

SBAC NEWSLETTER

WEEKLY UPDATE

SEPT 27, 2023

VOLUME 1



UPCOMING EVENTS

- Sat 7th Oct - AVSL Rd 1 - Bendigo
- Sat 14th Oct - AVSL Rd 2 - Bendigo
- Sat 21st Oct - AVSL Rd 3 - Bendigo
- Sat 28th Oct - NON-AVSL Rd 1 - Bendigo
- 28th & 29th Oct - AV All Schools T & F Wk 1 - Lakeside
- Sat 4th Nov - NON-AVSL Rd 2 - Bendigo
- 4th & 5th Nov - AV All Schools T&F Wk 2 - Lakeside
- Thu 9th Nov - AV Rare Air & Vic Milers - Lakeside
- Sat 11th Nov - AVSL Rd 4 - Bendigo

- Bendigo AVSL & Non-AVSL event information and entries are done via the Athletics Bendigo events page <https://www.athleticsbendigo.org.au/events-calendar/>
- All AV event info and entries via AV website login - <https://www.revolutionise.com.au/athleticvic/events/>

AV STATE RELAYS 25TH NOVEMBER

- To be held at Doncaster Track
- Athletics Bendigo Enter Teams
- AB Event Bus/transport available
- Team Training/Try outs proposed for non-AVSL relay scoring rounds.
- Advise Club rep ASAP if interested





SBAC NEWSLETTER

WEEKLY UPDATE

OCT 4TH, 2023

VOLUME 2

UPCOMING EVENTS



- Sat 14th Oct - AVSL Rd 2 - Bendigo
- Sat 21st Oct - AVSL Rd 3 - Bendigo
- Sat 28th Oct - NON-AVSL Rd 1 - Bendigo
- 28th & 29th Oct - AV All Schools T & F Wk 1 - Lakeside
- Sat 4th Nov - NON-AVSL Rd 2 - Bendigo
- 4th & 5th Nov - AV All Schools T&F Wk 2 - Lakeside
- Thu 9th Nov - AV Rare Air & Vic Milers - Lakeside
- Sat 11th Nov - AVSL Rd 4 - Bendigo
- Thu 16th Nov - Victorian 5,000m Champs - Lakeside
- Fri 17th Nov (Twilight) - AVSL Rd 5 - Bendigo
- Sat 25th Nov - Vic State Track Relays - Doncaster
- Tue 28th Nov - High Velocity & AV Thrower - Lakeside
- Fri 1st Dec (Twilight) - AVSL Rd 6 - Bendigo
- Sat 2nd Dec - Zatopek:10 & Zatopek 5km Fun Run - Lakeside



VICTORIAN COUNTRY CHAMPIONSHIPS

FRI 26 - SUN 28TH JAN 2024

AVSL ROUND 1 - THIS SATURDAY 7TH OCT!

UNIFORMS ARE REQUIRED & CAN BE PURCHASE ON DAY, SINGLETS \$40 & CROPS \$35 WITH YOUR OWN BLACK SHORTS/LEGGINGS.

BIBS TO BE WORN BACK & FRONT (I WILL HAVE TEMP ONES IF YOURS HASN'T ARRIVED)

4X100 RELAYS ARE NON-SCORING. THIS YEAR WILL BE AN OPT OUT FOR RELAYS MEANING PLEASE ADVISE CLUB TABLE IF YOU ARE NOT AVAILABLE.

WWW.SOUTHBENDIGOAC.AU

[HTTPS://WWW.FACEBOOK.COM/GROUPS/196567873148](https://WWW.FACEBOOK.COM/GROUPS/196567873148)



SBAC NEWSLETTER

WEEKLY UPDATE

OCT 11TH, 2023

VOLUME 3

AVSL ROUND 1 RESULTS

400+ SCORERS:

Genevieve Nihill - 1500m time 4:49.67 - 452 points
 Taryn Furletti - 3000m time 10:13.25 - 472 points
 Oliver Muggleton - 400m time 52.29 - 404 points
 Rhys Hansen - Pole Vault height 3.75m - 446 points
 Kai Norton - Javelin dist. 40.07m - 470 points
 Emma Berg - Javelin dist. - 33.91m - 428 points
 Keely Trew - Javelin dist. - 31.11m - 409 points
 Emma Berg - Shot put dist. 14.63m - 507 points
 Jasper Seymour - Shot put dist. 13.51m - 461 points
 Kai Norton - Shot put dist. 12.73m - 445 points
 Cassidy Miller - Shot put dist. 9.55m - 400 points
 Peta Dawe - Shot put dist. 5.88m - 400 points
 Emma Orme - Shot put dist. 9.60m - 401 points
 Trudy Haines - Shot put dist. 8.04m - 434 points
 Carol Coad - Shot put dist. 6.83m - 437 points
 Joan Self - Shot put dist. 6.80m - 458 points
 Rhys Hansen - Triple Jump dist. 11.72m - 433 points



PBs or SBs for Masters:

Tyler Fynch - 1500 - 4:42.72
 Piper Fynch - Triple Jump - 7.30m
 Piper Fynch - 1500 - 6:27.32
 Greg Hilson - 1500 - 4:59.91
 Thomas McArthur - 1500 - 4:30.09

MVA (Most Valuable Athletes) for Round 1:

Kai Norton 1,283
 Rhys Hansen 1,257
 Joan Self 1,190

Division 2

	SBE	South Bendigo	24,774 +	10
	ANW	Nunawading	24,085 +	9
	KSB	Keilor St Bernards	19,358 +	7
	BHA	Ballarat Harriers	18,935 +	6
	CHI	Chilwell	18,841 +	5
	EKA	Eureka	15,741 +	4
	ASW	Athletics South West	14,929 +	3
	WYN	Wyndham	13,272 +	2
	BGO	Bendigo Harriers	12,822 +	1
	MPA	Mornington	11,792 +	1

**WELL DONE
 EVERYONE!
 TOP OF DIV 2
 LADDER AFTER
 ROUND 1**

AVSL ROUND 2 - THIS SATURDAY 14TH OCT!

4X100 RELAYS ARE SCORING AND DEFINITELY LAST EVENT THIS WEEK! THIS YEAR IS OPT OUT PLEASE ADVISE CLUB TABLE IF YOU ARE NOT AVAILABLE FOR RELAYS.

PB OR SB FOR MASTERS - DON'T FORGET TO RECORD YOUR PB AT CLUB TABLE TO HAVE IT INCLUDED.

