

WPMAA Throws Pentathlon Championships 2022 - 2022/12/03**Parow Athletics Track****Results - Throws Pentathlon****W30-99 Throws Pentathlon**

	Points	HT	SP	DT	JT	WT
----- W35 -----						
1 Este, Albertyn Bellville Athletic Club W39 Team Points: 10	1883	20,75m (337)	8,36m (442)	27,53m (435)	18,50m (282)	7,56m (387)
----- W40 -----						
1 Tanja, Juries Velocity Athletic Club W43 Team Points: 10	807	6,04m (19)	5,85m (302)	14,14m (202)	ND (0)	5,52m (284)
----- W50 -----						
1 Gloria, Aploon Capricorn Athletic Club W53 Team Points: 10	1729	15,67m (282)	6,65m (424)	17,84m (340)	13,86m (256)	7,54m (427)
2 Donna, Africa Bellville Athletic Club W51 Team Points: 8	1246	6,27m (37)	7,20m (469)	18,19m (348)	11,00m (187)	4,40m (205)
3 Mishka, Noordien Bonteheuwel Athletic Club W52 Team Points: 6	1095	12,21m (190)	5,01m (291)	8,58m (125)	10,71m (180)	5,88m (309)
4 Margaret, Snyders Velocity Athletic Club W51 Team Points: 5	1042	8,17m (84)	5,84m (358)	11,31m (186)	8,70m (132)	5,50m (282)
----- W55 -----						
1 Heleen, Knobel Swd Masters W57 Team Points: 10	4106	41,08m (1099)	9,92m (767)	28,46m (674)	25,67m (613)	13,50m (953)
2 Jackie, Smit Paarl Athletics Club W59 Team Points: 8	3234	31,17m (790)	8,82m (666)	26,35m (615)	18,06m (404)	11,09m (759)
3 Sonja, De Bruyn Capricorn Athletic Club W56 Team Points: 6	1831	15,29m (309)	7,87m (581)	14,13m (284)	14,47m (307)	5,92m (350)
----- W60 -----						
1 Farieda, Dramat Bellville Athletic Club W63 Team Points: 10	2507	22,19m (581)	8,47m (708)	17,21m (415)	10,72m (238)	9,24m (565)
----- W65 -----						
1 Ronel, Griesel Whalers Atletiek Klub W69 Team Points: 10	2658	21,79m (648)	7,43m (683)	16,28m (447)	13,25m (365)	7,82m (515)
----- W70 -----						
1 Aletta, Du Toit Bellville Athletic Club W71 Team Points: 9	2397	18,06m (593)	5,45m (537)	12,84m (394)	8,88m (264)	8,12m (609)
----- W75 -----						

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1 Elize, Grobbelaar	21,24m	5,93m	11,90m	8,55m	9,91m
Bellville Athletic Club					
W77 Team Points: 9	2689	(715)	(586)	(381)	(279)
					(728)
