

SOUTH BENDIGO ATHLETIC CLUB INC.



CROSS COUNTRY SEASON 2023

www.southbendigoac.au

for Family, Fitness and Fun



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Fred	Thompson	Brian	Mead	1983-84	Dianne Seipolt	Robert Seipolt
Robert	Seipolt	Brian	Mead	1984-85	George Austen	Peter Barrett-Rob Scholes
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	Crapper	Norman	West	1990-91	Laurie Anderson	Sharon Barr
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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
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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
Jackie	Guillou	Anna	Mulquiny	2023-24	Peta Dawe	Annette Curtis

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2023 - 2024 EXECUTIVE COMMITTEE

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CROSS COUNTRY ELECTED POSITIONS

C/C Handicapper – PETA DAWE Press Co-ordinator – MICK SEYMOUR
Uniform Co-ordinator – JOAN SELF

Runners that competed this season

Lincoln Andrea
Simone Butler
Carol Coad
Max Cooper
Peter Curtis Jnr.
Michelle Fynch
Jackie Guillou
Greg Hilson
Kristy Kum Too
Jonathon Maslunka
Mia McGregor
Oakley Oxlade
Gracie Seipolt
Keenan Seymour
Maree Stow
Robert Trew

Drake Barkla
Caitlyn Campbell
Darren Colvin
Annette Curtis
Peta Dawe
Piper Fynch
Sophie Hawken
Jake Hilson
Christine Leatham
Rachel Maslunka
Anna Mulquiny
Daniel Plowright
Kirsty Seipolt
Mick Seymour
Chelsea Tickell
Gemma Tuena

Peyton Bish
Courtney Campbell
Jaymo Colvin
Caitlyn Curtis
Taryn Furletti
Tyler Fynch
Peter Hayes
Kyle Hilson
Peter Le Busque
Thomas McArthur
Aaron Norton
Amelia Preece
John Justice
Amelia Sherriff
Logan Tickell
Tim Tuena

Ivy Brennan
Kylie Campbell
Shez Commins
Peter Curtis 111
Dan Fynch
Clara Fischer
Brendon Hillier
Debbie Kirne
Gary Mahon
Lynley McDonald
Alirah Norton
Willow Preece
Stafford Kelly
Kai Stow
Keely Trew
Amanda Worthington



HAMELIN STREET – WHITE HILLS 15th April 2023

35 Competitors

Raffle Donor: Jackie Guillou

Raffle Winners: Peter Hayes, Thomas McArthur

Welcome back one and all, to the start of the cross-country season for 2023. Club members gathered at the new gardens at Hamelin Street, White Hills for the run down the creek path towards Epsom. It's great to be back on the trails running again, and we welcome all our new members. Luckily for all out there on Saturday, the rain held off until after the running was finished. See below for the times, however placings will be held off until after week 3 when all memberships are finalised. The club is proud to welcome our sponsors back again, looking forward to successful season for all.

5km



Simone Butler – 27.17, Jackie Guillou – 28.14, Peter Curtis Jnr – 25.29, Kirsty Seipolt – 25.56, Brendon Hillier – 24.10, Greg Hilson – 19.57, Daniel Plowright – 19.26 and Thomas McArthur – 18.48.



3km

Gracie Siepolt – 19.40, Peter Hayes – 17.26, Carol Coad – 18.03, Tyler Fynch – 10.14, Darren Colvin – 14.44, Piper Fynch – 14.15, Michelle Fynch – 15.31, Dan Fynch – 19.21, Amanda Worthington – 18.15, Rachel Maslunka – 16.00, Jonathon Maslunka – 14.29, Clara Fischer – 13.58 and Tim Tuena – 16.01.



1.5km

Annette Curtis – 11.17, Gracie Siepolt – 10.06, Keenan Seymour – 8.30, John Justice – 8.15, Kyle Hilson – 7.03, Stafford Kelly – 10.28, Peyton Bish – 7.54, Sophie Hawken – 6.35, Robert Trew – 10.46, Jaymo Colvin – 6.26, Willow Preece – 7.43, Tyler Fynch – 5.06, Clara Fischer – 6.31 and Tim Tuena – 7.24.

Under 10

Curtis Family

Gemma Tuena – 5.47, Peter Curtis III, 6.21 and Amelia Preece – 5.02.



CRUSOE NO.7 – KANGAROO FLAT 22nd April

44 Competitors

Raffle Donor: Carol Coad

Raffle Winners: Peter Barrett, Peyton Bish and Annette Curtis

This weekend's running was held at No. 7 Reservoir in Kangaroo Flat. Absolutely perfect conditions for running greeted our competitors for the 3 races. The season is shaping up to be a good one with some great results already, plus plenty of new runners. It's great to see people out enjoying the sport, alongside our volunteers, who give so much to the club. Thanks to everyone involved, as well as our sponsors, IGA, REILLY'S DESIGNER APPLIANCES, 3T FITNESS and INTERSPORT BICKNELLS

6.5km



Jackie Guillou – 38.17, Kristy Kum Too – 38.52, Simone Butler – 39.15, Kirsty Seipolt – 35.22, Peter Curtis Jnr – 36.34, Brendon Hillier – 32.44, Aaron Norton – 28.11, Jake Hilson – 24.03 and Daniel Plowright – 26.09.



3km

Gracie Siepolt – 19.39, Dan Fynch – 18.54, Amanda Worthington – 18.42, Carol Coad – 17.54, Peter Hayes – 19.08, Darren Colvin – 16.37, Piper Fynch – 14.58, Lincon Andrea – 14.46, Rachel Maslunka – 17.29, Courtney Campbell – 17.40, Jonathon Maslunka – 14.48, Sophie Hawken – 15.17, Clara Fischer – 13.40 and Caitlin Campbell – 13.24.



1.5km

Gary Mahon – 14.22, Annette Curtis – 11.24, Oakley Oxlade – 7.46, Gracie Siepolt – 9.266, Caitlyn Curtis – 11.00, Kylie Campbell – 10.15, John Justice – 8.29, Kyle Hilson – 5.52, Lincon Andrea – 6.51, Peyton Bish – 8.48, Sophie Hawken – 6.35, Robert Trew – 10.08, Jaymo Colvin – 6.50, Willow Preece – 8.11, Aaron Norton – 5.55, Clara Fischer – 7.12 and Sophie Hawken – 7.13.

Under 10

Curtis Family

Gemma Tuena – 5.11, Peter Curtis III, 6.20, Ivy Brennan – 5.33 and Amelia Preece – 5.54.



BENDIGO UNIVERSITY INVITATION – LATROBE UNI FLORA HILL 29th April 2023

12 Club Competitors

1km - Under 10 girls - Allira Norton 10th 5:48.6

Open men - Tyler Fynch 2nd 3:14

Open female – Jemma Norton 6th 5:14.3, Kylie Campbell 8th 6:42

3.05km – Open female – Caitlyn Campbell 4th 15:40.9, Courtney Campbell 9th 18:38.8

Under 16 male – Tyler Fynch 2nd 10:49.1

7.6km – Open male – Thomas McArthur 4th 30:05.5, Daniel Plowright 6th 30:52.2

40+ men – Aaron Norton 5th 32:48.3

50+ men – Greg Hilson 2nd 32:37.5

Open female – Taryn Furletti 1st 31:18.4

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UNDER 10 RUNNERS GOLF COURSE RD.



GOLF COURSE ROAD, EPSOM – 13th May 2023

42 Competitors

Raffle Donor: Curtis Family Jnr.

Raffle Winners: Annette Curtis, Peyton Bish, Sandy Giampietro

Our third club run for the season was held at Racecourse Rd, Epsom on Saturday the 13th of May. Yet again, Bendigo turned on the fantastic autumn weather with conditions good for running, possibly even a little warm. A great amount of participants competed on both the out and back shorter distances and the long distance loop track. Thanks as always to Greg for marking the course and to our kind sponsors, Champions IGA and the others listed below, we would not be able to compete without them. The next club run is out at Shadbolts reserve, Neilborough next Saturday the 20th. We request that everyone please bring a plate of afternoon tea to share.

