

Looking ahead

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
Mar 22	VMA Throws Pentathlon Championships 10am start
Mar 29	Training
Apr 5	Throws Pentathlon
Apr 10-13	AMA Track & Field Championships Brisbane
Apr 19	Training & Superweights
May 3	Throws Pentathlon
May 17	Training Hammerfest/ Shotarama
May 31	Throws Pentathlon

Throwers Group Contacts

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

Happy New Year and welcome to the first edition of our Throwers Group newsletter for the new decade. We hope you like the new format and look forward to your feedback & suggestions regarding content.

Wishing you the best of luck for all of the 2020 events... may your throws land inside the sector!

Annual General Meeting

The Throwers Group AGM will be held on **Sunday 9th February**. The annual report will be presented, the Best Clubperson will be announced and the office bearers will be elected ready for the year ahead. The meeting will commence after our scheduled training on that day, starting at around 3pm. Hope to see you there.



AMA Nationals

The AMA National Championships will be held in Brisbane from **10th - 13th April, 2020**.

Entries close on Thursday 12th March and late registrations available until March 26th for an additional fee of \$50.

For registration and more details:-
www.brisbane2020nationals.com.au

Working Bee

The Throwers Group annual working bee will be on **Sunday 1st March**, starting at 10:00am. This will include painting and checking the throwing implements before the state champs.

Come along to help at the working bee if you can. Or you may prefer to help by officiating at the throwing events for the VMA Track & Field Pentathlon which is at Duncan Mackinnon on the same day.

VMA Track & Field Championships Bendigo

This year the state championships on **14th - 15th March** will be located outside the metropolitan area and will be held in Bendigo for the first time. Entry fees are \$15 per event this year and entries close on Monday 2nd March. Once again registration is online only via the Athletics Victoria website:

www.athsvic.org.au

The entry process will be familiar from previous years but please let someone know if you need any assistance with your entry.

VMA Throws Pentathlon Championships

The VMA Throws Pentathlon Championships are being held on **Sunday 22nd March** at Duncan Mackinnon. The first group will start at 10am. Entry forms are available via Footprints and online entry is available via the VMA website. Entries cost \$10 and close on Friday 6th March. Late entries will be accepted up until 13th March and cost \$20. On the day entries are not allowed.

Christmas BBQ & Hamper Raffle

We had a great afternoon at our Christmas BBQ at the end of 2019.

After the throws pentathlon we enjoyed a lovely spread and a terrific range of prizes were available for the hamper raffle draw. The Throwers Group raised almost \$600 on the day. Thanks to everyone who helped with the preparations.

On the right are some photos from the day.

Ilmars Mancs Trophy

The Ilmars Mancs Trophy is awarded each year at the Christmas BBQ. In 2019, the trophy was won by **Clyde Riddoch** who produced an impressive result in the discus on the day.

Congratulations Clyde!



Welcome New Members

We are always pleased to welcome new members to the Throwers Group. And don't forget to pay your rejoining fee if you'd like to participate in the upcoming Championship events.

Happy Birthday

February Sandra Howorth
Beverley Hugo (W80)
Paul Olsson
Wim Van Weenen
Val Worrell (W85)

March Roger Glass (M70)
Jane Kinsey
Heather Lamb
John Neale

April David de Vries



Graeme prepares for action.



Narelle, Jane, Joy, Rhondda and Dorn before the discus.



Dorn in action.



Angela got into the festive spirit.



Margaret helps make it all official.