

Round 3

An improved performance at Doncaster last Saturday, but still too many athletes missing. Rob Belton was again active, doing multiple events. Best turnout was in the 3000m, where Rob Schwerkolt again showed that he is in fine form with a quick time of 8:55.8.

This week's round is a twilight meet tomorrow, Thursday, at Box Hill. Program is at <http://www.athsvic.org.au/cache/NewsFile/38382009-10%20Handbook%20-%20AV%20Shield%20East%20Region%20Info%20%26%20P2.pdf>. This will be a great opportunity for athletes to compete in good conditions at our best eastern region venue.

RESULTS – 24 Oct 2009

200m	A Hennessy	26.85	(-1.3)	
	R Belton	32.23	(-1.7)	
800m	C Taylor	2:02.5		
	P Dodgshun	2:51.5		
3000m	R Schwerkolt	8:55.8		
	S Lawrence	9:45.0		
	M Purvis	10:23.7	M50 CLUB REC	
	S Curry	10:59.0		
	P Dodgshun	12:38.0		
4x400	Taylor, ?, Dodgshun, Facey			4:35.4
3kW	S Facey	18:27.2		
HJ	R Belton	1.45m		
LJ	A Wheeler	6.23m		
	R Belton	3.90m		
Shot	R Belton	7.06m		
HT	R Belton	4.62m		