

Round 1 of the Gippsland Athletics Club Vern Curnow Shield was held Tuesday 19th December 2017.

VERN CURNOW ROUND 1 RESULTS:

RECORD: Women Open 400M - Sarah Lewis (South Coast Athletics) 1:01.26

100M

Women: U/14 - Krystal Archer 14.45, Charli Burns 15.86, Janella Archer 16.41; U/16 - Alyssa Neale 13.69, Nicola Slade 14.43, Rachel Aitken 14.91; U/20 - Sarah Ruddell 13.73; Open - Rhianna Carpinteri 13.98, Sarah Lewis 14.35, Melissa Jones 16.23

Men: U/14 - Joshua Van Baalen 15.20, Aaron Saltmarsh-Milne 15.31; U/16 - Abel Ferguson 12.50, Tim Ruddell 13.48, Hudson Couacaud 13.66; U/18 - Blake Davis 12.73; Open - Brenton Taber 12.13, Mark Coulter 13.26; Masters - Ian Twite 18.26, Rob Gray 21.67

JAVELIN

Women: U/14 - Charli Burns 13.71; U/16 - Alyssa Neale 24.02, Nicola Slade 15.10, Rachel Aitken 13.00; Open - Sarah Lewis 4.86; Masters - Ann Bömers 17.86

Men: U/14 - Joshua Van Baalen 16.84, Aaron Saltmarsh-Milne 15.35; U/16 - Tim Ruddell 17.62, Lachlan McGrail 11.28; U/18 - Blake Davis 15.88; Open - Mark Coulter 23.05, Brenton Taber 20.04; Masters - Simon Van Baalen 29.99, Ian Twite 11.04, Rob Gray 10.68

400M

Women: U/14 - Charli Burns 1:25.63, Janella Archer 1:28.48; U/16 - Rachel Aitken 1:14.90; U/20 - Sarah Ruddell 1:12.17; Open - Sarah Lewis 1:01.26, Rhianna Carpinteri 1:07.49, Melissa Jones 1:16.25; Masters - Ann Bömers 1:41.13

Men: U/14 - Joshua Van Baalen 1:32.56; U/16 - Abel Ferguson 1:01.79, Tim Ruddell 1:03.17, Hudson Couacaud 1:03.99, Lachlan McGrail 1:17.03; U/18 - Riley Evans 56.96, Michael Tripodi 1:00.24; Open - Brenton Taber 57.58, Mark Coulter 58.49; Masters - Ian Twite 1:21.30

LONG JUMP

Women: U/14 - Krystal Archer 4.02, Janella Archer 3.00; U/16 - Alyssa Neale 4.32, Nicola Slade 4.13, Rachel Aitken 3.73; U/20 - Sarah Ruddell 3.94; Open - Rhianna Carpinteri 4.18, Sarah Lewis 2.69

Men: U/14 - Joshua Van Baalen 3.78; U/16 - Lachlan McGrail 3.68, Tim Ruddell 3.45; U/18 - Blake Davis 4.54, Michael Tripodi 4.42; Open - Brenton Taber 5.18, Mark Coulter 4.44; Masters - Ian Twite 2.56, Rob Gray 1.93

3000M

Women: Open - Sarah Lewis 12:36.01; Masters - Ann Bömers 18:30.12

Men: U/16 - Tim Ruddell 12:49.10, Lachlan McGrail 15:37.75; U/18 - Riley Evans 10:12.90; Masters - Ian Twite 12:36.01

5000M

Men: U/18 - Michael Tripodi 19:22.14

SHOT PUT

Women: U/16 - Alyssa Neale 7.00; Open - Melissa Jones 6.40, Sarah Lewis 4.20; Masters - Ann Bömers 6.54

Men: U/14 - Joshua Van Baalen 9.23, Aaron Saltmarsh-Milne 7.36; U/16 - Tim Ruddell 7.38, Lachlan McGrail 7.26; U/18 - Blake Davis 6.76; Open - Mark Coulter 6.57; Masters - Simon Van Baalen 10.80, Ian Twite 6.13

Round 9 of our regular season will continue on Tuesday 2nd January, 6pm at the Joe Carmody Track, Newborough

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