

Round 13 of Gippsland Athletics Club track and field season was held Tuesday 20<sup>th</sup> February 2018.

### **ROUND 13 RESULTS:**

#### **100M**

**Women:** Open - Melissa Jones 15.60, Michelle Sawyer 16.84

**Men:** U/14 - Joshua Van Baalen 14.95, Aaron Saltmarsh-Milne 16.32; U/16 - Tim Ruddell 13.05, Abel Ferguson 13.08, Seth Cropley 13.73, Hudson Couacaud 13.79; Open - Mark Coulter 13.41, Brendan Caffery 14.11; Masters - Simon Van Baalen 14.43, Ian Twite 17.23

#### **JAVELIN**

**Women:** U/16 - Isabella Lia 17.94; U/20 - Victoria Lawry 12.67; Open - Melissa Jones 20.86, Michelle Sawyer 16.21; Masters - Denise Twite 10.08

**Men:** U/14 - Aaron Saltmarsh-Milne 19.34, Joshua Van Baalen 16.50; U/16 - Tim Ruddell 16.79; U/18 - Blake Davis 16.16; Open - Brendan Caffery 22.48, Mark Coulter 22.40; Masters - Simon Van Baalen 30.58, Ian Twite 15.45

#### **3000M**

**Men:** U/16 - Seth Cropley 12:14.75; Open - Brendan Caffery 12:38.85; Masters - Ian Twite 12:46.18

#### **5000M**

**Women:** Masters - Kelly Davey 24:01.98

#### **LONG JUMP**

**Women:** U/16 - Isabella Lia 3.99

**Men:** U/14 - Joshua Van Baalen 4.04; U/16 - Tim Ruddell 4.40; U/18 - Blake Davis 5.06; Masters - Simon Van Baalen 4.05

#### **DISCUS**

**Women:** U/20 - Victoria Lawry 15.99; Open - Melissa Jones 19.32, Michelle Sawyer 14.91;  
Masters - Denise Twite 12.92

**Men:** U/14 - Joshua Van Baalen 29.50, Aaron Saltmarsh-Milne 20.67; U/16 - Tim Ruddell  
23.22, Seth Cropley 22.21; U/18 - Blake Davis 19.67; Masters - Simon Van Baalen 29.28, Ian  
Twite 17.92

#### **400M**

**Women:** Open - Melissa Jones 1:15.35, Michelle Sawyer 1:28.95

**Men:** U/14 - Joshua Van Baalen 1:28.27; U/16 - Tim Ruddell 1:03.80, Abel Ferguson 1:10.19,  
Hudson Couacaud 1:11.78, Seth Cropley 1:17.68; Open - Mark Coulter 59.58, Brendan  
Caffery 1:05.84; Masters - Simon Van Baalen 1:13.01

Gippsland Athletics final event for the season is the Gippsland Pentathlon Championship,  
which will be held on Tuesday 27<sup>th</sup> February, 6pm at the Joe Carmody Track, Newborough