



Club News

EDITION 1 – Winter 2011

Strength and Conditioning

Adam Robertson will be visiting the clubrooms on Wednesday 15th June to assist with strength and conditioning training.

Presentation Night

Our presentation night for season 2010/2011 will be on Saturday 30th July at the club rooms at Edwards Lake.

Put the date in your diary!

More details to follow soon...

Queen's Birthday Weekend

There will be no training at the clubrooms this Sunday 12th June.

Enjoy your Queen's birthday weekend!

IAAF Rule Changes

Effective in Australia from 1st October 2011. Changes have been approved to the weights of throwing implements for youth women.

- Shot Put – Under 18 and Under 16 from 4kg to 3kg
- Hammer Throw – Under 18 and Under 16 from 4kg to 3kg
- Javelin Throw – Under 18 and Under 16 from 600gm to 500gm

There are no changes to the Under 14 age group.

For the Australian Youth Championships in March 2012 there will be 2 sets of qualifying standards produced to allow athletes to qualify using either of the implement weights.

Winter Walks

Victorian and Australian Masters 20km championships

Aaron McDonough M35 1:49:34 1st

Athletics Victoria 10km championships

Aaron McDonough 52:01 2nd

Lake Burley Griffin Racewalk Carnival

Good Luck to Aaron in the 10 Mile
race in Canberra this weekend. Hope
it's not too cold!



HAPPY BIRTHDAY

June

Madison Arnold

Mariah Luppino

Caitlyn Musgrave

Aaron McDonough

Darcy Sutton



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