

Round 3 of the Gippsland Athletics Club Vern Curnow Shield was held Tuesday 16th January 2018.

VERN CURNOW ROUND 3 RESULTS:

100M

Women: U/20 - Sarah Ruddell 13.64, Aliesha Wrigley 14.41, Courtney Clark 16.44, Naomi Merrilees 17.71; Open - Sarah Lewis 14.48, Melissa Jones 15.67, Michelle Sawyer 16.53

Men: U/14 - Aaron Saltmarsh-Milne 15.45, Harrison Clark 17.13, Ben Merrilees 19.56; U/16 - Tim Ruddell 13.32, Seth Cropley 13.45; U/18 - Blake Davis 12.70; U/20 - Michael Johnstone 13.53; Open - Brenton Taber 12.00, Mark Coulter 13.43, Daniel Bremner 13.65; Masters - Simon Van Baalen 14.06, Ian Twite 16.75, Howard Smith 23.17

HAMMER

Women: U/16 - Jenna Ross 17.87; U/20 - Victoria Lawry 23.60; Masters - Noella Foster 17.86

Men: U/14 - Aaron Saltmarsh-Milne 19.05; U/16 - Tim Ruddell 20.78; U/18 - Blake Davis 18.41; Masters - Simon Van Baalen 23.76

800M

Women: U/20 - Aliesha Wrigley 2:44.79, Courtney Clark 3:25.52, Naomi Merrilees 3:28.79; Open - Sarah Lewis 2:32.35, Melissa Jones 2:48.84, Michelle Sawyer 3:17.54

Men: U/14 - Harrison Clark 3:09.44, Ben Merrilees 4:19.58; U/18 - Michael Tripodi 2:22.91; Open - Daniel Bremner 2:27.30, Mark Coulter 2:45.33, Brenton Taber 3:29.10; Masters - Ian Twite 2:56.06

HIGH JUMP

Women: U/20 - Sarah Ruddell 1.45

Men: U/14 - Aaron Saltmarsh-Milne 1.25; U/18 - Michael Tripodi 1.50; Open - Brenton Taber 1.55; Masters - Simon Van Baalen 1.30

2000M

Women: U/20 - Aliesha Wrigley 8:54.48, Courtney Clark 10:39.97, Naomi Merrilees 11:07.10; Open - Sarah Lewis 8:01.00

Men: U/14 - Harrison Clark 9:25.04; U/18 - Michael Tripodi 6:39.60; Open – Mark Coulter 7:00.00; Masters - Ian Twite 8:01.27

2000M WALK

Women: U/16 - Jenna Ross 15:41.12

Men: U/14 - Ben Merrilees 16:10.08; U/20 - Michael Johnstone 15:34.93

400M HURDLES

Women: U/20 - Sarah Ruddell 1:19.53

Men: Open - Mark Coulter 1:17.03

Round 10 of our regular season will continue on Tuesday 23rd January, 6pm at the Joe Carmody Track, Newborough

Events: 100M, Javelin, 3000M/5000M/3000M Walk, Long Jump, Discus, 400M