

AV Shield Competitoin Round 6

Our under 16 squad continues to show the way with some fine performances, but the open guys have been very disappointing lately, with only five turning up to compete at Box Hill last weekend (and three of those were aged over 50!). Again, this unfortunately meant that we had no open relay team. There are just two rounds to go before Christmas and it's time for our senior athletes to fire up to show our new juniors that there's plenty of life in the old club yet. Noteworthy efforts in round 6 were Schwerkolt's fast 3000m in Premier League on Thursday night and solid 100m runs by Borthwick and Tremaine. James McIlraith was a worthy winner of "Athlete of the Week" with strong efforts in three events.

Pete and Nick will be wheeling out the trusty BBQ after competition in both of the last two rounds at Nunawading and Doncaster. A simple gold coin donation will get you food, and drinks will also be available for purchase. All members, parents and friends are most welcome. After the Doncaster competition concludes, we will hand out all of the "Athlete of the Week" awards won to date.

The club has this season re-introduced the highest points scorer award (latest scores are attached) to encourage participation in multiple events and now, with a view to encouraging some of our more mature athletes to either re-appear on the track or enter more events, the committee has resolved to recognise M40 and M50 club records from the beginning of the current season. Accordingly, the following performances will be ratified as club records:

M40

1500m	R Schwerkolt	03:59.0
3000m	R Schwerkolt	08:44.5
5kW	A Jamieson	23:48.0

M50

800m	J Holmes	02:44.5
1500m	P Dodgshun	05:40.6
3000m	S Facey	11:21.3
5000m	J Holmes	21:18.0
3kW	S Facey	16:58.9
5kW	A Jamieson	23:48.0

No doubt there will be plenty more overage records set before the season is finished. The club, however, with the exception of the 3000m, will only recognise the events already appearing as open records in the summer handbook. In other words, throwing lighter weights or hurdling lower heights will not earn records. And the club records policy set out on the fourth page of the handbook will be strictly applied.

RESULTS - 1 Dec 2007

Open

		Wind	Points	
100m	F Tremaine	11.8 (-0.7)	20.5	pts
	J Southall	12.6 (-1.3)	18	
800m	D Long	1:58.0	25	
	J Holmes	2:44.5	10	
	S Facey	2:46.3	9	
	P Dodgshun	2:54.7	21	

3000m	R Schwerkolt	(Premier League)	8:44.5	29
	S Facey		11:41.2	13
	J Holmes		12:09.0	12
	P Dodgshun		13:17.6	22
	T Koike		13:53.0	INV

U16

100m	H Borthwick		11.5	(0.7)	35
	J Finlay		12.1	(-0.7)	27.5
	A Crawford		12.5	(-0.6)	17
	J McIlraith		12.5	(-0.6)	0
400m	J Finlay		54.2		33
100H	J McIlraith		15.0	(-1.1)	27
Shot	J McIlraith		9.28m		30
4x200	Tremaine, Crawford, Finlay, Borthwick		01:36.3		49