RESULTS HUB - FOR FULL RESULTS, LADDERS AND MORE GO TO THE RESULTS HUB
[HTTPS://ATHSVIC.RESULTSHUB.COM.AU/](https://athsvic.resultshub.com.au/)

POWERPLAY

Clubs are issued with one (1) Powerplay per season. Clubs can use their Powerplay on any round from Rounds 1-12. Powerplays will double the clubs' ladder points for that round.

We need to use our Powerplay when maximum athletes competing. Club will do pole based on below proposed round dates:

Round 3 - Sat 21st Oct - Program 1

Round 4 - Sat 11th Nov - Program 2

Round 9 - Sat (Twilight) 20th Jan - Program 1



SPECIALIST GROUPS

If you are looking for extra competition in your specialist discipline, try AV's Specialist Groups:

AV Throws - for Discus, Shot put, Javelin & Hammer

High Velocity - for Sprints, Hurdles & Jumps

Milers Club - for middle distance track running

Rare Air - for Pole Vault & High Jump

Vic Race Walking Club

Refer link for more information on meets and entries: <https://athsvic.org.au/seasons/specialist-groups/>

UPCOMING EVENTS

- Sat 21st Oct - AVSL Rd 3 (Program 1) - Bendigo
- 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



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



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 +

SBAC NEWSLETTER VOL 5

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



SBAC NEWSLETTER

WEEKLY UPDATE

NOV 1ST, 2023

VOLUME 6

VIC ALL SCHOOLS WEEKEND 1 RESULTS

- Kai Norton - Discus - 45.55m - 2nd 🥈
- Jasper Seymour - Discus - 45.14m - 4th
- Chelsea Tickell - 1500m - 4:49.57 - 1st 🥇
- Logan Tickell - 1500m - 3:58.95 - 2nd 🥈
- Amber Fox - Shot put 3kg - 10.57m - 3rd 🥉
- Cassidy Miller - Shot put 4kg - 8.79m - 1st 🥇
- Genevieve Nihill - 1500m - 4:53.66 - 4th
- Jasper Seymour - Shot put 4kg - 14.54m 2nd 🥈
- Kai Norton - Shot put 4kg - 13.45m - 3rd 🥉
- Charlie Sullivan - 100m - 12.70 - 1st (Prelim) DNS Final
- Tyler Fynch - 1500m - 4:30.29 - 6th
- Amber Fox - Discus - 34.00m - 2nd 🥈
- Kai Norton - Triple Jump - 10.88m - 10th

**AMAZING RESULTS
ALL ATHLETES!!
MEDALISTS QUALIFY
FOR AUSTRALIAN
ALL SCHOOL
CHAMPIONSHIPS IN
PERTH**

RD 1 NON-AVSL RESULTS

PSs & SBs:

Rhys Hansen - Pole Vault - 4.10m
Mia Schodde - Triple Jump - 9.45m
Jackie Guillou - 100m - 16.68
Emma Orme - 100m - 14.37
Mia Schodde - 100m - 14.01



AMBER FOX IN ACTION AT VIC ALL SCHOOLS

NON-AVSL ROUND 2 (PROGRAM 2) - THIS SATURDAY

4X100M RELAY - MIXED CLUBS TRAINING MEN & WOMEN AT END OF PROGRAM

PBS & SBS FOR MASTERS - RECORD AT CLUB TABLE, THIS APPLIES FOR THE NON-AVSL ROUNDS TOO!

STATE RELAYS 25TH NOV - PLEASE ADVISE CLUB ASAP IF YOU ARE INTERESTED IN PARTICIPATING.

NON-AVSL RD 2 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/)

SBAC NEWSLETTER VOL 6

VIC ALL SCHOOLS WEEKEND 2

Good luck to the following SBAC Athletes competing at AV ALL SCHOOLS T&F Weekend 2 at Lakeside this Sat & Sun:

- Rhys Hansen U16 Pole Vault
- Jemma Norton U18 Hammer Throw
- Kai Norton U15 200m, Javelin, Long Jump & Hammer Throw
- Geneveive Nihill U17 800m
- Cassidy Miller U20 Javelin
- Chelsea Tickell U15 800m
- Emma Orme U17 Pole Vault
- Tyler Fynch U15 3000m
- Jordyn Lewis U14 Pole Vault



VOLUNTEER OFFICIALS & HELPERS ARE "THE UNSUNG HEROS"

WITHOUT VOLUNTEER OFFICIALS AND HELPERS EACH WEEK WE WOULD NOT HAVE A COMPETITION.

*PLEASE RECOGNISE THEM & MAKE AN EFFORT EACH WEEK TO SAY **"THANK YOU!"***

UPCOMING EVENTS

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 10 (Program 2) - Bendigo

Tue 6th Feb - Vic Milers Club - Aberfeldie

Sat 10th Feb - AVSL Rd 11 (Program 1) - Bendigo



SBAC NEWSLETTER

WEEKLY UPDATE

NOV 8TH, 2023

VOLUME 7

VIC ALL SCHOOLS WEEKEND 2 RESULTS

- Rhys Hansen - U16 Pole Vault - 3.90m - 1st
- Jemma Norton - U18 Hammer Throw - 40.41m - 5th
- Kai Norton - U15 200m - 25.05 - 5th in Prelim
- Kai Norton - U15 Javelin - 42.98m - 1st
- Kai Norton - U15 Long Jump - 5.37m - 9th
- Kai Norton - U15 Hammer Throw - 41.36m - 2nd
- Geneveive Nihill - U17 800m - 2:16.82 - 3rd
- Cassidy Miller - U20 Javelin - 25.20m - 2nd
- Chelsea Tickell - U15 800m - 2:23.09 - 1st
- Emma Orme - U17 Pole Vault - 2.80m - 3rd
- Tyler Fynch - U15 3000m - 9:42.62 - 6th
- Jordyn Lewis - U14 Pole Vault - 2.30m - 2nd

**CONGRATULATIONS
TO ALL SBAC
ATHLETES! ANOTHER
WEEKEND OF
OUTSTANDING
PERFORMANCES.**



CHELSEA TICKELL IN ACTION AT ALL SCHOOLS WEEKEND 2

NON-AVSL NEWS:

Results for the NON-AVSL rounds are posted on the Athletics Bendigo website.

Link for Non-AVSL Rd 1 & 2 results -

<https://www.athleticsbendigo.org.au/results/>

RELAYS

There was some great mixed club 4x100 Relay team action last weekend with 5 teams entered, results on AB website.

PSs & SBs Non-AVSL Round 2:

- Mia Schodde - 200m - 29.72
- Robert Trew - 800m - 4:20.95

AVSL ROUND 4 (PROGRAM 2) - THIS SATURDAY

4X400M RELAYS - ARE SCORING AND ON AT THE END OF THE PROGRAM AT 4:10PM. PLS ADVISE CLUB TABLE IF YOU ARE UNAVAILABLE.

