

Round 4 of Gippsland Athletics Club track and field season was held Tuesday 14th November 2017.

ROUND 4 RESULTS:

100M

Women: U/14 - Georgia Murphy 14.15; U/20 - Sarah Ruddell 13.48; Masters - Kelly Davey 16.35

Men: U/14 - Aaron Saltmarsh-Milne 15.55; U/16 - Abel Ferguson 13.13, Hudson Couacaud 13.61, Seth Cropley 13.66, Tim Ruddell 13.68; Open - Jack Doderico 11.74, Daniel Bremner 13.81; Masters - Ben Cruickshank 12.70, Simon Van Baalen 14.07

JAVELIN

Women: U/16 - Jenna Ross 23.35, Claire Birks 15.74; U/20 - Sarah Ruddell 20.11, Victoria Lawry 13.96; Open - Lani Cropley 15.97; Masters - Kelly Davey 8.33

Men: U/14 - Aaron Saltmarsh-Milne 18.13, Joshua Van Baalen 15.53; U/16 - Tim Ruddell 14.04; Open - Jack Doderico 25.40, Bryan Cake 21.29; Masters - Simon Van Baalen 30.07, Ben Cruickshank 29.97, Howard Smith 7.07

3000M

Men: U/16 - Michael Tripodi 11:47.49, Seth Cropley 13:00.87, Hudson Couacaud 14:09.89, Abel Ferguson 14:10.09, Lachlan McGrail 15:06.54; Open - Bryan Cake 12:03.06; Masters - Robert Birks 15:59.29

5000M

Women: Masters - Kelly Davey 26:05.34

LONG JUMP

Women: U/14 - Georgia Murphy 3.30; U/20 - Sarah Ruddell 4.08

Men: U/14 - Joshua Van Baalen 3.60; U/16 - Tim Ruddell 2.93; Open - Daniel Bremner 4.47; Masters - Simon Van Baalen 4.49, Ben Cruickshank 4.47

DISCUS

Women: U/16 - Claire Birks 17.36, Jenna Ross 17.35; U/20 - Victoria Lawry 21.20, Sarah Ruddell 17.68; Open - Lani Cropley 14.60

Men: U/14 - Joshua Van Baalen 27.67, Aaron Saltmarsh-Milne 19.26; U/16 - Lachlan McGrail 23.77, Tim Ruddell 23.40; Open - Daniel Bremner 13.45; Masters - Simon Van Baalen 30.76, Ben Cruickshank 26.02, Bryan Cake 20.25, Robert Birks 16.79

400M

Women: U/14 - Georgia Murphy 1:20.00

Men: U/14 - Joshua Van Baalen 1:30.20; U/16 - Michael Tripodi 1:00.94, Hudson Couacaud 1:06.09, Abel Ferguson 1:14.49, Seth Cropley 1:16.37, Lachlan McGrail 1:23.34; Open - Jack Doderico 53.82, Daniel Bremner 1:02.32; Masters - Ben Cruickshank 1:10.80, Simon Van Baalen 1:24.13

Round 5 is next Tuesday 21st November, 6pm at the Joe Carmody Track, Newborough

Events: 200m, High Jump, Discus, 1500m/1500m Walk, Shot Put, 100m