

Round 3 of the Gippsland Athletics Club Vern Curnow Shield was held Tuesday 22<sup>nd</sup> January 2019.

### **VERN CURNOW ROUND 3 RESULTS:**

#### **100M**

**Women:** U/18 – Jenna Ross 22.46, Jasmine Thomas 22.54; U/20 - Courtney Clark 15.68, Naomi Merrilees 18.15; Open - Sarah Lewis 13.95, Sophie Fontaine 14.91; Masters – Janine Wynen 17.22, Liz Kenney 18.35, Fiona Saltmarsh 35.55

**Men:** U/14 - Harrison Clark 16.27, Ben Merrilees 17.69; U/16 - Aaron Saltmarsh-Milne 14.87; U/18 – Hudson Couacaud 12.38, Michael Tripodi 12.74; Open - Brenton Taber 12.35, Mark Coulter 13.7, Brendan Caffrey 13.78, Bryan Cake 18.11; Masters – Luke Ransom 14.46, Ian Twite 20.79

#### **HAMMER**

**Women:** U/18 - Jenna Ross 20.59; Open – Sophie Fontaine 11.74; Masters – Fiona Saltmarsh 21.48, Noella Foster 16.23

**Men:** U/16 - Aaron Saltmarsh-Milne 22.05; Masters – Luke Ransom 18.96

#### **800M**

**Women:** U/18 – Jasmine Thomas 3:01.65; U/20 – Courtney Clark 3:18.18, Naomi Merrilees 3:41.15; Open - Sarah Lewis 2:39.39, Sophie Fontaine 2:58.47; Masters – Janine Wynen 3:01.00, Liz Kenney 3:09.91

**Men:** U/14 - Harrison Clark 3:23.37; U/18 - Michael Tripodi 2:18.94, Hudson Couacaud 2:19.32; Open - Mark Coulter 2:40.38, Brendan Caffrey 2:41.96, Bryan Cake 3:05.93, Brenton Taber 3:32.39; Masters – Colin Gibson-Williamson 2:33.85, Luke Ransom 2:35.88, Ian Twite 3:12.93

#### **HIGH JUMP**

**Women:** U/18 – Jasmine Thomas 1.20

**Men:** U/14 – Ben Merrilees 1.05; U/18 - Michael Tripodi 1.60; Open - Brenton Taber 1.50; Masters – Luke Ransom 1.35

## **2000M**

**Women:** U/20 - Courtney Clark 11:27.89, Naomi Merrilees 11:47.45; Open - Sarah Lewis 7:40.74; Masters – Liz Kenney 8:56.64, Janine Wynen 9:01.36

**Men:** U/14 - Harrison Clark 10:40.56; U/18 - Michael Tripodi 6:10.87; Open – Mark Coulter 7:00.15, Brendan Caffrey 8:20.16, Bryan Cake 8:26.85; Masters – Colin Gibson-Williamson 7:35.81, Luke Ransom 7:46.86, Ian Twite 8:29.48

## **2000M WALK**

**Women:** U/18 - Jenna Ross 14:44.11

**Men:** U/14 - Ben Merrilees 17:02.81

## **400M HURDLES**

**Not Contested**

Round 10 of our regular season will continue on Tuesday 5<sup>th</sup> February, 6pm at the Joe Carmody Track, Newborough

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