CLUB UNIFORMS - AVAILABLE AT TRACK EACH WEEK BUT PLS ARRIVE EARLY OR EMAIL ADVANCE NOTICE WITH SIZE TO SOUTHBENDIGOAC@GMAIL.COM.

AVSL RD 4 ENTRY LINK - [HTTPS://WWW.ATHLETICSBENDIGO.ORG.AU/EVENTS/2023-24-ATHLETICS-BENDIGO-AVSL-ROUND-4-11-NOV-2023/](https://www.athleticsbendigo.org.au/events/2023-24-athletics-bendigo-avsl-round-4-11-nov-2023/)



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/)



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

_10/

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**





SBAC NEWSLETTER

WEEKLY UPDATE

NOV 29TH 2023

VOLUME 10

AVSL ROUND 6 INFORMATION

Friday 1st December (Twilight)

- **Starts 6pm** (5.30pm for Hammer Throw)
- **ENTRIES CLOSE THIS WED 8PM** - <https://eventplus.net/E23>
- **Relay is 2x100** - yes, 2x100 (not a typo) and is scoring. This should be heaps of fun! You can either team up with a friend or I can team you up with someone.
- **CANTEEN DUTY** - SBAC is the Duty Club this week which means Canteen duty. Any help in canteen greatly appreciated!

2023 AUSTRALIAN ALL SCHOOL

Goodluck to SBAC athletes competing at Australian All Schools in Perth from 8th to 10th December:

- **Connor Wilson** - U15 Shot Put
- **Jasper Seymour** - U15 Shot Put
- **Jasper Seymour** - U15 Discus
- **Rhys Hansen** - U16 Pole Vault
- **Jordyn Lewis** - U14 Pole Vault
- **Emma Orme** - U17 Pole Vault

ZATOPEK:10

Goodluck to following athletes competing this Saturday at Lakeside:

- **Archie Reid** - Men 10000 Metre Run AUS Champs Open
- **Logan Tickell** - Men 3000 Metre Run de Castella Under 20
- **Chelsea Tickell** - Women 1 Mile Run Jamieson LAV Under 16
- **Emma Berg** - Women Shot Put Challenge Open

Sadly, due to an injury the Open Men 4x400 team didn't compete to qualify (next year??)

If you can't make it to Lakeside you can watch via AV Livestream on Facebook

AVSL LADDER UPDATE

After 5 Rounds of competition SBAC sit on the top of Division 2 Ladder. This year there will be NO Playoffs. The club that is at the top of the ladder after 12 Rounds will be the Division Champions.

The 2 clubs at the bottom of the ladder are Automatically Relegated (AR) to Division 3 and the 2 clubs at top are Automatically Progressed (AP) to Division 1.

▲	1		South Bendigo	112,111	42		AP
▲	2		Keilor St Bernards	102,247	40		AP
▼	3		Nunawading	102,192	36		
	4		Chilwell	105,450	34		
	5		Ballarat Harriers	90,027	31		
	6		Athletics South West	81,186	24		
▲	7		Eureka	75,613	22		
▲	8		Mornington	83,624	21		
▼	9		Wyndham	75,853	21	POWERPLAY	AR
	10		Bendigo Harriers	66,667	8		AR



SBAC NEWSLETTER

WEEKLY UPDATE

DEC 6TH 2023

VOLUME 11

AVSL ROUND 6 RESULTS

400+ SCORERS:

- Joan Self - Discus - 17.77m - 423 points
- Jasper Seymour - Discus - 45.72m - 493 points
- Kai Norton - Discus - 39.44m - 453 points
- Amber Fox - Discus - 34.92m - 459 points
- Jayne Norton - Discus - 28.23m - 436 points
- Carol Coad - Discus - 19.00m - 414 points
- Kai Norton - Hammer Throw - 40.02m - 449 points
- Carol Coad - Hammer Throw - 23.84m - 417 points
- Rhys Hansen - High Jump - 1.73m - 442 points
- Mia Schodde - High Jump - 1.48m - 445 points
- Mia Schodde - Long Jump - 4.47m - 433 points
- Rhys Hansen - Long Jump - 6.08m - 471 points
- Tyler Fynch - 1 mile - 5:02.24 - 411 points
- Oliver Muggleton - 600m - 86.13 - 424 points
- Oliver Muggleton - 60m - 07.39 - 447 points
- Kai Norton - 60m - 07.98 - 426 points
- Rhys Hansen - 60m - 07.99 - 425 points
- Charlie Sullivan - 60m - 08.30 - 417 points
- Mia Schodde - 60m - 08.93 - 440 points

Most Valuable Athletes (MVA) Round 6:

- Rhys Hansen - 1,548 points
- Mia Schodde - 1,510 points
- Kai Norton - 1,497 points

PBs (SBs for masters):

- Mia Schodde - Long Jump 4.47m
- Damian Muscovich - Hammer Throw - 19.20m SB
- Damian Muscovich - Discus - 26.57m SB
- Rhy Hansen - Long Jump - 6.08m
- Jake Hilson - 1 mile - 4:31.05
- Tyler Fynch - 1 mile - 5:02.24

2x100m Relay Teams:

- Rhys Hansen & Ollie Muggleton - Open - 23.09 - 420 points
- Kai Norton & Jasper Seymour - U16 - 25.95 - 339 points
- Charlie Sullivan & Tyler Fynch - U14 - 27.22 - 316 points
- Aaron Norton & Leigh Browell - 40+ - 29.93 - 179 points
- Greg Hilson & Damian Muscovich - 40+ - 31.21 - 161 points
- Jordyn Lewis & Mia Schodde - U14 - 28.85 - 385 points
- Jackie Guillou & Jayne Norton - 40+ - 34.41 - 160 points
- Carol Coad & Joan Self - 60+ 34.77 - 314 points

A big thank you to Round 6 Club Helpers:

- Peter Hayes
- Bill Trew
- Peter Barrett
- Michelle Finch
- Peter & Sarah Hansen
- Mick Seymour



Apologies if I've missed anyone!

ZATPEK:10 WRAP UP

South Bendigo was extremely well represented in athletes and spectators. Great event with amazing atmosphere, definitely mark it in your calendar for next year.

