



SBAC NEWSLETTER

WEEKLY UPDATE

OCT 25TH, 2023

VOLUME 5

AVSL ROUND 3 RESULTS



RECORDS!! CONGRATULATIONS TO:

Connor Wilson - Shot put - 16.93m (Bgo U15 record 4kg)
Emma Berg - Shot put - 16.09m (Bgo & Country Open record 4kg)

PBs or SBs for Masters:

Mia Schodde - 100m - 14.06
Mia Schodde - Triple Jump - 9.33m
Jemma Norton Shot put - 9.03m
Jordyn Lewis - Pole Vault - 2.45m
Jasper Seymour - Shot put - 14.04m
Tyler Fynch - 1500m - 4:37.63
Joan Self - Triple Jump - 7.23m
Joan Self - Shot put - 7.65m
Emma Orme - 100m - 14.61
Piper Fynch - Triple Jump - 7.53
Debby Kirne - 1500m - 6:37.77
Tyler Fynch - 400m - 65.06

400+ SCORERS:

- Oliver Muggleton - 100m - 11.19 - 445 points
- John Spiller - 100m - 11.24 - 438 points
- Tyler Fynch - 1500m - 4:37.63 - 420 points
- Oliver Muggleton - 400m - 51.87 - 414 points
- Jayne Norton - Javelin - 24.40m - 410 points
- Kai Norton - Javelin - 42.51m - 488 points
- Keely Trew - Javelin - 31.37m - 411 points
- Emma Berg - Javelin - 31.31m - 411 points
- Carol Coad - Javelin - 17.74m - 401 points
- Connor Wilson - Shot put - 16.93m - 515 points
- Emma Berg - Shot put - 16.09m - 524 points
- Kai Norton - Shot put - 14.41m - 479 points
- Jasper Seymour - Shot put - 14.04m - 472 points
- Trudy Haines - Shot put - 8.14m - 437 points
- Joan Self - Shot put - 7.65m - 493 points
- Jordyn Lewis - Shot put - 7.63m - 409 points
- Carol Coad - Shot put - 6.66m - 431 points
- Emma Orme - Shot put - 10.31m - 417 points
- Amber Fox - Shot put - 9.65m - 402 points
- Jayne Norton - Shot Put - 7.72m - 411 points

MVAs for Round 3:

Kai Norton - 1,343 points
Joan Self - 1,298 points
Carol Coad - 1,234 points



Division 2

SBE	South Bendigo	25,944 +
KSB	Keilor St Bernards	23,081 +
CHI	Chilwell	21,767 +
ASW	Athletics South West	20,234 +
ANW	Nunawading	18,930 +
WYN	Wyndham	14,443 +
MPA	Mornington	13,453
BHA	Ballarat Harriers	12,396 +
BGO	Bendigo Harriers	11,288 +
EKA	Eureka	6,871 +

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NON-AVSL ROUND 1 (PROGRAM 1) - THIS SATURDAY

MEDLEY RELAY MEDLEY RELAY MIXED CLUBS TRAINING MEN & WOMEN

CLUB DUTY - SBAC ARE DUTY CLUB THIS WEEK WHICH MEANS CANTEEN. ANY HELP IN CANTEEN GREATLY APPRECIATED.

NON-AVSL RD 1 ENTRY LINK - [HTTPS://WWW.ATHLETICSBENDIGO.ORG.AU/EVENTS/2023-24-ATHLETICS-BENDIGO-NON-AVSL-28-OCT-2023/](https://www.athleticsbendigo.org.au/events/2023-24-athletics-bendigo-non-avsl-28-oct-2023/)

COMPETITION ALERT!!

Good luck to the following SBAC Athletes competing at AV ALL SCHOOLS T&F at Lakeside this Sat & Sun:

- Jasper Seymour U15 Discus & Shot Put
- Chelsea Tickell U15 1500m
- Logan Tickell U18 1500m
- Amber Fox U17 Discus & Shot Put
- Kai Norton U15 Discus, Shot Put & Triple Jump
- Geneveive Nihill U17 1500m
- Cassidy Miller U20 Shot Put
- Tyler Fynch U14 1500m
- Charlie Sullivan U14 100m



UPCOMING EVENTS

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