

Cup Competition - Round 1 - 16 October 1999

Both the Box Hill male and female Cup teams and the Junior Shield team performed well enough to progress through to the next round of competition to be held at Doncaster this Saturday. Undoubtedly the highlight of the day was the Parlouf relay where Box Hill Men and Women held off strong competition for 20 minutes to win this unique event convincingly.

LEADING PERFORMANCES

Men - Cup competition

60M

J. Stoeckel 7.5s

C. Baker 7.5s

G. Ford 8.2s

300M

T. Heron 37.9s

T. Waters 38.3s

S. Bromley 38.4s

1000M

T. Heron 2.33

T. Waters 2.35

S. Bromley 2.41

5000M

G. Olden 15.17

S. Jackson 16.25

A. Pepper 16.50

200M Hurdles

C. Baker 28.3

G. Ford 31.3

A. Pepper 31.4

Long Jump

C. Baker 5.78M

Shot Put

D. Cross 8.19

B. Van Weenan 8.13

Hammer Throw

B. Van Weenan 34.81

R. Buckley 31.06

Female – Cup Competition

60M

G. Power 8.0

E. Sigmont 8.4

D. Wyke 8.7

300M

J. Marshall 40.9

E. Sigmont 41.7

G. Power 41.6

1000M

A. Thompson 2.54

E. Bird 3.05

W. Nettlebeck 3.12

3000M

A. Thompson 9.54

J. DeBruin 10.59

200m Hurdles

G. Power 31.2

W. Nettlebeck 36.9

High Jump

S. Bishop 1.50M

Discus

D. Wyke 18.65

W. Nettlebeck 17.76

Hammer Throw

E. Sigmont 20.17

Long Jump

S. Bishop 5.02

Shot Put

D. Wyke 8.05

W. Nettlebeck 7.48

Female Junior Shield

1000m

J. Dunner 3.18

J. Keage 3.13

C. Roberts 3.23

Male U'16 Junior Shield

60M

M. Crowley 8.5

J. Scott 8.7

300M

A. Azcurra 44.4

M. Crowley 47.0

200M Hurdles

M. Zeed 28.0

Long Jump

J. Scott 4.12

M. Crowley 4.48

Shot Put

R. Buckley 11.34

Discus

R. Buckley 54.98