6.5km



Simone Butler – 36.47, Peter Curtis Jnr – 33.01, Brendon Hillier – 33.02, Debbie Kirne – 32.06, Greg Hilson – 25.59, Anna Mulquiny – 29.43 and Daniel Plowright – 25.33.



3km

Christine Leatham – 18.34, Keely Trew – 15.34, Amanda Worthington – 18.02, Carol Coad – 18.02, Peter Hayes – 17.53, Michelle Fynch – 14.43, Piper Fynch – 14.34, Clara Fischer – 13.07 and Tyler Fynch – 11.22.



1.5km

Annette Curtis – 11.34, Caitlyn Curtis – 11.14, Stafford Kelly – 10.15, Kylie Campbell – 10.17, Robert Trew – 10.12, Peta Dawe – 9.15, Joan Self – 9.52, Kylie Hilson – 6.54, Peyton Bish – 8.15, Keenan Seymour – 8.51, Maree Stow – 10.05, Mick Seymour – 9.07, Piper Fynch – 6.49, Tyler Fynch – 5.02 and Clara Fischer – 7.07

Under 10

Curtis Family

Gemma Tuena – 4.40, Peter Curtis III, 6.26, Ivy Brennan – 4.50, Kai Stow – 5.39 and Amelia Sherriff – 7.00.



SHADBOLTS RESERVE, WHIPSTICK -20th May 2023

45 Competitors

Raffle Donor: Fynch Family

Raffle Winners: Gracie Seipolt, Jonathon Maslunka, Rachel Maslunka

For our 4th club run, we headed off to Whipstick Forrest at Neilborough. The course, at Shadbolt's Reserve was altered again to make it safer for athletes. Luckily the rain of the morning cleared away, a stroke of luck for the runners and the couple who chose the idyllic bush setting for their wedding ceremony. The out and back courses on the short and medium runs were on smooth dirt with a few potholes and bumps to watch out for. The long course had a slight deviation to avoid crossing a 100km/h road. Altogether it was 8km, this wasn't long enough for some who decided to add another 1.3 km. Maybe orienteering is something to be considered. Thanks to all for helping and those who brought along some afternoon tea to share, making it an enjoyable day for all. Please see below the results of the races with the sponsors listed, whom we appreciate greatly. St. Anne's winery XCR next Saturday but good luck to all the South Bendigo athletes who are competing next week. It's an interesting day out for anyone who would like to go and watch.

8km



1. Anna Mulquiny – 36.23, 2. Peter Curtis Jnr – 40.32, 3. Kirsty Seipolt 44.07
Kristy Kum Too – 54.14, Jackie Guillou – 48.33, Sophie Hawken 46.41, Daniel Plowright – 32.02, Thomas McArthur – 30.52 and Jake Hilson – 30.32.



3km

1. Darren Colvin – 14.39, 2. Rachel Maslunka – 16.23, 3. Lincon Andrea – 13.55.
Gracie Seipolt – 19.17, Dan Fynch – 18.14, Keely Trew – 15.06, Amanda Worthington – 17.35, Peter Le Busque – 16.22, Peter Hayes – 18.13, Michelle Fynch – 14.46, Piper Fynch – 13.50, Clara Fischer – 12.40, Chelsea Tickell – 11.32, Jonathon Maslunka – 14.28, Logan Tickell – 8.58 and Tyler Fynch – 10.18.



1.5km

1. Kyle Hilson – 6.43, 2. Clara Fischer – 6.47 and 3. Jaymo Colvin – 6.40. Annette Curtis – 11.47, Caitlyn Curtis – 11.03, Stafford Kelly – 10.12, Robert Trew – 10.38, Peta Dawe – 9.14, Joan Self – 9.50, Gracie Seipolt – 10.03, Keenan Seymour – 8.57, Maree Stow – 10.23, Mick Seymour – 9.08, John Justice – 8.34, Tyler Fynch – 5.08 and Peter Le Busque – 8.03

Under 10

Curtis Family

1. Amelia Sherriff – 5.35, 2. Gemma Tuena – 4.16, 3. Peter Curtis III, 5.56 and Kai Stow – 5.22.

A.V.LAKESIDE – Sunday 7th May. Well done Tyler Fynch winning Under 14 3k
Archie Read in the top 6 for the Premier Div team

AV XCR ST ANNE'S WINERY, BENDIGO – 27th May 2023



SBAC Athletes Dominated!

With more than 700 athletes from all over Victoria the competition was fierce, and the course was difficult but SBAC athletes dominated!

Congratulations to **TYLER FYNCH** who took out the first event winning the U14 4KM MENS in a time of 14:27

In the next event **LOGAN TICKELL** 1st place in U18 and overall winner for the U20 & U18 4KM MENS race in a time of 12:44!

Amazing results from all club athletes: **4KM U14 MEN:** Tyler Fynch 14:27 - 1st

4KM U18 MEN:

Logan Tickell 12:44 - 1st; Thomas McArthur 14:58

3KM U16 WOMEN:

Chelsea Tickell 11:54 – 5th & Clara Fisher 13:45

8KM OPEN & MASTERS MEN:

Archie Reid 26:06; Jake Hilson 31:34 & Greg Hilson 35:47

8KM OPEN & MASTERS WOMEN:

Anna Mulquiny 36:30 & Debby Kirne 41:18

The club was well represented with helpers, thank you to the following volunteers: Peta Dawe, Stafford Kelly, Peter Hayes, Peter Barrett, Carol Coad, Mick Seymour, Chris Timewell & Jackie Guillou.



LOGAN TICKELL

Results from AV XCR #4

Outstanding performances by South Bendigo athletes at Cruden Farm:

Female Open - 12km: Taryn Furletti 48:36 (23rd)

Female 16 - 5km: Chelsea Tickell 20:08 (4th)

Male Open - 12km: Archie Reid 38:52 (15th); Gregory Hilson 51:33 (12th in 50+)

Male 18 - 7km: Logan Tickell 22:28 (1st) 🏆

Male 14 - 5km: Tyler Fynch 17:41; (2nd) 🥈

NOTLEYS RESERVE, WHIPSTICK- 3rd June 2023

45 Competitors

Raffle Donor: Peta and Stafford

Raffle Winners: Gary Mahon, Peter Barrett and Peyton Bish.

The early winter weather was kind to the runners from South Bendigo as we headed off to Notleys Reserve in the Whipstick forest. The morning rain cleared up and left perfect, albeit slightly muddy conditions on the course. It's a simple out and back for all runners, but some decent hills make it a challenge. Some new young faces joined us this week, hopefully they make it a regular day. On Sunday we held a BBQ at Kangaroo Flat bunnings, thanks to all who came out to help. Many thanks to Champions IGA, and all of usual sponsors listed below.

6.5km



1. Kristy Kum Too – 36.51, 2. Brendon Hillier – 30.43, 3. Peter Curtis Jnr – 32.09
Jackie Guillou – 38.09, Simone Butler – 37.28, Kirsty Seipolt – 35.07 (FF), Aaron Norton – 27.36, Lincon Andrea – 32.12, Max Cooper – 31.19, Daniel Plowright – 25.48 (FM) and Greg Hilson – 27.11.



3km

1. Keely Trew – 14.44 (invitation), 1. Amanda Worthington – 16.56, 2. Rachel Maslunka – 16.02, 3. Jonathon Maslunka – 14.13. Gracie Seipolt – 19.22, Carol Coad – 18.40, Peter Hayes – 19.36, Mick Seymour – 19.18, Keenan Seymour – 20.15, Michelle Fynch – 14.28, Caitlin Campbell – 14.02 (FF), Clara Fischer – 14.26 and Tyler Fynch – 10.10 (FM).



