

## Round 5

For a while during the week, it looked like it might be too hot, but round 5 of AV Shield finally went ahead at the Ringwood track. Gradually our numbers are increasing, with 16 athletes in action in round 5. But we have 50 registered, so there's plenty of guys still in hiding.

It was very pleasing to see four recruits hit the track:

1. 200/400/800 runner and one of this year's school coaches, Luke Woodard.
  2. Distance runner Alex Buirski.
  3. Under 15 sprinter Lachlan Webster.
  4. Under 15 middle distance runner Tom Klemens.
- All ran well and we welcome them to the club at the start of their hopefully long and successful running careers with Old Scotch.

Among the highlights, Rob Schwerkolt ran his fastest 800m for a while, narrowly missing his own M40 club record. U18 guns Finlay and Crawford looked good in the 200m. Buirski's 5000m was a good run in the hot conditions. Sam Anderson continues to shine in the high jump.

This Saturday, we are back at Doncaster. Program is at <http://www.athsvic.org.au/cache/NewsFile/38912009-10%20Handbook%20-%20AV%20Shield%20East%20Region%20Info%20%26%20P2.pdf>.

We must provide two official timekeepers on Saturday or lose points. If any athletes, friends or parents can assist with this, please email me.

### **RESULTS – 14 Nov 2009**

#### **Open**

200m	L Woodard	24.9	(1.8)
	A Hennessy	26.2	(2.0)
	P Marshall	27.0	(2.0)
800m	R Schwerkolt	1:58.3	
	C Taylor	2:00.7	
	L McK-McHarg	2:15.7	
	P Dodgshun	2:51.7	
5000m	A Buirski	17:37.58	
	P Dodgshun	23:03.95	
3kW	S Facey	18:20.1	
4x400	Woodard, Di Donato, Finlay, Crawford (div 2)	3:56.63	
	Facey, McK-McHarg, Hennessy, Southall (div 3)	4:35.53	
HJ	R Belton	1.40m	
LJ	R Belton	4.08m	
Shot	R Belton	7.34m	
HT	R Belton	5.02m	

#### **U18**

200m	J Finlay	23.39	(1.2)
	T Crawford	23.85	(0.9)
800m	J Finlay	2:16.8	
	T Crawford	2:21.0	

#### **U16**

200m	L Webster	24.78	(1.8)
	D Di Donato	25.2	(1.3)
800m	T Klemens	2:21.2	
HJ	S Anderson	1.60m	