

***SOUTH BENDIGO ATHLETIC  
CLUB Inc.***



***TRACK & FIELD SEASON***

***2022 – 2023***

*for family, fitness and fun*

[www.southbendigoac.org.au](http://www.southbendigoac.org.au)

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Frank	Waters	Graham	Pratt	1958-59	William Lafferty	Malcolm	Atkinson
Frank	Waters	Graham	Pratt	1959-60	Doug Knowles	Colin	Baxter
Frank	Waters	Terry	Brooks	1960-61	Peter Llewellyn	Charles	Butcher
Frank	Waters	Terry	Brooks	1961-62	Peter Llewellyn	Charles	Butcher
Eric	Perkins	Geoff	Warber	1962-63	Geoff Warber	Allen	Stuchbery
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Eric	Perkins	Len	Peterson	1964-65	Len Peterson		
Eric	Perkins	Len	Peterson	1965-66	Len Peterson		
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Vern	Curnow	Jim	Smith	1969-70	Ted Brereton		
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John	Davies	Hazel	Pilcher	1974-75	Jim Smith	Fred	Thompson
John	Davies	Jean	Petts	1975-76	Jim Smith	Frank	Barr
Fred	Thompson	Jean	Petts	1976-77	Jim Smith	Bruce	Petts
Fred	Thompson	Jean	Petts	1977-78	Jim Smith	Frank	Barr
Fred	Thompson	Robert	Seipolt	1978-79	Jim Smith	Frank	Barr
Fred	Thompson	Robert	Seipolt	1979-80	Jim Smith	Frank	Barr
Fred	Thompson	David	Simpson	1980-81	Jim Smith	David	Simpson
Fred	Thompson	Brian	Hayes	1981-82	Dianne Seipolt	Robert	Seipolt
Fred	Thompson	Brian	Mead	1982-83	Dianne Seipolt	Robert	Seipolt
Fred	Thompson	Brian	Mead	1983-84	Dianne Seipolt	Robert	Seipolt
Robert	Seipolt	Brian	Mead	1984-85	George Austen	Peter	Barret-Rob choles
Robert	Seipolt	Robyn	Powell	1985-86	George Austen	Robert	Dixon
Robert	Dixon	Trevor	Nancarrow	1986-87			
Robert	Dixon	Norman	West	1987-88	Laurie Anderson	Greg	Hilson
Sharon	Barr	Norman	West	1988-89	Laurie Anderson	Greg	Hilson
Sharon	Barr	Norman	West	1989-90	Laurie Anderson	Greg	Hilson
Bertram	Crappier	Norman	West	1990-91	Laurie Anderson	Sharon	Barr
Bertram	Crappier	Norman	West	1991-92	Laurie Anderson	Sharon	Barr
Bertram	Crappier	Norman	West	1992-93	Laurie Anderson	Murray	Anderson
David	Purdon	Sandra	Giampietro	1993-94	Heather Fenwick	Greg	Hilson
David	Purdon	Sandra	Giampietro	1994-95	Heather Fenwick	Robert	Dixon
David	Purdon	Sandra	Giampietro	1995-96	Heather Fenwick	Robert	Dixon
David	Purdon	Sandra	Giampietro	1996-97	Robert Dixon	Peter	Barrett
David	Purdon	Sandra	Giampietro	1997-98	Robert Dixon	Peter	Barrett
David	Purdon	Sandra	Giampietro	1998-99	Robert Dixon	Peter	Barrett
David	Purdon	Sandra	Giampietro	1999-2000	None	Robert	Dixon
David	Purdon	Arthur	Curnick	2000-01	Greg Hilson	Luke	Paterson
David	Purdon	Arthur	Curnick	2001-02	Sandra Giampietro	Robert	De La Haye
David	Purdon	Sandra	Giampietro	2002-03	Brian Cornell	Robert	De La Haye
David	Purdon	Sandra	Giampietro	2003-04	Peter Barrett	None	
David	Purdon	Sandra	Giampietro	2004-05	Peter Barrett	None	
Greg	Hilson	Sandra	Giampietro	2005-06	Peter Barrett	Scott	Purdon
Greg	Hilson	Sandra	Giampietro	2006-07	Peter Barrett	Scott	Purdon
Greg	Hilson	Carol	Coad	2007-08	Peter Barrett	Neil	Britten
Greg	Hilson	Carol	Coad	2008-09	Peter Barrett	Amanda	Worthington
Greg	Hilson	Carol	Coad	2009-10	Annette Curtis	Amanda	Worthington
Greg	Hilson	Carol	Coad	2010-11	Annette Curtis	Amanda	Worthington
Leigh	Browell	Carol	Coad	2011-12	Annette Curtis	Greg	Hilson
Leigh	Browell	Carol	Coad	2012-13	Annette Curtis	Amanda	Worthington
Leigh	Browell	Carol	Coad	2013-14	Annette Curtis	Amanda	Worthington
Leigh	Browell	Nigel	Self	2014-15	Annette Curtis	Amanda	Worthington
Leigh	Browell	Nigel	Self	2015-16	Annette Curtis	Amanda	Worthington
Leigh	Browell	Nigel	Self	2016-17	Annette Curtis	Amanda	Worthington
Leigh	Browell	Nigel	Self	2017-18	Annette Curtis	Amanda	Worthington/Daniel Plowright
Peter	Curtis	Josh	Pickthall	2018-19	Annette Curtis	Leigh	Browell
Peter	Curtis	Anna	DeVrieze	2019-20	Annette Curtis	Leigh	Browell
Peter	Curtis	Anna	DeVrieze	2020-21	Annette Curtis	Leigh	Browell
Leigh	Browell	Anna	Mulquiny	2021-22	Annette Curtis	Kylie	Campbell
Jackie	Guillou	Anna	Mulquiny	2022-23	Annette Curtis	Maria	Bryce / Leigh Browell

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**2022-2023 EXECUTIVE COMMITTEE**

<b>PRESIDENT</b>	-	<b>JACIE GUILLOU</b>
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<b>ASST. TREASURER</b>	-	<b>PETA DAWE</b>
<b>REGISTRAR</b>	-	<b>PETER BARRETT</b>

**REGISTERED A.V. ATHLETES, COACHES AND OFFICIALS 2022-2023**

Peter Barrett	Emma Berg	Leigh Browell	Caitlyn Campbell	Carol Coad
Annette Curtis	Peta Dawe	Kellie Doering	Pamela Farnell	Amber Fox
Taryn Furletti	Piper Fynch	Tyler Fynch	Sandra Giampietro	Allie Guillou
Belle Guillou	Claude Guillou	Jackie Guillou	Trudy Haines	Rhys Hansen
Peter Hayes	Naomi Henderson	Gregory Hilson	Debby Kirne	Thomas McArthur
Cassidy Miller	Shane Miller	Oliver Muggleton	Anna Mulquinny	Genevieve Nihill
Kai Norton	Jemma Norton	Aaron Norton	Jayne Norton	Emma Orme
Jennifer Payne	William Peterson	Archie Reid	Joan Self	Jasper Seymour
Keenan Seymour	Charlie Sullivan	Chelsea Tickell	Logan Tickell	Zachery Tickell
Chris Timewell	Keely Trew	William Trew	Connor Wilson	

“Thankyou to Jackie Guillou, Peter Barrett and Paul Rance for all the information that has helped put this booklet together.

Also to Sharon Barr for her years of doing the points for the aggregate awards.

And to anyone else that has posted any photos and information on the facebook page.

Sorry if any errors, or if anything has been omitted.

## High Performances - Round 1

# AVSL LADDER

While we had a good start to the season with many excellent individual performance as listed below we were down on numbers and after Round 1 we are sitting in 8<sup>th</sup> place on the Division 2 Ladder.



## 400+ Scorers

Congratulations to the following athletes on scoring over 400 points (points are age graded):

Emma Berg – Discus – 40.00m – 476 points  
 Belle Guillou – 200m – 27.49 – 408 points  
 Gen Nihill – 800m – 2.29.67 – 430 points  
 Amber Fox – Discus – 27.93m – 443 points  
 Kai Norton – Long Jump – 4.75m – 401 points  
 Kai Norton – Discus – 37.76m – 451 points  
 Kai Norton – Hammer – 36.62m – 446 points  
 Jasper Seymour – Discus – 40.80m – 488 points  
 Chelsea Tickell – 800m – 2.32.10 – 453 points  
 Jayne Norton – Discus – 29.21m – 443 points  
 Joan Self – Discus – 17.30m – 416 points  
 Kellie Doering – Discus – 24.19m – 409 points  
 Kellie Doering – Hammer – 27.47m – 412 points

The TOP SCORING athletes for Round 1 were Kai Norton with 1,298 points followed in 2<sup>nd</sup> by Keely Trew with 933 points.

## PBs (or SBs for Masters)

The following athletes reported their PBs to the club table and were rewarded with a Chupa Chup. Thank you and congratulations to:

Charlie Sullivan – 200m – 27.90  
 Piper Fynch – 800m – 3.21.55  
 Kai Norton – Hammer – 36.62m  
 Gen Nihill – 800m – 2.29.67  
 Tyler Fynch – High Jump – 1.40m  
 Jemma Norton – Long Jump – 3.61m  
 Jasper Seymour – Discus – 40.80m

All result times, points, ladders, rankings and much more are available on the AV Results Hub <https://athsvic.resultshub.com.au/>.

## EXCELLENT RESULTS FOR ROUND 2

Thank you Alirah Norton who did a great job of Managing the Club table.

### AVSL LADDER

**5<sup>th</sup>!! an improvement on 8<sup>th</sup> last week - well done everyone!** We were missing team members due to flooding, we hope you are well and safe. Those that did make it produced some outstanding performances including a **500+ score from Emma Berg!** While we finished in 5<sup>th</sup> we only missed 4<sup>th</sup> place by 160 points. We managed to get 4 Relay teams together which definitely boosted us up the ladder as there was only 690 points between 5<sup>th</sup> & 6<sup>th</sup>.

**400+ Scorers:** Congratulations to the following athletes on scoring over 400 points:

Emma Berg – Shot Put – 14.35m – 504 points  
 Kai Norton – Shot Put – 14.40m – 474 points  
 Kai Norton – Javelin – 35.68m – 452points  
 Jasper Seymour – Shot Put – 13.69m – 460 points  
 Amber Fox – Javelin – 22.13m – 408 points  
 Amber Fox – Shot Put – 9.49m – 434 points  
 Keely Trew – Javelin – 33.11m – 422 points  
 Joan Self – Shot Put – 6.65m – 407 points  
 Naomi Henderson – Triple Jump – 9.99m – 428 points  
 Allie, Gen, Naomi, Belle – 4x200 U18 Relay – 1:54.92 – 451 points  
 Oliver Muggleton – 100m – 11.41 – 433 points  
 Oliver Muggleton – 400m – 50.88 – 442 points  
 Belle Guillou – 100m – 13.38 – 400 points  
 Belle Guillou – 400m – 62.53- 414 points  
 Gen Nihill – 1500m – 5:10.37 – 407 points  
 Jenny Payne – 1500m walk – 9.45.79 – 473 points

**TOP SCORERS** for the round were Kai Norton with 1,297 followed by Joan Self with 1,176.

**PBs (or SBs for Masters):** Congratulations to the following athletes who achieved PBs:

Kai Norton – Shot Put – 14.40  
 Jasper Seymour – Shot Put – 13.69  
 Belle Guillou – 100m – 13.38  
 Jemma Norton – 100m – 15.43  
 Peta Dawe – 100m – 19.09  
 Kai Norton – Javelin – 35.68

**4x200 RELAYS** – Thanks to our relay teams for getting us the extra 690 points!:

Open Men – Chris Timewell, Keenan Seymour, Jasper Seymour, Tyler Fynch – 118 points  
 Open Women – Keely Trew, Jemma Norton, Jackie Guillou, Caitlyn Campbell – 179 points  
 U18 Women – Allie Guillou, Gen Nihill, Naomi Henderson, Belle Guillou – 451 points  
 60+ Women – Annette Curtis, Carol Coad, Joan Self, Peta Dawe – 128 points

## SBAC ATHLETES RULED AT ALL SCHOOLS

### ALL SCHOOLS WEEKEND 2 RESULTS



SBAC athletes brought their 'A' game and ruled All Schools with amazing results:

- Rhys Hansen – U15 Pole Vault 3.40m – 1<sup>st</sup> **GOLD**
- Genevieve Nihill – U16 3000 Final 11:36.67 – 7<sup>th</sup> & U16 800m Final 2:31.82 – 9<sup>th</sup>
- Jemma Norton – U17 Hammer Throw 38.11m – 6<sup>th</sup>
- Kai Norton – U14 Javelin 39.06m – 1<sup>st</sup> **GOLD** & U14 Hammer Throw 42.28m – 1<sup>st</sup> **GOLD**
- Chelsea Tickell – U14 800m 2:18.84 – 1<sup>st</sup> **GOLD**
- Logan Tickell – U17 800m Final 2:01.02 9<sup>th</sup> & U17 3000m Final 8:46.94 – 1<sup>st</sup> **GOLD**

With more than 2,000 entries over the 2 weekends and heats and finals in many events the results are outstanding.