Amazing results from our athletes competing against the best in Australia. Congratulations to:

- Archie Reid** - 10000m - 29:43.21 - 16th
- Logan Tickell** - 3000m - 8:34.77 - 13th
- Chelsea Tickell** - 1 Mile LAV U16 - 5:05.10 - 3rd
- Emma Berg** - Shot Put Challenge - 15.97m - 1st



This Saturday 9th December

- Non -AVSL Starts 1.30pm, Program 1**
- Entries close 8pm Thursday link-**
<https://www.athleticsbendigo.org.au/events/2023-24-athletics-bendigo-non-avsl-9-dec-2023/>
- Australian All Schools Livestream link
<https://www.youtube.com/@AthsAust>



SBAC NEWSLETTER




WEEKLY UPDATE

DEC 13TH 2023

VOLUME 13

2023 AUST ALL SCHOOLS ALL WRAPPED UP!

Congratulations PBs all around and medalists!! Plus the opportunity to meet Olympic Champion Gold Medalist Nina Kennedy & World Bronze Medalist Kurtis Marschall. Amazing results from all SBAC athletes:

- Connor Wilson - U15 Shot put - 16.32 PB - 3rd 
- Jasper Seymour - U15 Shot put - 14.08 PB - 5th
- Emma Orme - U17 Pole Vault - 3.20 PB - 1st 
- Rhys Hansen - U16 Pole Vault - 3.80 PB - 2nd 
- Jasper Seymour - U15 Discus - 45.79 PB - 6th
- Jordyn Lewis - U14 Pole Vault - 2.05 PB - 7th



AVSL Round 7

Sat 16th December

Starts 1.30pm, Prog 1 - NITRO ROUND

Entries close 8pm Thurs link -

<https://www.athleticsbendigo.org.au/events/2023-24-athletics-bendigo-avsl-round-7-16-dec-2023/>

Bring your Christmas cheer. Club is providing some drinks and nibbles at club table.

NON-AVSL ROUND 3 RESULTS

RECORD ALERT!!

Tyler Fynch - 1 mile - 4:54.31 (Bendigo U14 Record)

PBs (SBs for masters):

- Tyler Fynch - 1 mile - 4:54.31
- Joan Self - Triple Jump - 7.91m

VIC. COMBINED EVENT CHAMPS

Saturday 6th - Sunday 7th January 2024

Location: Lakeside Stadium

Entries Close: Midday, Monday 18th December 2023

Entry link:

<https://members.athsvic.org.au/events/213652/>

Draft Timetable:

<https://athsvic.wpenginepowered.com/wp-content/uploads/2023/11/Timetable-Combined-Events-2024-DRAFT.pdf>

***Please note that there will be club duties if club has athletes competing, and those duties may be passed on to families of competing athletes.**



SBAC NEWSLETTER

WEEKLY UPDATE

DEC 20TH 2023

VOLUME 13

AVSL ROUND 7 RESULTS

400+ Scorers:

- Jayne Norton - Javelin - 23.68m - 404 points
- Keely Trew - Javelin - 32.11m - 416 points
- Joan Self - Javelin - 17.68m - 422 points
- Rhys Hansen - Pole Vault - 3.90m - 470 points
- Oliver Muggleton - 150m - 16.80 - 480 points
- Rhys Hansen - 150m - 18.33 - 458 points
- Charlie Sullivan - 150m - 18.88 - 477 points
- Mia Schodde - 150m - 21.78 - 409 points
- Connor Wilson - Shot put - 16.40m - 509 points
- Emma Berg - Shot put - 15.63m - 518 points
- Jasper Seymour - Shot put - 13.49m - 460 points
- Trudy Haines - Shot put - 8.26m - 441 points
- Joan Self - Shot put - 7.23m - 476 points
- Carol Coad - Shot put - 6.94m - 441 points
- Peta Dawe - Shot put - 6.04m - 407 points
- Emma Orme - Shot put - 10.24m - 416 points
- Jayne Norton - Shot put - 7.50m - 404 points

MVP Athletes for Round 7:

- Joan Self - 1,284 points
- Carol Coad - 1,181 points
- Trudy Haines - 1,009 points



VICTORIAN COUNTRY CHAMPS

Friday 26th – Sunday 28th January 2024

Entries Close: Midday, Monday 15th January 2024

Location: Llanberris Athletics Reserve – Ballarat

Info & Entry: <https://athsvic.org.au/events/victorian-country-track-field-championships/>

Draft Timetable:

<https://athsvic.wpenginpowered.com/wp-content/uploads/2023/12/Victorian-Country-Championships-2024-Ballarat-Schedule-Draft-Published.pdf>

*****IMPORTANT*****

Entry Refund - The club will refund the entry fee of 1 event for anyone that competes in more than 3 events. To receive refund pls email bank details to southbendigoac@gmail.com.

Relays - The club enters and pays for relays. There are 4x100 & 4x400 relays please advise asap if you would like to be in a team.



NON-AVSL ROUND 4

Saturday 6th January

Relay - will be in fact the Medley Relay

Entries - close 8pm Thursday 4th Jan -

<https://www.athleticsbendigo.org.au/events/2023-24-athletics-bendigo-non-avsl-6-jan-2023/>



SBAC NEWSLETTER

WEEKLY UPDATE

JAN 16TH, 2024

VOLUME 14

AVSL ROUND 8 RESULTS

400+ Scorers:

- Joan Self - Discus - 18.55m - 432 points
- Jasper Seymour - Discus - 47.33m - 502 points
- Kai Norton - Discus - 42.03m - 469 points
- Emma Berg - Discus - 39.38m - 471 points
- Jayne Norton - Discus - 28.84m - 440 points
- Kai Norton - Hammer - 45.99m - 482 points
- Jasper Seymour - Hammer - 31.87m - 403 points
- Carol Coad - Hammer - 23.45m - 414 points
- Mia Schodde - High Jump - 1.44m - 410 points
- Oliver Muggleton - 200m - 23.36 - 402 points
- Jake Hilson - 800m - 2:00.03 - 433 points
- Tyler Fynch - 800m - 2:15.10 - 436 points

Most Valuable Athletes for Round 8:

- Joan Self - 1,167 points
- Mia Schodde - 1,128 points
- Carol Coad - 1,090

PB or SBs for masters (Rd 8 & non-AVSL Rd 4):

- Jayne Norton - Discus 28.84m
- Tyler Fynch - Long Jump - 4.31m
- Tyler Fynch - 800m - 2:15.10
- Jasper Seymour - 100m - 13.61
- Joan Self - High Jump - 1.14m
- Cassie Millier - Hammer - 20.34m
- Piper Fynch - Steeple - 9:12.71

****RECORD ALERT****

Joan Self - High Jump - 1.14m - Bendigo 60+ Record

AVSL ROUND 9

Saturday 20th January (Twilight)

Starts - 6pm

Enter - <https://www.southbendigoac.au/track-field>

Powerplay - we are using our Powerplay this weekend which gives us double LADDER points so to maximise pls enter 3 SCORING events.

