

SHIELD COMPETITION ROUND 12 RESULTS

DONCASTER – SATURDAY 30 JANUARY 2010

100 Meter

Sudholz, Bronwyn	12.73
Poon Hornett, Kimberlie	13.64
Brock, Catherine	13.81
Tower, Helen	13.75
Houston, Katherine	14.66
Clowes, Nicole	14.80
Matheson, Julia	15.80

Robertson, Thomas	11.34
Cornelius, Tom	11.45
Cross, Braeden	11.52
Harrison, Lane	11.54
Haddow, Andrew	11.56
Zeed, Mohamad	11.63
Filshie, James	11.69
McMillan, Lachlan	11.81
Apelis, August	12.41
Oughtred, Patrick	12.43
Pocklington, Colin	12.45
Johnson, Marcus	12.61
Chen, William	12.81
WU, Geoffrey	13.26
Gardner, Neville	18.02

400 Meter Run

Ambrose, Natalie	62.24
Tower, Helen	62.85
DE Luca, Emily	64.61
Houston, Katherine	67.06
Atkin, Liselle	68.91
Savige, Amelia	72.62

Cross, Braeden	50.05
Robertson, Thomas	51.94
Coughlin, Andrew	52.77
Oughtred, Patrick	53.57
Wilcox, Andrew	53.70
Apelis, August	53.73
Nagle, Andrew	54.17
Zeed, Mohamad	54.45
White-Alikakos, Daniel	55.15
Brock, Christopher	55.7
Baggott, Nicholas	56.02
Wong, Hanson	56.8
Dipnall, Sam	57.24
Johnson, Marcus	57.2
Cross, David	59.6
Chen, William	59.7

1500 Meter Run

Johnson, Rachel	4:46.2
Norney, Julie	4:50.4
Ambrose, Natalie	4:52.2
McRae, Helen	4:58.6
Goessler, Emily	5:10.1
Crawford, Talitha	5:11.2
Petrie, June	5:14.2
Conley, Margie	5:25.2
DE Luca, Emily	5:26.6
Barrington, Priscilla	5:30.6
Savige, Amelia	5:38.8
Law, Rebecca	5:39.1

Atkin, Liselle	6:06.9
McNally, Charmaine	6:02.0

Clark, Daniel	3:51.9
White, Andrew	3:52.9
Kelly, Stephen	4:00.2
Dipnall, Sam	4:02.7
Balassone, Daniel	4:07.6
Nagle, Andrew	4:17.3
Williams, Max	4:27.8
Griffin, Steven	4:29.5
Baggott, Nicholas	4:33.8
White-Alikakos, Daniel	4:36.6
Pelgrim, Bert	4:42.8
Wong, Hanson	4:48.7
Paidoussis, Nicolas	4:51.0
Featherston, David	4:51.8
Olden, Graeme	4:53.0
Green, Peter	5:06.3
Hill, Jack	5:21.9
Powell, Cameron	5:35.7
Stevens, David	5:39.7
Tunne, Andrew	5:48.4
Gardner, Neville	7:02.9

90 Meter Hurdles

Tower, Helen	15.6
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100 Meter Hurdles

WU, Geoffrey	20.9
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110 Meter Hurdles

Zeed, Mohamad	14.9
McMillan, Lachlan	16.5
Brock, Christopher	17.1

2000 Meter Steeplechase

Dowel, Michael	6:46.4
Hardy, Joe	7:24.9
Norney, Laughlin	8:25.2

Pole Vault

Filshie, James	4.90m
Cross, Brodie	4.45m
Spry, Jesse	3.85m
McLardie, Angus	2.95m
Norney, Laughlin	2.05m

McCathrion, Paris	3.55m
Marchant, Rebecca	3.55m
Freestone, Abbie	3.10m
Ben-Natan, Miya	2.80m
Barclay, Rob	2.65m
Houston, Katherine	2.65m

Triple Jump

Carre, Simone	10.91m
Carabourniotis, Panayiot	9.95m

WU, Geoffrey	9.48m
Norney, James	9.22m

Discus Throw

Grant, David	47.13m
Spry, Jesse	37.00m
Clowes, Russell	34.35m
WU, Kenneth	33.84m
WU, Kevin	27.79m

Norney, James	25.22m
Gardner, Neville	19.99m

Hewitt, Sarah	35.17m
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Javelin Throw

Grant, David	45.02m
Norney, James	19.78m
Gardner, Neville	15.46m

Hewitt, Sarah	22.84m
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2000 Meter Race Walk

Mason, Ella	11:21.8
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