### NON-AVSL ROUND 2 WRAP UP

With some missing due to All Schools we still managed a decent turn out with some nice weather and a few PBs:

Belle Guillou – 200m – 27.19  
 Belle Guillou – 100m – 13.18  
 Tyler Fynch – 800m – 2:31.80

\* \* \* \* \*

#### Division 2

	WEN	Wendouree	27,636
	MEN	Mentone	27,275
	GLG	Geelong Guild	25,327
	SBE	South Bendigo	22,194
	ANW	Nunawading	21,030
	BHA	Ballarat Harriers	20,369
	BGO	Bendigo Harriers	18,446
	MPA	Mornington	17,123
	KSB	Keilor St Bernards	16,924
	SAN	Sandringham	16,110

AVSL Round 4 Wrap Up in Round 4! Another *500+ score from Emma Berg in Shot Put!*  
 Great work everyone, we finished 4<sup>th</sup>

As you can see there aren't many points between some Clubs, so every point helps:

**400+ Scorers for Round 4 congrats to:**

Emma Berg – Shot Put – 14.29m – 503 points  
 Emma Berg – Javelin – 31.09m – 409 points  
 Connor Wilson – Shot Put – 13.00m – 447 points  
 Kai Norton – Javelin – 38.25m – 471 points  
 Kai Norton – Triple Jump – 10.83m – 441 point  
 Rhys Hansen – Pole Vault – 422 points  
 Jasper Seymour – Shot Put – 12.83m – 444 points  
 Amber Fox – Javelin – 23.66m – 421 points  
 Amber Fox – Shot Put – 9.66m – 438 points  
 Joan Self – Shot Put – 7.15m – 424 points  
 Joan Self – Javelin – 17.43m – 406 points  
 Oliver Muggleton – 100m – 11.40 – 418 points  
 Oliver Muggleton – 400m – 50.16 – 456 points  
 Belle Guillou – 100m – 13.37 – 401 points  
 Belle Guillou – 400m – 61.95 – 426 points  
 Allie Guillou – 400m – 62.62 – 412 points

**TOP SCORERS** once again were Kai Norton with 1,276 followed closely by Joan Self with 1,233 and then not far behind Rhys Hansen with 1,216 points.

**PBs (or SBs for Masters) congrats to:**

Joan Self – Shot Put – 7.15m  
 Jemma Norton – Triple Jump – 8.21m  
 Jemma Norton – Shot Put – 8.92m  
 Jemma Norton – 100m – 15.28  
 Allie Guillou – 400m – 62.62  
 Kai Norton – Triple Jump – 10.80m

**4x100 RELAYS TEAMS** – Thank you to the Relay teams for scoring some extra points:

**Open Men** – Chris Timewell, Leigh Browell, Greg Hilson, Oliver Muggleton – 195 points  
**U16 Men** – Tyler Fynch, Keenan Seymour, Jasper Seymour, Rhys Hansen – 206 points  
**U18 Women** – Allie Guillou, Gen Nihill, Belle Guillou, Jemma Norton – 368 points  
**60+ Women** – Annette Curtis, Carol Coad, Joan Self, Peta Dawe – 191 points

## RND 3 RESULTS, LADDER & VIC RELAY CHAMPS

### VICTORIAN STATE RELAYS












Athletics Bendigo entered and provided transport for Teams. There weren't many due to the catch up round the night before, however for those that competed it was well worth it! Congratulations to:

**Ollie Muggleton** - 4x400 Open men's - qualified for final to be held at Zatopek:10 on 15<sup>th</sup> December & the time of 3:28.64 was an **U20 Bendigo Record** (full team - Angus Mckindlay, Cameron Smith, Oliver Muggleton, Jackson Eadon)

**Debby Kirne & Jenny Payne** - 4x1500 40+ Woman's 26:02.66 – **BRONZE** (full team - Debby Kirne, Jennifer Payne, Ruth Sandeman, Anne Buckley)

### LADDER RESULTS

The Ladder after 3 rounds counted show we are in top 5 (rounds 2 & 3 yet to be included). The bottom 5 teams "Play Off" to avoid Relegation to the lower Divisions and top 5 "Play Off" for the Division Premiership Shield and promotion to Division 1.

Division 2						
	1		Mentone	82,836	29	CP
	2		Wendouree	76,671	28	CP
	3		Nunawading	64,760	20	CP
▲	4		Keilor St Bernards	59,128	17	CP
▲	5		South Bendigo	57,190	17	CP
<hr style="border-top: 1px dashed green;"/>						
▼	6		Ballarat Harriers	57,043	14	RP
▼	7		Bendigo Harriers	55,622	13	RP
▼	8		Geelong Guild	54,441	12	RP
	9		Mornington	52,273	12	RP
	10		Sandringham	38,476	3	RP
Division 3						
						CP



## ROUND 3 RESULTS

Numbers were low due to Friday twilight and the restriction on athletes entering after cancellation but we managed to stay clear of the bottom finishing 7<sup>th</sup>.

**\*\*Record Alert\*\*** congratulations to *Carol Coad, Annette Curtis, Joan Self & Peta Dawe* breaking the Women's 60+ Bendigo Record for 4x400 Relay with a time of 7.35.55!

### 400+ Scorers for Round 3 congrats to:

Carol Coad – Discus – 19.15m – 416 points  
 Joan Self – Discus – 17-47m – 418 points  
 Emma Berg – Discus – 43.95m – 499 points  
 Jasper Seymour – Discus – 38.07m – 468 points  
 Kai Norton – Discus – 30.38m – 411 points  
 Kai Norton – Hammer Throw – 45.62 – 499 points  
 Jayne Norton – Discus – 29.84m – 408 points  
 Rhys Hansen – High Jump – 1.69m – 439 points  
 Greg Hilson – High Jump – 1.49m – 409 points  
 Gen Nihill – 800m – 2:26.92 – 451 points

**TOP SCORERS** – most valuable athletes for Round 3 were **Rhys Hansen - 1,200** followed by **Carol Coad - 1,095** and then **Greg Hilson - 1,049** points.

### PBs (or SBs for Masters) congrats to:

Kai Norton – Hammer Throw – 45.62m  
 Charlie Sullivan – 200m – 26.94  
 Jen Nihill – 800m – 2:26.92  
 Chris Timewell – 3,000m – 11:55.96

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## DECEMBER CLUB NEWS

### NON-AVSL ROUND 3 RESULTS

#### **\*\*Record Alert\*\***

Records continue to tumble with Logan Tickell and Chelsea Tickell breaking the Open Mile Record (which is 1609.34m). Congratulations to Chelsea and Logan!:

- Logan Tickell – Mile – 4:30.60 – Bendigo Open Men's Record
- Chelsea Tickell – Mile – 5:34.89 – Bendigo Open Women's Record

#### PBs and SBs for Master Athletes:

- Charlie Sullivan – 100m – 12.87
- Tyler Fynch – Mile – 5:26



## AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS 8<sup>th</sup> – 11<sup>th</sup> December

Congratulations to the following 3 SBAC athletes who competed at the Australia All Schools in Adelaide:

- Rhys Hanson – Pole Vault – 3.50m – 1<sup>st</sup> GOLD
- Connor Wilson – Shot put – 13.90m – 6<sup>th</sup>
- Kai Norton – Shot put – 14.37m -5<sup>th</sup>
- Kai Norton – Javelin – 42m – 6<sup>th</sup>

Kai Norton – Hammer Throw – 38.67m – 4<sup>th</sup>

### AVSL ROUND 7 WRAP UP

Great turnout with 34 SBAC athletes competing and plenty of Christmas Cheer. We finished 3<sup>rd</sup> on the ladder for this Round but are in 5<sup>th</sup> place overall after all Rounds calculated (up to 6 excluding 2).



### **\*\*Record Alert\*\***

Congratulations to this week's Record breakers:

- **Keely Trew** – 400m Hurdles – 74.61 – Bendigo 30+ Record
- **Keely Trew** – 200m – 29.09 – Bendigo 30+ Record

### 400+ Scorers for Round 6 congrats to:

- Carol Coad – Discus – 19.91m – 423 points
- Carol Coad – Hammer Throw – 23.04m – 410 points
- Joan Self – Discus – 17.72m – 421 points
- Emma Berg – Discus – 43.36m – 496 points
- Jasper Seymour – Discus – 35.13m – 446 points
- Kai Norton – Discus – 32.76m – 429 points
- Kai Norton – Hammer Throw – 42.05m – 478 points
- Kai Norton – Long Jump – 4.79m – 405 points
- Jayne Norton – Discus – 28.69m – 439 points
- Emma Orme – Discus – 22.96m – 407 points
- Jemma Norton – Hammer Throw – 37.77m – 411 points
- Naomi Henderson – Long Jump – 4.46m – 408 points
- Belle Guillou – 200m – 27.03 – 428 points
- Will Peterson – 200m – 25.80 – 431 points
- Genevieve Nihill – 800m 2:27.10 – 449 points

**TOP SCORERS** – most valuable athletes for Round 7 were **Kai Norton** – 1,312 followed by **Carol Coad** – 1,140 and then **Joan Self** – 1,074 points.











**PBs (or SBs for Masters) congrats to:**

- Jayne Norton – Long Jump – 3.36 SB
- Jasper Seymour – 200m – 30.77
- Jemma Norton – Discus – 22.95m
- Aaron Norton – Hammer Throw – 23.74m
- Debby Kirne – 800m – 3.05.47 SB
- Piper Fynch – 800m – 3.17.42
- Debby Kirne – 2000m Steeple Chase – 10:07.27
- Jenny Payne – 2000m Steeple Chase – 11:53.84
- Will Peterson – 200m – 25.80

## AVSL ROUND 8 WRAP UP

3<sup>rd</sup> place by the skin of our teeth, only 1 point separates 3<sup>rd</sup> and 4<sup>th</sup>! With 26,622 points it is our biggest scoring round yet, so well done everyone!



Division 2				
	GLG	Geelong Guild	28,539	20
	MEN	Mentone	28,492	9
	SBE	South Bendigo	26,622	16
	WEN	Wendouree	26,621	7
	ANW	Nunawading	22,614	6
	MPA	Mornington	20,025	5
	BHA	Ballarat Harriers	17,478	4
	SAN	Sandringham	15,901	3
	BGO	Bendigo Harriers	15,840	2
	KSB	Keilor St Bernards	15,351	1

## \*\*Record Alert\*\*

Congratulations to this week's Record breakers:

- **Rhys Hansen** – Pole Vault – 3.75m – Breaking his own Bendigo Record
- **Joan Self** – Triple Jump – 7.90m – Breaking her own Bendigo 60+ Record

**400+ Scorers for Round 8 congrats to:**

- **Joan Self** – Javelin – 17.28m – 404 points

- Joan Self – Shot put – 7.06m – 421 points
- Rhys Hansen – Pole Vault – 3.75m – 461 points
- Emma Berg – Shot put – 14.44m – 505 points
- Jasper Seymour – Shot Put – 14.47m 4kg – 508 points
- Kai Norton – Javelin – 34.16m – 441 points
- Kai Norton – Shot Put – 15.51m – 494 points
- Kai Norton – Triple Jump – 10.49m – 423 points
- Chris Timewell – Javelin – 30.48m – 402 points
- Emma Orme – Shot Put – 9.53m – 435 points
- Oliver Muggleton – 100m – 11.11 – 455 points
- Oliver Muggleton – 400m – 49.23 – 475 points
- Belle Guillou – 400m – 61.80 – 429 points
- William Peterson – 100m – 12.49 – 424 points
- Genevieve Nihill – 1500m – 5:09.87 – 408 points
- Genevieve Nihill – 400m – 65.11 – 403 points
- Jennifer Payne – 2000m Walk – 12:56.84 – 487 points
- Allie Guillou, Gen Nihill, Naomi Henderson & Belle Guillou – U18 4 x 200 relay – 1.54.57 – 457 points

**TOP SCORERS** – most valuable athletes for Round 8 were **Kai Norton – 1,358** points followed by **Oliver Muggleton – 1 337** points and then **Joan Self – 1,221** points.

