

Round 4 of Gippsland Athletics Club track and field season was held Tuesday 13th November 2018.

ROUND 4 RESULTS:

100M

Men: U/14 – Owen Van Baalen 21.53; U/16 -, Aaron Saltmarsh-Milne 14.49, Joshua Van Baalen 15.54; U/18 - Abel Ferguson 12.76, Hudson Couacaud 12.88; Open – Brendan Caffrey 13.18; Masters - Simon Van Baalen 14.57, Ian Twite 18.70

JAVELIN

Women: U/16 – Claire Irving 14.23; U/18 – Jenna Ross 27.00; Masters – Noella Foster 15.31, Fiona Saltmarsh 13.34

Men: U/14 – Owen Van Baalen 8.65; U/16 – Joshua Van Baalen 20.32, Aaron Saltmarsh-Milne 19.51; U/18 - Abel Ferguson 15.63, Hudson Couacaud n/d; Open - Bryan Cake 24.39, Brendan Caffrey 12.69; Masters - Simon Van Baalen 26.04, Brett Irving n/d

3000M

Women: U/16 – Claire Irving 12:27.82; Open – Courtney Wallace-Smith 11:57.70

Men:, U/16 - Aaron Saltmarsh-Milne 20:28.38; U/18 - Hudson Couacaud 11:22.78; Masters – Ian Twite 13:08.32, Brett Irving 13:55.97

LONG JUMP

Men: U/14 - Owen Van Baalen 2.72; U/16 – Joshua Van Baalen 3.86, Aaron Saltmarsh-Milne 3.45; Open – Brendan Caffrey 3.32, Bryan Cake 3.21; Masters - Simon Van Baalen 4.21

DISCUS

Women: U/18 - Jenna Ross 17.93; Masters – Fiona Saltmarsh 14.98, Noella Foster 13.73

Men: U/14 – Owen Van Baalen 13.25; U/16 Aaron Saltmarsh-Milne 24.08, Joshua Van Baalen 20.85; Open – Brendan Caffrey 21.07, Bryan Cake 20.86; Masters - Simon Van Baalen 29.95, Ian Twite 20.28

400M

Women: U/18 – Jenna Ross 1:31.59; Open – Courtney Wallace-Smith 1:20.11

Men: U/14 - Owen Van Baalen 2:10.88; U/16 - Aaron Saltmarsh-Milne 1:25.93; U/18 - Hudson Couacaud 1:00.76, Abel Ferguson 1:06.72; Open – Brendan Caffrey 1:04.22

Vern Curnow Round 1 Tuesday 20st November, 6pm at the Joe Carmody Track, Newborough

Events: 100m, Javelin, 400m, Long Jump, 3000/5000m, shotput.