

OUT OF SECTOR

NEWSLETTER

MAY 2010

THROWERS



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COMING UP

May 2	Shotarama / Hammerfest
May 22-23	Beaufort Cup
Jun 20	Hammerfest / Shotarama
Jul 3-10	Oceania Masters – Tahiti
Jul 18	Throws Pentathlon
Aug 8	Throws Pentathlon
Aug 22	VMA Winter Throws Pentathlon Championships – 12 noon
Aug 29	Discus / Javelin / Heavy Weight / 56lb
Sept 12	Throws Pentathlon
Sept 26	Weightathon / 56lb
Oct 2-4	15 th AMA Winter Throws Championships - Canberra

With the championship events now complete, it's time we published the results and let you know about what's coming up over the winter season ahead.

Congratulations to everyone who competed in the State and National Championships! There were many great performances across all events and age groups.

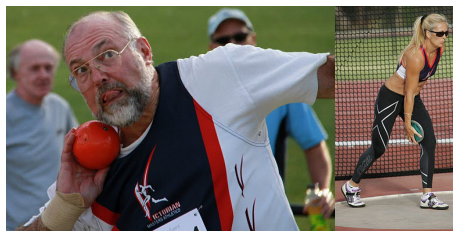
AMA National Championships - Perth

This year the Nationals were held in Perth over the sunny Easter long weekend. The Throwers Group were well represented by 14 throwers who managed to bring home 20 throwing Gold medals! There were many highlights including Val Worrell who has a World Record pending for her effort in the Weight Throw.

Also, we received an update from Astrid regarding the hamstring injury Graeme sustained during his Shot Put event in Perth... he is recovering well and his leg is no longer as colourful?!

Results are attached...

Roger Glass & Jenny Baldwin in action in Perth



VMA Track & Field Championships

After some confusion created by the need to move this event from Box Hill to Duncan Mackinnon, the event went ahead on the weekend of 20th & 21st March. There were plenty of officials from Athletics Victoria combining with VMA to run another successful State Champs weekend.

Some action shots...



Best Clubman Award

The Throwers Group committee was again not troubled to find candidates for the Best Clubman award. This year the award was presented to **Russell Devine** for his dedication to coaching our members.

Russell made himself available on Sundays throughout the year and was a big help to many throwers. He happily shares his throwing knowledge and is always willing to help with the officiating duties on our competition days. Congratulations and thanks Russell!!!

Welcome New Members

We are pleased to welcome two new members to the Throwers Group:

Judy Farrell (W65)
Alison Hall (W55)

VMA Throws Pentathlon Championships

The VMA Throws Pentathlon Champs were held on Sunday 14th March. It was another great day for throwing and 28 competitors provided some first-class results.

Results are attached for this and the State T&F throwing events.

Roy Foley Trophy

This trophy is presented each year after the VMA Throws Pentathlon event. The scores for each competitor are subject to a mathematical formula to calculate the most consistent score across the five events. The trophy was won for the second year in a row by **Judy Pfanner**. Judy didn't manage the same high score as last season but it was just enough to win.

On learning of the win Judy said, "This is a great surprise! Winning once was fabulous and winning back-to-back makes me even more proud."

Beaufort Cup

The inaugural Beaufort Cup will take place at Ken Readwin's new place in Beaufort on the weekend of 22-23 May. Formally the Moyston Cup, this weekend provides a unique, rural throwing experience combined with some other non-throwing activities.

Alwyn & Corinne Harbott have kindly accepted the coordination role.

Please contact Alwyn or Corinne on 9596 3591 to let them know when you will be arriving at Ken and Pam's so that sleeping and food arrangements can be made.

Competition will follow a late breakfast on the Sunday.

Throwers Caps - \$10



We still have some Throwers caps available for purchase if you don't already have yours.

VMA Winter Throws Pentathlon

The 2010 VMA Winter Throws Pentathlon Champs will be held on Sunday 22nd August at Duncan Mackinnon. Competition starts at 12 noon and you can enter on the day for \$5.

AMA Winter Throws Championships Canberra

It's also time to start getting organised if you want to compete in the 15th AMA National Winter Throwing Champs. The event will be held from the 2nd to 4th October in Canberra.

Entry forms are already available from the AMA website:

www.australianmastersathletics.org.au

Coaching over Winter

Although we don't have any coaching clinics scheduled at this stage, we are currently investigating a few options so do let us know if you have any specific requests.

Also, just in case you are not aware, Russell Devine plans to be at Duncan Mackinnon from 1pm each Sunday throughout the winter months for coaching. So, on days where there is no competition scheduled, you are welcome to go along and get a few pointers from Russell... starting from Sunday 30th May and all non-comp Sundays after that.

Only thing to note - we don't open up our equipment room on these non-competition days so it is best if you can bring your own throwing implements. Everyone is normally happy to share whatever they bring but, if you want to ensure you can practice with your correct weights just BYO equipment.

Don't forget that Winter is the best time to start working on any required technique improvements...

Happy Birthday

April	Russell Devine Tas Maniatakis
May	Tina Baarslag-Leb Don Chambers Victor Naismith Ken Priestley John Reynolds
June	Christine Bridle Yvonne Hines Harry Wynhoven

Secretary Needed

You might recall from the previous newsletter that, after many years as Secretary of the Throwers Group, Lorraine Mussett has stepped aside. We thanked Lorraine at our AGM for her time and effort and would like to remind everyone that the Secretary role is still vacant.

Please consider whether you might be able to help out by nominating for the Secretary role. You don't need to be an active participating thrower and we normally only have a committee meeting about once every 3-4 months. Committee meetings follow our comp days at Duncan Mackinnon and only require about an hour of your time...

Throwers Group on the Web

Over the next few months we are hoping to establish more presence on the internet. Keep an eye out for details of when/where we will launch ourselves into cyberspace.