**PBs (or SBs for Masters) congrats to:**

Jasper Seymour – Shot Put 4kg – 14.35m

Tyler Fynch – 100m – 14.86

Debby Kirne – 400m – 83.66 – SB

Kai Norton – Shot put – 15.51m

Joan Self – Triple Jump – 7.90m

Rhys Hanson – Pole Vault – 3.75m

Jackie Guillou – 400m – 85.10 – SB

Charlie Green – 400m 62.54

\* \* \* \* \*

**UPDATE WITH PAUL RANCE 21<sup>st</sup> December**

With December's competition completed I have updated the top 50 ranking list for all track and field events at the Bendigo Regional Athletics Complex and the following performances are by Club athletes that have improved their ranking in the last 3 weeks of 2022.

In my opinion, the most impressive effort was by **Carol Coad** in the hammer throw, 10 Years ago in the 2012/13 Season, Carol produced a throw of 22.58m and that performance remained Carol's best at the Bendigo track for the next 10 years until last Saturday when she improved by almost half a metre with a 23.04m effort, It just goes to show that you can still produce your best performances when you are a mature age athlete.

Other improved performances in the hammer throw were by **Jemma Norton** with 37.77m bringing her into 8th place, **Aaron Norton** moved to 37th place in the Men's category with 23.74m and **Emma Berg's** 33.40m effort brought her up to 15th place in the Women's category while Emma also improved her Shot put to 15.17m as she maintained her no.1 ranking, other shot-put improvements were by **Connor**

**Wilson** up to number 7 in the Men's event with 14.35m, **Jasper Seymour** 11th with 13.97m with **Cassidy Miller** into 24th place in the Women's event with 9.56m.

In other events **Rhys Hansen** produced a 3.50m pole vault to move into 14th place on the all-time list, while **Keely Trew's** record breaking 400m hurdles saw her move into 24th in that event.

**Belle Guillou** continues to improve in the sprint events and her 100m time of 13.11 sees her into 28th place with **Naomi Henderson** now 34th in the 90m hurdles with her 16.91 effort and **Genevieve Nihill** moving onto the list for the first time in the 400m in 47th place with her 63.33 performance.

Apologies if there are any errors.

#### RICHARD KITT MEMORIAL 1500M

1 # 1396 Buckley, Anne W55 Bendigo Harriers 6:00.33 0:30	2 # 1247 Gill, Hunter M74 Bendigo Harriers 6:45.29
<b>3 # 2432 Timewell, Chris M48 South Bendigo 5:16.82 1:30</b>	<b>4 # 1091 Kirne, Debby W57 South Bendigo 6:17.13</b>
5 # 1484 Lang, Tully W16 Bendigo Harriers 5:21.75 1:30	6 # 228 Tickell, Logan M16 South Bendigo 4:04.06
7 # 1712 McDermid, Avery M14 Bendigo University 4:15.01 2:45	8 # 2800 Shanahan, Kevin M67 Eaglehawk 6:56.14
<b>9 # 300 Tickell, Chelsea W13 South Bendigo 5:08.56 1:55</b>	<b>10 # 2551 Nihill, Genevieve W15 South Bendigo 5:23.31</b>

#### SALLY CONROY 200M MEMORIAL

**1 # 3988 Sullivan, Charlie M12 South Bendigo 22.09**

2 # 4397 Griffiths, Roman M14 Eaglehawk 22.35

3 # 3432 Sullivan, Timothy M47 Eaglehawk 22.50





Relays at the track. Win for the boys.

Great running by Open Men: Thomas McArthur, Tyler Finch, Zac Tickell & Leigh Browell 4 x1500 🎉

Bendigo Residential Record 50+ women Debby Kirne, Carol Coad, Jennie Payne, Jackie Guillou

\* \* \* \* \*

Well done Bendigo athletes who competed at the Victorian Combined & AMA Multi Champs:

Trudy Haines SBAC - 2nd Vic & 1st Country 🏆🏆

Joan Self SBAC - 2nd Aust Masters 🏆



## VICTORIAN COUNTRY CHAMPIONSHIPS

### LANDY FIELD GEELONG

#### **It's a Wrap for 2023 Steigen Victorian Country Aths Championships**

#### **\*\* AWARD ALERT\*\***

Congratulations to **Logan Tickell** who received the 2023 Steigen VCAC Male Athlete of the Meet award!!

#### **Medal Tally & Overall Combined Team Scores**

We finished 3rd on the Medal Tally out of 20 country clubs which is a fantastic result given the size of our club (top 4 teams):

<b>Team</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	<b>Total</b>
Geelong Guild	42	32	15	89
Eaglehawk	39	46	44	129
South Bendigo	33	29	17	79
Bellarine	25	13	8	46

#### **Combined Team Scores**

<b>Place</b>	<b>Team</b>	<b>Points</b>
1	Eaglehawk EAG	1545
2	Geelong Guild GLG	966.5
3	South Bendigo SBE	811
4	Chilwell CHI	796

#### **Club Helpers & Supporters**

A big thank you to all the Club Helpers and Support Team who did an excellent job! It was really appreciated. There was a great atmosphere within the club tent and South had the best cheer squad!

#### **CLUB INDIVIDUAL & RELAY RESULTS FROM RESULTS HUB**

##### **W18**

*Discus:* Amber Fox 30.05m (3rd);

*Hammer:* Jemma Norton 38.10m (2nd);

*Javelin:* Amber Fox 22.37m (5th);

*Pole Vault:* Emma Orme 2.70m (2nd);

*Shot Put*: Emma Orme 10.27m (5th); Amber Fox 10.08m (6th); Jemma Norton 8.73m (9th);

### **W18**

*100m*: Belle Guillou 13.70 (-1.7) (9th); Allie Guillou 14.09 (-1.7) (12th);

*200m*: Belle Guillou 27.41 (-0.👀) (5th); Allie Guillou 28.79 (-1.2) (10th);

*400m*: Belle Guillou 62.63 (7th); Allie Guillou 64.34 (10th);

*800m*: Genevieve Nihill 2:24.76 (5th);

### **F18**

*4x100m*: (Belle Guillou, Allie Guillou, Naomi Henderson, Jemma Norton) 55.62 (3rd);

*4x400m*: (Belle Guillou, Allie Guillou, Genevieve Nihill, Chelsea Tickell) 4:14.00 (2nd);

### **W16**

*100m*: Naomi Henderson 14.38 (-2.0) (12th);

*800m*: Chelsea Tickell 2:24.70 (5th);

*1500m*: Chelsea Tickell 5:00.90 (2nd);

*Long Jump*: Naomi Henderson DNS;

*Triple Jump*: Naomi Henderson 9.78m (2.1) (4th);

### **F40**

*4x100m*: (Trudy Haines, Jackie Guillou, Debby Kirne, Jayne Norton) 67.31 (2nd);

*4x400m*: (Trudy Haines, Jackie Guillou, Carol Coad, Debby Kirne) 5:35.63 (2nd);

### **F60**

*4x100m*: (Annette Curtis, Joan Self, Jennifer Payne, Carol Coad) 75.32 (1st);

### **M18**

*1500m*: Logan Tickell 3:58.21 (1st);

*3000m*: Logan Tickell 8:40.28 (1st);

### **M16**

*Discus*: Connor Wilson 41.73m (1st); Jasper Seymour 39.01m (2nd); Kai Norton 37.70m (3rd);

*Hammer*: Kai Norton 30.37m (2nd);

*Javelin*: Kai Norton 32.70m (1st);

*Long Jump*: Kai Norton 4.97m (1.👀) (3rd);

*Pole Vault*: Rhys Hansen 3.80m (1st);

*Shot Put*: Kai Norton 13.83m (1st); Connor Wilson 13.23m (2nd); Jasper Seymour 12.22m (3rd);

### **M14**

*100m*: Charlie Sullivan 12.88 (-0.4) (1st);

*200m*: Charlie Sullivan 26.92 (1.0) (2nd);

*400m*: Charlie Sullivan 61.97 (3rd);

### **M40**

*4x100m*: (Aaron Norton, Leigh Browell, Gregory Hilson, Chris Timewell) 55.05 (1st);

*4x400m*: (Aaron Norton, Leigh Browell, Gregory Hilson, Chris Timewell) 4:30.24 (3rd);

### **Female**

*5000m*: Taryn Furletti 18:50.84 (4th);

*Discus*: Emma Berg 43.54m (2nd);

*Hammer*: Emma Berg 31.76m (5th);

*Javelin*: Emma Berg 36.46m (3rd); Keely Trew DNS;



*Pole Vault*: Emma Orme 2.60m (5th);  
*Shot Put*: Emma Berg 15.05m (1st);

### **Male**

*100m*: Oliver Muggleton 11.00 (1.9) (3rd);  
*200m*: Oliver Muggleton 22.17 (1.0) (3rd);  
*400m*: Oliver Muggleton 49.27 (4th);  
*3000m Steeple*: Leigh Browell 16:24.15 (1st);  
*5000m Walk*: Leigh Browell 39:57.07 (1st);

### **WV40+**

*Discus*: Jayne Norton 27.46m (2nd);  
*Long Jump*: Jayne Norton 3.58m (1.0) (1st);  
*Shot Put*: Jayne Norton 8.17m (3rd);  
*Triple Jump*: Jayne Norton 7.88m (2.9) (1st);

### **WV50+**

*100m*: Trudy Haines 16.24 (0.3) (2nd); Jackie Guillou 17.25 (0.3) (4th);  
*200m*: Jackie Guillou 36.19 (-0.5) (3rd);  
*400m*: Debby Kirne 80.83 (1st); Jackie Guillou 83.50 (2nd);  
*800m*: Debby Kirne 3:02.72 (4th);  
*80m Hurdles*: Trudy Haines 19.14 (-1.3) (1st);  
*300m Hurdles*: Trudy Haines 74.73 (1st);  
*High Jump*: Trudy Haines 1.25m (1st);  
*Javelin*: Trudy Haines 19.14m (1st);  
*Shot Put*: Trudy Haines 8.73m (1st);

### **WV60+**

*100m*: Carol Coad 16.59 (-1.2) (2nd); Joan Self 17.13 (-1.2) (3rd);  
*200m*: Carol Coad 34.36 (-2.2) (2nd);  
*800m*: Jennifer Payne 3:54.30 (4th);  
*3000m*: Jennifer Payne 15:51.76 (1st);  
*2000m Steeple*: Jennifer Payne 11:47.34 (2nd);  
*1500m Walk*: Jennifer Payne 9:57.10 (1st); Annette Curtis 11:46.28 (2nd);  
*Discus*: Joan Self 19.94m (1st); Carol Coad 19.49m (2nd);  
*Hammer*: Carol Coad 23.95m (1st);  
*Javelin*: Joan Self 19.39m (1st); Carol Coad 18.05m (2nd); Annette Curtis 10.76m (7th);  
*Shot Put*: Joan Self 7.16m (2nd);  
*Triple Jump*: Joan Self 7.89m (2.5) (1st); Carol Coad 7.60m (2.0) (2nd);

### **MO**

*4x400m*: (Charlie Sullivan, Oliver Muggleton, Rhys Hansen, Logan Tickell) 4:07.52 (7th);

### **MV40+**

*400m*: Chris Timewell 66.54 (2nd);  
*3000m Steeple*: Leigh Browell 16:24.15 (1st);  
*400m Hurdles*: Chris Timewell 88.01 (2nd);  
*5000m Walk*: Leigh Browell 39:57.07 (1st);  
*Discus*: Chris Timewell 23.72m (2nd); Aaron Norton 23.34m (3rd); Leigh Browell 16.52m (5th);

*Hammer:* Aaron Norton 21.18m (3rd); Leigh Browell 12.91m (4th);  
*High Jump:* Chris Timewell 1.35m (2nd);  
*Javelin:* Chris Timewell 30.79m (3rd); Leigh Browell 22.12m (4th);  
*Shot Put:* Leigh Browell 7.49m (3rd); Chris Timewell 6.95m (4th);















### MV50+

*800m:* Gregory Hilson 2:29.09 (1st);  
*1500m:* Gregory Hilson 5:17.23 (2nd);  
*400m Hurdles:* Gregory Hilson 74.93 (2nd);  
*High Jump:* Gregory Hilson 1.50m (1st);  
*Long Jump:* Gregory Hilson 4.91m (2.5) (1st);  
*Pole Vault:* Gregory Hilson 2.60m (1st);  
*Triple Jump:* Gregory Hilson 10.01m (0.2) (1st);

## Round 9 Wrap Up

While we didn't score as many points as Round 8 we managed to finish an amazing 2<sup>nd</sup> and with only 591 points separating 3<sup>rd</sup> place we definitely needed those extra Relay points!