1.5km

1. Aaron Norton – 5.42, 2. Caitlyn Curtis – 10.30 and 3. Peyton Bish – 7.55 (FF). Gary Mahon 14-02, Annette Curtis – 11.31, Stafford Kelly – 10.04, Robert Trew – 10.28, Peta Dawe – 9.17, Gracie Seipolt – 9.38, Keenan Seymour – 9.41, Maree Stow – 9.59, Mick Seymour – 9.25, John Justice – 8.17, Kyle Hilson – 6.39, Tyler Fynch – 4.54 (FM) and Jaymo Colvin – 6.31

Under 10

Curtis Family

1. Peter Curtis III – 5.51, 2. Ivy Brennan – 4.48 (FF), 3. Amelia Preece – 5.59.
Drake Barkla – 4.31 (FM) and Amelia Sherriff – 5.56.

PEARCES ROAD, MANDURANG – 10th June 2023

41 Competitors

Raffle Donor: Seipolt family

Raffle Winners: Simone Butler, Peter Curtis Jnr and Cliff Nicholson.

The dark clouds tried to scare us, but the South Bendigo stalwarts came one and all to take on the formidable Pearce's Rd circuit at Mandurang this past Saturday. The route was a little rough, with some slippery spots, but we conquered the tracks of the area in which the club has been running in for many, many seasons. The loop track takes a little bit of organising, with the differing start/finish lines, however it's a popular race through a beautiful forest setting. The sure-footed runners clocked decent times in the 4 races, gratefully sponsored by the local Bendigo companies listed below.

8.5km



1. Anna Mulquiny – 39.11 (FF), 2. Jackie Guillou – 50.10, 3. Daniel Plowright – 34.49 (FM)
Simone Butler – 50.58, Kirsty Seipolt – 48.56, Aaron Norton – 37.01, Brendon Hillier – 44.03,
Peter Curtis Jnr – 43.25, Debbie Kirne – 44.22, Catlin Campbell – 47.27 and Greg Hilson –
36.26.



4km

1. Tyler Fynch – 14.14 (FM), 2. Piper Fynch – 18.39 (FF), 3. Lincon Andrea – 20.12.
Gracie Seipolt – 27.59, Peter Hayes – 26.49, Mick Seymour – 25.15, Keenan Seymour –
30.03, Michelle Fynch – 20.20, Jonathon Maslunka – 20.23, Sophie Hawken – 20.38, Rachel
Maslunka 23.15, Amanda Worthington – 25.17.



1.5km

1. Dan Fynch – 8.37, 2. Mick Seymour – 8.50, 2. Alirah Norton – 9.04 (Inv) 3. Gracie Seipolt –
9.37 (FF). Gary Mahon 15.00, Annette Curtis – 11.51, Stafford Kelly – 10.25, Robert Trew –
10.26, Peta Dawe – 9.43, Caitlin Curtis – 11.15, Keenan Seymour – 10.10, Maree Stow –
10.28, John Justice – 9.25, Keely Trew – 6.54, Kyle Hilson – 6.53 (FM).

Under 10

Curtis Family

1. Gemma Tuena – 4.52 (FF), 2. Peter Curtis III – 6.18 (FM), 3. Amelia Sherriff – 6.34.



CRUSOE RESERVOIR, KANGAROO FLAT - 17TH June 2023

34 Competitors

Raffle Donor: Seymour Family

Raffle Winners: Brendon Hillier, Piper Fynch, John Justice

Blue skies promised optimal running conditions for our 7th club run at Crusoe Reservoir on Saturday. However, there was a less than pleasant wind blowing. Luckily, the blustery conditions subsidised and due to a change in the course to hug the lakeshore for most of the circuit, things weren't too bad at the scenic location. Sponsorship provided by the local businesses mentioned below is, as always, gratefully acknowledged. Thanks also goes to our volunteers for helping out at this location, as everything needs to be muscled in due to no vehicle access. Special mention to Peter Jnr and friends and Jackie for walking to mark out/pack up the circuit.

6.5km



1. Peter Curtis Jnr – 30.09, 2. Simone Butler – 34.54, 3. Jake Hilson – 22.51 (FM)
Jackie Guillou – 37.25, Brendon Hillier – 30.33 and Daniel Plowright – 25.52.



3km

1. Lincon Andrea – 12.53 (FM), 2. Piper Fynch – 12.58 (FF), 3. Jonathon Maslunka – 13.43.
Peter Hayes – 18.03, Mick Seymour – 19.05, Keenan Seymour – 20.46, Dan Fynch – 18.03,
Clara Fischer – 13.05, Rachel Maslunka 16.51 and Amanda Worthington – 17.37.



1.5km

1. Caitlyn Curtis – 10.02, 2. Stafford Kelly – 9.30, 3. Jaymo Colvin – 6.07 (FM).
Gary Mahon 14.05, Annette Curtis – 11.27, Robert Trew – 9.50, Peta Dawe – 8.48, Keenan
Seymour – 9.43, Maree Stow – 9.41, Mick Seymour – 8.39, John Justice – 8.13, Peyton Bish –
7.57, Clara Fischer – 6.54 (FF) and Kyle Hilson – 6.33.

Under 10

Curtis Family

1. Ivy Brennan – 4.29, 2. Gemma Tuena – 4.14 (FF), 3. Peter Curtis III – 5.58.
Amelia Sherriff – 6.06.



SEDGWICK HALL, SEDGWICK – 24th June 2023

35 Competitors

Raffle Donor: Anna Mulquiny

Raffle Winners: Piper Fynch, Clara Fischer and Maree Stow.

The morning of Saturday the 24th started out with blue skies. However, by the time the hardened cross-country athletes from South Bendigo assembled at the Sedgwick Community hall, winter was back in full force. Rain fell on the runners on and off during the 3/6.5 and it seemed as though it would snow at one point during the afternoon. The hills were fearsome, the track was muddy and slippery but that's the name of the game. The uphill slog to finish line tests the mettle of the runners, but the thought of a warm serve of soup at the end kept us keen. Congratulations to all who pushed through the tricky conditions. Utmost gratitude and acknowledgement go to our sponsors, Reilly's Designer appliances, 3T Fitness, Intersport Bicknells, The Curtis family and Champions supa IGA.

Appreciation also belongs to the people who took the time to make some soup for our Soup and Sav day. With some very yummy creations being enjoyed by the chilled athletes and supporters alike.

6.5km



1. Brendon Hillier – 30.55, 2. Daniel Plowright – 26.21 (FM), 3. Greg Hilson – 27.41
Jackie Guillou – 39.52, Kirsty Seipolt – 37.23 and Peter Curtis Jnr – 32.50.



3km

1. Mick Seymour – 17.30, 2. Dan Fynch – 17.51, 3. Gracie Seipolt – 18.56.
Keenan Seymour – 23.56, Clara Fischer – 13.14 (FF), Rachel Maslunka 16.40, Michelle Fynch – 14.57, Piper Fynch – 13.55, Lincon Andrea – 14.17, Tyler Fynch – 10.09 (FM) and Amanda Worthington – 17.52.



1.5km

1. Christine Leatham – 10.42, 2. Gracie Seipolt – 9.08, 3. Maree Stow – 9.45.
Gary Mahon 13.51, Annette Curtis – 11.58, Robert Trew – 9.51, Stafford Kelly – 10.03, Peta Dawe – 9.08, Keenan Seymour – 11.09, Caitlyn Curtis – 10.37, Mick Seymour – 8.35, John Justice – 8.38, Clara Fischer – 6.46 (FF), Tyler Fynch – 4.56 (FM) and Kyle Hilson – 6.36.

Under 10

Curtis Family

1. Peter Curtis III – 5.47 (FM), 2. Kai Stow – 5.47, 3. Ivy Brennan – 707 (FF)



ROCKY RISES RD. KANGAROO FLAT – 1ST July 2023

Competitors

Raffle Donor: Peter Barrett

Raffle Winners: Peter Hayes, Greg Hilson, Curtis family

The club headed back to Rocky Rises road after a break from the area of a couple of seasons. South Bendigo have historically using this area for a number of years, both in loop track and out and back formats. Saturday's runs were a sealed handicap with the 10km racers heading off, followed by the 4 km runners. As usual followed by the under 10 go getters and the 2km. It's good to throw in the extra distance to mix things up a bit in perfect running conditions. Thanks to everyone who helps out the officials. We always take the time to thank our generous sponsors listed below.

