



SBAC NEWSLETTER

WEEKLY UPDATE

NOV 15TH, 2023

VOLUME 8

AVSL ROUND 4 RESULTS

400+ SCORERS:

- Carol Coad - Discus - 19.15m - 415 points
- Joan Self - Discus - 18.87m - 435 points
- Emma Berg - Discus - 39.97m - 474 points
- Jasper Seymour - Discus - 39.21m - 451 points
- Kai Norton - Discus - 38.33m - 446 points
- Amber Fox - Discus - 35.62m - 463 points
- Jayne Norton - Discus - 28.33m - 437 points
- Kai Norton - Hammer Throw - 41.83m - 459 points
- Jemma Norton - Hammer Throw - 38.16m - 413 points
- Carol Coad - Hammer Throw - 22.80m - 408 points
- Rhys Hansen - High Jump - 1.70m - 428 points
- Kai Norton - High Jump - 1.65m - 405 points
- Gregory Hilson - High Jump - 1.55m - 429 points
- Mia Schodde - Long Jump - 4.28m - 407 points
- Rhys Hansen - Long Jump - 5.82m - 447 points

MVAs for Round 4:

Kai Norton - 1,310 points
Rhys Hansen - 1,248 points
Carol Coad - 1,203 points

PBs or SBs for Masters:

Robert Trew - 800m - 4:09.26
Jackie Guillou - 200m - 36.24
Kai Norton - High Jump 1.65m
Debby Kirne - Discus - 10.51m
Jayne Norton - Discus - 28.31
Jordyn Lewis - Discus - 14.53
Tyler Fynch - Long Jump - 4.26m
Piper Fynch - 200m - 35.34

OFFICIALS FROM SOUTH BENDIGO WHO HELPED IN ROUND 4:

- **BILL TREW**
- **PETER BARRETT**
- **MICK SEYMOUR**
- **KEENAN SEYMOUR**
- **PAM AH-DORE-FARNELL**
- **SARAH HANSEN**

Thank you!



Photos thanks to Michelle Fynch & Carol Coad

SBAC welcomes Damian Muscovich

Keenan Seymour always smiling

AVSL ROUND 5 (PROGRAM 1) - FRIDAY TWILIGHT STARTS 6PM

4X200 - RELAY THIS WEEK IS NON-SCORING

VICTORIAN RELAYS DONCASTER 25/11/23 NOMINATION FORM, COPY LINK INTO YOUR BROWSER -

[HTTPS://FORMS.GLE/OJTPQDXAVHskQEDG7](https://forms.gle/OJTPQDXAVHskQEDG7)

ROUND 5 ENTRIES CLOSE WED NIGHT 8PM LINK - [HTTPS://WWW.ATHLETICSBENDIGO.ORG.AU/EVENTS/2023-24-ATHLETICS-BENDIGO-AVSL-ROUND-3-17-NOV-2023-NIGHT/](https://www.athleticsbendigo.org.au/events/2023-24-athletics-bendigo-avsl-round-3-17-nov-2023-night/)