

OUT OF SECTOR

NEWSLETTER

AUGUST 2016

THROWERS



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COMING UP

Aug 28	Training (incl. Heavy Weights 56lb & 100lb)
Sept 11	Throws Pentathlon
Sept 25	Weightathon / 56lb / 100lb
Oct 1-3	21 st AMA Winter Throws Championships - Wollongong
Oct 9	Throws Pentathlon
Oct 23	Training (may need to be cancelled due to Relays for Life)
Oct 26 – Nov 6	World Masters Athletics Championships - Perth
Nov 13	Throws Pentathlon
Nov 27	Training
Dec 11	Throws Pentathlon (12 noon start) Ilmars Mancs Trophy & Xmas BBQ

Well the days are getting noticeably longer and sometimes just a bit warmer too...

This will be the last newsletter before some of our members head over to Perth for what promises to be a fabulous World Champs. We wish everyone the best of luck for all their events! Don't forget to take lots of photos so that we can include them into the next newsletter.

Meanwhile, read on to find out the recent news as well as details for other upcoming competitions.

VMA Winter Throws Championships

The 2016 VMA Winter Throws Pentathlon Championships were held on Sunday 14th August. It was another great day of throwing with conditions sunny and warm for August.

Thanks again to all of our helpers who made the afternoon run smoothly even with the record number of 29 throwers.

Some photos from this event are featured on the next page...

AMA Winter Throws Championships

The next event on the calendar is the AMA Winter Throwing Championships. There are some demonstration events to be held this year including a 'throw for height' event which sounds both challenging and lots of fun!

Good luck to everyone who is planning to make the trip to Wollongong for this event being held over the weekend of 1st to 3rd October.



The Worlds - Perth

Entries closed on the 25th August for this event. Hopefully your preparations are going to plan... Don't forget to order your uniforms and please send through your stories and photos. It would be great to have this event as a feature for our next newsletter.

Welcome New Members

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

Pat Carroll	M45
Stan Peska	M60
Debbie Voogd	W50

Our Rio Connection



Keep an eye out for Throwers Group member **Russell Short** who is competing in the Shot Put at the 2016 Paralympic Games in Rio starting on September 8th.

This will be the eighth time Russell has represented Australia at the Paralympics and we wish him the best of luck! So far his medal tally is six gold, two silver and four bronze medals. Go Russell!!!

AMA National Championships

The nationals for 2017 are not being held at Easter, they will be held in June which will be the case for all NT hosted nationals. It is also a perfect time to visit Darwin!

The championships will be the usual four-day format and will be held from 9th – 12th June which includes the Queen's Birthday public holiday for most states.

Keep an eye on the NT Athletics website for more details when they become available.

Happy Birthday

August	Serge Fomin Dawn Jenkins Astrid Rose
September	Bev Learmont Jo Molnar (W55) Colin Newman John Reynolds
October	Wyvern Burke Linda Buttigieg Graeme Rose Marco Tonelli Peter Young (M70)

Christmas Hampers

We are taking donations again for the Christmas hampers and would be happy to receive either baskets or suitable contents. The raffle prizes will be drawn at the Christmas BBQ to be held this year on Sunday 11th December after the Throws Pentathlon competition at Duncan Mackinnon. Raffle tickets will be available during October.

Looking Ahead Travel Opportunities

Here are some of the upcoming events taking place in Australia and around the world that you might be interested in attending. Details for most of these events can be found on the internet

Alice Springs Masters Games
8-15 October, 2016
Alice Springs, NT

Pan Pacific Masters Games
10-12 November, 2016
Gold Coast, Qld

New Zealand Masters Games
4-7 February, 2017
Whanganui, NZ

World Masters Athletics Indoor
19-25 March, 2017
Daegu City, South Korea

World Masters Games
21-30 April, 2017
Auckland, New Zealand

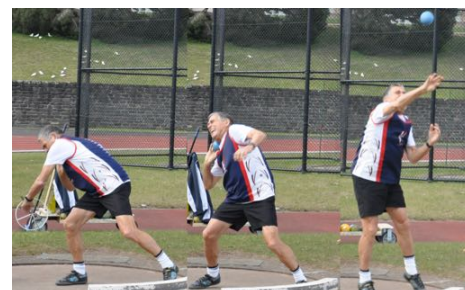
Australian Masters Athletics
9-12 June, 2017.
Darwin, NT

Australian Masters Games
21-28 October, 2017
Tasmania

Thanks to Nelson Pakerla for sending through these great photos from the 2016 VMA Winter Throws Pentathlon. Nelson's father, Sudarshanan Pakerla is a masters athlete from India and he has been joining the Throwers recently as training for the World's in Perth. Here are some of the action shots featuring the men's group that Sudarshanan was throwing with.



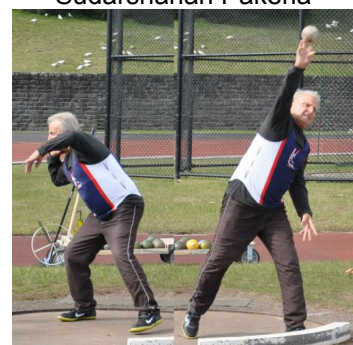
Graeme Rose



Didimo Tonelli



Sudarshanan Pakerla



George Christodoulou



Harry Staecker



Trevor Jupp



Russ Clark