

Round 13 of Gippsland Athletics Club track and field season was held Tuesday 7th February 2017.

ROUND 13 RESULTS:

RECORD: Women U/16 3000M - Rachel Jennings (Wellington) 11:06.76

RECORD: Women Masters 5000M - Heather Farley (Traralgon Harriers) 22:52.40

100M

Women: U/16 - Maddi Cruickshank 16.60; U/18 - Sarah Ruddell 13.54, Megan Maxfield 13.60; Open - Rhianna Carpinteri 13.57; Masters - Heather Farley 17.07

Men: U/14 - Joshua Van Baalen 15.68, Aaron Saltmarsh-Milne 18.51; U/16 - Blake Davis 12.13, James Solomon 12.88, Abel Ferguson 13.16, Hudson Couacaud 13.54, Tim Ruddell 15.27; Open - Mark Coulter 13.16, Brendan Caffrey 13.29; Masters - Simon Van Baalen 14.58

DISCUS

Women: U/16 - Amber Ross 29.73, Maddi Cruickshank 15.06; U/18 - Victoria Lawry 20.94; Masters - Noella Foster 12.59

Men: U/14 - Joshua Van Baalen 27.05, Lachlan McGrail 22.15, Aaron Saltmarsh-Milne 11.83; U/16 - Tim Ruddell 20.53, Blake Davis 20.44; Open - Brendan Caffrey 20.07; Masters - Simon Van Baalen 28.36

400M

Women: U/18 - Sarah Ruddell 1:10.44; Open - Rhianna Carpinteri 1:06.10, Simone Forbes 1:15.38

Men: U/14 - Joshua Van Baalen 1:26.12; U/16 - Hudson Couacaud 1:04.22, Abel Ferguson 1:04.65; Open - Mark Coulter 59.45, Brendan Caffrey 1:05.54, Bryan Cake 1:05.95; Simon Van Baalen 1:17.12

LONG JUMP

Women: U/16 - Maddi Cruickshank 3.61; U/18 - Megan Maxfield 4.35, Sarah Ruddell 3.78; Open - Rhianna Carpinteri 4.13

Men: U/14 - Lachlan McGrail 3.39, Aaron Saltmarsh-Milne 3.03, Joshua Van Baalen 2.58;
U/16 - Blake Davis 5.43, James Solomon 4.33, Tim Ruddell 3.24; Open - Mark Coulter 4.33;
Masters - Simon Van Baalen 4.22

3000M

Women: U/16 - Rachel Jennings 11:06.76; U/20 - Georgia Pearson 11:56.88; Open - Simone Forbes 13:09.88

Men: U/14 - Lachlan McGrail 15:37.75; Open - Bryan Cake 11:28.12

5000M

Women: Masters - Heather Farley 22:52.40

SHOT PUT

Women: U/16 - Amber Ross 9.98, Maddi Cruickshank 7.13; U/18 - Victoria Lawry 9.91,
Megan Maxfield 7.32; Masters - Noella Foster 5.42

Men: U/14 - Aaron Saltmarsh-Milne 7.16, Joshua Van Baalen 7.06; U/16 - Blake Davis 8.62,
Tim Ruddell 6.21; Masters - Simon Van Baalen 9.84

Round 14 is Tuesday 14th February, 6pm at the Joe Carmody Track Newborough

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