

VMA30+ Throws Pentathlon - 24/03/2025**Duncan McKinnon Reserve****Results****Event 7 Women Outdoor Pentathlon 45-49 yrs**

Name	Age	Team	Finals	Points
1 Gleeson, Kim	45	Ballarat	2404	10
2 Adams, Kate	45	Throwers [v]	1731	8
3 Liyanage, Jayani	44	Casey Cardinia [v]	1176	6

Event 11 Women Outdoor Pentathlon 55-59 yrs

Name	Age	Team	Finals	Points
1 Thomas, Donno	56	Ballarat	1250	10
2 Albiston, Simone	59	Collingwood	1100	8
3 Voogd, Debbie	58	Throwers [v]	1054	6

Event 20 Men Outdoor Pentathlon 75-79 yrs

Name	Age	Team	Finals	Points
1 Jenkins, Bob	79	Shepparton	886	10

Event 100 Outdoor Pentathlon: #1 Women Hammer Throw 55-59 yrs

Name	Age	Team	Finals	Points
Flight 1				
1 Voogd, Debbie	58	Throwers [v]	20.47m	236
2 Thomas, Donno	56	Ballarat	20.46m	236
3 Albiston, Simone	59	Collingwood	20.27m	233

Event 101 Outdoor Pentathlon: #1 Women Hammer Throw 60-64 yrs

Name	Age	Team	Finals	Points
1 Jarvis, Heather	58	Throwers [v]	16.87m	178
2 Bedyne, Erika	62	Eastern Masters [v]	11.61m	96

Event 102 Outdoor Pentathlon: #1 Women Hammer Throw 65-69 yrs

Name	Age	Team	Finals	Points
1 Bridle, Christine	66	Waverley	24.14m	295
2 Messerle, Narelle	66	Throwers [v]	23.14m	279
3 Wright, Jay	65	East Burwood	21.37m	250

Event 102A Outdoor Pentathlon: #1 Women Hammer Throw 75-79 yrs

Name	Age	Team	Finals	Points
1 Learmont, Beverley	76	Doncaster [v]	18.26m	200

Event 103 Outdoor Pentathlon: #1 Women Hammer Throw 80-84 yrs

Name	Age	Team	Finals	Points
2 Dundas, Rhondda	80	Throwers [v]	14.95m	148

VMA30+ Throws Pentathlon - 24/03/2025**Duncan McKinnon Reserve****Results****Event 104 Outdoor Pentathlon: #2 Women Shot Put 55-59 yrs**

Name	Age	Team	Finals	Points
1 Thomas, Donno	56	Ballarat	6.56m	307
2 Albiston, Simone	59	Collingwood	6.33m	292
3 Voogd, Debbie	58	Throwers [v]	5.68m	251

Event 105 Outdoor Pentathlon: #2 Women Shot Put 60-64 yrs

Name	Age	Team	Finals	Points
1 Jarvis, Heather	58	Throwers [v]	7.66m	377
2 Bedy, Erika	62	Eastern Masters [v]	6.23m	286

Event 106 Outdoor Pentathlon: #2 Women Shot Put 65-69 yrs

Name	Age	Team	Finals	Points
1 Messerle, Narelle	66	Throwers [v]	8.12m	407
2 Bridle, Christine	66	Waverley	6.56m	307
3 Wright, Jay	65	East Burwood	6.55m	306

Event 106A Outdoor Pentathlon: #2 Women Shot Put 75-79 yrs

Name	Age	Team	Finals	Points
1 Learmont, Beverley	76	Doncaster [v]	5.80m	259

Event 107 Outdoor Pentathlon: #2 Women Shot Put 80-84 yrs

Name	Age	Team	Finals	Points
1 Dundas, Rhondda	80	Throwers [v]	6.17m	282

Event 108 Outdoor Pentathlon: #3 Women Discus Throw 55-59 yrs

Name	Age	Team	Finals	Points
1 Thomas, Donno	56	Ballarat	19.81m	274
2 Albiston, Simone	59	Collingwood	14.86m	187
3 Voogd, Debbie	58	Throwers [v]	12.77m	151

Event 109 Outdoor Pentathlon: #3 Women Discus Throw 60-64 yrs

Name	Age	Team	Finals	Points
1 Jarvis, Heather	58	Throwers [v]	20.15m	280
2 Bedy, Erika	62	Eastern Masters [v]	16.75m	220

