

# OUT OF SECTOR

## NEWSLETTER

### NOVEMBER 2016

THROWERS



Throwers  
Group  
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#### COMING UP

Nov 27	Discorama & Training
Dec 11	Throws Pentathlon - Ilmars Mancs Trophy & Xmas BBQ (12 noon)
Jan 8	Training
Jan 15	Training
Jan 29	Throws Pentathlon
Feb 5	Training
Feb 12	Training & Throwers Group AGM
Feb 19	Throws Pentathlon
Feb 26	Training
Mar 5	Working Bee (10am) & Training
Mar 19	VMA Throws Pentathlon Championships (10am start for women)

What a great Championships it was in Perth for our Throwers! This edition of Out of Sector contains some special stories from the 'Worlds' as well as all of the details you'll need for the upcoming summer season of Masters Throwing.

We also have another great Christmas BBQ planned and are hoping for a great turnout. See you there ☺

#### World Masters Athletics Championships - Perth

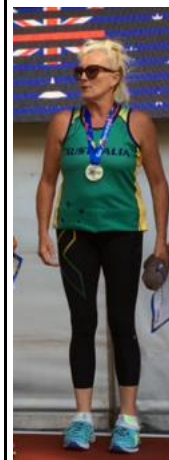
Our Throwers Group medal tally was four Gold, eight Silver and one Bronze for the throwing events plus two silvers in other disciplines and a good number of PBs too. The full results are attached and, if you have a look, I'm sure you'll agree that all of our members should be commended for their efforts over there.

Hopefully they all had a great time away and from what I hear the weather was perfect!

Our two new World Champions are **Dorn Jenkins** (W60 Hammer and Weight Throw) and **Val Worrell** (W80 Hammer and Throws Pentathlon).



Val's first gold came in the Hammer. She started the comp behind the leader and put herself under pressure with a couple of fouls before composing herself and winning the gold with her last throw! Val had an equally exciting competition with her rivals in the Throws Pentathlon. It was so close that no one knew who had won until the results were announced and only about 40pts separated the medallists with Val coming away with her second gold.



Dorn also made it difficult for herself in the early rounds of the Hammer but took the lead in round three and ended up finishing quite a way ahead of her competitors. Her second gold also proved a bit tricky to secure as she was sitting in second place

on a count-back before throwing out a big one in round six to win the Weight Throw.

Both Dorn & Val also won silver in the Discus and Val picked up a silver in the Weight Throw too. Congratulations champs!!

It was a shame that Dorn couldn't stay in Perth for the Throws Pentathlon but even without that she made an impression on the Perth locals, apparently earning the nickname 'Pocket Rocket' from the WA Throwers Mafia ☺. continued..

Our member who won the most medals was **Tom Hancock** with a personal tally of six silvers and one bronze. In fact he was our only member to win a medal in each event – breaking an Australian Record in the Throws Pentathlon amassing 4741pts!



After coming very close to gold in the throws, particularly in the Shot Put, Tom was even closer to gold in his last event – the High Jump. It

came down to two competitors, Tom cleared 1.22 and claimed another national record. Then his 'straddling' rival kicked the bar on his last attempt at 1.24 and Tom thought the gold was his until somehow the bar landed back on supports and Tom had to settle for another silver. What a great all round performer!! Congratulations Tom!

Linda Buttigeig produced a fabulous performance in the Hammer falling just 9cm short of the medals in that event – but Linda brought home a silver for the Pole Vault also illustrating her extraordinary athleticism.



There were plenty of other great performances, PBs and stories... Didimo Tonelli and Peter Young both lamented their lack of opportunity to train properly in the lead-up to Perth. Be it due to injury or the poor Melbourne weather, I think we can all sympathise with their plight ☺. Well done to everyone who made the journey!!



## Christmas BBQ & Hamper Raffle

Our end-of-year celebrations are coming up very soon on **Sunday 11<sup>th</sup> December**. The BBQ will start straight after the Throws Pentathlon and costs just \$7 per head. We always have a great selection of fare and cater for all dietary needs particularly the needs of hungry throwers ☺

During the afternoon we will be drawing the hamper raffle prizes and, as this the main fund-raising effort for the Throwers Group, we ask that you donate things for the hamper, buy raffle tickets or both to help our club. You can donate either anytime before or on the day.

## Ilmars Mancs Trophy

The Ilmars Mancs Trophy is presented each year at our Christmas function.

Eligible throwers will be allowed six discus throws with only the first three counting for the Throws Pentathlon but all six throws count for the Ilmars Mancs. The trophy is awarded by comparing every thrower's effort on the day with their PB for 2016.

You need to have had at least five discus performances during 2016 to be eligible. So, please do send through your five best 2016 discus performances, especially if you have competed interstate or overseas this year.

## Welcome New Members

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

Duncan Large (M55)

## Annual General Meeting

The Throwers Group AGM will be held on **Sunday 12<sup>th</sup> February**, 2017 starting after our scheduled training day at approximately 3pm.

## Happy Birthday

November	Joe Ball Russell Clark Rhondda Dundas Didimo Tonelli
December	Jenny Deravin Harry Staecker
January	Billy Binks Vicki Charles George Christodoulou Lorraine Mussett Judy Pfanner Catherine Sangster Christine Schultz David Wookey

## Vale – Gwen Davidson

28 Nov 1922 - 13 Oct 2016

Gwen was a late starter to



Masters Athletics at age 65. Over her short competitive years until her early eighties she achieved a huge number of Australian and world records.

Initially being a runner and jumper she later turned her skills to throws and the Throws Pentathlon. On turning eighty in 2003, she then set a remarkable eleven World and National records in five individual events 100m; Discus; Hammer; Weight Throw and Throws Pentathlon.