

Round 11 23/1/10

It was a great night in perfect conditions and 20 OS athletes took full advantage, dominating division 2 and suggesting that a premiership is now a real possibility. All the people who needed to compete in round 11 to qualify for the finals duly turned up, while various athletes competed in additional events to ensure that we had athletes qualified for particular events in the finals. Six guys did the open long jump, which might be a club record of some kind.

The outstanding performance of the night (and one of the highlights of the season so far) was Chris Taylor's 800m PB of 1:55.4. This was a fitting reward for a runner who put in the hard work during the winter cross country season and is now reaping the benefits. Chris then showed his versatility by clearing 1.60m in the high jump. Damien Di Donato set a new club record in the U16 200m hurdles.

There is now just one remaining AV Shield round on Saturday, 30 January, at Doncaster, commencing at 4.30 pm. Program is at <http://www.athsvic.org.au/cache/MeetFile/120362009-10%20Handbook%20-%20AV%20Shield%20East%20Region%20P2%20rounds%2010%20&%2012.pdf>. We are still looking for a second pole vaulter for our finals team, so if you ever thought that you'd like to try the event, round 12 is the time and place to do it!!

RESULTS – 21 Jan 2010

Open

200m	A Hennessy	25.8	(all NWI)
	P Marshall	26.1	
	N McGlade	26.8	
800m	C Taylor	1:55.4	PB
	N Watson	2:09.9	
	L McK-McHarg	2:10.6	
	D Long	2:14.4	
	P Dodgshun	2:53.9	
3000m	R Schwerkolt	8:51.4	
	S Lawrence	9:51.3	
	S Curry	10:17.1	
	L McK-McHarg	10:17.2	
	P Dodgshun	13:03.8	
3kW	S Facey	18:52.5	
400H	L Woodard	62.7	
4x400	Woodard, Long, Taylor, Di Donato	3:36.9	
	Watson, McK-McHarg, Marshall, Green	3:53.6	
HJ	C Taylor	1.60m	
	R Belton	1.45m	
LJ	A Wheeler	6.41m	
	W Huggett	5.00m	
	P Marshall	4.94m	
	A Hennessy	4.77m	
	N McGlade	4.34m	
	R Belton	4.14m	
Shot	P Marshall	7.58m	PB

	R Belton	7.05m	
	A Hennessy	6.38m	
	A Wheeler	3.58m	
	L McK-McHarg	n/t	
HT	P Marshall	12.08m PB	
	A Hennessy	11.84m PB	
	R Belton	10.15m	

U18

800m	J Finlay	2:06.5	
400H	J Finlay	63.9	

U16

200m	L Green	24.9	
	L Webster	26.3	
200H	D Di Donato	29.8	PB CLUB REC
HJ	D Di Donato	1.35m	

VIC MILERS CLUB MEET 3 – 16 Jan 2010

800m	C Taylor	1:57.77	
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