



# SBAC NEWSLETTER

## WEEKLY UPDATE

FEB 6TH, 2024

VOLUME 16

### AVSL ROUND 10 RESULTS

#### 400+ Scorers:

- Logan Tickell - 5000m - 15:15.9h - 511 points
- Joan Self - Discus - 18.74m - 434 points
- Carol Coad - Discus - 18.53m - 409 points
- Jasper Seymour - Discus - 44.02m - 482 points
- Kai Norton - Discus - 42.96m - 475 points
- Amber Fox - Discus - 33.79m - 451 points
- Jayne Norton - Discus - 27.74m - 432 points
- Cassidy Miller - Discus - 26.20m - 400 points
- Kai Norton - Hammer - 37.11m - 432 points
- Carol Coad - Hammer - 22.89m - 409 points
- Rhys Hansen - High Jump - 1.70m - 428 points
- Mia Schodde - High Jump - 1.45m - 419 points
- Mia Schodde - Long Jump - 4.69m - 463 points
- Rhys Hansen - Long Jump - 5.58m - 425 points
- Kai Norton - Long Jump - 5.42m - 411 points
- Joan Self - Long Jump - 3.30m - 401 points
- Mia Schodde - 200m - 28.48 - 431 points
- Oliver Muggleton - 200m - 23.13 - 414 points
- Rhys Hansen - 200m - 24.71 - 420 points
- Charlie Sullivan - 200m - 25.40 - 439 points

#### Most Valuable Athletes for Round 10:

- Kai Norton - 1,318 points
- Mia Schodde - 1,313 points
- Rhys Hansen - 1,273 points

#### PB or SBs for masters for Rd 10:

- Mia Schodde - Long Jump - 4.69m
- Damian Muscovich - Long Jump - 3.43m
- Mia Schodde - 200m - 28.48
- Piper Fynch - 800m - 2:59.25
- John Justice - 800m - 3:58.79
- Shane Miller - 100m - 13.99
- Shane Miller - 200m - 30.38
- Jackie Guillou - 200m - 35.56

### AVSL ROUND 11

**SAT 10TH (TWILIGHT) STARTS 6PM**

Entry link via club website

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

### STATE CHAMPIONSHIPS

**Friday 23rd February – Sunday 3rd March 2024**

**Entries Close:** Midday, Monday 12th February 2024

**Entry link:** <https://members.athsvic.org.au/events/221453/>

**Location:** Lakeside Stadium, Albert Park, VIC 3206

**\*\*Please read National Junior or Open Policy for entry and selection process to compete at 2024 Nationals in Adelaide - <https://athsvic.org.au/selection-criteria-2024-australian-track-and-field-championships/>**

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### Country Champs Wrap Up



**CONGRATULATIONS CONNOR (CJ) WILSON!! WINNER OF THE STUART HUNTER MEMORIAL SHIELD (U16 PERFORMANCE)**



**WELL DONE EAGLEHAWK OVERALL AGGRAGATE POINTS WINNER.!**

**MEDAL TALLY FOR ALL BENDIGO CLUBS:**

**BENDIGO UNIVERSITY - 1 5 3 1**

**BENDIGO HARRIERS - 1 12 2 13 3 10**

**EAGLEHAWK - 1 41 2 35 3 41**

**SOUTH BENDIGO - 1 28 2 21 3 16**

## Female OP

5000m: Taryn Furletti 17:59.47 (4th);  
 Discus: Amber Fox 34.39m (4th);  
 Hammer: Jemma Norton 33.17m (3rd);  
 Javelin: Keely Trew 35.14m (2nd);  
 Pole Vault: Emma Orme 3.10m (2nd);  
 Shot Put: Emma Berg 14.90m (1st);

## Female 20

Discus: Cassidy Miller 26.32m (4th);  
 Hammer: Jemma Norton 33.00m (1st);  
 High Jump: Cassidy Miller 1.40m (3rd);  
 Javelin: Cassidy Miller 23.30m (4th);  
 Shot Put: Cassidy Miller 8.25m (3rd);

## Female 18

800m: Genevieve Nihill 2:21.73 (3rd);  
 1500m: Genevieve Nihill 4:54.91 (4th);  
 Discus: Amber Fox 33.85m (1st);  
 Pole Vault: Emma Orme 2.80m (1st);  
 Shot Put: Amber Fox 10.29m (3rd);

## Female 16

800m: Chelsea Tickell 2:20.44 (1st);  
 1500m: Chelsea Tickell 4:57.05 (1st);

## Female 14

100m: Mia Schodde 13.60 (1.2) (3rd);  
 200m: Mia Schodde 29.47 (-3.6) (7th);  
 200m Hurdles: Jordyn Lewis 38.46 (1.1) (5th);  
 High Jump: Mia Schodde NM;  
 Long Jump: Mia Schodde 4.31m (2.3) (2nd);  
 Pole Vault: Jordyn Lewis 2.60m (1st);  
 Triple Jump: Mia Schodde 8.71m (-0.9) (4th);

