

Round 12 30/1/10

Well, the BBQ didn't fire up, but the hot temperatures at the track were matched by some very hot performances by 20 OS athletes. We thought Harry ran fast two weeks ago, but he left that effort in the shade with a brilliant 48.43 secs for 400m yesterday. In the 1990's, Steve Gaffney coached a fairly handy athlete named Mark Moresi, a 400m runner who made an Australian team or two. Harry now has Mark's club records clearly in his sights.

OS had eight 100m runners yesterday and seven of them were aged under 20, which is great news for the future of the club. But it was the youngest runner of all, 13 year old Adam Croxford, who really turned heads with a strong 100m, followed by an extraordinary feat in the 400m. Back in round 4, Adam set a new under 14 club record, but we failed to highlight that one. In running 55.8 secs yesterday, Adam broke the old record (which had stood for 27 years) by a whopping 4.4 seconds. Congratulations Adam!

Among other fine efforts, Will Huggett ran a fast 100m. Luke Woodard scored himself a berth in the 400m in next week's final by clocking 53.72 secs. Lachie McKenzie-McHarg ran season best times in both the 400m and 1500m. Andrew Wheeler threw a long javelin.

Next week is the Region Final at Box Hill from 1.00 pm. Any OS athlete not selected in our finals team may compete by invitation. Program is at

<http://www.athsvic.org.au/cache/MeetFile/90992009-10%20Handbook%20-%20AV%20Shield%20East%20Region%20P1.pdf>.

RESULTS – 30 January 2010

Open

100m	H Borthwick	11.20	(-0.7)
	W Huggett	11.65	(1.7)
	P Marshall	12.93	(0.4)
400m	H Borthwick	48.43	PB
	C Taylor	52.23	
	L Woodard	53.72	
	W Huggett	56.28	
	L McK-McHarg	57.97	
	P Marshall	61.5	
1500m	R Schwerkolt	4:03.2	
	D Long	4:06.7	
	C Taylor	4:18.0	
	L McK-McHarg	4:29.2	
	S Curry	4:39.1	
	M Purvis	4:44.7	
2kW	S Facey	12:18.0	
TJ	A Wheeler	12.54m	
	W Huggett	10.62m	
	R Belton	7.38m	
DT	R Belton	20.23m	
JT	A Wheeler	41.91m	
	R Belton	11.36m	

U18

100m	T Kay	12.29	(0.0)
	N McGlade	13.18	(1.1)
1500m	J Martin	4:33.0	
TJ	N McGlade	9.78m	

U16

100m	L Green	12.23	(0.6)
	D Di Donato	12.42	(0.0)
1500m	S Anderson	4:52.9	
100H	D Di Donato	15.0	(2.7)

U14

100m	A Croxford	12.74	(0.0)
400m	A Croxford	55.8	CLUB REC

4x100	Huggett, Di Donato, Wheeler, Borthwick	46.13
	Green, Marshall, Kay, McGlade	49.03