

SHIELD COMPETITION ROUND 11 RESULTS

NUNAWADING – THURSDAY 21 JANUARY 2010

200 Meter

Haddow, Andrew	23.2
McMillan, Lachlan	23.9
Baker, Cameron	23.4
Zeed, Mohamad	24.9
Cross, Brodie	25.1
Cross, David	26.4
WU, Geoffrey	29.4

Ferrier, Sarah	26.1
Phillips, Angela	27.1
Baxter, Holly	27.8
Freestone, Abbie	28.0
Houston, Katherine	29.9
Matheson, Julia	31.8

800 Meter

White, Andrew	1:53.9
Clark, Daniel	1:54.3
Balassone, Daniel	1:55.0
Nagle, Andrew	1:59.0
Coughlin, Andrew	1:59.4
Dipnall, Sam	2:00.0
Oughtred, Patrick	2:00.6
Baggott, Nicholas	2:06.3
Dowel, Michael	2:06.9
White-Alikakos, Daniel	2:08.1
Ayers, David	2:15.4
Wong, Hanson	2:17.9
Green, Peter	2:29.6
Norney, Laughlin	2:34.6
Hill, Jack	2:35.6
Evans, Simon	2:39.8

Ackland, Kate	2:16.6
Turnbull, Olivia	2:19.7
Ambrose, Natalie	2:23.3
Goessler, Emily	2:24.9
McRae, Helen	2:26.3
DE Luca, Emily	2:28.7
Roden, Alicia	2:35.9
Garrod, Ellissa	2:37.0
Savige, Amelia	2:38.0
Atkin, Liselle	2:45.1

3000 Meter

White, Andrew	8:23.8
Yeatman, Luke	8:52.5
Clark, Daniel	8:56.0
Kelly, Stephen	8:56.7
Dowel, Michael	9:20.1
Williams, Max	9:25.6

Griffin, Steven	9:38.3
Pelgrim, Bert	10:20.6
O'Connor, Chris	10:25.0
Kathirasan, Chaai	10:25.4
Hanley, Marcus	10:26.1
Dyer, Mitchell	10:39.9
Dyer, William	11:10.4
Norney, James	11:57.8
Norney, Laughlin	11:58.1
Tunne, Andrew	12:22.7
Stevens, David	12:27.2
Oughtred, Patrick	13:37.6
Nagle, Andrew	13:38.4

Johnson, Rachel	10:01.0
Norney, Julie	10:48.1
Petrie, June	11:25.8
Harper, Amanda	11:29.0
Barrington, Priscilla	12:02.2
Conley, Margie	12:11.6
McNally, Charmaine	12:51.8

400 Meter Hurdles

Cornelius, Tom	55.7
Robertson, Thomas	57.2
Cross, Braeden	57.3
Zeed, Mohamad	59.0
Brock, Christopher	63.7

High Jump

Spry, Jesse	1.80m
Cornelius, Tom	1.60m
Norney, Laughlin	1.35m
Norney, James	1.30m

Long Jump

Spry, Jesse	6.14m
WU, Geoffrey	4.55m
Norney, James	4.19m
Cross, David	4.15m
Gardner, Neville	1.88m

Ferrier, Sarah	5.31m
Carabourniotis, Yiota	4.70m

Shot Put

Grant, David	13.19m
Spry, Jesse	11.00m
WU, Kevin	10.35m
WU, Kenneth	10.16m
Gardner, Neville	5.25m

Phillips, Angela	12.88m
McCowan, Catherine	9.67m
Hewitt, Sarah	9.04m

Hammer Throw

Cross, David	24.52m
Lucas, Blake	20.67m
Baker, Cameron	16.88m
Pocklington, Joel	16.19m

McCowan, Catherine	30.82m
Hewitt, Sarah	27.47m

3000 Meter Race Walk

Evans, Simon	15:22.1
Summers, Harry	19:11.4