

**AV Shield Competitoin
Round 11**

**RESULTS
Open**

SAVING THE BEST FOR LAST

Round 11 of AV Shield saw the best turn out for Old Scotch for the season, with competitors in almost every event on the division 1 program. The improved attendance saw our div 1 team finish 5th on the night, our best placing for the year and only a few points behind St Kevin's.

Once again Darcy Long performed well, with PB's of 52.6 in the 400m and 4:03.3 in the 1500m. Ant Rickards and Sam Curry ran solid times in the 1500m. Our young athletes continued to impress in a range of events. Harry Borthwick and Tony Crawford ran the 200m in 23.52 and 25.63 respectively, while Byron Smith ran 15.83 in the 110m hurdles and all three posted excellent performances in the 400m. Andrew Wheeler continued his dominance of the U18 field events and joined up with Smith, Borthwick and Crawford to run the 4x100m relay in 45.9s. Injured Andrews Pirie and Hennessy made rare but welcome appearances to compete in the shot put and discus.

The 5000m at the end of the night produced some outstanding performances, with the "Athlete of the week" award going to Rob Schwerkolt after he won the race outright in a time of 15:12.6. Peter Simm and Mark Purvis also jumped on the track, Pete for the first time this season and Mark for the first time this century (!! last track race was in 1999!!) to run 15:48.6 and 18.30.2 respectively. Bruce Wilson set another M50 club record in the event to go with his earlier 1500m record. During the evening, all our runners wore black armbands as a mark of respect for Graham Wise.

RESULTS - 22 Jan 2008

Open

200m	P Marshall	25.87	w0.6	16 pts
400m	D Long	52.6		28 pts
	B Smith	53.1		27
	S Curry	58.4		18
	P Marshall	60.3		31
	J Cathie	63.4		29
1500m	D Long	4:03.3	PB	26
	A Rickards	4:14.4		22
	S Curry	4:23.0		20
	J Cathie	4:57.3		31
	B Wilson	5:21.9	M50 CLUB REC	
5000m	R Schwerkolt	15:12.6		31
	P Simm	15:48.6		27
	M Purvis	18:30.2		0
	B Wilson	20:25.4	M50 CLUB REC	15
	T Koike	23:25.3		33
4x100	Borthwick, Crawford, Smith, Wheeler	45.9		25
	Marshall, Cathie, Curry, Long	51.3		45
110H	B Smith	15.83	(99 cm) w-0.3	25

2kW	S Facey	10:59.5		24
	B Wilson	11:47.5		21
Shot	A Pirie	6.80m	(6kg) PB	18
	A Hennessy	8.93m	(5kg)	16
Discus	A Pirie	14.52m	(2kg) PB	0

U18

200m	H Borthwick	23.52	w-0.5	37
TJ	A Wheeler	12.26m		40
Discus	A Wheeler	28.95m	(1.75kg) PB	40

U16

200m	T Crawford	25.63	w0.3	26
400m	H Borthwick	53.5		34
	T Crawford	55.1		28