Event 110 Outdoor Pentathlon: #3 Women Discus Throw 65-69 yrs

Name	Age	Team	Finals	Points
1 Messerle, Narelle	66	Throwers [v]	20.30m	283
2 Wright, Jay	65	East Burwood	16.57m	217
3 Bridle, Christine	66	Waverley	16.17m	210

VMA30+ Throws Pentathlon - 24/03/2025**Duncan McKinnon Reserve****Results****Event 110A Outdoor Pentathlon: #3 Women Discus Throw 75-79 yrs**

Name	Age	Team	Finals	Points
1 Learmont, Beverley	76	Doncaster [v]	14.48m	180

Event 111 Outdoor Pentathlon: #3 Women Discus Throw 80-84 yrs

Name	Age	Team	Finals	Points
1 Dundas, Rhondda	80	Throwers [v]	11.21m	124

Event 112 Outdoor Pentathlon: #4 Women Javelin Throw 55-59 yrs

Name	Age	Team	Finals	Points
1 Voogd, Debbie	58	Throwers [v]	11.20m	128
2 Albiston, Simone	59	Collingwood	10.45m	114
3 Thomas, Donno	56	Ballarat	10.35m	112

Event 113 Outdoor Pentathlon: #4 Women Javelin Throw 60-64 yrs

Name	Age	Team	Finals	Points
1 Bdyn, Erika	62	Eastern Masters [v]	14.73m	192
2 Jarvis, Heather	58	Throwers [v]	12.85m	157

Event 114 Outdoor Pentathlon: #4 Women Javelin Throw 65-69 yrs

Name	Age	Team	Finals	Points
1 Bridle, Christine	66	Waverley	16.70m	228
2 Messerle, Narelle	66	Throwers [v]	15.15m	199
4 Wright, Jay	65	East Burwood	9.92m	105

Event 114A Outdoor Pentathlon: #4 Women Javelin Throw 75-79 yrs

Name	Age	Team	Finals	Points
1 Learmont, Beverley	76	Doncaster [v]	13.24m	165

Event 115 Outdoor Pentathlon: #4 Women Javelin Throw 80-84 yrs

Name	Age	Team	Finals	Points
1 Dundas, Rhondda	80	Throwers [v]	8.66m	82

Event 116 Outdoor Pentathlon: #5 Women Weight Throw 55-59 yrs

Name	Age	Team	Finals	Points
1 Thomas, Donno	56	Ballarat	8.10m	321
2 Voogd, Debbie	58	Throwers [v]	7.46m	288
3 Albiston, Simone	59	Collingwood	7.18m	274

Event 117 Outdoor Pentathlon: #5 Women Weight Throw 60-64 yrs

Name	Age	Team	Finals	Points
1 Jarvis, Heather	58	Throwers [v]	7.62m	296
2 Bdyn, Erika	62	Eastern Masters [v]	5.71m	200

VMA30+ Throws Pentathlon - 24/03/2025**Duncan McKinnon Reserve****Results****Event 118 Outdoor Pentathlon: #5 Women Weight Throw 65-69 yrs**

Name	Age Team	Finals	Points
1 Bridle, Christine	66 Waverley	10.23m	430
2 Messerle, Narelle	66 Throwers [v]	9.25m	379
3 Wright, Jay	65 East Burwood	9.13m	373

Event 118A Outdoor Pentathlon: #5 Women Weight Throw 75-79 yrs

Name	Age Team	Finals	Points
1 Learmont, Beverley	76 Doncaster [v]	3.21m	77

Event 119 Outdoor Pentathlon: #5 Women Weight Throw 80-84 yrs

Name	Age Team	Finals	Points
2 Dundas, Rhondda	80 Throwers [v]	6.56m	242

Event 121 Outdoor Pentathlon: #1 Men Hammer Throw 70-74 yrs

Name	Age Team	Finals	Points
1 Babijczuk, Bohdan	72 Dandenong Sp	29.07m	361
2 Wood, Bruce	69 Diamond Valley	25.03m	296
3 Ranasinghe, Wadduwage	70 Throwers [v]	23.52m	272

