



# SBAC NEWSLETTER

## WEEKLY UPDATE

FEB 13TH, 2024

VOLUME 17

### AVSL ROUND 11 RESULTS

#### 400+ Scorers:

- Joan Self - Javelin - 19.45m - 444 points
- Rhys Hansen - Pole Vault - 4.00m - 485 points
- Oliver Muggleton - 400m - 52.03 - 410 points
- Rhys Hansen - 400m - 54.14 - 442 points
- Emma Berg - Shot put - 15.61m - 518 points
- Peta Dawe - Shot put - 6.28m - 416 points
- Carol Coad - Shot put - 7.11m - 448 points
- Damian Muscovich - Shot put - 9.18m - 424 points
- Trudy Haines - Shot put - 7.90m - 429 points
- Joan Self - Shot put - 7.74m - 497 points
- Joan Self - Triple Jump - 7.55m - 402 points
- Rhys Hansen - Triple Jump - 11.28m - 413 points

#### Most Valuable Athletes for Round 11:

- Joan Self - 1,343 points
- Rhys Hansen - 1,340 points
- Carol Coad - 1,145 points

#### PB or SBs for masters for Rd 11:

- Robert Trew - Shot put - 6.72m
- Damian Muscovich - Triple Jump - 7.60m
- Damian Muscovich - Shot put - 9.18m
- Joan Self - Shot put - 7.74m

### AVSL ROUND 12

#### SAT 17TH STARTS 1.30PM

Entry link via club website

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

**DUTY CLUB:** SBAC are the Duty Club which means Canteen Duty. Any help in Canteen greatly appreciated!

**SHOUT OUT FOR MAXIMUM EVENTS THIS WEEK, WE ARE EQUAL ON LADDER WITH CHILWELL & NEED TO FINISH AHEAD OF THEM TO BE DEEMED "CHAMPIONS"**



### MAURIE PLANT MEET - MELBOURNE

World Athletics Continental Tour Gold Meet  
Thursday 15 February 2024 - Lakeside Stadium

**GOOD LUCK TO SBAC ATHLETE**

**"EMMA BERG"!**

**COMPETING IN SHOT PUT**

**\*\*if you can't get there watch live and free on 7plus**

### \*\*RECORD ALERTS\*\*

**LOGAN TICKELL**

**5KM FRENZY - 14:36.78**

**(U20 TRACK RECORD)**



**KEELY TREW**

**COUNTRY CHAMPS - JAVELIN - 35.14M**

**(PRE-VET RESIDENTIAL RECORD)**

