



# Club News

EDITION 4 – 2009/2010

## DATES TO REMEMBER

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))  
Sat 14/11 Round 5 Competition @ Coburg – Program 1  
Sat 21/11 Round 6 Competition @ Meadowglen – Program 2

**GOOD LUCK TO ALL  
PRESTON ATHLETES  
COMPETING AT THE ALL  
SCHOOLS TRACK AND  
FIELD COMPETITION AT  
OLYMPIC PARK NEXT  
WEEKEND.**

## CLUB DUTY ROSTER

### ROUND 4

#### THURSDAY 29 OCTOBER

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

### ROUND 5

#### SATURDAY 14 NOVEMBER

Long Jump – 4 Officials required

## WELCOME

A very warm welcome to Michael  
Alessandrino

Thanks to all who assisted at last  
weeks competition.

If you are not receiving the Club  
News via email please give your  
email address to Kim or Shirley. The  
newsletter can also be seen at  
[www.prestonathletics.org.au](http://www.prestonathletics.org.au)

## TATTSLOTTO

12 – David Long \$20.00  
17 – Karen Miller \$10.00

## FOR SALE

Season 08/09 - Presentation  
CD's - \$10.00  
Club Sports Bags - \$25.00

Anyone with photo's for the newsletter  
can email them to

[kmarangon@clubsvic.org](mailto:kmarangon@clubsvic.org)

No later than Tuesday each week



## **MISSING STOPWATCHES**

So far, one (1) of our 4 missing stopwatches has been returned. All athletes – please check your belongings and return any club property to Shirley or Kim ASAP

**NO TRAINING WILL BE HELD  
ON SUNDAY 8 NOVEMBER  
2009. PLEASE NOTE YOUR  
DIARIES**



**PERSONAL BESTS ROUND 3**

<b>NAME</b>	<b>EVENT</b>	<b>PB</b>	
GEORGIA MARANGON	800m	3.41.71	mins
AARON MC DONOUGH	3k Walk	14.14.00	mins
DAVID EDWARDS	LONG JUMP	6.46	metres
DOMINIC SUTTON	200m	23.60	secs
TRENTON HAWKINS	3k Walk	14.48.50	mins
NICHOLAS SHEPHERD	HAMMER	17.93	metres
LIAM SALIBA	200m	33.01	secs
FRANK BRISEVAC	HAMMER	19.17	metres
MATTHEW CASILLI	LONG JUMP	5.26	metres
	HIGH JUMP	1.35	metres
JUSTIN WHITE	LONG JUMP	4.63	metres
JASON CASILLI	SHOT PUT	7.26	metres
BRIANNA MUSGRAVE	800m	2.50.13	mins
KEELY HENDERSON	LONG JUMP	3.71	metres
GERARD SUTTON	3000m	9.49.20	mins
WOMENS 14	4 x 400m	5.05.91	mins
WOMENS 1	4 x 400m	4.23.13	mins