

Round 5 of Gippsland Athletics Club track and field season was held Tuesday 28th November 2018.

ROUND 5 RESULTS:

200M

Women: Open – Amanda Fontaine 32.14

Men: U/14 - Owen Van Baalen 44.30; U/16 Aaron Saltmarsh-Milne 31.88, Joshua Van Baalen 33.95; U/18 – Hudson Couacoud 25.76, Abel Ferguson 27.31; Open – Bryan Cake 31.34

HIGH JUMP

Women: U/18 – Isabella Lia 1.55

Men: U/14 – Owen Van Baalen 1.10; U/16 Aaron Saltmarsh-Milne 1.30

DISCUS

Women: Masters – Fiona Saltmarsh 18.36

Men: U/14 – Owen Van Baalen 9.45; U/16 Joshua Van Baalen 31.12, Aaron Saltmarsh-Milne 29.67; Open – Bryan Cake 21.13; Masters - Simon Van Baalen 27.08

1500M

Women: U/16 – Claire Irving 5:40.90; Open – Amanda Fontaine 5:39.66

Men: U/18 – Hudson Couacoud 4:57.80, Abel Ferguson 6:27.41; Open – Bryan Cake 5:41.18; Masters – Brendan Whelan 5:23.25

SHOT PUT

Women: Masters – Fiona Saltmarsh 7.80

Men: U/14 - Owen Van Baalen 3.54; U/16 Joshua Van Baalen 7.71, Aaron Saltmarsh-Milne 7.13; Open – Bryan Cake 7.60; Masters - Simon Van Baalen 9.94

100M

Women:

Men: U/14 - Owen Van Baalen 20.76; U/16 - Aaron Saltmarsh-Milne 15.04, Joshua Van Baalen 15.82; U/18 – Hudson Couacoud, Abel Ferguson 13.57; Open – Bryan Cake 20.84; Masters - Simon Van Baalen 14.78

Round 6 is next Tuesday December 4th, 6pm at the Joe Carmody Track, Newborough

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