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Newsletter – February 2007



Happy New Year! Has everyone recovered after our Christmas Weight Pentathlon competition day that was held in 42°C heat? Phew, it was hard work just walking around let alone trying to throw?!? It's getting close now to the main competitions for the season. We hope you are finding time for plenty of training... Please take note of the dates (and the entry cut-off dates), entry forms for the Victorian and Australian Champs are available on the VMA website.

Good Luck to everyone who is planning to compete and may your throws land 'inside the sector'!!

Coming Up Soon

Feb 11	Discus & Hammer
Feb 25	Weight Pentathlon and AGM
Mar 4	State T & F Pentathlon & Working Bee
Mar 17-18	State T & F Championships
Mar 25	State Weight Pentathlon Champs
Apr 6-9	AMA National T & F Championships Hobart
Apr 25	ANZAC Day Rasenkraft/Quadrathlon
May 6	Hammerfest / Shotarama
May 19-20	Moyston Cup
Jun 17	Shotarama / Hammerfest

😊 Welcome Back Members 😊

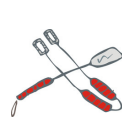
Joe Ball (M70)

Victor Naismith (M70)



Annual General Meeting

Our AGM will be held after the Weight Pentathlon on Sunday 25th February, 2007. Please make every effort to attend, the annual report will be presented and new committee members will be elected for 2007. Nomination forms are available from Lorraine.



Christmas BBQ & Hamper Raffle



On an extremely hot and smokey day, 25 throwers competed in the Weight Pentathlon. While many of the women wisely decided not to complete all 5 events, most of the men soldiered on and were thankful for some relief from the heat after the cool change arrived just in time for their Heavy Weight event.

The cool change provided much more pleasant conditions for the BBQ which was attended by 38 people. A generous spread was enjoyed by all and many thanks go to the hard-working people who made sure the day ran smoothly.

Once again the raffle was a great success raising around \$560 for our club. The main prizes were won by:-

- | | |
|--|----------------------|
| 1. Colin Glasson (sold by Bev Hugo) | 2. Billy Binks |
| 3. Corinne Harbott | 4. Greg Gorter |
| 5. Milton Ballantyne | 6. Shirley McFarland |
| 7. Karen Ballantyne | 8. Harry Wynhoven |
| 9. Jay Hayward (sold by John & Sharon) | 10. Alwyn Harbott |

Another 15 prizes were drawn for those present, a full list is to be found on the Throwers page on the VMA website.



Ilmars Mancs Trophy



Congratulations to **John Reynolds**, the winner for 2006!! This year 19 throwers qualified to participate in the Ilmars Mancs Trophy. The competition was again very close with a number of throwers managing to get close to their best discus throws for 2006 even though conditions weren't particularly favourable. John narrowly beat last year's winner Val Worrell with Judy Pfanner a very close third.



Working Bee - 11am-3pm - 4/3/2007



On Sunday 4th March we will be painting and checking our equipment in readiness for the up coming championships. The working bee is at Duncan Mackinnon on the same day as the State Track & Field Pentathlon champs. Come along if you are able to help with either the working bee or with officiating for the T&F Pentathlon.



Happy Birthday



January	Billy Binks Denis Blandy George Christodoulou Greg Gorter Lorraine Mussett Judy Pfanner Christine Schultz David Wookey
February	Peter Barber Sandra Howorth Beverley Hugo Sharon Reynolds Stan Stankovic Wim Van Weenen (M75) Val Worrell
March	Roger Glass John Neale Bob Thomas Emily Ward Anna-Lisa Whitehall



The Championship Events

As noted above, the VMA State championships are to be held on March 17-18th 2007 and entries close on March 2nd for both the Track & Field and Weight Pentathlon. The AMA Nationals will be held in Hobart at Easter (April 6-9), entries close on March 4th.

The Throwers club are responsible for set-up and pack-up of the throws events for all three VMA championship events (Pentathlon, T&F and WP). We also need to provide officials for these events so please make yourself available if possible.

Uniforms for Championships

VMA Committee has ruled that the new uniform must be worn after 28/02/07. Uniform items will be available for purchase at T&F Pentathlon (for those coming to the working bee) and also at the T&F titles. Singlets \$40.



Special VMA Meeting

A special Victorian Masters Athletics AGM and Venue Managers meeting will be held on Monday 26th February, 2007 at the Duncan Mackinnon clubrooms.

Records Recently Updated

Also note, the VMA and AMA records have recently been updated, they are available on the website and a copy will be distributed with our Annual Report.



John Reynolds receives the Ilmars Mancs Trophy



Astrid wins in Alice with Dawn Fraser (Games Patron)



Hammer in the sunshine on Jan 28, 2007