

Round 3 Saturday October 24th. Doncaster

The numbers continue to rise. Forty-six this time and this with some missing from previous weeks.

Another two first timers today!

Twelve year old **Ben Cox** did a few events but provided one of the real highlights of the day by leading the third division of the 3k until the last 100 metres. Ben impressed all those present and had Collingwood Harriers all around the track urging him on in a very brave effort. His first up time of 11:39 after a big day in the black and white showed lots of promise for the future.

We welcome **Anand Thillaisundaram** to the Club. A walker to add to our ranks, who will guarantee a spread of points across the grades.

It was great to have some more back for their first run of the season. Past 100yards champion **Katie Howard** made her first appearance after an extended holiday overseas and picked up some big points in the hammer and the shot put.

Danny Hecker and **John Schuijers** made a big impression after a successful trip to Sydney for the World Masters' Games. Danny's 2:08 800m was a great run and will take a bit of beating in the 40+ group. John's effort in the 400m hurdles was perhaps even more impressive. A relative newcomer to hurdling, John's 66.6 over the quarter sticks looked real good. **Peter Neale** and **Shane Derby** joined the aforementioned two to establish a 40+ Club Record in the 4x400m relay. Just a couple of seconds over the 4 minute barrier, this time is sure to go again, probably a couple of times, before the season is out.

Jessica Neale broke her own U/14/16 Club Records in the pole vault with a 2.15m effort. A relative newcomer to the sport Jess is improving by the minute.

Chris Boylen (3.35m) and **Troy Kameme** (3.50m) both recorded pole vault heights better than last season. **Nick Rosa**, in his first try at the pole vault also cleared 2.15m. The Club is really benefiting from our new vaulting set-up and the many hours of coaching by Chris Boylen.

Cassie Page improved a full second in the U/14 200m and is obviously benefiting from her training sessions with **Madeline Lantieri** on a Tuesday night.

Corinna Minko was the quickest of our girls in the 200m with a smart 26.68, while sister **Romy** improved 10cm from her first up long jump back on the 10th. **Zoe McWhinney** got past the 5m mark in the U/16 long jump after a go at the 200m hurdles.

Daniel Sanders was again our top sprinter with a mid 23 second metric furlong. **Mitch McWhinney** recorded a quick 24.25 over the same distance.

Again **Will Sheils** lowered his best 800m time, this time clocking 2:04.5. He followed this up with another terrific 3k.run leading for 5 laps before being headed for a lap by a

SSH runner only to come back and a record a comfortable victory. Not his quickest, but a good tactical race.

A team of our winter runners turned up to give us a good representation in the 3k. All the **Anthony's, Mithen, Weiland** and **Hally** joined **Justin Murphy Malcolm Campbell, Chris Waldron** and **Ken Duxbury** to give us a lot of points. Junior **Mason Barnes** ran his best time of 10:51 while **Shane Derby** continued to perform after a hernia operation not too long ago. **Sofie Fabre** was our only lady in the 3k and performed well after a terrific 800m earlier in the day.

Justin Murphy improved on his first week's 1:58 with a quicker 1:56.2 in the 800m. Justin also spearheaded our Divvy 1 4x400 team into a gallant fourth place, with three youngsters, **Sage Scott, Mason Barnes** and **Will Sheils**.

Josh Debinski lowered his 800m PB once more. Now down into the 2:32s Josh is showing the benefits of a real dedication to his chosen sport. He is the hardest trainer at the track every Tuesday!

Troy Kameme only did six events this week. A bit on the quiet side, however the pole vault did drag on a bit. However **Ross Reid** did win the Divvy 1 walk again.

Chris Boylen broke his own 45-49 pole vault record when he cleared 3.35m – a 5cm improvement!

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

U/14 Girls - 4th., Div 1 Women - 4th., 40+ Men Team 1 - 1st.

U/14 Boys - 1st., U/16 Boys - 5th., Div 1 Men - 2nd., Div 3 Men - 1st.

Ladder Positions:

U/14 girls - 3rd. U/16 girls - 5th. Div 1 women - 5th.

U/14 boys – 1st.. U/16 boys - 6th. Div 1 men - 1st. Div 3 men - 1st. 40+ men - 2nd.

The Club was again very well represented by our officials. **Lyn Humphris, Tony Williams, Kevin Wigmore, Diana Barnett, Judy Mason, Brian Moore, Ian Fisher, Graeme Scott, Matthew Webster** and **Brian Williams** who made the trip up from Dingley by public transport were our action attraction this week!