Event 122 Outdoor Pentathlon: #1 Men Hammer Throw 75-79 yrs

Name	Age Team	Finals	Points
1 Jenkins, Bob	79 Shepparton	16.52m	162

Event 123 Outdoor Pentathlon: #1 Men Hammer Throw 80-84 yrs

Name	Age Team	Finals	Points
1 Rose, Graeme	81 Throwers [v]	34.20m	444
2 Tonelli, Didimo	81 Throwers [v]	25.61m	305

Event 124 Outdoor Pentathlon: #1 Men Hammer Throw 85-89 yrs

Name	Age Team	Finals	Points
1 Christodoulou, George	85 Throwers [v]	19.10m	202

Event 125 Outdoor Pentathlon: #1 Men Hammer Throw 90-94yrs

Name	Age Team	Finals	Points
1 Greaves, Brian	89 Collingwood	18.92m	200

Event 126 Outdoor Pentathlon: #2 Men Shot Put 70-74 yrs

Name	Age Team	Finals	Points
1 Wood, Bruce	69 Diamond Valley	10.84m	536
2 Babijczuk, Bohdan	72 Dandenong Sp	9.46m	453
3 Ranasinghe, Wadduwage	70 Throwers [v]	9.08m	431

VMA30+ Throws Pentathlon - 24/03/2025**Duncan McKinnon Reserve****Results****Event 127 Outdoor Pentathlon: #2 Men Shot Put 75-79 yrs**

Name	Age	Team	Finals	Points
1 Jenkins, Bob	79	Shepparton	4.55m	165

Event 128 Outdoor Pentathlon: #2 Men Shot Put 80-84 yrs

Name	Age	Team	Finals	Points
1 Rose, Graeme	81	Throwers [v]	10.48m	515
2 Tonelli, Didimo	81	Throwers [v]	8.56m	400

Event 129 Outdoor Pentathlon: #2 Men Shot Put 85-89 yrs

Name	Age	Team	Finals	Points
1 Christodoulou, George	85	Throwers [v]	5.75m	234

Event 130 Outdoor Pentathlon: #2 Men Shot Put 90-94yrs

Name	Age	Team	Finals	Points
1 Greaves, Brian	89	Collingwood	6.51m	279

Event 131 Outdoor Pentathlon: #3 Men Discus Throw 70-74 yrs

Name	Age	Team	Finals	Points
1 Babijczuk, Bohdan	72	Dandenong Sp	32.53m	514
2 Wood, Bruce	69	Diamond Valley	30.29m	470
3 Ranasinghe, Wadduwage	70	Throwers [v]	24.83m	364

Event 132 Outdoor Pentathlon: #3 Men Discus Throw 75-79 yrs

Name	Age	Team	Finals	Points
1 Jenkins, Bob	79	Shepparton	17.42m	224

Event 133 Outdoor Pentathlon: #3 Men Discus Throw 80-84 yrs

Name	Age	Team	Finals	Points
1 Rose, Graeme	81	Throwers [v]	25.64m	379
2 Tonelli, Didimo	81	Throwers [v]	19.28m	259

Event 134 Outdoor Pentathlon: #3 Men Discus Throw 85-89 yrs

Name	Age	Team	Finals	Points
1 Christodoulou, George	85	Throwers [v]	14.35m	168

Event 135 Outdoor Pentathlon: #3 Men Discus Throw 90-94yrs

Name	Age	Team	Finals	Points
1 Greaves, Brian	89	Collingwood	15.64m	192

VMA30+ Throws Pentathlon - 24/03/2025**Duncan McKinnon Reserve****Results****Event 136 Outdoor Pentathlon: #4 Men Javelin Throw 70-74 yrs**

Name	Age	Team	Finals	Points
1 Babijczuk, Bohdan	72	Dandenong Sp	24.66m	225
2 Wood, Bruce	69	Diamond Valley	22.80m	199
3 Ranasinghe, Wadduwage	70	Throwers [v]	20.00m	161

Event 137 Outdoor Pentathlon: #4 Men Javelin Throw 75-79 yrs

Name	Age	Team	Finals	Points
1 Jenkins, Bob	79	Shepparton	11.18m	47

Event 138 Outdoor Pentathlon: #4 Men Javelin Throw 80-84 yrs

Name	Age	Team	Finals	Points
1 Tonelli, Didimo	81	Throwers [v]	26.00m	243
2 Rose, Graeme	81	Throwers [v]	24.75m	226

