

Round 12 of Gippsland Athletics Club track and field season was held Tuesday 24<sup>th</sup> January 2017.

### **ROUND 12 RESULTS:**

**RECORD:** Women U/20 Hammer - Erin Holdway (Athletics Nunawading) 36.62

#### **100M**

**Women:** U/16 - Jenna Ross 17.65; U/18 - Sarah Ruddell 13.77, Megan Maxfield 14.21; Open - Rhianna Carpinteri 13.99; Masters - Heather Farley 17.75, Diana Van Rhine 18.46

**Men:** U/14 - Joshua Van Baalen 15.99, Aaron Saltmarsh-Milne 17.88; U/16 - Blake Davis 12.81, James Solomon 13.07, Abel Ferguson 14.45, Hudson Couacaud 13.54, Tim Ruddell 15.63; Open - Brendan Caffrey 13.66; Masters - Simon Van Baalen 15.25

#### **HAMMER**

**Women:** U/16 - Amber Ross 22.72, Jenna Ross 14.68; U/18 - Victoria Lawry 26.58; U/20 - Erin Holdway 36.62; Masters - Noella Foster 17.60

**Men:** U/14 - Joshua Van Baalen 19.70, Aaron Saltmarsh-Milne 16.06; U/16 - Mathew Parker 24.64, Blake Davis 19.28, Tim Ruddell 15.03; Masters - Caryl Ginders 23.94, Simon Van Baalen 21.75

#### **HIGH JUMP**

**Women:** U/18 - Sarah Ruddell 1.45

**Men:** U/14 - Aaron Saltmarsh-Milne 1.25, Joshua Van Baalen 1.25; U/16 - Blake Davis 1.55, James Solomon 1.45; Open - Brendan Caffrey 1.30; Masters - Simon Van Baalen 1.30

#### **800M**

**Women:** U/16 - Amber Ross 3:36.03; U/18 - Megan Maxfield 3:36.03; Masters - Diana Van Rhine 3:38.66

**Men:** U/14 - Joshua Van Baalen 3:18.55; U/16 - Hudson Couacaud 2:38.11, Abel Ferguson 2:44.93; Open - Brendan Caffrey 2:56.10; Masters - Tony Arrowsmith 2:45.29, Matthew McGrail 3:06.72

## **SHOT PUT**

**Women:** U/16 - Amber Ross 9.92; U/18 - Victoria Lawry 10.28, Sarah Ruddell 8.76, Megan Maxfield 6.76; U/20 - Erin Holdway 8.67; Masters - Noella Foster 5.64

**Men:** U/14 - Joshua Van Baalen 7.40, Aaron Saltmarsh-Milne 6.60; U/16 - Mathew Parker 10.49, Blake Davis 9.34, Tim Ruddell 6.09; Open - Brendan Caffrey 5.82; Masters - Caryl Ginders 10.19, Simon Van Baalen 9.19

## **2000M**

**Women:** U/16 - Georgia Pearson 7:43.87; Masters - Heather Farley 8:52.32, Diana Van Rhine 9:52.62

**Men:** U/16 - Hudson Couacaud 7:31.69, Abel Ferguson 7:46.22; Masters - Tony Arrowsmith 7:51.32, Matthew McGrail 8:58.87

## **2000MW**

**Women:** U/16 - Jenna Ross 15:29.52

**Men:** Masters - Simon Van Baalen 14:12.36

Round 13 is Tuesday 7<sup>th</sup> February, 6pm at the Joe Carmody Track Newborough

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