10km



1. Greg Hilson – 40.51, 2. Daniel Plowright – 39.52, 3. Kristy Kum Too – 57.21
Jackie Guillou – 58.16, Kirsty Seipolt – 58.50, Peter Curtis Jnr – 48.26, Simone Butler – 59.51,
Brendon Hillier – 51.48, Anna Mulquiny – 46.16, Aaron Norton – 42.20, Tarryn Furletti –
39.20 (FF) and Jake Hilson – 37.28 (FM).



4km

1. Gracie Seipolt – 25.44, 2. Piper Fynch – 18.15 (FF), 3. Michelle Fynch – 20.21.
Peter Hayes – 26.28, Rachel Maslunka 23.54, Lincon Andrea – 19.22, Thomas McArthur –
16.02 (FM), Leigh Browell – 22.58, Jonathon Maslunka – 20.16 and Amanda Worthington –
24.02.



2km

1. Gracie Seipolt – 12.02, 2. Dan Fynch – 11.22, 3. Stafford Kelly – 13.42.
Gary Mahon 20.17, Annette Curtis – 15.50, Robert Trew – 13.52, Maree Stow – 14.22, Peta
Dawe – 12.27, Caitlyn Curtis – 13.37, John Justice – 11.52, Carol Coad – 11.28 (FF), Aaron
Norton – 7.43 (FM) and Kyle Hilson – 8.58.

Under 10

Curtis Family

1. Peter Curtis III – 7.18 (FM), 2. Amelia Sherriff – 7.59 (FF) Kai Stow – 6.36

GOLD MEDAL ALERT!

Congratulations to **EMMA BERG - GOLD** medallist in Shot Put at the 2023 Oceania Cup.

VICTA ROAD, EAST BENDIGO – 8th July 2023

34 Competitors

Raffle Donor: Sandy Giampietro

Raffle Winners: Jackie Guillou, Annette Curtis

The Wellsford Forrest beckoned to runners on Saturday 8/7/23 as we set up at Victa road, on the edge of the trees right beside the impressive new Ridley feed mill. A course change was required at the last minute due to size of puddles on the proposed circuit and the fact that it is not cross country swimming. The original was to be a loop circuit but it was changed to an out and back. South Bendigo has historically run at Victa Rd, but not recently. New runners would have no doubt done a double take at the “caution – rifle range overshoot area” signs as we headed into the trees. Mercifully, the freezing wind was abated by the foliage, and the rain mostly held off, making running a lot nicer than waiting at the start/ finish line. Thanks to all the volunteers and intrepid runners for their efforts and our kind sponsors, Champions IGA and the others listed below

Reilly's Designer Appliances 6km



1. Simone Butler – 32.51 (FF), 2. Brendon Hillier – 28.57, 3. Daniel Plowright – 24.07 (FM).
Jackie Guillou – 35.49 and Caitlin Campbell – 32.52.

3T Fitness 3km



1. Lincon Andrea – 13.17 (FM), 2. Gracie Seipolt – 18.02, 3. Christine Leatham – 18.04.
Keenan Seymour – 21.18, Carol Coad – 18.06, Peter Hayes – 18.24, Rachel Maslunka 16.57,
Mick Seymour – 18.09, Sophie Hawken – 15.17, Michelle Fynch – 15.04, Jonathon Maslunka
– 14.44, Piper Fynch - 12.49, Clara Fischer – 14.40 and Amanda Worthington – 17.59.

Intersport Bicknells 1.5km



1. Robert Trew – 9.23, 2. Piper Fynch – 6.08 (FF), 3. Kyle Hilson – 6.21 (FM).
Gary Mahon 13.31, Annette Curtis – 11.38, Peta Dawe – 8.55, Caitlyn Curtis – 11.14, Gracie
Seipolt – 8.58, Keenan Seymour – 10.23, Mick Seymour – 8.34, Keely Trew – 7.06 and Clara
Fischer – 7.15.

Under 10

Curtis Family

1. Peter Curtis III – 7.18 (FM), 2. Amelia Sherriff – 7.59 and Gemma Tuena – 5.41 (FF)



BENDIGO HARRIERS INVITATION, PONY CLUB MANDURANG – 15th July

16 Club competitors

1km: U10 Boys Drake Barkla 11 th 5.24.	U10 Girls Alirah Norton 10 th 5.30
U12 Boys Jaymison Colvin 1 st 3.54	
U14 Boys Tyler Fynch 1 st 3.02	
4km: U16 Men Tyler Fynch 1 st 14.05	U16 Female Clara Fischer 2 nd 19.00
Open Men Stafford Kelly 9 th 29.54	Gary Mahon 10 th 41.40
Open Female Carol Coad 7 th 25.10	Peta Dawe 11 th 29.54
8km: Open Men Peter Curtis 5 th 38.01	Open Female Taryn Furletti 1 st 30.24
40+ Men Aaron Norton 4 th 33.17	40+ Female Kristy Kum Too 5 th 46.02
50+ Men Greg Hilson 1 st 33.11	50+ Women Jackie Guillou 4 th 45.01

* * * * *

AV XCR Rd 6 – Vic All Schools XC Champ & Vic XC Champs results:

Congratulations to following SBAC athletes who competed:

U18 Men 6km - Logan Tickell - 18:46 (1st)
U15 Women 4km - Chelsea Tickell - 14:16 (3rd)
U14 Men 3km - Tyler Fynch - 09:48 (5th)
Open 10km - Archie Reid 30:44 (12th)
Open 10km - Taryn Furletti 39:00 (23rd)
50+ 6km - Debby Kirne 31:08 (3rd)

* * * * *

Result from AV XCR Rd 7:

Congratulations to SBAC athletes who competed at Ballarat on 6th August. Fantastic results yet again:

Open 15km - Taryn Furletti 56:16 - 14th
Open 15km - Archie Reid 45:30 - 3rd
U18 6km - Logan Tickell 18:18 - 1st
U18 6km - Thomas McArthur 21:30 - 18th
U14 6km - Tyler Fynch 20:04 - 1st

The results from National Cross Country Championships:

Tyler Fynch – 15th (79 competitors) in u14 3km - time 9.48
Logan Tickell – 12th (118 competitors included aths from NZ) in U18 6km – time 19.22
Chelsea Tickell – 51st (128 competitors) in U16 4km – time 15.31

NOTLEYS RESERVE, WHIPSTICK – 22ND July 2023

38 Competitors

Raffle Donor: Brendon Hillier

Raffle Winners: Stafford Kelly, Gary Mahon, Peter Hayes

South Bendigo's second foray to Notleys camp ground happened on Saturday 22/7/23 in the picturesque Whipstick forest. A new series of courses was mapped in order to keep things interesting for the athletes, our thanks goes to our intrepid route marker Greg Hilson who risked life and limb to map the roads and bush tracks on gluey clay after a rainy day on Thursday. The mud was thankfully dry by the weekend, allowing for vastly safer running in winter conditions that were a lot more enjoyable than the last club Run. The use of the banner frame as the start/ finish line stirred the competition and there were a few close finishes on the grass of the camping area. South Bendigo A/C would like to extend our appreciation to the local sponsors and volunteers who make our running possible.

Reilly's Designer Appliances 6.5km



1. Greg Hilson – 25.47, 2. Jackie Guillou – 37.06, 3. Daniel Plowright – 25.38 (FM).
Kirsty Seipolt – 37.01, Simone Butler – 35.08 (FF) and Peter Curtis Jnr – 29.57.



3T Fitness 3km

1. Rachel Maslunka – 16.05, 2. Carol Coad – 17.43, 3. Sophie Hawken – 14.48.
Gary Mahon – 30.27, Gracie Seipolt – 18.23, Christine Leatham – 18.27, Peter Hayes – 18.47,
Mick Seymour – 18.30, Keely Trew – 15.06, Dan Fynch – 20.32, Jonathan Maslunka – 14.30,
Piper Fynch - 12.54 (FF), Clara Fischer – 13.55, Lincon Andrea – 12.50 (FM) and Amanda
Worthington – 17.30.