Event 139 Outdoor Pentathlon: #4 Men Javelin Throw 85-89 yrs

Name	Age	Team	Finals	Points
1 Christodoulou, George	85	Throwers [v]	10.51m	39

Event 140 Outdoor Pentathlon: #4 Men Javelin Throw 90-94yrs

Name	Age	Team	Finals	Points
1 Greaves, Brian	89	Collingwood	11.63m	53

Event 141 Outdoor Pentathlon: #5 Men Weight Throw 70-74 yrs

Name	Age	Team	Finals	Points
1 Babijczuk, Bohdan	72	Dandenong Sp	10.84m	499
2 Ranasinghe, Wadduwage	70	Throwers [v]	9.63m	431
3 Wood, Bruce	69	Diamond Valley	8.67m	378

Event 142 Outdoor Pentathlon: #5 Men Weight Throw 75-79 yrs

Name	Age	Team	Finals	Points
1 Jenkins, Bob	79	Shepparton	7.04m	288

Event 143 Outdoor Pentathlon: #5 Men Weight Throw 80-84 yrs

Name	Age	Team	Finals	Points
1 Rose, Graeme	81	Throwers [v]	14.41m	701
2 Tonelli, Didimo	81	Throwers [v]	10.09m	457

Event 144 Outdoor Pentathlon: #5 Men Weight Throw 85-89 yrs

Name	Age	Team	Finals	Points
1 Christodoulou, George	85	Throwers [v]	7.28m	301

VMA30+ Throws Pentathlon - 24/03/2025**Duncan McKinnon Reserve****Results****Event 145 Outdoor Pentathlon: #5 Men Weight Throw 90-94yrs**

Name	Age	Team	Finals	Points
1 Greaves, Brian	89	Collingwood	7.46m	311

Event 146 Outdoor Pentathlon: #1 Women Hammer Throw 35-39 yrs

Name	Age	Team	Finals	Points
1 Debeljuh, Natalie	36	Geelong [v]	44.85m	638
2 Forget, Brandy	39	Gippsland	23.63m	287

Event 147 Outdoor Pentathlon: #1 Women Hammer Throw 40-44 yrs

Name	Age	Team	Finals	Points
1 Dux, Jess	40	Croydon [v]	24.14m	295

Event 148 Outdoor Pentathlon: #1 Women Hammer Throw 45-49 yrs

Name	Age	Team	Finals	Points
1 Gleeson, Kim	45	Ballarat	37.64m	517
2 Adams, Kate	45	Throwers [v]	21.71m	256
-- Liyanage, Jayani	44	Casey Cardinia [v]	ND	

Event 149 Outdoor Pentathlon: #1 Women Hammer Throw 50-54 yrs

Name	Age	Team	Finals	Points
1 Johansen, Nicole	49	Throwers [v]	38.46m	531
2 Hewitt, Sarah	48	Box Hill	31.60m	417
3 Walsh, Kim	52	Throwers [v]	28.30m	363
4 Mudiyansele, Tikiri	55	Throwers [v]	20.21m	232

Event 150 Outdoor Pentathlon: #2 Women Shot Put 35-39 yrs

Name	Age	Team	Finals	Points
1 Debeljuh, Natalie	36	Geelong [v]	9.32m	485
2 Forget, Brandy	39	Gippsland	6.97m	333

Event 151 Outdoor Pentathlon: #2 Women Shot Put 40-44 yrs

Name	Age	Team	Finals	Points
1 Dux, Jess	40	Croydon [v]	8.17m	410

Event 152 Outdoor Pentathlon: #2 Women Shot Put 45-49 yrs

Name	Age	Team	Finals	Points
1 Gleeson, Kim	45	Ballarat	9.06m	468
2 Adams, Kate	45	Throwers [v]	8.80m	451
3 Liyanage, Jayani	44	Casey Cardinia [v]	7.10m	341

VMA30+ Throws Pentathlon - 24/03/2025**Duncan McKinnon Reserve****Results****Event 153 Outdoor Pentathlon: #2 Women Shot Put 50-54 yrs**

Name	Age	Team	Finals	Points
1 Walsh, Kim	52	Throwers [v]	10.56m	566
2 Johansen, Nicole	49	Throwers [v]	10.47m	560
3 Hewitt, Sarah	48	Box Hill	9.82m	518
4 Mudiyansele, Tikiri	55	Throwers [v]	7.46m	365

