

Round 7 of Gippsland Athletics Club track and field season was held Tuesday 5th December 2017.

ROUND 7 RESULTS:

RECORD: Women Masters 5000M - Kelly Davey (Gippsland Athletics) 22:31.66

100M

Women: U/20 - Sarah Ruddell 13.66, Victoria Lawry 21.74; Open - Rhianna Carpinteri 14.41, Melissa Jones 16.36

Men: U/14 - Joshua Van Baalen 15.77; U/16 - Tim Ruddell 13.67, Abel Ferguson 13.77, Hudson Couacaud 13.82; U/18 - Blake Davis 13.04; Open - Mark Coulter 13.50, Brendan Caffery 13.80, Daniel Bremner 14.30; Masters - Ben Cruickshank 12.95, Simon Van Baalen 14.32, Howard Smith 22.96

JAVELIN

Women: U/14 - Emily Birks 14.49; U/16 - Claire Birks 15.07; U/20 - Sarah Ruddell 20.11, Victoria Lawry 14.99

Men: U/14 - Joshua Van Baalen 14.76; U/16 - Tim Ruddell 16.41, Lachlan McGrail 10.74; U/18 - Blake Davis 15.17; Open - Mark Coulter 25.25, Brendan Caffery 22.66, Daniel Bremner 18.63; Masters - Simon Van Baalen 30.51, Ben Cruickshank 28.01, Robert Birks 13.59, Howard Smith 5.29

3000M

Men: U/16 - Hudson Couacaud 12:04.38, Tim Ruddell 12:49.87, Lachlan McGrail 15:19.71; U/18 - Michael Tripodi 10:49.54; Masters - Robert Birks 14:51.56

5000M

Women: Masters - Kelly Davey 22:31.66

LONG JUMP

Women: U/20 - Sarah Ruddell 3.80; Open - Rhianna Carpinteri 4.15

Men: Open - Daniel Bremner 4.62, Brendan Caffery 4.54, Mark Coulter 4.45; Masters - Ben Cruickshank 4.70

DISCUS

Women: U/14 - Emily Birks 13.58; U/16 - Claire Birks 16.18; U/20 - Victoria Lawry 20.81

Men: U/14 - Joshua Van Baalen 28.17; U/16 - Lachlan McGrail 26.69, Tim Ruddell 21.80; U/18 - Blake Davis 17.33; Masters - Simon Van Baalen 28.36, Robert Birks 17.00

400M

Women: Open - Rhianna Carpinteri 1:08.09

Men: U/16 - Hudson Couacaud 1:06.80, Abel Ferguson 1:13.47, Lachlan McGrail 1:19.73; U/18 - Michael Tripodi 1:02.68; Open - Mark Coulter 59.13, Daniel Bremner 1:02.27, Brendan Caffery 1:11.61; Masters - Ben Cruickshank 1:06.67

Round 8 is next Tuesday 12th December, 6pm at the Joe Carmody Track, Newborough

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