Intersport Bicknells 1.5km

1. Lincon Andrea – 6.01 (FM), 2. Clara Fischer – 6.18 (FF), 3. Stafford Kelly – 9.39.
Gary Mahon 14.26, Annette Curtis – 11.37, Peta Dawe – 8.59, Caitlyn Curtis – 10.12, Robert
Trew – 10.18, Gracie Seipolt – 8.39, Mick Seymour – 8.24, Peyton Bish – 8.04, Kyle Hilson –
6.24 and Jaymo Colvin – 6.21.

Under 10

Curtis Family

1. Ivy Brennan – 4.12 (FF), 2. Peter Curtis III – 6.14 3. Gemma Tuena – 5.35.

Amelia Sherriff – 7.58.



WOODVALE CLASSIC , WOODVALE RECREATION RESERVE

29th July 2023

30 Club members

6500 M Overall winners - Male: Nigel Preston Female: Taryn Furletti

Name	Club	Age Group	Time	Overall Place	Category Place
Nigel Preston	Bendigo Uni	Open Male	22.45	1	1
Taryn Furletti	South Bendigo	Open Female	24.38	2	1
Jake Hilson	South Bendigo	Open Male	24.42	3	2
Steven Field	Bendigo Uni	40+ Male	24.53	4	1
Luke Matthews	Bendigo Harriers	40+ Male	25.44	5	2
Daniel Plowright	South Bendigo	Open Male	25.49	6	3
Greg Hilson	South Bendigo	50+ Male	26.04	7	1
Trevor Kelly	Eaglehawk	60+ Male	26.22	8	1
Mitch Fitzgerald	Bendigo University	Open Male	26.28	9	4
David Cripps	Bendigo University	50+ Male	26.39	10	2
Dylan Ferguson	Eaglehawk	Open Male	26.47	11	5
Rebecca Kirkby	Bendigo University	40+ Female	26.56	12	1
Jayson Carter	Bendigo University	Open Male	27.21	13	6
James Harper	Bendigo University	40+ Male	27.40	14	3
David Heislars	Bendigo University	50+ Male	28.24	15	3
Mick Hobson	Bendigo Harriers	50+ Male	29.17	16	4
Kelvin Niblett	Bendigo University	40+ Male	29.34	17	4
Peter Curtis	South Bendigo	Open Male	30.01	18	7
Benjamin Sandeman	Bendigo Harriers	40+ Male	30.02	19	5
Ruth Sandeman	Bendigo Harriers	50+ Female	30.22	20	1
Anna Mulquiny	South Bendigo	Open Female	30.33	21	2
Anne Buckley	Bendigo Harriers	50+ Female	30.41	22	2
Ian Wellard	Bendigo Harriers	50+ Male	31.24	23	5
Terry Crome	Bendigo Harriers	60+ Male	31.29	24	2
Lisa Wilkinson	Bendigo University	50+ Female	31.45	25	3
Alison Cartner	Bendigo University	50+ Female	32.24	26	4
Ben McDermid	Bendigo University	40+ Male	32.32	27	6
Dale Lowe	Other	60+ Male	32.39	28	3
Richard Marchingo	Bendigo Harriers	60+ Male	32.48	29	4
Corinne Cinatl	Bendigo Harriers	Open Female	33.57	30	3
Janet Hodnett	Bendigo University	40+ Female	34.55	31	2
Andrew Creer	Bendigo University	50+ Male	35.05	32	6
Daniel Foulds	Other	Open Male	35.09	33	8
Kristy Kum Too	South Bendigo	40+ Female	35.40	34	3
Frances Walsh	Bendigo University	50+ Female	36.06	35	5
Nadene Macdonald	Bendigo Harriers	40+ Female	36.17	36	4
Jackie Guillou	South Bendigo	50+ Female	36.25	37	6
Melissa Barnes	Bendigo Harriers	50+ Female	36.37	38	7
Leah Cripps	Bendigo University	40+ Female	37.16	39	5
Damien Roberts	Bendigo University	50+ Male	37.17	40	7
Kevin Shanahan	Eaglehawk	60+ Male	37.59	41	5
Garnet Rodda	Bendigo Harriers	60+ Male	41.30	42	6
Mick Seymour	South Bendigo	40+ Male	42.22	43	7

3200 M Overall winners - Male: Tyler Fynch Female: Emma Colt

Name	Club	Age Group	Time	Overall Place	Category Place
Tyler Fynch	South Bendigo	U/15 Male	10.43	1	1
James Trew	Bendigo University	U/18 Male	11.14	2	1
Thomas McArthur	South Bendigo	U/18 Male	11.25	3	2
Aden Thomsen	Bendigo University	U/18 Male	12.01	4	3
Kai Thomsen	Bendigo University	U/18 Male	12.53	5	4
Cindy McClelland	Bendigo Harriers	Invitation Female	13.16	6	1
Emma Colt	Bendigo University	U/15 Female	14.03	7	1
Clara Fischer	South Bendigo	U/15 Female	14.13	8	2
Tiffany Bussem Jorgensen	Bendigo Harriers	Invitation Female	14.19	9	2
Ebony Beesley	Bendigo University	U/18 Female	14.33	10	1
Callen Bayliss	Bendigo University	U/15 Male	14.48	11	2
Beau Ferguson	Eaglehawk	U/15 Male	14.59	12	3
Sophie Hawken	South Bendigo	Invitation Female	15.01	13	3
Neil Shaw	Bendigo Harriers	Invitation Male	15.15	14	1
Chase Carter	Bendigo University	U/15 Male	15.41	15	4
Jonathon Maslunka	South Bendigo	U/15 Male	15.43	16	5
Debbie Kirne	South Bendigo	Invitation Female	15.47	17	4
Emily Harris	Bendigo University	U/15 Female	15.49	18	3
Geoff Jordan	Bendigo Harriers	Invitation Male	16.42	19	2
Brae Matthews	Bendigo Harriers	U/15 Male	17.07	20	6
Ashlie Matthews	Bendigo Harriers	Invitation Female	17.12	21	5
Ruby Carter	Bendigo University	U/15 Female	18.00	22	4
Rachel Maslunka	South Bendigo	U/15 Female	18.35	23	5
Charlie Cinatl	Bendigo Harriers	U/15 Male	18.48	24	7
Sam Esmore	Bendigo University	Invitation Male	18.50	25	3
Carol Coad	South Bendigo	60+ Female	19.03	26	1
Bec Beesley	Bendigo University	Invitation Female	19.14	27	6
Gracie Seipolt	South Bendigo	U/15 Female	20.37	28	6
Georgia Wings	Bendigo Harriers	U/15 Female	21.00	29	7
Peta Dawe	South Bendigo	60+ Female	21.19	30	2
Brian Cornell	Eaglehawk	Invitation Male	21.45	31	4
Stafford Kelly	South Bendigo	Invitation Male	22.23	32	5
Chantal Taylor	Bendigo University	Invitation Female	22.27	33	7
Keenan Seymour	South Bendigo	U/18 Male	23.09	34	5
Gary Mahon	South Bendigo	Invitation Male	33.56	35	6

1000 M Overall winners - Male: Jaymison Colvin Female: Piper Fynch

Name	Club	Age Group	Time	Overall Place	Category Place
Bradie Sheldon	Bendigo University	Invitation Male	3.46	1	1
Piper Finch	South Bendigo	U/12 Female	3.55	2	1
Abby Colt	Bendigo University	U/12 Female	4.00	3	2
Jaymison Colvin	South Bendigo	U/12 Male	4.06	4	1
Taj Ferguson	Eaglehawk	Invitation Male	4.07	5	2
Erin Bradshaw	Bendigo University	Invitation Female	4.10	6	1
Zivana Todorovich	Bendigo Harriers	U/12 Female	4.15	7	3
Emily Harris	Bendigo University	U/12 Female	4.21	8	4
Ronny Epps	Bendigo University	U/10 Male	4.22	9	1
Patrick Harris	Bendigo University	U/10 Male	4.22	10	2

