

**Southwest Throws Series #3**  
**Wednesday, June 30th, 2010**  
**Banting SS, London, ON**

**Senior Men's Shot Put (7.26K)**

1	Tim Hendry	SR		90		
	17.07	17.22	17.22 F		17.85	<b>17.85</b>
2	Andy Ysebaert	ASW		86		
	F	F	<b>16.36</b> F	F		15.9
3	Owen Willems	SR		84		
	15.61	15.62	<b>15.93</b> F		15.81	15.7

**Youth Men's Shot Put (5k)**

1	Andrew Cullen	LW		93		
	11.14	10.32	10.8	10.81	<b>11.21</b>	9.8

**Bantam Boy's Shot Put (3k)**

1	George Vitsentzatos	LW		98		
	F	7.81	7.79	7.43	<b>8.33</b>	7.93

**Men's F46 Shot Put (6k)**

1	Ken Trudgeon	LW		88		
	11.39	11.19 F		11.24	<b>11.98</b>	11.66

**Men's F37 Shot Put (5k)**

1	Kevin Strybosch	OCPSA		92		
	9.44	<b>9.68</b>	9.41	9.23	9.32	9.51

**Senior Women's Shot Put**

1	Maggie Mullen	ASW		89		
	12.50	12.33	<b>13.73</b>	12.18	12.54 F	
2	Alanna Kovacs	SSD		90		
	13.27	<b>13.37</b> F		13.12	13.20	12.91
3	Stephanie Jackson	LW		85		
	12.19	<b>13.20</b> F		12.39 F		F

**Junior Women's Shot Put**

1	Ciji Service	ASW		92		
	10.27 F		<b>10.58</b> F	F		F

**Youth Women's Shot Put**

1	Jill Van Damme	WAC		93		
	10.71	10.79	10.63	10.6 F		<b>11.16</b>
2	Patti Blake	WAC		94		
	8.07	8.50	8.48	<b>8.60</b>	8.14	7.50

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**Senior Men's Hammer (7.26k)**

1	Brad Millar	SAUG	87			
	56.21	<b>62.23</b>	61.13 F		61.78 F	
2	Nathan Lennie	UW	19			
	F	55.30	<b>58.01</b> F		58.00 F	

**Junior Men's Hammer (6k)**

1	Jackson Gray	ASW	91			
	47.08	<b>50.72</b> F	F	F	F	
2	Peter Vink	UNA	91			
	F	27.76	<b>33.49</b> F		29.11	32.72

**Senior Women's Hammer**

1	Maggie Mullen	ASW	89			
	F	F	<b>50.66</b> F		50.54 F	
2	Brit Herd	SR	88			
	49.92	<b>50.35</b>	49.27	48.06 F		F
3	Alanna Kovacs	SSD	90			
	47.24	46.41	<b>47.31</b>	46.39	47.11	44.37
4	Ami Schimanski	LW	90			
	<b>47.11</b> F	F	F	F		46.72

**Youth Women's Hammer**

1	Jill Van Damme	WAC	93			
	38.82	<b>42.37</b>	39.1	36.96	37.62	32.49
2	Alexis Bedard	LW	93			
	F	<b>30.76</b> F		30.61 F		29.01
3	Patti Blake	WAC	94			
	18.65	20.55 F	F	F		<b>20.83</b>