



# SBAC NEWSLETTER

## WEEKLY UPDATE

JAN 23RD, 2024

VOLUME 14

### AVSL ROUND 9 RESULTS

#### 400+ Scorers:

- Joan Self - Javelin - 18.28m - 430 points
- Connor Wilson - Javelin - 31.10m - 403 points
- Rhys Hansen - Pole Vault - 3.95m - 477 points
- Oliver Muggleton - 100m - 11.31 - 429 points
- Charlie Sullivan - 100m - 12.29 - 447 points
- Mia Schodde - 100m - 13.87 - 412 points
- Oliver Muggleton - 400m - 51.20 - 428 points
- Connor Wilson - Shot put - 17.35m - 519 points
- Emma Berg - Shot put - 14.97m - 511 points
- Jasper Seymour - Shot put - 14.25m - 476 points
- Emma Orme - Shot put - 10.23m - 416 points
- Amber Fox - Shot put - 9.62m - 401 points
- Charlie Sullivan - Shot put - 9.60m - 428 points
- Peta Dawe - Shot put - 6.02m - 406 points
- Damian Muscovich - Shot put - 8.55m - 407 points
- Joan Self - Shot put - 7.54m - 489 points
- Jordyn Lewis - Shot put - 7.41m - 402 points
- Carol Coad - Shot put - 6.69m - 432 points

#### Most Valuable Athletes for Round 9:

- Joan Self - 1,324 points
- Charlie Sullivan - 1,308 points
- Mia Schodde - 1,252 points

#### PB or SBs for masters for Rd 9:

- Damian Muscovich - Triple Jump - 7.48m
- Jasper Seymour - 100m - 13.18
- Mia Schodde - 100m 13.87
- Jordyn Lewis - Shot Put - 7.47
- Charlie Sullivan - Shot put - 9.60m
- Charlie Sullivan - 400m - 60.25m
- Carolyn Sullivan - Shot put - 6.90m
- Carolyn Sullivan - 100m - 20.01
- Robert Trew - 100m - 16.83
- Rebert Trew - Shot put - 6.68m

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

**Connor Wilson - Shot put - 17.35m  
(Bgo U15 record, 4kg)**

### COUNTRY CHAMPIONSHIP REMINDERS

Club will have shade tent so look for the club banner.

**Uniform** (inc black shorts) & BIBS

**Check-in** - AV will email all athletes instructions please read carefully as there are changes to check-in process.

**Provisional Timetable** - now avail. Pls check your event times as there are a lot of changes -

<https://athsvic.wenginepowered.com/wp-content/uploads/2024/01/VicCountry-Champs-2024-Ballarat-Prov-22-01-2024v2-web.pdf>

**Saturday Pizza** - pls advise if you'll be hanging around Sat night for pizza so we can cater.



### AVSL LADDER UPDATE

After Round 8 we are still sitting on top of the Division 2 ladder with Chilwell hot on our tail. We are 5 points in front but Chilwell have made up some ground in Round 9 and are yet to use their Powerplay. With 3 AVSL rounds to go can we hold on to be the Division 2 Champions?

Division 2					
1		South Bendigo	168,742	65	AP
2		Chilwell	165,360	60	AP
3		Nunawading	160,987	56	
4		Keilor St Bernards	141,192	54	
5		Mornington	139,451	52	POWERPLAY
6		Ballarat Harriers	142,079	48	
7		Athletics South West	118,896	34	
8		Wyndham	115,927	32	POWERPLAY
9		Eureka	113,067	31	AR
10		Bendigo Harriers	108,186	22	AR

### ROUND 9 POWERPLAY RESULTS

Division 2					
	CHI	Chilwell	29,848	+	10
	SBE	South Bendigo	23,997	+	18
	KSB	Keilor St Bernards	19,103	+	8
	WYN	Wyndham	18,034	+	7
	BGO	Bendigo Harriers	16,326	+	6
	BHA	Ballarat Harriers	16,189	+	5
	MPA	Mornington	15,200	+	4
	ANW	Nunawading	10,419	+	3
	EKA	Eureka	10,347	+	2
	ASW	Athletics South West	8,559	+	1