



SBAC NEWSLETTER

WEEKLY UPDATE

DEC 6TH 2023

VOLUME 11

AVSL ROUND 6 RESULTS

400+ SCORERS:

- Joan Self - Discus - 17.77m - 423 points
- Jasper Seymour - Discus - 45.72m - 493 points
- Kai Norton - Discus - 39.44m - 453 points
- Amber Fox - Discus - 34.92m - 459 points
- Jayne Norton - Discus - 28.23m - 436 points
- Carol Coad - Discus - 19.00m - 414 points
- Kai Norton - Hammer Throw - 40.02m - 449 points
- Carol Coad - Hammer Throw - 23.84m - 417 points
- Rhys Hansen - High Jump - 1.73m - 442 points
- Mia Schodde - High Jump - 1.48m - 445 points
- Mia Schodde - Long Jump - 4.47m - 433 points
- Rhys Hansen - Long Jump - 6.08m - 471 points
- Tyler Fynch - 1 mile - 5:02.24 - 411 points
- Oliver Muggleton - 600m - 86.13 - 424 points
- Oliver Muggleton - 60m - 07.39 - 447 points
- Kai Norton - 60m - 07.98 - 426 points
- Rhys Hansen - 60m - 07.99 - 425 points
- Charlie Sullivan - 60m - 08.30 - 417 points
- Mia Schodde - 60m - 08.93 - 440 points

Most Valuable Athletes (MVA) Round 6:

- Rhys Hansen - 1,548 points
- Mia Schodde - 1,510 points
- Kai Norton - 1,497 points

PBs (SBs for masters):

- Mia Schodde - Long Jump 4.47m
- Damian Muscovich - Hammer Throw - 19.20m SB
- Damian Muscovich - Discus - 26.57m SB
- Rhy Hansen - Long Jump - 6.08m
- Jake Hilson - 1 mile - 4:31.05
- Tyler Fynch - 1 mile - 5:02.24

2x100m Relay Teams:

- Rhys Hansen & Ollie Muggleton - Open - 23.09 - 420 points
- Kai Norton & Jasper Seymour - U16 - 25.95 - 339 points
- Charlie Sullivan & Tyler Fynch - U14 - 27.22 - 316 points
- Aaron Norton & Leigh Browell - 40+ - 29.93 - 179 points
- Greg Hilson & Damian Muscovich - 40+ - 31.21 - 161 points
- Jordyn Lewis & Mia Schodde - U14 - 28.85 - 385 points
- Jackie Guillou & Jayne Norton - 40+ - 34.41 - 160 points
- Carol Coad & Joan Self - 60+ 34.77 - 314 points

A big thank you to Round 6 Club Helpers:

- Peter Hayes
- Bill Trew
- Peter Barrett
- Michelle Finch
- Peter & Sarah Hansen
- Mick Seymour



Apologies if I've missed anyone!

ZATPEK:10 WRAP UP

South Bendigo was extremely well represented in athletes and spectators. Great event with amazing atmosphere, definitely mark it in your calendar for next year.

Amazing results from our athletes competing against the best in Australia. Congratulations to:

- Archie Reid** - 10000m - 29:43.21 - 16th
- Logan Tickell** - 3000m - 8:34.77 - 13th
- Chelsea Tickell** - 1 Mile LAV U16 - 5:05.10 - 3rd
- Emma Berg** - Shot Put Challenge - 15.97m - 1st



This Saturday 9th December

- Non -AVSL Starts 1.30pm, Program 1**
- Entries close 8pm Thursday link-**
<https://www.athleticsbendigo.org.au/events/2023-24-athletics-bendigo-non-avsl-9-dec-2023/>
- Australian All Schools Livestream link
<https://www.youtube.com/@AthsAust>