

## Looking ahead

Sep 13	Hopefully this might be the last day of the Melbourne lockdown and we will be able to start thinking about getting back to group training?
Sep 20 & Sep 27	Possible training to be held each Sunday if permitted.
Oct 3-5	AMA Winter Throws Championships
Oct 4 - Nov 29	Possible training or competition to be held each Sunday if permitted.
Dec 6	Throws Pentathlon plus Ilmars Mancs Trophy (12 noon start) Followed by... Christmas BBQ (approx 2:30 start)

## Throwers Group Contacts

President	Graeme Rose
Vice Pres	Ken Priestley
Treasurer	Narelle Messerle
Coaching	Roger Glass
Publicity	Judy Pfanner judy@pfanner.net

Welcome to another nearly newsless edition of our Out-of-Sector newsletter.

The challenges continue for most of our members who have found themselves back in lockdown a few weeks ago.

We managed to have three Sunday training sessions for those who were able to byo equipment. Some photos from these sessions are included below.

We have also included some dates on the left for the rest of 2020 but, as you will understand, nothing is certain! We will remain flexible and try to offer as many sessions as possible, but be aware that, even after the current lockdown, we need to wait for council approval before we can make our equipment available and offer competition.

## AMA Winter Throws Championships

Even though the VMA Winter Throws Championships have been postponed for now, the AMA event is still scheduled to go ahead. The AMA Winter Throws will be held in Wollongong from Saturday 3<sup>rd</sup> to Monday 5<sup>th</sup> October.

We can't be sure what border restrictions will be in place two months from now and it's possible that Victorians would need to quarantine prior the event. But even so, this might suit some of our members who are keen for some competition.

Anyway, fingers-crossed the event will go ahead as scheduled with or without Victorian throwers!



## Happy Birthday

August	Dorn Jenkins (W65) Astrid Rose Simon Van Baalen
September	Ursula Tonelli
October	Linda Buttigieg Shane Carstairs Graeme Rose John Sirmovics Peter Young

## Training Between Lockdowns





## Hammer Time!

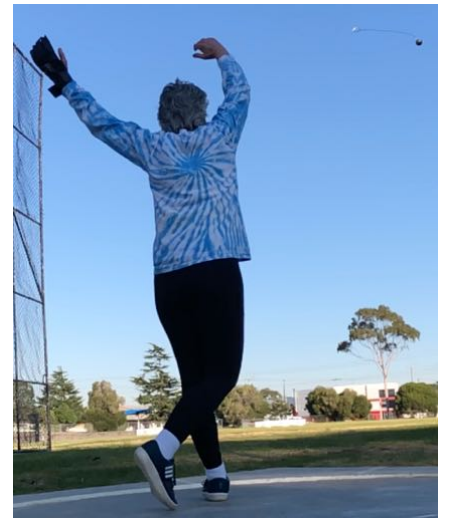


Nick Connell ready to go

## The Wind-Up



Nick creating some torque at the back



Narelle sends it out a long way



Didimo Tonelli getting in the swing

## Javelin In The Sun



Narelle Messerle in a great position



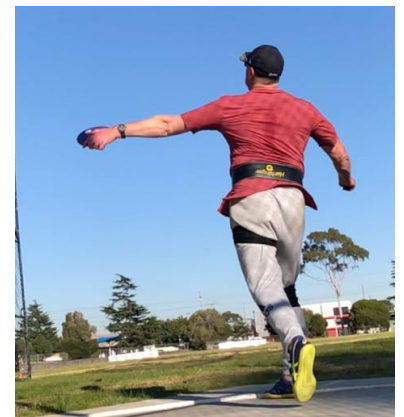
Didimo about to show us his fast arm



Judy Pfanner pre-delivery stride



Roger Glass also helps out with some talk at the back ☺



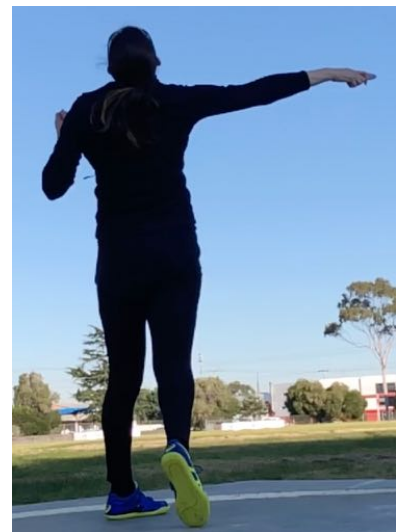
Nick the discus leftie

## and finally..

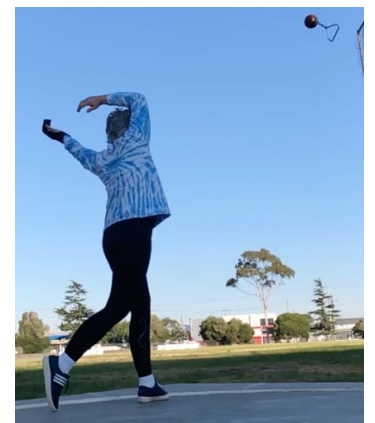
## The Release



Nice one Debbie Voogd!



Might be heading down the middle?..



Another great release from Narelle