



SBAC NEWSLETTER

WEEKLY UPDATE

DEC 20TH 2023

VOLUME 13

AVSL ROUND 7 RESULTS

400+ Scorers:

- Jayne Norton - Javelin - 23.68m - 404 points
- Keely Trew - Javelin - 32.11m - 416 points
- Joan Self - Javelin - 17.68m - 422 points
- Rhys Hansen - Pole Vault - 3.90m - 470 points
- Oliver Muggleton - 150m - 16.80 - 480 points
- Rhys Hansen - 150m - 18.33 - 458 points
- Charlie Sullivan - 150m - 18.88 - 477 points
- Mia Schodde - 150m - 21.78 - 409 points
- Connor Wilson - Shot put - 16.40m - 509 points
- Emma Berg - Shot put - 15.63m - 518 points
- Jasper Seymour - Shot put - 13.49m - 460 points
- Trudy Haines - Shot put - 8.26m - 441 points
- Joan Self - Shot put - 7.23m - 476 points
- Carol Coad - Shot put - 6.94m - 441 points
- Peta Dawe - Shot put - 6.04m - 407 points
- Emma Orme - Shot put - 10.24m - 416 points
- Jayne Norton - Shot put - 7.50m - 404 points

MVP Athletes for Round 7:

- Joan Self - 1,284 points
- Carol Coad - 1,181 points
- Trudy Haines - 1,009 points



VICTORIAN COUNTRY CHAMPS

Friday 26th – Sunday 28th January 2024

Entries Close: Midday, Monday 15th January 2024

Location: Llanberris Athletics Reserve – Ballarat

Info & Entry: <https://athsvic.org.au/events/victorian-country-track-field-championships/>

Draft Timetable:

<https://athsvic.wpenginpowered.com/wp-content/uploads/2023/12/Victorian-Country-Championships-2024-Ballarat-Schedule-Draft-Published.pdf>

*****IMPORTANT*****

Entry Refund - The club will refund the entry fee of 1 event for anyone that competes in more than 3 events. To receive refund pls email bank details to southbendigoac@gmail.com.

Relays - The club enters and pays for relays. There are 4x100 & 4x400 relays please advise asap if you would like to be in a team.



NON-AVSL ROUND 4

Saturday 6th January

Relay - will be in fact the Medley Relay

Entries - close 8pm Thursday 4th Jan -

<https://www.athleticsbendigo.org.au/events/2023-24-athletics-bendigo-non-avsl-6-jan-2023/>