Mikayla Kirkby	Bendigo University	U/10 Female	4.36	11	1
Sienna Bayliss	Bendigo University	U/10 Female	4.41	12	2
Dylan Marron	Bendigo Harriers	U/12 Male	4.49	13	2
Lyra Haythorpe	Bendigo University	U/12 Female	4.55	14	5
Harrison Griffin	Bendigo University	U/10 Male	5.04	15	3
Jack Haythorpe	Bendigo University	U/10 Male	5.09	16	4
Addison Bickerdike	Bendigo University	U/10 Female	5.10	17	3
Remi Matthews	Bendigo Harriers	U/10 Female	5.24	18	4
Alice Griffin	Bendigo University	U/10 Female	5.25	19	5
Alec Bradshaw	Bendigo University	U/10 Male	5.27	20	5
Gracie Seipolt	South Bendigo	U/12 Female	5.35	21	6
Leo Epps	Bendigo University	U/10 Male	5.36	22	6
Eden Haythorpe	Bendigo University	U/10 Female	5.36	23	6
Matilda Cinatl	Bendigo Harriers	U/10 Female	5.39	24	7
Miriam Niblett	Bendigo University	U/10 Female	5.40	25	8
Ivy Brennan	South Bendigo	U/10 Female	5.42	26	9
Tom Roberts	Bendigo University	U/12 Male	6.26	27	3
Ava Crome	Bendigo Harriers	U/10 Female	6.37	28	10
Addy Hartley	Other U/	10 Female	6.38	29	11
Gemma Tuena	South Bendigo	U/10 Female	6.57	30	12
Peter Curtis	South Bendigo	U/10 Male	7.22	31	7
Caitlyn Curtis	South Bendigo	Invitation Female	7.23	32	2
Audrey Bradshaw	Bendigo University	U/10 Female	8.02	33	13
Hugo Beesley	Bendigo University	U/10 Male	8.57	34	8
Luella Griffin	Bendigo University	U/10 Female	9.23	35	14
Drake Barkla	South Bendigo	U/12 Male	10.40	36	4



ATLAS ROAD, JUNORTOUN – 5TH August 2023

PETER CURTIS SNR. MEMORIAL 1500M

34 Competitors

Raffle Donor: Curtis Family

Raffle Winners: Fynch family, Gary Mahon, Carol Coad, Peter Curtis III,
Gracie Seipolt and Keenan Seymour.

The former department of defence rail branch to Atlas road, off the closed Bendigo to Heathcote railway was the venue for our club run on Saturday afternoon, 5.8.23. The Peter Curtis Snr memorial. Peter Snr was a South Bendigo stalwart, who loved the club and the footy so the club runners dressed up in footy colours as a nod to him and the Curtis Family who do so much for our club. The old rail siding is unmaintained, leading to some muddy and treacherous running for the first and last 450 metres of the run, then it was on to the O'Keefe Rail trail proper which, of course is a nice track to run on. Despite the mud, the weather was perfect for running and fun was had by all, the footy colours resulting in some colourful and fun photos. The easier grades of the rail trail presented an faster run for some athletes, combined with the 5 km distance presented a few quite quick times.

Reilly's Designer Appliances 5km



1. Brendon Hillier – 22.53, 2. Daniel Plowright – 19.35 (FM), 3. Kirsty Seipolt – 27.15 (FF).
Simone Butler – 27.29.



3T Fitness 3km

1. Carol Coad – 17.20, 2. Peter Hayes – 17.32, 3. Amanda Worthington – 17.20.
Gary Mahon – 30.15, Keenan Seymour – 22.21, Gracie Seipolt – 19.23, Mick Seymour –
17.34, Michelle Fynch – 15.10, Clara Fischer – 13.59 (FF) and Tyler Fynch – 9.59 (FM).



Intersport Bicknells 1.5km

1. Mick Seymour – 7.49, 2. Dan Fynch – 8.02, 3. Clara Fischer – 6.35 (FF).
Gary Mahon - 14.08, Annette Curtis – 11.09, Maree Stow – 9.01, Peta Dawe – 8.57, Caitlyn
Curtis – 9.58, Robert Trew – 9.53, Michelle Fynch – 8.02, John Justice – 9.04, Keenan
Seymour – 10.57, Gracie Seipolt – 9.30, Peyton Bish – 8.02, Kyle Hilson – 6.26 and Tyler
Fynch – 4.59 (FM).

Under 10

Curtis Family

1. Ivy Brennan – 4.18 (FF), 2. Peter Curtis III – 6.15 3. Amelia Sherriff – 8.33. Kai Stow – 5.31.



PETER CURTIS SNR. MEMORIAL 1500M

Vale

Peter Curtis Snr

26/08/1955-25/12/2016

Peter Curtis Snr was a dedicated South Bendigo man ever since his eldest daughter Shayleen joined the club in the late 90's.

The "1 Eyed" Collingwood supporter even boasted a South Bendigo Tattoo visible for all to see.

The regular limit marker always provided good incentive to chase. In 2011 he lost the vision in his only eye, making the effort to continue even more inspiring. For 5 years he headed out with his trusty Bundi Basher leading the way.

In 2007 he began his role as Canteen Manager, a role that he loved and held when he passed. He always made sure the Kettle was hot and offered anyone and everyone any hot drink he could possibly supply.

His role as canteen manager, Committee member and overall club helper was such that in 2010 he was awarded Best Club Contributor.

Peter ran his last 1500m race on the 23rd of April 2016 at Miller's Flat, a race that also featured Jess and Peter Jnr, the two youngest of his three children. Even after this race he continued to be a presence at the club until his sudden passing on Christmas morning 2016.

The Inaugural Peter Curtis Snr Memorial race was held at Atlas Rd, Peter's "home ground", on what would have been his 62nd Birthday.

Peter was a much-loved member of South Bendigo Athletic Club, and is missed by all that had the honour of meeting him.

Peter Curtis Jnr.



2017 – Leigh Browell
2018 – Sam Noden
2019 – Asher Bowe
& Madison Bryce
2022 – Peyton Bish

2023 -

MICHAEL SEYMOUR

CLUB CHAMPIONSHIPS
CRUSOE NO.7, KANGAROO FLAT – 12th August 2023

45 Competitors

Raffle Donor: Jen Clark

Raffle Winners: Maree Stow, Leigh Browell and Peyton Bish.

It was Club Championship day this past Saturday for the runners from South Bendigo. We congregated at the pretty No7 reservoir, for the varying distance runs around the parkland, Lake and the surrounding bushland to Crusoe res. The lucky ones were the little runners who didn't have to tackle the steep climb up the dam wall, however it was on the well thought out routes for the other distances. Under cloudy skies but initially mild temperatures, we ran, with some conquering distances they don't normally enter. The long course followed the channel through tranquil bushland, looping around and taking in two laps of the lake. Our constant appreciation goes to Greg for mapping the course, the timekeepers and results collaboration team who do a fantastic job each week. The sponsorship of the club by the local businesses listed below as well as Champions IGA should never go unmentioned, as we couldn't operate without it.

Reilly's Designer Appliances 6.5km



1. Jake Hilson – 22.31 (FM), 2. Greg Hilson – 25.16, 3. Daniel Plowright – 26.04.

Kyle Hilson – 34.50, Anna Mulquiny – 29.34 (FF), Peter Curtis Jnr – 29.32, Mick Seymour – 40.14, Brendon Hillier – 29.27, Simone Butler – 35.05, Kirsty Seipolt – 34.04, Kristy Kum Too – 36.38, Jackie Guillou – 36.02, Caitlyn Curtis – 50.04 and Shez Commins – 50.11.



3T Fitness 3km

1. Clara Fischer – 12.55 (FF), 2. Sophie Hawken – 13.55, 3. Debbie Kirne – 15.26.
Carol Coad – 17.47, Gracie Seipolt – 18.32 and Lynley McDonald – 18.39.