Event 154 Outdoor Pentathlon: #3 Women Discus Throw 35-39 yrs

Name	Age	Team	Finals	Points
1 Debeljuh, Natalie	36	Geelong [v]	35.40m	565
2 Forget, Brandy	39	Gippsland	25.20m	373

Event 155 Outdoor Pentathlon: #3 Women Discus Throw 40-44 yrs

Name	Age	Team	Finals	Points
1 Dux, Jess	40	Croydon [v]	22.51m	323

Event 156 Outdoor Pentathlon: #3 Women Discus Throw 45-49 yrs

Name	Age	Team	Finals	Points
1 Gleeson, Kim	45	Ballarat	30.96m	481
2 Adams, Kate	45	Throwers [v]	23.80m	347
3 Liyanage, Jayani	44	Casey Cardinia [v]	21.48m	305

Event 157 Outdoor Pentathlon: #3 Women Discus Throw 50-54 yrs

Name	Age	Team	Finals	Points
1 Johansen, Nicole	49	Throwers [v]	30.49m	472
2 Hewitt, Sarah	48	Box Hill	30.44m	471
3 Walsh, Kim	52	Throwers [v]	24.15m	353
4 Mudiyansele, Tikiri	55	Throwers [v]	16.99m	224

Event 158 Outdoor Pentathlon: #4 Women Javelin Throw 35-39 yrs

Name	Age	Team	Finals	Points
1 Debeljuh, Natalie	36	Geelong [v]	27.42m	428
2 Forget, Brandy	39	Gippsland	16.23m	219

Event 159 Outdoor Pentathlon: #4 Women Javelin Throw 40-44 yrs

Name	Age	Team	Finals	Points
1 Dux, Jess	40	Croydon [v]	18.73m	265

Event 160 Outdoor Pentathlon: #4 Women Javelin Throw 45-49 yrs

Name	Age	Team	Finals	Points
1 Gleeson, Kim	45	Ballarat	26.79m	416
2 Liyanage, Jayani	44	Casey Cardinia [v]	22.52m	336
3 Adams, Kate	45	Throwers [v]	21.82m	323

VMA30+ Throws Pentathlon - 24/03/2025**Duncan McKinnon Reserve****Results****Event 161 Outdoor Pentathlon: #4 Women Javelin Throw 50-54 yrs**

Name	Age	Team	Finals	Points
1 Johansen, Nicole	49	Throwers [v]	31.91m	513
2 Walsh, Kim	52	Throwers [v]	25.52m	392
3 Hewitt, Sarah	48	Box Hill	19.42m	278
4 Mudiyansele, Tikiri	55	Throwers [v]	12.26m	147

Event 162 Outdoor Pentathlon: #5 Women Weight Throw 35-39 yrs

Name	Age	Team	Finals	Points
1 Debeljuh, Natalie	36	Geelong [v]	13.87m	620
2 Forget, Brandy	39	Gippsland	8.78m	355

Event 163 Outdoor Pentathlon: #5 Women Weight Throw 40-44 yrs

Name	Age	Team	Finals	Points
1 Dux, Jess	40	Croydon [v]	9.15m	374

Event 164 Outdoor Pentathlon: #5 Women Weight Throw 45-49 yrs

Name	Age	Team	Finals	Points
1 Gleeson, Kim	45	Ballarat	11.99m	522
2 Adams, Kate	45	Throwers [v]	8.75m	354
3 Liyanage, Jayani	44	Casey Cardinia [v]	5.59m	194

Event 165 Outdoor Pentathlon: #5 Women Weight Throw 50-54 yrs

Name	Age	Team	Finals	Points
1 Johansen, Nicole	49	Throwers [v]	13.49m	600
2 Walsh, Kim	52	Throwers [v]	10.41m	439
3 Hewitt, Sarah	48	Box Hill	9.74m	405
4 Mudiyansele, Tikiri	55	Throwers [v]	5.43m	186

Event 166 Outdoor Pentathlon: #1 Men Hammer Throw 55-59 yrs

Name	Age	Team	Finals	Points
1 Graham, Craig	58	Bendigo	34.84m	454
2 Lovell, Scott	58	Collingwood	21.85m	246
3 Seear, Wayne	55	Gippsland	21.80m	245
4 Whitehand, Leon	56	Ballarat	17.64m	180
5 Duff, Tony	59	Croydon [v]	15.35m	144

