

AUSTRALIAN MASTERS INDOOR THROWS NATIONAL CHAMPIONSHIP 2023

Date: Sat 19 and Sun 20 August

We have a new venue this year, in the beautiful

Hunter Valley:

Argentille Equestrian Centre

283 Wilderness Road, Lovedale NSW 2320

A beautifully presented equestrian centre in the picturesque Hunter Valley. **"Come for the athletics and stay for the wineries".**

Getting There:

Lovedale is a 10 minute drive northeast from Cessnock, a 35-minute drive west from Newcastle, and a 2-hour drive north from Sydney

Program:

Day 1: 3 events on offer. Shot put, weight throw and super-weight throw.

Day 2: Your choice of either: Heavy Weight Pentathlon or 56lb and 100lb throw.

For all individual events (Shot, Weight, Super Weight, 56lb, 100lb) each competitor will receive 3 attempts and the top 8 in each age group will receive a further 3 attempts. For Pentathlon, each competitor will have 3 attempts in each of the 5 rounds.

Cost:

Ticket A: Entry to all events on Day 1 and Day 2- \$70

Ticket B: Entry to events on Day 1 only- \$50

Ticket C: Entry to events on Day 2 only - \$40

Entries will open on Wednesday June 5th

Register here: <https://www.trybooking.com/CITKK>

Entries will close on Monday August 7th, or as soon as maximum competitor numbers are reached)

Accommodation:

Some onsite accommodation is available, but numbers are limited to 8, so register your interest asap (see next page).

There are other numerous accommodation options available locally, and in Cessnock, Maitland and Newcastle.

The NSW Hunter Valley is a popular tourist destination so booking accommodation ASAP is advised.



LUXURY ACCOMODATION ONSITE

MAIN HOUSE

Argentille Equestrian Centre

Main House (2 night minimum stay)

Four Bedrooms, sleeps 8 (\$388 pp)

One king bed in each room, full bath, 2 rooms with an ensuite, sitting room and large full stocked kitchen with an 8 seated dining table. Lounge with fireplace, and an outdoor swimming pool.

REGISTER HERE FOR ACCOMODATION: <https://www.trybooking.com/CIUPH>

We offer a variety of amenities to make your stay with us as comfortable as possible. We provide complimentary high-speed internet access (NBN). Each of our accommodation sites come fully equipped with dishwasher, coffee machine, air conditioning and a fire place in the main house. Sonos sound system throughout the property. Smart TV's with Netflix. There are also a number of animals onsite. We have approximately 25 horses of our own at any one time. We two mini horses who are our the newest addition to our family.

On the property you will find an indoor riding arena and an outdoor riding arena. We have fire pits for toasting marshmallows all scattered around the property. The gymnasium is open to all over 18 years of age with no charge. We have BBQ'S and outdoor dining spaces for you to relax and enjoy the view of the mountains. You are welcome to walk around outside the horse paddocks and on the many pathways surrounding the paddocks but no entry into the horse yards is permitted. We are happy to supply carrots for you to feed specific horses.



The Main House