

OUT OF SECTOR

NEWSLETTER

NOVEMBER 2019

THROWERS



Throwers	President	Graeme Rose		
Group	Vice Pres	Ken Priestley	Editor	Judy Pfanner
Contacts	Treasurer	Narelle Messerle	email	judy@pfanner.net

COMING UP

Nov 24	Training plus super weights
Dec 8	Throws Pentathlon - Ilmars Mancs Trophy (12 noon start) Christmas BBQ (approx 2:30 start)
Jan 5	Training
Jan 12	Training
Jan 26	Training plus Heavy Weight Pentathlon
Feb 2	Throws Pentathlon
Feb 9	Training & Throwers Group AGM
Feb 16	Throws Pentathlon
Feb 23	Training plus Heavy Weight Pentathlon
Mar 1	Working Bee (and VMA T & F Pentathlon)
Mar 14-15	VMA Track & Field Championships - Bendigo

This is the final out-of-sector edition in the current format. Coinciding with the new decade, keep an eye out for the new-look Out-of-Sector next February.

This edition of Out-of-Sector contains dates and details for the next few months.

Christmas BBQ & Hamper Raffle

Our Throwers Group Christmas BBQ will be on Sunday 8th December after the Throws Pentathlon competition.

The event is fully catered and costs \$10 per head. Please let us know if you are coming and whether or not you are bringing the family, everyone is welcome!

This year we will again offer packages, for example only \$25 includes the BBQ, your Throwers Membership for 2020 and \$10 of raffles tickets – what a great deal!!

Don't forget to also bring along any items that would be suitable to donate for the Hamper. We are always lucky to have a superb array of prizes donated by our members for this being our main annual fund raising effort.

Ilmars Mancs Trophy



The Ilmars Mancs Trophy is awarded each year at the Christmas celebration following the Throws Pentathlon. To be eligible for the award you need to have recorded five discus performances over the calendar year.

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 result on the day that is then compared to your best performance during 2019.

Don't miss your chance to be in the running for this great trophy!

AMA Winter Throws

This year the AMA Winter Throws championships were held in Wollongong from 5th – 7th October. It was a big weekend of throwing with Nick Connell & Narelle Messerle flying the flag for the Victoria and both came home with some medals!

Full results are available via the NSW Masters website.

Oceania Masters Athletics Championships

We had four members who competed at the Oceania Masters in Mackay back in September. **Narelle Messerle, Nick Connell, Peter Young** and **Didimo Tonelli** travelled up to enjoy some warmer weather and some great competition. Everyone won some medals and Nick won gold in the Hammer & Weight Throw. Our medal tally was two gold, two silver and seven bronze!

Well done all, results are attached.

Annual General Meeting

The Throwers Group AGM will be held on **Sunday 9th February 2020** starting at approximately 3pm after our training day. Would be great to see you all at our AGM that includes the presentation of our Throwers Group annual report.

Happy Birthday

Nov	Russell Clark Rhondda Dundas (W75) Didimo Tonelli
Dec	Harry Staecker
Jan	George Christodoulou (M80) Nick Connell Nicole Johansen Lorraine Mussett Judy Pfanner David Wookey

Hammerfest House!?!

Just had to share a photo of this place in Amsterdam.



Also found the two below in the Greek section at the Louvre.



Even older than all of our members ☺

From the archives...

Some more highlights from the previous ten years of Out-of-Sector. This time the theme is....

On the world stage...

