



# Club News

EDITION 2 – 2009/2010

## DATES TO REMEMBER

Sat 17/10 Round 2 Competition @ Williamstown – Program 2  
Tue 20/10 CLUB HANDICAP 100m Heats & Final @ 6pm  
Sat 24/10 Round 3 Competition @ Meadowglen – Program 1  
Thu 29/10 Round 4 Competition @ Aberfeldie – Program 2  
06/11 – 08/11 All School T & F Championships @ Olympic Park  
(Details & Entry Forms [www.athsvic.org.au](http://www.athsvic.org.au))

## CLUB HANDICAP

800m winner Bianca Licovski  
100m – RAINED OUT

100m will be run on  
*Tuesday 20/10/2009*

6.00pm 100m Heats  
6.45pm 100m Final

## CLUB DUTY ROSTER

### ROUND 2

### SATURDAY 17 OCTOBER

SPRINT HURDLES & STEEPLE  
Set-up, change heights & pack-up  
RELAYS - Changeover Officials

### ROUND 3

### SATURDAY 24 OCTOBER

Long Jump – 4 Officials required

## WELCOME

A very warm welcome to Natalie Tetzner, Lara Osgood, Mariah Luppino, Kurtis Vick, Beau Dimauro & Jonas Mockus-Lane.

## INJURED ATHLETES

ADAM MARANGON – BROKEN FOOT  
DARCY SUTTON – SHOULDER  
DAMIEN MUSCOVICH – SHOULDER  
DAVID EDWARDS - HAND

## TATTSLOTTO

31 – Michael Duff \$20.00  
33 – Aaron McDonough \$10.00

## FOR SALE

Season 08/09

Presentation CD's - \$10.00  
Club Sports Bags - \$25.00

FOLLOWING COMPETITION ON SATURDAY 17/10 AT WILLIAMSTOWN ALL CLUB MEMBERS ARE INVITED TO JOIN IN THE TRADITION OF PURCHASING FISH AND CHIPS AND MEETING ON THE LAWNS NEAR THE “CANNON” TO REVIEW THE DAYS RESULTS

**BEST WISHES TO AARON MCDONOUGH IN THE WALK AT THE WORLD MASTERS. GO YOU GOOD THING!**

# MELBOURNE MARATHON

A very big thank-you to the 39 Club Members who helped at Melbourne Marathon last Sunday. Once again, the sun shone and a great time was had by all. Bill was on a roll, giving competitors directions and split times. The Hawkins clan went head to head all day, Jimmy was showing off his leadership skills in typical lawyer fashion and the young children – you know who you are – had lots of fun busting water sachets and misbehaving. Jamee-Leigh was on something – what a goer! None of the competitors would have made it without Sally-Annes cheering and Rob Marangon & Mark Arnold thought they were running a pub. Dave Edwards provided support to Jane unable to get his hand wet.

**MEET AT: SAME PLACE NEXT YEAR FOR A GREAT DAY**



Thanks to all who assisted at last weeks competition and everybody who contributed to afternoon tea.

Special thanks to Leanne Dunn from all who enjoyed pasta following their training session last Thursday. The reports were that the pasta was great with Dom Sutton having two bowls overflowing. Thanks Leanne

PERSONAL BESTS ROUND 1			
NAME	EVENT	PB	
MICHAELA ROMAS	LONG JUMP	3.69	metres
HANNAH O'NIELL	SHOT PUT	5.49	metres
LAUREN NEWSTEAD	LONG JUMP	3.91	metres
	200m	30.61	secs
GEORGIA MARANGON	800m	3.42.90	mins
LACHLAN GEORGE	200m	27.03	secs
JACOB MILLER	200m	32.35	secs
	800m	2.47.00	mins
JEAN MBENG	200m	23.47	secs
CHRIS SHEPHERD	200m	25.9	secs
AARON MC DONOUGH	3k Walk	15.17.06	mins
MATTHEW SIOMOU	LONG JUMP	6.22	metres
DAVID EDWARDS	LONG JUMP	6.37	metres
MATTHEW SWINDELLS	SHOT PUT	8.99	metres



## **MISSING STOPWATCHES**

Over the winter months our 4 stopwatches have disappeared from the equipment room. Would all athletes kindly check their belongings and return the missing stopwatches asap.