

WALLEY TRACKSHIELD 12 FINAL ROUND OF SHIELD SEASON

t's come around very quickly, but Saturday will mark the end of the regular AV Shield season with the Regional Finals on next Saturday (Jan. 31st). DVAC members should be proud of their efforts this season with 10 out of the 14 Divisions poised to compete in the Regional finals.

With Melbourne sweltering through the hottest week on record, there is a question mark on whether or not Round 12 will be conducted on Saturday or called off due to the extreme heat. On Saturday morning, the East Region Committee will make a decision based on the daily weather report. If the decision is to call off the meeting there will be an announcement on the DVAC website as soon as it is known. There is also a chance that the East Region Committee will announce a replacement round of Shield athletics as a Twilight Meet for either Monday 2nd February or Tuesday 3rd February. This also will be announced on the DVAC website. After Round 11, the DVAC teams were in the following positions on the ladders of their respective Divisions:

Women: U14 – 3rd; U16 – 1st; U18 – 4th; U20 – 1st; Open Div 1 – 6th; Open Div 2 – 11th.

Men: U14 – 2nd; U16 – 1st; U18 – 2nd; U20 – 2nd; Men's 40+ - 1st; Open Div 1 – 4th; Open Div 2 – 7th; Open Div 3 – 7th.

Teams in the top four positions will contest the Region Finals on Saturday 31st January 2009. Athletes who have not qualified or whose teams are not in the Finals are entitled to compete at the Region Finals meet.

END-OF-SHIELD SEASON DINNER

It's been a terrific 12 round season of Shield athletics (well, 10 rounds actually) and the finals are around the corner, but we thought that you might like to have a social get-together at end of Round 12 to celebrate what has been achieved and look forward to the Finals. The invitation is open to all Valley folk, seniors, juniors, family and friends.

WHEN? Saturday 31st January 2009, 7:00pm-7:30pm

WHERE? La Grotta Italian Family Restaurant

106 Mountain View Rd, Briar Hill

ARRANGEMENTS? Pay for what you eat & drink at the restaurant.

WANT TO JOIN IN? Let Lyn Davis know at the track or email her on ldavis_20@netspace.net.au

VICTORIAN CHAMPIONSHIP DETAILS

Victorian Track & Field Relay Championships

Olympic Park

Youth & Masters: Thursday 19th, Friday 20th, Saturday 21st & Sunday 22nd February

Entries Close: Thursday 5th February (late entries accepted until February 16th, lanes permitting)

Open/U20: Friday 27th, Saturday 28th Feb & Sunday 1st March

Entries Close: Thursday 12th February (late entries accepted until February 23rd, lanes permitting)

Victorian Open & U20 Track & Field Championships

Olympic Park

Thursday 19th, Friday 20th, Saturday 21st & Sunday 22nd February

Entries Close: Thursday 5th February (late entries accepted until February 16th, lanes permitting)

Victorian Youth Track & Field Championships

Olympic Park

Friday 27th, Saturday 28th Feb & Sunday 1st March

Entries Close: Thursday 12th February (late entries accepted until February 23rd, lanes permitting)

Victorian Masters Track & Field Championships

Hagenauer's Reserve, Box Hill

Saturday 28th & Sunday 29th March

Entries Close: Thursday 12th March (late entries accepted until March 20th, lanes permitting)

Region Finals

DVAC athletes whose teams do not make the finals are entitled to compete at the Region Finals.

OFFICIATING DUTIES:

Round 11: A big thank-you to Les Wright, Jeff Hughes, David Armstrong, Andrew Stirling, Darren Quix, Andrew Edney, Dianne Stirling, Caitlin Broberg & Robin Broberg for officiating for the club.

Round 12: This week DVAC has not been allotted a task. DVAC thanks all those people who have helped out throughout the season.

2009 DVAC FUNDRAISER

DVAC has joined 'RITCHIES COMMUNITY BENEFITS PROGRAM' and is seeking DVAC consumers to assist in this very easy and lucrative fundraiser.

All you have to do is shop at any Ritchies store (Supermarket or Liquor). There are 36 stores in Victoria and DVAC's closest one is at Diamond Creek. 1% of each customer's purchases are donated back to DVAC. It is so easy! We already have the pre registered cards /tags whereby there is no need for personal details and all you have to do is get a card/tag from Lyn Davis (9439 5062 / 0409 005 406) or Rebecca Deighton (0418 345 390) and present it when you shop at Ritchies. You may have neighbours or relatives who could benefit from the program and help us out as well! There are benefits to customers such as:

- petrol offer with either BP or United when you spend \$25, (4 cents off)
- Liquor departments will match prices from other leading stores
- 'red ticket' sale items exclusive to 'card holders'
- 'seniors day' 5% off on tuesday or Thursday (think of nana!)

