Out of Sector

November 2020

THROWERS VICTORIAN MASTERS ATHLETICS

Looking ahead

Nov 8-22	Training for groups of 10 at Duncan Mackinnon with BYO equipment
Nov 29	Training to be held with numbers increased and club equipment if permitted
Dec 6	Throws Pentathlon plus Ilmars Mancs Trophy (12 noon start) Followed by… Christmas BBQ (approx 2:30 start)
Jan 3–24	Training to be held each Sunday with numbers increased and club equipment if permitted
Jan 31	Throws Pentathlon
Feb 7	Training and Throwers Group AGM
Feb 14	Training / Heavy Weight Pentathlon
Feb 21	Throws Pentathlon
Feb 28	Training
5-8 Mar	AMA Track & Field Championships **Canberra**

Throwers Group Contacts

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

Still not much throwing news for this edition of Out-of-Sector but it sounds promising for some throwing competition over the coming months.

This edition includes a summary from the AMA Virtual Winter Throws Championships. And read on to find out about the possibilities for training, competition and our Christmas event (fingers-crossed).

Christmas & Ilmars Mancs Trophy

We are still hoping that our Christmas Throws Pentathlon incorporating the Ilmars Mancs trophy will go ahead on Sunday 6th December. Right now we are not sure what the maximum number of competitors will be or how many will be allowed to gather after the competition but stay tuned to for details over the next few weeks.

The Throwers committee have already discussed and agreed the modified rules for members to be eligible for the trophy. Rather than requiring five discus performances in this calendar year, this time we require that you have recorded five discus performances between 1st March 2019 and 31st March 2020. Please send through your five best discus results between the above dates to be eligible.

We are also planning for the possibility of a Christmas celebration gathering after competition. We will keep it simple and are planning for it to be held outside to maximize the numbers allowed (weather permitting). Our Christmas hamper raffle will also be a bit different this year – no need for you to bring along donations, just buy your raffle tickets on the day.

It will be great to spend some time chatting even if it won't be quite the same as our previous end-of-year celebrations. More information will be sent out via email towards the end of November once we know about the restrictions that will be in place.

Australian Masters Athletics

AMA Winter Throws Championships

The organisers of the AMA Winter Throws Championships made a great decision to offer a virtual event for the first time this year. This allowed throwers from all around the country to participate in a national competition even while most state borders were closed. The organisers received over 60 registrations and throwers contested in two categories. Solo (compete at a park or similar, with no one else present), or Club (compete at an official venue, with one or more officials present).

A facebook page connected the throwers with many selfies being posted across the weekend. Angela Edwards said the facebook photos and comments made the competition fun & interesting and Angela was also pleased to get three PBs on the day. There were some other notable performances from our throwers too, with **Nicole Johansen** managing to contest all events including the heavy weight pentathlon!

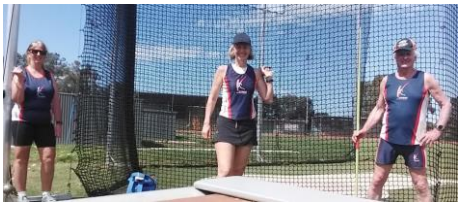
2020 AMA Virtual Winter Throws Championships – Australia (far & wide)

Name	Age Group	Hammer	Shot	Discus	Javelin	Weight	Pent	50lb	100lb	HW Pent
Nicole Johansen	W45	34.45	9.04	32.70	30.33	11.27	3441	3.20	1.98	3733
Angela Edwards	W50	29.62	7.81	19.91	20.53	9.43	2544			
Judy Pfanner	W50		10.68	32.83						
Debbie Voogd	W55	24.71	6.21	16.12	12.73	8.15	2145			
Narelle Messerle	W61	24.46	8.59	21.37	17.28	10.78	3062			
Simon van Baalen	M45	38.81	10.88	32.11	30.76	12.92	3083		4.90	

NB: Full results are available from the Australian Masters Athletics website (www.australianmastersathletics.org.au)

Full results for our throwers are included above and a couple of photos are below…

Congratulations to all of our members who participated. I think we'll be voting to have the virtual option available again next year ☺



Happy Birthday

November	Russell Clark
	Rhondda Dundas
	Margaret Hancock
	Didimo Tonelli
December	Megan Champion (W40)
January	George Christodoulou
	Nick Connell (M55)
	Marty Galea (M65)
	Nicole Johansen
	Judy Pfanner (W55)
	Chris Schultz

Masked Throwers

We've had two BYO equipment training sessions so far post-lockdown. Our understanding of the current rules for masks in the sporting context are that they are not required while actually throwing but we must have a mask available close by at all times. Here are some photos from the training session on the 15th November.

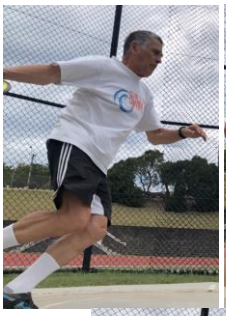
Narelle & Nick give it a great shot!

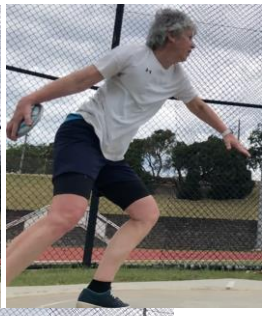
George & Marty looking solid too.

Great job on the homemade super weight Marty!

Nice long arms Didimo & Nick

Same is true for George





Didimo, Narelle & Marty coming out of the back of the circle in fine style.