

SHIELD COMPETITION ROUND 7 RESULTS NUNAWADING – SATURDAY 28 NOVEMBER 2009

Women's results

200	Sudholz	Bronwyn	25.67
200	Phillips	Angela	27.35
200	Ambrose	Natalie	27.61
200	Houston	Katherine	27.64
200	Garrod	Ellissa	29.3
200	Carabourniotis	Yiota	30.15
200	Matheson	Julia	31.84
800	Crawford	Talitha	2:17.4
800	MCrae	Helen	2:25.3
800	Tomlinson	Hayley	2:26.9
800	Tower	Helen	2:27.6
800	Savige	Amelia	2:36.4
800	Mason	Ella	3:00.0
3000	O'Brien	Eloise	11:03.4
3000	Conley	Margie	11:19.6
3000	Harper	Amanda	11:24.3
3000	Townshend	Penny	11:36.5
3000	Law	Rebecca	12:15.9
3000W	Mason	Ella	16:35.5
200H	Tower	Helen	32.42
HJ	Carre	Simone	1.50m
LJ	Carabourniotis	Yiota	4.68m
LJ	Carre	Simone	4.54m
SP	Phillips	Angela	10.90m
SP	Hewitt	Sarah	9.34m
SP	Dyer	Chelsea	9.55m
SP	Carre	Simone	9.75m
HT	Hewitt	Sarah	31.31m
HT	Dyer	Chelsea	20.23m

Mens Results

200	Lucas	Blake	21.7
200	Sherry	Cameron	22.3
200	McMillan	Lachlan	22.3
200	Cross	Braeden	22.5
200	Robertson	Thomas	22.6
200	Filshie	James	22.7
200	Zeed	Mohamad	23.38
200	Pocklington	Joel	23.7
200	Wilcox	Andrew	23.75
200	Baker	Cameron	24.1

200	Johnson	Marcus	24.38
200	Van De Garde	Max	24.38
200	Featherston	David	24.5
200	Coughlin	Andrew	24.84
200	Mitchell	David	24.92
200	Apelis	August	24.95
200	Pocklington	Colin	25.03
200	Dare	Timothy	25.1
200	Chen	William	25.15
200	Norney	Laughlin	28.62
200	Gardner	Neville	36.2
800	Coloe	Matthew	1:56.7
800	Dipnall	Sam	2:01.9
800	Nagle	Andrew	2:04.5
800	White-Alikakos	Daniel	2:06.8
800	Baggott	Nicholas	2:06.8
800	Wong	Hanson	2:12.7
800	Apelis	August	2:16.3
800	Dyer	Mitchell	2:22.6
800	Green	Peter	2:23.1
800	Dyer	William	2:36.3
800	Snibson	Tom	2:42.2
800	Powell	Cameron	2:44.0
3000	Dowel	Michael	9:11.8
3000	Griffin	Steven	9:49.1
3000	O'Connor	Chris	9:55.4
3000	Hardy	Joe	9:58.7
3000	Olden	Graeme	10:40.1
3000	Taylor	Steve	11:44.2
3000	Tunne	Andrew	12:23.7
3000	Baker	Cameron	12:33.8
3000	Stevens	David	12:38.6
3000	Gardner	Neville	14:32.0
3000W	Dyer	William	15:53.2
3000W	Summers	Harry	19:34.6
400H	Cornelius	Tom	56.06
400H	Zeed	Mohamad	56.23
400H	Wong	Boaz	64.66
200H	Robertson	Thomas	28.59
200H	Lake	Jonathan	32.74
200H	Wu	Geoffrey	45.25
HJ	Spry	Jesse	1.95m
HJ	Peavey	John	1.85m
HJ	Chen	William	1.60m
HJ	Baker	Cameron	1.55m
HJ	Norney	Laughlin	1.50m

HJ	Norney	James	1.35m
LJ	Spry	Jesse	6.02m
LJ	Featherston	David	5.93m
LJ	Sherry	Cameron	5.84m
LJ	Baker	Cameron	5.15m
LJ	Chen	William	4.66m
LJ	Wu	Geoffrey	4.54m
LJ	Norney	James	4.30m
LJ	Norney	Laughlin	3.98m
SP	Lockwood	Nick	14.02m
SP	Grant	David	13.55m
SP	Farrell	Callum	11.39m
SP	Wu	Kenneth	9.99m
SP	Wu	Kevin	9.34m
SP	Featherston	David	8.53m
SP	Cross	David	7.48m
SP	Baker	Cameron	7.48m
SP	Johnson	Marcus	6.63m
SP	Gardner	Neville	5.35m