Event 167 Outdoor Pentathlon: #1 Men Hammer Throw 60-64 yrs

Name	Age	Team	Finals	Points
1 Spivey, Phillip	63	Throwers [v]	53.74m	766

Event 168 Outdoor Pentathlon: #1 Men Hammer Throw 65-69 yrs

Name	Age	Team	Finals	Points
1 Olsson, Paul	68	Throwers [v]	38.42m	513
2 Galea, Marty	69	Collingwood	26.95m	327

VMA30+ Throws Pentathlon - 24/03/2025**Duncan McKinnon Reserve****Results****...Event 168 Outdoor Pentathlon: #1 Men Hammer Throw 65-69 yrs**

3 Peska, Stan	67 Throwers [v]	26.80m	324
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Event 169 Outdoor Pentathlon: #2 Men Shot Put 55-59 yrs

Name	Age Team	Finals	Points
1 Whitehand, Leon	56 Ballarat	9.29m	443
2 Duff, Tony	59 Croydon [v]	8.47m	394
3 Graham, Craig	58 Bendigo	8.06m	370
4 Lovell, Scott	58 Collingwood	8.00m	366
5 Seear, Wayne	55 Gippsland	7.27m	323

Event 170 Outdoor Pentathlon: #2 Men Shot Put 60-64 yrs

Name	Age Team	Finals	Points
1 Spivey, Phillip	63 Throwers [v]	10.66m	525

Event 171 Outdoor Pentathlon: #2 Men Shot Put 65-69 yrs

Name	Age Team	Finals	Points
1 Peska, Stan	67 Throwers [v]	11.21m	559
2 Olsson, Paul	68 Throwers [v]	9.38m	448
3 Galea, Marty	69 Collingwood	7.48m	336

Event 172 Outdoor Pentathlon: #3 Men Discus Throw 55-59 yrs

Name	Age Team	Finals	Points
1 Whitehand, Leon	56 Ballarat	27.57m	417
2 Graham, Craig	58 Bendigo	26.78m	402
3 Lovell, Scott	58 Collingwood	25.31m	373
4 Seear, Wayne	55 Gippsland	25.27m	372
5 Duff, Tony	59 Croydon [v]	24.83m	364

Event 173 Outdoor Pentathlon: #3 Men Discus Throw 60-64 yrs

Name	Age Team	Finals	Points
1 Spivey, Phillip	63 Throwers [v]	31.34m	491

Event 174 Outdoor Pentathlon: #3 Men Discus Throw 65-69 yrs

Name	Age Team	Finals	Points
1 Peska, Stan	67 Throwers [v]	32.99m	524
2 Olsson, Paul	68 Throwers [v]	25.68m	380
3 Galea, Marty	69 Collingwood	19.91m	270

Event 175 Outdoor Pentathlon: #4 Men Javelin Throw 55-59 yrs

Name	Age Team	Finals	Points
1 Whitehand, Leon	56 Ballarat	31.49m	320
2 Lovell, Scott	58 Collingwood	26.25m	247
3 Graham, Craig	58 Bendigo	23.39m	207
4 Seear, Wayne	55 Gippsland	20.36m	166
-- Duff, Tony	59 Croydon [v]	ND	

VMA30+ Throws Pentathlon - 24/03/2025**Duncan McKinnon Reserve****Results****Event 176 Outdoor Pentathlon: #4 Men Javelin Throw 60-64 yrs**

Name	Age	Team	Finals	Points
1 Spivey, Phillip	63	Throwers [v]	20.96m	174

Event 177 Outdoor Pentathlon: #4 Men Javelin Throw 65-69 yrs

Name	Age	Team	Finals	Points
1 Peska, Stan	67	Throwers [v]	32.87m	340
2 Olsson, Paul	68	Throwers [v]	25.37m	235
3 Galea, Marty	69	Collingwood	15.18m	98

