

SHIELD COMPETITION ROUND 12 RESULTS

NUNAWADING – SATURDAY 29 JANUARY 2011

Women Division 1

| | | | |
|-----------|------------|-----------|----------|
| Angela | Phillips | 200 | 27.05 |
| Hannah | Deal | 200 | 27.27 |
| Vivienne | Lee | 200 | 30.39 |
| Hayley | Tomlinson | 800 | 2:18.73 |
| Hannah | Deal | 800 | 2:21.82 |
| Amy | Carrig | 800 | 2:25.49 |
| Laura | Constable | 800 | 2:26.95 |
| Emily | De Luca | 800 | 2:27.36 |
| Julie | Norney | 800 | 2:28.21 |
| Brooke | Condon | 800 | 2:34.83 |
| Harriet | Hodgkinson | 800 | 2:40.44 |
| Suzanne | Andrews | 800 | 2:40.61 |
| Julie | Norney | 5000 | 18:50.13 |
| Amy | Carrig | 5000 | 19:45.59 |
| Charmaine | McNally | 5000 | 21:40.47 |
| Catherine | McCowan | Hammer | 34.68m |
| Sarah | Hewitt | Hammer | 32.05m |
| Sarah | Hewitt | High Jump | 1.31m |
| Angela | Phillips | Shot Put | 11.46m |
| Simone | Carre | Shot Put | 10.02m |
| Sarah | Hewitt | Shot Put | 9.51m |
| Catherine | McCowan | Shot Put | 9.43m |

Women U18

| | | | |
|----------|----------|-----------|----------|
| Tessa | Budden | 200 | 28.93 |
| Natalie | Ambrose | 800 | 2:17.12 |
| Brigitte | Wolhuter | 800 | 2:43.74 |
| Liselle | Atkin | 3000 | 11:53.01 |
| Tessa | Budden | High Jump | 1.56m |
| Tessa | Budden | Long Jump | 4.76m |

Women U16

| | | | |
|---------|----------|-----------|---------|
| Helen | Tower | 200 | 28.55 |
| Emily | Goessler | 800 | 2:21.51 |
| Ellissa | Garrod | 800 | 2:34.87 |
| Helen | Tower | 400H | 68.89 |
| Iman | Balla | Long Jump | 5.33m |

Men Division 1

| | | | |
|-------------|----------|-----|-------|
| William | Lucas | 200 | 23.65 |
| Russell | Clowes | 200 | 24.25 |
| Cameron | Baker | 200 | 24.75 |
| Andrew | Haddow | 200 | 24.76 |
| Marcus | Johnson | 200 | 25.16 |
| David | Mitchell | 200 | 25.55 |
| Christopher | Brock | 200 | 26.12 |

| | | | |
|-------------|-------------|-----------|----------|
| Nicholas | Baggott | 800 | 1:58.55 |
| Stephen | Kelly | 800 | 2:02.41 |
| Sam | Dipnall | 800 | 2:03.31 |
| David | Featherston | 800 | 2:05.39 |
| Jack | Hill | 800 | 2:31.20 |
| Russell | Clowes | 800 | 2:46.65 |
| Andrew | White | 5000 | 14:36.83 |
| David | Jimenez | 5000 | 16:19.9 |
| Steven | Griffin | 5000 | 16:59.3 |
| Jack | Hill | 5000 | 19:20.28 |
| Michael | Dowel | 5000 | 19:20.9 |
| Andrew | Nagle | 5000 | 19:22.08 |
| Christopher | Brock | 400H | 63.39 |
| John | Peavey | High Jump | 1.91m |
| James | Spry | High Jump | 1.91m |
| Russell | Clowes | High Jump | 1.81m |
| Russell | Clowes | Long Jump | 6.43m |
| James | Spry | Shot Put | 9.96m |
| Russell | Clowes | Shot Put | 9.81m |
| Cameron | Baker | Shot Put | 8.06m |
| William | Lucas | Shot Put | 7.99m |

Men Over 40

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|-------------|-------------|-----------|----------|
| Andrew | Wilcox | 200 | 24.85 |
| Colin | Pocklington | 200 | 26.57 |
| Bert | Pelgrim | 200 | 28.37 |
| Todd | Lucas | 200 | 31.22 |
| Graeme | Olden | 200 | 32.15 |
| John | Meagher | 800 | 2:13.35 |
| Bert | Pelgrim | 800 | 2:16.67 |
| John | Vaitkunas | 800 | 2:23.24 |
| Graeme | Olden | 800 | 2:25.83 |
| Peter | Stefanos | 800 | 2:32.62 |
| William | Dyer | 800 | 2:44.48 |
| John | Meagher | 5000 | 16:27.44 |
| Bert | Pelgrim | 5000 | 17:37.3 |
| Christopher | O'Connor | 5000 | 17:53.6 |
| David | Ayers | 5000 | 18:30.7 |
| John | Vaitkunas | 5000 | 19:01.43 |
| Peter | Stefanos | 5000 | 19:16.68 |
| David | Stevens | 5000 | 21:34.44 |
| William | Dyer | 3000W | 16:49.51 |
| Harry | Summers | 3000W | 20:41.81 |
| Andrew | Wilcox | 400H | 70.87 |
| Graeme | Olden | 400H | 74.14 |
| David | Cross | Hammer | 23.70m |
| Colin | Pocklington | Hammer | 17.53m |
| David | Cross | High Jump | 1.36m |
| Peter | Stefanos | High Jump | 1.36m |
| Colin | Pocklington | Long Jump | 4.28m |
| Andrew | Wilcox | Long Jump | 3.93m |
| David | Cross | Shot Put | 8.31m |
| Todd | Lucas | Shot Put | 8.06m |

Men U18

| | | | |
|-----|--------------|-----|-------|
| Max | Van De Garde | 200 | 25.39 |
|-----|--------------|-----|-------|

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|----------|----------------|-----------|---------|
| Benjamin | Scholl | 200 | 26.40 |
| Andrew | Coughlin | 800 | 1:57.54 |
| Hanson | Wong | 800 | 2:05.8 |
| Peter | Green | 800 | 2:13.68 |
| Max | Van De Garde | 800 | 2:14.57 |
| Tom | Nathan-Sears | 800 | 2:22.54 |
| Kyle | Martin-Alcaide | 3000 | 9:08.65 |
| Tom | Nathan-Sears | Long Jump | 3.03m |

Men U16

| | | | |
|-----------|------------|------------|----------|
| Alexander | Di Medio | 200 | 24.32 |
| Geoffrey | Wu | 200 | 28.22 |
| Nicolas | Paidoussis | 800 | 2:05.78 |
| Daniel | Bancroft | 800 | 2:12.52 |
| James | Norney | 800 | 2:21.36 |
| Laughlin | Norney | 800 | 2:21.84 |
| Tom | Snibson | 800 | 2:35.02 |
| Laughlin | Norney | 3000 | 10:45.74 |
| Geoffrey | Wu | 200Hurdles | 34.25 |
| Nathan | Brill | 3000W | 12:41.57 |
| Alexander | Di Medio | 400Hurdles | 62.07 |
| Nathan | Spaull | High Jump | 1.81m |
| Liam | Harris | High Jump | 1.71m |
| Alexander | Di Medio | Long Jump | 5.56m |
| Nathan | Spaull | Long Jump | 5.49m |
| Geoffrey | Wu | Long Jump | 4.87m |
| William | Seton | Shot Put | 8.18m |