

# OUT OF SECTOR

# NEWSLETTER

MAY 2016

THROWERS



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## COMING UP

Jun 5	Throws Pentathlon
Jun 19	Hammerfest / Shotarama
Jul 3	Throws Pentathlon
Jul 17	Training
Jul 31	Throws Pentathlon
Aug 14	VMA Winter Throws Pentathlon Championships – 12 noon
Aug 28	Training (incl. Heavy Weights 56lb & 100lb)
Sept 11	Throws Pentathlon
Sept 25	Weightathon / 56lb / 100lb
Oct 1-3	21 <sup>st</sup> AMA Winter Throws Championships - Wollongong
Oct 9	Throws Pentathlon
Oct 23	Training (may need to be cancelled due to Relays for Life)

The May - or Maybe not - newsletter is finally here! Read on to find out about the recent championship events as well as what's coming up on the Throwers Group calendar.

Hope you stay fit and warm over the winter ahead and that we'll see you at Duncan Mackinnon rain, hail or shine.

## AMA National Championships - Adelaide

This year seven members of the Throwers Group went over to Adelaide for the AMA Nationals winning many medals across the four days of competition. **Paul Olsson** won three golds (Hammer, Weight Throw and Throws Pentathlon) and **Lorraine Mussett** brought home two golds for her efforts in the Weight Throw and the Throws Pentathlon.

Congratulations to our Throwers!

Results are attached...

## VMA Track & Field Championships

The State Champs for 2016 were held at Doncaster over the weekend of the 19<sup>th</sup> – 20<sup>th</sup> March. Only 15 of our members competed this year but everyone bagged a few medals.

The most notable performance was from **Dorn Jenkins** who set a new Australian record for the Weight Throw of 17.58m. This is less than 30cm short of the World Record – go Dorn!

Results are attached...

## VMA Throws Pentathlon Championships

A record 45 competitors threw at the VMA Throws Pentathlon Champs held at Duncan Mackinnon on Sunday 3<sup>rd</sup> April, 2016. It was another great day for throwing and a very busy day for the organisers who judged and recorded a total of 675 throws!! A massive effort thanks to everyone who helped on the day. Congratulations to our Throwers Group members who dominated winning 14 out of the 20 gold medals presented during the afternoon. Results are attached...

## Roy Foley Trophy

This trophy is presented each year after the VMA Throws Pentathlon event. The scores for each competitor are subject to a formula to work out which Thrower has the most consistent score across the five events.

In 2016 the trophy was won by **Warren Benbow** pictured below.

Congratulations Warren!!



## Best Clubperson Award

This year the Throwers Group Best Clubperson Award was presented to **Judy Pfanner**. When interviewed by 'Out-of-Sector' Judy said, "I really love this trophy! There is a wooden discus mounted in perspex and it is the actual implement used by Olga Fikotova when she won the gold medal at the 1956 Melbourne Olympics. I feel honoured to have this trophy at home for the year. It looks great on my bookshelf and would look great on your bookshelf too?!".

## Welcome New Members

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

Nick Connell (M50)

Heather Lamb (W50)

John Reynolds (M70)

## Happy Birthday

May	Caryl Ginders Trevor Jupp Narelle Messerle Ken Priestley John Reynolds Russell Short
June	Christine Bridle Tom Hancock (M80) Yvonne Hines
July	Warren Benbow (M35) Mark Cauchi Clyde Riddoch Joy Priestley

Did you see it? The graphic below was recently featured as the Google logo to commemorate 120 years since the first modern Olympics. Great to see a shot putter! We might have to overlook the technique flaws though ☺



## VMA Winter Throws Pentathlon

The 2016 VMA Winter Throws Pentathlon Championships will be held on Sunday 14<sup>th</sup> August at Duncan Mackinnon. Competition starts at 12 noon and you can enter on the day for \$5.

## AMA Winter Throws Championships Wollongong

It's time to start getting organised if you want to go up to Wollongong to compete in the 21<sup>st</sup> AMA National Winter Throwing Championships. After 20 years in Canberra, this event will be held for the first time in Wollongong from the 1<sup>st</sup> to 3<sup>rd</sup> October, 2016. It will be a great warm up event for the Worlds!

More details are available from the AMA website:

[www.australianmastersathletics.org.au](http://www.australianmastersathletics.org.au)



## World Masters Athletics Championships Perth 2016

It's getting closer now... Online registration is available already via [www.perth2016.com](http://www.perth2016.com) and the closing date for entries is less than three months away on Thursday 25<sup>th</sup> August.

Best of luck to our members as you start preparing for this exciting event. And there's still plenty of time to get organised if you haven't started yet.



## Throwers Caps - \$10 Throwers Training T-Shirts - \$20



We still have some Throwers caps and t-shirts (both long & short-sleeved available for purchase if you don't already have one – or if yours is starting to look tired.

## Vale Alwyn Harbott

17/08/1932 - 12/03/2016



Alwyn was born in Christchurch, NZ. In his early days he was a decathlete but his talent lay with art.

Alwyn was known affectionately as the Throwers "artist in residence". Alwyn designed leadlight items for the Throwers Christmas hamper and was responsible for the design of two of our in-house trophies. – the Ilmars Mancs Trophy for discus and the Roy Foley Best Clubperson award.

Alwyn joined the Throwers in 1996 and continued as an active member of the Throwers until he had a hip replacement. Throwing became more limited after this and when he moved to Beaufort his throwing days were essentially finished. However Alwyn continued to produce artistic creations that covered a wide range of media and styles.

The Throwers pass on their sincere sympathy to Alwyn's partner Corinne and their respective families.