

Round 11 of Gippsland Athletics Club track and field season was held Tuesday 6th February 2018.

ROUND 11 RESULTS:

200M

Women: U/20 - Sarah Ruddell 28.76; Open - Melissa Jones 32.74, Michelle Sawyer 35.10

Men: U/14 - Joshua Van Baalen 32.76; U/16 - Abel Ferguson 27.87, Hudson Couacaud 27.95, Seth Cropley 29.88; U/18 - Michael Tripodi 26.62; Open - Mark Coulter 26.80, Daniel Bremner 27.72, Brendan Caffrey 30.57; Masters - Ben Cruickshank 26.00, Simon Van Baalen 29.48, Ian Twite 39.48

HIGH JUMP

Men: U/14 - Aaron Saltmarsh-Milne 1.35, Joshua Van Baalen 1.35; U/16 - Seth Cropley 1.40; U/18 - Michael Tripodi 1.45; Open - Daniel Bremner 1.40; Masters - Simon Van Baalen 1.35

DISCUS

Women: U/20 - Victoria Lawry 16.56; Open - Melissa Jones 17.42, Michelle Sawyer 13.80; Masters - Noella Foster 14.87, Denise Twite 13.09

Men: U/14 - Joshua Van Baalen 35.28, Aaron Saltmarsh-Milne 18.05; U/16 - Tim Ruddell 23.22; U/18 - Blake Davis 18.02; Open - Mark Coulter 18.64; Masters - Simon Van Baalen 29.61, Ben Cruickshank 28.10, Ian Twite 22.33

1500M

Men: U/16 - Tim Ruddell 5:50.45; U/18 - Michael Tripodi 4:56.69; Open - Mark Coulter 4:59.50, Daniel Bremner 5:26.42, Brendan Caffrey 6:05.01

SHOT PUT

Women: U/20 - Victoria Lawry 8.44; Open - Melissa Jones 6.71, Michelle Sawyer 5.64; Masters - Noella Foster 6.40, Denise Twite 5.36

Men: U/14 - Joshua Van Baalen 9.98, Aaron Saltmarsh-Milne 7.62; U/16 - Tim Ruddell 6.52; U/18 - Blake Davis 7.61; Open - Daniel Bremner 5.23; Masters - Simon Van Baalen 10.67, Ian Twite 6.81

100M

Women: Open - Michelle Sawyer 16.98

Men: U/14 - Aaron Saltmarsh-Milne 14.89, Joshua Van Baalen 15.30; U/16 - Abel Ferguson 12.76, Hudson Couacaud 13.13, Seth Cropley 13.70, Tim Ruddell 13.82; U/18 - Blake Davis 12.40, Michael Tripodi 15.99; Open - Mark Coulter 13.26; Masters - Ben Cruickshank 12.73, Simon Van Baalen 14.26

Gippsland Athletics regular track and field season continues with Round 12 on Tuesday 13th February, 6pm at the Joe Carmody Track, Newborough

Events: 100m, Javelin, Discus, 5000m/3000m/3000m Walk, Long Jump, Discus, 400m