

OUT OF SECTOR

NEWSLETTER

MAY 2018

THROWERS



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COMING UP

May 20	Shotarama / Hammerfest (training) - Mentone
June 3	Throws Pentathlon - hopefully back at Duncan Mackinnon (TBC)
June 24	Training – record attempts
July 8	Throws Pentathlon
July 22	Training
Aug 5	Throws Pentathlon
Aug 19	VMA Winter Throws Pentathlon Championships – 12 noon start
Aug 26	Training plus heavy weights (56lb & 100lb)
Sept 9	Throws Pentathlon
Sept 23	Heavy Weight Pentathlon / 56lb / 100lb
Sept 29 - Oct 1	18 th AMA Winter Throws Championships - Wollongong

Well done to our throwers who competed at the recent championship events. Results for these events are attached and you'll find some more details and photos below.

Also read on to find out what's coming up over the cooler months ahead.

AMA National Championships

The Nationals in Perth were held from 26th – 29th April and a small group of our members brought home a good stack of medals.

Dorn Jenkins won three golds and also won the Champion of Champions event that was contested in the weight throw this time. There were many other great performances – all results attached.



Victorian Masters Track & Field Championships

The State Track & Field Champs were held at Doncaster on 24th and 25th March.

The weather conditions during most of Saturday were horrible. Some events were even cut down to four throws to help reduce the time that we all had to put up with the heavy rain. But by mid-afternoon, conditions improved and it stayed pleasant for the rest of the weekend.

Three of our members won gold in all five throwing events at the State champs – **Jane Kinsey, Peter Young & Tom Hancock** all won five gold medals across the weekend. Tom also broke a Victorian record in the weight throw!

Congratulations to everyone who competed across the weekend. Results for all of our members are attached.

VMA Throws Pentathlon Championships

There were 37 competitors in the Throws Pentathlon held on Sunday 18th March at Nunawading.

The wind proved to be a fierce competitor for everyone. It played havoc with the lighter implements and also blew the hammer nets to the point where the nets were quite difficult for the right-handers to avoid at times.

A huge thanks to our officials and helpers who set up, spiked, measured, recorded, retrieved, packed up and kept smiling throughout the day which included over 550 throws! Although there was a certain percentage of throws that didn't need to be measured since they were blown out-of-sector by the wind!?!)

And I heard that the officials were very pleased with their lunch too – thanks Narelle for organising the great spread.

Roy Foley Trophy

The Roy Foley Trophy is awarded annually as part of the VMA Throws Pentathlon Championships to the member with the most consistent scores across the five events. We are thrilled to confirm that the winner of the Roy Foley Trophy for 2018 was **Nicole Johansen**. In second place was Judy Pfanner and Peter Young was not far behind in third place.

Congratulations Nicole! And hopefully we'll be able to get a photo of you with the trophy before the next Out of Sector edition.

Welcome New Members

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

Juan Prinsloo W50

VMA Winter Throws Pentathlon

This year the VMA Winter Throws Pentathlon Champs will be held at Duncan Mackinnon on Sunday 19th August. Entry on the day costs \$5 and competition starts at 12 noon.

We've ordered pleasant weather conditions for that day including lots of sunshine ☺

AMA Winter Throws Championships Wollongong

The 2018 AMA Winter Throwing Championships will be held in Wollongong over the weekend from 29th September – 1st October. It's always a great chance to spend a fun weekend throwing.

Entry forms will be available soon via the AMA website:

www.australianmastersathletics.org.au

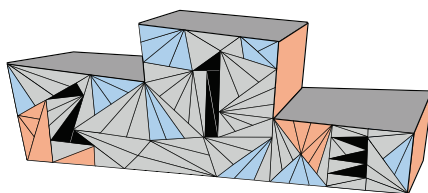
Happy Birthday

May	Pat Carroll (M50) Trevor Jupp Narelle Messerle (W60) Stan Peska Ken Priestley (M80) Russell Short
June	Christine Bridle Tom Hancock
July	Warren Benbow Mark Cauchi Clyde Riddoch (M65)

AMA Nationals Melbourne 2019

You are probably already aware that the Australian Masters Athletics Championships will be in Melbourne next year. The dates were announced recently - it will be held over the four days immediately following ANZAC day from Friday 26th – Monday 29th April, 2019.

The logo for the event (below) was designed by Russ Dickenson. Keep an eye out for the promotional t-shirts that will be available for purchase soon. Those who competed in Perth are lucky enough to already have one.



**MELBOURNE
2019**

Travel Opportunities

Below is a list of some of the events taking place in Australia and around the world during 2018 & beyond...

Details for some of these upcoming events can be found on the AMA website and others can be found via an internet search.

Please let us know if you do decide to compete in any of these events... and don't forget to send your stories to the Out-of-Sector editor so that we can all hear about your travels and athletic achievements.

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

World Masters Athletics Indoor

24-30 March, 2019

Torun, Poland

AMA National Championships

26-29 April, 2019

Melbourne, Victoria

Oceania Masters Athletics

31 August – 7 September, 2019

Mackay, Queensland

Australian Masters Games

5-12 October, 2019

Adelaide, South Australia

World Masters Games

14-30 May, 2021

Kansai, Japan

Some action shots from Perth

