



Club News

EDITION 4 – Summer 2011/2012

Round 3 at Williamstown

Please note the following for this round of competition:

- Discus will replace the Hammer.
- From Round 3 onwards, a change to the timetable:
 - 2.15pm 800m Men
 - 2.45pm 800m Women
 - 3.05pm 200m Men
 - 3.45pm 200m Women
- Shot Put Pit 1 - 4kg and 7.2kg only
- Shot Put Pit 2 – 3, 5 and 6kg only
- Pole Vault will be at Melbourne Uni. on Saturday morning starting at 10am

The Tradition Continues....

Come and join us for Fish and Chips at the cannon on the foreshore after competition at Williamstown

All athletes and families welcome

School Sports

Congratulations to Carly Lesha who won silver in the High Jump (1.60m PB) at the School Sports State finals.

Tattslotto 22/10/2011

24	Shirley Hawkins	\$20
27	Keely Henderson	\$10

If you would like a number in this year's Tattslotto please see Vanessa Henderson or Sally-Anne Mullins

Cost is \$2 per week

Strength and Conditioning

Adam Robertson will be visiting the club next Wednesday the 2nd of November from 5:15pm

Dates to Remember

29th Oct AV Shield Round 3 @
Williamstown – Prog 1, 1:30pm
Melways Ref 56B4

*Note: Pole Vault will be at Melb. Uni.
@ 10am*

4-6th Nov All Schools Track and Field
Championships

12th Nov AV Shield Round 4 @
Aberfeldie – Prog 2, 1:30pm

Club Duty Roster

Round 3 – 29th Oct @ Williamstown

- Triple Jump Pit 2 – 4 Officials
- Setup 400m Hurdles and
move to 200m

Round 4 – 12th Nov @ Aberfeldie

- Javelin
- Setup Steeple
- Relays

Throws Training

Are you interested in improving your
throws?

*Please contact us if you are interested
in taking part in some throws training
sessions.*

Club Merchandise

Sports Bags	\$25
Singlets	\$35
Croptops	\$35
Hoodies	\$35 (\$40 with name)



Season Best Performances

NAME	EVENT	PB	
Jonas Mockus-Lane	100m	13.02	secs
Gerard Sutton	400m	54.11	secs
	1500m	4.11.6	mins
	3000m	9.33.7	mins
Zach McCasker	100m	13.95	secs
	Long Jump	4.62	metres
Jacob Miller	3000m	13.35.81	mins
Andrew Inchincoli	Pole Vault	1.40	metres
	3000m	14.06.3	mins
Liam Sutton	1500m	5.11.22	mins
Melissa Drew	100m	13.02	secs
	Discus	23.00	metres
Jamee-Leigh Colley	Discus	26.72	metres
Hayley Arnold	Javelin	11.81	metres
Courtney Potter	100m	13.17	secs
Rebecca Kane	1500m	6.26.76	mins
	5000m	24.56.44	mins
Bianca Licovski	100m	13.50	secs
Georgia Marangon	Discus	13.26	metres
	Javelin	13.25	metres
Madison Arnold	Javelin	12.12	metres
Womens U18	4x100m Relay	58.2	secs
Caitlyn Musgrave	High Jump	1.16	metres
Jessica Campbell	High Jump	1.16	metres
	100m	17.37	secs
Emily McDonough	Discus	11.96	metres
	Javelin	11.56	metres
Taylah De Bono	Javelin	25.26	metres
Keely Henderson	Long Jump	4.36	metres
	Pole Vault	1.80	metres
	100m	13.94	secs
Natarsha Inchincoli	100m	13.53	secs
	3000m	13.57.7	mins
	Pole Vault	2.25	metres
Brianna Musgrave	100m	14.03	secs
	400m	1.05.20	mins
Womens U14	4x100m Relay	53.96	secs
Carly Lasha	90m Hurdles	18.20	secs
	High Jump	1.56	metres
Matt Marangon	5000m	20.45.37	mins
	100m	12.09	secs
	Long Jump	6.06	metres
Jason Alessandrino	100m	12.84	secs
	400m	59.14	secs
Darcy Sutton	400m	49.71	secs
Aaron McDonough	1500m	5.29.08	mins
	Discus	19.39	metres
Matthew Casilli	High Jump	1.26	metres
	Long Jump	4.92	metres
	Javelin	13.43	metres
Adam Marangon	5000m	20.42.74	mins
Mark Arnold	5000m	20.55.0	mins