

Looking ahead

May 29	Throws Pentathlon
Jun 5	Training & Superweights
Jun 19	Heavy Weight Pentathlon
Jul 3	Throws Pentathlon
Jul 17	Indoor meet – TBC
Aug 7	Heavy Weight Pentathlon
Aug 14	VMA Winter Throws Pentathlon Championships
Aug 28	Training (including 56lb & 100lb)
Sep 11	Throws Pentathlon
Sep 25	Heavy Weight Pentathlon / 56lb & 100lb
Oct 1-3	26th AMA Winter Throws Championships
Oct 9	Throws Pentathlon

Throwers Group Contacts

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

For the first time in a couple of years we have been fortunate to enjoy a busy few months of throwing. Read on to find out all the details of the summer season and for the winter throwing ahead.

VMA Throws Pentathlon Championships

There were 36 competitors for the Throws Pentathlon Championships held on **Sunday 27th March** at Duncan Mackinnon.

We saw some great competition across the age groups on the day and the Roy Foley trophy was won by **Didimo Tonelli** – a nice consolation given that Peter Young pipped him by just one single point in the overall score.

Congratulations Didimo and a huge thanks to all the helpers!

Victorian Masters Track & Field Championships Lakeside

The State Championships on the **19th and 20th March** were held at Lakeside Stadium. It was great to have our championships back at Lakeside this year and, being in March, we were able to enjoy the warm, sunny weather too!

The results for all of our throwers are attached and full results for all events are available from the Victorian Masters Athletics website:

Inaugural Indoor Throwing Competition

On **Sunday 1st May, 2022** we ran our first ever indoor throwing competition at Yering Equestrian Centre. Twenty throwers enjoyed the opportunity to compete indoors - a first for Victorian athletics! The following Australian records were set on the day:-

Shot Put

M30	Shane Carstairs	14.31
W80	Jane Kinsey	4.74

Weight Throw

M30	Shane Carstairs	10.40
W65	Dorn Jenkins	15.61
W80	Jane Kinsey	6.52

Super Weight Throw

M30	Shane Carstairs	5.84
M35	Colin Newman	6.27
W65	Dorn Jenkins	10.88
W80	Jane Kinsey	4.21

Heavy Weight Pentathlon

M30	Shane Carstairs	2406
M65	Paul Olsson	3625
W45	Niki Johansen	3330
W55	Heather Lamb	2163
W75	Rhondda Dundas	2589
W80	Jane Kinsey	2153



Dorn on her way to an Australian Record!

AMA Nationals Brisbane

Eleven of our members made the journey to Brisbane for this long-awaited National Championships. The first chance since the Melbourne 2019 event for masters athletes to compete for a National title. The event was held from 1st – 4th April, 2022 with medals dated 2020 – à la Tokyo 2020 ☺

The results for all of our throwers are attached with the standout being from **Tom Hancock** who achieved a clean-sweep of six gold medals in the throws (plus another for high jump)! Tom also broke the Australian Record in the Weight Throw and all of his throws performances were Victorian Records.

All this was to spite the fact that Tom was basically unable to train in the weeks leading up to the event. This was due to his training venue being under water after the devastating floods throughout northern NSW where Tom and his wife Margaret now reside. But Tom is a Victorian through and through so still competes for VMA at national championships.

We can also look forward to catching up with Tom and Margaret who plan to visit us at the end of this month. You'll be able to see Tom in action at our Throws Pentathlon on May 29th and maybe he'll be able to help you with some of his coaching tips too ☺



Tom Hancock with his medals from Brisbane and proudly wearing his VMA 50 Years polo shirt. Photo - Geoff Helisma who wrote a great article for Tom's local paper – see link below...

www.clarencevalleynews.com.au/throws-master-does-it-again

VMA 50 Years Celebrations

From the early hours on Sunday 6th March, Duncan Mackinnon was a hive of activity with the VMA Track & Field Pentathlon and our Throwers Group working bee both going ahead as planned. But this was the calm before the storm...

More than 150 VMA members came along to enjoy the 50 Years festivities including lunch and the competition events. Some of our members managed to win a commemorative medal too!



Rhonda Dundas won gold with an age-graded shot put performance of 88.07%, **Judy Pfanner** placed second with 67.63% and **Shane Carstairs** was third with a score of 66.80%. And **Niki Johansen** won silver for the estimated distance competition on the day.



Welcome New Members

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

- Erika Bedyne (W55)
- Anne-Marie Ebbels (W45)
- Toni Matters (W50)
- Tas Maniatakis (M70)
- Kim Peak (W55)
- Juan Prinsloo (W55)
- Phil Spivey (M60)
- Peter Wrzuszczak (M60)

Throwers Lunch

A pleasant afternoon was enjoyed by our members at the Tower Hotel on Saturday 30th April. It was a really nice way to cap off the busy throwing season.

Thanks to Megan Champion for the great idea and organising the get together - we'd like to make this a regular event on the Throwers group calendar ☺



Happy Birthday

May	Trevor Jupp
	Narelle Messerle
	Stan Peska
	Ken Priestley
	Phil Spivey
June	Christine Bridle (W65)
	Tom Hancock
July	Mark Cauchi (M65)
	Clyde Riddoch

Winter Throws Championships

And medals will be up-for-grabs at the following winter throwing events... The VMA Winter Throws Pentathlon Championships will be held on Sunday 14th August at Duncan Mackinnon.

And don't forget to get organised for the AMA Winter Throws Champs being held for the first time in Brisbane on 1st – 3rd October.