

Looking ahead

Sep 2021 Let's assume for now that competition will not be permitted until late September. The committee has agreed to keep our timetable as flexible as possible. At the first opportunity when restrictions are lifted, we will open up with a training day. Then we will try to resume with the scheduled events below. And where possible, we will also try to add some events to fill in the gaps, making up for lost time during August and September – including an indoor event.

Oct 2-4 **26th AMA Winter Throws Championships Cancelled for 2021 no virtual event either**

Oct 10 Throws Pentathlon

Oct 24 Training - Discorama

Nov 7 Throws pentathlon

Nov 21 Training

Dec 5 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 Roger Glass

Treasurer Narelle Messerle

Publicity Judy Pfanner
judy@pfanner.net

We were hoping to bring you some better news about throwing events past and future but it seems that uncertainty is the new normal ☺ And it also seems that we have plenty of general news anyway, so we hope you enjoy this big (late) August Out-of-Sector edition.

We trust everyone is staying safe and looking forward to more throwing as the weather warms up.

Winter Throws Championships

For the second year in a row it has been necessary to cancel the VMA Winter Throws Pentathlon and this year the AMA Winter Throws in Wollongong has also been cancelled. Even the virtual AMA event that was arranged last year will not go ahead this time. But keep an eye out for some other AMA virtual events which may be arranged in the coming months.

Throwing at the Tokyo Olympics

How great it was to be able to watch the Olympics recently and the coverage of all the throwing events was excellent on 7plus. Matt Denny was outstanding in the Discus missing the medals by just 5cm. And three Australian women in the javelin final is just amazing! The Paralympics athletics has also started now, so we can sit back and enjoy that too.



Vale Lesley Foley

20 Oct 1926 – 2 Feb 2021

The Lady behind the legend Roy Foley.



Lesley grew up in the Murrumbidgee region and as a young woman was involved in athletics in particular in javelin, discus and long jump. She was a member of a premierships Glenhuntly Women's athletic team. Lesley met Roy when he was a coach at Glenhuntly and in the 1970's became involved as a successful Masters (then Veterans) athlete finally retiring around 1980.

Lesley and Roy lived in Kinlock Avenue very close to Duncan Mackinnon where they raised their three children Glenys, Kate and Graeme. There were always ample vegetables from their garden. Lesley was always a great supporter of the Throwers and always provided a trophy for the Roy Foley trophy held with the summer Throws Pentathlon.

When Lesley's health deteriorated she moved into Forest Hills retirement village along with Glenys where she died peacefully in her sleep. Lesley is survived by all her children.

Welcome New Members

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

- Greg Carstairs (M35)
- Kim Walsh (W45)

Roy Foley Hall of Fame Presentation

The award was presented at the Throwers Christmas BBQ by the President of AMA, Phil Urquhart, and accepted by Graeme Rose on behalf of the Foley family. Graeme then subsequently presented the award to Glenys Foley.



Graeme Rose is shown presenting the award to Glenys Foley at Forest Hills retirement village.

We also send a huge thanks to **George Christodoulou** who came out of retirement (as a master painter) and spent almost two full days painting the new portable throwing circle. Without George's painting skills, tools and techniques we would not have been able to get the job done. Thanks George!



The Master and apprentices

And thanks also to **Megan Champion** for arranging the paint through Dulux which was free of charge too. This project has been a real throwers community effort so far – now we just need to get some indoor comps organised 😊

Happy Birthday

August	Dorn Jenkins Astrid Rose Simon van Baalen
September	Greg Carstairs Ursula Tonelli
October	Linda Buttigieg Shane Carstairs Graeme Rose Peter Sirmovics Peter Young (M75)

Health news about our members...

Just a quick mention because many of you would already be aware from Graeme's recent email... **Ken Priestley** has recently undergone surgery to remove a brain tumour. The early signs are for a good outcome and both Joy and Ken have been appreciative of the support received from family and friends so far. We wish Ken and Joy all the best on the road to a full recovery.

And many of our throwers will have fond memories of, and interesting stories about, **Ken Readwin**. Ken is now 81 years old and resides in Beaufort. He was a champion hammer thrower and still holds Australian records.

For over five years now he has struggled courageously with a series of health issues, mainly relating to infections following hip replacement surgery, requiring many operations and leaving Ken in terrible pain for long periods.

Most recently Ken was readmitted to hospital in June with a further recurrence of bone infection plus respiratory infection. He was again put on "big gun antibiotics" and his breathing improved but he slipped into a prolonged confusional state due to the strong antibiotics. In one severely confused episode in hospital he fell from a hydraulic patient lifter and sustained a severe fracture of his left wrist which is proving very resistant to all attempts so far to fix, leaving him in much pain again though, thankfully, he is now lucid. He has been transferred to Beaufort Hospital and best estimates are that he is likely to have to stay there until November.

Ken's larger than life personality and positive approach is serving him well but he would enjoy any phone calls from past throwing buddies to his mobile on 0458535436.

We all wish both Ken Readwin & Ken Priestley sustained improved health in the near future.

Indoor Throwing Update

Unfortunately due to a combination of circumstances, our first indoor throwing competition didn't go ahead as planned. But we are all ready to go once restrictions permit. We'll look for suitable dates and venue availability and let you know as soon as we have locked in a new date. We will also publish some proposed dates for 2022 in due course.

The committee wishes to send a big thank-you to Simon van Baalen for arranging the services of his brother-in-law Andrew who is a skilled cabinet-maker.

Andrew's business **Cabinet Connections** located in Sale, specialise in bespoke cabinetry and we feel very lucky to have had Andrew making our new portable throwing circle.



So, if you happen to be planning any kitchen/bathroom renovations, don't hesitate to contact Cabinet Connections for any made-to-measure carpentry solutions you might need. We can testify to the quality and are confident you will be happy with their workmanship and great regional Victorian customer service!

VMA 50 Years

The VMA committee are also busy planning for some celebrations to mark 50 years of veterans/masters athletics in Victoria. This is just a sneak preview for Throwers members to make sure your VMA membership is up to date by the end of this year. All VMA life members, honours recipients and current members will have their name printed on the back of the VMA 50 Years commemorative polo shirt - draft 'example only' shown below. More details will follow on this in the next few months...

