

Looking ahead

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
Oct 23	Training – Discorama
Nov 6	Throws Pentathlon
Nov 20	Training
Nov 27	Training / Superweights
Dec 11	Throws Pentathlon plus Ilmars Mancs Trophy (12 noon start) Followed by... Christmas BBQ (approx 2:30 start)
2023	Throwers schedule for next year coming soon...

Throwers Group Contacts

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

Another busy few months of throwing has been enjoyed and there's plenty more to come. Read on for details of the completed and upcoming events...

VMA Winter Throws Pentathlon Championships

Full results have been circulated for the VMA Winter Throws Pentathlon Championships held on Sunday 14th August. The 23 competitors enjoyed cool but fine weather conditions on the day and were very thankful for the support from the helpers - and for the after-comp cuppa in the warm clubrooms ☺

AMA Winter Throws Championships

Entries are open for the 26th annual AMA Winter Throws Championships being held in Brisbane for the first time on the weekend of 1st – 3rd October. The registration links are available from both the AMA and QMA websites but let us know if you're having trouble finding the link. Registration costs \$30 for the admin fee plus \$5 per single event or \$10 per pentathlon. And entries close on Wednesday 14th September.

More Indoor Throwing

On Sunday 17th July, 2022 we ran our second indoor throwing competition at Yering Equestrian Centre. Many additional records were set and full results have been circulated. We are now looking for a suitable venue with a higher roof so that we can hold our future indoor comps. If any of our members have any ideas of possible venues please pass on details.

There was also the **AMA Indoor Throwing Championships** recently run by NSW masters at Somersby on the weekend of 20th - 21st August, 2022. The first ever AMA indoor event, this was another great opportunity to set indoor records without the expense of travelling overseas. Three of our members made the journey and managed to bring home a nice haul of medals – 8 gold, 3 silver and 1 bronze. Full results are attached and there's more photos on the next page.



Nicole Johansen on her way to a clean sweep of four gold medals!

Welcome New Members

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

- Dee Holohan (W55)
- Anthony Holohan (M55)

Moving North..

Just a quick note to let you know that **Heather Lamb** will be moving to Queensland soon. Heather has been attending our meets for several years now and is always a great helper! We will miss Heather and her son Christian who has been helping with the EDM etc. at several of our meets this year – thanks Christian! We wish them all the best for the big move. Heather is hoping to find a throwing group nearby her new home. And she would love to say hello to any throwers who feel like a stop when travelling north. Just get in touch at:

heatherlamb42@gmail.com

Happy Birthday

August	Dorn Jenkins Astrid Rose Simon van Baalen
September	Allison Bruce (W50) Greg Carstairs Colin Newman Ursula Tonelli Kim Walsh (W50) Peter Wrzuszczak
October	Linda Buttigieg Shane Carstairs Graeme Rose Peter Young

Travel Opportunities

Below is a list of some of the upcoming events in Australia and around the world...

Pan Pacific Masters Games

5-7 November, 2022

Gold Coast, QLD

Australian Masters Athletics

10-13 March, 2023

Sydney, NSW

World Masters Athletics Indoor

26 March -1 April, 2023

Torun, Poland

Australian Masters Games

7-14 October, 2023

Adelaide, SA

World Masters Athletics

13-25 August, 2024

Gothenburg, Sweden

World Masters Games

17-30 May, 2025

Taipei, Taiwan



Setup and ready to go at Somersby Equestrian Centre.



Narelle Messerle managed to win a full set of medals with a gold, two silvers and a bronze to complete the set



Megan Champion collected three golds and a silver

More photos from the AMA Indoors...



Watch out! The Victorians are here ☺



Luv that winning feeling!