

Saturday January 21st

Round 10

Box Hill

The first day back after the break saw three having their first comp for the season. Better late than never! **Bruce Conboy** was a welcome trundler in the 40+ walk while **Anthony Crews** had his first summer run for the Club in the U/14 steeple. **Pier Akec** turned up and his 53+ metre Jav was a real shot in the arm for the team.

Unfortunately our numbers were a little down across the board.

Guy White was another javelin thrower prominent in the results. Having his first throw with the 700g spear, his 37+m effort was most encouraging for the future.

Theresa Barnes bettered two of her own records set earlier in the season in the 50-54 age group. An extra two metres in the javelin and a few centimetres in the discus were jus rewards for her efforts.

Ian Twist dipped under the 60 secs mark for the first time in the 400m and will add a real sting to the 4x400 relay team in the U/16 final.

The **White** boys looked good in the U/14 1500. **Ben** was just outside his best in the mid 4:30s while **Lachie** ran a good tactical race. **Michelle Laufer** followed up her usual quality walk with a terrific 1500 mts run. Her 5:40.6 was an improvement over previous performances and really shows just how fit Michelle has got herself.

Corinna Minko bettered the 6m mark in the open long jump. Corinna is jumping very well at the moment and it will be no surprise when there is a real ‘head turner’ of a performance very soon.

Sam Slater’s long jump in the U/14s was a good performance. Sam has been a tower of strength in this, his first season of AV competition.

The pole vaulters were again prominent. **Troy Kameme and Nick Rosa**, (both 3.80), **Tim Amanatidis** (3.65) were all over their best (or veerry close!) **Shane Derby** did leap a big PB. In his first season this ‘jack of all trades’ cleared 2.45m

Hannah Garganis recorded another couple of PBs. This is a top effort Hannah as she is still not completely recovered from her October surgery. One of the real triers in the Club!

Officials: Yep! They were all back on the job after a welcome break. **Diana Barnett, Ian Fisher, Matthew Webster, Kevin Wigmore, Wendy Finerty, Judy Mason, Brian Moore, Lyn Humphris** and **Tony Williams** all looked in fine form and none the worse for the Festive season. Thanks also to **Allan Minter** for helping out at the relay change over.

The Club sends its condolences to popular Club official Kevin Wigmore upon the loss of his mum in early January. All your mates are with you Kev!

Results:**Women:**

Div 1 5th.
Div 2 -
40+ 1st. & 2nd.
U/18 5th.
U/16 4th.
U/14 6th.

Men:

Div 1 5th.
Div 2 -
40+ 3rd. & 7th.
U/18 7th.
U/16 1st. & 9th.
U/14 1st. & 7th.

Ladders:**Women:**

Div 1 5th.
Div 2 11th.
40+ 1st. & 2nd.
U/18 4th.
U/16 3rd. & 8th.
U/14 4th.

Men:

Div 1 4th.
Div 2 7th.
40+ 1st. & 6th.
U/18 6th.
U/16 1st. & 7th.
U/14 1st. & 4th.