

## Round 2

Old Scotch has got off to its usual shaky start this season, with only four athletes turning up to compete in round 2. But they all performed well, with Rob Belton having a huge day, competing in six events. If we had a few more members like Rob, we would be in great shape. Andrew Wheeler showed good early triple jump form with the longest jump at the venue for the day, earning him the club's "Athlete of the Week" award, while veteran Rob Schwerkolt continued to show the younger guys how to run fast in the 1500m.

A progress Shield points table is attached. Plenty of registered athletes have not yet troubled the scorers, 26 out of 32 in fact – plenty of room for improvement there!!!

This week's round is at Doncaster and it is time to see a few more bodies on the track. Program information is at <http://www.athsvic.org.au/cache/NewsFile/38232009-10%20Handbook%20-%20AV%20Shield%20East%20Region%20Info%20%26%20P1.pdf>. We must also provide two officials for the pole vault this round from 1.00 pm or we will lose points. Please advise Stu [Stuart.facey1@three.com.au](mailto:Stuart.facey1@three.com.au) if you can assist.

Don't forget that, after this week, the following round 4 is a Thursday night twilight meet at Box Hill on 29 October.

Also below are some results from recent marathons and the World Masters Games in Sydney. Great performances from Ant Rickards, Andy Jamieson and Scott Lawrence in particular.

And finally, please find attached a new promotional flyer for the club. Please feel free to print it off to give to any prospective members you may know.

### **RESULTS – 15 Oct 2009**

100m	R Belton	14.45
1500m	R Schwerkolt	4:03.7
	P Dodgshun	5:53.2
110H	R Belton	25.52
2kW	S Facey	12:01.2
HJ	R Belton	1.35m
TJ	A Wheeler	12.96m
	R Belton	8.59m
Discus	R Belton	17.31m (2kg)
Jav	R Belton	N/T

### **Melbourne Marathon – 9 Oct 2009**

A Rickards	2:27.09	9 <sup>th</sup>
N Wallace-Smith	3:35.54	

### **Beijing Marathon – 16 Oct 2009**

T Koike	4:02.01	Debut
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### **World Masters Games – 9-16 Oct 2009**

M45	1500m	S Lawrence	4:21.26	4 <sup>th</sup>
M50	8k CC	M Purvis	29:53	6 <sup>th</sup>
	10k Road	M Purvis	37:23	10 <sup>th</sup>
M60	20k Walk	A Jamieson	1:41.24	1 <sup>st</sup>