Event 178 Outdoor Pentathlon: #5 Men Weight Throw 55-59 yrs

Name	Age	Team	Finals	Points
1 Whitehand, Leon	56	Ballarat	9.18m	406
2 Seear, Wayne	55	Gippsland	7.84m	332
3 Lovell, Scott	58	Collingwood	7.77m	328
4 Duff, Tony	59	Croydon [v]	6.47m	257
-- Graham, Craig	58	Bendigo	ND	

Event 179 Outdoor Pentathlon: #5 Men Weight Throw 60-64 yrs

Name	Age	Team	Finals	Points
1 Spivey, Phillip	63	Throwers [v]	20.31m	1041

Event 180 Outdoor Pentathlon: #5 Men Weight Throw 65-69 yrs

Name	Age	Team	Finals	Points
1 Olsson, Paul	68	Throwers [v]	13.91m	673
2 Peska, Stan	67	Throwers [v]	12.35m	584
3 Galea, Marty	69	Collingwood	10.72m	492

Event 181 Outdoor Pentathlon: #1 Men Hammer Throw 35-39 yrs

Name	Age	Team	Finals	Points
1 De vries, Gurinder	36	Casey Cardinia [v]	18.37m	191
2 Close, Andrew	34	East Burwood	14.07m	124

Event 182 Outdoor Pentathlon: #1 Men Hammer Throw 40-44 yrs

Name	Age	Team	Finals	Points
1 Dalton, Stuart	44	Gippsland	23.37m	270
2 Kiely, Andrew	42	Frankston Pe	20.14m	219

Event 183 Outdoor Pentathlon: #1 Men Hammer Throw 45-49 yrs

Name	Age	Team	Finals	Points
1 Hambling, Mark	44	Throwers [v]	29.90m	374
2 Arumainayagam, Arunan	47	Diamond Valley	22.74m	260
3 Van Baalen, Adam	49	Throwers [v]	21.60m	242

VMA30+ Throws Pentathlon - 24/03/2025**Duncan McKinnon Reserve****Results****Event 184 Outdoor Pentathlon: #1 Men Hammer Throw 50-54 yrs**

Name	Age	Team	Finals	Points
1 Van Baalen, Simon	51	Throwers [v]	38.53m	515
2 vries, Wayne	51	Croydon [v]	31.42m	399
3 Hall, Matthew	51	Diamond Valley	25.62m	306
4 Timewell, Chris	49	Bendigo	24.62m	290
5 Scarff, Cameron	51	Collingwood	20.31m	221

Event 185 Outdoor Pentathlon: #2 Men Shot Put 35-39 yrs

Name	Age	Team	Finals	Points
1 De vries, Gurinder	36	Casey Cardinia [v]	9.55m	459
2 Close, Andrew	34	East Burwood	6.95m	304

Event 186 Outdoor Pentathlon: #2 Men Shot Put 40-44 yrs

Name	Age	Team	Finals	Points
1 Dalton, Stuart	44	Gippsland	9.39m	449
2 Kiely, Andrew	42	Frankston Pe	8.69m	407

Event 187 Outdoor Pentathlon: #2 Men Shot Put 45-49 yrs

Name	Age	Team	Finals	Points
1 Hambling, Mark	44	Throwers [v]	10.71m	528
2 Van Baalen, Adam	49	Throwers [v]	8.56m	400
3 Arumainayagam, Arunan	47	Diamond Valley	7.38m	330

Event 188 Outdoor Pentathlon: #2 Men Shot Put 50-54 yrs

Name	Age	Team	Finals	Points
1 Van Baalen, Simon	51	Throwers [v]	11.99m	606
2 vries, Wayne	51	Croydon [v]	10.38m	508
3 Hall, Matthew	51	Diamond Valley	9.46m	453
4 Timewell, Chris	49	Bendigo	8.22m	379
5 Scarff, Cameron	51	Collingwood	7.72m	350

Event 189 Outdoor Pentathlon: #3 Men Discus Throw 35-39 yrs

Name	Age	Team	Finals	Points
1 De vries, Gurinder	36	Casey Cardinia [v]	25.67m	380
2 Close, Andrew	34	East Burwood	17.76m	230

Event 190 Outdoor Pentathlon: #3 Men Discus Throw 40-44 yrs

Name	Age	Team	Finals	Points
1 Kiely, Andrew	42	Frankston Pe	26.06m	388
2 Dalton, Stuart	44	Gippsland	24.43m	356

