

SHIELD COMPETITION ROUND 1 RESULTS

RINGWOOD – SATURDAY 10 OCTOBER 2009

Men 200m

Lucas, Blake	22.85
Cross, Braeden	22.92
Sherry, Cameron	23.06
Zeed, Mohamad	23.89
Van DE Garde, Max	24.30
Baker, Cameron	24.67
Johnson, Marcus	24.98
Apelis, August	25.54
Cross, David	26.76

Women 200m

Phillips, Angela	27.79
Poon Hornett, Kim	28.01
Freestone, Abbie	28.17
Budden, Tessa	29.23
Lee, Vivienne	29.28
Carabourniotis, Yiota	30.86
Barlow, Erryn	31.84
Ward, Elissa	32.10

Men 800m

Kelly, Stephen	1:54.70
Nagle, Andrew	1:57.50
Coughlin, Andrew	1:59.70
Oughtred, Patrick	2:03.30
Snibson, James	2:10.60
Graham, Craig	2:26.00
Dyer, William	2:39.10

Women 800m

Ackland, Kate	2:19.30
Ambrose, Natalie	2:22.60
Norney, Julie	2:29.40
Dyer, Chelsea	2:32.30
Atkin, Liselle	2:33.30
Savige, Amelia	2:34.40
Mason, Ella	2:58.10

Women 3000m

Townshend, Penny	12:08.00
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Men 5000m

Kelly, Stephen	15:32.50
Jimenez, David	16:40.50
O'Connor, Chris	17:27.00
Morris, John	17:46.80
Kathirasan, Chaai	18:40.00
Tunne, Andrew	21:05.20
Clowes, Russell	21:12.40

Women 5000m

Johnson, Rachel	17:28.30
Petrie, June	19:23.30
Harper, Amanda	20:06.00
Law, Rebecca	20:44.60

Women 200m Hurdles

Tower, Helen	34.54
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Men 400m Hurdles

Zeed, Mohamad	56.76
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Men High Jump

Papas, Timothy	1.75m
Baker, Cameron	1.55m
Cross, David	1.25m

Women High Jump

Budden, Tessa	1.45m
McCathrion, Paris	1.45m
Hewitt, Sarah	1.35m

Women Long Jump

McCathrion, Paris	4.47m
Budden, Tessa	4.46m
Carabourniotis, Yiota	4.45m
Dyer, Chelsea	3.82m
Mason, Ella	3.03m

Men Long Jump

Lucas, Blake	6.47m
Sherry, Cameron	5.65m
Papas, Timothy	5.41m

Men Shot Put

Papas, Timothy	11.38m
Dyer, William	7.52m
Baker, Cameron	7.41m

Women Shot Put

Phillips, Angela	11.59m
Spathis, Theodora	10.49m
Dyer, Chelsea	9.99m
Hewitt, Sarah	9.63m

Women 3000 Meter Race Walk

Mason, Ella	17:23.40
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Men 3000 Meter Race Walk

Dyer, William	16:13.30
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