

**AV Shield Competitoin
Round 10**

**RESULTS
Open**

Round 10 on Tues 15 January saw the return of a few more athletes. Andrew Wheeler backed up from his decathlon just two days earlier to compete in a number of field events. Ant Rickards once again ran well in the 3000m followed by a 4:15.6 in the 1500m. Jackson Finlay returned from the break with a 12.0 in the 100m. "Athlete of Week" for round 10 is awarded to Tony Crawford for his outstanding performances in the 100m, 200m and 4 x 400m.

Well done everyone who has competed and hope to see more people out running in the last two rounds.

Round 10			Result	Points	
800m	CURRY,	SAM	02:09.0		20.5
1500m	RICKARDS,	ANTONY	04:15.6		28
	CATHIE,	JAMES	05:06.6		13
	HOLMES,	JONATHAN	05:44.8		10
	KOIKE,	TAMAMI	06:38.9		25
3km	RICKARDS,	ANTONY	09:05.9		31
3km Walk	FACEY,	STUART	17:14.2		31 3km
High Jump	WHEELER,	ANDREW	1.50m		31
Long Jump	WHEELER,	ANDREW	5.91m		25
	MARSHALL,	PETER	5.40m		22
100m	FINLAY,	JACKSON	12.0	-0.9	36
	CRAWFORD,	TONY	12.3	-1.4	21
Discus	WHEELER,	ANDREW	23.04m		18 1.5kg
200m	CRAWFORD,	TONY	24.8	-1	32
	MARSHALL,	PETER	25.7	-1.8	16.5
Javelin	WHEELER,	ANDREW	42.15m		37 700gm
4x400m	MARSHALL,	PETER	03:51.2		21
	CRAWFORD,	TONY			
	FINLAY,	JACKSON			
	SMITH,	BYRON			