



SBAC NEWSLETTER

WEEKLY UPDATE

OCT 11TH, 2023

VOLUME 3

AVSL ROUND 1 RESULTS

400+ SCORERS:

Genevieve Nihill - 1500m time 4:49.67 - 452 points
 Taryn Furletti - 3000m time 10:13.25 - 472 points
 Oliver Muggleton - 400m time 52.29 - 404 points
 Rhys Hansen - Pole Vault height 3.75m - 446 points
 Kai Norton - Javelin dist. 40.07m - 470 points
 Emma Berg - Javelin dist. - 33.91m - 428 points
 Keely Trew - Javelin dist. - 31.11m - 409 points
 Emma Berg - Shot put dist. 14.63m - 507 points
 Jasper Seymour - Shot put dist. 13.51m - 461 points
 Kai Norton - Shot put dist. 12.73m - 445 points
 Cassidy Miller - Shot put dist. 9.55m - 400 points
 Peta Dawe - Shot put dist. 5.88m - 400 points
 Emma Orme - Shot put dist. 9.60m - 401 points
 Trudy Haines - Shot put dist. 8.04m - 434 points
 Carol Coad - Shot put dist. 6.83m - 437 points
 Joan Self - Shot put dist. 6.80m - 458 points
 Rhys Hansen - Triple Jump dist. 11.72m - 433 points



PBs or SBs for Masters:

Tyler Fynch - 1500 - 4:42.72
 Piper Fynch - Triple Jump - 7.30m
 Piper Fynch - 1500 - 6:27.32
 Greg Hilson - 1500 - 4:59.91
 Thomas McArthur - 1500 - 4:30.09

MVA (Most Valuable Athletes) for Round 1:

Kai Norton 1,283
 Rhys Hansen 1,257
 Joan Self 1,190

Division 2

	SBE	South Bendigo	24,774 +	10
	ANW	Nunawading	24,085 +	9
	KSB	Keilor St Bernards	19,358 +	7
	BHA	Ballarat Harriers	18,935 +	6
	CHI	Chilwell	18,841 +	5
	EKA	Eureka	15,741 +	4
	ASW	Athletics South West	14,929 +	3
	WYN	Wyndham	13,272 +	2
	BGO	Bendigo Harriers	12,822 +	1
	MPA	Mornington	11,792 +	1

**WELL DONE
 EVERYONE!
 TOP OF DIV 2
 LADDER AFTER
 ROUND 1**

AVSL ROUND 2 - THIS SATURDAY 14TH OCT!

4X100 RELAYS ARE SCORING AND DEFINITELY LAST EVENT THIS WEEK! THIS YEAR IS OPT OUT PLEASE ADVISE CLUB TABLE IF YOU ARE NOT AVAILABLE FOR RELAYS.

PB OR SB FOR MASTERS - DON'T FORGET TO RECORD YOUR PB AT CLUB TABLE TO HAVE IT INCLUDED.

RESULTS HUB - FOR FULL RESULTS, LADDERS AND MORE GO TO THE RESULTS HUB
[HTTPS://ATHSVIC.RESULTSHUB.COM.AU/](https://athsvic.resultshub.com.au/)

POWERPLAY

Clubs are issued with one (1) Powerplay per season. Clubs can use their Powerplay on any round from Rounds 1-12. Powerplays will double the clubs' ladder points for that round.

We need to use our Powerplay when maximum athletes competing. Club will do pole based on below proposed round dates:

Round 3 - Sat 21st Oct - Program 1

Round 4 - Sat 11th Nov - Program 2

Round 9 - Sat (Twilight) 20th Jan - Program 1



SPECIALIST GROUPS

If you are looking for extra competition in your specialist discipline, try AV's Specialist Groups:

AV Throws - for Discus, Shot put, Javelin & Hammer

High Velocity - for Sprints, Hurdles & Jumps

Milers Club - for middle distance track running

Rare Air - for Pole Vault & High Jump

Vic Race Walking Club

Refer link for more information on meets and entries: <https://athsvic.org.au/seasons/specialist-groups/>

UPCOMING EVENTS

- Sat 21st Oct - AVSL Rd 3 (Program 1) - Bendigo
- Sat 28th Oct - NON-AVSL Rd 1 (Program 1) - Bendigo
- 28th & 29th Oct - AV All Schools T & F Wk 1 - Lakeside
- Sat 4th Nov - NON-AVSL Rd 2 (Program 2) - Bendigo
- 4th & 5th Nov - AV All Schools T&F Wk 2 - Lakeside
- Thu 9th Nov - AV Rare Air & Vic Milers Club - Lakeside
- Sat 11th Nov - AVSL Rd 4 (Program 2) - Bendigo
- Thu 16th Nov - Victorian 5,000m Champs - Lakeside
- Fri 17th Nov (Twilight) - AVSL Rd 5 (Program 1) - Bendigo
- **Sat 25th Nov - Vic State Track Relays - Doncaster**
- Tue 28th Nov - High Velocity & AV Thrower - Lakeside
- Fri 1st Dec (Twilight) - AVSL Rd 6 (Program 2) - Bendigo
- Sat 2nd Dec - Zatopek:10 & Zatopek 5km Fun Run - Lakeside
- Sat 9th Dec - NON-AVSL Rd 3 (Program 1) - Bendigo
- Sat 16th Dec - AVSL Rd 7 (Program 1 - Nitro) - Bendigo
- Thu 21st Dec - Vic Milers Club (meet 2) - Box Hill