

# OUT OF SECTOR

## NEWSLETTER

NOVEMBER 2017

THROWERS



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### COMING UP

Nov 26	Training - <b>Mentone</b>
Dec 10	Ilmars Manics Trophy Discus Comp – <b>Dendy Park</b> Xmas BBQ - <b>Duncan Mackinnon</b>
Jan 7	Training - <b>Mentone</b>
Jan 14	Training - <b>Mentone</b>
Jan 28	Training - <b>Mentone</b>
Feb 4	Throws Pentathlon - <b>Mentone</b>
Feb 11	Training & Throwers Group AGM - <b>Mentone</b>
Feb 18	Throws Pentathlon - <b>Mentone</b>
Feb 25	Training - <b>Mentone</b>
Mar 4	Working Bee – <b>Duncan Mackinnon</b> (10:30am start)
Mar 24-25	Victorian Masters Track & Field Championships - <b>Doncaster</b>

This November edition of the Out of Sector contains some important details for all the upcoming Throwers Group competitions being held while the Duncan Mackinnon track is being resurfaced.

Read on to find out all the details of the new venues for our summer competitions:-

- **Dendy Park**
- **Mentone**

They say “a change is as good as a holiday” ☺ see you there.

Please refer to the maps on the next page if you are not sure about the locations.

### Ilmars Manics Trophy at Dendy Park

Most of you will have already seen Graeme’s recent email regarding the plans for the IImars Manics Discus comp this year but, just to make sure everyone is clear...

The competition for the perpetual IImars Manics Trophy will be held at **Dendy Park** on **Sunday 10<sup>th</sup> December** starting at **3pm** or **4:30pm**. The second group will start at 4:30pm to allow time for those competing at AV Shield on that day to get to Dendy Park.

Our eligible members who are not competing at AV Shield will be in the first group. Once finished, they can either head to Duncan Mackinnon to help with the BBQ preparations or stay at Dendy Park to cheer on the other throwers and help with the pack up of the discus nets.

You need to have had at least five discus performances during 2017 to be eligible for the IImars Manics.

Eligible throwers will be allowed six discus throws and the trophy is awarded by comparing your best effort on the day against your PB for 2017.

The IImars Manics Trophy will be presented during the evening Christmas festivities.

Good luck to everyone! We really hope all the throwers will enjoy the whole event by returning to Duncan Mackinnon for the BBQ, Hamper Raffle draw and much merriment ☺

### Christmas BBQ & Hamper Raffle Draw at Duncan Mackinnon

Even though the track at Duncan Mackinnon is not available throughout December, we can still use the fabulous indoor facilities for our Xmas BBQ and celebrations...

Whether or not you are competing in the IImars Manics Discus comp at Dendy Park, we would love to see you at **5:30pm** on **Sunday 10<sup>th</sup> December!** The BBQ costs just \$7 per head and, as per tradition, it promises to be a really great spread!

The hamper raffle prizes will be drawn during the afternoon and, as this the main fundraising effort for the Throwers Group, we hope that you will be able to donate suitable things for the hamper.

You can also help our club by buying/selling raffle tickets. Donations of items for the hamper and raffle ticket sales can be made anytime before or on the day.

## Welcome New Members

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

Brett Nuske (M35)

## Happy Birthday

November Russell Clark  
Phil Curtain  
Rhondra Dundas  
Didimo Tonelli

December Jenny Deravin  
Duncan Large  
Jennifer Selmore  
Harry Staecker

January George Christodoulou  
Nick Connell  
Nicole Johansen  
Lorraine Mussett  
Judy Pfanner  
Christine Schultz  
David Wookey

## AMA Winter Throws

Held over the weekend from 30<sup>th</sup> September - 1<sup>st</sup> October in Wollongong, the 22<sup>nd</sup> Annual AMA Winter Throws Champs were a big success once again.

