

Round 8

There was a very disappointing roll up to AV Shield this week, with just eleven OS athletes competing. Fortunately we had Rob Belton to do six events. Lachie McKenzie-McHarg did three events, recording season's best 400m and 1500m times. Jon Holmes and Tamami Koike both made welcome returns.

Next Saturday's round at Doncaster is the last chance for competition before Christmas. The club will hold a BBQ at the track and will provide food and soft drinks for a gold coin donation, so please plan to stay on after your events for this social occasion. Program is at <http://www.athsvic.org.au/cache/MeetFile/90902009-10%20Handbook%20-%20AV%20Shield%20East%20Region%20P1.pdf>.

Results from the recent High Velocity Club and Zatopek meets also appear below.

RESULTS – 5 Dec 2009

Open

100m	R Belton	13.87	(1.0)
400m	C Taylor	53.36	
	L McK-McHarg	59.64	
1500m	R Schwerkolt	4:03.3	
	L McK-McHarg	4:34.0	
	P Dodgshun	5:49.6	
3000m	J Holmes	11:53.5	
	T Koike	13:51.8	
110H	R Belton	25.13	(1.0)
2kW	A Jamieson	9:23.5	
	S Facey	11:51.6	
4x100	Southall, McK-McHarg, Wheeler, Schwerkolt	50.33	
HJ	R Belton	1.45m	
TJ	R Belton	8.34m	
	A Wheeler	N/J	
Discus	R Belton	20.98m	
Jav	A Wheeler	43.23m	
	R Belton	8.13m	

U18

3000m	J Finlay	11:02.3	
TJ	J Finlay	10.85m	

U16

100m	L Webster	12.48	(0.0)
------	-----------	-------	-------

High Velocity Club – 26 Nov 2009

LJ	A Wheeler	6.48m	
TJ	M Grose	13.32m	

Zatopek Graded Races – 3 Dec 2009

10000m	M Purvis	35:55.0	M50 CLUB REC
--------	----------	---------	--------------