Division 2					
	WEN	Wendouree	31,101		20
	SBE	South Bendigo	24,890		9
	KSB	Keilor St Bernards	24,299		16
	MPA	Mornington	21,866		7
	BHA	Ballarat Harriers	21,552		12
	MEN	Mentone	16,042		5
	BGO	Bendigo Harriers	15,608		4
	ANW	Nunawading	15,295		3
	GLG	Geelong Guild	14,423		2
	SAN	Sandringham	12,298		2

### \*\*Records broken at VCAC last weekend

Congratulation to following athletes who broke the Bendigo Residential Record:

- **Women's 50+ 4x400** (Trudy Haines, Jackie Guillou, Carol Coad & Debby Kirne) – 5:35.63
- **Trudy Haines** – Shot put – 8.73m

Congratulation to following athletes who broke the Country Championship Meet Record:

- **Women's 60+ 4x100** (Annette Curtis, Joan Self, Jennifer Payne, Carol Coad) – 75.32
- **Trudy Haines** – 50+ 300m Hurdles – 74.73

### 400+ Scorers for Round 9 congrats to:

- Naomi Henderson – Long Jump – 4.43m – 404 points
- Carol Coad – Discus – 18.32m – 408 points

- Joan Self – Discus – 18.30m – 426 points
- Emma Berg – Discus – 41.40m – 484 points
- Emma Berg – Hammer – 37.10m – 420 points
- Connor Wilson – Discus – 40.37m – 484 points
- Kai Norton – Discus – 35.56m – 443 points
- Kai Norton – Hammer – 44.66m – 493 points
- Kai Norton – Long Jump – 5.15m – 441 points
- Jasper Seymour – Discus – 33.54m – 434 points
- Jayne Norton – Discus – 29.17 – 443 points
- Jayne Norton – Hammer – 38.12m – 413 points
- Amber Fox – Discus – 26.19m – 430 points
- Emma Orme – Discus – 24.10m – 415 points
- Rhys Hanson – High Jump – 1.59m – 402 points
- Greg Hilson – High Jump – 1.49m – 409 points
- Ollie Muggleton – 200m – 23.09 – 427 points
- Tarryn Furletti – 3000m – 10:49.63 – 420 points
- Genevieve Nihill – 800m – 2:26.53 – 453 points
- U20 4x400m Relay (Belle Guillou, Allie Guillou, Gen Nihill, Caitlyn Campbell) – 4:22.30 – 463 points

**TOP SCORERS** – most valuable athletes for Round 9 were **Kai Norton – 1,383** points followed by **Rhys Hansen – 1,211** points and then **Carol Coad – 1,120** points.

**PBs (or SBs for Masters) from VCAC & Round 9, congrats to:**

- Carol Coad – Discus – 18.05m
- Carol Coad – Hammer – 23.95m

Aaron Norton – 5000m – 19:59.05

- Debby Kirne – 400m – 80.83 SB
- Jackie Guillou – 400m – 23.50 SB
- Debby Kirne – 800m – 3:02.74
- Genevieve Nihill – 800m – 2:24.76
- Jemma Norton – Hammer – 38.12m
- Kai Norton – Long Jump – 5.15m

\* \* \* \* \*

Numbers were low in round 10 due to multiple factors but according to my calculations we should still finish 4<sup>th</sup> on ladder, securing a spot in the top 5, which means Rounds 11 & 12 we'll be competing for Division Champions!

Congratulations to **Emma Berg** who broke her own Bendigo Open Record in **Shot Put** with a throw of 15.35m scoring her a whopping 515 points.

**400+ Scorers for Round 10 congrats to:**

- Joan Self – Javelin – 18.57m – 419 points
- Emma Berg – Shot Put – 15.35m – 515 points
- Emma Berg – Javelin – 31.32m – 411 points
- Oliver Muggleton – 100m – 10.98 – 471 points

- Oliver Muggleton – 400m – 48.89 – 482 points
- Jasper Seymour – Shot Put – 10.59m – 433 points
- Emma Orme – Shot Put – 9.20m – 426 points
- Kai Norton – Shot Put – 13.79m – 501 points

**TOP SCORERS** – most valuable athletes for Round 10 were **Joan Self – 1,266** points followed by **Carol Coad – 1,014** points and then **Oliver Muggleton - 999** points.

**PBs (or SBs for Masters) from Non AVSL & Rd 10, congrats to:**

- Charlie Sullivan 27/1/23 – 400m – 61.97
- Charlie Sullivan 11/2/23 – 200m – 26.63
- Jemma Norton 4/2/23 – Hammer – 38.12m
- Kai Norton 4/2/23 – Long Jump – 5.15m
- Debby Kirne – Shot put – 5.65m SB
- Jackie Guillou – 400m – 81.03 SB

**Congratulations to All South athletes that competed at the Victorian Track & Field Championships, you All did Amazing, Well Done.**

**W18**

*Hammer:* Jemma Norton 40.09m (4th);

**W17**

*Discus:* Amber Fox 32.07m (3rd);

*Pole Vault:* Emma Orme 2.70m (4th);

**W15**

*800m:* Chelsea Tickell 2:16.68 (1st); 2:26.16 (P);

*1500m:* Chelsea Tickell 4:41.54 (1st);

**M16**

*Pole Vault:* Rhys Hansen DNS;

**M15**

*Discus:* Jasper Seymour 41.72m (2nd); Connor Wilson 40.95m (3rd); Kai Norton 40.95m (4th);

*Hammer:* Kai Norton 40.07m (2nd);

*Javelin:* Kai Norton 41.84m (1st);

*Shot Put:* Kai Norton 13.81m (1st); Connor Wilson 12.49m (3rd); Jasper Seymour 11.68m (5th);

*Triple Jump:* Kai Norton 10.52m (2.1) (7th);

**M14**

*100m:* Charlie Sullivan 12.87 (-0.7) (1st);

Chelsea Tickell. New Bendigo Under 14 and Under 15 1500m Residential Record. 3 seconds under the old.

Under 15 Men Discus (1KG)

Well done to the young Men. 2, 3, 4. CJ 3rd on Count Back to Kai. Very good event.

**Result: Final**

1	285	<b>Theodore Eliadis</b> 42.17m; 44.63m; 42.49m; 41.47m;	(CCA)	<b>44.63m</b>
2	3975	<b>Jasper Seymour</b> 39.62m; Foul; 31.06m; 41.72m;	(SBE)	<b>41.72m</b>
3	4083	<b>Connor Wilson</b> 34.41m; Foul; Foul; 40.95m;	(SBE)	<b>40.95m</b>
4	291	<b>Kai Norton</b> 31.85m; 40.95m; Foul; Foul;	(SBE)	<b>40.95m</b>

ATHLETES EVENTS AND RESULTS FOR THE SEASON UP TO ROUND 10  
( Thanks to Peter Barrett)

Name	Grade	Group	Discipline	Distance	Performance
Aaron Norton	M40	Distance	Run	800	02:33.8
Aaron Norton	M40	Distance	Run	1500	05:14.5
Aaron Norton	M40	Distance	Run	3000	11:40.9
Aaron Norton	M40	Sprint	Run	400	67.8
Aaron Norton	M40	Throw	Discus		23.09m
Aaron Norton	M40	Throw	Discus		23.03m
Aaron Norton	M40	Throw	Discus		22.05m
Aaron Norton	M40	Throw	Discus		21.52m
Aaron Norton	M40	Throw	Discus		21.28m
Aaron Norton	M40	Throw	Hammer		23.74m
Aaron Norton	M40	Throw	Hammer		22.18m
Aaron Norton	M40	Throw	Hammer		21.89m
Aaron Norton	M40	Throw	Hammer		21.29m
Aaron Norton	M40	Throw	Hammer		20.93m
Aaron Norton	M40	Throw	Javelin		28.15m
Aaron Norton	M40	Throw	Javelin		27.50m
Aaron Norton	M40	Throw	Shot Put		7.83m
Aaron Norton	M40	Throw	Shot Put		7.64m
Aaron Norton	M40	Throw	Shot Put		7.57m
Aaron Norton	M40	Throw	Shot Put		7.26m
Aaron Norton	M40	Throw	Shot Put		6.89m
Allie Guillou	F18	Distance	Run	800	02:35.4
Allie Guillou	F18	Sprint	Run	100	13.36
Allie Guillou	F18	Sprint	Run	100	13.66
Allie Guillou	F18	Sprint	Run	100	13.71
Allie Guillou	F18	Sprint	Run	100	13.8
Allie Guillou	F18	Sprint	Run	200	27.9
Allie Guillou	F18	Sprint	Run	200	27.99
Allie Guillou	F18	Sprint	Run	200	28.38
Allie Guillou	F18	Sprint	Run	400	62.62
Allie Guillou	F18	Sprint	Run	400	63.49
Allie Guillou	F18	Sprint	Run	400	63.77
Allie Guillou	F18	Sprint	Run	400	64.73
Amber Fox	F16	Distance	Walk	1500	09:57.5
Amber Fox	F16	Throw	Discus		27.93m
Amber Fox	F16	Throw	Discus		27.26m
Amber Fox	F16	Throw	Discus		26.19m
Amber Fox	F16	Throw	Javelin		23.66m
Amber Fox	F16	Throw	Javelin		22.13m
Amber Fox	F16	Throw	Shot Put		9.66m
Amber Fox	F16	Throw	Shot Put		9.49m
Anna Mulquiny	FOP	Distance	Run	800	02:47.3
Anna Mulquiny	FOP	Distance	Run	1500	05:40.2
Anna Mulquiny	FOP	Distance	Run	1500	05:53.3
Anna Mulquiny	FOP	Distance	Run	3000	12:35.2
Anna Mulquiny	FOP	Sprint	Run	400	76.2
Annette Curtis	F40	Distance	Walk	1500	11:41.6
Annette Curtis	F40	Distance	Walk	1500	11:48.9

Annette Curtis	F40	Distance	Walk	2000	15:52.3
Annette Curtis	F40	Distance	Walk	2000	16:44.6
Annette Curtis	F40	Sprint	Run	100	23.61
Annette Curtis	F40	Sprint	Run	100	23.06
Annette Curtis	F40	Sprint	Run	200	50.22
Annette Curtis	F40	Sprint	Run	200	50.92
Annette Curtis	F40	Sprint	Run	200	51.49
Annette Curtis	F40	Throw	Discus		12.75m
Annette Curtis	F40	Throw	Discus		12.36m
Annette Curtis	F40	Throw	Discus		12.10m
Annette Curtis	F40	Throw	Discus		11.77m
Annette Curtis	F40	Throw	Javelin		13.85m
Annette Curtis	F40	Throw	Javelin		13.64m
Annette Curtis	F40	Throw	Javelin		13.44m
Annette Curtis	F40	Throw	Javelin		13.08m
Annette Curtis	F40	Throw	Javelin		11.63m
Annette Curtis	F40	Throw	Shot Put		5.33m
Annette Curtis	F40	Throw	Shot Put		5.20m
Annette Curtis	F40	Throw	Shot Put		5.10m
Annette Curtis	F40	Throw	Shot Put		4.93m
Annette Curtis	F40	Throw	Shot Put		4.68m
Belle Guillou	F18	Distance	Run	800	02:34.1
Belle Guillou	F18	Sprint	Run	100	13.11
Belle Guillou	F18	Sprint	Run	100	13.37
Belle Guillou	F18	Sprint	Run	100	13.38
Belle Guillou	F18	Sprint	Run	100	13.46
Belle Guillou	F18	Sprint	Run	200	26.85
Belle Guillou	F18	Sprint	Run	200	27.03
Belle Guillou	F18	Sprint	Run	200	27.49
Belle Guillou	F18	Sprint	Run	200	27.73
Belle Guillou	F18	Sprint	Run	400	61.8
Belle Guillou	F18	Sprint	Run	400	61.95
Belle Guillou	F18	Sprint	Run	400	62.53
Belle Guillou	F18	Sprint	Run	400	62.9
Caitlin Campbell	F20	Distance	Run	800	02:42.2
Caitlin Campbell	F20	Distance	Run	800	02:44.1
Caitlin Campbell	F20	Distance	Run	800	02:45.1
Caitlin Campbell	F20	Distance	Run	1500	06:51.2
Caitlin Campbell	F20	Sprint	Run	100	14.85
Caitlin Campbell	F20	Sprint	Run	100	15.05
Caitlin Campbell	F20	Sprint	Run	100	15.06
Caitlin Campbell	F20	Sprint	Run	200	30.14
Caitlin Campbell	F20	Sprint	Run	200	30.53
Caitlin Campbell	F20	Sprint	Run	200	30.54
Caitlin Campbell	F20	Sprint	Run	400	67.95
Caitlin Campbell	F20	Sprint	Run	400	68.35
Caitlin Campbell	F20	Sprint	Run	400	69.38
Carol Coad	F40	Jump	Long Jump		3.28m
Carol Coad	F40	Jump	Long Jump		3.17m

