

Round 7 Saturday November 28th. Nunawading

The highlights just keep happening! Another two first timers and a few more making their first appearance for this season. Some club records and another terrific performance by our young middle distance team.

The two under 14 teams and the under 16 boys all won the day and the under 16 girls recorded their best performance with a second placing in their division. The Club has the chance to win a number of titles this season, however we need athletes to make a real commitment to keep turning up every week! The 40+ team had a great win, creeping a little closer to the top off the ladder

The U/14 boys continued their winning streak with another impressive performance. **Adam Garganis** led the way with a full book of events. Adding the 800m and 3000m to his repertoire this week he certainly gained a stack of points after winning the 1500m walk for the Maggies. Adam also filled a spot in the U/16 relay helping the older boys pick up second place in their division.

Hilary McAdam, another U/14 from our Little Aths group, made her debut for the Harriers with a promising run in both the 200m and 800m. while **Lily Walker** showed plenty of spirit in her first outing for the Club, crashing at the last hurdle in the 200m event, but still getting up to make it to the finish.

It was great to have **Kaylee Turvey**, **Andrew Evans** and **Jim Hopkins** back on the track for the first time in the 2009/10 season. **Kaylee** makes the trek down from Yea to run and the U/16 girls will certainly benefit from her efforts in the middle distance events. The 40+ team were the beneficiaries of both **Andrew** and **Jim's** runs in the 3000m. While on the subject of our senior citizen's, the 4x400m relay team scorched the track with as stunning performance to smash the 40+ Club Record. **Danny Hecker**, **Peter Neale**, **John Schuijers** and **Paul Skipper** knocked 13secs off the mark set earlier in the season in a very impressive win. Running well under the four minute barrier(!) their 3:50.41 was very smart indeed. Earlier in the day Paul had run a terrific 61.48 in the open 400 sticks. It was his best time for a long time !

Newcomer **Jennifer Carden-David** followed up her triple jump last week with four events for the U/16 girls. A ripper 1.50m high jump, a 4.47m long jump and a 7.24m shotput were big point scorers however Jen's decision to try the hammer after one brief try at training certainly paid dividends. Tossing the 4k ball over 18m with a standing throw she established a Club Record in the age group. Some people spend a lifetime at the Club and never get their name on the record board – Jennifer is there in her second week!

Sam McGilp recorded a PB with 1.95m in the high jump, just missing at the big 2.0! His 6.41m long jump was a great effort as well, rounding off a terrific day.

Mason Barnes improved yet again in the 800m, this time running 2:04.7. Running in the second heat Mason matched it with most of the field and certainly benefited by having someone to chase this week. **Jacob McCormack** knocked a couple more seconds off his 800m best, this week running 2:08.2. Both boys also delivered terrific runs in their respective relays and then finished off the day with PBs in the 3000mts.

Both **Pier Akec** and **Nick Rosa** gave us PBs in the shot put with 12.11m and 10.75m respectively. They were joined by **Adam Garganis** and **Jacob McCormack**, to take 13 seconds off the Club U/16 4x400m relay record set back in 2004. However this record may be short lived, as it is likely to go again before the season is out.

Jacob Barnes showed a lot of determination in the 3000m recording his best time for a couple of seasons. Jacob together with **Jess Neale** and **Lachlan Derby** in the same event all scored good points for their respective U/14 teams. **Adam Garganis** ran under 12 minutes to be the first of the kids home.

Tim Holmes is starting to get back into the swing of things and his results are indicating a big performance in his next decathlon. A big PB in the high jump was probably the highlight but Tim's efforts in the shot, long jump, 200m relay, hammer, topped off with a win in the third division of the 3000m were all up there!

Corinna Minko won the first heat of the 200m in a pretty smart time while **Madeline Lantieri** also ran her season best in the same race.

Officials: We had an apprentice this week. **Rob Barnes** dipped the toe in the water starting to learn the ropes. He had an expert teacher, working with **Diana Barnett**. Collingwood's other representatives this week were **Ian Fisher**, **Kevin Wigmore**, **Tony Williams**, **Lyn Humphris**, **Brian Moore** and **Judy Mason**.

The highlights of the results of the seventh week, team wise, were:

U/14 Girls - 1st., U/16 Girls - 2nd., Div 1 Women - 4th., 40+ Men - 1st.
U/14 Boys - 1st., U/16 Boys - 1st., Div 1 Men - 3rd., Div 3 Men - 2nd.

Ladder Positions:

U/14 girls - 3rd., U/16 girls - 6th., Div 1 Women - 6th., 40+ Men - 2nd.
U/14 boys - 1st., U/16 boys - 3rd., Div 1 Men - 2nd., Div 3 Men - 1st.