

Round 7 of Gippsland Athletics Club track and field season was held Tuesday 22nd November 2016.

ROUND 7 RESULTS:

100M

Women: U/16 - Alyssa Neale 13.98; U/18 - Sarah Ruddell 14.56, Victoria Lawry 16.70; Open - Rhianna Carpinteri 14.10; Masters - Heather Farley 17.80

Men: U/14 - Lachlan McGrail 16.20, Aaron Saltmarsh-Milne 17.04; U/16 - Blake Davis 12.82, Tim Ruddell 16.07; Open - Brendan Caffrey 13.73

DISCUS

Women: U/18 - Victoria Lawry 18.45; Masters - Noella Foster 12.86

Men: U/14 - Lachlan McGrail 21.68; U/16 - Tim Ruddell 20.32, Blake Davis 18.24; Open - Brendan Caffrey 20.23; Masters - Caryl Ginders 27.39

400M

Women: Open - Rhianna Carpinteri 1:07.74; Masters - Heather Farley 1:20.99

Men: U/14 - Aaron Saltmarsh-Milne 1:47.81; U/16 - Tim Ruddell 1:12.65; Open - Brendan Caffrey 1:09.19

LONG JUMP

Women: U/16 - Alyssa Neale 4.49

Men: U/14 - Aaron Saltmarsh-Milne 3.35, Lachlan McGrail 3.24; U/16 - Blake Davis 5.09, Tim Ruddell 2.88

3000M

Women: Masters - Heather Farley 14:19.11

Men: U/14 - Lachlan McGrail 15:03.04

SHOT PUT

Women: U/16 - Alyssa Neale 7.14; U/18 - Victoria Lawry 8.82, Sarah Ruddell 7.91

Men: U/14 - Aaron Saltmarsh-Milne 6.41; U/16 - Blake Davis 7.40, Tim Ruddell 5.97

Round 8 is Tuesday 29th November, 6pm at the Joe Carmody Track Newborough

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