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## Newsletter – August 2007



Once again we have been given the opportunity over the winter months to improve our skills at the coaching clinics arranged especially for our members. The Shot Put clinic held on the 3<sup>rd</sup> June was excellent and we have a Hammer clinic coming up soon on the 19<sup>th</sup> August. Thanks to Val Worrell for organising the clinics and to

the coaches (Jack Di Giantomasso & Peter Baxevanis) for offering their time and expertise. We hope to see many of you at the competition events scheduled over the next few months too!

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### Coming Up Soon

Aug 12	Winter Weight Pentathlon Champs
Aug 19	Hammer Coaching Clinic 12 noon at Duncan Mackinnon
Sept 4-15	WMA T&F Championships Riccione – Italy
Sept 9	Weightathon/56lb
Sept 23	Weight Pentathlon
Sept 29 – Oct 1	12 <sup>th</sup> AMA Winter Throwing Champs Canberra
Oct 14	Weight Pentathlon
Nov 4	Discorama
Nov 11	Weight Pentathlon
Nov 25	Heavy Weight, Discus & Javelin
Dec 9	Weight Pentathlon Ilmars Mancs Trophy & Xmas BBQ

☺ Welcome New Members ☺

Christine Bridle (W50)

Kristen Hendrick (W40)



### Winter Weight Pentathlon Championships

The 2007 VMA Winter Weight Pentathlon Champs are the next event on the calendar. It will be held on Sunday 12<sup>th</sup> August at Duncan Mackinnon Park and competition starts at 12 noon. You can enter on the day for \$5.



### Hammer Coaching Clinic – August 19

A coaching clinic has been arranged for Sunday 19<sup>th</sup> August to be held at Duncan Mackinnon starting at 12 noon. The coach will be Peter Baxevanis who has many years of experience as a coach and competitor. We look forward to learning the secrets that might just get us that extra few metres we know we are capable of!!



We wish all of our members who are competing at the 'Worlds' in Riccione, Italy the best of luck! You might recall from the May newsletter that Tom Hancock was suffering from some health problems around the time of the Nationals in Hobart. The good news is that Tom's health has improved and he will be going to Riccione... our very best wishes for a great trip.

**NB:** The Doncaster pre-Riccione track and field meet has been cancelled but the Doncaster Venue will run a series of events for sprinters on the 19<sup>th</sup> August.



### National Winter Throwing Championships

Don't forget the AMA Winter Throwing Championships to be held in Canberra over the weekend from September 29<sup>th</sup> to October 1<sup>st</sup>. There is normally a good representation of Throwers Group members at this event and we expect this year will be no exception. This year send your entries to Jayne Hardy, PO Box 1120, Dickson, ACT, 2602.



### Happy Birthday



July	Tony Forno Joy Priestley
August	Astrid Rose
September	Sam Kodsi (M40)



### VMA Annual Reports



The VMA Annual Report has been printed and copies are available from Graeme or Astrid. Please let them know if you would like to obtain a copy.



### World Athletics Championships - Osaka

The 11<sup>th</sup> IAAF World Athletics Championships begin in Osaka, Japan on the 25<sup>th</sup> August. It sounds like the television coverage to be provided by SBS will be quite thorough, good news for the sport of athletics! Let's hope we see some great performances by the Aussies, there have recently been some good results during the lead-up events in Europe so it does sound promising.



### Australasian Masters Games - Adelaide

Good luck to everyone who is planning to go to Adelaide for the Australasian Masters Games. The Athletics events will be held from October 5<sup>th</sup> to 8<sup>th</sup>. We look forward to hearing about your performances and any stories about your time at the games too!



### Victorian Masters Athletics - Dinner Dance

The Victorian Masters Athletics Annual Dinner Dance is coming up on Friday 16<sup>th</sup> November at Hawthorn Receptions. The Throwers group would like to form a table or two so let Graeme or Astrid know if you would like to join in the fun. Tickets are \$50 which includes a three course meal and a live band for the evening.



### Christmas Hampers

It's time to start thinking about what you might be able to donate for the Christmas hampers this year. We are happy to receive either baskets or suitable contents so please consider this as you go about your shopping. The raffle prizes will be drawn at the Christmas BBQ to be held this year on Sunday 10 December after the Weight Pentathlon and Ilmars Mancs discus handicap at Duncan MacKinnon. Raffle tickets will be available during October.

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Remember to send your photos and stories to the Out-of-Sector editor ([judy@pfanner.net](mailto:judy@pfanner.net)). We are always grateful to receive your written contributions and everyone enjoys seeing the pictorial proof of your performances, whether local or abroad!!

