

SHIELD COMPETITION ROUND 8 RESULTS BOX HILL – SATURDAY 5 DECEMBER 2009

Women's results

100	Sudholz	Bronwyn	12.89
100	Baxter	Holly	13.61
100	Roden	Alicia	13.73
100	Carre	Simone	14.77
100	Matheson	Julia	15.29
400	Ackland	Kate	60.64
400	Crawford	Talitha	61.21
400	Constable	Laura	62.71
400	McRae	Helen	64.98
400	Savige	Amelia	70.14
400	Barlow	Erryn	73.34
1500	McRae	Helen	4:48.8
1500	Ackland	Kate	4:49.9
1500	Tomlinson	Hayley	4:50.3
1500	Constable	Laura	4:54.2
1500	Ambrose	Natalie	4:55.8
1500	Norney	Julie	4:57.2
1500	Goessler	Emily	5:08.1
1500	Conley	Margie	5:11.2
1500	Savige	Amelia	5:15.5
1500	Townshend	Penny	5:20.9
1500	Garrod	Ellissa	5:27.9
1500	Law	Rebecca	5:34.4
3000	Johnson	Rachel	10:05.3
3000	Petrie	June	11:04.9
3000	Harper	Amanda	11:19.3
2000W	Carre	Simone	15:42.2
PV	Adams	Melanie	3.80m
TJ	Baxter	Holly	10.16m
TJ	Carre	Simone	10.22m
TJ	Carabourniotis	Panayiota	10.70m
TJ	Sudholz	Bronwyn	9.94m
DT	McCowan	Catherine	39.31m
DT	Hewitt	Sarah	34.91m
JT	Carre	Simone	32.82m
JT	McCowan	Catherine	24.98m
JT	Hewitt	Sarah	21.16m
1500	Condon	Brooke	5:12.2 (INV)
3000	Condon	Brooke	10:47.6 (INV)

Mens Results

100	Zeed	Mohamad	11.30
100	Henricus	Salvador	11.55
100	Filshie	James	11.70
100	Apelis	August	12.01
100	Van De Garde	Max	12.12
100	Baker	Cameron	12.17
100	Spry	Jesse	12.29
100	Mitchell	David	12.51
100	Johnson	Marcus	12.60
100	Pocklington	Colin	12.64
100	Brock	Christopher	12.71
100	Dare	Timothy	12.78
100	Moore	Darcy	13.51
100	Creelman	Fraser	13.79
100	Lake	Jonathan	13.84
100	Norney	James	14.17
100	Norney	Laughlin	14.33
100	Gardner	Neville	17.91
400	Zeed	Mohamad	53.30
400	Nagle	Andrew	54.29
400	Van De Garde	Max	54.58
400	Dare	Timothy	54.80
400	Apelis	August	55.52
400	Johnson	Marcus	57.09
400	Brock	Christopher	58.26
400	Mitchell	David	64.10
400	Taylor	Steve	65.86
400	Norney	James	68.10
400	Norney	Laughlin	69.45
400	Gardner	Neville	81.60
1500	Dipnall	Sam	4:04.2
1500	Nagle	Andrew	4:11.0
1500	Ayers	David	4:20.7
1500	Featherston	David	4:35.6
1500	Green	Peter	4:49.8
1500	Snibson	Tom	5:14.2
1500	Taylor	Steve	5:19.2
1500	Norney	Laughlin	5:24.7
1500	Gardner	Neville	6:39.3
3000	Morris	John	9:37.5
3000	Griffin	Steven	9:44.7
3000	Hanley	Marcus	10:18.0
3000	Stefanos	Peter	11:30.1
3000	Tunne	Andrew	12:04.6
3000	Stevens	David	12:44.2
2000W	Summers	Harry	12:43.0

110H	Zeed	Mohamad	15.07
100H	Lake	Jonathan	18.19
HJ	Spry	Jesse	1.90m
HJ	Dare	Timothy	1.60m
HJ	Norney	Laughlin	1.45m
HJ	Norney	James	1.35m
PV	Pocklington	Joel	5.00m
PV	Filshie	James	4.55m
PV	Barrett	Glen	3.95m
PV	Baker	Cameron	3.65m
PV	Mclardie	Angus	2.95m
TJ	Johnson	Marcus	10.09m
TJ	Norney	James	9.84m
DT	Spry	Jesse	39.26m
DT	Norney	James	24.54m
DT	Gardner	Neville	20.45m
DT	Zeed	Mohamad	20.26m
JT	Grant	David	42.55m
JT	Norney	James	21.37m
JT	Gardner	Neville	16.05m
JT	Norney	Laughlin	13.69m