

**AV Shield Competitoin  
Round 7**

Braving the heat and the trek out to Nunawading, there were some terrific team performances last weekend. We had seven runners compete in both the 1500m and the 800m with Andrews Wheeler and Sim both running the 1500m for the first time this year. Long, Curry and Lawrence all performed strongly in the 800m. Schwerkolt led the way in the 1500m again, followed by Ant Richards in his first appearance for the season. There were some courageous efforts in the 4 x 400m with Sim, Wheeler and Cathie already having run a 1500m and Club President Stu Facey running to make sure we could field two competitive teams.

As can be seen in the attached points table, the OS overall points tally far surpassed any previous weekly total and resulted in all our teams being competitive in their respective grades. Best placing was 5th by the division 3 team, but no team finished worse than 6th in an even performance.

"Athlete of the week" goes to Andrew Wheeler who competed in seven events for the club, winning his section in the long jump and breaking the U/18 javelin record a week before his 18th birthday. Andrew was our only U18 athlete, yet OS finished 6th out of 13 teams! Congratulations Andrew.

Please note that there is a 1500m for all grades at 2.15 pm which is not shown in the published program. The round will be followed by a BBQ (this time with some gas) and some mid-season "Athlete of the Week" presentations at the venue. The BBQ will require a gold coin donation and soft drinks will be sold for \$1 each. See you all there.

**RESULTS - 8 December 2007**

Open

Div 1

100m	A Sim	12.20	(-1.5)	22	
	P Marshall	12.94	(-3.2)	20	
	W Feutrill	12.99	(-2.7)	19	
200m	W Feutrill	24.90	(-4.6)	25	
	D Long	25.21	(-3.1)	23	
	P Marshall	25.60	(-2.0)		
800m	D Long	1:57.8		21	
	S Curry	2:06.0		21	
	S Lawrence	2:08.8		19	
1500m	R Schwerkolt	4:01.6		26	
	A Rickards	4:12.3		24	
	A Sim	4:54.1		13	
3kW	A Jamieson	14:07.2		31	M50 Club Record
	S Facey	16:32.1		25	
4x400m	Finlay, Tremaine, Feutrill, Sim	03:46.8		33	
Discus	P Marshall	16.36m		24	
HJ	P Marshall	N/J			
LJ	P Marshall	5.15m		22	

Div 3					
800m	J Holmes	2:38.8		8	M50 Club Record
	S Facey	2:44.8		29	
	P Dodgshun	2:48.3		27	
1500m	J Cathie	4:57.3		37	
	P Dodgshun	5:54.5		30	
	T Koike	6:29.9		25	
4x400m	Wheeler, Cathie, Facey, Marshall	4:23.8		41	
U18					
100m	A Wheeler	12.96	(-3.2)	28	
1500m	A Wheeler	5:34.0		35	
Discus	A Wheeler	22.40m		33	
HJ	A Wheeler	N/J			
LJ	A Wheeler	6.41m		37	
Jav	A Wheeler	46.83m		40	U18 CLUB REC
U16					
100m	F Tremaine	12.39	(-1.5)	35	
	J Finlay	12.68	(-1.5)	30	
200m	J Finlay	24.66	(-3.1)	35	
	F Tremaine	24.88	(-2.0)	32	