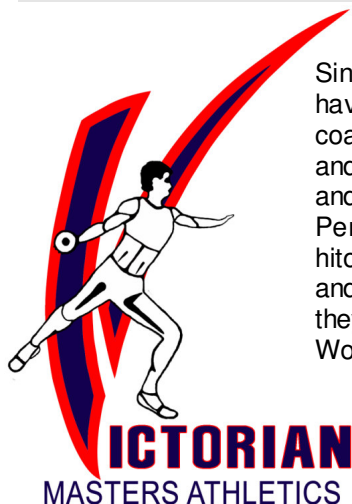




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# Newsletter – August 2009



Since the last newsletter we have had a successful coaching session for hammer and javelin, a hammerfest and shotarama plus a Weight Pentathlon that was a last hitout for Lorraine Mussett and John Reynolds before they set off for Lahti and the World Championships.

This newsletter contains important info for events occurring later in the year.



### Winter Weight Pentathlon Championships

Many of you will already be aware that the 2009 VMA Winter Weight Pentathlon Championships have been rescheduled due to the bad weather conditions on the original date. The championships will now be held on **Sunday 27<sup>th</sup> September** at Duncan Mackinnon Park starting at 12 noon. It will now be a great opportunity for some serious throwing prior to the Winter Throws in Canberra or the World Masters in Sydney and you have an extra month to practice too!

### Coming Up Soon

Aug 30	Heavy Weight, Discus, Javelin & 56 lb
Sept 13	Weightathon/56 lb
Sept 27	Winter Weight Pentathlon Champs – 12 noon start
Oct 3-5	Winter Throws Champs - Canberra
Oct 10-18	World Masters Games- Sydney
Oct 18	Weight Pentathlon
Nov 8	Discorama
Nov 15	Weight Pentathlon
Nov 29	Heavy Weight, Discus & Javelin
Dec 13	Weight Pentathlon Ilmars Mancs Trophy & Xmas BBQ



### AMA Winter Throwing Championships

The AMA Winter Throwing Championships will be held in Canberra over the weekend from 3<sup>rd</sup>-5<sup>th</sup> October. Make sure you get your entries in. This will be a great warm-up for those who are competing at the World Masters Games in Sydney from 10 -18th October.



### Victorian Masters Athletics - Dinner Dance

Will be held this year on Friday 20<sup>th</sup> November at Hawthorn Receptions and tickets are only \$50. We would like to make a table of throwers so please let us know if you would like to come along to what promises to be a fun evening.

### 😊 Welcome New Members 😊

Jenny Baldwin (W40)

Bob Holtzer (M60)



### Christmas Hamper Raffle

The Christmas hamper prizes will be drawn on 13<sup>th</sup> December at our Christmas BBQ – the day of our final competition for 2009 (WP and Ilmars Mancs trophy).

For now we are seeking donations of goods for the hamper. These can be given to Lorraine, Astrid or Graeme.

Ticket sellers are also required for the Hamper Raffle. Books of tickets will be issued during October and November. Please collect some raffle tickets from Astrid during this time.



### Ilmars Mancs Trophy

The Ilmars Mancs Trophy will be awarded again this year at the Christmas celebration. You will be allowed an extra three discus throws at the Weight Pentathlon on 10<sup>th</sup> December and all six throws count toward the trophy (only the first three count for the WP). To be eligible for the award you also need five discus performances over this year. Good luck to all our members!



Coinciding with our next day at Duncan MacKinnon on Sun 30<sup>th</sup> August there will be free sessions about athletics coaching and officiating. Anyone interested should contact Graeme so we can pass their name on or contact Jill Taylor at Athletics Victoria – 9428 8195. We will have our competition as scheduled on that day and the participants in the course will practice officiating and coaching us.



### Happy Birthday



July	Joy Priestley
August	Alwyn Harbott Astrid Rose
September	Beverley Learmont Joanne Molnar



Three of our members made the journey to Lahti, Finland to compete in the World Masters Athletics Championships earlier this month. John Reynolds was placed 18<sup>th</sup> in the Discus - 31.88, 17<sup>th</sup> in the Weight 12.60, 15<sup>th</sup> in the WP – 3170, and a very admirable 9<sup>th</sup> in the Hammer - 34.81. Lorraine Mussett competed in the Hammer placing 10<sup>th</sup> with 18.49 and Don Chambers competed in many events including the Decathlon placing 9<sup>th</sup> as well as individual events ending with a personal medal tally of one gold, one silver and two bronze! An awesome effort!! Well done to all and we look forward to hearing the stories from their trip.



Dani Samuels - Australia's first World Champion thrower and the youngest ever Discus gold medallist too!! I am sure everyone was excited to hear the news on Saturday morning and I really enjoyed seeing the highlights a bit later that day. We are very proud of her and what a great person to lift the profile of throwing (even just a bit). Congratulations from the Throwers Group! Did you know that our logo is modelled on Dani's throwing style?



### Hammer & Javelin Coaching Clinic



The Hammer coaching clinic was conducted by Russell Devine and the Javelin by Judy Pfanner. All attendees had a most enjoyable day with significant improvement in their techniques for the hammer and javelin.

### Roy Foley Trophy Winner - 2009

At the Summer Weight pentathlon Championships the winner of the Roy Foley trophy was Judy Pfanner with a record RF score of 57.3. Judy had to leave the soon after completing her event so was not present for the announcement of the winner. We have finally caught up with her and presented the trophy.

