

OUT OF SECTOR

NEWSLETTER

NOVEMBER 2018

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COMING UP

Dec 9	Throws Pentathlon - Ilmars Mancs Trophy (12 noon start) Christmas BBQ (approx 2:30 start)
Jan 6	Training
Jan 13	Training
Jan 27	Training
Feb 3	Throws Pentathlon
Feb 10	Training & Throwers Group AGM
Feb 24	Training
Mar 3	Throws Pentathlon
Mar 17	Working Bee (and VMA T & F Pentathlon)
Mar 23-24	Victorian Masters Track & Field Championships - Doncaster
Mar 31	VMA Throws Pentathlon Championships

The festive decorations are going up all over town and the summer throwing season is upon us. Here's hoping we will all enjoy a summer of great weather and even greater throwing performances!

This November edition of Out-of-Sector contains some details for the season ahead but be aware that some dates are still being confirmed. So do keep an eye out for announcements in the coming weeks.

World Masters Athletics Championships Malaga, Spain

Sandy Howorth was our only representative at the Worlds in Spain. Our congratulations to Sandy on some world-class throwing and we hope you had a fabulous trip! All the results are in the recent Footprints.

Christmas BBQ & Hamper Raffle

Our end-of-year celebration BBQ will be held on Sunday 9th December following after the Throws Pentathlon at Duncan Mackinnon reserve. Members can choose to compete in the Throws Pentathlon (starting at 12 noon) or you are welcome to just come along with your family and friends to enjoy the celebrations. The cost of the BBQ is \$10 per head and it will be lovely to see everyone there!

The hamper raffle prizes will be drawn during the afternoon and, if you haven't already got your tickets, you can buy them on the day.

Only \$25 gets you the BBQ, your Throwers Membership for 2019 and \$10 of raffles tickets – a really good deal!!

You can donate items for the hamper raffles anytime before or on the day.

Ilmars Mancs Trophy

The Ilmars Mancs Trophy competition will be held as part of the Throws Pentathlon on 9th Dec. You will be allowed six discus throws with only the first three counting for the Throws Pentathlon but all six throws count toward the Ilmars Mancs. The trophy is awarded based upon your discus efforts on the day which is compared to your best performance during 2018.

Don't forget, to be eligible for the Ilmars Mancs Trophy you need at least five discus performances over the calendar year. Please send through details of your performances this year, especially if you have competed interstate or overseas

We also need all of your other results for inclusion into our Annual Report for the Throwers AGM... see below for more details on that.

AMA Winter Throws

Held in Wollongong over three days from 29th September, the 23rd Annual AMA Winter Throws Champs were a great success again.

Nick Connell & Narelle Messerle competed across all three days and did us proud!

Full results are available via the AMA website.

Annual General Meeting

The Throwers Group AGM will be held on **Sunday 10th February**, 2019 starting after our scheduled training day at approximately 3pm.

As mentioned above, send through your PB's for each event during 2018 so that the results can be correctly shown in the Throwers Group annual report being presented at the meeting.

Happy Birthday

November	Russell Clark (M90) Rhondda Dundas Didimo Tonelli (M75)
December	Jenny Deravin Jennifer Selmore (W40) Harry Staecker
January	George Christodoulou Nick Connell Nicole Johansen Lorraine Mussett (W70) Judy Pfanner David Wookey (M75)

Welcome New Members

We are pleased to welcome new (and returning) members:-

Richard Block (M50)



AMA Nationals

At the moment the closing date for entries for the Melbourne 2019 AMA Championships is set as March 15th (five weeks before the start on April 26th). We are hoping that the closing date can be changed to be just after the State champs on Sunday 24th March – will keep you posted... But it's best to get your entries in as early as possible if you already know you want to compete. The website should be up and running taking entries early in the new year.

Addendum

The August 2018 Out-of-Sector contained a vale for Joe Ball that was written by Mike Hall. We thought you would also like to read the following obituary written by Roger Glass. It contains some extra details about Joe and his contributions to the Throwers...

Joe was born and raised in England. He entered the Royal Navy after obtaining a degree in physics and thrived in the Instructor Branch. He loved teaching and while in the Navy he won British Services throwing championships.

After 15 years in the British Navy he emigrated and joined the Royal Australian Navy for 12 years, retiring with the rank of Commander aged 50.

He taught in a NSW high school but despaired at the lack of "discipline for learning". He then worked with the Victorian Police Force as a public servant until retiring aged 56 after open-heart bypass surgery.

Joe was always an enthusiastic, entertaining & generous spirited member of the Throwers Group.

He won numerous Australian Vets/Masters titles. He also enjoyed sharing his extensive knowledge of technique with anyone who cared to listen, and sometimes even when they didn't care to!

His sense of humour was much enjoyed by most though his naval service background may have contributed to some aspects of his humour being "an acquired taste".

When his prostate cancer was diagnosed about 15 years ago, Joe had to curtail his throwing and eventually had to cease all throwing.

This didn't diminish his energetic involvement with our group as he focussed more on acting as an official and recorder whilst also coaching. He was particularly committed to helping the lady throwers.

When Royce Foley, the throwing group's "founding father", died, Joe accepted the role of "patron" for the group. In this role, Joe called upon his singing experience (he had a very fine voice) to compose our "throwers anthem", to the tune of "the grass is greener on the other side". He duly sang this at a number of throwers Christmas BBQ's, though I suspect he was disappointed by the often less than tuneful contributions from the rest of us!

As Joe's condition became more problematic, he decided that he wanted to record his views/ knowledge about life and in 2012, he wrote an autobiographical book titled "A Book for Me" which some of us read. In it he expounded on ideas such as the value of good education, the importance of putting in effort in order to reap rewards, the desirability of "total honesty and openness", and his struggles to address questions such as "What is knowledge? What is maturity? etc.

He moved into aged care and, was very sad when it became clear that he was no longer able to come to our gatherings. He did adjust well there however, and in typically Joe style, had a rollicking 80th birthday party there for which he sent out invitations inviting attendees to "help celebrate with orgasmic delight"!

He always retained a keen interest in how all his friends in throwing were getting on.

I'm sure that all throwers who had the pleasure of knowing and associating with Joe would agree that he made an enormous contribution to Masters Throwing over many years.

Thanks Roger and apologies from the editor that this was missed from the previous newsletter.