

STFC Throws Top Ten Lists - Updated August 7, 2011

Shot Put

2.73kg 6lb

Paul Rudell	11.07	Brampton	2007
Tony Elliott	8.44	Guelph	2011
Chris Gillman	7.31	Guelph	2006
J. D. West	6.59	York	2006
Russell MacMillan	6.07	York	2006

3kg

Harrison Williams	13.29	London	2010
Kevin Bowman	12.91	Guelph	2007
Mat West	12.15	Guelph	2007
Paul Rudell	9.17	Burlington	2007
Tony Elliott	8.58	York	2011
J.D. West	8.31	Kitchener	2008
Josh Farrell	8.19	Sarnia	1998
David Constantinescu	6.55	Port Elgin	2006

4kg

Kevin Bowman	16.81	Clinton	2009
Alex Pilar	16.75	Ottawa	2007
Jason Farrell	15.29	Etobicoke	1989
Adam Little	15.20	Windsor	2005
Dan Hasson	14.63	Sarnia	2005
Matt Scott	14.53	London	2002
Kyle Court	13.68	Port Elgin	2003
Mark Brown	13.49	St. Catherines	2005
Josh Archer	12.59	Kincardine	2004
Arthur Turland	12.26	Sudbury	1997

5kg

Kevin Bowman	16.28	Guelph	2010
Alex Welch	16.05	London	2010
Alex Pilar	15.47	York	2007
Josh Farrell	14.95	Ottawa	2002
Brad Millar	13.90	London	2004
Dan Hasson	13.67	Kitchener	2005
Matt Scott	13.15	Kitchener	2003
Mat West	12.76	Toronto	2010
Adam Little	12.55	Kitchener	2005
Kyle Court	11.60	Kitchener	2003

5.4kg 12 lb

Kevin Bowman	16.69	Port Elgin	2010
Arthur Turland	16.08	Windsor	2001
Alex Welch	15.44	Port Elgin	2010
Josh Farrell	15.40	Kincardine	2004
Corey Phai	15.38	Brantford	1997
Brad Millar	15.27	Port Elgin	2006
Jason Farrell	14.90	Kitchener	1990
Alex Bradshaw	14.89	Ottawa	2002
Alex Pilar	14.67	Clinton	2010
Skylar Sylvester	14.54	York	2003

6kg

Kevin Bowman	14.39	Port Elgin	2010
Josh Farrell	14.48	London	2003
Alex Welch	14.37	London	2010
Alex Pilar	13.67	London	2010
Alex Bradshaw	12.62	Ottawa	2002
Brad Millar	12.89	York	2006
Mat West	12.17	Miramar	2011
Dan Hasson	12.13	Ottawa	2007
Seb Pilon	11.68	London	2009

7.26kg 16 lb

Arthur Turland	15.05	Purdue	2003
Steve Rathwell	14.54	Kitchener	1986

Lyndon McDowell	14.16	Minnesota	2002
Jason Farrell	13.46	York	1991
Josh Farrell	13.24	York	2009
Corey Phair	12.94	Kitchener	1997
Brad Millar	12.41	Chicago	2008
Alex Bradshaw	10.47	London	2001

Discus

1kg

Kevin Bowman	57.18	Kincardine	2009
Adam Little	56.46	Port Elgin	2005
Mat West	53.07	Kincardine	2009
Alex Pilar	51.78	Kitchener	2007
Kyle Court	46.81	Port Elgin	2003
Tim Tyrell	44.94	Windsor	1986
Arthur Turland	44.58	Sudbury	1997
Josh Archer	44.36	London	2004
Brad Millar	43.40	York	2002
Matt Scott	39.63	Guelph	2002

1.5kg

Kevin Bowman	48.36	Guelph	2010
Alex Pilar	46.24	Kitchener	2008
Dan Hasson	44.89	Kincardine	2006
Brad Millar	43.76	Kincardine	2004
Adam Little	42.17	Port Elgin	2005
Josh Farrell	41.25	Sudbury	2002
Alex Welch	41.14	Guelph	2010
Kyle Court	37.84	London	2003
Josh Archer	36.28	Port Elgin	2005
Mat West	36.05	Kincardine	2009

1.62kg

Alex Pilar	55.94	Port Elgin	2010
Arthur Turland	50.46	Kitchener	2001
Skylar Sylvester	50.45	Etobicoke	2003
Brad Millar	49.31	Etobicoke	2006
Kevin Bowman	48.72	Kincardine	2011
Steve Rathwell	46.08	Etobicoke	1988
Seb Pilon	43.04	Port Elgin	2010
Dan Hasson	42.84	Port Elgin	2006
Mat West	41.09	Kitchener	2011
Alex Welch	42.26	Port Elgin	2010