POWERPLAY

SHOUT OUT TO EVERYONE.
THIS SAT 20TH ROUND 9 IS OUR
POWERPLAY.
PLS ENTER 3 SCORING EVENTS



VICTORIAN COMBINED EVENT CHAMPS SBAC RESULTS

Congratulations to Kai and Greg who were both
SILVER medalists in their respective events:-

Kai Norton - U16 Heptathlon - 3780 points - 2nd
Greg Hilson - 50+ Decathlon - 3209 points - 2nd





SBAC NEWSLETTER

WEEKLY UPDATE

JAN 23RD, 2024

VOLUME 14

AVSL ROUND 9 RESULTS

400+ Scorers:

- Joan Self - Javelin - 18.28m - 430 points
- Connor Wilson - Javelin - 31.10m - 403 points
- Rhys Hansen - Pole Vault - 3.95m - 477 points
- Oliver Muggleton - 100m - 11.31 - 429 points
- Charlie Sullivan - 100m - 12.29 - 447 points
- Mia Schodde - 100m - 13.87 - 412 points
- Oliver Muggleton - 400m - 51.20 - 428 points
- Connor Wilson - Shot put - 17.35m - 519 points
- Emma Berg - Shot put - 14.97m - 511 points
- Jasper Seymour - Shot put - 14.25m - 476 points
- Emma Orme - Shot put - 10.23m - 416 points
- Amber Fox - Shot put - 9.62m - 401 points
- Charlie Sullivan - Shot put - 9.60m - 428 points
- Peta Dawe - Shot put - 6.02m - 406 points
- Damian Muscovich - Shot put - 8.55m - 407 points
- Joan Self - Shot put - 7.54m - 489 points
- Jordyn Lewis - Shot put - 7.41m - 402 points
- Carol Coad - Shot put - 6.69m - 432 points

Most Valuable Athletes for Round 9:

- Joan Self - 1,324 points
- Charlie Sullivan - 1,308 points
- Mia Schodde - 1,252 points

PB or SBs for masters for Rd 9:

- Damian Muscovich - Triple Jump - 7.48m
- Jasper Seymour - 100m - 13.18
- Mia Schodde - 100m 13.87
- Jordyn Lewis - Shot Put - 7.47
- Charlie Sullivan - Shot put - 9.60m
- Charlie Sullivan - 400m - 60.25m
- Carolyn Sullivan - Shot put - 6.90m
- Carolyn Sullivan - 100m - 20.01
- Robert Trew - 100m - 16.83
- Rebert Trew - Shot put - 6.68m

****RECORD ALERT****

**Connor Wilson - Shot put - 17.35m
(Bgo U15 record, 4kg)**

COUNTRY CHAMPIONSHIP REMINDERS

Club will have shade tent so look for the club banner.

Uniform (inc black shorts) & BIBS

Check-in - AV will email all athletes instructions please read carefully as there are changes to check-in process.

Provisional Timetable - now avail. Pls check your event times as there are a lot of changes -

<https://athsvic.wenginepowered.com/wp-content/uploads/2024/01/VicCountry-Champs-2024-Ballarat-Prov-22-01-2024v2-web.pdf>

Saturday Pizza - pls advise if you'll be hanging around Sat night for pizza so we can cater.



AVSL LADDER UPDATE

After Round 8 we are still sitting on top of the Division 2 ladder with Chilwell hot on our tail. We are 5 points in front but Chilwell have made up some ground in Round 9 and are yet to use their Powerplay. With 3 AVSL rounds to go can we hold on to be the Division 2 Champions?

Division 2					
1		South Bendigo	168,742	65	AP
2		Chilwell	165,360	60	AP
3		Nunawading	160,987	56	
4		Keilor St Bernards	141,192	54	
5		Mornington	139,451	52	POWERPLAY
6		Ballarat Harriers	142,079	48	
7		Athletics South West	118,896	34	
8		Wyndham	115,927	32	POWERPLAY
9		Eureka	113,067	31	AR
10		Bendigo Harriers	108,186	22	AR

ROUND 9 POWERPLAY RESULTS

Division 2					
	CHI	Chilwell	29,848	+	10
	SBE	South Bendigo	23,997	+	18
	KSB	Keilor St Bernards	19,103	+	8
	WYN	Wyndham	18,034	+	7
	BGO	Bendigo Harriers	16,326	+	6
	BHA	Ballarat Harriers	16,189	+	5
	MPA	Mornington	15,200	+	4
	ANW	Nunawading	10,419	+	3
	EKA	Eureka	10,347	+	2
	ASW	Athletics South West	8,559	+	1



SBAC NEWSLETTER

WEEKLY UPDATE

FEB 6TH, 2024

VOLUME 16

AVSL ROUND 10 RESULTS

400+ Scorers:

- Logan Tickell - 5000m - 15:15.9h - 511 points
- Joan Self - Discus - 18.74m - 434 points
- Carol Coad - Discus - 18.53m - 409 points
- Jasper Seymour - Discus - 44.02m - 482 points
- Kai Norton - Discus - 42.96m - 475 points
- Amber Fox - Discus - 33.79m - 451 points
- Jayne Norton - Discus - 27.74m - 432 points
- Cassidy Miller - Discus - 26.20m - 400 points
- Kai Norton - Hammer - 37.11m - 432 points
- Carol Coad - Hammer - 22.89m - 409 points
- Rhys Hansen - High Jump - 1.70m - 428 points
- Mia Schodde - High Jump - 1.45m - 419 points
- Mia Schodde - Long Jump - 4.69m - 463 points
- Rhys Hansen - Long Jump - 5.58m - 425 points
- Kai Norton - Long Jump - 5.42m - 411 points
- Joan Self - Long Jump - 3.30m - 401 points
- Mia Schodde - 200m - 28.48 - 431 points
- Oliver Muggleton - 200m - 23.13 - 414 points
- Rhys Hansen - 200m - 24.71 - 420 points
- Charlie Sullivan - 200m - 25.40 - 439 points

Most Valuable Athletes for Round 10:

- Kai Norton - 1,318 points
- Mia Schodde - 1,313 points
- Rhys Hansen - 1,273 points

PB or SBs for masters for Rd 10:

- Mia Schodde - Long Jump - 4.69m
- Damian Muscovich - Long Jump - 3.43m
- Mia Schodde - 200m - 28.48
- Piper Fynch - 800m - 2:59.25
- John Justice - 800m - 3:58.79
- Shane Miller - 100m - 13.99
- Shane Miller - 200m - 30.38
- Jackie Guillou - 200m - 35.56

