

Sunday December 11th.

CLUB CHAMPIONSHIPS

Collingwood

In a move back towards what was a common occurrence many years ago an afternoon of Club Championships was held at our track. Because of commitments elsewhere for many of our officials, it was decided to do away with the shorter track race first programmed, but we were able to conduct the triple jump, the shot put and the 5000 metres. A 2000 metres handicap walk was also held.

The turn up for the early field games was disappointing but as the day progressed more people arrived which saw a field of 31 finally toe the line for the start of the 5k. This included four guests, one of whom, Lachlan Holmes, came along with Club decathlete brother Tim, whilst home on a holiday from Canada where he lives and works. Judging by Lachlan's run (he's a pro cyclist) there's a spot in our track or cross-country team any time he's in Australia.

The first event conducted was the triple jump. Eleven members had a go with some very good performances, especially considering the blustery wind, which was more against the competitors than behind them.

Open Women

Michelle Laufer	(40-44)	7.54m
Sofie Fabre	(40-44)	6.90m
Brenda Boylen	(45-49)	5.89m

Open Men

Tim Holmes		12.84m
Chris Boylen	(45-49)	10.88m

Under 18 Men

Nick Rosa	11.72m
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Under 16 Men

Adam Garganis	10.03m
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Under 14 Women

Josephine Laufer	8.52m
Adele Boylen	7.08m

Under 14 Men

Lachie White	9.20m
Ben White	8.99m

The 2k walk handicap saw a few people try the discipline for the first time and for a couple, possibly the last! Without any previous performances to go on the handicapper had to have an 'un'educated guess.

Our two top walkers from this track season, **Adam Garganis** and **Michelle Laufer**, gave the rest of the field a big start and managed to pick up half of them. **Adele Boylen** managed to walk 1:30 faster than her best this season and was able to hold off dad **Chris** to be first across the line.

Sofie Fabre, **Frances Willmot** and the surprise packet **Lyn Humphris** were all wondering 'WHY' after a couple of laps but finished the event in various states of 'disrepair'. Francis was heard to say, "It's easier than running!" Strange lady that Frances!

RESULTS

		Race Time	Hcp	Act Time
Adele Boylen	(14)	14:01.51	0:35	13:26.51
Chris Boylen	(45-49)	14:12.18	1:45	12:27.18
Josephine Laufer	(14)	14:36.30	0:50	13:46.30
Adam Garganis	(16)	15:37.63	6:00	9:37.63
Michelle Laufer	(40-44)	15:46.20	5:40	10:06.20
Frances Willmot	(50-54)	15:53.30	1:45	14:08.30
Brenda Boylen	(45-49)	16:32.33	Go	16:32.33
Sofie Fabre	(40-44)	18:44.13	0:50	17:54.13
Lyn Humphris	(55-60)	18:45.13	Go	18:45.13

We had a few more turn up for the shot put including a couple of first timers. **Tim Holmes** put in another good performance with PB with the 7.62k weight. **Paul Willmot** couldn't believe the big boys could throw it the length of a cricket pitch but managed a respectable distance himself with his first ever try at the event. **Ben White** nearly doubled his best ever (last season) with a plus 7m throw.

Open Women

Brenda Boylen	5.49m
Michelle Laufer	5.48m
Clare Garganis	5.37m
Sofie Fabre	5.05m
Lyn Humphris	4.64m
Frances Willmot	4.33m

Open Men

Tim Holmes	9.90m
Guy White	8.02m
Chris Boylen	8.02m
Lachlan Holmes (inv)	7:50m
Paul Willmot	7.36m

Under 18 Women

Hannah Garganis	6.10m
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Under 18 Men

Nick Rosa	9.26m
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Under 16 Women

Eleanor Boylen	4.71m
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Under 16 Men

Adam Garganis	8.77m
Andre Chambers	6.19m

Under 14 Women

Josephine Laufer	4.70m
Adele Boylen	4.50m

Under 14 Men

Ben White	7.15m
Lachie White	6.68m
Luke Garganis	5.04m

The 5k run saw some keen competition with a few with their sights set on a Club Record in their respective age groups. The under 14 men's record set back in **1972** by **Greg Sargent** was certainly in the gun from the **White** boys. **Ben** was able to knock just over 20 secs off Greg's mark – a terrific performance especially considering he had broken the 1500m record in the same age group at the Zatopek meeting the night before.

Norval Hope took almost a minute off the 45-49 record despite the efforts of the erstwhile holder of the mark, **Paul Viney**, who also bettered his previous best by 19 seconds.

Frances Willmot created a record in the 50-54 age group with her run, while top junior **Meaghan Gaunt** did the same in the under 14,16,18 and 20 age groups when she stopped the watch just a tick under 20 mins. Meaghan is sure to better some, if not all of these marks in future seasons!

Jordan Minter was another hoping for a record but found **Gavan Dibbs'** mark from **1989** out of range at this time. He's got until June next year to have another go – not out of the question by any means!

Liam Magee	inv	15:50.63
Liam Delaney	(35-39)	15:58.90
Andrew Patten	(30-34)	16:28.85
Jordan Minter	(16)	17:26.59
Lachlan Holmes	inv	18:08.22
Norval Hope	(45-49)	18:12.24
Ben White	(14)	18:19.26
Paul Viney	(45-49)	18:47.46
Lachie White	(14)	19:07.57
Dion Keech	inv	19:33.36
Adam Garganis	(16)	19:43.92
Matthew Johnson	(35-39)	19:45.28
Rachel Howden	(35-39)	19:50.93
Tony Hally	(40-44)	19:58.01
Meaghan Gaunt	(14)	19:59.31
Peter Gaunt	(50-54)	20:09.91
Andre Chambers	(16)	20:18.61
Josh Debinski	(20)	20:44.35
Paula Charlton	(25-29)	20:47.49
Michelle Laufer	(40-44)	20:54.31
Luke Garganis	(14)	20:57.03
Alex Bard	inv	21:24.24
Heather Gaunt	(40-44)	21:37.56
Chris Boylen	(45-49)	22:22.77
Jim Hopkins	(60-64)	22:40.62
Josephine Laufer	(14)	23:15.14
Frances Willmot	(50-54)	24:05.64
Anthony Neale	(14)	24:28.27
Sofie Fabre	(40-44)	24:49.28
Adele Boylen	(14)	25:47.40
Paul Willmot	(50-54)	25:50.07

It is fair to say that a couple of the ‘experimenters’ in the walk were regretting their ‘adventurousness’ by the end of the twelve and half laps.

Many thanks to all the lap scorers who helped conduct the event. **Alicia Arnott, Malcolm Campbell, Micheal Grech, Anthony Weiland, Clare Garganis, John Crameri** and **Lyn Humphris** were among the throng. Some unknown visitors also held a lap sheet – thanks one and all. **Diana Barnett** did the honours on the lap board, while **Peter Neale** did the time keeping and **Paul Wallace** the recording.

Thanks also to **Lyn Humphris, Guy White** and **Hannah Garganis** for their help with the triple jump and to **Diana Barnett, Anthony Weiland** and **Peter Neale** for their assistance with the shot put.

And a big thank you to **Diana** and **Peter Barnett** for all their work in the kitchen and at the barbecue. It must have been all right – there was nothing left at the finish. **Heather Gaunt** brought a cake along to share amongst the hordes. That didn’t last long either!!

Keep an eye out for the date of the Club 10k early next year. It again will be held on the same day as the Club 100 yards Championship as well as the Mile and a couple of field games.