

THROWERS



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COMING UP

May 19	Shotarama / Hammerfest (training)
June 2	Throws Pentathlon
June 23	Training – record attempts
July 7	Throws Pentathlon
July 21	Training
Aug 4	Throws Pentathlon
Aug 18	VMA Winter Throws Pentathlon Championships – 12 noon start
Aug 25	Training plus heavy weights (56lb & 100lb)
Aug 31 – Sept 7	Oceania Masters Athletics Championships – Mackay, Qld
Sept 8	Throws Pentathlon
Sept 22	Heavy Weight Pentathlon / 56lb / 100lb
Oct 5-7	24 th AMA Winter Throws Championships - Wollongong

Congratulations to all competitors who took part in the VMA and AMA events over the past few months. Results for these events are attached and read on for more details and photos below.

Also keep reading to find out what's coming up over the months ahead.

AMA National Championships

The Nationals in Melbourne were a huge success even before the event started with record registration of almost 1000 competitors.

Running from the 26th – 29th April, it is probably no surprise that weather conditions were a little cold most of the time. However, we were fortunate that the weather conditions didn't impact the timetable and, with the help of a great team of officials and volunteers, the busy program ran almost perfectly to schedule. There were many great performances by our members too...

The biggest gold medal haul was won by **Tom Hancock** who collected seven golds; six for the throws events plus one for High Jump.

Some more photos from the event are on the next page and all results are attached...



Angela Edwards and Debbie Voogd are pictured above after their weight throw at the Nationals in which they both managed PB's!

Victorian Masters Track & Field Championships

The State Track & Field Champs were held at Doncaster over the weekend from 23rd – 24th March. For the second year in a row, **Jane Kinsey** won five gold medals across the weekend. Congratulations Jane and to all of our members who competed. You will find all the results attached.

VMA Throws Pentathlon Championships

The VMA Throws Pentathlon was held on Sunday 18th March at Duncan Mackinnon. There were 22 competitors and we extend our thanks to the many helpers and officials.

Roy Foley Trophy

The Roy Foley Trophy is awarded annually as part of the VMA Throws Pentathlon Championships to the member who achieved the most consistent scores across the five events. The winner of the Roy Foley Trophy for 2019 was **Didimo Tonelli**. In second place was Mark Cauchi and Graeme Rose was third. Congratulations Didi!



Welcome New Members

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

Megan Champion W35
 Tracy Colbert W45
 Donna-Marie Elms W55
 Donna Clarke W65

VMA Winter Throws Pentathlon

The 2019 VMA Winter Throws Pentathlon Championships will be held at Duncan Mackinnon on Sunday 18th August.

The \$5 entry fee can be paid on the day and competition starts at 12 noon.

AMA Winter Throws Championships Wollongong

The 2019 AMA Winter Throws Championships will be held in Wollongong over the weekend from 5-7th October. This event provides an opportunity for throwers to try the heavy weight pentathlon and to have a go with the 56 & 100lb weights. Our training days at Duncan Mackinnon leading up to this event also give members a chance to try the ultra-heavy weights.

Entry forms and details are available via the AMA website:

www.australianmastersathletics.org.au

Happy Birthday

May	Pat Carroll Narelle Messerle Stan Peska Ken Priestley
June	Christine Bridle Tom Hancock
July	Mark Cauchi

Some photos from Melbourne 2019...

Clockwise on right - Pat Carroll warms up, Pat Carroll discus, Tom Hancock javelin, Stan Peska shot, Sandy Howorth javelin, Linda Buttigieg javelin, Mark Cauchi shot and (centre) Bev Hugo discus.

