



# SBAC NEWSLETTER

## WEEKLY UPDATE

NOV 22ND, 2023

VOLUME 9

### AVSL ROUND 5 RESULTS

#### 400+ SCORERS:

- Kai Norton - Javelin - 42.03m - 485 points
- Connor Wilson - Javelin - 36.70m - 445 points
- Emma Berg - Javelin - 31.22m - 410 points
- Keely Trew - Javelin - 30.76m - 407 points
- Jasper Seymour - Javelin - 30.64m - 400 points
- Joan Self - Javelin - 17.98m - 426 points
- Rhys Hansen - Pole Vault - 4.00m - 485 points
- Tyler Fynch - 1500m - 4:36.71 - 424 points
- Oliver Muggleton - 400m - 51.12 - 430 points
- Rhys Hansen - 400m - 52.61 - 474 points
- Connor Wilson - Shot put - 15.75m - 503 points
- Kai Norton - Shot put - 14.41m - 479 points
- Jasper Seymour - Shot put - 13.61m - 463 points
- Amber Fox - Shot put - 10.71m - 427 points
- Emma Orme - Shot put - 9.98m - 410 points
- Cassidy Miller - Shot put - 9.93m - 409 points
- Damian Muscovich - Shot put - 8.72m - 412 points
- Trudy Haines - Shot put - 8.30m - 442 points
- Joan Self - Shot put - 7.14m - 472 points
- Carol Coad - Shot put - 6.73m - 433 points
- Emma Berg - Shot put - 16.00m - 523 points
- Joan Self - Triple Jump - 7.67m - 413 points
- Rhys Hansen - Triple Jump - 11.56m - 426 points
- Kai Norton - Triple Jump - 11.03m - 401 points

#### MVAs for Round 5:

- Rhys Hansen - 1,385 points
- Kai Norton - 1,365 points
- Joan Self - 1,311 points

#### PBs or SBs for masters:

- Jasper Seymour - Javelin - 30.36m
- Tyler Fynch - 1500m - 4:36:71
- Jordyn Lewis - Pole Vault - 2.50m

### VIC 5000M CHAMPS RESULTS

#### Congratulations to SBAC athletes:

##### U20 5000m:

Logan Tickell 2nd - 14:54.62 (17yo Res Record!)

##### Female B 5000m:

Taryn Furletti 5th - 17:39.88



**ZATOPEK:10 - SATURDAY 2ND DEC**

**TICKETS ON SALE NOW**

**DON'T MISS THE CHANCE TO SEE ELITE  
ATHLETES AND EXPERIENCE AN ATHLETICS  
EVENT WITH A DIFFERENCE**

**(DJ SET & LIVE MUSIC FROM PEKING DUK)**

**WWW.ATHSVIC.ORG.AU/EVENTS/ZATOPEK**

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#### Vic Relay Champs in Doncaster

Goodluck to our Open Men's 4x400 Bendigo team competing this Saturday to qualify for the Final at Zatopek:10:

- Rhys Hansen
- Rhys Lias
- Oliver Muggleton
- Jake Hilson

#### SBAC OFFICIALS & HELPERS ROUND 5

##### NICE WORK, THANK YOU!:

- **BILL TREW**
- **PETER BARRETT**
- **MICK SEYMOUR**
- **PETER HAYES**
- **PAM AH-DORE-FARNELL**
- **SARAH & PETER HANSEN**
- **KIRSTY WILSON**
- **LEONIE ORME**
- **JAN LEWIS**

