

Round 10 of Gippsland Athletics Club track and field season was held Tuesday 20<sup>th</sup> December 2016.

### **ROUND 10 RESULTS:**

**RECORD:** Women Open Long Jump - Elinor Fraser (South Coast Athletics) 5.05

#### **100M**

**Women:** U/16 - Alyssa Neale 13.98, Maddi Cruickshank 16.05, Jenna Ross 17.04; U/18 - Sarah Ruddell 13.64; Open - Rhianna Carpinteri 14.09; Masters - Heather Farley 17.54

**Men:** U/14 - Joshua Van Baalen 16.26, Aaron Saltmarsh-Milne 17.12; U/16 - Blake Davis 12.33, James Solomon 13.07, Abel Ferguson 13.48, Hudson Couacaud 13.56, Tim Ruddell 14.71; U/18 - Ethan Bath 13.12; Open - Brendan Caffrey 13.29; Masters - Ben Cruickshank 12.59, Simon Van Baalen 14.92

#### **DISCUS**

**Women:** U/16 - Amber Ross 28.15, Jenna Ross 19.46, Maddi Cruickshank 15.73; U/18 - Victoria Lawry 23.09; Masters - Noella Foster 14.25

**Men:** U/14 - Joshua Van Baalen 22.22, Aaron Saltmarsh-Milne 16.27, Lewis Neale 12.77; U/16 - Matt Parker 26.60, Blake Davis 17.09, Tim Ruddell 12.05; U/18 - Ethan Bath 24.71; Open - Brendan Caffrey 21.23; Masters - Caryl Ginders 27.86, Ben Cruickshank 27.13, Simon Van Baalen 23.32

#### **400M**

**Women:** U/18 - Sarah Ruddell 1:03.98; U/20 - Georgia Pearson 1:13.46; Open - Rhianna Carpinteri 1:06.00

**Men:** U/16 - Hudson Couacaud 1:05.37, Abel Ferguson 1:08.58; U/18 - Ethan Bath 59.33; Open - Brendan Caffrey 1:06.62; Masters - Ben Cruickshank 59.55

#### **LONG JUMP**

**Women:** U/16 - Alyssa Neale 4.23, Maddi Cruickshank 3.53, Amber Ross 3.13, Jenna Ross 2.79; U/18 - Sarah Ruddell 3.43; Open - Elinor Fraser 5.05

**Men:** U/14 - Joshua Van Baalen 3.38, Aaron Saltmarsh-Milne 3.31; U/16 - James Solomon 4.77, Blake Davis 4.61, Tim Ruddell 3.18; U/18 - Ethan Bath 5.07; Open - Brendan Caffrey 4.48; Masters - Simon Van Baalen 3.88

### **3000M**

**Women:** Masters - Heather Farley 13:50.01

**Men:** U/16 - Tim Ruddell 14:08.00; U/18 - Ethan Bath 10:52.16

### **SHOT PUT**

**Women:** U/16 - Amber Ross 9.85, Alyssa Neale 8.02, Jenna Ross 7.56, Maddi Cruickshank 6.99; U/18 - Victoria Lawry 10.28, Sarah Ruddell 7.57; Masters - Noella Foster 5.80

**Men:** U/14 - Joshua Van Baalen 6.72, Aaron Saltmarsh-Milne 6.69, Lewis Neale 5.32; U/16 - Matt Parker 10.76, Blake Davis 7.97, Tim Ruddell 5.98; U/18 - Ethan Bath 7.00; Masters - Caryl Ginders 10.06, Simon Van Baalen 9.06, Ben Cruickshank 8.97

Round 11 is Tuesday 3<sup>rd</sup> January, 6pm at the Joe Carmody Track Newborough

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