\$1,000 minimum spend for the month. It only takes 10 people spending \$25 a week or 5 people spending \$50 a week to reach \$1,000 for the month. Think what DVAC could fundraise if all 150 plus members found one person who already shops at a Ritchies store to use our card. It may be that you have a cousin in Shepparton or that you regularly holiday in Yarrowonga etc.

I hope to hear from most of you very soon.

Lyn

2009 VICTORIAN TRACK & FIELD RELAY CHAMPIONSHIPS

Entries for the 2009 Victorian Track & Field Relay Championships are due in on Feb 5th so it is time to get teams organised for the entries. The cost to athletes will be \$5 each for a track team of 4 and \$7 for a team of 3. Money is payable to team managers on the day of competition. Teams will be entered by the DVAC on the advice of coaches and the request of athletes. It is important for athletes to make sure they will be available on the relevant dates (19,20,21,22 Feb for Youth & Masters & 27,28 Feb for Open & U20). Draft timetables can be found on the AV website. In general, teams will be constructed on rankings with the possibility of two teams being entered where there is sufficient demand. If you have a request for a team or if you are unavailable for selection could you please pass the information to Max Balchin (email – mbalchin@netspace.net.au).

Relays on offer at this year's Championships are as follows:

Women & Men

U14 – 4x100m; 4x200m; 4x400m

U16 - 4x100m; 4x200m; 4x400m; 4x800m

U18 - 4x100m; 4x200m; 4x400m; 4x800m; ; Medley; Long Jump; Shot Put;

Discus

40+ - 4x100m; 4x1500m

50+ - 4x100m; 4x1500m

Open - 4x100m; 4x200m; 4x400m; 4x800m; 4x1500m; Medley; Long Jump; Shot Put; Discus

U20 - 4x100m; 4x200m; 4x400m; 4x800m

DVAC COMMITTEE

Rob Wendel, Bernie Smith, Gary Hammett, Ruth Reidy, Sue Thom, Rebecca Deighton, Lyn Davis, David Armstrong, Mark Monahan, Max Balchin.

WALLEY TRACKSIDE 2 DISTANCE RUNNERS SHINE AT NIGHT

The Diamond Valley Athletic Club's distance running brigade made the most of the ideal conditions that prevailed by the end of the Twilight meet at Round 11 of the Athletics Victoria Shield held on Thursday 22nd January. While the conditions were still warm, the heat and strong winds that had made conditions tough for athletes earlier in the evening were not an issue for those running in the 3000m and 5000m events. In two heats of the 5000m, a squad of nine Valley runners completed the longest event on the program. Leading the charge was Matthew Taylor who finished inside the 16 minutes mark for only the second time in his career. Taylor finished in a time of 15:53.

Athletes to lower their best ever times for the 5000m included David Murphy (17:20), Nicholas Laurence (17:51), and Damien Cusack (18:12). Paul Townsend (U16) showed the benefit of putting in recent training sessions with Matthew Taylor when he ran a steady but strong pace in the 5000m to finish in a time of 17:19. This time establishes a new record for the 5000m in his age group. Earlier in the evening, Townsend had lowered his time for the 1500m to 4:35. Robin Broberg set a new club record for Men's 60+ division when he crossed the line in 20:36. In the junior 3000m race, Zoe Girbau (U18), Sarah Leeming (U18) and Maria Benke (U16) all took considerable amounts of time off their previous best time for the distance. Girbau led the trio through in a time of 12:46, followed by Leeming in 13:32 with Benke close behind in 13:35.

In the throws events there were a number of high quality performances. Matthew Haynes threw the 1kg Discus a distance of 46.94m to set a new club record for the Under 15 age group. Andrew Drossinis sent the 2kg Discus out a distance of 31.93m to extend his own best ever mark. Drossinis is edging toward the 11m mark with the 7.26kg Shot Put; in Round 11 he recorded a distance of 10.77m. Andrew Stirling threw the 6kg Hammer out a distance of 36.50m to get close to his best ever mark.

Anika Peachy (U18) impressed with her versatility as an athlete in the Twilight meet. Peachy completed a busy program which included the 2000m Walk, the 4x100m relay, Hammer Throw, Shot Put and Discus. Stand out performances in this busy schedule were the Discus where Peachy threw 30.28m and the Hammer Throw where her best effort was a throw of 29.13m. Jackie Crane ran a quality 400m for the Women's Division 1 team, crossing the line in 63.0 seconds to set the fastest time for the Valley women on the night. For the men, Iain Douglas (U18) set the fastest time with a new personal best time of 51.5. Alastair Hughes (Open) lowered his time for the 400m to 53.4 and Shaun Cooke (U16) got his time down to 59.7. Cooke's achieved a second personal

best effort in the Shot Put when his put was measured at 9.62m. In the 1500m, Jack Lewis (U16) finished strongly in his efforts to catch fellow team-member, Paul Townsend, and in the process, lowered his best time to 4:38. The third member of the Men's U16 team to run the 1500m, Brynton Ashton, completed the distance in 4:49 and made up the strongest line-up of middle-distance runners in the age group that DVAC has seen in a number of years.

