

# OUT OF SECTOR

# NEWSLETTER

## FEBRUARY 2018

THROWERS



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### COMING UP

Mar 4	Working Bee 10:30am (at Duncan Mackinnon Park)
Mar 18	VMA Throws Pentathlon Championships – Nunawading
Mar 24-25	Victorian Masters Track & Field Champs – Doncaster
Apr 15	Training (record attempts)
Apr 26-29	AMA National Championships - Perth
May 6	Throws Pentathlon
May 20	Shotarama / Hammerfest (training)
June 3	Throws Pentathlon
June 24	Training (record attempts)
July 8	Throws Pentathlon
July 22	Training

Welcome to 2018 and a new year of opportunities for all of our Throwers members. There are a few changes to the dates and venues for our championship events this season so don't forget to update your calendar as you read on.

There have also been some recent changes to the Throwers Group committee. We announce the changes and give you lots of other exciting news about the throwing season ahead. Enjoy!... and may your throws land inside the sector ☺

### Annual General Meeting

The Throwers Group AGM was held on **Sunday 11<sup>th</sup> February, 2018** in the clubrooms at Mentone. Graeme ran through the minutes from last years meeting, presented the annual report and then it was time to elect the committee for 2018...

So, it is with mixed feelings we announce that **Astrid Rose** decided to step aside from her role as Treasurer of the Throwers – a role that she has done most admirably for the last 24 years! Mixed feelings because we will all miss what Astrid brings in that role but also feeling excited too that we have a new Treasurer who is ready to step up to the challenges – **Narelle Messerle**. Narelle has been a member of the Throwers for the last two years and has been rapidly improving her throwing in all events! She also brings a myriad of other skills to the committee including those required for her 'daytime' role as a school principal.

Once again, huge thanks to Astrid for playing such a major role in helping our Throwers group to be in the great place it is today! And another huge thanks to Narelle for offering to take on the Treasurer role - we are sure this will be a smooth transition.

### Australia Day Honours



More exciting news for our group came with the announcement of the 2018 Australia Day Honours at the end of January.

We are proud to tell you that long-time Throwers Group member, **Tom Hancock**, has been honoured with an Order of Australia Medal. This is a well-deserved award indeed for Tom who has been recognised for his outstanding services to our sport. The following is an excerpt from the submission and is just a small summary of Tom's contribution:-

Tom Hancock has given over 50 years of selfless, largely unpaid, service to the sport of track and field athletics in Australia and internationally. He has inspired, mentored and coached many, many athletes and been just as committed to beginners as he has been to elite able-bodied and disabled athletes. (continued next page)

He continues to commit countless hours to organising and coaching athletes whilst also competing at an elite level in Masters Athletics. His efforts have been driven by his passion for coaching and helping others and have resulted in extraordinary and outstanding achievements highly worthy of recognition through the Australian honours system.

We are thrilled to see this formal recognition of what we have all witnessed in Tom's dedication as both a gifted competitor and coach.

## Working Bee

### Duncan Mackinnon

Our working bee this year will be on **Sunday 4<sup>th</sup> March**, starting at 10:30am at Duncan Mackinnon. Even though the track is closed, the equipment room is accessible. The main job we need to do is to check and paint the throwing implements in preparation for the state championships.

Hopefully you are available to help out again this year.

## VMA Throws Pentathlon Championships

The VMA Throws Pentathlon Championships are being held on **Sunday 18<sup>th</sup> March**, 2018 at Nunawading.

Entries cost \$10 and close on Friday 9<sup>th</sup> March. Late entries will be accepted up until 15<sup>th</sup> March and cost \$20. No entries will be allowed on the day

There is an entry form in the latest edition of Footprints and you can also enter online via:-  
[www.vicmastersaths.org.au](http://www.vicmastersaths.org.au)

## Victorian Masters Championships-Doncaster

The Victorian Masters Track & Field Championships will be held at Doncaster again this year over the weekend of **24<sup>th</sup> & 25<sup>th</sup> March**. Entry fees are \$20 per event this year and entries close on Sunday 11<sup>th</sup> March. You'll need to go to the Athletics Victoria portal to enter and the process is very similar to the way it was last year. Don't hesitate to call the helpline on 8646 4500 if you have any difficulties entering.

[www.athsvic.org.au](http://www.athsvic.org.au)

## Christmas BBQ & Hamper Raffle

The Christmas BBQ at the end of last year was a big success once again. A total of \$306 was raised for the Throwers Group and all of the raffle winners were very happy indeed with their hamper prizes! Thanks to everyone who donated and/or helped with the organising on the day.

## Ilmars Mancs Trophy

The 2017 Ilmars Mancs trophy was won by **Sandy Howorth**. Sandy was thrilled with her discus effort on the day which was a PB for 2017. In second place was **Peter Young** and **Lorraine Mussett** placed third, both very close to their 2017 PBs too.

Congrats Sandy!



## Welcome New Members

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

Simon van Baalen (M40)

...and welcome back:-

Colin Newman (M30)

Colin Murray-Lee (M85)

## Happy Birthday

February	Sandra Howorth (W55) Beverley Hugo Paul Olsson Wim Van Weenen Val Worrell
March	Roger Glass Jane Kinsey Heather Lamb John Neale
April	David de Vries

## Best Clubman Award

The Throwers Group best clubman trophy is awarded each year at our AGM and this year it was presented to **Roger Glass**. Thanks Roger for your contribution to the Throwers Group spanning many years! Roger is always available to help out, gives great coaching tips and his very witty one-liners during our competitions days really get us giggling ☺

Ken Priestley (left) presents the trophy to Roger.



And finally... a great photo of **Didimo Tonelli** at the Oceania Masters in NZ.

