



From the hammer throw  
to astro-physics ....

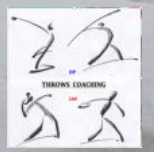
Centine  
NOOM  
DUCKWORTH

New Zealand  
05 June 2002 21 years  
North Harbour Bays Auckland  
Drake university  
Coaches : Zane CHAPMAN  
(2022...) Didier POPPE  
(...2022)

**PALMARES**  
2021 NZL champs U20 SILVER  
2020 NZL champs U20 GOLD  
2019 NZL champs U20 BRONZE  
" NZL champs U18 BRONZE

**PROGRESSION  
AT THE HAMMER THROW**

		4kg	3kg
2023	21	57.21m	
2022	20	53.78m	
2021	19	50.10m	
2020	18	50.61m	
2019	17	46.86m	56.34m
2018	16	-	46.57m
2017	15	34.14m	41.09m



Starting position



First swing



Second swing



90\* right

**Centaine  
NOOM  
DUCKWORTH**  
Training throw June 2023



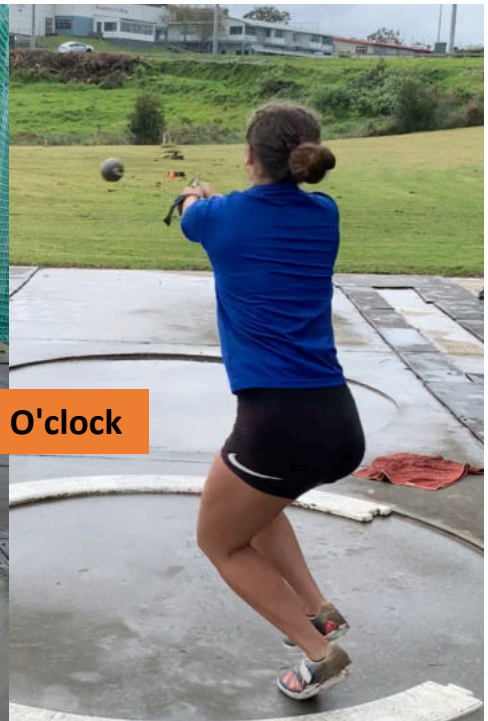


Entry 1

90\* left

One O'clock

Low point 1



11 O'clock

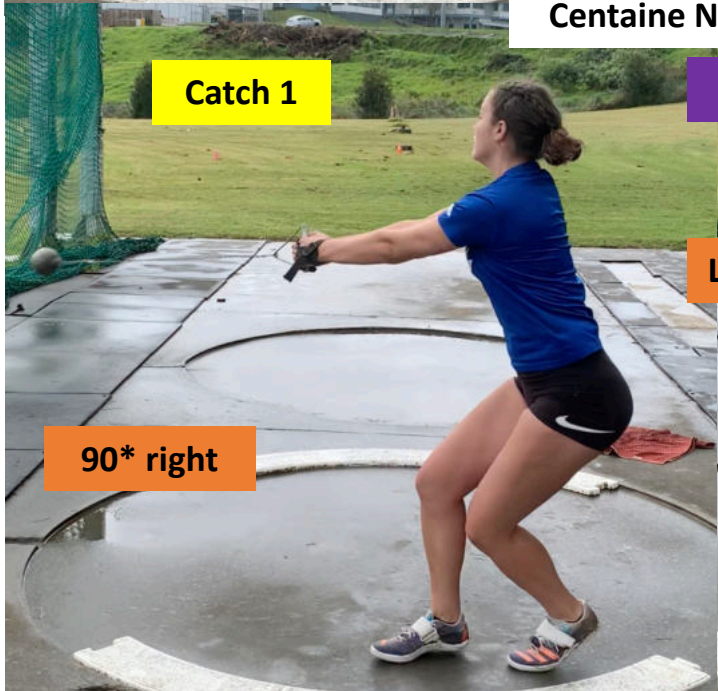
Centaine NOOM DUCKWORTH Training throw June 2023

Catch 1

Entry 2

Low point 2

90\* right

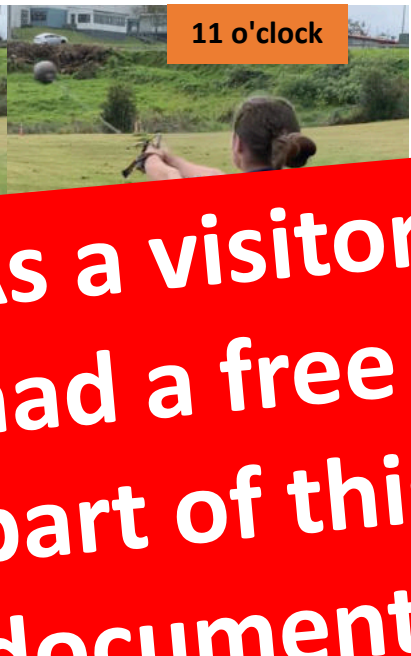


90\* left

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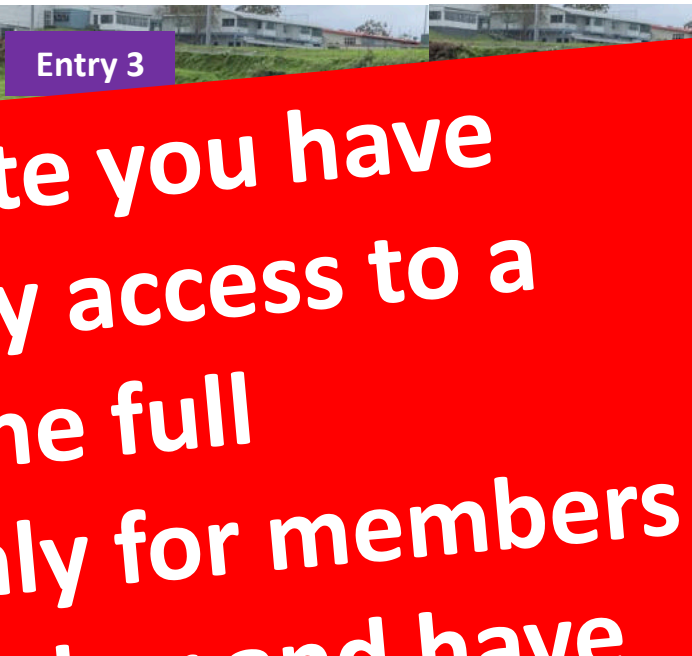
One o'clock



11 o'clock



Catch 2



Entry 3



90\* left

**Centaine NOOM  
DUCKWORTH**  
Training June 2023



One o'clock



90\* left

