



Club News

EDITION 8 – 2009/2010

DATES TO REMEMBER

Sat 12/12 Round 9 Competition @ Coburg – Program 1
Thur 14/01 Round 10 Competition @ Aberfeldie – Program 2
Thur 21/01 Round 11 Competition @ Aberfeldie – Program 1

CLUB DUTY ROSTER

ROUND 9

SATURDAY 12 DECEMBER

Shot Put – 4 Officials required

ROUND 10 – Twilight meet

THURSDAY 14 JANUARY

SPRINT HURDLES

Set-up, change heights & pack-up

AFTERNOON TEA

Please bring a plate

ROUND 11 – Twighlight meet

THURSDAY 21 JANUARY

Shot Put – 4 Officials required

Congratulations to Mikayla Dunn and Frank Brisevac on their performances at the Australian All School Championships held in Hobart. Both Mikayla and Frank recorded PB's. Mikayla ran the 90m hurdles in a PB of 13.92secs and Frank won silver with a PB in the Triple Jump of 13.88 metres. Well done Mikayla and Frank.

Athletes are reminded that there are only 3 more rounds in which to qualify for finals. Please choose your events carefully and remember to run a flat 400m if you want to be part of your relay team.

FOR SALE

Season 08/09 - Presentation CD's -
\$10.00

Club Sports Bags - \$25.00

TATTSLOTTO

28/11/2009

17 – Karen Miller \$20

29 – Andrea Arnold \$10

05/12/2009

45 – Gail Callaghan \$20

29 – Adam Marangon \$10

OUR LAST TRAINING SESSION FOR 2009 IS THURSDAY 17 DECEMBER.

OUR FIRST TRAINING SESSION FOR 2010 IS TUESDAY 12 JANUARY

OUR FIRST COMPETITION IS A TWILIGHT MEET AT ABERFELDIE ON THURSDAY 14 JANUARY 2010 AT 6PM

LADDERS ROUND 8

1ST – Womens 16 & Mens 16

2nd – Mens 18 & Mens 14

3rd – Womens 18 & Mens 1 & 2

4th - Womens 14

5th - Womens 1 & Mens 3

Team positions on the ladder can be improved by athletes discussing and sharing events to maximize team points. See Shirley or Kim if you need help!



OUR CHRISTMAS BREAK-UP (BBQ NIGHT) WILL BE HELD AT THE CLUB ROOMS AT THE CONCLUSION OF TRAINING ON THURSDAY 17 DECEMBER 2009. PLEASE BRING A SALAD TO SHARE.

FOR CATERING PURPOSES YOU MUST RSVP ASAP (NO LATER THAN THURSDAY 10 DECEMBER 2009)

THOSE WHO DO NOT RESPOND WILL NOT BE CATERED FOR.

Please give Kim Marangon or Shirley Hawkins numbers for your family if you are attending.

