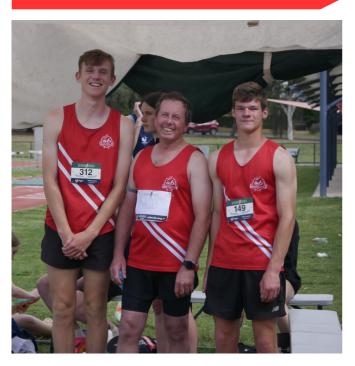


SBAC NEWSLETTER

WEEKLY UPDATE

OCT 18TH, 2023 VOLUME 4

AVSL RD 2 RESULTS





400+ SCORERS:

- Oliver Muggleton 200m 23.28 406 points
- Tyler Fynch 800m 2:17.65 413 points
- Mens Open 4x100 Relay Team 46.46 411 points -(John Spiller, Oliver Muggleton, Rhys Hansen, Kai Norton)
- Kai Norton Hammer Throw 38.40m 440 points
- Carol Coad Hammer Throw 22.89m 409 points
- Rhys Hansen High Jump 1.64m 400 points
- Mia Schodde High Jump 1.49m 453 points
- Rhys Hansen Long Jump 5.83m 448 points
- Carol Coad Discus 18.03m 404 points
- Jasper Seymour Discus 48.84m 507 points
- Emma Berg Discus 38.87m 467 points
- Kai Norton Discus 32.00m 405 points
- Emma Orme Discus 27.80m 411 points
- Joan Self Discus 16.91m 413 points

PBs or SBs for Masters:

Tyler Fynch - 800m - 2:17.65 Piper Fynch - 3000m - 13:16.14 Debby Kirne - 3000m - 14:29.87

RECORDS!

Frank Barr - Hammer Throw - 5.74m (90+ record) Frank Barr - Discus - 8.85m (90+ record)

MVA for Rd 2:

Rhys Hansen - 1,336 point Kai Norton - 1,319 points Carol Coad - 1,162 points

WELL DONE
EVERYONE!
2ND IN DIV 2
FOR RD 2

AVSL ROUND 3 - THIS SATURDAY 21ST OCT!

4X200 RELAY IS SCORING AND ON AT **3PM PRIOR TO THE STEEPLE & 400M**. <u>PLEASE ADVISE TABLE</u> ASAP IF YOU ARE UNAVAILABLE.

PB OR SB FOR MASTERS - DON'T FORGET TO RECORD YOUR PB AT CLUB TABLE TO HAVE IT INCLUDED & RECEIVE A REWARD! OH AND OF COURSE THAT APPLIES TO RECORDS TOO! **RD 3 ENTRY LINK** - HTTPS://WWW.ATHLETICSBENDIGO.ORG.AU/EVENTS/2023-24-ATHLETICSBENDIGO-AVSL-ROUND-3-21-OCT-2023/

SBAC NEWSLETTER VOL 4

2023 VICTORIAN RELAY TRACK CHAMPS **SATURDAY 25TH NOVEMBER DONCASTER**

4x100, 4x400, 4x800, 4x1500 & Medley Relay (consists of 200m, 200m, 400m, 800m)

Draft Timetable now available -

https://athsvic.org.au/events/victorian-track-relay-championships/

Note - Open Men & Womens 4x400m relay finals will be held at Zatopek:10 on Saturday 2nd December.

EXPRESS INTEREST VIA CLUB & ATHLETICS BENDIGO ENTER TEAMS



UPCOMING EVENTS

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 Sat 6th Jan - NON-AVSL Rd 4 (Program 2) - Bendigo Sat 6th - Sun 7th Jan - Victorian Combined Event Champs - Lakeside Sat 6th Jan - High Velocity Club, AV Throwers & Rare Air - Lakeside Sat 13th Jan (Twilight) - AVSL Rd 8 (Program 2) - Bendigo Sat 20th Jan (Twilight) - AVSL Rd 9 (Program 1) - Bendigo

Fri 26 - Sun 28th Jan - Victorian Country Championships - Ballarat

Thu 1st Feb - High Velocity Club & AV Throwers - Doncaster Sat 3rd Feb - AVSL Rd 3 (Program 2) - Bendigo