

## **Xmas Nitro 15th December 2020**

Written by Administrator

Thursday, 17 December 2020 15:24 - Last Updated Sunday, 14 February 2021 12:22

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Gippsland Athletics Club held their Xmas Nitro Athletics Night on Tuesday 15<sup>th</sup> of December 2020.

### **INDIVIDUAL RESULTS:**

#### **150 meters**

**Women:** U/18 – Tamsin Bur 22.84, Emily Hart 26.23; Open – Sarah Lewis 21.68

**Men:** U/14 – Justin Fernando 28.04; U/18 – Aaron Saltmarsh-Milne 18.50; Open – Mitch Paterson 21.37, Brendan Caffrey 23.00; Masters – Jude Fernando 19.44, Ian Twite 30.34

#### **Javelin** (with novelty target to aim for)

**Women:** Open – Sarah Lewis 16.30

**Men:** U/14 – Justin Fernando 9.39; U/18 – Aaron Saltmarsh-Milne 24.19; Open – Bryan Cake 23.59, Mitch Paterson 21.80, Brendan Caffrey 14.80; Masters – Jude Fernando 23.12, Ian Twite

15.01

**5 Minute run for distance:**

**Combined Result** – Sarah Lewis 1400m, Emily Hart 1280m, Ian Twite 1250m, Jude Fernando 1210m, Aaron Saltmarsh-Milne 1150m, Brendan Caffrey 1100m, Justin Fernando 1030m, Tamsin Bur 810m, Bryan Cake 500m.

**Shot Put** (with Xtra distance targets)

**Women:** U/18 – Tamsin Bur 4.31; Open – Sarah Lewis 5.10

**Men:** U/14 – Justin Fernando 5.81; U/18 – Aaron Saltmarsh-Milne 9.49; Open – Mitch Paterson 9.29, Brendan Caffrey 8.13(+2), Bryan Cake 7.68; Masters – Ian Twite 7.11, Jude Fernando 5.64

**1000 meters – with obstacles**

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**Women:** U/18 –Emily Hart 3:55.74; Open – Sarah Lewis 4:08.03

**Men:** U/14 – Justin Fernando 4:23.33; U/18 – Aaron Saltmarsh-Milne 4:06.35; Open – Brendan Caffrey 4:26.69, Mitch Paterson 4:27.48; Masters – Jude Fernando 4:24.37, Ian Twite 4:42.16

Gippsland Athletics regular track and field season resumes with Round 9 on Tuesday 5th January, 6pm at the Joe Carmody Track, Newborough

Events: 800m, Hammer, 2000m walk/run, Shot Put, 100m