

# SHIELD COMPETITION ROUND 10 RESULTS

## BOX HILL – SATURDAY 16 JANUARY 2010

### 100 Meters

#### Women

Sudholz, Bronwyn	12.6h
Phillips, Angela	13.0h
Ferrier, Sarah	13.38
Baxter, Holly	13.86
Roden, Alicia	14.21
Houston, Katherine	14.8h
Carre, Simone	15.33
Matheson, Julia	15.82

#### Men

Lucas, Blake	11.40
Harrison, Lane	11.47
Zeed, Mohamad	11.60
Filshie, James	11.85
Haddow, Andrew	11.93
Van DE Garde, Max	12.15
Johnson, Marcus	12.44
Apelis, August	12.56
Pocklington, Colin	12.64
Cross, Brodie	12.74
Mitchell, David	13.02
Cross, David	13.42
WU, Geoffrey	14.68

### 400 Meter Run

#### Women

Ackland, Kate	61.22
Condon, Phoebe	64.80
Roden, Alicia	65.3h
McRae, Helen	65.43

#### Men

Cross, Brodie	50.26
Cornelius, Tom	50.81
Robertson, Thomas	51.98
Coughlin, Andrew	52.75
Featherston, David	53.36
Apelis, August	54.07
Zeed, Mohamad	55.04
Johnson, Marcus	57.61
Cross, David	59.81

### 1500 meter Run

#### Women

Turnbull, Olivia	4:56.1h
Ackland, Kate	4:56.5h
McRae, Helen	4:59.3h
Ambrose, Natalie	5:08.7h
Townshend, Penny	5:15.9h
Garrod, Ellissa	5:26.3h

Savige, Amelia	5:31.8h
Law, Rebecca	5:47.1h

Men

Coloe, Matthew	4:04.1h
Nagle, Andrew	4:13.2h
Oughtred, Patrick	4:26.0h
Baggott, Nicholas	4:29.2h
Ayers, David	4:32.8h
Featherston, David	4:36.67
Wong, Hanson	4:50.2h
Hardy, Joe	4:54.4h
Kathirasan, Chaai	4:57.4h
O'Donnell, Matthew	5:09.5h
Evans, Simon	5:43.7h

**5000 Meter Run**

Women

Johnson, Rachel	17:27.2h
Condon, Brooke(Inv)	18:28.7h
Conley, Margie	21:34.3h

Men

Griffin, Steven	16:55.9h
Lefevre, Mitchell	17:21.3h
Meagher, John	17:21.6h
Morris, John	17:22.1h
Hardy, Joe	18:09.3h
O'Connor, Chris	18:28.2h
Olden, Graeme	19:12.1h
Tunne, Andrew	21:43.8h
Stevens, David	21:49.8h

**100 Meter Hurdles**

WU, Geoffrey	21.2h
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**110 Meter Hurdles**

Zeed, Mohamad	15.3h
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**Pole Vault**

Men

Pocklington, Joel	5.15m
Filshie, James	5.00m
Barrett, Glen	4.40m
Sherry, Cameron	4.25m
McLardie, Angus	2.75m

Women

Adams, Melanie	3.35m
Marchant, Rebecca	3.35m
Freestone, Abbie	3.20m
Houston, Katherine	2.75m

**Triple Jump**Women

Ferrier, Sarah	10.96m
Carre, Simone	10.49m
Baxter, Holly	9.65m
Carabourniotis, Yiota	9.55m

Men

WU, Geoffrey	8.96m
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**Discus Throw**Women

McCowan, Catherine	38.64m
Phillips, Angela	32.34m

Men

Davies, Chris	38.24m
Spry, Jesse	32.91m
WU, Kenneth	32.21m
Zeed, Mohamad	19.35m
Gardner, Neville	18.52m
WU, Kevin	17.25m

**Javelin Throw**Women

Carre, Simone	27.77m
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Men

Gardner, Neville	17.27m
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**2000 Meter Race Walk**Women

Mason, Ella	11:08.5h
Carre, Simone	14:22.8h

Men

Summers, Harry	12:39.3h
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