Carol Coad	F40	Jump	Long Jump		2.93m
Carol Coad	F40	Jump	Long Jump		2.99m
Carol Coad	F40	Jump	Triple Jump		7.68m
Carol Coad	F40	Jump	Triple Jump		7.22m
Carol Coad	F40	Jump	Triple Jump		7.10m
Carol Coad	F40	Jump	Triple Jump		6.89m
Carol Coad	F40	Sprint	Run	100	16.62
Carol Coad	F40	Sprint	Run	100	16.69
Carol Coad	F40	Sprint	Run	100	16.78
Carol Coad	F40	Sprint	Run	200	34.93
Carol Coad	F40	Throw	Discus		19.91m
Carol Coad	F40	Throw	Discus		19.15m
Carol Coad	F40	Throw	Discus		18.64m
Carol Coad	F40	Throw	Discus		18.32m
Carol Coad	F40	Throw	Hammer		23.04m
Carol Coad	F40	Throw	Hammer		21.81m
Carol Coad	F40	Throw	Hammer		21.46m
Carol Coad	F40	Throw	Hammer		20.85m
Carol Coad	F40	Throw	Javelin		17.45m
Carol Coad	F40	Throw	Javelin		17.27m
Carol Coad	F40	Throw	Javelin		16.96m
Carol Coad	F40	Throw	Javelin		16.41m
Carol Coad	F40	Throw	Javelin		15.88m
Carol Coad	F40	Throw	Shot Put		6.94m
Carol Coad	F40	Throw	Shot Put		6.70m
Carol Coad	F40	Throw	Shot Put		6.53m
Carol Coad	F40	Throw	Shot Put		6.41m
Carol Coad	F40	Throw	Shot Put		6.33m
Cassidy Miller	F18	Jump	High Jump		1.33m
Cassidy Miller	F18	Jump	High Jump		1.29m
Cassidy Miller	F18	Jump	Long Jump		4.24m
Cassidy Miller	F18	Jump	Long Jump		4.13m
Cassidy Miller	F18	Jump	Long Jump		3.90m
Cassidy Miller	F18	Jump	Triple Jump		8.45m
Cassidy Miller	F18	Sprint	Run	100	14.63
Cassidy Miller	F18	Throw	Discus		24.86m
Cassidy Miller	F18	Throw	Discus		22.81m
Cassidy Miller	F18	Throw	Javelin		25.05m
Cassidy Miller	F18	Throw	Javelin		20.73m
Cassidy Miller	F18	Throw	Shot Put		9.56m
Cassidy Miller	F18	Throw	Shot Put		8.99m
Charlie Sullivan	M14	Sprint	Run	100	12.91
Charlie Sullivan	M14	Sprint	Run	100	13.05
Charlie Sullivan	M14	Sprint	Run	100	13.54
Charlie Sullivan	M14	Sprint	Run	100	13.56
Charlie Sullivan	M14	Sprint	Run	200	26.94
Charlie Sullivan	M14	Sprint	Run	200	26.96
Charlie Sullivan	M14	Sprint	Run	200	27.39
Charlie Sullivan	M14	Sprint	Run	200	27.9



Charlie Sullivan	M14	Sprint	Run	400	62.54
Charlie Sullivan	M14	Sprint	Run	400	65.88
Chelsea Tickell	F14	Distance	Run	800	02:32.1
Chelsea Tickell	F14	Sprint	Run	200	31.15
Chris Timewell	M40	Distance	Run	800	02:38.0
Chris Timewell	M40	Distance	Run	800	02:38.9
Chris Timewell	M40	Distance	Run	1500	05:30.2
Chris Timewell	M40	Distance	Run	1500	05:39.7
Chris Timewell	M40	Distance	Run	3000	11:56.0
Chris Timewell	M40	Distance	Run	5000	21:28.3
Chris Timewell	M40	Jump	High Jump		1.34m
Chris Timewell	M40	Jump	High Jump		1.33m
Chris Timewell	M40	Jump	High Jump		1.29m
Chris Timewell	M40	Jump	Long Jump		4.07m
Chris Timewell	M40	Sprint	Hurdles	110	30.88
Chris Timewell	M40	Sprint	Run	200	29.46
Chris Timewell	M40	Sprint	Run	400	67.48
Chris Timewell	M40	Sprint	Run	400	68.72
Chris Timewell	M40	Throw	Discus		24.25m
Chris Timewell	M40	Throw	Discus		23.53m
Chris Timewell	M40	Throw	Discus		22.98m
Chris Timewell	M40	Throw	Discus		22.91m
Chris Timewell	M40	Throw	Discus		19.79m
Chris Timewell	M40	Throw	Hammer		14.84m
Chris Timewell	M40	Throw	Hammer		14.82m
Chris Timewell	M40	Throw	Javelin		30.48m
Chris Timewell	M40	Throw	Javelin		30.10m
Chris Timewell	M40	Throw	Javelin		28.81m
Chris Timewell	M40	Throw	Javelin		28.11m
Chris Timewell	M40	Throw	Shot Put		7.23m
Chris Timewell	M40	Throw	Shot Put		7.22m
Chris Timewell	M40	Throw	Shot Put		7.05m
Chris Timewell	M40	Throw	Shot Put		6.93m
Connor Wilson	M14	Throw	Discus		40.37m
Connor Wilson	M14	Throw	Javelin		28.40m
Connor Wilson	M14	Throw	Javelin		25.65m
Connor Wilson	M14	Throw	Shot Put		14.35m
Connor Wilson	M14	Throw	Shot Put		13.00m
Debby Kirne	F40	Distance	Run	800	03:05.5
Debby Kirne	F40	Distance	Run	800	03:08.3
Debby Kirne	F40	Distance	Run	800	03:10.4
Debby Kirne	F40	Distance	Run	800	03:14.6
Debby Kirne	F40	Distance	Run	800	03:15.0
Debby Kirne	F40	Distance	Run	1500	06:17.3
Debby Kirne	F40	Distance	Run	1500	06:21.0
Debby Kirne	F40	Distance	Run	1500	06:25.9
Debby Kirne	F40	Distance	Run	1500	06:38.5
Debby Kirne	F40	Distance	Run	3000	13:59.8
Debby Kirne	F40	Distance	Run	3000	14:08.3

Debby Kirne	F40	Distance	Run	3000	14:29.3
Debby Kirne	F40	Distance	Steeple	2000	10:07.3
Debby Kirne	F40	Sprint	Run	200	37.77
Debby Kirne	F40	Sprint	Run	200	38.97
Debby Kirne	F40	Sprint	Run	400	83.66
Debby Kirne	F40	Sprint	Run	400	85.03
Debby Kirne	F40	Sprint	Run	400	85.79
Debby Kirne	F40	Throw	Discus		11.02m
Debby Kirne	F40	Throw	Discus		10.64m
Debby Kirne	F40	Throw	Discus		9.92m
Debby Kirne	F40	Throw	Discus		7.72m
Debby Kirne	F40	Throw	Javelin		9.09m
Debby Kirne	F40	Throw	Shot Put		5.65m
Debby Kirne	F40	Throw	Shot Put		5.58m
Debby Kirne	F40	Throw	Shot Put		5.38m
Debby Kirne	F40	Throw	Shot Put		5.02m
Emma Berg	FOP	Sprint	Run	100	18.21
Emma Berg	FOP	Throw	Discus		43.95m
Emma Berg	FOP	Throw	Discus		43.36m
Emma Berg	FOP	Throw	Discus		41.40m
Emma Berg	FOP	Throw	Discus		40.30m
Emma Berg	FOP	Throw	Discus		40.00m
Emma Berg	FOP	Throw	Hammer		37.10m
Emma Berg	FOP	Throw	Hammer		33.40m
Emma Berg	FOP	Throw	Hammer		29.48m
Emma Berg	FOP	Throw	Hammer		27.28m
Emma Berg	FOP	Throw	Hammer		25.22m
Emma Berg	FOP	Throw	Javelin		34.72m
Emma Berg	FOP	Throw	Javelin		31.32m
Emma Berg	FOP	Throw	Javelin		31.01m
Emma Berg	FOP	Throw	Javelin		28.26m
Emma Berg	FOP	Throw	Shot Put		15.34m
Emma Berg	FOP	Throw	Shot Put		15.17m
Emma Berg	FOP	Throw	Shot Put		14.44m
Emma Berg	FOP	Throw	Shot Put		14.35m
Emma Berg	FOP	Throw	Shot Put		14.29m
Emma Orme	F16	Jump	High Jump		1.34m
Emma Orme	F16	Jump	Long Jump		3.25m
Emma Orme	F16	Jump	Pole Vault		2.60m
Emma Orme	F16	Jump	Pole Vault		2.60m
Emma Orme	F16	Sprint	Run	200	32.67
Emma Orme	F16	Throw	Discus		24.10m
Emma Orme	F16	Throw	Discus		22.96m
Emma Orme	F16	Throw	Javelin		17.36m
Emma Orme	F16	Throw	Shot Put		9.53m
Emma Orme	F16	Throw	Shot Put		9.20m
Genevieve Nihill	F16	Distance	Run	800	02:26.5
Genevieve Nihill	F16	Distance	Run	800	02:26.9
Genevieve Nihill	F16	Distance	Run	800	02:27.1

Genevieve Nihill	F16	Distance	Run	800	02:29.7
Genevieve Nihill	F16	Distance	Run	800	02:29.9
Genevieve Nihill	F16	Distance	Run	1500	05:09.9
Genevieve Nihill	F16	Distance	Run	1500	05:10.4
Genevieve Nihill	F16	Distance	Run	1500	05:12.7
Genevieve Nihill	F16	Distance	Run	1500	05:21.1
Genevieve Nihill	F16	Sprint	Run	100	14.36
Genevieve Nihill	F16	Sprint	Run	100	14.52
Genevieve Nihill	F16	Sprint	Run	100	14.66
Genevieve Nihill	F16	Sprint	Run	100	14.47
Genevieve Nihill	F16	Sprint	Run	200	28.46
Genevieve Nihill	F16	Sprint	Run	200	28.69
Genevieve Nihill	F16	Sprint	Run	200	29.26
Genevieve Nihill	F16	Sprint	Run	200	29.29
Genevieve Nihill	F16	Sprint	Run	200	29.84
Genevieve Nihill	F16	Sprint	Run	400	63.33
Genevieve Nihill	F16	Sprint	Run	400	65.11
Genevieve Nihill	F16	Sprint	Run	400	66.68
Gregory Hilson	M40	Distance	Run	800	02:35.2
Gregory Hilson	M40	Distance	Run	800	02:37.2
Gregory Hilson	M40	Distance	Run	800	02:42.2
Gregory Hilson	M40	Distance	Run	1500	05:31.8
Gregory Hilson	M40	Distance	Run	1500	05:40.3
Gregory Hilson	M40	Distance	Run	1500	05:43.7
Gregory Hilson	M40	Jump	High Jump		1.49m
Gregory Hilson	M40	Jump	High Jump		1.49m
Gregory Hilson	M40	Jump	High Jump		1.45m
Gregory Hilson	M40	Jump	Long Jump		4.79m
Gregory Hilson	M40	Jump	Long Jump		4.65m
Gregory Hilson	M40	Jump	Pole Vault		2.70m
Gregory Hilson	M40	Jump	Pole Vault		2.60m
Gregory Hilson	M40	Jump	Pole Vault		2.50m
Gregory Hilson	M40	Jump	Pole Vault		2.45m
Gregory Hilson	M40	Jump	Triple Jump		9.70m
Gregory Hilson	M40	Sprint	Run	400	67.14
Gregory Hilson	M40	Sprint	Run	400	71.53
Gregory Hilson	M40	Throw	Javelin		22.65m
Jackie Guillou	F40	Distance	Run	800	03:27.8
Jackie Guillou	F40	Distance	Run	800	03:35.1
Jackie Guillou	F40	Distance	Run	800	03:40.9
Jackie Guillou	F40	Distance	Run	800	03:47.2
Jackie Guillou	F40	Distance	Run	800	03:47.8
Jackie Guillou	F40	Distance	Run	1500	07:32.2
Jackie Guillou	F40	Distance	Run	1500	07:37.3
Jackie Guillou	F40	Distance	Run	1500	07:42.7
Jackie Guillou	F40	Distance	Run	1500	07:52.7
Jackie Guillou	F40	Distance	Run	1500	08:01.2
Jackie Guillou	F40	Sprint	Run	100	16.57
Jackie Guillou	F40	Sprint	Run	100	16.75

