

RESULTS FROM THE 5TH ROUND OF STATE LEAGUE COMPETITION, HELD AT OLYMPIC PARK ON THURSDAY DECEMBER 2 1999

On a night of a comfortable win for the girls and a close last for the guys, there were some outstanding individual efforts, with many PB's.

Special mention must be made of 17 year old Steven Hooker's dramatic rise with the Pole Vault, where he has come from a PB of 4.45M at the start of the season, to take it up to 5 metres last night. That jump would have ranked him 3rd in Victoria (overall) last year, and is just reward for the effort put in over winter.

Another reaping rewards from hard training is 17 year old Georgie Power, who again set herself a new standard last night by running 13.90 to win her 100 Hurdles heat. This time would have placed her 3rd overall in Victoria last year.

Other PBs included Sheridan Bishop in the Long Jump, Cathy Marshall in the 400 Hurdles and Kelly Carvill in the Hammer Throw.

The strong performance of the women's team was a reflection of their ability to field athletes in almost every event, with athletes such as Jenny and Cathy Marshall, Kerri Jorgensen, and Kelly Carvill competing regularly.

Unfortunately the same could not be said for the men's team despite the efforts of leaders like Andrew Wilcox, Graeme Olden, Tim Heron and Marcus Tierney, who are continuously putting themselves on the starting line to get points for the club. Marcus even ran the final leg of the 400 relay 30 minutes after running a 5km.

Unfortunately Marcus doesn't have enough versatility to do the Discus, Javelin, Shot Put, Hammer, 110Hurdles, 400 Hurdles, 200M, and the Long Jump, but other club members do have this ability, and if the men's team is to get anywhere in State League competition, we need you to compete.

WOMEN

Box Hill 155

MUAC 138

Bayside 115

Ringwood 105

EVENT	COMPETITOR	PERFORMANCE	PLACING
400HURDLES	Cathy Marshall	62.16	1 st
	Jenny Marshall	61.52	1 st
200M	Jenny Marshall	25.18	
	Georgie Power	25.28	
	Claire Finleyson	26.26	
800M	Kerri Jorgensen	2.09.0	
	Erica Sigmont	2.14.5	
	Fiona Pickford	2.19.5	

5000M	Jessica DeBruin	18.48	2 nd
100HURDLES	Georgie Power	13.90 (PB)	1 st
400RELAY	Beth Bird, Sally Ogilvy, Sandy Millner, Jenny Marshall		2 nd
3000MWALK	Wendy Muldoon	13.28.3	1 st
LONG JUMP	Sheridan Bishop	5.54 (PB)	2 nd
HAMMER THROW	Kelly Carvill	35.74 (PB)	3 rd
JAVELIN			
DISCUS	Kelly Carvill		
SHOT PUT	Kelly Carvill		

MEN

Western Suburbs 158

Bayside 154

MUAC 93

Box Hill 91

EVENT	COMPETITOR	PERFORMANCE	PLACING
400HURDLES	Chris West	58.9	3rd
200M	Andrew Wilcox	22.25	4 th
	Trent Hartshorne	22.95	5 th
	Chris West	24.16	
800M	Simon McNamara	1.54.7	7 th
	Michael Jones	1.55.3	8 th
	Tim Heron	1.55.9	9 th
5000M	Like Yeatman	14.47	2 nd
	Marcus Tierney	14.53	3 rd
	Graeme Olden	15.11	th

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400RELAY	Andrew Wilcox, Trent Hartshorne, Tim Heron, Marcus Tierney		3rd
POLE VAULT	Steven Hooker	5.00M (PB)	1st
HIGH JUMP	Heath Joyce		