AVSL ROUND 11

SAT 10TH (TWILIGHT) STARTS 6PM

Entry link via club website

<https://www.southbendigoac.au/track-field>

STATE CHAMPIONSHIPS

Friday 23rd February – Sunday 3rd March 2024

Entries Close: Midday, Monday 12th February 2024

Entry link: <https://members.athsvic.org.au/events/221453/>

Location: Lakeside Stadium, Albert Park, VIC 3206

****Please read National Junior or Open Policy for entry and selection process to compete at 2024 Nationals in Adelaide - <https://athsvic.org.au/selection-criteria-2024-australian-track-and-field-championships/>**

fbclid=IwAR2Vw5uXtRGfbuMNA mKGv85-N3OOT-SO8fTfV43vthbAOdpflhEec8wxDO

Country Champs Wrap Up



CONGRATULATIONS CONNOR (CJ) WILSON!! WINNER OF THE STUART HUNTER MEMORIAL SHIELD (U16 PERFORMANCE)



WELL DONE EAGLEHAWK OVERALL AGGRAGATE POINTS WINNER.!

MEDAL TALLY FOR ALL BENDIGO CLUBS:

BENDIGO UNIVERSITY - 1 5 3 1

BENDIGO HARRIERS - 1 12 2 13 3 10

EAGLEHAWK - 1 41 2 35 3 41

SOUTH BENDIGO - 1 28 2 21 3 16

Female OP

5000m: Taryn Furletti 17:59.47 (4th);
 Discus: Amber Fox 34.39m (4th);
 Hammer: Jemma Norton 33.17m (3rd);
 Javelin: Keely Trew 35.14m (2nd);
 Pole Vault: Emma Orme 3.10m (2nd);
 Shot Put: Emma Berg 14.90m (1st);

Female 20

Discus: Cassidy Miller 26.32m (4th);
 Hammer: Jemma Norton 33.00m (1st);
 High Jump: Cassidy Miller 1.40m (3rd);
 Javelin: Cassidy Miller 23.30m (4th);
 Shot Put: Cassidy Miller 8.25m (3rd);

Female 18

800m: Genevieve Nihill 2:21.73 (3rd);
 1500m: Genevieve Nihill 4:54.91 (4th);
 Discus: Amber Fox 33.85m (1st);
 Pole Vault: Emma Orme 2.80m (1st);
 Shot Put: Amber Fox 10.29m (3rd);

Female 16

800m: Chelsea Tickell 2:20.44 (1st);
 1500m: Chelsea Tickell 4:57.05 (1st);

Female 14

100m: Mia Schodde 13.60 (1.2) (3rd);
 200m: Mia Schodde 29.47 (-3.6) (7th);
 200m Hurdles: Jordyn Lewis 38.46 (1.1) (5th);
 High Jump: Mia Schodde NM;
 Long Jump: Mia Schodde 4.31m (2.3) (2nd);
 Pole Vault: Jordyn Lewis 2.60m (1st);
 Triple Jump: Mia Schodde 8.71m (-0.9) (4th);

Female 40+

Discus: Jayne Norton 31.13m (1st);
 Shot Put: Jayne Norton 7.96m (2nd);
 Triple Jump: Jayne Norton 7.80m (-0.3) (1st);

Female 50+

100m: Trudy Haines 16.32 (1.4) (3rd);
 200m: Jackie Guillou 36.61 (-0.6) (5th);
 400m: Jackie Guillou 83.07 (2nd);
 80m Hurdles: Trudy Haines 19.14 (2.6) (1st);
 High Jump: Trudy Haines 1.25m (1st);
 Javelin: Trudy Haines 20.61m (1st);
 Long Jump: Trudy Haines 3.34m (2.1) (1st);

Female 60+

100m: Joan Self 17.25 (0.1) (2nd); Peta Dawe 19.01 (0.1) (3rd);
 200m: Peta Dawe 43.30 (-2.6) (5th);
 400m: Peta Dawe 1:42.48 (6th);
 1500m Walk: Annette Curtis 12:00.67 (2nd);

Female 60

4x100m: (Joan Self, Annette Curtis, Peta Dawe, Carol) 79.03 (2nd)

Female 60+

Discus: Carol Coad 18.82m (1st); Joan Self 18.12m (3rd); Peta Dawe 16.34m (6th);
 Hammer: Carol Coad 22.36m (2nd); Peta Dawe 13.15m (5th);
 Javelin: Carol Coad 16.70m (1st); Joan Self 16.17m (2nd); Annette Curtis 12.93m (5th);
 Long Jump: Carol Coad 3.22m (1.8) (1st);
 Shot Put: Joan Self 7.33m (4th); Peta Dawe 6.11m (6th);
 Triple Jump: Joan Self 7.38m (+0.0) (1st); Carol Coad 7.21m (-0.9) (2nd);

Male OP

200m: Oliver Muggleton 23.05 (0.7) (5th);
 400m: Oliver Muggleton 51.64 (4th);
 800m: Jake Hilson 1:58.36 (3rd);
 1500m: Jake Hilson 4:12.56 (2nd);
 5000m: Jake Hilson 16:21.59 (4th);
 10000m: Jake Hilson 36:09.38 (1st);
 Pole Vault: Rhys Hansen 4.10m (3rd);

Male 18

4x100m: (Charlie Sullivan, Jasper Seymour, Rhys Hansen, Kai Norton) 49.06 (2nd);
 Pole Vault: Rhys Hansen 3.80m (1st);

Male 16

100m: Charlie Sullivan 12.12 (2.2) (5th);
 200m: Charlie Sullivan 24.99 (2.6) (7th); Kai Norton 25.38 (-0.7) (9th);
 Discus: Jasper Seymour 50.97m (1st); Kai Norton 46.40m (2nd);
 Hammer: Kai Norton 42.86m (2nd); Jasper Seymour 31.61m (3rd);
 High Jump: Kai Norton 1.65m (1st);
 Javelin: Kai Norton 48.04m (1st);
 Shot Put: Connor Wilson 16.98m (1st); Kai Norton 15.50m (2nd);
 Jasper Seymour 14.72m (3rd);

Male 40+

3000m Steeple: Leigh Browell DNF;
 5000m Walk: Leigh Browell 41:14.19 (1st);

Male 40

4x100m: (Aaron Norton, Leigh Browell, Gregory Hilson, Shane Miller) 56.63 (2nd);