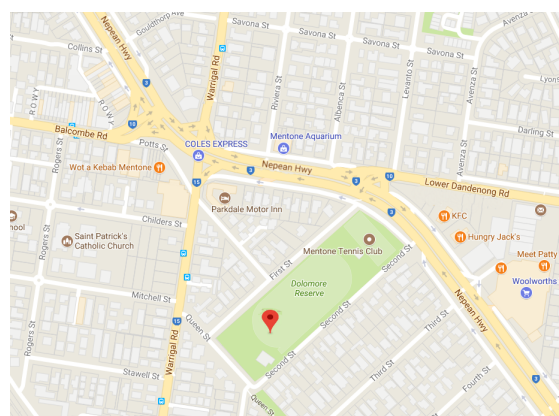
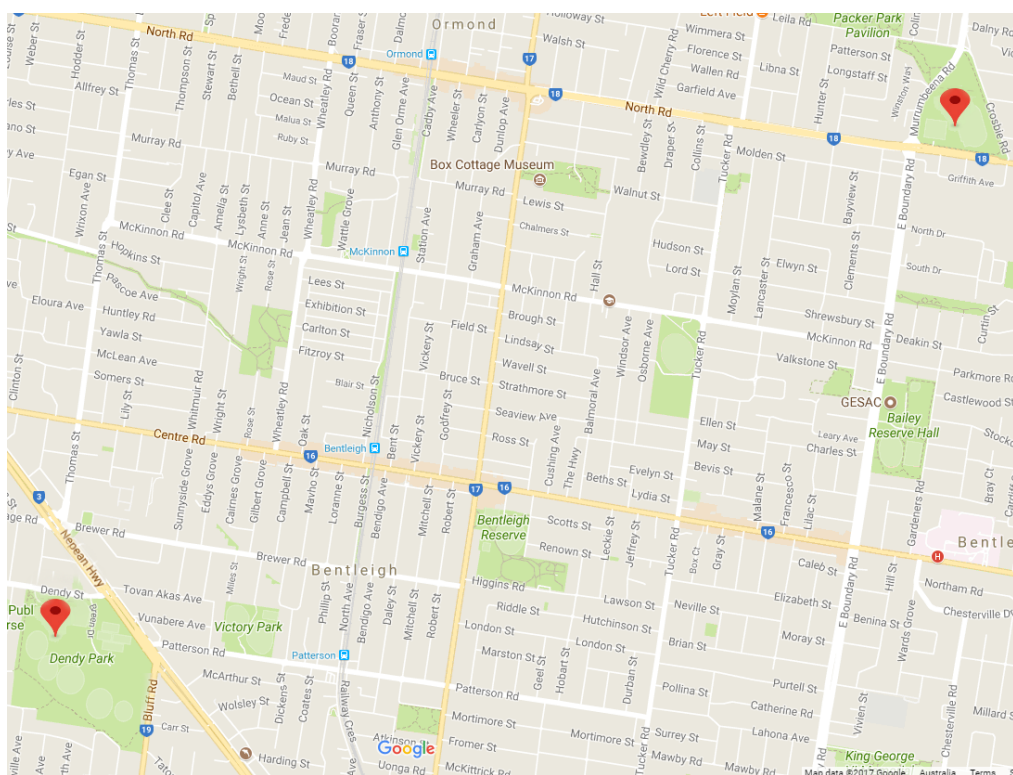
The records tumbled and you will find a great summary of the event with all the results available on the AMA website. As you will see, **Paul Olsson** and **Narelle Messerle** made the journey and represented the Throwers Group most admirably indeed!!

## Annual General Meeting

The Throwers Group AGM will be held on **Sunday 11<sup>th</sup> February, 2018** at **Mentone**. The AGM will start after our scheduled training day at approximately 3pm.

Don't forget to let Astrid know your PB's for each event during 2017 so that the results can be correctly shown in the Throwers Group annual report which will be presented at the meeting.

The map below shows Dendy Park (red pin at bottom left) and Duncan Mackinnon (top right). Parking is available either on Dendy St or in the car park accessed via Breen Drive. The throwing circles are located at the red pin close to Dendy St.



This map shows the location of the Mentone Athletics Track at Dolomore Reserve. Car parking is mainly along Queen St or Second St.

