

OUT OF SECTOR

NEWSLETTER

FEBRUARY 2017

THROWERS



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COMING UP

Feb 26	Training
Mar 5	VMA T&F Pentathlon – Working Bee 10am
Mar 19	VMA Throws Pentathlon Championships (10am start for Women)
Mar 25-26	VMA Track & Field Championships – Doncaster (10am start)
Apr 2	Throws Pentathlon
Apr 16	Training
Apr 21-30	World Masters Games - Auckland
May 7	Throws Pentathlon
May 21	Hammerfest / Shotarama (training)
Jun 4	Throws Pentathlon
Jun 9-12	AMA National Championships - Darwin

The February edition of 'Out of Sector' has a summary of all the championship events over the coming months.

Hopefully the recent Nitro Athletics meets at Lakeside stadium have inspired you to begin your preparation if you haven't already ☺

Best of luck for all the competitions you decide to take on during this year and may your throws land inside the sector!!

Annual General Meeting

The Throwers Group AGM was held on **Sunday 12th February**, 2017 after we finished training. Graeme presented the annual report and Astrid ran through the financials.

Some highlights of AGM discussions:

- Start looking for more ways to attract new members.
- Tom Hancock has offered to provide coaching for our members over the warmer months when he is in town - he and Margaret spend the winter months up north. Just arrive an hour early for our scheduled throwing days.
- Agreed to include a left-handed thrower on the cover of the Throwers Group annual report ☺

Best Clubperson

At our AGM each year, we award the Best Clubperson trophy to one of the many people who help ensure the Throwers Group provides a quality masters throwing experience for all members. This year the committee decided to award the trophy to **Astrid Rose** who was clearly surprised, thrilled and was definitely a deserving recipient.

Congratulations and thanks Astrid, your continued contribution is very much appreciated.



Working Bee

Our annual working bee will start at 10am on **Sunday 5th March**. On the same day at Duncan Mackinnon, the VMA Track & Field Pentathlon champs are being held so, we may not be able to throw, but it would be great if you could make yourself available to assist with the various maintenance jobs.

VMA Throws Pentathlon Championships

The VMA Throws Pentathlon Championships are being held on **Sunday 19th March**, 2017 at Duncan Mackinnon. The first group will start at 10am.

Graeme has already emailed the links for access to the online entry screens for the Throws Pentathlon or soon you should be able to follow the links via:

www.vicmastersaths.org.au

Please call out you if you are having any difficulty finding or using the online entry services for either the Throws Pentathlon or the Track & Field championships.

Entries cost \$10 and close on Sunday, 12th March. NB: No entries will be allowed on the day for either the Throws or T&F multi's.

Welcome New Members

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

Phil Curtain M60

VMA State Championships Doncaster

The Victorian Masters Track & Field Championships will be held at Doncaster again this year. The weekend of **March 25th & 26th**, 2017.

Entries close on Sunday 12 March, 2017 – No late or on day entries will be accepted.

Entry fees haven't changed from last year (\$15 per event).

Entry forms will be available from Astrid, the latest Footprints newsletter or you can go to:

www.vicmastersaths.org.au

Christmas BBQ & Hamper Raffle

The Christmas BBQ at the end of last year was a big success once again. Even though the start of competition was delayed due to a scheduling clash with Caulfield Little Aths, it didn't dampen our spirits for the rest of the afternoon.

Great throwing, great food, great raffle prizes and great fun indeed.

Your efforts and generosity resulted in raising \$537 for the Throwers Group. What a fabulous effort thanks to the help of many!

Ilmars Manes Trophy

The Ilmars Manes Trophy is awarded each year at the Christmas BBQ.

For 2016, the trophy was won by **Graeme Rose** for his efforts in the Discus on the day. Graeme managed a PB for the year and it was actually his best discus for two years! **Narelle Messerle** was in second place, also throwing a PB on the day. Last year's winner **Paul Olsson** threw well again this year and was in third place.

Happy Birthday

February	Sandra Howorth Bev Hugo Paul Olsson (M60) Wim Van Weenen (M85) Val Worrell
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March	Shane Benbow Roger Glass Jane Kinsey Jenny Scholtz
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April	Russell Devine George Knight
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Speedy Recovery

Wishing both Billy Binks and Ken Readwin all the best for their recovery from recent medical procedures.

AMA Nationals Darwin

It is very exciting because this year will be the first time the Nationals will be hosted in Darwin.

The championships will be run with all events included as per the normal four-day format. It will take place from 9th – 12th June, 2017 which is the perfect time of year to visit the top end.

An entry fee of \$50 is payable plus a very reasonable \$5 per event.

Online entries are already open via:-
www.ntmastersathletics.com.au

Entries close on Monday 1st May, 2017.

Time to start planning your trip to be in the running for one of these excellent looking medals...