## Female 40+

Discus: Jayne Norton 31.13m (1st);  
 Shot Put: Jayne Norton 7.96m (2nd);  
 Triple Jump: Jayne Norton 7.80m (-0.3) (1st);

## Female 50+

100m: Trudy Haines 16.32 (1.4) (3rd);  
 200m: Jackie Guillou 36.61 (-0.6) (5th);  
 400m: Jackie Guillou 83.07 (2nd);  
 80m Hurdles: Trudy Haines 19.14 (2.6) (1st);  
 High Jump: Trudy Haines 1.25m (1st);  
 Javelin: Trudy Haines 20.61m (1st);  
 Long Jump: Trudy Haines 3.34m (2.1) (1st);

## Female 60+

100m: Joan Self 17.25 (0.1) (2nd); Peta Dawe 19.01 (0.1) (3rd);  
 200m: Peta Dawe 43.30 (-2.6) (5th);  
 400m: Peta Dawe 1:42.48 (6th);  
 1500m Walk: Annette Curtis 12:00.67 (2nd);

## Female 60

4x100m: (Joan Self, Annette Curtis, Peta Dawe, Carol) 79.03 (2nd)

## Female 60+

Discus: Carol Coad 18.82m (1st); Joan Self 18.12m (3rd); Peta Dawe 16.34m (6th);  
 Hammer: Carol Coad 22.36m (2nd); Peta Dawe 13.15m (5th);  
 Javelin: Carol Coad 16.70m (1st); Joan Self 16.17m (2nd); Annette Curtis 12.93m (5th);  
 Long Jump: Carol Coad 3.22m (1.8) (1st);  
 Shot Put: Joan Self 7.33m (4th); Peta Dawe 6.11m (6th);  
 Triple Jump: Joan Self 7.38m (+0.0) (1st); Carol Coad 7.21m (-0.9) (2nd);

## Male OP

200m: Oliver Muggleton 23.05 (0.7) (5th);  
 400m: Oliver Muggleton 51.64 (4th);  
 800m: Jake Hilson 1:58.36 (3rd);  
 1500m: Jake Hilson 4:12.56 (2nd);  
 5000m: Jake Hilson 16:21.59 (4th);  
 10000m: Jake Hilson 36:09.38 (1st);  
 Pole Vault: Rhys Hansen 4.10m (3rd);

## Male 18

4x100m: (Charlie Sullivan, Jasper Seymour, Rhys Hansen, Kai Norton) 49.06 (2nd);  
 Pole Vault: Rhys Hansen 3.80m (1st);

## Male 16

100m: Charlie Sullivan 12.12 (2.2) (5th);  
 200m: Charlie Sullivan 24.99 (2.6) (7th); Kai Norton 25.38 (-0.7) (9th);  
 Discus: Jasper Seymour 50.97m (1st); Kai Norton 46.40m (2nd);  
 Hammer: Kai Norton 42.86m (2nd); Jasper Seymour 31.61m (3rd);  
 High Jump: Kai Norton 1.65m (1st);  
 Javelin: Kai Norton 48.04m (1st);  
 Shot Put: Connor Wilson 16.98m (1st); Kai Norton 15.50m (2nd);  
 Jasper Seymour 14.72m (3rd);

## Male 40+

3000m Steeple: Leigh Browell DNF;  
 5000m Walk: Leigh Browell 41:14.19 (1st);

## Male 40

4x100m: (Aaron Norton, Leigh Browell, Gregory Hilson, Shane Miller) 56.63 (2nd);

## Male 40+

Discus: Aaron Norton 26.45m (4th); Chris Timewell 24.58m (5th);  
 Hammer: Aaron Norton 23.76m (3rd); Chris Timewell 19.49m (6th);  
 Javelin: Chris Timewell 29.73m (3rd); Leigh Browell 14.66m (5th);  
 Shot Put: Aaron Norton 7.46m (8th); Leigh Browell 7.04m (10th);

## Male 50+

800m: Gregory Hilson 2:23.78 (2nd);  
 1500m: Gregory Hilson 5:04.04 (2nd);  
 3000m: Gregory Hilson 11:36.10 (3rd);  
 10000m: Gregory Hilson 41:27.69 (1st);  
 400m Hurdles: Gregory Hilson 71.05 (2nd);  
 High Jump: Gregory Hilson 1.45m (1st);  
 Long Jump: Gregory Hilson 4.80m (-1.2) (2nd);  
 Pole Vault: Gregory Hilson 2.80m (1st);  
 Triple Jump: Gregory Hilson 9.69m (-1.9) (1st);