Intersport Bicknells 1.5km

1. Lincon Andrea – 5.47 (FM), 2. Clara Fischer – 6.02 (FF), 3. Jaymo Colvin – 6.07.
Gary Mahon – 13.44, Annette Curtis – 10.53, Maree Stow – 9.54, Stafford Kelly – 9.10, Peta Dawe – 8.49, Peter Hayes – 7.42, Robert Trew – 8.41, Amanda Worthington – 8.44, John Justice – 8.33, Rachel Maslunka – 7.21, Gracie Seipolt – 8.31, Peyton Bish – 7.25, Jonathan Maslunka – 6.15, Debbie Kirne – 6.55, Jackie Guillou, 7.39, Brendon Hillier – 6.15 and Simone Butler – 7.28.

Under 10

Curtis Family

1. Ivy Brennan – 4.33 (FF), 2. Gemma Tuena – 4.46 3. Mia McGregor – 5.19 (Invitation), 3. Peter Curtis III – 5.57. Amelia Sherriff – 6.56.



CLUB CHAMPIONSHIP PLACINGS 2023

Under 8 Boys 800m

1. Peter Curtis III

Under 8 Girls 800m:

1. Ivy Brennan
2. Amelia Sherriff

Under 10 Girls 800m: 1. Gemma Tuena

Under 12 Boys 1500m:

1. Lincon Andrea
2. Jaymo Colvin
3. Jonathan Maslunka

Under 12 Girls 1500m:

1. Rachel Maslunka
2. Peyton Bish
3. Gracie Seipolt

60+ Men 1500m:

1. Peter Hayes
2. John Justice
3. Robert Trew

50+ Women 1500m:

1. Debbie Kirne
2. Amanda Worthington
3. Maree Stow

60+ Women 1500m:

1. Peta Dawe
2. Annette Curtis

Under 16 Girls 3000m:

1. Clara Fischer

40+ Women 3000m:

1. Sophie Hawken

Open Men 6500m:

1. Jake Hilson
2. Daniel Plowright
3. Peter Curtis Jnr

Open Women 6500m:

1. Anna Mulquiny
2. Caitlyn Curtis

40+ Men 6500m:

1. Greg Hilson
2. Brendon Hillier
3. Mick Seymour

40+ Women 6500m:

1. Kirsty Seipolt
2. Simone Butler
3. Jackie Guillou.

On Saturday night, the club ventured to the Farmers Arms for a trivia night along with the presentations for our place getters from the club championships. The winners of the championships will be announced on presentation day on the 2nd of Sept.

Seven teams with a very mixed and varied background and age tussled it out over three rounds. The theme for the trivia questions was based on everything in Australia. From wombat poo to Kath and Kim. I am sure everyone learnt at least one thing about Australia or Australian notables.

The names chosen for their teams were interesting from Table 24 through to Coad Breakers. Four teams were within 1 point of each other with the runaway team of Coad Breakers taking out line honours.

Lots of banter and laughs had by all.



LANDRY'S ROAD, LOCKWOOD = 19th August 2023

33 Competitors

Raffle Donor: Peter Hayes

Raffle Winners: Piper Fynch, Peter Curtis III, and Peyton Bish.

The Bendigo Regional Park at Lockwood was where our athletes headed today 19th August, returning to the roller coaster hills of Landry Road. Over the top of Break o' day Hill on Lockwood Rd. The sun broke through and gave us some delightful weather to tackle the course that we haven't run on for a number of seasons. It was a tough slog up and down on the medium distance and the long distance loop track was just as challenging, complete with deep water holes. A spirited race to the finish took place between Danny P and Brendon H, with the two runners giving their all, much to the delight of spectators. Numbers were slightly down but those who attended gave 100% for our last club run for the season. There's still time to enter the Glen Allen Memorial races next week at Woodvale. Hopefully we'll see a lot of red uniforms in the crowd. The following week we will return to Woodvale for the Donna Tickell memorial race and season presentation. Hoping to see you there. Once again we must tip our hats to our incredible sponsors for their support throughout the season.

Reilly's Designer Appliances 8km



1. Daniel Plowright – 32.30 (FM), 2. Brendon Hillier – 38.35 3. Simone Butler – 46.44 (FF).
Peter Curtis Jnr – 42.05.



3T Fitness 3km

1. Mick Seymour – 17.14, 2. Rachel Maslunka – 16.32, 3. Jackie Guillou – 17.52.
Gary Mahon – 33.16, Christine Leatham – 21.17, Carol Coad – 19.09, Peter Hayes – 19.29,
Jonathan Maslunka – 14.52, Amanda Worthington – 18.30, Clara Fischer – 14.19, Michelle
Fynch – 16.24, Piper Fynch – 13.47 (FF) and Tyler Fynch – 10.31 (FM).



Intersport Bicknells 1.5km

1. Anna Mulquiny – 6.31 (FF), 2. Clara Fischer – 6.40, Robert Trew – 9.43.
Gary Mahon – 16.25, Annette Curtis – 12.18, Stafford Kelly – 10.01, Peta Dawe – 9.37,
Caitlyn Curtis – 10.35, John Justice – 9.26, Dan Fynch – 9.10, Mick Seymour – 9.03, Jackie
Guillou – 8.26, Peyton Bish – 8.24, and Jaymo Colvin – 6.31 (FM).

Under 10

Curtis Family

1. Peter Curtis III – 5.59 (FM) 2. Ivy Brennan – 4.59 (FF).



DONNA TICKELL MEMORIAL 1500M – 2nd September 2022

Woodvale Recreation Reserve – Harry Boyle Oval

DONNA TICKELL MEMORIAL PREVIOUS WINNERS

1991	David Purdon	1992	David Read
1993	Ashley Williams	1994	Danielle Mc Lennan
1995	Alanna Oldham	1996	Ryan Cornell
1997	Donna Bryant	1998	Mark Chapman
1999	David Purdon	2000	Michelle De La Haye
2001	Kyall Britten	2002	Ashlea Smith
2003	Kyall Britten	2004	Gina Hilson & David Purdon
2005	Rob Scholes	2006	Keith Noden
2007	Madison Bryce	2008	Will Noden
2009	Yazmin Hayes	2010	Bree Heiden
2011	Keely Trew	2012	Lisa Minchin
2013	Maria Bryce	2014	Madison Hill & Emily Patterson
2015	Jett Patullo	2016	Kaitlyn Bryce
2017	Kate Wilson	2018	Matt Barkla
2019	Matt Barkla	2022	Tyler Fynch

2023 WINNER - STAFFORD KELLY

DONNA TICKELL MEMORIAL 1500 METRES

Club Member Donna Tickell was killed whilst riding her bike home from school, near Newstead. This event was set up by the club to remember a youngster who was a willing helper and competitor with the club during the Cross Country season.

DONNA LEE TICKELL

13/091975 to 10/05/1990

Tragically killed at age 14 years.

A much loved, and loving family person, who enjoyed life to the fullest. An unselfish girl who wished the best for everyone else. Her zest for life is well remembered by those who had the fortune to have known Donna.

Her sporting attitude was a lesson many could well adopt. No complaints, or regrets, just get on with the job. Her “cheeky” (tom boyish) manner, oozing personality, was an infectious one, which left one feeling good about yourself and proud to be in her company. Not the fastest athlete around at the time, but an ambassador for her peers, a credit to herself and her family. Every so often a person of outstanding credential comes along. Donna WAS one of those people.

A great mate for her brother Lucas who wears a picture of his late sister tattooed proudly on his chest. Their ‘scraps’ left many mystified.

Donna was a willing, energetic worker for the Club, helping in any way she could. A terrific club mate, who was always on the sidelines, to offer encouragement and praise to fellow athletes.

By Ronald Nancarrow

2023 Donna Tickell Memorial 1500m (sealed handicap)

Woodvale Recreation Reserve – Harry Boyle Oval

2nd September 2023

Perfect spring weather greeted the South Bendigo runners for our second sortie to Woodvale this season.

The Donna Tickell Memorial is a permanent event on the SBAC fixture, a 1500m race that remembers Donna as a valuable and favourite member of our club, taken too early. The dirt tracks of the whipstick forest took their toll on a few runners, but they got back up again to finish the race, in true South Bendigo style.

Our club presentations were held after the race, with the perpetual yearly awards being presented to the deserving winners and the aggregates and championship trophies going to our top athletes.

