

Looking ahead

May 30	Training— record attempts Cancelled due to lockdown
Jun 6	Throws Pentathlon
Jun 20	Training & Superweights
Jul 4	Throws Pentathlon
Jul 18	Heavy Weight Pentathlon & Superweights
Aug 1	Throws Pentathlon
Aug 15	VMA Winter Throws Pentathlon Championships
Aug 29	Training (including 56lb & 100lb)
Sep 12	Throws Pentathlon
Sep 26	Heavy Weight Pentathlon / 56lb & 100lb
Oct 2-4	26th AMA Winter Throws Championships
Oct 19	Throws Pentathlon

Throwers Group Contacts

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

Apologies that the May newsletter is a little late arriving. We have been waiting to confirm some more details for an exciting new competition for Victorian throwers... read on below for details and all of the latest Throwers group news.

VMA Throws Pentathlon Championships

For 2021, the VMA Throws Pentathlon Championships were held on **Sunday 21st March** at Duncan Mackinnon.

The weather conditions weren't ideal but the rain didn't deter the thirty-one competitors. There were many great performances on the day including a big score of over 4700 points achieved by **Dorn Jenkins**.

The Roy Foley trophy was won by **Simon van Baalen** with not his best overall score but an achievement in throwing accuracy all the same! In second place was Graeme Rose and Clyde Riddoch was third, both putting together solid all-round performances. Congratulations to all competitors and many thanks to the helpers!



Jane Kinsey in action at Doncaster.
 And more photos from the State Champs are on the next page...

Victorian Masters Track & Field Championships Doncaster

The State Championships were held at Doncaster on the 24th and 25th April, 2021. The results for all of our throwers are attached. There were many highlights including a clean sweep of five gold medals being won by **Nicole Johansen**. Added to her gold in the Throws Pentathlon it was a very successful summer throwing season for Niki!

And full results for all events are available from the Victorian Masters Athletics website:

www.vicmastersaths.org.au.

Indoor Throwing Competitions

Over the past few months we have been working behind the scenes to organise some indoor throwing competitions for Victorian Masters members. During last year, NSW Masters got the indoor throwing idea moving and have since had about six competitions at which their throwers have managed to set many Australian indoor records.

We didn't want our members to miss out on the chance to set some indoor records too. So, we're working through the logistics and are not far away from having our first indoor competition. The date is not yet finalised but keep an eye out for announcements over the next few weeks.

Continued over the page...

..Indoor Throwing

In the long run, our plan is to schedule a few indoor competitions over the Winter months each year. But initially we will try to run some extra meets so that we can streamline the process and logistics.

Depending upon venue availability, we may even be able to move a scheduled outdoor comp to the indoor venue when the weather forecast is poor. The possibilities are endless!

We have been lucky to be offered the services of Simon van Baalen's brother-in-law who has all the skills and tools necessary to construct the portable throwing circle required. Once completed we will be seeking some volunteers to help paint it ready for use.



Above is a photo of the proposed venue for our first competition which is an equestrian venue in Wonga Park.



And the NSW Masters Throwers at a similar venue in Sydney.

Welcome New Members

We are always pleased to welcome new members to the Throwers Group:-

- Alana Baldi (W30)

Happy Birthday

May	Trevor Jupp Narelle Messerle Stan Peska (M65) Ken Priestley
June	Christine Bridle Tom Hancock (M85)
July	Mark Cauchi Clyde Riddoch



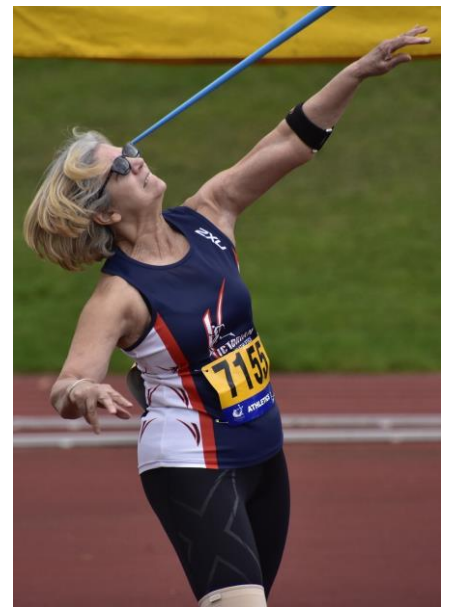
Some of the competitors after the VMA Throws Pentathlon at Duncan Mackinnon.
Back row – George Christodoulou, Bev Hugo, Ursula Tonelli, Graeme Rose.
Front row – Didimo Tonelli, John Neale, Trevor Jupp, Rhondda Dundas, Bev Learmont, Jane Kinsey



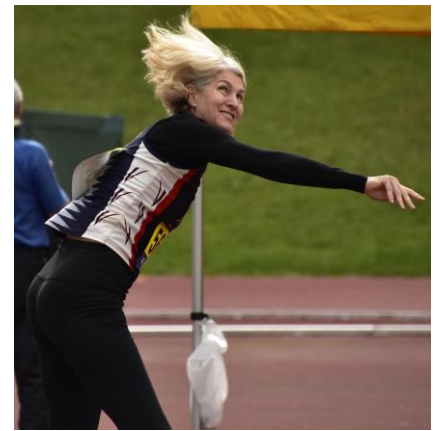
Rhondda Dundas sends the discus on it's way.



And Rhondda receiving one of four gold medals for the weekend from good friend and VMA Vice President - Tony Bradford.



Bev Learmont on her way to javelin gold.



Angela Edwards also on her way to javelin gold.



George Christodoulou picked up three gold medals over the weekend but had to settle for silver in the javelin.



Didimo Tonelli winning another javelin gold for the Throwers group.