
Gwyn Heseltine	16.42	5.05	8.98	7.12	5.93	
Age Factors	1.8918	1.8324	2.1546	2.2794	1.3955	
	31.06	9.25	19.34	16.22	8.27	
	516	480	266	219	388	<b>1869</b>
	516	996	1262	1481	1869	
<b>W80</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Iris Bishop	13.89	4.41	9.52	7.53	5.32	
Age Factors	2.1630	2.0742	2.5220	2.7129	1.5424	
	30.04	9.14	24.00	20.42	8.20	
	494	473	351	297	384	<b>1999</b>
	494	967	1318	1615	1999	

7 June 2015

<b>W65</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Bev Church	25.28	6.34	17.47	13.75	8.15	
	779	564	487	382	542	<b>2754</b>
	779	1343	1830	2212	2754	
<b>W70</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Justine Whitaker	18.52	6.32	15.84	12.48	8.4	
	612	643	510	405	635	<b>2805</b>
	612	1255	1765	2170	2805	
<b>W75</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Barbara Bird	14.74	5.85	12.20	12.04	5.29	
	447	576	393	428	334	<b>2178</b>
	447	1023	1416	1844	2178	
Gwyn Heseltine	18.44	5.08	9.73	6.37	6.63	
	599	484	295	188	447	<b>2013</b>
	599	1083	1378	1566	2013	
<b>M65</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Glen Church	17.00	6.35	16.19	14.37	7.93	
	269	404	250	194	387	<b>1504</b>
	269	673	923	1117	1504	
<b>M75</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Alan Hunter	15.32	4.68	15.56	11.55	7.20	
	275	280	315	186	387	<b>1443</b>
	275	555	870	1056	1443	

31 May 2015

<b>W65</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Bev Church	25.70	6.30	17.79	13.35	8.14	
	794	559	498	368	541	<b>2760</b>
	794	1353	1851	2219	2760	
Alison Wright	16.65	4.88	13.77	12.93	8.54	
	458	406	363	354	573	<b>2154</b>
	458	864	1227	1581	2154	

<b>W70</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Justine Whitaker	19.6	6.35	15.36	12.62	8.27	
	657	647	492	410	623	<b>2829</b>
	657	1304	1796	2206	2829	

<b>W75</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Barbara Bird	14.9	5.89	12.20	11.64	4.42	
	454	581	393	411	262	<b>2101</b>
	454	1035	1428	1839	2101	
Gwyn Heseltine	18.01	5.04	9.56	6.50	6.37	
	581	479	288	193	425	<b>1966</b>
	581	1060	1348	1541	1966	

<b>W80</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Iris Bishop	11.63	4.42	8.95	7.47	4.26	
	389	475	324	294	286	<b>1768</b>
	389	864	1188	1482	1768	

<b>M65</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Glen Church	17.66	6.55	17.66	14.46	7.70	
	285	420	282	196	373	<b>1556</b>
	285	705	987	1183	1556	

3 May

2015

<b>W70</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Justine Whitaker	19.24	6.36	15.41	12.05	7.94	
	642	648	494	388	593	<b>2765</b>
	642	1290	1784	2172	2765	

<b>W75</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Barbara Bird	14.81	5.69	13.37	11.9	4.82	
	450	557	440	422	295	<b>2164</b>
	450	1007	1447	1869	2164	
Gwyn Heseltine	17.21	5.44	9.98	7.53	5.86	
	548	527	305	236	382	<b>1998</b>
	548	1075	1380	1616	1998	

<b>W80</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Iris Bishop	13.22	4.69	9.28	7.70	5.01	
	463	511	340	305	355	<b>1974</b>
	463	974	1314	1619	1974	

26 April 2015

<b>W65</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Bev Church	24.91	6.59	17.13	13.54	7.45	
	765	591	476	375	485	<b>2692</b>
	765	1356	1832	2207	2692	

<b>W70</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Justine Whitaker	18.41	6.50	15.88	11.77	8.41	
	608	665	512	377	636	<b>2798</b>
	608	1273	1785	2162	2798	

<b>W75</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Barbara Bird	15.08	5.64	13.60	10.88	5.63	
	461	551	449	378	363	<b>2202</b>
	461	1012	1461	1839	2202	
Gwyn Heseltine	18.33	4.96	9.22	6.53	6.36	
	548	527	305	236	382	<b>1998</b>
	548	1075	1380	1616	1998	

<b>W80</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Iris Bishop	13.80	4.49	7.98	8.17	5.45	
	490	484	280	329	396	<b>1979</b>
	490	974	1254	1583	1979	

<b>M65</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>	<b>Total</b>
Glen Church	16.85	6.61	18.32	13.87	8.29	
	266	425	297	184	410	<b>1582</b>
	266	691	988	1172	1582	