Male 40+

Discus: Aaron Norton 26.45m (4th); Chris Timewell 24.58m (5th);
 Hammer: Aaron Norton 23.76m (3rd); Chris Timewell 19.49m (6th);
 Javelin: Chris Timewell 29.73m (3rd); Leigh Browell 14.66m (5th);
 Shot Put: Aaron Norton 7.46m (8th); Leigh Browell 7.04m (10th);

Male 50+

800m: Gregory Hilson 2:23.78 (2nd);
 1500m: Gregory Hilson 5:04.04 (2nd);
 3000m: Gregory Hilson 11:36.10 (3rd);
 10000m: Gregory Hilson 41:27.69 (1st);
 400m Hurdles: Gregory Hilson 71.05 (2nd);
 High Jump: Gregory Hilson 1.45m (1st);
 Long Jump: Gregory Hilson 4.80m (-1.2) (2nd);
 Pole Vault: Gregory Hilson 2.80m (1st);
 Triple Jump: Gregory Hilson 9.69m (-1.9) (1st);



SBAC NEWSLETTER

WEEKLY UPDATE

FEB 13TH, 2024

VOLUME 17

AVSL ROUND 11 RESULTS

400+ Scorers:

- Joan Self - Javelin - 19.45m - 444 points
- Rhys Hansen - Pole Vault - 4.00m - 485 points
- Oliver Muggleton - 400m - 52.03 - 410 points
- Rhys Hansen - 400m - 54.14 - 442 points
- Emma Berg - Shot put - 15.61m - 518 points
- Peta Dawe - Shot put - 6.28m - 416 points
- Carol Coad - Shot put - 7.11m - 448 points
- Damian Muscovich - Shot put - 9.18m - 424 points
- Trudy Haines - Shot put - 7.90m - 429 points
- Joan Self - Shot put - 7.74m - 497 points
- Joan Self - Triple Jump - 7.55m - 402 points
- Rhys Hansen - Triple Jump - 11.28m - 413 points

Most Valuable Athletes for Round 11:

- Joan Self - 1,343 points
- Rhys Hansen - 1,340 points
- Carol Coad - 1,145 points

PB or SBs for masters for Rd 11:

- Robert Trew - Shot put - 6.72m
- Damian Muscovich - Triple Jump - 7.60m
- Damian Muscovich - Shot put - 9.18m
- Joan Self - Shot put - 7.74m

AVSL ROUND 12

SAT 17TH STARTS 1.30PM

Entry link via club website

<https://www.southbendigoac.au/track-field>

DUTY CLUB: SBAC are the Duty Club which means Canteen Duty. Any help in Canteen greatly appreciated!

SHOUT OUT FOR MAXIMUM EVENTS THIS WEEK, WE ARE EQUAL ON LADDER WITH CHILWELL & NEED TO FINISH AHEAD OF THEM TO BE DEEMED "CHAMPIONS"



MAURIE PLANT MEET - MELBOURNE

World Athletics Continental Tour Gold Meet
Thursday 15 February 2024 - Lakeside Stadium

GOOD LUCK TO SBAC ATHLETE

"EMMA BERG"!

COMPETING IN SHOT PUT

****if you can't get there watch live and free on 7plus**

RECORD ALERTS

LOGAN TICKELL

5KM FRENZY - 14:36.78

(U20 TRACK RECORD)



KEELY TREW

COUNTRY CHAMPS - JAVELIN - 35.14M

(PRE-VET RESIDENTIAL RECORD)





SBAC NEWSLETTER

WEEKLY UPDATE

FEB 20TH, 2024

VOLUME 18

AVSL ROUND 12 RESULTS

400+ Scorers:

- Joan Self - Discus - 18.35m - 429 points
- Carol Coad - Discus - 18.32m - 407 points
- Jasper Seymour - Discus - 44.18m - 483 points
- Kai Norton - Discus - 43.11m - 476 points
- Cassidy Miller - Discus - 26.88m - 405 points
- Jayne Norton - Discus - 26.61m - 424 points
- Jasper Seymour - Hammer - 41.22m - 455 points
- Jemma Norton - Hammer - 30.90m - 400 points
- Carol Coad - Hammer - 23.03m - 410 points
- Rhys Hansen - High Jump - 1.73m - 442 points
- Kai Norton - High Jump - 1.68m - 419 points
- Mia Schodde - High Jump - 1.43m - 401 points
- Mia Schodde - Long Jump - 4.61m - 452 points
- Rhys Hansen - Long Jump - 5.70m - 436 points
- Mia Schodde - 200m - 28.56 - 427 points
- Oliver Muggleton - 200m - 22.86 - 428 points
- Rhys Hansen - 200m - 25.11 - 401 points
- Charlie Sullivan - 200m - 25.68 - 425 points

Most Valuable Athletes for Round 12:

- Mia Schodde - 1,352 points
- Rhys Hansen - 1,279 points
- Carol Coad - 1,192 points

PB or SBs for masters for Rd 12:

- Jordyn Lewis - 200m - 30.55
- John Justice - 200m - 40.16
- John Justice - 800m - 3.58:60
- Shane Miller - 200m - 29.97

**AVSL LADDER FINAL RESULT WILL BE PUBLISHED IN
NEXT WEEK'S NEWSLETTER.**

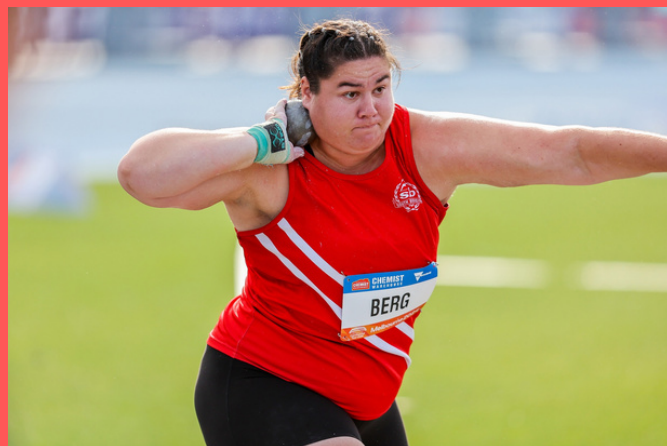
A big thank you to all Athletes that contributed to club's points. While AVSL has finished Track and Field competition is just starting to heat up with State and National Championships looming.

**NON-AVSL ROUND - PROGRAM 1
SAT 24TH FEB - STARTS 1.30PM**

Entry link via club website
<https://www.southbendigoac.au/track-field>

CONGRATULATIONS "EMMA BERG"!