1.75kg

Brad Millar	49.40	Port Elgin	2006
Alex Pilar	48.93	Toronto	2010
Kevin Bowman	45.74	Toronto	2010
Skylar Sylvester	43.21	London	2003
Dan Hasson	42.02	Port Elgin	2007
Seb Pilon	41.35	Toronto	2010
Mat West	40.19	Miramar	2011
Josh Archer	38.66	Port Elgin	2007
Alex Bradshaw	35.04	Ottawa	2002

2kg

Arthur Turland	61.47	Salinas, Cal.	2008
Brad Millar	44.73	Indiana	2008
Lyndon McDowell	38.68	Madison	1999
Steve Rathwell	37.20	York	1986
Pat O'Donoghue	35.46	York	1989

Javelin

400g

Mat West	40.25	Windsor	2006
Kevin Bowman	39.19	Windsor	2006
Brendan Gribbons	34.97	Port Elgin	2005
Brad Millar	34.45	Kitchener	2000

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J.D. West	33.08	York	2008	Arthur Turland	53.06	Kincardine	1999
Paul Rudell	26.84	Windsor	2006	Josh Archer	51.21	Port Elgin	2005
Paul Ponomaryov	25.50	Kincardine	2004	Rob Edwards	45.55	Kitchener	2000
Tony Elliott	24.70	Guelph	2011	Alex Bradshaw	35.51	Belleville	2001
Ryan Zantinge	21.17	Kincardine	2006	Shawn Routenburg	33.28	Ottawa	2001
600g				Scott Millar	30.92	Kitchener	1983
Kevin Bowman	58.56	York	2008	6kg			
Mat West	52.71	Kincardine	2009	Kevin Bowman	60.72	Moncton	2010
Rob Edwards	47.43	Kincardine	1998	Brad Millar	60.44	Windsor	2006
Adam Little	47.20	Port Elgin	2005	Alex Pilar	56.11	Toronto	2010
Brad Millar	46.53	Ottawa	2002	Josh Archer	54.75	Abbotsford	2007
Dan Hasson	44.75	Sarnia	2004	Seb Pilon	49.65	Toronto	2010
Paul Rudell	44.12	Kincardine	2009	Rob Edwards	41.67	Ottawa	2002
Mark Brown	43.25	Sarnia	2005	Alex Bradshaw	34.79	Ottawa	2002
Matt Scott	41.81	Kitchener	2002	Andrew Bailey	28.42	Port Elgin	2007
Josh Farrell	41.36	Kitchener	2000	7.26kg			
700g				Brad Millar	66.19	Chicago	2010
Mat West	55.65	Toronto	2010	Arthur Turland	60.76	Louisville	2007
Josh Farrell	54.18	Ottawa	2002	Steve Rathwell	40.56	Burlington	1986
Mitch Morris	52.57	Timmins	2006	Rob Edwards	39.23	York	2004
Brad Millar	52.19	Kincardine	2004	Weight Throw			
Adam Little	47.94	York	2005	9.08 kg 20lb			
Dan Hasson	46.11	York	2005	Kevin Bowman	21.55	Guelph	2010
Paul Rudell	40.78	York	2009	Alex Pilar	18.58	London	2008
Matt Scott	37.80	Guelph	2002	Brad Millar	17.92	London	2004
Kyle Court	36.71	Kitchener	2003	Josh Archer	17.17	London	2005
800g				Matt Scott	13.91	York	2003
Brad Millar	61.67	Philadelphia	2008	Alex Bradshaw	13.60	London	2001
Arthur Turland	61.61	Storrs, Conn.	2007	Josh Farrell	13.41	London	2002
Skylar Sylvester	61.19	St. Catherines	2003	Shawn Routenburg	12.29	York	2001
Rob Edwards	60.68	Victoria	2004	Andrew Bailey	10.79	York	2007
Josh Farrell	60.47	Sarnia	2003	Shane Rafferty	10.21	York	2005
Pat O'Donoghue	55.06	York	1989	11.37kg 25lb			
Dane Buttenaar	51.92	Windsor	2005	Kevin Bowman	20.73	Toronto	2011
Mat West	50.35	Winnipeg	2011	Alex Pilar	19.67	London	2010
Mitch Morris	49.30	Kincardine	2006	Brad Millar	18.56	New York	2005
Steve Rathwell	48.50	Flesherton	1986	Seb Pilon	16.84	Guelph	2010
Disabled Javelin				15.88kg 35lb			
600g				Brad Millar	20.80	New York	2010
Andy Shaw	37.15	New Liskeard	2000	Arthur Turland	21.03	Greencastle, Ind.	2007
Hammer				Alex Pilar	14.91	Toronto	2010
4kg				Josh Archer	14.13	London	2007
Kevin Bowman	59.87	London	2008	Seb Pilon	13.33	London	2009
Rob Edwards	43.58	Sarnia	1998				
Brad Millar	40.85	Ottawa	2002				
Matt Scott	35.07	Ottawa	2002				
Alex Pilar	33.34	Port Elgin	2006				
Andrew Bailey	29.50	London	2006				
Mark Brown	29.47	York	2005				
Shane Rafferty	28.58	Guelph	2005				
5kg							
Kevin Bowman	62.50	Sherbrooke	2009				
Alex Pilar	56.77	York	2008				
Josh Archer	55.79	St. Catherines	2005				
Brad Millar	50.50	Sarnia	2004				
Dan Hasson	37.34	Windsor	2006				
Adam Little	36.24	York	2005				
Andrew Bailey	33.48	Guelph	2007				
Kyle Court	32.80	Kitchener	2003				
Matt Scott	32.35	Kitchener	2003				
5.4k 12lb							
Brad Millar	59.84	Port Elgin	2006				

