

STFC Throws Top Ten Lists – Updated July 14, 2022

Men Shot Put

2.73kg 6lb

Tony Elliott	13.48	Guelph	2013
Jeremy Elliott	11.48	Oshawa	2015
Paul Rudell	11.07	Brampton	2007
Ben Brewer	10.76	Mississauga	2016
Chris Gillman	7.31	Guelph	2006
J. D. West	6.59	York	2006
Russell MacMillan	6.07	York	2006

3kg

Ben Brewer	16.18	Kincardine	2018
Tony Elliott	15.12	York	2013
Harrison Williams	13.29	London	2010
Jeremy Elliott	13.18	London	2015
Kevin Bowman	12.91	Guelph	2007
Mat West	12.15	Guelph	2007
Lucas Jacklin	9.97	Windsor	2018
Paul Rudell	9.17	Burlington	2007
J.D. West	8.31	Kitchener	2008
Josh Farrell	8.19	Sarnia	1998

4kg

Ryan Jacklin	18.83	Clinton	2018
Jeremy Elliott	17.33	Windsor	2018
Kevin Bowman	16.81	Clinton	2009
Alex Pilar	16.75	Ottawa	2007
Ben Brewer	16.30	Guelph	2019
Aaron Gebhardt	16.27	Windsor	2014
Tony Elliott	15.32	Toronto	2015
Jason Farrell	15.29	Etobicoke	1989
Adam Little	15.20	Windsor	2005
Dan Hasson	14.63	Sarnia	2005

5kg

Ryan Jacklin	19.34	Sydney, NS	2019
Ben Brewer	16.96	Port Elgin	2021
Jeremy Elliott	16.47	Kincardine	2019
Kevin Bowman	16.28	Guelph	2010
Alex Welch	16.05	London	2010
Alex Pilar	15.47	York	2007
Josh Farrell	14.95	Ottawa	2002
Tony Elliott	14.53	Timmins	2016
Aaron Gebhardt	14.29	London	2015
Brad Millar	13.90	London	2004

5.4kg 12 lb

Ryan Jacklin	18.65	Clinton	2019
Kevin Bowman	17.91	Brockville	2012
Arthur Turland	16.08	Windsor	2001
Jeremy Elliott	16.00	Cambridge	2019
Ben Brewer	15.77	York	2022
Alex Welch	15.44	Port Elgin	2010
Josh Farrell	15.40	Kincardine	2004
Corey Phair	15.38	Brantford	1997
Brad Millar	15.27	Port Elgin	2006
Jason Farrell	14.90	Kitchener	1990

6kg

Kevin Bowman	16.81	Winnipeg	2012
Ben Brewer	15.43	Port Elgin	2022
Jeremy Elliott	15.20	Port Elgin	2020
Ryan Jacklin	15.01	York	2019
Josh Farrell	14.48	London	2003
Alex Welch	14.37	London	2010
Aaron Gebhardt	13.70	York	2016
Alex Pilar	13.67	London	2010

Brad Millar	12.89	York	2006
Mat West	12.87	Ottawa	2012

7.26kg 16 lb

Arthur Turland	15.05	Purdue	2003
Steve Rathwell	14.54	Kitchener	1986
Lyndon McDowell	14.16	Minnesota	2002
Kevin Bowman	14.01	Guelph	2012
Jason Farrell	13.46	York	1991
Corey Phair	12.94	Kitchener	1997
Aaron Gebhardt	12.76	Guelph	2017
Brad Millar	12.41	Chicago	2008
Alex Bradshaw	10.47	London	2001

Para Shot Put

7.26k 16 lb.

Josh Farrell	14.22	Montreal	2019
Rick Carr	8.01	Miramar, FL	2011

Discus

0.750k

Jeremy Elliott	41.26	St. Catharines	2015
Ben Brewer	39.71	Brampton	2017
Tony Elliott	36.35	St. Catharines	2012
Lucas Jacklin	33.66	Windsor	2018
Owen Newell	30.68	Windsor	2018

1kg

Ryan Jacklin	65.46	Clinton	2018
Jeremy Elliott	60.28	Cambridge	2018
Kevin Bowman	57.18	London	2009
Adam Little	56.46	Port Elgin	2005
Tony Elliott	56.32	London	2015
Mat West	53.07	Kincardine	2009
Alex Pilar	51.78	Kitchener	2007
Ben Brewer	49.06	Guelph	2019
Kyle Court	46.81	Port Elgin	2003
Tim Tyrell	44.94	Windsor	1986

