

Country Champs 2021

Written by Administrator

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The Victorian Country Championships were this year held at Ilanberris reserve in Ballarat on the Friday, Saturday and Sunday of the Australia Day weekend.

These championships are a main feature in the athletics calendar and were very well attended from all around the state.

This year Gippsland Athletics were represented by Jude Fernando, Justin Fernando, Caryl Ginders, Fiona Saltmarsh and Simon Van Baalen.

This was great to have this number of athletes from such a small club. There were some brilliant performances, with these 5 athletes returning with 17 medals between them.

Fiona Saltmarsh was our only female representative, taking the gold medal in her Hammer event with a solid throw of 20.84m.

Jude Fernando was a standout in the mens 40+ with 4 gold medals (200m, 400m hurdles, Long Jump and Triple Jump), 1 silver (400m) and a 4th place in the toughly contested 100m. With at least 4 of these performances being PB's.

Simon Van Baalen also had a good weekend in mens 40+, with two Gold, two Silver, two Bronze medals and two 4th placings.

Justin Fernando was not too far behind dad with two gold medals (90m and 200m Hurdles) and two 4th places (Triple and Long jump). Justin still has another year in U/14 so who knows what next year may bring for him.

Caryl Ginders threw his way to a silver and two bronze medals in the tough field of mens 60+ Shotput, Hammer and Discus.

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Some of our regular Traralgon Harriers also attended the event with Heather Farley, Ian Twite, Miles and Ron Verschuur putting in some solid performances.

Heather winning 3 gold medals while Twitey won 4 gold and 1 silver in the mens 60+ division.

Congratulations to all of athletes who made the effort to travel to what was a well run and organised event.