



SBAC NEWSLETTER

WEEKLY UPDATE

JAN 16TH, 2024

VOLUME 14

AVSL ROUND 8 RESULTS

400+ Scorers:

- Joan Self - Discus - 18.55m - 432 points
- Jasper Seymour - Discus - 47.33m - 502 points
- Kai Norton - Discus - 42.03m - 469 points
- Emma Berg - Discus - 39.38m - 471 points
- Jayne Norton - Discus - 28.84m - 440 points
- Kai Norton - Hammer - 45.99m - 482 points
- Jasper Seymour - Hammer - 31.87m - 403 points
- Carol Coad - Hammer - 23.45m - 414 points
- Mia Schodde - High Jump - 1.44m - 410 points
- Oliver Muggleton - 200m - 23.36 - 402 points
- Jake Hilson - 800m - 2:00.03 - 433 points
- Tyler Fynch - 800m - 2:15.10 - 436 points

Most Valuable Athletes for Round 8:

- Joan Self - 1,167 points
- Mia Schodde - 1,128 points
- Carol Coad - 1,090

PB or SBs for masters (Rd 8 & non-AVSL Rd 4):

- Jayne Norton - Discus 28.84m
- Tyler Fynch - Long Jump - 4.31m
- Tyler Fynch - 800m - 2:15.10
- Jasper Seymour - 100m - 13.61
- Joan Self - High Jump - 1.14m
- Cassie Millier - Hammer - 20.34m
- Piper Fynch - Steeple - 9:12.71

****RECORD ALERT****

Joan Self - High Jump - 1.14m - Bendigo 60+ Record

AVSL ROUND 9

Saturday 20th January (Twilight)

Starts - 6pm

Enter - <https://www.southbendigoac.au/track-field>

Powerplay - we are using our Powerplay this weekend which gives us double LADDER points so to maximise pls enter 3 SCORING events.

POWERPLAY

SHOUT OUT TO EVERYONE.
THIS SAT 20TH ROUND 9 IS OUR
POWERPLAY.
PLS ENTER 3 SCORING EVENTS



VICTORIAN COMBINED EVENT CHAMPS SBAC RESULTS

Congratulations to Kai and Greg who were both
SILVER medalists in their respective events:-

Kai Norton - U16 Heptathlon - 3780 points - 2nd
Greg Hilson - 50+ Decathlon - 3209 points - 2nd

