

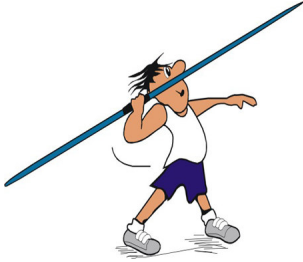


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# Newsletter – November 2009



The festive decorations are going up all over town and the summer throwing season is upon us. So, it is probably timely to remind all members how important it is to be 'sun smart' and stay hydrated when you are competing

during hot weather. Also remember that our policy is to cancel competition if the forecast (at 9am on the day of a Throwers Group competition) is for a temperature of 35 or more. Let's hope we can enjoy a summer of mild weather and hot throwing, and not the other way around!?

We have attached the program for 2010 and there's lots of other news in this Out-of-Sector so read on to find out what's coming up on the Throwers Group calendar.

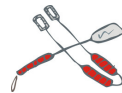
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### Coming Up Soon

Nov 15	Throws Pentathlon
Nov 29	Heavy Weight, Discus & Javelin
Dec 13	Throws Pentathlon (12 noon start) Ilmars Mancs Trophy & Xmas BBQ
2010	---- Full Year Program Attached ----
Jan 10	Shot put / Javelin / Heavy weight
Jan 24	Throws Pentathlon
Feb 7	AMA Relays & BBQ (11am)
Feb 14	Discus / Hammer - AGM following
Feb 21	VMA T&F Pentathlon Champs (and Working Bee)
Feb 28	Throws Pentathlon
Mar 14	VMA Throws Pentathlon Champs (10am start for Women)
Mar 20-21	VMA T&F Championships (at Box Hill – 9am start)
Apr 2-5	AMA National T & F Championships Perth

### A weight off our minds!

Just FYI, it has recently been made official that the Weight Pentathlon has been renamed and is now to be called the **Throws Pentathlon**. So, from now on we will try to remember to refer to the new name although I suspect it will take us a little while before we get used to it.



### Christmas BBQ & Hamper Raffle



Our end-of-year celebration BBQ will be held on Sunday 13<sup>th</sup> December after the Throws Pentathlon at Duncan Mackinnon reserve. Members can choose to compete in the Throws Pentathlon (starting at 12 noon) or you are welcome to just come along with your family and friends to enjoy the celebrations.

It will be great to see everyone there on the day! The cost is only \$5 per head and please let Lorraine or Astrid know if you are planning to attend.

Our great Hamper Raffle prizes will be drawn during the afternoon and, if you haven't already got your tickets, you can collect some from Astrid any time before the draw begins. Don't forget to bring along items that would be suitable to donate for the Hamper.

**\*\* Throws Pentathlon starts at 12 noon \*\***



### Ilmars Mancs Trophy



The Ilmars Mancs Trophy competition will be held as part of the Throws Pentathlon on 13 Dec. You will be allowed six discus throws with only the first three counting for the Throws Pentathlon but all six throws count toward the Ilmars Mancs. The trophy is awarded based upon your discus efforts on the day and considers your other performances during 2009.

Don't forget, to be eligible for the Ilmars Mancs Trophy you need at least five discus performances over the calendar year. Please provide Astrid with details of your 2009 discus results including the date and location of each performance.

Astrid also needs all of your other results for inclusion into our Annual Report... see below for more details.



## National Winter Throwing Champs



Sixty throwers from around Australia competed at the 14<sup>th</sup> Annual AMA Winter Throwing Championships held in Canberra from 3-5<sup>th</sup> October 2008. Our throwers performed very well once again and records were broken by Tom Hancock, Graeme Rose and Harry Wynhoven. Tom was also presented with a Champion Thrower Award for his outstanding performances across the three days of competition.

Full results are available on the AMA website - [www.australianmastersathletics.org.au](http://www.australianmastersathletics.org.au).



### Happy Birthday



October	Linda Buttigieg (W45) Kristin Hendricks Bob Holzer Graeme Rose Nino Stankovic
November	Joe Ball (M75) Milton Ballantyne Russell Clark Rhonda Dundas Colin Murray-Lee
December	Graeme Hicks Ken Knox Ken Readwin Harry Staecker



Twelve of our members travelled up to Sydney for the World Masters Games held from 11<sup>th</sup>-18<sup>th</sup> October, 2009. The results are attached and I think you will be very impressed with the number of medals they won. Well done to everyone!!

### Send your results to Astrid ASAP!!

If you have competed in any events outside of our normal Thrower Group competitions (such as the World or Australian Masters Games), please send your PB's for 2009 to Astrid by early December so that she can include them into our Annual Report.



## AMA Postal Relay Championships & BBQ

Those who have participated in this event previously will remember how enjoyable it was to compete as part of a team. This season the event will be held on Sunday 7<sup>th</sup> February, 2010.

If you haven't been part of this event before, here is how it works... Throwers form into teams of three and each team member has three throws like a normal competition. The best throws of each team member are added together to give a total distance. The results are posted to the AMA where they are compared to other relay teams from around the country. Certificates will be awarded to the members of the winning teams.

You can celebrate your teamwork at the BBQ that will follow after competition. 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?!

There is no need to form teams in advance, just come along on the day. You can even mix different age groups to make up a team, it just means that the team competes in the age group of the youngest team member. 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.

Also, since this is a 'postal' competition, it is OK if your team can't make it on the 7<sup>th</sup> because you can also submit your results from our comp on the 14<sup>th</sup> February (but all team members must compete on the same day).



### Some photos from the World Masters Games

Sydney 2009

