

Round 1 of Gippsland Athletics Club track and field season was held Tuesday 4th October 2016.

ROUND 1 RESULTS:

100M

Women: U/18 - Sarah Ruddell 13.90; Open - Rhianna Carpinteri 14.41, Sarah Lewis 15.10; Masters - Heather Farley 18.06

Men: U/14 - Hudson Couacaud 13.06, Lachlan McGrail 16.79, Joshua Van Baalen 17.29, Aaron Saltmarsh-Milne 18.00, Lewis Neale 18.39; U/16 - Blake Davis 12.67, James Solomon 13.92, Tim Ruddell 15.59; Open - Brendan Caffrey 13.76, Aaron Falzon 15.14; Masters - Benjamin Bailey 13.64, Berin Couacaud 14.95, Caryl Ginders 18.74

DISCUS

Women: U/16 - Jenna Ross 19.41, Alyssa Neale 16.89; U/18 - Victoria Lawry 21.18; Masters - Noella Foster 13.26

Men: U/14 - Lachlan McGrail 17.31, Lewis Neale 12.42; U/16 - Mathew Parker 22.49; Masters - Caryl Ginders 27.07

400M

Women: U/18 - Sarah Ruddell 1.13.72; Open - Sarah Lewis 1.08.71, Rhianna Carpinteri 1.15.34; Masters - Heather Farley 1.23.80

Men: U/14 - Hudson Couacaud 1.04.37, Lachlan McGrail 1.26.04, Aaron Saltmarsh-Milne 1.53.79; U/16 - Riley Evans 56.46, Tim Ruddell 1.18.47; Open - Craig Rollinson 58.02, Brendan Caffrey 1.08.74, Aaron Falzon 1.17.98; Masters - Benjamin Bailey 1.01.12

LONG JUMP

Women: U/18 - Sarah Ruddell 3.38

Men: U/16 - Blake Davis 4.48; Open - Brendan Caffrey 1.45

3000M

Women: Open - Alexandra Bull 12.17.12

Men: U/16 - Riley Evans 10.07.49

SHOT PUT

Women: U/16 - Jenna Ross 7.49, Alyssa Neale 6.89; U/18 - Victoria Lawry 9.01

Men: U/14 - Lachlan McGrail 6.68, Joshua Van Baalen 5.91, Aaron Saltmarsh-Milne 5.80, Lewis Neale 5.12; U/16 - Mathew Parker 10.31, Blake Davis 8.63; Masters - Caryl Ginders 9.54

Round 2 is next Tuesday 11th October, 6pm at the Joe Carmody Track Newborough

Events: 100m, Javelin, 1500m/1500m Walk, Triple Jump, 200m, Discus.