

Saturday November 26th.

Round 6

Box Hill

For a change our region was able to get through the day (minus a couple of events) while most of the other regions pulled the pin. The clouds threatened all day, but there was not much more than a light sprinkle until very late in the program when a few of the 400m runners got quite damp!

Most clubs were down on numbers, which was evident by the much smaller number of heats in the track events. Collingwood had a good day, but it could have been so much better with just one or two more in certain events. We welcome a new family to the Club with **Karen** and **Nick Carah** (both 40+) and **Olivia** who is a most welcome addition to our U/14 team. Because of Olivia we were able to field a relay team in this age group for the first time and together with her two wins in the hurdles and long jump the girls had their best result of the season with a second place on the day. Team mate **Meaghan Gaunt** smashed her 1500m Club record to continue her fine season. A sub 5 minute run is not out of the question before season's end.

Eloise Derby made her summer debut with the Club after having run the last couple of winters with us. Despite only having **Hannah Garganis** and **Rachel Barnes** as team mates the girls were able to win the day in their age group. **Eleanor Boylen** did step up a level to enable the girls to get the relay baton around the track.

Tim Holmes continued his post injury program with a terrific 11.1 in the 100m. This was just after his 17.2 in the high sticks. **Nick Rosa** (U/18) had a great day in his lead up to the National School's Titles next weekend with three PBs, the first in the 110 hurdles (17.2), then the 100 (12.0) and finishing off with 3.80m in the Pole Vault. Conditions, despite not being too bad for the track events, were anything but ideal for the vault, so Nick's effort was most meritorious. **Rebekah Corney** (LJ & TJ) and **Jessica Neale** (PV) will be joining Nick in Canberra as part of the Vic Team – Good Luck to all!!

Adam Garganis was another to have a terrific day with PBs in the 2k walk, 400m and the pole. With **Stuart Kollmorgen** overseas, Adam is now our quickest walker. He has developed over the past couple of seasons under the direction of **Triple Olympian Bob Gardiner** and is really starting to bring those times down.

Paul Viney had his first run for the summer and sliced a substantial amount off his 45-49 5000m Club Record. Must have been doing some secret work!

The 40+ ladies continued their recent successes with another great week of co-operation and camaraderie to carry the Club's colours once again. The aforementioned **Karen Carah** belted the living daylights out of **Heather Gaunt's** 40-44 400m Club Record, knocking about 5 seconds off the existing mark. Before the 400, Karen was joined by **Anna Corney**, **Clare Garganis** and **Michelle Laufer** to slice 6 secs off the 40+ 4 x 100m relay record. When Heather gets back from injury the 4 x 4 record is going to take a real hammering.

Three more of the 40+ crew, Therese Barnes, Kim White and Brenda Boylen were joined by U/16 Jessica Neale to make up our Divvy 1 relay team. Yes, they were last, but we got the points!

While on the subject of relays, our girl's U/16 team was only a smidge outside the Club Record set just two weeks ago-. Great running girls!

Mason Barnes is getting closer to his best in the 1500 and a big break through looks imminent!

The summer season is half gone! Many of our teams are well placed, but we need to have a much more consistent turn up by all athletes if we want to outdo last season's results. The competition in a couple of the grades has gone up a notch since last year and as a result we need to try and score heavily **in all of** the remaining weeks to ensure representation in the Shield Final. Make sure you are on for the ride!

Results:

Women:

Div 1 4th.
Div 2 -
40+ 1st. & 2nd.
U/18 1st.
U/16 3rd. & 7th.
U/14 2nd.

Men:

Div 1 5th.
Div 2 -
40+ 2nd. & 5th.
U/18 6th.
U/16 2nd. & 8th.
U/14 1st. & -

Ladders:

Women:

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

Men:

Div 1 4th.
Div 2 6th.
40+ 1st. & 6th.
U/18 6th.
U/16 1st. & 8th.
U/14 1st. & 4th.

Officials: Thanks to all our officials who spent the whole day out in the 'not too bad' conditions to enable us to have our fun. **Brian Moore** was there trying hard to keep his powder dry. **Kevin Wigmore** and **Tony Williams** did their usual jobs of keeping the meeting on time. **Judy Mason** judged the walks and then did a number of other duties while **Wendy Finerty** worked all day at the long jump. **Diana Barnett** again ably operated the lap board as well as other tasks around the finish line.

A special mention to **Theresa Barnes**, who jumped in at very short notice (read: no notice!) to do the lap scoring in the senior 5000mts. Never having done it before, Therese did a great job preventing the Collingwood runners from being DQ'd for lack of an official. There was a look of absolute relief on Theresa's face when the usual culprit finally got there after a trek through the flood waters of Whittlesea.