

OUT OF SECTOR

NEWSLETTER

MAY 2017

THROWERS



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COMING UP

May 21	Shotarama / Hammerfest (training)
June 4	Throws Pentathlon
June 9-12	AMA National Championships - Darwin
July 2	Throws Pentathlon
July 16	Training
July 23	<i>Training</i>
July 30	Throws Pentathlon
August 6	<i>Training</i>
August 13	VMA Winter Throws Pentathlon Championships – 12 noon start
August 20	<i>Training plus heavy weights (56lb & 100lb)</i>
August 27	<i>Training plus heavy weights (56lb & 100lb)</i>
September 3	Throws Pentathlon (moved from Sept 10)
September 24	Weightathon / 56lb / 100lb NB: Venue to be confirmed
Sept 30 -Oct 2	18 th AMA Winter Throws Championships - Wollongong

Welcome to the May edition of Out-of-Sector which is packed full of '100% real' (not fake), Throwers Group news.

Probably the most important news to note in this edition of Out-of-Sector is that we will not have access to the Duncan Mackinnon venue for our meets from mid-September until the end of January, 2018. The track is scheduled to be resurfaced during that time. Graeme is currently investigating other options for us to use during that period. Stay tuned for details...

You might also notice in the list of dates above that we have added some extra training days leading up to the main Winter championship events. The extra dates are shown in italics above and we have also moved a throws pentathlon from Sept 10th to Sept 3rd.

Because we have made a few changes to the 2017 program, the updated program is attached. It has been updated on the Throwers Group page of the VMA website too.

All the results from the State champs are also attached and read on for all the other 'not fake' news ☺

Victorian Masters Track & Field Championships

The State Track & Field Champs were held at Doncaster on the 25th and 26th March, 2017.

This time we had four of our members 'clean-sweeping' the throwing events over the weekend. **Nicole Johansen, Dorn Jenkins, Val Worrell** and **Tom Hancock** all won five gold medals across the weekend. Results for all of our members are attached.

VMA Throws Pentathlon Championships

The State Throws Pentathlon champs were held on Sunday 19th March at Duncan Mackinnon. We had 31 competitors and once again there were very exciting competitions in some age groups.

Huge thanks to all the officials and helpers who set up, spiked, measured, recorded, retrieved and packed up for what is always a very big day's throwing!

All results for our members are attached.

Roy Foley Trophy

The Roy Foley Trophy is awarded annually as part of the VMA Throws Pentathlon Championships to the Throwers Group member with the most consistent scores across the five events on the day.

This year the trophy was won by **Graeme Rose** with Didimo Tonelli second and Narelle Messerle in third place.

Well done Graeme!



Welcome New Members

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

Peter Coumaros M55
Nicole Johansen W40
Jennifer Selmore W35
Peter Wrzuszczak M55

VMA Winter Throws Pentathlon

This year the VMA Winter Throws Pentathlon Champs will be held at Duncan Mackinnon on Sunday 13th August. Entry on the day costs \$5 and competition starts at 12 noon.

AMA Winter Throws Championships Wollongong

Why not head up to Wollongong for the 2017 AMA Winter Throwing Championships? This event will be held over the weekend from 30th September to 2nd October. It's a great weekend of throwing with a few extra fun and challenging events included on the program to spice things up a bit.

Entry forms will be available soon on the AMA website:

www.australianmastersathletics.org.au

Happy Birthday

May	Pat Carroll Trevor Jupp Narelle Messerle Stan Peska Ken Priestley Russell Short
June	Christine Bridle (W60) Tom Hancock
July	Warren Benbow Mark Cauchi (M60) Clyde Riddoch

Coaching Sessions Tom Hancock

We'd like to thank Tom for the coaching sessions that he ran for our members recently. Everyone found the sessions to be extremely helpful - in particular the last Shot Put session when the weather was very kind too as you can see from the photos below. Tom loves helping throwers of all skill levels and still helps a squad of younger, elite throwers up north over the winter months.

He holds a Level 5 IAAF Throws Coaching Accreditation (the highest possible) and we are so very grateful indeed for his time.

Thanks again Tom!!



Tom helps Val Worrell to get into a good power position.



Tom showing Astrid that the body weight needs to ideally be over the right leg.

AMA Nationals Darwin



The first ever Darwin Nationals are only a few days away. We wish our members all the best for their events and

look forward to hearing all about what promises to be a great championships with almost 700 competitors entered! The results will be included with the August Out-of-Sector.

Looking Ahead

Travel Opportunities

As the weather gets cooler here in Melbourne, it makes us start thinking about getting away.

Here is a list of some of the events taking place in Australia and around the world over the next 18 months or so...

It would be great if you could let us know if you decide to register for any of these events... and don't forget to send your stories and photos to the Out-of-Sector editor - we love hearing about your travels and athletic endeavors.

Australian Masters Games

21 - 28 October, 2017
Tasmania

Oceania Masters Athletics

20-28 January 2018
Dunedin, New Zealand

AMA Championships

26-29 April, 2018
Perth, Western Australia

World Masters Athletics

5-16 September, 2018
Malaga, Spain

Alice Springs Masters Games

13-20 October, 2018
Alice Springs, NT

Pan Pacific Masters Games

2-11 November, 2018
Gold Coast, Queensland