1.5kg

Ryan Jacklin	56.93	Windsor	2019
Jeremy Elliott	53.75	Sydney, NS	2019
Tony Elliott	48.91	London	2016
Kevin Bowman	48.36	Guelph	2010
Alex Pilar	46.24	Kitchener	2008
Ben Brewer	45.49	York	2021
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

1.613kg

Alex Pilar	55.94	Port Elgin	2010
Ryan Jacklin	54.34	Clinton	2019
Kevin Bowman	53.64	Windsor	2012
Jeremy Elliott	51.67	Kincardine	2019
Arthur Turland	50.46	Kitchener	2001
Skylar Sylvester	50.45	Etobicoke	2003
Brad Millar	49.31	Etobicoke	2006
Tony Elliott	47.43	Belleville	2017
Steve Rathwell	46.08	Etobicoke	1988
Ben Brewer	45.30	Kincardine	2022

STFC Throws Top Ten Lists – Updated July 14, 2022

1.75kg				Rob Edwards	60.68	Victoria	2004
Brad Millar	49.40	Port Elgin	2006	Josh Farrell	60.47	Sarnia	2003
Alex Pilar	48.93	Toronto	2010	Pat O'Donaghue	55.06	York	1989
Jeremy Elliott	48.84	Port Elgin	2020	Dane Buttenaar	51.92	Windsor	2005
Kevin Bowman	48.11	Windsor	2012	Mat West	50.35	Winnipeg	2011
Ben Brewer	45.28	Langley, BC	2022	Jeremy Elliott	49.40	Kincardine	2019
Tony Elliott	43.81	Windsor	2017	Mitch Morris	49.30	Kincardine	2006
Skylar Sylvester	43.21	London	2003	Para Javelin			
Dan Hasson	42.02	Port Elgin	2007	600g F37			
Seb Pilon	41.35	Toronto	2010	Andy Shaw	37.15	New Liskeard	2000
Mat West	41.31	Windsor	2012	800g F11			
2kg				Rick Carr	31.61	London	2015
Arthur Turland	61.47	Salinas, Cal.	2008	Hammer			
Brad Millar	44.73	Indiana	2008	4kg			
Tony Elliott	39.35	Indiana	2018	Kevin Bowman	59.87	London	2008
Lyndon McDowell	38.68	Madison	1999	Jeremy Elliott	53.94	Brampton	2017
Steve Rathwell	37.20	York	1986	Tony Elliott	51.38	Langley, B.C.	2014
Pat O'Donaghue	35.46	York	1989	Ryan Jacklin	50.44	Brampton	2017
Para Discus				Rob Edwards	43.58	Sarnia	1998
1k F37				Brad Millar	40.85	Ottawa	2002
Andy Shaw	31.29m	St. Thomas	2014	Evan McLeod	36.51	Windsor	2019
Javelin				Matt Scott	35.07	Ottawa	2002
400g				Mitch Ward	34.11	London	2014
Lucas Jacklin	41.03	Windsor	2018	Alex Pilar	33.34	Port Elgin	2006
Mat West	40.25	Windsor	2006	5kg			
Kevin Bowman	39.19	Windsor	2006	Ryan Jacklin	72.18	Phoenix, AZ	2019
Jeremy Elliott	37.03	St. Thomas	2015	Kevin Bowman	62.50	Sherbrooke	2009
Ben Brewer	36.85	Brampton	2017	Jeremy Elliott	60.25	Brampton	2019
Brendan Gribbons	34.97	Port Elgin	2005	Tony Elliott	56.99	Windsor	2016
Brad Millar	34.45	Kitchener	2000	Alex Pilar	56.77	York	2008
Owen Newell	33.87	Windsor	2018	Josh Archer	55.79	St. Catharines	2005
J.D. West	33.08	York	2008	Brad Millar	50.50	Sarnia	2004
Tony Elliott	28.63	Guelph	2012	Dan Hasson	37.34	Windsor	2006
500g				Adam Little	36.24	York	2005
Jeremy Elliott	35.60	Mississauga	2015	Andrew Bailey	33.48	Guelph	2007
600g				5.4k 12lb			
Ryan Jacklin	60.94	York	2018	Brad Millar	59.84	Port Elgin	2006
Kevin Bowman	58.56	York	2008	Arthur Turland	53.06	Kincardine	1999
Jeremy Elliott	53.27	Windsor	2018	Josh Archer	51.21	Port Elgin	2005
Mat West	52.71	Kincardine	2009	Rob Edwards	45.55	Kitchener	2000
Lucas Jacklin	50.32	Windsor	2019	Alex Bradshaw	35.51	Belleville	2001
Rob Edwards	47.43	Kincardine	1998	Shawn Routenburg	33.28	Ottawa	2001
Adam Little	47.20	Port Elgin	2005	Scott Millar	30.92	Kitchener	1983
Brad Millar	46.53	Ottawa	2002	6kg			
Dan Hasson	44.75	Sarnia	2004	Kevin Bowman	60.72	Moncton	2010
Paul Rudell	44.12	Kincardine	2009	Brad Millar	60.44	Windsor	2006
700g				Ryan Jacklin	56.71	Ottawa	2018
Mat West	59.65	Toronto	2010	Alex Pilar	56.11	Toronto	2010
Josh Farrell	54.18	Ottawa	2002	Jeremy Elliott	55.49	Montreal	2019
Ryan Jacklin	53.09	Windsor	2018	Josh Archer	54.75	Abbotsford	2007
Mitch Morris	52.57	Timmins	2006	Tony Elliott	54.74	Windsor	2017
Brad Millar	52.19	Kincardine	2004	Seb Pilon	49.65	Toronto	2010
Jeremy Elliott	50.90	Windsor	2019	Rob Edwards	41.67	Ottawa	2002
Adam Little	47.94	York	2005	Ben Brewer	37.66	Port Elgin	2022
Dan Hasson	46.11	York	2005	7.26kg			
Ben Brewer	41.28	Port Elgin	2020	Brad Millar	66.19	Chicago	2010
Paul Rudell	40.78	York	2009	Arthur Turland	60.76	Louisville	2007
800g				Tony Elliott	50.02	Indiana	2018
Brad Millar	61.67	Philadelphia	2008	Steve Rathwell	40.56	Burlington	1986
Arthur Turland	61.61	Storrs, Conn.	2007	Rob Edwards	39.23	York	2004
Skylar Sylvester	61.19	St. Catherines	2003				