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Women

Shot Put

3kg

Carolyn Bailey	11.39	Kitchener	2003
Sarah McIntosh	11.06	York	2003
Laura Evans	10.95	Kincardine	1995
Rita Rudell	10.41	York	2006
Carolyn Hodgson	9.43	York	2006
Alex Morrow	9.31	Toronto	2011
Adriana Millar	8.69	Kitchener	2000
Chantelle Eckenswiller	8.60	Kitchener	2005
Lilly Starling	8.27	Toronto	2011
Kristen Nixon	8.00	Windsor	2006

4kg

Trish Young	13.86	Louisville	2002
Laura Evans	13.02	London	2000
Tracey Chesterman	12.46	Sudbury	1984
Sarah McIntosh	11.84	Windsor	2006
Isabel Griffith	11.65	Kitchener	1999
Paula Robinson	11.50	Mississauga	1985
Donalda Duprey	10.98	Ottawa	1987
Carolyn Bailey	10.68	London	2004
Rita Rudell	10.68	Kitchener	2008
Kelly Gribbons	10.40	Chatham	2011

Discus

Laura Evans	40.57	Windsor	2000
Diane Oudevoshhaar	39.96	Kitchener	1995
Kelly Gribbons	39.75	Toronto	2011
Isabel Griffith	36.65	Kincardine	1998
Tracey Chesterman	36.50	Sudbury	1984
Trish Young	34.14	Sudbury	1997
Hillary Lubimiv	31.84	Kincardine	2011
Chantelle Eckenswiller	30.78	Windsor	2006
Karlee Kelly	30.39	Kincardine	2011
Sarah Court	29.92	Kitchener	2003

Javelin

400g

Lilly Starling	24.63	London	2010
Kelly Gribbons	23.79	York	2007
Melinda Scott	22.92	Guelph	2002
Kaitlyn Maskell	19.92	York	2011
Adriana Millar	19.73	Kincardine	2001

600g

Cindy Coker	50.04	Texas	1986
Trish Young	49.02	Indianapolis	2002
Paula Robinson	40.96	BC	1985
Laura Evans	36.86	Kitchener	1997
Hillary Lubimiv	36.72	Kincardine	2011
Kelly Gribbons	31.95	Toronto	2011
Chantelle Eckenswiller	31.04	Kitchener	2007
Sarah McIntosh	30.19	London	2004
Eastlyn Bellamy	29.40	Guelph	2008
Carolyn Johnstone	27.04	Sarnia	1998

Hammer

4kg

Laura Evans	41.24	Windsor	2000
Tatiana Velickovic	38.35	Ottawa	2011
Sarah McIntosh	37.58	London	2007
Carolyn Bailey	37.38	Sherbrooke	2006
Chantelle Eckenswiller	37.17	Ottawa	2007
Adriana Millar	31.75	Windsor	2004
Trish Young	31.58	Sudbury	1997
Hillary Lubimiv	31.11	York	2009
Amanda Thorson	27.70	Kitchener	2000
Isabel Griffith	25.42	Sherbrooke	1996
Angela Young	22.74	Sarnia	1998

Weight Throw

20lb. 9.08kg

Sarah McIntosh	13.35	London	2007
Carolyn Bailey	11.28	York	2007
Adriana Millar	8.19	London	2004