



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**. PLEASE ADVISE TABLE 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-ATHLETICS-BENDIGO-AVSL-ROUND-3-21-OCT-2023/](https://www.athleticsbendigo.org.au/events/2023-24-athletics-bendigo-avsl-round-3-21-oct-2023/)

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