

Round 1

Only three OS athletes made it to Ringwood last Saturday.

RESULTS – 10 Oct 2009

800m	Taylor C	2:00.3
	Dodgshun P	2:49.5
5000m	Schwerkolt R	15:38.5

Needless to say, we need a few more bodies out there tomorrow. It's program 2 at Box Hill. The event timetable is online at

<http://www.athsvic.org.au/cache/NewsFile/38102009-10%20Handbook%20-%20AV%20Shield%20East%20Region%20Info%20%26%20P2.pdf>.

Many athletes have not yet re-registered for 2009-10. Registration forms are attached.