Event 191 Outdoor Pentathlon: #3 Men Discus Throw 45-49 yrs

Name	Age	Team	Finals	Points
1 Hambling, Mark	44	Throwers [v]	27.95m	424

VMA30+ Throws Pentathlon - 24/03/2025**Duncan McKinnon Reserve****Results****...Event 191 Outdoor Pentathlon: #3 Men Discus Throw 45-49 yrs**

2 Van Baalen, Adam	49 Throwers [v]	22.91m	327
3 Arumainayagam, Arunan	47 Diamond Valley	22.20m	314

Event 192 Outdoor Pentathlon: #3 Men Discus Throw 50-54 yrs

Name	Age Team	Finals	Points
1 vries, Wayne	51 Croydon [v]	37.03m	604
2 Van Baalen, Simon	51 Throwers [v]	34.72m	558
3 Hall, Matthew	51 Diamond Valley	29.77m	460
4 Timewell, Chris	49 Bendigo	26.57m	397
5 Scarff, Cameron	51 Collingwood	23.84m	345

Event 193 Outdoor Pentathlon: #4 Men Javelin Throw 35-39 yrs

Name	Age Team	Finals	Points
1 De vries, Gurinder	36 Casey Cardinia [v]	36.58m	393
2 Close, Andrew	34 East Burwood	14.00m	82

Event 194 Outdoor Pentathlon: #4 Men Javelin Throw 40-44 yrs

Name	Age Team	Finals	Points
1 Kiely, Andrew	42 Frankston Pe	36.75m	395
2 Dalton, Stuart	44 Gippsland	20.92m	174

Event 195 Outdoor Pentathlon: #4 Men Javelin Throw 45-49 yrs

Name	Age Team	Finals	Points
1 Arumainayagam, Arunan	47 Diamond Valley	26.95m	257
2 Hambling, Mark	44 Throwers [v]	21.03m	175
3 Van Baalen, Adam	49 Throwers [v]	16.00m	108

Event 196 Outdoor Pentathlon: #4 Men Javelin Throw 50-54 yrs

Name	Age Team	Finals	Points
1 vries, Wayne	51 Croydon [v]	30.56m	307
2 Timewell, Chris	49 Bendigo	29.66m	294
3 Van Baalen, Simon	51 Throwers [v]	27.15m	259
4 Scarff, Cameron	51 Collingwood	25.07m	230
5 Hall, Matthew	51 Diamond Valley	24.35m	221

Event 197 Outdoor Pentathlon: #5 Men Weight Throw 35-39 yrs

Name	Age Team	Finals	Points
1 De vries, Gurinder	36 Casey Cardinia [v]	6.23m	244
2 Close, Andrew	34 East Burwood	5.12m	184

Event 198 Outdoor Pentathlon: #5 Men Weight Throw 40-44 yrs

Name	Age Team	Finals	Points
1 Dalton, Stuart	44 Gippsland	7.92m	337
2 Kiely, Andrew	42 Frankston Pe	6.98m	285

VMA30+ Throws Pentathlon - 24/03/2025**Duncan McKinnon Reserve****Results****Event 199 Outdoor Pentathlon: #5 Men Weight Throw 45-49 yrs**

Name	Age	Team	Finals	Points
1 Hambling, Mark	44	Throwers [v]	10.54m	482
2 Van Baalen, Adam	49	Throwers [v]	8.22m	353
3 Arumainayagam, Arunan	47	Diamond Valley	7.50m	313

Event 200 Outdoor Pentathlon: #5 Men Weight Throw 50-54 yrs

Name	Age	Team	Finals	Points
1 Van Baalen, Simon	51	Throwers [v]	14.61m	713
2 vries, Wayne	51	Croydon [v]	10.42m	476
3 Hall, Matthew	51	Diamond Valley	9.78m	440
4 Timewell, Chris	49	Bendigo	8.00m	341
5 Scarff, Cameron	51	Collingwood	7.77m	328

Women - 45-49 yrs - Team Rankings - 1 Events Scored

1) Ballarat	10	2) Throwers [V]	8
3) Casey Cardinia [V]	6		

Women - 55-59 yrs - Team Rankings - 1 Events Scored

1) Ballarat	10	2) Collingwood	8
3) Throwers [V]	6		

Men - 75-79 yrs - Team Rankings - 1 Events Scored

1) Shepparton	10
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