

## AV Shield Competitoin Round 5

Exams and post-exam events may have affected the numbers on a perfect afternoon for athletics at Box Hill on Saturday, as only eight senior and five junior athletes made it to the track. This unfortunately meant that our division 3 team had virtually no competitors.

But among those who ran, there were some more excellent performances. Easily the highlight was another sizzling relay run by our new crop of juniors. Messrs Sofo, Borthwick, Tremaine and Crawford scorched around a lap in just 44.9 secs.

Elsewhere, Sam Curry made it clear that he wants to win the year's overall points scoring award by competing in three events and earning 50.25 points, but Jackson Finlay trumped that with an outstanding total with 98.75 points in four events. Harry Borthwick scored 77.75 points. The reason for the partial points is that we have decided to include relay points in the scoring, with each relay team member getting one quarter of the points scored by the team. Jackson's excellent efforts over four events earned him the "Athlete of the Week" award for round 5.

Rob Schwerkolt and Scott Lawrence continued their fine 1500m form. Their performances this season have prompted the committee to consider the introduction of M40 and M50 records. Watch this space for further developments on this subject.

Clearly we are not getting enough senior athletes on the track. It's time to name names and put the acid on Messrs Pirie, Rickards, the Simm brothers, Southall, Taylor and Wallis. Gentlemen, if you are not injured, it's time to be seen in the red singlet again.

### RESULTS - 24 Nov 2007

#### Open

			Points	(Wind)
200m	J Sofo			
	P Marshall	23.6	22.5	-0.2
400m	S Curry	56.9	23	
1500m	R Schwerkolt	3:59.0	27	
	S Curry	4:19.8	17	
	S Lawrence	4:23.5	13	
	P Dodgshun	5:57.9	26	
5000m	J Holmes	21:18.0	18	
	P Dodgshun	23:58.0	16	
1.5kW	S Facey	10:47.9	27	
4x100	Sofo, Borth	44.9	29	
4x100	Curry, Marshall, Feutrill, Lawrence (div 3)	48.9	41	

#### U16

200m	H Borthwick	23.3	37	-3.6
	F Tremaine	24.0	32	(-0.1)
	J Finlay	24.5	28.5	(-2.0)
	T Crawford	25.1	INV	
400m	H Borthwick	53.8	33.5	
	J Finlay	54.1	32	
100mH	J Finlay	15.4	31	-1.9