

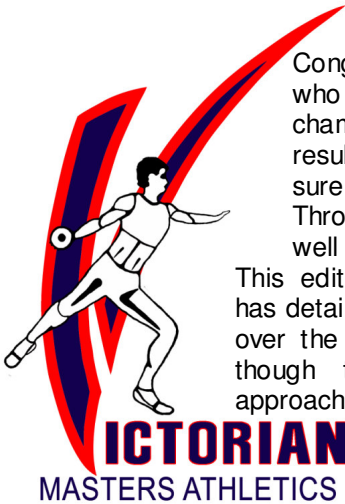


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Newsletter – May 2009



Congratulations to everyone who participated in the recent championship events. The results are attached and, I'm sure you will agree, the Throwers Group has been very well represented this season.

This edition of Out-of-Sector also has details of the events coming up over the next few months. Even though the winter months are approaching, there are still lots of things on our calendar so make sure you take note of the important dates.

Coming Up Soon

May 23-24	Moyston Cup
May 31	Javelin & Hammer Coaching Clinic
Jun 14	Hammerfest / Shotarama
Jul 12	Weight Pentathlon
Jul 28 – Aug 8	WMA T&F Championships Lahti - Finland
Aug 2	Weight Pentathlon
Aug 16	Winter Weight Pentathlon Champs
Aug 30	Discus / Javelin / Heavy Weight / 56lb
Sept 13	Weighttathlon / 56lb
Sept 27	Weight Pentathlon
Oct 3-5	14 th AMA Winter Throwing Champs Canberra
Oct 11-18	World Masters Games - Sydney
Oct 18	Weight Pentathlon

😊 Welcome New Member 😊

Peter Neale (W40)



Australian Masters Athletics Champs



The AMA National Championships were held in Adelaide this year and were attended by almost 500 athletes from all over the country. There were 12 Throwers Group members who made the journey to spend the Easter break in South Australia. The weather was warm and sunny throughout the long weekend and there were several shining performances by our members (see results attached).

The venues for all stadia and non-stadia events were very good however this did not always lead consistent peggings particularly in the javelin (a common problem). Excellent massage, canteen and photo services were provided, presentations were prompt and announcements were clear. The meal at the Dinner/Awards was very good although the announcement of the first inductees to the Hall of Fame left a lot to be desired. Competition in many events was very close and this made for intense but nevertheless friendly rivalry between athletes and great viewing for the spectators. Graeme who has moved into a new age group, won the Roy Foley award for the highest male points score with an Australian record score.



Easter 2010 (April 3rd - 6th) the AMA Nationals will be in Perth.

Throwers – Best Clubman Award

The Throwers committee was unanimous in selecting the recipients of the Best Clubman trophy for this season. Graeme & Astrid Rose were joint winners of the award and it recognises their outstanding commitment to running our great club! Thanks for your efforts!!



Roy Foley Trophy



The Roy Foley Trophy is awarded each year to the thrower who has the most consistent point scores across all throwing disciplines at the VMA Weight Pentathlon Championships. This year it was won by **Judy Pfanner** with a record score of 57.14. Judy said, "When I first joined the Throwers Group in 2004, I thought I could never win this award because I was such a novice with the hammer and weight. But, with some slow-and-not-so-steady improvement in those events over the years, gee wizz! Maybe I can start thinking of myself as an 'all-rounder'? I am a very proud to win this trophy!!"



The Final Moyston Cup



The Final Moyston Cup will be held on the weekend of May 23rd – 24th. Ken Readwin is selling his property at Moyston (near the Grampians) so this will be your last chance to escape the suburbs for a unique throwing experience - the Moyston Cup. Please call Ken on 5354 2636 or Astrid on 9836 2350 if you would like to attend and refer to the attached flyer for more information.



Winter Weight Pentathlon Championships

This year the VMA Winter Weight Pentathlon Champs will be held on Sunday 16th August at Duncan Mackinnon. Competition starts at 12 noon and you can enter on the day for \$5.

National Winter Throwing Championships

The 2009 AMA Winter Throwing Championships will be held in Canberra over the weekend of Oct 3rd – 5th. Start getting yourself organised for a great weekend of throwing in the nations capital.



You could also continue on to Sydney from Canberra and compete in the World Masters Games. The athletics events will be held from 11th-18th October. The draft schedule indicates that the individual throws are during the week and the weight pentathlon will be on Sat 17th (men) and Sun 18th (women). You can enter via the website at www.2009worldmasters.com.



Coaching Clinic



We will be holding a coaching day on Sunday 31st May for both Javelin and Hammer. The start time is 1pm and it will depend on the numbers as to how the day will be organised. Come along and refine your technique with some help from Russell Devine (hammer) and Judy Pfanner (javelin). We will also try to schedule another coaching clinic a bit later in the year, the date and details will be announced once everything is confirmed.



Happy Birthday



April	George Knight Tas Maniatakis
May	Tina Baarslag-Leb Don Chambers Victor Naismith Ken Priestley John Reynolds (M65)
June	Christine Bridle



VMA Life Membership



At the VMA AGM this year **Astrid Rose** was awarded a life membership for services to Victorian Masters Athletics. She was thrilled to accept this great honour.

Astrid's involvement with athletics started at 45 when she travelled, with Graeme, to Perth in 1989 for the Nationals. Astrid soon developed good ability at the hammer and discus. It was not long before she became actively involved in administration. In Sept '94 the "throwers group" became an official venue of Vic Vets (as it was then called) and Astrid became treasurer (a position she still holds) and soon a co-venue manager assisting Graeme. Astrid has been an editor of the "Out of Sector" and hosted many fundraising dinners.

Around this time, Astrid was asked by Colin Brown to join the Vic Vets committee. She remained as a committee member, heavily involved with merchandise and uniforms, until she was eventually replaced by Graeme who had recently retired from the workforce.

Astrid's biggest contribution has been as subscription secretary, a job she has been doing diligently since 1996. During this time, Astrid has become very proficient in using Excel to manage the large amount of

data and she has been instrumental in getting VMA to accept credit card payments. Astrid is currently looking for a replacement to take over the reins from 2010 and would like to see VMA provide a registration card each year; a great idea! Maybe this could be the first task of the new incumbent.



Congratulations to Astrid from the Throwers Group!

Astrid is pictured above with the VMA life membership award as well as her three medals from the AMA Nationals, another great effort!

Give Throws a Go!

Another successful 'come & try' day was held on Sunday 26th April. Thank you to Joe Ball, Russell Devine and Judy Pfanner who ran some coaching sessions and went through the basics of each event. The cold conditions meant that participation this time was lower than last year but having the day combined with the VMA AGM worked very well. We saw some great throwing potential emerging too!

