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Newsletter – August 2008



By the time you receive this newsletter, the Beijing Games will be over and our elite athletes will be starting to consider their four year preparation for London 2012. Although the coverage of the throwing events was minimal, I have enjoyed keeping track of the efforts of our Aussie throwers. I have also been reminded of just how hard it is to get that 'PB' out during the important competitions. It's good that our throwers are young and at the beginning of their careers, hopefully the benefit of the experience in Beijing will show in their performances next time.

Closer to home, we are looking forward to some warmer weather; some of our members couldn't wait and made the journey to Townsville for the Oceania champs earlier this month.

This newsletter contains all the results from our recent events as well as important information about the months ahead.

Coming Up Soon

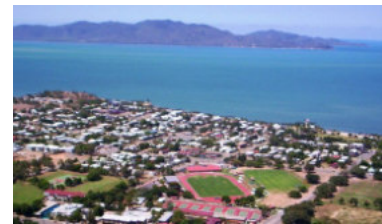
Sept 14	Weightathon/56lb
Sept 21	Shot Put Coaching Clinic
Sept 28	Weight Pentathlon
Oct 4-6	13 th AMA Winter Throwing Champs Canberra
Oct 19	Weight Pentathlon
Nov 2	Discorama
Nov 16	Weight Pentathlon
Nov 30	Heavy Weight, Discus & Javelin
Dec 14	Weight Pentathlon Ilmars Mancs Trophy & Xmas BBQ

Welcome New Members

Russell Clark (M75)	Christine Dell (W45)
Bev Learmont (W55)	Joanne Molnar (W45)
Jenny Scholtz (W40)	



Oceania Championships – Townsville



The Oceania Masters championships were held in Townsville from July 27th – August 3rd, 2008. Twelve of our members made the journey north and enjoyed the warm weather as well as some great competition. About 500 athletes from Australia, New Zealand and around the Pacific region were involved in the event. Our throwers did particularly well and all their results are attached. The stand out for the Throwers Group was a clean sweep in the M70 Weight Throw; Gold-Ken Prestley, Silver-Tom Hancock, Bronze-Ken Chambers. Our M70 Throwers took over the podium leading a large field of seven competitors in that event. We had many other medallists and PB's too; congratulations to all!!



Winter Weight Pentathlon Championships

The 2008 VMA Winter Weight Pentathlon Champs were held on Sunday 24th August at Duncan Mackinnon Park. Considering the timing (and name) of this event, conditions were remarkably pleasant, especially when the sun was shining. A group of 23 competitors joined in on the day and it was a good chance for everyone to catch-up after a long, cold winter. Great to see so many new faces too! The results are attached.



National Winter Throwing Championships



Remember the 2008 AMA Winter Throwing Champs will be held in Canberra over the weekend of Oct 4th – 6th. This is another fun event that's worth making the journey for. There's still plenty of time to get organised, entries close 26th September.



Happy Birthday



July	Christine Dell Joy Priestley
August	Astrid Rose (W65)
September	Bev Leamont (W60) Joanne Molnar



Shot Put Coaching Clinic



Yohan has kindly offered his time again on Sunday 21st September to help us improve our Shot Put technique. The clinic will be only \$3 for members (\$5 non-members) and we are fortunate to have this opportunity to iron out the technical wrinkles before the summer season begins. Start time is 1pm and sunshine has been ordered!



Christmas Hampers

Donations are again being accepted for the Christmas hampers. We would be happy to receive either baskets or any suitable hamper contents. Please consider this as you go about your shopping.

The raffle prizes will be drawn at the Christmas BBQ to be held this year on Sunday 14th December after the Weight Pentathlon and Ilmars Mancs discus handicap at Duncan Mackinnon. Raffle tickets will be available during October.



Coaching Clinics



Thank you to the coaches who helped out over the winter lending their time and expertise. **Peter Baxevanis** ran a great hammer clinic in June and **Yohan Amerasekera's** discus clinic in July was fabulous!



Throwers Merchandise



It won't be too long before you'll be able to purchase the new Throwers Group training t-shirts that we mentioned in the previous newsletter. Keep an eye out...

\$\$\$ SAVE \$75 ON THROWING SHOES \$\$\$

Roger Glass has 2 pairs of men's (size 9½ AU, 10½ US) Nike Zoom Rotational 1V throwing shoes for sale at bulk importing cost price of \$124/pr. Cost at local outlets is \$199. They are the latest model, in black/white/grey/silver, and are designed for advanced(!?) shot put, discus, hammer & heavy weight throwers.

Absolutely guaranteed to, when combined with massive amounts of intense training and expert coaching, give you extra distance!!

Contact Roger on 9818-5573 to secure your pair...

NB: The 'Out of Sector' editor takes no responsibility for any claims that may later appear to be false ☺

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Some photos from the Oceania Champs in Townsville



Throwers 'Clean-Sweep' (from left Tom, Ken & Don)



Val Worrell with Valerie Vili from NZ who won Gold in the Shot Put in Beijing and is 193cm (6'4") tall!



Relaxing on Magnetic Island



Heading out...