

Round 5 of Gippsland Athletics Club track and field season was held Tuesday 8th November 2016.

ROUND 5 RESULTS:

100M

Women: U/16 - Alyssa Neale 14.18; U/18 - Sarah Ruddell 14.36; Open - Cintia Mateo 17.65; Masters - Diana Van Rhine 18.90

Men: U/14 - Lachlan McGrail 16.77, Aaron Saltmarsh-Milne 17.00; U/16 - Blake Davis 12.48, James Solomon 13.37, Hudson Couacaud 13.86, Abel Ferguson 14.02, Tim Ruddell 15.50; Open - Matt Briggs 16.43; Masters - Ben Cruickshank 12.96

JAVELIN

Women: U/16 - Alyssa Neale 24.75; U/18 - Sarah Ruddell 20.22, Victoria Lawry 18.21; Masters - Noella Foster 14.26

Men: U/14 - Aaron Saltmarsh-Milne 13.07; U/16 - Mathew Parker 27.75, Tim Ruddell 16.40, Blake Davis 16.09; Open - Matt Briggs 16.68; Masters - Ben Cruickshank 26.78

1500M

Women: U/20 - Georgia Pearson 5:41.67; Open - Cintia Mateo 8:05.93; Masters - Diana Van Rhine 7:48.71

Men: U/14 - Lachlan McGrail 7:00.09; U/16 - Hudson Couacaud 5:53.84, Tim Ruddell 6:01.28, Abel Ferguson 6:02.17; Open - Bryan Cake 5:11.47, Matt Briggs 6:37.08; Masters - Ian Twite 6:04.45

TRIPLE JUMP

Women: U/16 - Alyssa Neale 9.19

Men: U/14 - Lachlan McGrail 7.25, Aaron Saltmarsh-Milne 6.74; U/16 - Blake Davis 10.38

200M

Women: U/18 - Sarah Ruddell 29.88; U/20 - Georgia Pearson 34.79; Open - Cintia Mateo 40.41

Men: U/14 - Aaron Saltmarsh-Milne 42.41; U/16 - Blake Davis 26.81, James Solomon 27.57, Hudson Couacaud 27.81, Abel Ferguson 28.54, Tim Ruddell 34.13; Open - Bryan Cake 28.59, Matt Briggs 36.03; Masters - Ben Cruickshank 26.81

DISCUS

Women: U/16 - Alyssa Neale 16.82; U/18 - Victoria Lawry 24.25; Masters - Noella Foster 13.77

Men: U/14 - Lachlan McGrail 20.40; U/16 - Mathew Parker 32.29, Tim Ruddell 18.93, Blake Davis 15.29; Masters - Ben Cruickshank 26.25

Round 6 is Tuesday 15th November, 6pm at the Joe Carmody Track Newborough

Events: 100m, Hammer, High Jump, 800m, Shot Put, 2000m/2000m Walk