

Round 3 of Gippsland Athletics Club track and field season was held Tuesday 23rd October 2018.

### **ROUND 3 RESULTS:**

#### **800M**

**Women:** U/18 – Jasmine Thomas 2:43.46

**Men:** U/16 - Hudson Couacaud 2:26.70, Abel Ferguson 2:31.79; Open – Brendan Caffrey 2:28.25, Craig Rollinson 2:29.20; Masters – Ian Twite 2:53.27

#### **HAMMER**

**Women:** Masters – Fiona Saltmarsh 19.74

**Men:** U/14 – Ben Denton 19.56; U/16 Joshua Van Baalen 17.51, Aaron Saltmarsh-Milne 14.89; Masters - Simon Van Baalen 33.68, Caryl Ginders 30.70

#### **TRIPLE JUMP**

**Women:** U/18 – Jasmine Thomas 7.12

**Men:** U/16 – Joshua Van Baalen 7.99, Aaron Saltmarsh – Milne 7.74; Open - Brendan Caffrey 8.81; Masters - Simon Van Baalen 9.94.

#### **2000M**

**Women:**

**Men:** U/16 - Hudson Couacaud 7:20:72, Abel Ferguson 9:14.22; Open – Brendan Caffrey 8:20.40; Masters – Ian Twite 8:26.51

#### **SHOT PUT**

**Women:** U/18 – Jasmine Thomas 4.28; Masters – Fiona Saltmarsh 7.56

**Men:** U/14 – Ben Denton 6.34; U/16 Joshua Van Baalen 7.80, Aaron Saltmarsh-Milne 6.97; Masters – Caryl Ginders 10.01, Simon Van Baalen 9.37

## **100M**

**Women:** U/18 – Jasmine Thomas 16.11

**Men:** U/16 - Hudson Couacaud 12.82, Abel Ferguson 13.05, Aaron Saltmarsh-Milne 15.21, Joshua Van Baalen 18.85; U/20 – Alex Gregory 12.23; Open - Brendan Caffrey 13.73; Masters - Simon Van Baalen 15.59

Gippsland Athletics Clubs NITRO ATHLETICS competition will be held next Tuesday 30th October, 6pm at the Joe Carmody Track, Newborough

Events (with some modified rules) include: 150m Sprint, Javelin, 1000m(obstacle), Long Jump, 5 Minute Distance Challenge, Mixed Medley Relay (100, 100, 200, 400)