

Round 9
10/1/2009 Box Hill

OS returned reasonably well in the first round for 2009, although the sprinters were mostly absent. A highlight of the day was our first quinella of the season, with veteran walkers Jamieson and Cochrane showing the younger guys how to do it. U16 athlete Tony Crawford recorded an impressive 400m/800m double.

We welcomed U16 sprinter Damien Di Donato in a promising first up effort for the club, and welcomed back overseas travellers Long and Lawrence.

Our div 2 team remains a chance for the finals if there are strong turnouts in the remaining three rounds. Next round is at Nunawading next Saturday. The program is at <http://www.athsvic.org.au/cache/NewsFile/309708-09%20Handbook%20-%20AV%20Shield%20EAST%20REGION%20P1.pdf>. Ring Stu 0438 698553 or Pete 0408 441754 if you need a lift.

Open

100m	A	Baranyay	11.9	(-2.6)
	R	Belton	14.1	(-3.0)
400m	A	Baranyay	55.1	
	D	Long	55.8	
800m	D	Long	02:02.0	
	S	Lawrence	02:15.3	
	P	Dodgshun	02:51.3	
3000m	R	Schwerkolt	09:11.0	
	S	Lawrence	09:50.2	
	J	Holmes	12:24.7	
	P	Dodgshun	12:55.2	
	T	Koike	13:17.3	
400H	B	Smith	56.2	
3kW	A	Jamieson	13:44.7	
	A	Cochrane	16:04.8	
Medley relay			3:50.4	

(800m Long, 400m Finlay, 200m Di Donato, 200m Ranson)

HJ	R Belton	1.45m
LJ	R Belton	4.65m
JT	R Belton	13.65m

U18

100m	T Ranson	13.0	(-3.2)
400m	T Ranson	56	
800m	J Finlay	02:04.2	

U16

100m	D Di Donato	12.5	(-0.7)
400m	T Crawford	55.7	
800m	T Crawford	02:06.2	