STFC Throws Top Ten Lists – Updated July 14, 2022

Weight Throw

7.26k 16lb

Ryan Jacklin	19.10	York	2017
Jeremy Elliott	18.37	Guelph	2017
Tony Elliott	17.06	London	2014
Ben Brewer	12.43	York	2018

9.08 kg 20lb

Ryan Jacklin	22.99	York	2018
Kevin Bowman	21.55	Guelph	2010
Jeremy Elliott	21.17	York	2019
Tony Elliott	18.76	York	2016
Alex Pilar	18.58	London	2008
Brad Millar	17.92	London	2004
Ben Brewer	17.22	Brantford	2021
Josh Archer	17.17	London	2005
Matt Scott	13.91	York	2003
Alex Bradshaw	13.60	London	2001

11.37kg 25lb

Kevin Bowman	21.11	Guelph	2012
Jeremy Elliott	19.69	York	2019
Alex Pilar	19.67	London	2010
Ryan Jacklin	19.32	York	2019
Brad Millar	18.56	New York	2005
Tony Elliott	18.55	York	2017
Seb Pilon	16.84	Guelph	2010
Ben Brewer	14.74	St. Catharines	2022

15.88kg 35lb

Arthur Turland	21.03	Indiana	2007
Brad Millar	20.80	New York, N.Y.	2010
Kevin Bowman	15.56	Toronto	2012
Alex Pilar	14.91	Toronto	2010
Tony Elliott	14.90	Indiana	2018
Jeremy Elliott	14.28	York	2020
Josh Archer	14.13	London	2007
Seb Pilon	13.33	London	2010

Women

Shot Put

6lb. 2.73kg

Samantha Fischer	9.86	Mississauga	2016
------------------	------	-------------	------

3kg

Billie Martin	13.36	Sydney, NS	2019
Jasmine Broere	13.13	Port Elgin	2021
Kelly Gribbons	13.06	Charlottetown	2012
Hanna Van Stuyvenberg	12.43	Windsor	2018
Harley Martin	12.34	York	2021
Samantha Fischer	11.52	Cambridge	2017
Carolyn Bailey	11.39	Kitchener	2003
Sarah McIntosh	11.11	York	2003
Laura Evans	10.95	Kincardine	1995
Alex Morrow	10.71	York	2013