Darren Quix improved on his own Men's 40+ Pole Vault record by 20cm, bringing the new club record to 2.00m. Other athletes to improve on their previous best efforts included Lachlan Cowell (U14) in the Shot Put, and Triple Jump; Matthew Williams (U18) in the Hammer Throw, 26.56m; Brayden Fletcher (U20) in the Discus, 23.03m; and Chiara Di Girolami (Open) in the Shot Put, 10.04m; and Jacqueline Cowell (U16) in the Triple Jump, 8.26m. Morgan Deane and Travis Pike led the sprint teams for DVAC women's and men's Division 1 teams by example. In the 200m Deane ran 25.8 while Pike was clocked at 22.6. Both athletes ran in the club's 4x100m relay teams with the men's team of Pike, Dale Lyons, Justin Coutts and Cyrus Wong being timed at 44.9, while the women's team of Deane, Sarah Fisher, Jackie Crane and Chiara Di Girolami finished in 54.0.

The final round of the AV Shield season will be held at the Box Hill venue on Saturday 31st January.

RESULTS: ROUND 11
DONCASTER: THURSDAY 22ND
JANUARY 2009

F14
200m: Lotoaniu, Helena 29.4; Smith, Kirby 33.6
400m: Smith, Kirby 77.8;
80H Lotoaniu, Helena 14.9; Smith, Kirby 17.4;
Discus: Smith, Kirby 14.18;
Shot Put: Thom, Jessica 7.74;
F16

200m: Brennan, Monica 25.3; Phillips, Leah 27.1; Pike, Danielle 30.4; Quinn, Samantha 32.9;
400m: Benke, Maria 77.2;
3000m: Benke, Maria 13:35.9;
2000mW: Cowell, Jacqueline 13:38.90;
4x100m: Jacqueline Cowell, Maria Benke, Sam Quinn, Danielle Pike 58.5;
90mH: Benke, Maria 18.7;
Discus: Stirling, Amy 16.06;
Hammer: Stirling, Amy 18.91;
Shot Put: Pike, Danielle 6.17; Stirling, Amy 6.01;
Triple Jump: Cowell, Jacqueline 8.24;
F18
400m: Leeming, Sarah 79.0;
3000m: Girbau, Zoe 12:46.4; Leeming, Sarah 13:32.3;
2000mW Peachy, Anika 13:52.3;
4x100m: Zoe Girbau, Sarah Leeming, Anika Peachy, Amy Stirling 66.1;
Discus: Peachy, Anika 30.28;
Hammer: Peachy, Anika 29.13;
Shot Put: Peachy, Anika 8.54;

F20
100mH: Hamilton, Ashleigh 15.0;
Murray, Amy 18.3;
4x100m: Ashleigh Hamilton, Amy Murray, Helena Loto'aniu, Kirby Smith 55.1
Discus: Murray, Amy 19.8; Williams, Breanna 18.52;
Hammer: Williams, Breanna 21.58;
Shot Put: Hamilton, Ashleigh 11.85;
Murray, Amy 8.24; Williams, Breanna 7.26
Triple Jump: Hamilton, Ashleigh 10.99; Murray, Amy 8.66
FOP
200m: Deane, Morgan 25.8; Di Girolami, Chiara 28.9; Broberg, Caitlyn 33.8;
400m: Deane, Morgan 60.8; Crane, Jacqueline 63.0; Di Girolami, Chiara 65.5; Fisher, Sarah 69.9; Derham, Clare 70.2;
1500m: Broberg, Caitlyn 6:06.1;
100mH: Derham, Clare 19.0; Fisher, Sarah 19.9;
4x100m: Chiara Di Giralomi, Sarah Fisher, Jackie Crane, Morgan Deane 54.0;
Discus: Broberg, Caitlyn 10.62;
Shot Put: Di Girolami, Chiara 10.04;
M14
200m: Geers, Sam 24.8; Neofitou, Dean 28.6; Phillips, Nicholas 32.7;
400m: Phillips, Nicholas 75.6;
1500m: Neofitou, Dean 4:59.8;
4x100m: Sam Geers, James Edney, Lachlan Cowell, Nicholas Phillips 54.4;
Discus: Edney, Jim 26.14;
Shot Put: Cowell, Lachlan 6.89;
Triple Jump: Cowell, Lachlan 8.17;
M16
200m: Cooke, Shaun 25.8; Clancy, Joshua 26.1; Boyden, Ryan 26.2;
400m: Ashton, Brynton 56.5; Lunney, Thomas 59.1; Cooke, Shaun 59.7;
1500m: Townsend, Paul 4:35.3;
Lewis, Jack 4:38.9; Ashton, Brynton 4:49.8;
100mH: Haynes, Matthew 14.3;
Cooke, Shaun 15.2; Clancy, Joshua 15.4
4x100m: Joshua Clancy, Shaun Cooke, Thomas Lunney, Ryan Bowden 49.3
Discus: Haynes, Matthew 46.93;
Cooke, Shaun 32.42; Clancy, Joshua 21.85;
Shot Put: Cooke, Shaun 9.62;
Triple Jump: Clancy, Joshua 10.91;
M18
200m: Vine, James 23.2; Lefevre, Shane 23.5; Mills, Taylor 23.8; Douglas, Iain 23.9; Smith, Matthew 24.3; Henderson, Lachlan 27.3;
400m: Douglas, Iain 51.5; Mills, Taylor 52.2; Lefevre, Shane 52.5; Gebert, James 55.1; Smith, Matthew 63.1;
110mH: Vine, James 14.2; Smith, Matthew 16.4;
4x100m: Iain Douglas, Shane Le Fevre, Matthew Smith, James Gebert 46.3;
Discus: Lefevre, Shane 38.58; Williams, Mathew 27.69; Henderson,

