

SHIELD COMPETITION ROUND 5 RESULTS RINGWOOD – SATURDAY 14 NOVEMBER 2009

Women's results

| | | | |
|-------|----------------|-----------|---------|
| 200 | Sudholz | Bronwyn | 25.50 |
| 200 | Marchant | Rebecca | 26.10 |
| 200 | Phillips | Angela | 27.77 |
| 200 | Adams | Melanie | 27.80 |
| 200 | Pocklington | Alexandra | 28.30 |
| 200 | Budden | Tessa | 29.00 |
| 200 | Freestone | Abbie | 29.34 |
| 200 | Carabourniotis | Panayiota | 29.83 |
| 200 | Houston | Katherine | 30.25 |
| 200 | Matheson | Julia | 31.61 |
| | | | |
| 800 | Ackland | Kate | 2:17.4 |
| 800 | Turnbull | Olivia | 2:18.2 |
| 800 | Constable | Laura | 2:24.9 |
| 800 | Norney | Julie | 2:28.4 |
| 800 | De Luca | Emily | 2:30.6 |
| 800 | Brown | Grace | 2:34.6 |
| 800 | Atkin | Liselle | 2:40.2 |
| 800 | Dyer | Chelsea | 2:40.9 |
| 800 | Savige | Amelia | 2:41.1 |
| 800 | Mason | Ella | 3:06.1 |
| | | | |
| 5000 | Johnson | Rachel | 17:30.0 |
| 5000 | Norney | Julie | 19:40.6 |
| 5000 | Harper | Amanda | 20:01.7 |
| 5000 | Law | Rebecca | 20:34.9 |
| 5000 | Conley | Margie | 20:57.2 |
| | | | |
| 3000W | Mason | Ella | 16:50.2 |
| | | | |
| HJ | McCathrion | Paris | 1.55m |
| HJ | Budden | Tessa | 1.45m |
| HJ | Hewitt | Sarah | 1.35m |
| | | | |
| LJ | Marchant | Rebecca | 5.35m |
| LJ | Carabourniotis | Panayiota | 5.01m |
| LJ | McCathrion | Paris | 4.89m |
| LJ | Budden | Tessa | 4.53m |
| | | | |
| SP | McCowan | Catherine | 9.95m |

| | | | |
|----|----------|---------|--------|
| SP | Dyer | Chelsea | 9.89m |
| SP | Phillips | Angela | 10.98m |
| SP | Hewitt | Sarah | 10.62m |
| HT | Hewitt | Sarah | 30.54m |
| HT | Dyer | Chelsea | 15.04m |

Mens Results

| | | | |
|------|--------------|----------|---------|
| 200 | Lucas | Blake | 22.23 |
| 200 | Cross | Braeden | 22.75 |
| 200 | Sherry | Cameron | 22.91 |
| 200 | Filshie | James | 23.31 |
| 200 | Van De Garde | Max | 23.7 |
| 200 | Robertson | Thomas | 23.9 |
| 200 | Clowes | Russell | 24.1 |
| 200 | Pocklington | Joel | 24.12 |
| 200 | Cross | Brodie | 24.83 |
| 200 | Baker | Cameron | 24.84 |
| 200 | Johnson | Marcus | 24.97 |
| 200 | Mitchell | David | 25.02 |
| 200 | Pocklington | Colin | 25.14 |
| 200 | Lake | Jonathan | 27.08 |
| 200 | Norney | James | 29.1 |
| 200 | Norney | Laughlin | 29.3 |
| 200 | Wu | Geoffrey | 30.33 |
| 200 | Gardner | Neville | 35.3 |
| 800 | Nagle | Andrew | 01:57.7 |
| 800 | Featherston | David | 02:01.5 |
| 800 | Oughtred | Patrick | 02:01.9 |
| 800 | Dipnall | Sam | 02:02.4 |
| 800 | Ayers | David | 02:07.5 |
| 800 | Wong | Hanson | 02:14.4 |
| 800 | Sturdy | Brook | 02:17.9 |
| 800 | Pelgrim | Bert | 02:19.1 |
| 800 | Meehan | James | 02:34.0 |
| 800 | Dyer | William | 02:43.0 |
| 3000 | Williams | Max | 09:31.4 |
| 3000 | Hardy | Joe | 10:12.7 |
| 5000 | Dipnall | Sam | 16:21.0 |
| 5000 | Jimenez | David | 17:00.1 |
| 5000 | Griffin | Steven | 17:25.9 |
| 5000 | O'Connor | Chris | 17:28.8 |

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|-------|-------------|----------|---------|
| 5000 | Pelgrim | Bert | 18:20.6 |
| 5000 | Hanley | Marcus | 18:33.4 |
| 5000 | Stefanos | Peter | 20:08.4 |
| 5000 | Featherston | David | 20:50.9 |
| 5000 | Taylor | Steve | 21:00.4 |
| 5000 | Sturdy | Brook | 21:35.0 |
| 5000 | Tunne | Andrew | 21:42.5 |
| 5000 | Gardner | Neville | 25:27.3 |
| 3000W | Evans | Simon | 15:35.5 |
| 3000W | Dyer | William | 15:57.0 |
| 400H | Wong | Boaz | 62.9 |
| 200H | Lake | Jonathan | 32.7 |
| 200H | Wu | Geoffrey | 36.74 |
| HJ | Spry | Jesse | 1.95m |
| HJ | Norney | Laughlin | 1.35m |
| LJ | Spry | Jesse | 6.32m |
| LJ | Norney | James | 4.24m |
| SP | Lockwood | Nick | 14.34m |
| SP | Spry | Jesse | 12.62m |
| SP | Papas | Tim | 12.02m |
| SP | Wu | Kevin | 11.43m |
| SP | Wu | Kenneth | 10.29m |
| SP | Clowes | Russell | 9.76m |
| SP | Dyer | William | 7.12m |
| SP | Gardner | Neville | 5.21m |