Jackie Guillou	F40	Sprint	Run	100	16.76
Jackie Guillou	F40	Sprint	Run	100	16.9
Jackie Guillou	F40	Sprint	Run	100	17.06
Jackie Guillou	F40	Sprint	Run	200	35.19
Jackie Guillou	F40	Sprint	Run	200	35.54
Jackie Guillou	F40	Sprint	Run	200	35.74
Jackie Guillou	F40	Sprint	Run	200	35.92
Jackie Guillou	F40	Sprint	Run	200	36.62
Jackie Guillou	F40	Sprint	Run	400	81.03
Jackie Guillou	F40	Sprint	Run	400	85.1
Jackie Guillou	F40	Sprint	Run	400	86.64
Jackie Guillou	F40	Sprint	Run	400	86.58
Jackie Guillou	F40	Sprint	Run	400	01:30.1
Jackie Guillou	F40	Throw	Discus		11.06m
Jackie Guillou	F40	Throw	Discus		10.42m
Jackie Guillou	F40	Throw	Discus		9.75m
Jackie Guillou	F40	Throw	Discus		9.44m
Jackie Guillou	F40	Throw	Discus		8.92m
Jasper Seymour	M14	Sprint	Run	100	14.37
Jasper Seymour	M14	Sprint	Run	100	14.66
Jasper Seymour	M14	Sprint	Run	100	14.92
Jasper Seymour	M14	Sprint	Run	100	14.92
Jasper Seymour	M14	Sprint	Run	100	15.22
Jasper Seymour	M14	Sprint	Run	200	30.77
Jasper Seymour	M14	Sprint	Run	200	31.55
Jasper Seymour	M14	Throw	Discus		40.80m
Jasper Seymour	M14	Throw	Discus		38.07m
Jasper Seymour	M14	Throw	Discus		35.24m
Jasper Seymour	M14	Throw	Discus		35.13m
Jasper Seymour	M14	Throw	Discus		33.54m
Jasper Seymour	M14	Throw	Shot Put		14.47m
Jasper Seymour	M14	Throw	Shot Put		13.97m
Jasper Seymour	M14	Throw	Shot Put		13.69m
Jasper Seymour	M14	Throw	Shot Put		12.83m
Jasper Seymour	M14	Throw	Shot Put		10.59m
Jayne Norton	F40	Jump	Long Jump		3.36m
Jayne Norton	F40	Jump	Long Jump		3.34m
Jayne Norton	F40	Jump	Long Jump		3.29m
Jayne Norton	F40	Throw	Discus		31.42m
Jayne Norton	F40	Throw	Discus		29.86m
Jayne Norton	F40	Throw	Discus		29.21m
Jayne Norton	F40	Throw	Discus		29.17m
Jayne Norton	F40	Throw	Discus		28.69m
Jayne Norton	F40	Throw	Hammer		17.87m
Jayne Norton	F40	Throw	Hammer		17.29m
Jayne Norton	F40	Throw	Hammer		15.77m
Jayne Norton	F40	Throw	Hammer		14.44m
Jemma Norton	F18	Jump	Long Jump		3.75m
Jemma Norton	F18	Jump	Long Jump		3.61m

Jemma Norton	F18	Jump	Long Jump		3.58m
Jemma Norton	F18	Jump	Long Jump		3.57m
Jemma Norton	F18	Jump	Triple Jump		8.21m
Jemma Norton	F18	Sprint	Run	100	15.43
Jemma Norton	F18	Sprint	Run	100	15.63
Jemma Norton	F18	Throw	Discus		22.95m
Jemma Norton	F18	Throw	Discus		18.88m
Jemma Norton	F18	Throw	Discus		18.72m
Jemma Norton	F18	Throw	Discus		14.27m
Jemma Norton	F18	Throw	Hammer		38.12m
Jemma Norton	F18	Throw	Hammer		37.77m
Jemma Norton	F18	Throw	Hammer		35.36m
Jemma Norton	F18	Throw	Hammer		30.30m
Jemma Norton	F18	Throw	Javelin		18.27m
Jemma Norton	F18	Throw	Javelin		17.86m
Jemma Norton	F18	Throw	Javelin		17.32m
Jemma Norton	F18	Throw	Javelin		14.05m
Jemma Norton	F18	Throw	Shot Put		8.92m
Jemma Norton	F18	Throw	Shot Put		8.37m
Jemma Norton	F18	Throw	Shot Put		8.26m
Jennifer Payne	F40	Distance	Run	800	03:58.6
Jennifer Payne	F40	Distance	Run	800	04:01.1
Jennifer Payne	F40	Distance	Run	800	04:04.6
Jennifer Payne	F40	Distance	Run	1500	07:59.5
Jennifer Payne	F40	Distance	Run	1500	08:05.5
Jennifer Payne	F40	Distance	Run	3000	15:57.8
Jennifer Payne	F40	Distance	Run	3000	16:20.5
Jennifer Payne	F40	Distance	Steeple	2000	11:53.8
Jennifer Payne	F40	Distance	Walk	1500	09:45.8
Jennifer Payne	F40	Distance	Walk	1500	09:51.2
Jennifer Payne	F40	Distance	Walk	2000	12:56.8
Jennifer Payne	F40	Throw	Discus		11.69m
Jennifer Payne	F40	Throw	Discus		10.29m
Jennifer Payne	F40	Throw	Discus		9.91m
Jennifer Payne	F40	Throw	Discus		9.88m
Jennifer Payne	F40	Throw	Javelin		10.11m
Jennifer Payne	F40	Throw	Javelin		9.07m
Jennifer Payne	F40	Throw	Javelin		5.94m
Jennifer Payne	F40	Throw	Shot Put		4.42m
Jennifer Payne	F40	Throw	Shot Put		4.30m
Joan Self	F40	Jump	High Jump		1.09m
Joan Self	F40	Jump	High Jump		1.08m
Joan Self	F40	Jump	Long Jump		3.25m
Joan Self	F40	Jump	Long Jump		3.22m
Joan Self	F40	Jump	Long Jump		3.20m
Joan Self	F40	Jump	Long Jump		3.05m
Joan Self	F40	Jump	Long Jump		2.95m
Joan Self	F40	Jump	Triple Jump		7.90m
Joan Self	F40	Jump	Triple Jump		7.60m

Joan Self	F40	Jump	Triple Jump		7.58m
Joan Self	F40	Jump	Triple Jump		7.53m
Joan Self	F40	Jump	Triple Jump		7.38m
Joan Self	F40	Sprint	Hurdles	80	19.05
Joan Self	F40	Sprint	Hurdles	80	19.72
Joan Self	F40	Sprint	Run	100	17.1
Joan Self	F40	Sprint	Run	100	17.25
Joan Self	F40	Sprint	Run	200	37.74
Joan Self	F40	Sprint	Run	200	38.37
Joan Self	F40	Sprint	Run	200	41.56
Joan Self	F40	Throw	Discus		18.30m
Joan Self	F40	Throw	Discus		17.72m
Joan Self	F40	Throw	Discus		17.47m
Joan Self	F40	Throw	Discus		17.30m
Joan Self	F40	Throw	Discus		16.74m
Joan Self	F40	Throw	Javelin		19.17m
Joan Self	F40	Throw	Javelin		18.57m
Joan Self	F40	Throw	Javelin		17.43m
Joan Self	F40	Throw	Javelin		17.28m
Joan Self	F40	Throw	Javelin		16.82m
Joan Self	F40	Throw	Shot Put		7.59m
Joan Self	F40	Throw	Shot Put		7.39m
Joan Self	F40	Throw	Shot Put		7.15m
Joan Self	F40	Throw	Shot Put		7.06m
Joan Self	F40	Throw	Shot Put		6.65m
Kai Norton	M14	Jump	Long Jump		5.15m
Kai Norton	M14	Jump	Long Jump		5.01m
Kai Norton	M14	Jump	Long Jump		4.79m
Kai Norton	M14	Jump	Long Jump		4.75m
Kai Norton	M14	Jump	Triple Jump		10.83m
Kai Norton	M14	Jump	Triple Jump		10.62m
Kai Norton	M14	Jump	Triple Jump		10.49m
Kai Norton	M14	Jump	Triple Jump		9.67m
Kai Norton	M14	Sprint	Run	100	12.97
Kai Norton	M14	Throw	Discus		35.76m
Kai Norton	M14	Throw	Discus		35.56m
Kai Norton	M14	Throw	Discus		33.44m
Kai Norton	M14	Throw	Discus		32.76m
Kai Norton	M14	Throw	Discus		30.38m
Kai Norton	M14	Throw	Hammer		45.62m
Kai Norton	M14	Throw	Hammer		44.66m
Kai Norton	M14	Throw	Hammer		42.05m
Kai Norton	M14	Throw	Hammer		38.07m
Kai Norton	M14	Throw	Hammer		36.62m
Kai Norton	M14	Throw	Javelin		38.84m
Kai Norton	M14	Throw	Javelin		38.25m
Kai Norton	M14	Throw	Javelin		35.68m
Kai Norton	M14	Throw	Javelin		34.16m
Kai Norton	M14	Throw	Shot Put		13.79m

Kai Norton	M14	Throw	Shot Put		15.51m
Kai Norton	M14	Throw	Shot Put		14.40m
Kai Norton	M14	Throw	Shot Put		13.85m
Keely Trew	FOP	Distance	Run	800	02:41.5
Keely Trew	FOP	Distance	Run	800	02:53.4
Keely Trew	FOP	Distance	Run	3000	14:37.9
Keely Trew	FOP	Jump	Long Jump		4.80m
Keely Trew	FOP	Jump	Long Jump		4.57m
Keely Trew	FOP	Jump	Triple Jump		10.10m
Keely Trew	FOP	Sprint	Hurdles	400	74.61
Keely Trew	FOP	Sprint	Run	100	14.02
Keely Trew	FOP	Sprint	Run	200	29.09
Keely Trew	FOP	Sprint	Run	200	29.67
Keely Trew	FOP	Sprint	Run	400	65.72
Keely Trew	FOP	Sprint	Run	400	65.79
Keely Trew	FOP	Throw	Discus		21.67m
Keely Trew	FOP	Throw	Discus		20.82m
Keely Trew	FOP	Throw	Discus		19.69m
Keely Trew	FOP	Throw	Discus		19.17m
Keely Trew	FOP	Throw	Javelin		33.11m
Keely Trew	FOP	Throw	Javelin		32.81m
Keely Trew	FOP	Throw	Javelin		26.47m
Keely Trew	FOP	Throw	Shot Put		6.35m
Keenan Seymour	M16	Distance	Run	800	03:23.6
Keenan Seymour	M16	Distance	Run	800	03:24.0
Keenan Seymour	M16	Distance	Run	800	03:46.8
Keenan Seymour	M16	Distance	Run	800	03:53.8
Keenan Seymour	M16	Sprint	Run	100	14.24
Keenan Seymour	M16	Sprint	Run	100	14.71
Keenan Seymour	M16	Sprint	Run	100	15.13
Keenan Seymour	M16	Sprint	Run	100	15.42
Keenan Seymour	M16	Sprint	Run	200	30.5
Keenan Seymour	M16	Sprint	Run	200	31.67
Keenan Seymour	M16	Sprint	Run	200	32.18
Keenan Seymour	M16	Sprint	Run	200	34.2
Keenan Seymour	M16	Sprint	Run	400	77.18
Keenan Seymour	M16	Sprint	Run	400	82.35
Keenan Seymour	M16	Sprint	Run	400	87.44
Keenan Seymour	M16	Sprint	Run	400	01:38.1
Keenan Seymour	M16	Throw	Javelin		10.73m
Keenan Seymour	M16	Throw	Shot Put		6.94m
Keenan Seymour	M16	Throw	Shot Put		6.67m
Kellie Doering	F40	Throw	Discus		24.19m
Kellie Doering	F40	Throw	Hammer		27.47m
Leigh Browell	M40	Distance	Run	800	03:07.7
Leigh Browell	M40	Distance	Run	800	03:08.7
Leigh Browell	M40	Distance	Walk	1500	11:13.3
Leigh Browell	M40	Distance	Walk	2000	15:02.2
Leigh Browell	M40	Jump	Long Jump		2.46m

