

Throwing Handicap Dates for 2010

27 February shot and discus

27 March hammer and javelin

24 April shot and discus

29 May hammer and javelin

26 June shot and discus

24 July hammer and javelin

28 August shot and discus

25 Sept hammer and javelin

30 October shot and discus

27 Nov hammer and javelin - Including annual presentations and Christmas function