

Round 12 of Gippsland Athletics Club track and field season was held Tuesday 13th February 2018.

ROUND 12 RESULTS:

800M

Women: Open - Melissa Jones 2:45.27, Michelle Sawyer 3:06.43

Men: U/16 - Hudson Couacaud 2:35.30, Tim Ruddell 2:36.35, Abel Ferguson 2:46.89; U/18 - Michael Tripodi 2:33.84; Open - Brendan Caffrey 2:35.92; Masters - Ben Cruickshank 2:49.05, Ian Twite 2:55.58

HAMMER

Women: U/20 - Victoria Lawry 22.03

Men: U/14 - Aaron Saltmarsh-Milne 20.14; U/16 - Tim Ruddell 21.82; U/18 - Blake Davis 17.94; Masters - Caryl Ginders 30.28, Simon Van Baalen 30.16

TRIPLE JUMP

Women: U/16 - Alyssa Neale 8.79; U/20 - Sarah Ruddell 9.68; Masters - Kelly Davey 6.49

Men: U/18 - Michael Tripodi 10.04; Open - Brendan Caffrey 8.08; Masters - Simon Van Baalen 10.32, Ben Cruickshank 9.79

2000M

Women: Open - Michelle Sawyer 9:11.53; Masters - Kelly Davey 8:46.49

Men: U/16 - Hudson Couacaud 7:47.57, Abel Ferguson 8:45.35; U/18 - Michael Tripodi 6:44.96; Open - Brendan Caffrey 9:07.77; Masters - Ian Twite 8:09.10

2000M WALK

Women: Masters – Denise Twite 18:00.35

SHOT PUT

Women: U/16 - Alyssa Neale 5.42; U/20 - Victoria Lawry 8.31; Open - Melissa Jones 6.97;
Masters - Denise Twite 4.59

Men: U/14 - Aaron Saltmarsh-Milne 7.94; U/16 - Tim Ruddell 6.46; U/18 - Blake Davis 6.52;
Masters - Simon Van Baalen 10.70, Caryl Ginders 9.68, Ben Cruickshank 8.91, Ian Twite 6.23

100M

Women: U/16 - Alyssa Neale 13.66; U/20 - Sarah Ruddell 14.10; Open - Melissa Jones 15.50,
Michelle Sawyer 16.86

Men: U/14 - Aaron Saltmarsh-Milne 16.55; U/16 - Abel Ferguson 12.66, Hudson Couacaud
13.34, Tim Ruddell 13.57; U/18 - Michael Tripodi 13.63; Open - Brendan Caffrey 17.78;
Masters - Simon Van Baalen 14.38

Gippsland Athletics regular track and field season continues with Round 13 on Tuesday 20th
February, 6pm at the Joe Carmody Track, Newborough

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