Leigh Browell	M40	Sprint	Run	100	15.32
Leigh Browell	M40	Sprint	Run	100	15.38
Leigh Browell	M40	Sprint	Run	100	15.75
Leigh Browell	M40	Sprint	Run	100	16.65
Leigh Browell	M40	Sprint	Run	100	15.93
Leigh Browell	M40	Sprint	Run	200	32.61
Leigh Browell	M40	Sprint	Run	200	32.69
Leigh Browell	M40	Sprint	Run	200	34.81
Leigh Browell	M40	Sprint	Run	400	88.71
Leigh Browell	M40	Throw	Discus		18.10m
Leigh Browell	M40	Throw	Discus		17.91m
Leigh Browell	M40	Throw	Discus		16.85m
Leigh Browell	M40	Throw	Discus		16.74m
Leigh Browell	M40	Throw	Hammer		14.88m
Leigh Browell	M40	Throw	Hammer		13.38m
Leigh Browell	M40	Throw	Javelin		17.88m
Leigh Browell	M40	Throw	Javelin		16.47m
Leigh Browell	M40	Throw	Javelin		15.85m
Leigh Browell	M40	Throw	Shot Put		7.27m
Leigh Browell	M40	Throw	Shot Put		7.12m
Leigh Browell	M40	Throw	Shot Put		7.09m
Leigh Browell	M40	Throw	Shot Put		6.68m
Leigh Browell	M40	Throw	Shot Put		6.48m
Naomi Henderson	F16	Distance	Run	800	03:25.0
Naomi Henderson	F16	Jump	High Jump		1.34m
Naomi Henderson	F16	Jump	High Jump		1.33m
Naomi Henderson	F16	Jump	Long Jump		4.46m
Naomi Henderson	F16	Jump	Long Jump		4.43m
Naomi Henderson	F16	Jump	Triple Jump		9.99m
Naomi Henderson	F16	Jump	Triple Jump		9.85m
Naomi Henderson	F16	Jump	Triple Jump		9.38m
Naomi Henderson	F16	Sprint	Hurdles	90	16.91
Naomi Henderson	F16	Sprint	Hurdles	90	16.97
Naomi Henderson	F16	Sprint	Hurdles	90	17.82
Naomi Henderson	F16	Sprint	Hurdles	200	36.92
Naomi Henderson	F16	Sprint	Hurdles	200	38.14
Naomi Henderson	F16	Sprint	Run	100	14.32
Naomi Henderson	F16	Sprint	Run	100	14.33
Naomi Henderson	F16	Sprint	Run	100	14.36
Naomi Henderson	F16	Sprint	Run	100	14.45
Oliver Muggleton	MOP	Jump	High Jump		1.50m
Oliver Muggleton	MOP	Jump	High Jump		1.49m
Oliver Muggleton	MOP	Sprint	Run	100	10.98
Oliver Muggleton	MOP	Sprint	Run	100	11.11
Oliver Muggleton	MOP	Sprint	Run	100	11.23
Oliver Muggleton	MOP	Sprint	Run	100	11.4
Oliver Muggleton	MOP	Sprint	Run	100	11.41
Oliver Muggleton	MOP	Sprint	Run	100	11.62
Oliver Muggleton	MOP	Sprint	Run	200	22.46



Oliver Muggleton	MOP	Sprint	Run	200	23.09
Oliver Muggleton	MOP	Sprint	Run	200	23.93
Oliver Muggleton	MOP	Sprint	Run	400	48.89
Oliver Muggleton	MOP	Sprint	Run	400	49.23
Oliver Muggleton	MOP	Sprint	Run	400	49.76
Oliver Muggleton	MOP	Sprint	Run	400	50.16
Oliver Muggleton	MOP	Sprint	Run	400	50.88
Oliver Muggleton	MOP	Throw	Discus		17.65m
Oliver Muggleton	MOP	Throw	Discus		15.04m
Oliver Muggleton	MOP	Throw	Javelin		13.91m
Oliver Muggleton	MOP	Throw	Shot Put		8.24m
Peta Dawe	F40	Distance	Run	800	04:07.4
Peta Dawe	F40	Distance	Run	800	04:12.7
Peta Dawe	F40	Distance	Run	800	04:13.9
Peta Dawe	F40	Distance	Run	800	04:15.5
Peta Dawe	F40	Sprint	Run	100	18.92
Peta Dawe	F40	Sprint	Run	100	19.09
Peta Dawe	F40	Sprint	Run	100	19.21
Peta Dawe	F40	Sprint	Run	200	40.77
Peta Dawe	F40	Sprint	Run	200	40.95
Peta Dawe	F40	Sprint	Run	200	41.4
Peta Dawe	F40	Sprint	Run	200	42.77
Peta Dawe	F40	Sprint	Run	400	01:43.5
Peta Dawe	F40	Sprint	Run	400	01:44.1
Peta Dawe	F40	Sprint	Run	400	01:44.6
Peta Dawe	F40	Throw	Discus		16.09m
Peta Dawe	F40	Throw	Discus		16.03m
Peta Dawe	F40	Throw	Discus		14.78m
Peta Dawe	F40	Throw	Discus		13.83m
Peta Dawe	F40	Throw	Shot Put		6.37m
Peta Dawe	F40	Throw	Shot Put		5.90m
Peta Dawe	F40	Throw	Shot Put		5.84m
Peta Dawe	F40	Throw	Shot Put		5.43m
Piper Fynch	F14	Distance	Run	800	03:17.4
Piper Fynch	F14	Distance	Run	800	03:21.5
Piper Fynch	F14	Distance	Run	800	03:25.3
Piper Fynch	F14	Distance	Run	800	03:35.5
Piper Fynch	F14	Distance	Run	1500	07:11.8
Piper Fynch	F14	Distance	Run	1500	07:47.0
Piper Fynch	F14	Jump	Long Jump		2.86m
Piper Fynch	F14	Jump	Long Jump		2.77m
Piper Fynch	F14	Jump	Long Jump		2.77m
Piper Fynch	F14	Jump	Long Jump		2.75m
Piper Fynch	F14	Jump	Triple Jump		6.37m
Piper Fynch	F14	Jump	Triple Jump		6.21m
Piper Fynch	F14	Sprint	Run	100	18.27
Piper Fynch	F14	Sprint	Run	100	19.01
Piper Fynch	F14	Sprint	Run	200	38.37
Piper Fynch	F14	Sprint	Run	200	39.03

Piper Fynch	F14	Sprint	Run	200	39.22
Piper Fynch	F14	Sprint	Run	400	89.61
Rhys Hansen	M16	Distance	Run	800	02:22.6
Rhys Hansen	M16	Jump	High Jump		1.69m
Rhys Hansen	M16	Jump	High Jump		1.60m
Rhys Hansen	M16	Jump	High Jump		1.59m
Rhys Hansen	M16	Jump	High Jump		1.58m
Rhys Hansen	M16	Jump	Long Jump		5.16m
Rhys Hansen	M16	Jump	Long Jump		5.08m
Rhys Hansen	M16	Jump	Pole Vault		3.75m
Rhys Hansen	M16	Jump	Pole Vault		3.50m
Rhys Hansen	M16	Jump	Pole Vault		3.40m
Rhys Hansen	M16	Jump	Triple Jump		10.60m
Rhys Hansen	M16	Jump	Triple Jump		10.41m
Rhys Hansen	M16	Jump	Triple Jump		10.35m
Rhys Hansen	M16	Sprint	Run	200	25.6
Rhys Hansen	M16	Sprint	Run	200	25.69
Rhys Hansen	M16	Sprint	Run	200	25.73
Rhys Hansen	M16	Sprint	Run	200	26.17
Rhys Hansen	M16	Sprint	Run	400	57.11
Rhys Hansen	M16	Sprint	Run	400	58.16
Shane Miller	M40	Jump	High Jump		1.39m
Shane Miller	M40	Jump	High Jump		1.38m
Shane Miller	M40	Jump	Long Jump		4.20m
Shane Miller	M40	Jump	Long Jump		4.17m
Shane Miller	M40	Jump	Long Jump		3.98m
Shane Miller	M40	Sprint	Run	100	14.72
Shane Miller	M40	Sprint	Run	100	14.72
Shane Miller	M40	Sprint	Run	100	15.09
Shane Miller	M40	Throw	Discus		14.28m
Shane Miller	M40	Throw	Discus		14.08m
Shane Miller	M40	Throw	Discus		13.10m
Shane Miller	M40	Throw	Javelin		27.17m
Shane Miller	M40	Throw	Javelin		26.63m
Shane Miller	M40	Throw	Shot Put		6.49m
Shane Miller	M40	Throw	Shot Put		6.43m
South Bendigo	F40		Relay	400	67.61
South Bendigo	MOP		Relay	400	56.18
South Bendigo	F18		Relay	800	01:54.6
South Bendigo	MOP		Relay	800	01:44.1
South Bendigo	M40		Relay	800	02:02.0
South Bendigo	F40		Relay	800	02:24.7
South Bendigo	MOP		Relay	800	02:24.3
South Bendigo	F20		Relay	1600	04:22.3
South Bendigo	F40		Relay	1600	05:58.6
South Bendigo	M40		Relay	1600	04:47.6
South Bendigo	M16		Relay	1600	05:08.3
Taryn Fulletti	F20	Distance	Run	800	02:29.4

Taryn Furletti	F20	Distance	Run	1500	05:11.6
Taryn Furletti	F20	Distance	Run	3000	10:49.6
Thomas McArthur	M18	Distance	Run	1500	04:51.5
Thomas McArthur	M18	Distance	Run	3000	11:06.8
Trudy Haines	F40	Jump	High Jump		1.24m
Trudy Haines	F40	Jump	High Jump		1.23m
Trudy Haines	F40	Jump	High Jump		1.18m
Trudy Haines	F40	Jump	Long Jump		3.34m
Trudy Haines	F40	Jump	Long Jump		3.14m
Trudy Haines	F40	Jump	Long Jump		3.04m
Trudy Haines	F40	Jump	Triple Jump		7.38m
Trudy Haines	F40	Sprint	Hurdles	80	19.01
Trudy Haines	F40	Sprint	Hurdles	80	18.52
Trudy Haines	F40	Sprint	Run	100	16.06
Trudy Haines	F40	Sprint	Run	100	16.06
Trudy Haines	F40	Sprint	Run	100	16.48
Trudy Haines	F40	Sprint	Run	100	16.66
Trudy Haines	F40	Sprint	Run	100	17
Trudy Haines	F40	Sprint	Run	200	34.73
Trudy Haines	F40	Sprint	Run	200	33.89
Trudy Haines	F40	Throw	Discus		18.32m
Trudy Haines	F40	Throw	Discus		18.29m
Trudy Haines	F40	Throw	Discus		17.87m
Trudy Haines	F40	Throw	Discus		16.99m
Trudy Haines	F40	Throw	Javelin		23.02m
Trudy Haines	F40	Throw	Javelin		20.97m
Trudy Haines	F40	Throw	Javelin		20.74m
Trudy Haines	F40	Throw	Javelin		17.66m
Trudy Haines	F40	Throw	Javelin		15.29m
Trudy Haines	F40	Throw	Shot Put		8.42m
Trudy Haines	F40	Throw	Shot Put		8.32m
Trudy Haines	F40	Throw	Shot Put		8.12m
Trudy Haines	F40	Throw	Shot Put		8.02m
Trudy Haines	F40	Throw	Shot Put		7.89m
Tyler Fynch	M14	Distance	Run	800	02:30.7
Tyler Fynch	M14	Distance	Run	800	02:32.6
Tyler Fynch	M14	Distance	Run	800	02:34.6
Tyler Fynch	M14	Distance	Run	800	02:37.6
Tyler Fynch	M14	Distance	Run	1500	04:59.2
Tyler Fynch	M14	Distance	Run	1500	05:01.9
Tyler Fynch	M14	Distance	Run	1500	05:07.7
Tyler Fynch	M14	Distance	Run	1500	05:22.7
Tyler Fynch	M14	Distance	Run	3000	10:33.9
Tyler Fynch	M14	Jump	High Jump		1.40m
Tyler Fynch	M14	Jump	High Jump		1.38m
Tyler Fynch	M14	Jump	High Jump		1.35m
Tyler Fynch	M14	Jump	High Jump		1.34m
Tyler Fynch	M14	Jump	Triple Jump		8.12m
Tyler Fynch	M14	Jump	Triple Jump		7.89m

Tyler Fynch	M14	Jump	Triple Jump		7.41m
Tyler Fynch	M14	Sprint	Run	100	14.86
Tyler Fynch	M14	Sprint	Run	100	15.18
Tyler Fynch	M14	Sprint	Run	100	15.14
Tyler Fynch	M14	Sprint	Run	100	15.45
Tyler Fynch	M14	Sprint	Run	200	31.23
Tyler Fynch	M14	Sprint	Run	200	31.48
Tyler Fynch	M14	Sprint	Run	200	31.67
Tyler Fynch	M14	Sprint	Run	400	72.85
William Petersen	M14	Sprint	Run	100	12.49
William Petersen	M14	Sprint	Run	200	25.8
William Petersen	M14	Sprint	Run	200	25.86
Zackery Tickell	M18	Distance	Run	800	02:11.7
Zackery Tickell	M18	Sprint	Run	400	55.94

Congratulations to Emma Berg setting a new Victorian Country record in Shot Put with a distance of 15.57m.