Congratulations to all, thanks for making this season a success for all involved, combined with our season sponsors of Reilly's Designer Appliances, 3T Fitness, Intersport Bicknells and Champions IGA, their contributions to the club made it a fantastic winter. Thanks to all who have raced this year, here's to a successful summer track and field season.

1. Tyler Fynch – 4.52 (FM) 2. Greg Hilson – 5.13 3. Chelsea Tickell – 5.17 (FF).

Brendan Hillier – 5.48, Peter Curtis Jnr – 5.48, Clara Fischer – 6.09, Lincon Andrea – 6.11, Piper Fynch – 6.16, Kyle Hilson – 6.32, Sophie Hawken – 6.45, Jonathon Maslunka – 6.58, Michelle Fynch – 7.14, Debbie Kirne – 7.19, Kirsty Seipolt – 7.25, Mick Seymour – 7.31, Rachel Maslunka – 7.45, Jackie Guillou – 7.52, Dan Fynch – 8.26, Gracie Seipolt – 8.41, John Justice – 8.52, Peyton Bish – 9.00, Carol Coad – 9.05, Stafford Kelly – 9.06, Peta Dawe – 9.07, Robert Trew – 9.08, Keenan Seymour – 10.15, Maree Stow – 11.49, Annette Curtis – 12.06, and Gary Mahon – 15.10.

Winner of the Donna Tickell Memorial (sealed handicap) Trophy – Stafford Kelly

Raffle: Thanks to the Kellie Doering who donated the raffle prizes.

Winners: Peyton Bish, Maree Stow and Gracie Seipolt



DIXON FAMILY ENCOURAGEMENT AWARD

2004	-	Jesse Noden	2005	-	Peter Curtis Snr.
2006	-	Annette Curtis	2007	-	Tara Goodall-Hoffman
2008	-	Demi Goodall-Hoffman	2009	-	Holly Hawke
2010	-	Deanne Hocking	2011	-	Madeleine Hawke
2012	-	Madison Bryce	2013	-	Shelby Giri
2014	-	Keely Farnell	2015	-	Kyle Hilson
2016	-	Maria Bryce	2017	-	Donna Bowe
2018	-	Levi Bowe	2019	-	Sasha Pearce
2021	-	Bella Smart	2022	-	Rachel Maslunka

2023 – JAYMO COLVIN

* * * * *

PETER HUTHNANCE BEST CLUB CONTRIBUTOR – WINTER

1987	Tony Worthington	1988	Geoff Dalrymple
1989	Greg Hilson	1990	Marion Anderson
1991	Gina Grotto & Greg Hilson	1992	Ron Nancarrow
1993	David Purdon	1994	Lyn Dixon
1995	Sandra Giampietro	1996	Ian Carmichael
1997	David Read	1998	Sandra Giampietro
2001	Rob Dixon	2002	Scott Purdon
2003	Greg Hilson	2004	Greg Hilson
2005	Sharon Whiley	2006	Joan Matheson
2007	Annette Curtis	2008	Kerry & Neil Britten
2009	Cheryl Curnick	2010	Peter Curtis Snr.
2011	Greg Hilson	2012	Celine Mountjoy
2013	Greg Hilson	2014	Greg Hilson
2015	Greg Hilson	2016	Greg Hilson
2017	Greg Hilson	2018	Peter Hayes
2019	Tony Worthington	2021	Amanda Worthington
2022	Michael Seymour		



2023 – ANNETTE CURTIS

IGA – BEST CROSS COUNTRY MALE

2007	Jesse Noden	2008	Peter Curtis Jnr.
2009	Russell Fenwick	2010	Russell Fenwick
2011	Greg Hilson	2012	Kyall Britten
2013	Kyall Britten	2014	Daniel Plowright
2015	Daniel Plowright	2016	Peter Noden
2017	Daniel Plowright	2018	Daniel Plowright
2019	Will Noden	2021	Daniel Plowright
2022	Daniel Plowright		

2023 – JAKE HILSON

IGA – BEST CROSS COUNTRY FEMALE

2007	Demi Goodall-Hoffman	2008	Mandy Worthington
2009	Mandy Worthington	2010	Teleah Hayes
2011	Sophie Hawken	2012	Sophie Hawken
2013	Teleah Hayes	2014	Yazmin Hayes
2015	Teleah Hayes	2016	Teleah Hayes
2017	Teleah Hayes	2018	Anna Devrieze
2019	Jackie Guillou	2021	Genevieve Nihill
2022	Kirsty Seipolt		

2023 – PIPER FYNCH

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RON NANCARROW MEMORIAL PERPETUAL BEST AV WINTER ATHLETE AWARD

1996	Luke Preston	1997	Luke Preston & Robert De La Haye
1998	Amber Humphreys	1999	Michelle De La Haye
2000	No Award	2001	Clare Mc Kechnie
2002	Clare Mc Kechnie	2003	Leila Bunnett
2004	No Award	2005	No Award
2006	Jessica Rothwell	2007	Kyall Britten
2008	Kyall Britten	2009	Celine Mountjoy
2010	Zoe Boldiston	2011	Teleah Hayes
2012	Teleah Hayes	2013	Teleah Hayes
2014	Zahra Hayes	2015	Zahra Hayes
2016	Taryn Furletti	2017	Taryn Furletti
2018	Yazmin Hayes	2019	Logan Tickell
2021	Archie Reid	2022	Logan Tickell

2023 – LOGAN TICKELL

MOST OUTSTANDING JUNIOR AWARD

1996	Alanna Oldham	1997	Michelle De La Haye
1998	Sarah Humphreys	1999	Celia Boyle
2000	Michelle De La Haye	2001	Ashlea Smith
2002	Kyle Bryant	2003	Jessie Palfreyman
2004	Jessica Rothwell	2005	No Award
2006	Jessica Rothwell	2007	No Award
2008	Demi Goodall-Hoffman	2009	Zoe Dean
2010	Teleah Hayes	2011	Teleah Hayes
2012	Zahra Hayes	2013	Zahra Hayes
2014	Teleah Hayes	2015	Yazmin Hayes
2016	Zahra Hayes	2017	Yazmin Hayes
2018	Chelsea Tickell	2019	Kate Wilson
2021	Logan Tickell	2022	Genevieve Nihill

2023 - TYLER FYNCH

SASHES

Rookie Of the Year:	Clara Fischer
Most Improved:	Simone Butler
Most Consistent:	Gracie Seipolt & Peyton Bish

Another Cross-Country season has come to an end.

This season running numbers were:	2023	2022	2019	2017	2016
In the Under 10's	8	15	18	13	34
Short Distance	29	59	47	49	65
Middle Distance	24	37	50	37	52
Long Distance	16	23	25	18	22

AGGREGATE WINNERS

Club Aggregate Points Winners 6500m

1. Daniel Plowright 196 points
2. Brendan Hillier 186 points
3. Greg Hilson 184 points

Club Aggregate Points Winners 3000m

1. Amanda Worthington 172 points
2. Piper Fynch 170 points
3. Rachel Maslunka 165 points

Club Aggregate Points Winners 1500m

1. Stafford Kelly 200 points
2. Kylie Hilson 192 points
3. Robert Trew 191 points

Club Aggregate Points Winners UNDER 10

1. Peter Curtis III 223 points
2. Ivy Brennan 178 points
3. Gemma Tuena & Amelia Sherriff 168 points

FASTEST TIME AGGREGATE WINNERS

Fastest Aggregate Points Winners 6500m

1. Daniel Plowright 58 points
2. Greg Hilson 41 points
3. Brendan Hillier 34 points

Fastest Aggregate Points Winners 3000m

1. Tyler Fynch 51 points
2. Piper Fynch 45 points
3. Clara Fischer 43 points

Fastest Aggregate Points Winners 1500m

1. Kyle Hilson 43 points
2. Tyler Fynch 36 points
3. Jaymo Colvin 33 points

Fastest Aggregate Points Winners 10

1. Peter Curtis III 47 points
2. Gemma Tuena 46 points
3. Ivy Brennan 41 points

