

**AV Shield Competitoin
Round 4**

**RESULTS - 17 November 2007
Open**

Some terrific results on Saturday with the underage runners leading the way. Nick Burgess ran well in the 100m, returning for the first time this season, and Matt McCormack run a quick 200m of 23.76s, but both these guys need to get themselves registered. James McIlraith and Alex Walker also posted some solid times in the 100m and 200m. Andrew Wheeler had a great day, just missing out on the U18 long jump record by 6mm and the javelin record by 1.34m. His jump of 6.62m was the longest jump by an OS athlete since 1998. Andrew turns 18 in three weeks, so we all wish him the best with his attempts to break those two U18 records.

Darcy Long ran a great PB in the 800m, with Sam Curry and schoolboy Jackson Finlay running 2:07.1 and 2:08.6 respectively. Running in the Premier League, Rob Schwerkolt broke four minutes in the 1500m for a season best time of 3:59.8, with other solid times from Scott Lawrence and Sam Curry. The 4x400m relays rounded off the day on the highest possible note with Finlay, McIlraith, Walker and Borthwick finishing first in their heat with a sensational time of 3:44.8 and Sim, Marshall, Lawrence and Curry running a time of 3:59.1 in division 1.

This week's "Athlete of the Week" goes to debutant Harry Borthwick, who had two outstanding performances in the 100m and 200m, equalling Tom Cade's U17 100m record of 11.1s and running 23.37 in the 200m. Unfortunately for Harry, he had turned 16 just two days earlier and so he could not claim the U16 100m and 200m records, but the good news was that the 4x400m team secured the U17 club relay record. A terrific day for Harry, and congratulations to the entire team, with some great individual efforts and growing numbers turning out to compete in a variety of events

Open

Premier League

1500m	R Schwerkolt	03:59.8
5kW	A Jamieson	23:48.0

AV Shield

Open

100m	A Sim	12.0	(-0.6)
	P Marshall	12.6	(-0.9)
800m	D Long	1:56.1	PB
	S Curry	02:07.1	
200m	A Sim	25.17	-1.3
	P Marshall	25.57	-1.3
1500m	S Lawrence	04:27.1	
	S Curry	04:41.9	
	N Wallace-Smith	04:59.3	
	J Cathie	05:05.2	
	P Dodgshun	05:50.4	
4x400	Sim, Sim, Marshall, Lawrence, Curry	03:59.1	
3kW	S Facey	16:58.9	

LJ	J Holmes	DQ
Discus	A Wheeler	6.62m PB?
	A Wheeler	26.27m PB?

U18

Jav	A Wheeler	45.25m PB
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U16

100m	H Borthwick	11.1 (-0.6)	EQ U17 CLUB REC
	N Burgess	12.2	INV
	J McIlraith	12.7 (-0.9)	
200m	H Borthwick	23.37 (0.8)	
	M McCormack	23.76	INV
	J Finlay	24.64 (0.0)	
	J McIlraith	25.56 (1.8)	
	A Walker	26.09	
800m	J Finlay	02:08.6	
4x400	Finlay, McIlraith, Walker, Borthwick	3:44.8	U17 CLUB REC