

## Round 10 14/1/10

There was a season's best turnout of 21 athletes in round 10 as Old Scotch began its charge towards the Venue Final on Sat 6 Feb. Among those competing, the club was pleased to welcome U18 debutants Tristan Kay and James Martin.

Sprint star Harry Borthwick made his first AV Shield appearance for the season and won the 400m in a blistering 49.21 secs. Together with a solid 100m and a relay leg, this earned Harry our Athlete of the Week award. Will Huggett ran a strong 100m into a tough headwind. Our relay teams both performed strongly.

Among the distance runners, Darcy Long and Tony Crawford recorded PB's.

Thanks to Ian Handasyde and Roger Glass for doing the officiating duties.

Next round, a most important one for qualifying purposes, is THIS THURSDAY 21 Jan at Nunawading from 5.00 pm. Program is at

<http://www.athsvic.org.au/cache/MeetFile/90942009-10%20Handbook%20-%20AV%20Shield%20East%20Region%20P1.pdf>. Contact me if you need a lift.

### RESULTS – 16 Jan 2010

#### Open

100m	H Borthwick	11.39	(-1.1)	
	W Huggett	12.12	(-3.6)	
	P Marshall	13.17	(-3.1)	
	A Hennessy	13.23	(-1.6)	
400m	H Borthwick	49.21		
	W Huggett	56.43		
	L McK-McHarg	59.62		
	P Marshall	63.69		
1500m	R Schwerkolt	4:10.3		
	L McK-McHarg	4:30.9		
	M Purvis	5:00.5		
	P Dodgshun	5:55.6		
5000m	D Long	16:00.5	PB	
	M Purvis	18:37.8		
	S Curry	18:38.6		
4x100	Borthwick, Huggett, Wheeler, Di Donato			45.89
	McGlade, Marshall, Hennessy, Green			49.70
2kW	A Jamieson	9:32.0		
	S Facey	12:01.5		
TJ	A Wheeler	13.04m	(1.4)	
	P Marshall	9.69m		
	R Belton	8.41m		
DT	R Belton	18.92m		
JT	A Wheeler	31.18m		
	A Hennessy	15.52m		
	R Belton	13.25m		

#### U18

100m	T Kay	12.46	(-0.2)
	N McGlade	13.35	(-3.0)
1500m	J Martin	4:32.6	INV
	T Crawford	4:33.2	PB

**U16**

100m	L Green	12.48	(-3.0)
	D Di Donato	12.63	(-3.6)
400m	D Di Donato	58.58	
	L Green	62.46	
	S Anderson	63.89	