

SHIELD COMPETITION REGION FINAL RESULTS

BOX HILL – SATURDAY 6 FEBRUARY 2010

Men Open Division 1

200 Meters

Heat 1

2 Sherry, Cameron 23.96

Heat 2

1 Filshie, James 23.16

4 Wilcox, Andrew 24.27

800 Meters

1 Clark, Daniel 1:53.9

5 White, Andrew 1:56.4

6 Balassone, Daniel 1:56.9

5000 Meters

1 Kelly, Stephen 15:36.8

3 Dipnall, Sam 15:51.0

8 Morris, John 16:56.6

400 Meter Hurdles

Heat 1

1 Cornelius, Tom 55.32

Heat 2

1 Zeed, Mohamad 55.85

4x400 Meter Relay

2 Box Hill 3:28.7

1) Featherston, David 2) Wilcox, Andrew

3) Balassone, Daniel 4) Clark, Daniel

High Jump

2 Spry, Jesse 1.82m

7 Baker, Cameron 1.47m

Long Jump

5 Featherston, David 6.21m

6 Spry, Jesse 6.18m

Shot Put

3 Spry, Jesse 10.72m

5 Featherston, David 10.16m

Hammer Throw

4 Cross, David 23.27m

6 Featherston, David 20.76m

3000 Meter Race Walk

1 Evans, Simon 15:01.6

3 Dyer, William 15:58.4

Women Open Division 1

200 Meters

Heat 1

1 Sudholz, Bronwyn 26.78

3 Phillips, Angela 28.03

Heat 2

2 Houston, Katherine 29.79

800 Meters

1 Ackland, Kate 2:18.3

3 Turnbull, Olivia 2:21.0

5 McRae, Helen 2:25.0

5000 Meters

1 Johnson, Rachel 17:42.5

3 Norney, Julie 19:02.9

5 Petrie, June 19:38.3

4x400 Meter Relay

2 Box Hill 4:04.8

1) Turnbull, Olivia 2) DE Luca, Emily

3) Ackland, Kate 4) Crawford, Talitha

High Jump

1 Carre, Simone 1.52m

3 Hewitt, Sarah 1.32m

Long Jump

2 Carre, Simone 4.99m

4 Carabourniotis, Yiota 4.63m

Shot Put

1 Phillips, Angela 11.85m

3 Hewitt, Sarah 9.64m

Hammer Throw

1 McCowan, Catherine 32.20m

2 Hewitt, Sarah 27.49m

3000 Meter Race Walk

1 Mason, Ella 17:11.7

Women Open Division 2

200 Meters

Heat 1

2 Freestone, Abbie 28.67

Heat 2

4 Matheson, Julia 33.00

800 Meters

1 Norney, Julie 2:24.7

4 DE Luca, Emily 2:26.5

7 Roden, Alicia 2:35.8

5000 Meters

4 Harper, Amanda 20:01.1

6 Law, Rebecca 21:17.0

7 Conley, Margie 21:43.6

Shot Put Open Div.2

1 McCowan, Catherine 10.09m

2 Carre, Simone 9.60m

Men Under 18

200 Meters

Heat 1

2 Cornelius, Tom 23.14

4 Cross, Braeden 23.26

Heat 2

1 Robertson, Thomas 24.50

800 Meters

3 Coughlin, Andrew 1:59.3

5 Potter, William 2:00.3

3000 Meters

1 Dowel, Michael 9:07.8

3 Williams, Max 9:39.8

400 Meter Hurdles	
2 Cross, Braeden	58.12
4 Robertson, Thomas	1:01.26
4x400 Meter Relay	
1 Box Hill	3:28.5
1) Cornelius, Tom	2) Potter, William
3) Coughlin, Andrew	4) Cross, Braeden

Long Jump	
1 Cornelius, Tom	6.49m
Shot Put	
1 Lockwood, Nick	14.37m

Women Under 18

200 Meters	
3 Marchant, Rebecca	27.20
800 Meters	
Atkin, Liselle	2:45.7

4x400 Meter Relay	
3 Box Hill	4:28.7
1) Tower, Helen	2) Savige, Amelia
3) Atkin, Liselle	4) Ambrose, Natalie

High Jump	
1 Marchant, Rebecca	1.57m

Long Jump	
1 Marchant, Rebecca	5.23m
2 Budden, Tessa	4.57m

Shot Put	
1 Dyer, Chelsea	9.93m

Hammer Throw	
2 Dyer, Chelsea	21.14m

Men Under 16

200 Meters	
Heat 1	
3 Cross, Brodie	25.48
6 Norney, Laughlin	28.48
Heat 2	
2 Norney, James	29.88

800 Meters	
2 Martin-Alcaide, Kyle	2:04.4
5 Wong, Hanson	2:09.7
7 Hardy, Joe	2:17.0

3000 Meters	
2 Hardy, Joe	10:19.7
3 Martin-Alcaide, Kyle	10:38.9
5 Norney, Laughlin	11:47.6

200 Meter Hurdles	
1 WU, Geoffrey	36.57
High Jump	
5 Norney, Laughlin	1.42m
6 Norney, James	1.32m

Long Jump	
6 WU, Geoffrey	4.71m
7 Norney, James	4.55m

Shot Put	
5 WU, Kenneth	11.03m
7 Norney, James	7.68m