

## Looking ahead

Feb 27	Throws Pentathlon
Mar 6	Working Bee followed by VMA 50 Years Celebrations incl Shot Put comp
Mar 19-20	Victorian Masters State Championships <b>Lakeside</b>
Mar 27	VMA Throws Pentathlon Championships 10am start
Apr 1-4	AMA Track & Field Championships <b>Brisbane</b>
Apr 10	Training - Hammerfest/Shotarama
Apr 24	Training & Superweights
May 1	Throws Pentathlon
May 15	Training – record attempts
May 29	Throws Pentathlon

## Throwers Group Contacts

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

The February edition Out of Sector always has lots of important news for the summer throwing season and 2022 is no exception. Some minor changes have been made to our previously communicated schedule. This is to accommodate some special activities for the VMA 50 Years Celebration event on Sunday 6<sup>th</sup> March at Duncan Mackinnon, more below...

Wishing you all the best for the year ahead and may your throws land inside the sector ☺

## Annual General Meeting

The Throwers Group AGM was held after the Superweights competition on **Sunday 6<sup>th</sup> February**. Graeme presented the annual report and the new committee roles were announced including Vice President, **Judy Pfanner**. "I'm looking forward to assisting Graeme as much as possible. Thanks to Roger Glass for his contribution throughout 2021 and for suggesting this slight change to the Throwers committee team." **Roger Glass** is staying involved as a coach and is being joined by **Megan Champion** who has already been helping members out with some great coaching tips.

## Working Bee

The Throwers Group annual working bee will be on **Sunday 6<sup>th</sup> March**, starting at 10:00am. This will include painting and checking the throwing implements ready for the state championships on 19-20 March.

It also coincides with the VMA T&F Pentathlon plus the special VMA 50 Years Celebrations both at Duncan Mackinnon on the same day...

This means we will need as many volunteers as possible to come along for the day to help out with the working bee jobs, setup/packup, officiating duties and of course to enjoy the VMA celebrations! We're encouraging our working-bee helpers to stay on for lunch but you'll need to register – see details below.



This special event follows after our working bee and the VMA T&F Pentathlon Championships on **Sunday 6<sup>th</sup> March** at Duncan Mackinnon. The celebrations include four competition events (100m, 1500mw, 3000m and Shot Put). You can choose one event or just come along to enjoy celebrating this milestone for Victorian Masters Athletics!

Go to [www.vicmastersaths.org.au](http://www.vicmastersaths.org.au) to register or click the link from the email you received from Graeme recently.

## VMA Throws Pentathlon Championships

The VMA Throws Pentathlon Championships will be held on **Sunday 27<sup>th</sup> March** at Duncan Mackinnon. The first group will start at 10am.

Online entry is available now via the VMA website. Entries cost \$10 and close on Sunday 13<sup>th</sup> March. Late entries will be accepted up until 20<sup>th</sup> March and cost \$20. On the day entries are not allowed.

## Victorian Masters Track & Field Championships Lakeside

The state championships for 2022 will be held at Lakeside Stadium over the weekend of **19<sup>th</sup> – 20<sup>th</sup> March**. Entry fees are \$20 per event and entries close at midday on Monday 7th March. Once again registration will be online only via the Athletics Victoria website - [www.athsvic.org.au](http://www.athsvic.org.au).

## Christmas BBQ & Hamper Raffle

We had a fun & sun-filled afternoon for our Christmas celebrations on the 5<sup>th</sup> December, 2021.

Around 32 members attended helping the club in raising ~\$345 on the day. Thanks to everyone who helped with the food etc.

## Ilmars Manics Trophy

The Ilmars Manics Trophy is awarded each year at the Christmas BBQ based upon the Discus results from the Throws Pentathlon competition on the day. The 2021 trophy was won by **Megan Champion** who improved her seasons best by almost 2m on the day! **Kim Walsh** and **Rhondra Dundas** were not far behind in the calculations.

## Welcome New Members

We are always pleased to welcome new (and returning) members to the Throwers Group:-

Allison Bruce (W45)

Rob Connell (M70)

Parminder Gill (M35)

Llewellyn Jenkins (M75)

Nigel Skurrie (M30)

## Best Clubperson

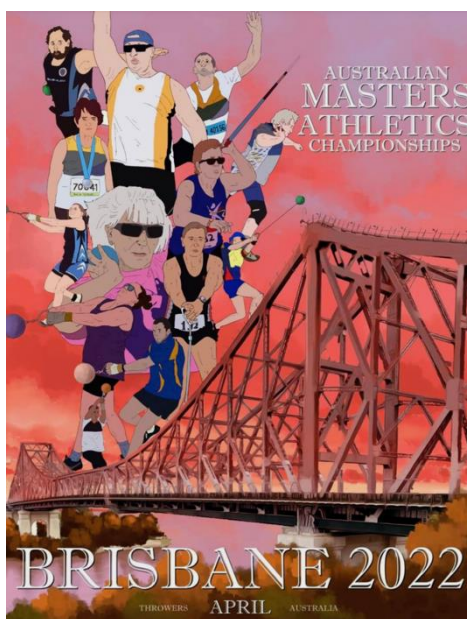
For 2021 the Throwers committee decided to award the best clubperson trophy to **Megan Champion**. Megan has been a great help to throwers throughout 2021 and has offered her help, not only with her throwing expertise as a coach but also with her culinary and organizational skills for our Christmas function. She was also able to help us keep the costs down for the portable throwing circle by sourcing all the paint free of charge! And even her twin boys are happy to help out too 😊 Thanks Megan for your commitment to the Throwers group!



Megan in action above

## AMA Nationals

We really love the Throws-themed flyer for the 2022 AMA Track & Field Championships in Brisbane. It features two of our members (**Simon Van Baalen** and **Nicole Johansen**) in cartoon form, can you spot them?



And don't forget to get your entries in for the Trans-Tasman virtual throws comp. You can find all the details about how to enter via links from [www.nswmastersathletics.org.au](http://www.nswmastersathletics.org.au)

## Happy Birthday

February	Sandra Howorth Beverly Hugo Paul Olsson (M65) Wim Van Weenen (M90) Val Worrell
March	Roger Glass Jane Kinsey Heather Lamb
April	David de Vries

We also really love the action shots below taken by **Bob Jenkins** a few weeks back. Thanks Bob!!



Nigel Skurrie



Jane Kinsey



Judy Pfanner (left) and Beverly Hugo



Clyde Riddoch (left) and Shane Carstairs