Winner of Invitational Shot put at the World Continental Bronze meet with a Throw of 16.54m



VICTORIAN TRACK & FIELD CHAMPIONSHIPS

Good luck to following SBAC Athletes competing over the next 2 weekends:

- **Emma Berg** - Shot Put - Open
- **Amber Fox** - Discus, Shot put & Javelin - U18
- **Tyler Fynch** - 1500m & 3000m - U15
- **Rhys Hanson** - Pole Vault - U17
- **Jake Hilson** - 800m & 1500m - Open
- **Jordyn Lewis** - Pole Vault - U14
- **Oliver Muggleton** - 200m - Open
- **Genevieve Nihill** - 800m & 1500m - U18
- **Jemma Norton** - Hammer Throw - U20
- **Kai Norton** - 100m, 200m, Discus, Hammer, High Jump, Javelin & Shot put - U16
- **Emma Orme** - Pole Vault - U18
- **Mia Schodde** - 100m, High Jump & Long Jump - U14
- **Jasper Seymour** - Shot put & Discus - U16
- **Charlie Sullivan** - 100m & 200m - U15
- **Chelsea Tickell** - 800m & 1500m - U16
- **Connor Wilson** - Shot put - U16



SBAC NEWSLETTER

WEEKLY UPDATE

FEB 27TH, 2024

VOLUME 19

Division 2										
1		Chilwell	269,517		107	POWERPLAY	AP			
2		South Bendigo	245,429		100	POWERPLAY	AP			
3		Nunawading	239,653		97	POWERPLAY				
4		Keilor St Bernards	219,808		90	POWERPLAY				
5		Mornington	208,109		74	POWERPLAY				
6		Ballarat Harriers	208,294		71	POWERPLAY				
7		Eureka	177,987		58	POWERPLAY				
8		Athletics South West	173,973		55	POWERPLAY				
9		Wyndham	182,465		50	POWERPLAY	AR			
10		Bendigo Harriers	162,150		32	POWERPLAY	AR			

**AVSL FINAL RESULTS
AFTER 12 ROUNDS
2ND IN DIV 2, WELL
DONE EVERYONE!!
NEXT YEAR WE
PROGRESS TO
PREMIER DIVISION!**

SBAC ATHLETES ON FIRE!

It's raining medals at the Victorian Track and Field Championships Weekend 1 for SBAC athletes:

- Emma Berg - Shot Put - 16.46m (1st)
- Amber Fox - Shot put - 11.05m (3rd)
- Tyler Fynch - 1500m - 4:31.96 (1st)
- Jake Hilson - 1500m - 4:04.37 (P)
- Genevieve Nihill - 1500m - 4:46.76 (6th)
- Jemma Norton - Hammer - 34.01m (6th)
- Kai Norton - 100m - 12.18 (8th); 11.93 (P)
- Kai Norton - Hammer - 42.01m (2nd)
- Kai Norton - High Jump - 1.74m (4th)
- Kai Norton - Shot put - 14.63m (3rd)
- Mia Schodde - 100m - 13.75 (7th); 13.59 (P)
- Mia Schodde - High Jump - 1.50m (1st)
- Mia Schodde - Long Jump - 4.46m (5th)
- Jasper Seymour - Shot put - 14.42m (4th)
- Charlie Sullivan - 100m - 12.20 (4th); 12.27 (P)
- Chelsea Tickell - 1500m - 4:41.91 (1st)
- Connor Wilson - Shot put - 17.61m (1st)

(P) = Prelim

**State competition continues next weekend
good luck to all athletes competing in
Weekend 2.**

NON-AVSL ROUND 6 - PROGRAM 2 SAT 2ND MARCH - STARTS 1.30PM

Entry link via club website
<https://www.southbendigoac.au/track-field>

SATURDAY, 16TH MARCH 2024

**CLUB TRACK & FIELD END OF SEASON
PRESENTATIONS, NIBBLES & DRINKS
@ ATHLETICS TRACK**

*At the conclusion of competition please
stay/join us for some nibbles where we will
present club aggregate point awards for
age groups & some specials awards.*

NON AVSL ROUND 5 RESULTS

PB or SBs for masters:

- Jordyn Lewis - Pole Vault - 2.61m
- Jackie Guillou - 100m - 16.67
- Robert Trew - 400m - 1:29.49

****RECORD ALERT****

**Jordyn Lewis - Pole Vault - 2.61m
U14 Bendigo Record**



SBAC NEWSLETTER

WEEKLY UPDATE

MAR 5TH, 2024

VOLUME 20

2024 VIC CHAMPS WRAP UP!

Outstanding performances from all athletes!
Heaps of finalists and PBs over the 2 weekends.

Total medal tally for club athletes:-

9 Gold  2 Silver  3 Bronze !

Results for Weekend 2:

- Genevieve Nihill - 800m 2:17.42 (5th); 2:19.06 (P)
- Amber Fox - Discus - 34.32m (4th)
- Amber Fox - Javelin - 23.22m (6th)
- Emma Orme - Pole Vault - 2.80m (4th)
- Chelsea Tickell - 800m - 2:15.50 (1st) 
- Jordyn Lewis - Pole Vault - 2.70m (1st) 
- Oliver Muggleton - 200m -22.87(S); 22.78 (P)
- Rhys Hansen - Pole Vault - 4.00m (4th)
- Kai Norton - 200m - 24.87 (P)
- Kai Norton - Discus - 50.42m (1st) 
- Jasper Seymour - Discus - 47.84m (3rd) 
- Kai Norton - Javelin - 42.39m (1st) 
- Charlie Sullivan - 200m - 25.15 (7th); 25.23 (P)
- Tyler Fynch - 3000m - 9:17.87 (2nd) 

(P) = Prelim

(S) = Semi-final

A BIG SHOUT OUT &
THANK YOU!
TO ALL THE PARENTS &
FAMILY MEMBERS THAT
SUPPORT THEIR ATHLETES TO
ENABLE THEM ACHIEVE THEIR
GOALS!

SAT 16TH MARCH - STARTS 1.30PM NON-AVSL ROUND 7 - PROGRAM 1

Entry link via club website
<https://www.southbendigoac.au/track-field>

SBAC CLUB TRACK & FIELD END OF SEASON

PRESENTATIONS, NIBBLES & DRINKS

At the conclusion of competition please stay for some nibbles where we will present club aggregate awards for age groups & some specials awards.



NON AVSL ROUND 6 RESULTS

PB or SBs for masters:

- Jake Hilson - 800m - 1:58.05
- Mia Schodde - Long Jump - 4.78m
- Peta Dawe - Discus - 17.02m
- Cassidy Miller - Hammer - 21.23m (Round 12)

RECORD ALERT

60+ Womens Medley Relay Team
(Annette Curtis, Joan Self, Peta Dawe & Carol Coad)
Bendigo Record