

OUT OF SECTOR

NEWSLETTER

AUGUST 2019

THROWERS



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COMING UP

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
Oct 13	Throws Pentathlon
Oct 27	Training - Discorama
Nov 10	Throws Pentathlon
Nov 24	Training
Dec 8	Throws Pentathlon - Ilmars Mancs Trophy (12 noon start) Christmas BBQ (approx 2:30 start)

We've had some excellent winter throwing already over the past few months and there's more to come.

This newsletter contains all the dates and details you'll need to know for the remaining Throwers Group meets for 2019.

VMA Winter Throws Championships

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

With 14 competitors deciding to brave the forecast weather conditions, in the end we were all finished throwing before the rain arrived.

And considering the time of year there were some really great performances with both **Dorn Jenkins** and **Tom Hancock** scoring over 4000 points on the day.



AMA Winter Throws Championships

The 24th annual AMA Winter Throwing Championships are coming up soon. The event will be held in Wollongong over the weekend of October 5th-7th, 2019.

Registration and details are available from the AMA website and entries close on Sept 18th:

www.australianmastersathletics.org.au



Oceania Masters Athletics Championships

Good luck to our members who are going up to Mackay to compete at the end of this month.

Make the most of the warm conditions and we hope you'll bring home some nice, shiny souvenirs too!

From the Archives...

This is the second last newsletter in this layout. On the next page are some pictorial highlights from the previous ten years of Out of Sector...

The theme this time is Trophies!

Happy Birthday

August	Serge Fomin Dorn Jenkins Astrid Rose Simon van Baalen Debbie Voogd
September	Chris Brown Bev Learmont Colin Newman
October	Linda Buttigieg Graeme Rose Peter Young



Travel Opportunities

Below is a list of some of the events taking place in Australia and around the world during 2019 & beyond...

Australian Masters Games

5-12 October, 2019

Adelaide, South Australia

Australian Masters Athletics

10-13 April (Easter), 2020

Brisbane, Queensland

World Masters Athletics

20 July – 1 August, 2020

Toronto, Canada

Australian Masters Athletics

2-5 April (Easter), 2021

Canberra, ACT

World Masters Athletics Indoor

6-12 April, 2021

Edmonton, Canada

World Masters Games

14-30 May, 2021

Kansai, Japan

