

Round 7

Some interesting results from Nunawading on Saturday, including strong 400m hurdling performances from Jackson Finlay and Luke Woodard, under 15 sprinter Lach Webster being our fastest sprinter and the return of walking legend Andy Jamieson. We had 16 athletes in action, but one day soon we are going to see 20+ turn up ...

Six OS members took advantage of special meets last Thursday. Rob Schwerkolt, Mark Purvis and Scott Lawrence competed in the State 5000m Championships and Chris Taylor ran 800m at Olympic Park, while jumpers Andrew Wheeler and Matt Grose went to the High Velocity Club meet at Aberfeldie. Results from Olympic Park are below, but the Aberfeldie results are not yet available.

Athletes are reminded that the special mid week meets do not count towards finals eligibility. You must compete in at least three rounds of AV Shield to be able to compete in the finals. There are many OS athletes who need to get out to AV Shield soon, or they will miss out on their chance at premiership glory for our division 2 team, which now looks a pretty good bet to make the finals.

RESULTS – 28 Nov 2009

Open

200m	L Woodard	25.27	(2.9)
	A Hennessy	25.58	(1.4)
800m	R Schwerkolt	2:00.8	
	L McK-McHarg	2:16.0	
	J Cathie	2:28.3	
	P Dodgshun	2:54.4	
3000m	R Schwerkolt	9:16.2	
	M Purvis	9:59.6	M50 CLUB REC
	L McK-McHarg	10:31.9	
	P Dodgshun	12:46.8	
400H	L Woodard	63.41	
3kW	A Jamieson	14:22.9	
	S Facey	18:16.0	
4x400	Woodard, Webster, McK-McHarg, Schwerkolt	3:54.2	
	Marshall, Cathie, Southall, Hennessy	4:29.9	

U18

800m	T Crawford	2:03.9	
400H	J Finlay	62.21	
LJ	N McGlade	4.59m	

U16

200m	L Webster	24.55	(2.9)
	D Di Donato	25.61	(2.9)

Vic Milers Meet/5000m Championships – 26 Nov 2009

800m	C Taylor	2:00.68	
5000m	R Schwerkolt	15:32.35	
	M Purvis	16:59.28	M50 CLUB REC
	S Lawrence	17:11.94	

Correction to AV Shield rd 6 results – ADD:

U18

100m	J Finlay	11.62	(1.0)
	N McGlade	13.17	(0.8)