

Round 4 of Gippsland Athletics Club track and field season was held Tuesday 25th October 2016.

ROUND 4 RESULTS:

100M

Women: U/16 - Alyssa Neale 13.91, Maddi Cruickshank 16.12; U/18 - Megan Maxfield 13.68; Open - Rhianna Carpinteri 13.95; Masters - Diana Van Rhine 17.76

Men: U/14 - Lachlan McGrail 16.22, Joshua Van Baalen 16.46, Aaron Saltmarsh-Milne 17.20, Lewis Neale 18.29; U/16 - Blake Davis 12.34, Hudson Couacaud 13.21, James Solomon 13.91, Tim Ruddell 15.30; U/18 - Ethan Bath 12.83; U/20 - Lachlan White 13.23; Open - Matt Briggs 15.60; Masters - Ben Cruickshank 12.52, Paul Vuillermin 15.26, Colin Briggs 16.97, Ian Twite 18.24

DISCUS

Women: U/16 - Maddi Cruickshank 13.47; U/18 - Victoria Lawry 20.93, Alex Vuillermin 15.25

Men: U/14 - Lachlan McGrail 20.53, Joshua Van Baalen 20.18, Lewis Neale 13.68; U/16 - Matthew Parker 22.18, Blake Davis 21.10, Tim Ruddell 18.83; U/18 - Ethan Bath 15.10; Masters - Ben Cruickshank 26.76, Caryl Ginders 25.51, Paul Vuillermin 22.39, Ian Twite 22.27

400M

Women: U/18 - Megan Maxfield 1:11.96; Open - Rhianna Carpinteri 1:10.24; Masters - Diana Van Rhine 1:31.38

Men: U/14 - Lachlan McGrail 1:22.83, Aaron Saltmarsh-Milne 1:46.31; U/16 - Hudson Couacaud 1:01.91, Tim Ruddell 1:11.74; U/18 - Ethan Bath 58.91; U/20 - Lachlan White 1:07.07; Open - Craig Rollinson 56.44, Bryan Cake 1:03.50, Matt Briggs 1:18.25; Masters - Benjamin Bailey 57.53, Ben Cruickshank 1:04.20, Paul Vuillermin 1:19.58, Ian Twite 1:23.36, Colin Briggs 1:39.47

LONG JUMP

Women: U/16 - Alyssa Neale 4.18, Maddi Cruickshank 3.57; U/18 - Megan Maxfield 4.44, Alex Vuillermin 3.53; Open - Rhianna Carpinteri 4.27;

Men: U/14 - Lachlan McGrail 3.57, Aaron Saltmarsh-Milne 3.31, Joshua Van Baalen 3.17, Lewis Neale 2.51; U/16 - Blake Davis 4.71, James Solomon 4.60; U/18 - Ethan Bath 5.08;

3000M

Women: U/20 - Georgia Pearson 12:24.11

Men: U/16 - Tim Ruddell 14:06.76, Hudson Couacaud 14:31.64; Masters - Ian Twite 12:13.97, Berin Couacaud 14:22.02, Colin Briggs 17:56.67

5000M

Women: Masters - Heather Farley 24:36.22

Men: U/18 - Ethan Bath 19:54.73; Open - Bryan Cake 19:34.85, Matt Briggs 25:48.48; Masters - Mark Rossiter 19:42.30, Benjamin Bailey 24:38.54

SHOT PUT

Women: U/16 - Alyssa Neale 8.25, Maddi Cruickshank 6.03; U/18 - Victoria Lawry 9.86, Alex Vuillermin 7.19

Men: U/14 - Lachlan McGrail 7.90, Joshua Van Baalen 6.77, Aaron Saltmarsh-Milne 6.10, Lewis Neale 5.43; U/16 - Matthew Parker 10.02, Blake Davis 8.50; Masters - Caryl Ginders 10.10, Ben Cruickshank 9.35, Paul Vuillermin 7.32

Round 5 is Tuesday 8th November, 6pm at the Joe Carmody Track Newborough

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