

**AV Shield Competitoin
Round 9**

**RESULTS
Open**

Two rounds have gone past since the season break and there have been some great results despite the slight drop in attendance. Round 9 on Tues 8 January saw Rob Schwerkolt and Ant Rickards run 9:02.5 and 9:05.0 in the 3000m respectively. New member Byron Smith ran well in the 100m and provided some depth to the team having a strong race in the 110m hurdles. Darcy Long ran a brisk 400m in 53.4s and an 800m in 1:56.9, and also ran the final leg in the 4x200m. For these excellent results, Darcy has been awarded "Athlete of the Week" for round 9.

The Victorian U23 Championships were held on the following weekend of 12-13 January and Darcy continued his fine form by winning a bronze medal in the 800m with a PB of 1:55.68. At the same time, Andrew Wheeler was making his decathlon debut. It did not seem to bother Andrew that he had never attempted the pole vault prior to the event and he was content to "wing it", which he did in fine style, scoring a more than creditable 4160 points to set an U19 club record. Congratulations to both Darcy and Andrew on their efforts.

Round 9		Result	Points	
400m	LONG, DARCY	00:53.4	26	
800m	LONG, DARCY	01:56.9	28	
	WALLACE-SMITH, NICHOLAS	02:26.7	9	
	CATHIE, JAMES	02:29.2	8	
	DODGSHUN, PETER	02:53.0	23	
3km	SCHWERKOLT, ROBERT	09:02.5	27	
	RICKARDS, ANTONY	09:05.0	26	
	FACEY, STUART	11:38.9	15	
	HOLMES, JONATHAN	12:13.6	27	
	KOIKE, TAMAMI	13:53.9	25	
Long Jump	MARSHALL, PETER	5.12	24	
100m	SMITH, BYRON	12.36	-1.6	0
110m Hurdles	SMITH, BYRON	16.21	-2.2	0
4x200m	LONG, DARCY	01:48.9	13	
	WALLACE-SMITH, NICHOLAS			
	MARSHALL, PETER			
	CATHIE, JAMES			