Lachlan 24.98;
Hammer: Williams, Mathew 26.56;
Smith, Matthew 16.80;
Shot Put: Williams, Mathew 10.20;
Triple Jump: Smith, Matthew 11.92;
Henderson, Lachlan 11.47;
M20
200m: Mure, Anthony 24.0; Vraca, Marco 28.2
1500m: Smith, Aaron 4:48.4;
5000m: Townsend, Paul 17:14.50
110mH: Romans Van Schaik, Beau 15.8; Smith, Aaron 16.2
4x100m: Beau Romans, Anthony Mure, Aaron Smith, Brynton Ashton 45.8;
Discus: Fletcher, Braydon 23.03;
Hammer: Fletcher, Braydon 27.49;
Smith, Aaron 13.23
Shot Put: Fletcher, Braydon 9.36;
M40+
200m: Smith, Bernie 27.0; Quix, Darren 27.1; Neofitou, Spiro 28.4; Woodhead, Brian 29.1; Ford, Graham 30.7;
400m: Cowell, Lindley 63.4; Woodhead, Brian 69.0; Langford, Bradley 59.6;
1500m: Champion, Philip 4:39.7;
Lynch, Christopher 4:53.6; Woodhead, Brian 06:09.8; Fruin, Martin 06:13.5;
5000m: Champion, Philip 16:37.7;
Lynch, Christopher 17:36.7; Ramsay, Peter 19:24.5; Broberg, Robin 20:36.7;
110mH: Ford, Graham 22.4; Quix, Darren 26.0;
2000mW Hammett, Gary 11:04.1;
4x100m: Brad Langford, Bernie Smith, Martin Fruin, Lindley Cowell 53.6;
Discus: Stirling, Andrew 28.56; Quix, Darren 23.03; Ford, Graham 19.47;
Hammer: Stirling, Andrew 36.68;
Ford, Graham 18.33;
Pole Vault Quix, Darren 2.00;
Shot Put: Stirling, Andrew 7.85; Ford, Graham 7.70;
Triple Jump: Quix, Darren 7.98; Ford, Graham 7.69; Fruin, Martin 6.69;
MOP
200m: Pike, Travis 22.8; Lyons, Dale 23.5; Wong, Cyrus 26.0; Corden, Darren 27.7; Young, Jeffrey 45.9;
400m: Hughes, Alastair 53.4; Coutts, Justin 53.6; Smith, Bernie 66.0; Corden, Darren 66.5;
1500m: Hughes, Alastair 4:12.4;
Rancie, Christopher 4:21.7; Norman, Benjamin 5:17.9; Cusack, Michael 06:06.0;
5000m: Taylor, Matthew 15:53.7; Norman, Benjamin 16:14.8; Murphy, David 17:18.4; Cusack, Damien 18:13.0; Cusack, Michael 23:02.3;
4x100m:
M1 Dale Lyons, Travis Pike, Justin Coutts, Cyrus Wong 44.9;
M2 Darren Corden, Spiro Neofitou, Darren Quix, Andrew Drossinis 50.6;
M3 Graham Ford, Michael Cusack, Chris Lynch, Philip Champion 63.5;
Discus: Drossinis, Andrew 31.93;
Lynch, Anthony 16.90;
Shot Put: Drossinis, Andrew 10.77;
Lynch, Anthony 7.04;