

Sunday November 23rd

ROUND 6

Aberfeldie

The much anticipated(!) Zone v Zone.

It turned out to be a pretty good day. The weather was good early, although a bit of a wind did eventuate later on. However the wind did bring in some clouds which certainly took the sting out of the sun, a feature much appreciated by the runners in the four heats of the 3000m run after five o'clock.

Perhaps the worst aspect of the day was the parking issue caused by the large number of attendees at the Essendon track. Many people were forced to walk quite some distance to get to the start line!

Collingwood again had a mixed day. Some great performances, including more Club records and in a number of grades, but again there were some disappointing team results with a number of athletes unable to be there at the second Sunday meet of the season. A couple of the junior teams suffered by having some of their athletes being required at the Little Aths relays.

The Club welcomed two more new members with **Keilah Shepherd** showing a deal of ability in the under 16s and **Brett Moloney** having a run with the 40+ team. Both will be quite valuable as the season progresses.

There were another two senior Club Records broken, both in the women's division. **Corinna Minko** broke a 37 year old mark when she flew over the 200m to lower the record by .28s, while **Virginia Moloney** knocked almost two seconds of the 800m mark set way back in 1980.

In just her second run for the Club, **Alinka Carmichael** eclipsed the record in the U/14 200m set just a month ago by **Sunny Spencer**. Should make for an interesting run next time!

And for the fourth time the team of **Sunao Korematsu, Miles Leyden** and **Ben** and **Lachie White** broke the U/18 4x400 record while winning the relay.

There was another swag of records in the overage divisions, particularly on the female side of the divide, but perhaps it was two very close calls that provided a real buzz around the traps. Our open ladies were just a few tenths outside the very special 4x400m mark set over ten years ago by an under 14 team and **Ben White** was just 3/100ths of a second outside **Bill Hooker's** U/18 800m mark set way back in 1964.

There were also a stack of personal bests, including performances from probably our four smallest competitors with **Emma Newton** (800 & 3000), **Christina Dawson** (1500 walk and triple jump), **Claire Noonan** (1500 walk, shot and triple jump) and **Zoe Cornell** (800) all improving markedly over their previous bests with the Club.

Michael Whitehead is really starting to run into a bit of form with a sub 1:54 800m. **Julian Harris** put in best run of the season to again creep close to the two minute mark and **Miles Leyden** made a welcome return to the track for the first time this season (after a bout of glandular fever) with a great run in the 800 and a piece of the aforementioned relay.

Hilary McAdam and **Rebecca Corney** were smart over the 200, while **Mia Roux** was another to improve markedly in the 800. **Michelle Laufer** of course did the walk, but didn't stop there. A 200 and an 800 followed by a leg of the relay rounded off a good day.

The hammer has been introduced in the under 14 age group for the first time this season. **Tom Dawson** set the first Club record a few weeks back, but had to lower his colours to **Ace Buck** this week with Tom also eclipsing his old mark! I have feeling that the competition is going to get quite keen for the rest of the season.

RESULTS:

	MEN		WOMEN	
		Ladder		Ladder
Division 1	3 rd & 5 th	3 rd & 5 th	4 th	4 th
40+	2 nd & 4 th	2 nd & 4 th	1 st & 3 rd	1 st & 3 rd
U/18	1 st & 4 th	1 st & 3 rd	2 nd	2 nd
U/16	1 st & 4 th	3 rd & 6 th	2 nd & 8 th	2 nd & 8 th
U/14	2 nd & 4 th	1 st & 4 th	2 nd & 7 th	2 nd & 7 th

New Club Records:

Michelle Laufer	45-49	3000m Walk	10:11.2	Vacant		
Virginia Moloney	Open	800m	2:19.79	J. Milner	2:21.4	
Corinna Minko	Open	200m	25.12	L. Whitlock	25.4	
Alinka Carmichael	U/14	200m	27.40	S. Spencer	27.45	
Heather Jarvis	50-54	Hammer	19.65m	H. Jarvis	17.28m	
	50-54	Shot	8.73m	H. Jarvis	8.21m	
Ace Buck	U/14	Hammer	25.20m	T. Dawson	21.94m	
Lachie White)			S. Korematsu)	
Ben White)	U/18	4 x400m Relay	3:42.77	M. Leyden) 3:43.1
Miles Leyden)			L. White)	
Sunao Korematsu)			B. White)	

Officials: It was a very busy day at Essendon with 56 heats of the 200m and 21 races in the two lap affair. Luckily the venue was able to operate two shot put comps and run two pits for the triple jump otherwise we could have been there until very late indeed. Our crew were on hand (when are they not?!) to help keep the day going. **Ian Fisher, Brian Moore, Diana Barnett, Judy Mason** and **Tony Williams** again represented Collingwood all day. Special thanks to **Kimm Noonan** for jumping in to lap score the walks and saving the day when no one else was around.

Week	O M	40 M	18 M	16 M	14 M	O W	40 W	18 W	16 W	14 W	Total
1	4	11	11	4	6	4	8	3	6	7	64
2	10	11	8	7	7	4	9	2	6	10	74
3	11	15	10	8	8	4	8	2	6	7	79
4	8	6	9	5	7	3	9	2	4	6	59
5	11	14	11	3	8	3	10	4	6	6	76
6	9	10	11	6	4	6	8	3	6	7	70