

Maryland Throws Oct 2016

Columbia, MD

10/16/2016

Hammer Throw

M60	Hartley Palleschi	35.44
M70	Jerry Bookin-Weiner	32.96
W40	Penny Ingles	26.99
W65	Wahidah Abdullah	17.41

Shot Put

M60	Hartley Palleschi	12.28
M70	Jerry Bookin-Weiner	10.19
M73	Dave Vasholz	9.56
W40	Penny Ingles	7.66
W65	Wahidah Abdullah	5.76

Discus Throw

M60	Hartley Palleschi	39.88
M70	Jerry Bookin-Weiner	29.49
W40	Penny Ingles	17.85
W65	Wahidah Abdullah	11.80

Javelin

M60	Hartley Palleschi	38.64
M70	Jerry Bookin-Weiner	21.07
W40	Penny Ingles	18.08
W65	Wahidah Abdullah	7.02

Weight Throw

M60	Hartley Palleschi	13.64
M70	Jerry Bookin-Weiner	12.06
W40	Penny Ingles	8.40
W65	Wahidah Abdullah	6.99

	Age	Name	Total	PI	Hammer	HT Points	Shot Put	SP Points	Discus	DT Points	Javelin	JT Points	Weight	WT Points
M61		Hartley Palleschi	3292	1	32.07	544	12.28	809	36.63	643	37.25	628	13.26	668
M70		Jerry Bookin-Weiner	2949	1	32.13	621	10.19	670	29.49	618	21.07	376	12.06	664
W40		Penny Ingles	1998	1	26.99	531	7.34	408	17.85	276	17.63	293	8.40	490
W69		Wahidah Abdullah	1831	1	17.41	486	5.76	501	11.80	299	6.09	125	6.64	420