

OUT OF SECTOR

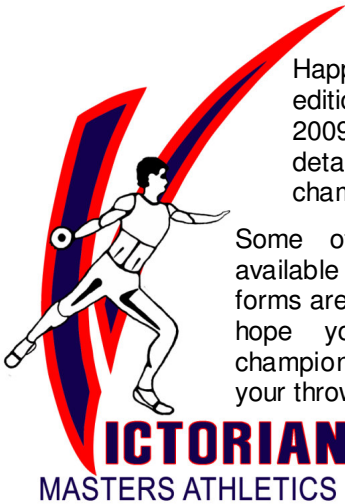
Victorian Masters Athletics – Throwers Group



President: Graeme Rose
 Secretary: Lorraine Mussett
 Treasurer: Astrid Rose

Editor: Judy Pfanner
 email: judy@pfanner.net

Newsletter – February 2009



Happy New Year! The first edition of 'Out of Sector' for 2009 has all of the dates and details for the up coming championship events.

Some of the entry forms are available from Astrid and most forms are also available online. We hope you have a successful championships season and that your throws land inside the sector!!



Annual General Meeting



Our AGM was held on Sunday 1st February, 2009. Announcing the office bearers for 2009:

	<i>Patron</i>	Joe Ball	
<i>President</i>	Graeme Rose	<i>Vice-President</i>	Ken Priestley
<i>Secretary</i>	Lorraine Mussett	<i>Treasurer</i>	Astrid Rose
<i>Committee</i>	David Wookey	<i>Publicity</i>	Judy Pfanner
	Russell Devine (coaching coordinator)		



AMA Relay Championships & BBQ



Your chance to throw as part of a team!



The Shot Put Relay?



As highlighted in the previous newsletter, the AMA Postal Relays competition runs throughout the month of February with the main event being on **Sunday 15th February, 2009**. This date will probably be your last chance to be part of a throwing relay as many throwers will be attending the Masters Games in Geelong on 22nd February. You don't need to form teams in advance, just arrive by 11am on the 15th to join in the fun.

There will be a BBQ during and after the competition and don't forget the other Track & Field relay events will be held on the same day so maybe you would like to run or jump as part of a team too?!

The throwing events included are Discus, Hammer and Shot Put and the age groups are 30-39, 40-49, 50-59, 60-69, 70-79, 80-89 etc. Come along to Duncan Mackinnon on Feb 15th or 22nd to be involved.



Working Bee

11am-3pm – March 15th



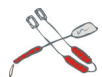
On Sunday 15th March we will be painting and checking our equipment in readiness for the up coming championships. The working bee is at Duncan Mackinnon on the same day as the VMA Track & Field Pentathlon champs. Please come along if you are able to help with the working bee or with officiating for the T&F Pentathlon.

Coming Up Soon

Feb 15	AMA Relays - T & F – BBQ
Feb 22	Weight Pentathlon (& Relays)
Mar 1	Weight Pentathlon
Mar 15	VMA T&F Pentathlon Champs (and Working Bee)
Mar 22	VMA Weight Pentathlon Champs
Mar 28-29	VMA T&F Championships (at Box Hill)
Apr 10-13	AMA National T & F Championships Adelaide
Apr 26	Come and Try Day (11am start) (also 3000m champs and VMA AGM)
May 3	Shotarama / Hammerfest
May 23-24	Moyston Cup
Jun 14	Hammerfest / Shotarama

😊 Welcome New Member 😊

Graham Hicks (M30)



Christmas BBQ & Hamper Raffle



24 throwers enjoyed a fine afternoon of throwing before being joined by another 26 members, family and friends for the festivities. Thanks to all of the helpers on the day and to everyone who donated items for the hamper raffle.

The 2008 hamper raffle and BBQ combined raised the magnificent sum of \$644! Everyone was very generous with their donations meaning that we were able to draw 29 prizes with the first 10 names drawn as follows:-

- | | |
|-------------------------|---------------------|
| 1. George Christodoulou | 6. Val Worrell |
| 2. Ryan Hayward | 7. Christine Bridle |
| 3. Jenny Scholtz | 8. Christine Bridle |
| 4. Colin Murray-Lee | 9. Family Tabori |
| 5. Lydia Widera | 10. Alwyn Harbott |



Ilmars Mancs Trophy



With 19 throwers eligible, the Ilmars Mancs Trophy ended up a close competition between three female contenders; the trophy was won by **Judy Pfanner** with Linda Buttigieg and 2007 winner Christine Bridle not far behind. Judy felt it was an honour to win this great trophy and said, "My discus performances during 2008 have been a bit up and down, so I am really thrilled to get a good one on the board during the last competition of the year!"



State Championships at Box Hill



The Victorian Masters Track & Field Championships will be on **March 28th & 29th**, 2009, at Box Hill. This is a new Victorian Masters Championship sponsored by both Athletics Victoria (AV) and VMA. Athletes must be 30+ years and may either be members of AV or VMA to enter. New medals will be awarded to the placegetters in each five year age group.

Entry fees have not changed from last year (\$10 per event with the 4th/8th/12th event being free). Entries close on Thursday 12th March (late entries up to Mar 20th will cost \$20 per event); see Astrid if you need an entry form.

The Box Hill venue is at Hagenauer's Reserve, Barwon Street, Box Hill (Melway Ref: 33 J11).

The Throwers club will be responsible for providing officials at some events during these championships so please make yourself available if possible.



Multi-Event Championships



The VMA Weight Pentathlon Championships are being held on Sunday 22nd March, 2009 at Duncan Mackinnon. The entry form is available from Astrid and you can also find it in the latest VMA News & Results. It will be possible to enter on the day but a late fee of \$5 will be required. Entries close 13th March.

The same entry form can be used for the VMA Track & Field Pentathlon which will also be at Duncan Mackinnon the previous week on Sunday 15th March (entries close 6th March). This event coincides with our working bee (noted above). We hope that those who are not competing will be able to help either officiating at the throws or with the working bee.



The Nationals



The AMA National Track & Field Championships will be held in Adelaide at Easter (April 10-13), entries close on Friday 13th March. Online entry and forms are available via the AMA website. www.australianmastersathletics.org.au

Give Throws a Go!

We are holding another 'come and try' day on Sunday 26th April. Please let us know if you are available to help with coaching or organising and don't forget to tell your friends who might be interested to learn the basics and 'give throws a go'.



Happy Birthday



January	Billy Binks George Christodoulou Greg Gorter Lorraine Mussett (W60) Judy Pfanner Christine Schultz David Wookey (M65)
February	Niki Petousis Sharon Reynolds Stan Stankovic Wim Van Weenen Val Worrell
March	Roger Glass John Neale Bob Thomas Anna-Lisa Vinson