4kg

Trish Young	13.86	Louisville	2002
Laura Evans	13.02	London	2000
Tracey Chesterman	12.46	Sudbury	1984
Kelly Gribbons	12.20	Cambridge	2013
Harley Martin	12.00	Windsor	2022
Sarah McIntosh	11.84	Windsor	2006
Billie Martin	11.80	Cambridge	2019
Isabel Griffith	11.65	Kitchener	1999
Paula Robinson	11.50	Mississauga	1985
Hanna VanStuyvenberg	11.39	York	2020

Discus

0.750kg

Michelle Van Stuyvenberg	30.59	Clinton	2019
Grace Wheeler	20.41	Windsor	2018

1kg

Kelly Gribbons	47.03	York	2013
Hanna VanStuyvenberg	42.93	Port Elgin	2020
Molly Boley	41.90	London	2017
Avery Hastings	41.50	Exeter, NH	2022
Laura Evans	40.57	Windsor	2000
Diane Oudevoshhaar	39.96	Kitchener	1995
Isabel Griffith	36.65	Kincardine	1998
Tracey Chesterman	36.50	Sudbury	1984
Billie Martin	36.13	Brampton	2019
Harley Martin	35.31	Guelph	2019

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
Michelle VanStuyvenberg	18.98	Windsor	2018

500g

Harley Martin	41.79	Sydney, NS	2019
Kelly Gribbons	37.94	Oshawa	2012
Molly Boley	34.99	Kincardine	2015
Alex Morrow	32.24	York	2013
Hanna VanStuyvenberg	24.33	Windsor	2017
Samantha Fischer	22.71	Brampton	2017
Anna Elliott	20.79	Guelph	2012
Brooklyn Quanz	20.55	Kincardine	2019

600g

Cindy Coker	50.04	Texas	1986
Trish Young	49.02	Indianapolis	2002
Kelly Gribbons	41.97	Windsor	2013
Paula Robinson	40.96	BC	1985
Harley Martin	38.73	Guelph	2019
Laura Evans	36.86	Kitchener	1997
Hillary Lubimiv	36.72	Kincardine	2011
Molly Boley	36.39	London	2017
Chantelle Eckenswiller	31.04	Kitchener	2007
Sarah McIntosh	30.19	London	2004

STFC Throws Top Ten Lists – Updated July 14, 2022

Hammer

3k

Billie Martin	56.23	Sydney, NS	2019
Michelle Van Stuyvenberg	53.67	Port Elgin	2020
Avery Hastings	50.93	Arva	2021
Tatiana Velickovic	49.52	Guelph	2012
Hanna Van Stuyvenberg	49.32	Windsor	2019
Hannah Diebold	47.13	St. Thomas	2015
Harley Martin	44.01	Port Elgin	2020
Jasmine Broere	40.66	Port Elgin	2022
Samantha Fischer	37.46	London	2019

4kg

Billie Martin	57.46	Terre Haute, Ind	2022
Hanna Van Stuyvenberg	48.27	York	2021
Avery Hastings	46.92	Port Elgin	2022
Hannah Diebold	46.82	Windsor	2017
Harley Martin	45.21	York	2022
Michelle Van Stuyvenberg	44.57	Port Elgin	2021
Tatiana Velickovic	42.89	London	2013
Laura Evans	41.24	Windsor	2000
Molly Boley	38.65	London	2017
Sarah McIntosh	37.58	London	2007

Weight Throw

12 lb. 5.443kg

Michelle Van Stuyvenberg	17.26	York	2020
Tatiana Velickovic	14.73	Toronto	2012
Harley Martin	14.43	York	2019
Jasmine Broere	11.92	York	2020
Samantha Fischer	9.76	York	2017

16lb. 7.26k

Billie Martin	16.75	York	2019
Hanna Van Stuyvenberg	13.91	York	2019
Hannah Diebold	13.66	London	2015
Harley Martin	13.25	York	2020
Michelle Van Stuyvenberg	13.54	Brantford	2021
Samantha Fischer	9.65	York	2018

20lb. 9.08kg

Billie Martin	17.71	Grand Rapids, MI	2022
Hannah Diebold	16.57	London	2017
Avery Hastings	14.93	York	2022
Harley Martin	13.86	York	2022
Hanna Van Stuyvenberg	13.52	Brantford	2021
Sarah McIntosh	13.35	London	2007
Carolyn Bailey	11.28	York	2007
Adriana Millar	8.19	London	2004