15.24m, 15.05m, 15.54m, 15.13m, **15.57m**, 15.12m.

And congratulations also to 40+ Women 1<sup>st</sup> in State Age Group  
Also Under 14 Men 2<sup>nd</sup>.

### **AVSL PLAYOFF RESULTS & MORE Saturday 18<sup>th</sup> March**

Round 1 of Playoffs done and dusted leaving us in 3rd place so far with next round Playoff points to be added to decide the Champions of Division 2.

Well done everyone it was extreme conditions, not only was it hot extremely windy also

### **\*\*RECORD ALERT\*\***

Congratulations to **Emma Berg** who broke her own Bendigo Open Record again in **Shot Put** with a throw of 15.39m scoring 516 points.

Record from Non-AVSL Round 5 – Congratulations to **Genevieve Nihill** who broke the **1 mile** Bendigo U16 – Open Record with a time of 5:23.47.

### **400+ Scorers for Round 1 of Playoffs congrats to:**

- Oliver Muggleton – 100m – 10.89 – 482 points
- Oliver Muggleton – 400m – 50.94 – 441 points
- Kai Norton – 100m – 12.31 – 445 points
- Kai Norton – Long Jump – 5.04m – 430 points
- Kai Norton – Shot put – 13.34m – 492 points
- Jasper Seymour – Shot put – 12.09m – 465 points
- Amber Fox – Shot put – 9.93m – 446 points

- Charlie Sullivan – 100m – 12.57 – 415 points
- Genevieve Nihill – 1500m – 5:06.01 – 424 points
- Naomi Henderson – Long Jump – 4.52m – 415 points
- Joan Self – Long Jump – 3.56m – 413 points
- Joan Self – Shot put – 7.60m – 439 points
- Rhys Hansen – Pole Vault – 3.45m – 428 points
- Emma Berg – Javelin – 32.34m – 417 points
- Emma Berg – Shot Put – 15.39m – 516 points

**TOP SCORERS** – most valuable athletes for Playoff Rd 1 were **Kai Norton – 1,416** points followed by **Joan Self – 1,285** points and then **Naomi Henderson – 1,202** points.

**PBs (or SBs for Masters) from Non AVSL & Playoffs, congrats to:**

- Tyler Fynch 4/3/23 – 800m – 2.28.17
- Piper Fynch 4/3/23 – 800m – 3.14.97
- Charlie Sullivan 18/3/23 – 100m – 12.57
- Jasper Seymour 18/3/23 – 100m – 14.24
- Piper Fynch – 18/3/23 – Long Jump – 3.13m
- Kai Norton – 18/3/23 – 100m – 12.31
- Cassidy Miller – 18/3/23 – 100m – 14.51
- Shane Miller – 18/3/23 – 100m – 13.90
- Joan Self – 18/3/23 – Long Jump – 3.56m
- Joan Self – 18/3/23 – Shot put – 7.60m

### **SPRINT AWARD**

**Donated by Tim Matthews**

**Paralympic Games Representative 1996, 2000, 2004**

This award is donated by Tim Matthews, who started his athletics career with the South Bendigo Athletic Club. Since winning five gold medals at his athletic debut at the 1995 National Championships, Tim Matthews has since established himself as one of the fastest arm amputee runners in the world. Tim has won five Paralympic medals including two gold, two bronze and two world records at the 2000 Sydney Paralympic Games and one gold medal at the 1996 Atlanta Paralympics. Tim was unlucky at the Athens Paralympics after tearing his hamstring in the heat of the 100metres.

Leading up to the 2000 Sydney Paralympics Tim won two gold at the 1997 Paralympic Revival and one gold at the 1998 World Championships in Birmingham, breaking the 4x100m world record and collecting bronze in the 100m. In 2001 he claimed a gold and silver at the Goodwill 2002 World Championships.



at the

	<b>MALE:</b>	<b>FEMALE:</b>
2009 –	Luke Pickthall	No Award
2010 –	Josh Pickthall	Emily Lawson
2011 –	Kieryn McKemmish	No Award
2012 -	Jack Dooley	Emily Lawson
2013 -	Jack Dooley	Emily Lawson
2014 –	Nigel Self	Emily Lawson
2015 -	Nigel Self	Stephanie Pompeii
2016 -	Nigel Self	Lucy Zotti
2017 –	Jake Hilson	Keely Trew
2018 -	Jake Hilson	Stephanie Pompeii
2019 -	Jake Hilson	Stephanie Pompeii
2020 -	Jake Hilson	Anastazia Robinson
2021 -	Oliver Muggleton	No Award
2022 -	Oliver Muggleton	Belle Guillou

### **2023 –MALE: OLIVER MUGGLETON**

### **FEMALE: BELLE GUILLOU**

### **VETERANS CUP AWARD**

This cup is awarded to the 40+ athlete that has had an outstanding season

2017 – 18	John Justice	2018 – 19	Joan Self
2019 – 20	Jayne Norton	2020 – 21	Greg Hilson
2021- 22	Trudy Haines		

### **2022– 2023 -JOAN SELF**

### **ALLEN STUCHBERY MEMORIAL ENCOURAGEMENT AWARD**

1993 – 94	Briony Templer	1994 – 95	Brent Fenwick
1995 – 96	Brian Cornell	1996 – 97	Jessica Cordy, Troy Neal
1997 – 98	Jacob Low	1998 – 99	Troy Williamson
1999 – 2000	Catherine Nash	2000 – 01	Ryan Eastman
2001 – 02	Kyall Britten	2002 – 03	Rowena Price
2003 – 04	Sarah Woodyard	2004 – 05	Erica Dalrymple-Monro
2005 – 06	Aleesha Wayman	2006 – 07	Ross Matheson
2007 – 08	James Milne	2008 – 09	Jake Hilson
2009 - 10	Maria Bryce	2010 – 11	Luke Walkington
2011 - 12	Samantha Erwin	2012 – 13	Ella Farnell

2013 - 14	Justin Devers	2014 – 15	Wolf Heiden
2015 – 16	No Award	2016 – 17	No Award
2017 – 18	Jackie Guillou	2018 – 19	Kylie Campbell
2019 – 20	Jessica Grigson	2020 – 21	Daniel Blake
2021 – 22	Peta Dawe		

**2022 – 2023 – SHANE MILLER**

**RAYMOND C. FOLEY MOST OUTSTANDING ACHIEVEMENT AWARD**

( 12 month award )

1997 – 98	Tim Matthews	1998 – 99	Tim Driesen
1999 – 00	Tim Matthews	2000 – 01	Tim Driesen
2001 – 02	Clare Mc Kechnie	2002 – 03	Clare Mc Kechnie
2003 – 04	Annabel Thomson	2004 – 05	Annabel Thomson
2005 – 06	Ben Connor	2006 – 07	David Purdon
2007 – 08	Jessica Rothwell	2008 – 09	Joanna Bromfield
2009 – 10	Josh Pickthall	2010 – 11	Zoe Boldiston
2011 – 12	Tim Driesen	2012 – 13	Zoe Boldiston
2013 – 14	Emily Lawson	2014 - 15	Tim Driesen
2015 - 16	Zahra Hayes	2016 – 17	Zahra Hayes
2017 – 18	Teleah Hayes	2018 – 19	Emma Berg
2019 – 20	Emma Berg	2020 – 21	Emma Berg
2021 - 22	Emma Berg		

**2022 - 2023 – EMMA BERG**

**PETER HUTHNANCE – PERPETUAL TROPHY**

**BEST CLUB CONTRIBUTOR – SUMMER AWARD**

1987 – 88	Sharon Barr	1988 – 89	Margaret Worthington
1989 – 90	Paul Rance	1990 – 91	Norm West
1991 – 92	Sharon Clayton	1992 – 93	Paul Rance
1993 – 94	Paul Rance	1994 – 95	Ron Nancarrow
1995 – 96	Phillip Curtain	1996 – 97	United Club Effort
1997 – 98	Sandra Giampietro	1998 – 99	Peter Barrett
1999 – 00	Sandra Giampietro	2000 – 01	David Purdon
2001 – 02	Peter Barrett	2003 – 04	Sue Mc Pherson
2004 – 05	Peter Barrett	2005 – 06	Judy Lees
2006 – 07	Paul Rance	2007 – 08	Jamie-Lee Jones
2008 – 09	Leigh Browell	2009 - 10	Leigh Browell
2010 – 11	Wolf Heiden	2011 - 12	Wolf Heiden
2012 – 13	Peter Barrett	2013 – 14	Peter Barrett
2014 – 15	Bill Trew	2015 – 16	Carol Coad
2016 – 17	Peter Barrett	2017 – 18	Caitlyn Curtis
2018 – 19	Pam AhDore	2019 – 20	AhDore Farnell
2020 – 21	Peter Barrett	2021 – 22	Michael Seymour

**2022- 2023 – STAFFORD KELLY**

**BARR FAMILY MOST OUTSTANDING JUNIOR AWARD**

1989 – 90	Andrea Hudek	1990 – 91	Andrea Hudek
1991 – 92	Andrea Hudek	1992 – 93	Belinda Palmer
1993 – 94	Anita Giampietro	1994 – 95	Lucas Tickell
1995 – 96	Kylie Mc Lennan	1996 – 97	Evan Thompson
1997 – 98	Tim Driesen	1998 – 99	Tim Driesen
1999 – 00	Tim Driesen	2000 – 01	Tim Driesen
2001 – 02	Sascha Mc Pherson	2002 – 03	Clare Mc Kechnie
2003 – 04	Hannah Alderton	2004 – 05	Brendan Sutcliffe
2005 – 06	Josh Shaw	2006 – 07	Joanna Bromfield
2007 – 08	Luke Pickthall	2008 – 09	Josh Pickthall
2009 – 10	Josh Pickthall	2010 – 11	Teleah Hayes
2011 – 12	Emily Lawson	2012 – 13	Zoe Boldiston
2013 - 14	Zoe Boldiston	2014 –15	Zahra Hayes
2015 – 16	Liam Campbell	2016 – 17	Taryn Furletti
2016 – 17	Teleah Hayes	2016 – 17	Emma Berg
2017 – 18	Archie Reid	2018 – 19	James Woods
2019 – 20	James Woods	2020 – 21	James Woods
2021 – 22	Logan Tickell		

**2022 - 2023 – KAI NORTON**



## AGGREGATES

### UNDER 14 GIRLS

Piper Fynch	11150
Chelsea Tickell	2217

### 16 UNDER GIRLS

Naomi Henderson	23002
Genevieve Nihill	21836
Amber Fox	9785
Amelie Miller *	651

### UNDER 18 WOMEN

Jemma Norton	11348
Belle Guillou	11117
Cassidy Miller	11104
Allie Guillou	9632
Emma Orme	6727

### OPEN & PRE VET WOMEN

Emma Berg	16721
Keely Trew	13448
Caitlyn Campbell	7439
Taryn Furletti	4676
Anna Mulquiny	3033

### VETERAN 40+ & 50+ WOMEN

Trudy Haines	28535
Jackie Guillou	18884
Debby Kirne	17636
Jayne Norton	5438
Kellie Doering	1275

### VETERAN 60+ WOMEN

Joan Self	44443
Carol Coad	33581
Peta Dawe	12776
Jennifer Payne	11215
Annette Curtis	10714

### UNDER 14 BOYS

Tyler Fynch	19178
Charlie Sullivan	8187
William Peterson	2347

### UNDER 16 BOYS

Kai Norton	26940
Jasper Seymour	15911
Rhys Hansen	14362
Connor Wilson	6427

### UNDER 18, 20 & OPEN MEN

Oliver Muggleton	14831
Keenan Seymour	4003
Zachery Tickell	2059
Thomas McArthur	1327
Jake Hilson *	1049
Logan Tickell	847
Meshach Begg	645
Kyle Hilson *	127

### VETERAN MEN

Greg Hilson	14368
Chris Timewell	13099
Aaron Norton	10968
Leigh Browell	8230
Shane Miller	7930