

Southwest Throws Series #2
Wednesday, June 16th, 2010
Banting Secondary School, London, ON

Men's Shot Put

Youth (5k)

1	Kevin Bowman	SAUG	93			
	F	F	F	13.56	13.72	F
2	Ezra Shanto	YUTC	94			
	12.49	13.15	13.31	13.22	13.16	12.55

Junior (6k)

1	Drew Welch	LW	91			
	15.09	15.94	16.70	F	F	F
2	Nathan Stern	FA	91			
	F	14.18	14.71	F	F	F
3	Alex Welch	SAUG	93			
	14.37	13.89	FA	14.27	F	F
4	Adam Kovacs	SSD	92			
	13.07	13.05	FA	F	F	F
5	Chris Preece	YUTC	92			
	11.72	F	FA	F	11.97	12.44
6	Justin Massar	SSD	91			
	F	11.99	FA	F	11.64	12.13

F46 (6k)

1	Ken Trudgeon	LW	88			
	F	12.07	12.15	F	11.62	F

Senior (16lb)

1	Tim Hendry	SR	90			
	15.55	F	F	16.16	16.27	F
2	Andy Ysebaert	ASW	86			
	F	14.97	15.62	15.17	16.01	F
3	Owen Willems	SR	84			
	14.38	F	15.24	15.48	15.52	F
4	Daniel Novia	YUTC	89			
	F	14.80	F	15.09	F	F
5	Shakir Simmons	PA	90			
	14.98	F	F	F	F	F
6	Umar Khan	YUTC	89			
	14.66	F	F	F	F	14.77

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Women's Shot Put

Bantam (3k)

1 Harlee Jantzi		LW		97		
	8.17	8.39	7.69	7.90 F		7.90

Midget (3k)

1 Alex Coyle		ASW		95		
	8.48	9.13	9.66	8.40	8.47	8.70

Yth (4k)

1 Brindley Jantzi		LW		94		
	10.15	9.31	10.03	9.77	9.62	10.10

Junior (4k)

1 Sarah Vandenyden		LW		92		
	11.22	11.43	11.55 F	F		11.21
2 Ciji Service		ASW		92		
	9.75	10.69	10.04	10.28	10.56	10.37

Senior (4k)

1 Elizabeth Petrov		YUTC		89		
	13.52	13.93 F		13.50	13.90 F	
2 Stephanie Jackson		LW		85		
	13.11	13.56	13.67	12.89	13.89	13.54
3 Alanna Kovacs		SSD		90		
	13.72 F	F	F		12.99 F	
4 Cynthia Appiah		YUTC		90		
	13.12	12.51	13.42	13.42 F	F	
5 Maggie Mullen		ASW		89		
	F	F	12.09 F	F	F	
6 Jillian Drouin		ASW		86		
	11.72	11.24	10.95	11.07	11.22 F	

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Men's Hammer

Youth (5k)

1	Kevin Bowman	SAUG		93		
	F	56.10	F	F	59.05	59.89
2	Ezra Shanto	YUTC		94		
	F	37.52	F	F	F	37.87

Junior (6k)

1	Alex Pilar	SAUG		91		
	F	54.29	F	F	F	F
2	Jackson Gray	ASW		91		
	49.83	52.75	53.35	51.63	49.81	F
3	Chris Preece	YUTC		92		
	F	52.39	52.28	52.47	51.30	F
4	Seb Pilon	SAUG		91		
	48.83	49.63	F	F	47.37	F
5	Adam Kovacs	SSD		92		
	F	42.36	43.48	F	F	43.37

Senior (16lb)

1	Nathan Lennie	UW		79		
	55.93	57.92	57.87	60.33	F	F
2	Daniel Novia	YUTC		89		
	52.97	56.74	54.93	56.38	57.90	56.89
3	Damian Anisko	YUTC		83		
	52.59	54.42	52.89	53.67	54.20	53.94

Women's Hammer

Youth (4k)

1	Brindley Jantzi	LW		94		
	34.88	31.81	34.43	30.26	F	33.93
2	Alexis Bedard	LW		93		
	F	31.42	F	30.85	32.67	F

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Junior (4k)

1	Katie Klodnicki	YUTC	92		
	37.98	40.94	41.45	39.27 F	40.59
2	Alex Mara	LW	91		
	32.06 F		30.15 F		28.96 F
3	Sarah Vandenyden	LW	92		
	30.69	31.86	30.78	31.74 F	30.75

Senior (4k)

1	Kristin Obrochta				
	56.03	54.90 F	F	57.79	56.56
2	Maggie Mullen	ASW	89		
	F	F	48.71	48.02	52.93
3	Cynthia Appiah	YUTC	90		
	F	F	47.51 F		50.01
4	Brittany Herd	SR	88		
	F	46.94	47.57	47.92	47.22
5	Elizabeth Petrov	YUTC	89		
	46.74 F		47.85	45.97	47.66 F
6	Ami Schimanski	LW	90		
	44.41	46.21	44.87	43.95	45.12 F
7	Jenine McCutcheon	UNA	89		
	42.95 F	F	F		41.72 F

Men's Discus*

Youth (1.5k)

1	Kevin Bowman	SAUG	93		
	40.42	43.81 F	P	P	
2	Alex Welch	SAUG	93		
	F	34.43 F	P	P	
3	Ezra Shanto	YUTC	94		
	F	32.85 F		33.55 F	

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F46 (1.5k)

1 Ken Trudgeon	LW		88	
31.83 F		33.50	35.12	32.04

Junior (1.75k)

1 Blake Thompson	SSD		94	
41.00	40.39	41.70	42.06 F	
2 Seb Pilon	SAUG		91	
F	38.57	38.96 P		P
3 Justin Massar	SSD		91	
F	37.37	38.78 F		F
4 Chris Preece	YUTC		92	
F	36.92	35.01 F		37.71
5 Pat Thompson	SSD		92	
F	F	37.42 F		F
Alex Pilar	SAUG		91	
F	F	F	F	F
Jackson Gray	ASW		91	
F	F	F	F	F

Senior (2k)

1 Mike Ransky	OM		70	
49.64 F		48.16 F		F
2 Owen Willems	SR		84	
47.45	47.42 F	F		F
3 Mark Young	NRA		86	
44.61	46.74	45.21 F		46.26
4 Damian Anisko	YUTC		83	
F	44.58	44.87 P		P
5 Umar Khan	YUTC		89	
38.36 F		35.88	39.53	40.95
Andy Ysebaert	ASW		86	
F	F	F	F	F
Tim Hendry	SR		90	
F	F	F	F	F

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Women's Discus*

Midget (1k)

1 Alex Coyle		ASW		95	
	23.80	26.88	26.21	22.60	27.13

Junior (1k)

1 Katie Klodnicki		YUTC		92	
	36.69	36.72	36.74 F		39.71
2 Ciji Service		ASW		92	
F	F	F		28.52	29.24

Senior (1k)

1 Alanna Kovacs		SSD		90	
F	41.92	44.54	41.59		45.25
2 Maggie Mullen		ASW		89	
F	44.77	F	40.44 P		
3 Cynthia Appiah		YUTC		90	
F	36.85	F	35.58	34.83	

could not complete 6th round due to loss of daylight