

Round 10 17/1/2009 Nunawading

It was a bit windy, but OS recorded its best teams results of the season at Nunawading on Saturday. This was despite our juniors again not appearing in the numbers that were promised by our recruiting last year, and only 12 athletes in attendance (out of 45 registered) altogether.

But the lack of numbers was offset by the willingness of most of our athletes to do multiple events. Rob Belton led the way with six events, while Pete Marshall did five. Most of our sprinters did the 100/200 double plus a leg of the 4x400 relay. Byron Smith preferred the 100/400 hurdles double and was rewarded with a PB in the latter event.

The division 2 team beat Box Hill and is now just four points outside the four. We need to beat Box Hill by two places in each of the remaining two rounds to make the finals. We will only achieve this if we can boost our numbers towards 20 senior athletes, which theoretically is no problem given the number on our books. Therefore we want everyone out to Doncaster this Thursday evening from 6.00 pm so that we can achieve this aim.

The Doncaster program for Thursday evening is at <http://www.athsvic.org.au/cache/NewsFile/311708-09%20Handbook%20-%20AV%20Shield%20EAST%20REGION%20P2.pdf>. It features the 200m, 400m, 4x100m relay, 1500m and 5000m.

Open

100m	B Smith	12.06	(-1.2)
	A Baranyay	12.13	(-2.2)
	A Hennessy	12.83	(-2.2)
	P Marshall	13.31	(-3.3)
	R Belton	14.25	(-2.8)
200m	A Baranyay	24.59	(-2.2)
	A Hennessy	25.61	(-2.2)
	P Marshall	27.72	(-2.2)
	R Belton	30.05	(-2.0)
1500m	R Schwerkolt	04:11.5	
	S Lawrence	04:28.6	
	P Dodgshun	05:42.4	
400H	B Smith	55.55	PB

4x400

Crawford, Di Donato, Baranyay, Borthwick 03:42.3

Ranson, Hennessy, Marshall, Lawrence 04:05.7

HJ R Belton 1.48m

P Marshall 1.43m

A Wheeler NH

LJ A Wheeler 6.50m

R Belton 4.72m

P Marshall 4.72m

Shot R Belton 6.40m

Discus R Belton 16.01m

Jav A Wheeler 14.13m

U18

100m T Ranson 13.10 (-1.0)

200m H Borthwick 23.73 (-2.0)

T Ranson 26.10 (-2.1)

U16

100m T Crawford 12.40 (-2.2)

D Di Donato 12.60 (-2.2)

200m D Di Donato 25.15 (-2.3)

T Crawford 25.57 (-2.1)