kmarango@bigpond.net.au or jhawkins46@hotmail.com



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SEASONS BESTS ROUND 7

NAME	EVENT	PB	
AARON MCDONOUGH	3k walk	15.10.00	mins
	SHOT PUT	8.07	metres
BEAU DIMAURO	200m	25.46	secs
BRICE CAMPBELL	200m	33.56	secs
	800m	2.38.14	mins
	SHOT PUT	6.22	metres
BRIANNA MUSGRAVE	200m	32.13	secs
CHRIS SHEPHERD	800m	2.29.83	mins
COURTNEY POTTER	200m	28.91	secs
GERARD SUTTON	800m	2.09.91	mins
	200m	26.57	secs
HAYLEY ARNOLD	LONG JUMP	3.62	metres
JAMEE LEIGH COLLEY	LONG JUMP	3.76	metres
JANE STOYANOSKI	800m	2.45.05	mins
JASON ALESSANDRINO	LONG JUMP	4.69	metres
JEAN MBENG	HIGH JUMP	1.30	metres
JOHN NEALE	SHOT PUT	7.04	metres
	HAMMER	22.86	metres
	LONG JUMP	3.61	metres
	200m	31.49	secs
KURTIS VICK	200m	27.35	secs
	LONG JUMP	4.17	metres
LACHLAN GEORGE	SHOT PUT	7.71	metres
	HIGH JUMP	1.50	metres
MADISON ARNOLD	SHOT PUT	3.96	metres
MATTHEW CASILLI	200m	25.70	secs
MELISSA DREW	SHOT PUT	8.07	metres
	HAMMER	15.40	metres
NATARSHA INCHINOLI	200m	29.70	secs
TAYLAH DEBONO	SHOT PUT	8.58	metres
TRENTON HAWKINS	800m	2.29.84	mins
	3k walk	14.42.00	mins
VOLKAN UZUNGIL	800m	2.13.83	mins
	200m	27.34	secs
YASMIN VALLADARES	LONG JUMP	4.83	metres
	HIGH JUMP	1.35	metres
MENS 1	4 x 400m	3.28.06	mins
MENS 2	4 x 400m	3.45.42	mins
MENS 18	4 x 400m	4.06.68	mins
MENS 14	4 x 400m	5.19.71	mins

SEASONS BESTS ROUND 8			
NAME	EVENT	PB	
ANTHONY CASILLI	Triple Jump	6.20	metres
	JAVELIN	9.91	metres
ASHLEY WHITE	DISCUS	21.06	metres
BEAU DIMAURO	HIGH JUMP	1.45	metres
BIANCA LICOVSKI	JAVELIN	21.07	metres
BRICE CAMPBELL	400m	1.13.58	mins
	1500m	5.09.29	mins
	3000m	11.37.45	mins
	Triple Jump	8.35	metres
BRIEANNA MUSGRAVE	1500m	5.45.40	mins
	Triple Jump	7.95	metres
CHRIS MULLINS	400m	55.48	secs
CHRIS SHEPHERD	DISCUS	21.06	metres
COURTNEY POTTER	100m	13.79	secs
	Triple Jump	8.36	metres
DARCY SUTTON	100m	11.82	secs
	400m	50.76	secs
DOMENIC SUTTON	DISCUS	21.55	metres
	400m	49.76	secs
GEORGIA MARANGON	3000m	16.17.79	mins
	400m	1.28.66	mins
HANNAH O'NIELL	3000m	16.16.00	mins
JACOB MILLER	1500m	5.43.56	mins
JAMEE COLLEY	2k walk	13.56.40	mins
JASON ALESSANDRINO	400m	56.55	secs
JASON CASILLI	HIGH JUMP	1.30	metres
JEAN MBENG	100m	11.39	secs
	400m	51.43	secs
JOHN NEALE	DISCUS	24.69	metres
KEELY HENDERSON	HIGH JUMP	1.30	metres
LACHLAN GEORGE	100m	13.26	metres
LAUREN NEWSTEAD	Triple Jump	8.45	metres
	100m	14.64	secs
LIAM SALIBA	3000m	14.34.00	mins
	DISCUS	18.54	metres
	JAVELIN	13.48	metres
MADISON ARNOLD	JAVELIN	11.15	metres
MATTHEW CASILLI	100m	12.97	secs
	400m	61.46	secs
MATTHEW MARANGON	JAVELIN	36.06	metres
MATTHEW SIOMOU	100m	11.40	secs
MICHAEL ALESSANDRINO	1500m	7.15.00	mins
MIKAYLA DUNN	100m	13.65	secs
	HIGH JUMP	1.35	metres
NATARSHA INCHINCOLI	Triple Jump	8.29	metres
OLIVIA NATOLI	DISCUS	12.43	metres
REBECCA KANE	JAVELIN	13.02	metres
	1500m	5.45.18	mins
	3000m	12.35.60	mins
TRENTON HAWKINS	2k walk	9.20.60	mins
	DISCUS	29.20	metres
YASMIN VALLADARES	JAVELIN	22.73	metres
MENS 1	4 x 100m	44.14	secs
MENS 14	4 x 100m	61.93	secs
WOMENS 14	4 x 100m	58.71	secs