

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Meet Summary - All Events**

	<b>Seed</b>	<b>Prelims</b>	<b>Finals</b>
<b>South Bendigo AC</b>			
<b>1 Andrea, Sebastyn - Male - Year: 05 - Comp#: 2838</b>			
#6 Men 100 Metre Sprint Under 16	12.60		12.83 (8)
	Wind: Finals w: -1.4		
#22 Men 200 Metre Sprint Under 16	25.88		26.14 (12)
	Wind: Finals w: +0.0		
#40 Men 400 Metre Run Under 16	56.72		58.13 (7)
#207 Men High Jump Under 16	1.56m		1.50m (3)
#272 Men Shot Put Under 16	8.40m		8.24m (5)
#289 Men Triple Jump Under 16	11.38m		11.42m (1)
	Wind: Finals w: 0.5		
<b>2 Attard, Olivia - Female - Year: 99 - Comp#: 4130</b>			
#33 Women 200 Metre Sprint Open	28.37		28.92 (11)
	Wind: Finals w: 0.7		
#51 Women 400 Metre Run Open	NT		1:05.33 (16)
#83 Women 1500 Metre Run Open	NT		5:19.15 (6)
#99 Women 5000 Metre Run Open	NT		21:59.47 (5)
<b>3 Berg, Emma - Female - Year: 01 - Comp#: 341</b>			
#185 Women Discus Throw Under 20	ND		43.17m (1)
#186 Women Discus Throw Open	ND		43.65m (1)
#236 Women Javelin Throw Open	ND		37.91m (2)
#285 Women Shot Put Under 20	ND		12.97m (1)
#286 Women Shot Put Open	ND		13.12m (1)
<b>4 Berg, Sara - Female - Year: 03 - Comp#: 3482</b>			
#57 Women 800 Metre Run Under 18	2:37.98		2:35.75 (8)
#73 Women 1500 Metre Run Under 18	NT		5:16.70 (8)
#184 Women Discus Throw Under 18	ND		23.63m (5)
#233 Women Javelin Throw Under 18	ND		24.91m (2)
<b>5 Browell, Leigh - Male - Year: 74 - Comp#: 1007</b>			
#16 Men 100 Metre Sprint 40 Plus	14.62		14.60 (6)
	Wind: Finals w: 0.3		
#32 Men 200 Metre Sprint 40 Plus	30.06		31.53 (6)
	Wind: Finals w: 1.2		
#50 Men 400 Metre Run 40 Plus	1:06.89		1:09.55 (4)
#82 Men 1500 Metre Run 40 Plus	NT		5:59.28 (6)
#98 Men 5000 Metre Run 40 Plus	NT		22:15.20 (2)
#100 Men 5000 Metre Run Open	NT		22:15.20 (10)
#154 Men 3000 Metre Steeplechase (91.	NT		13:50.88 (1)
#155 Men 3000 Metre Steeplechase Op	NT		13:50.88 (3)
#170 Men 5000 Metre Race Walk 40 Plt	NT		39:40.22 (1)
#179 Men Discus Throw (2kg) 40 Plus	ND		17.51m (9)
#197 Men Hammer Throw (7.26kg) 40 ]	ND		6.33m (5)
#211 Men High Jump 40 Plus	NH		DNS
#229 Men Javelin Throw (800g) 40 Plus	ND		20.94m (5)
#278 Men Shot Put (7.26kg) 40 Plus	ND		6.77m (7)
#293 Men Triple Jump 40 Plus	ND		6.56m (3)
	Wind: Finals w: +0.0		
<b>6 Carter, John - Male - Year: 50 - Comp#: 4746</b>			
#175 Men Discus Throw (1kg) 60 Plus	ND		15.32m (7)
#223 Men Javelin Throw (600g) 60 Plus	ND		9.04m (7)
<b>7 Cindric, Matthew - Male - Year: 96 - Comp#: 4818</b>			
#34 Men 200 Metre Sprint Open	24.73		24.14 (18)
	Wind: Finals w: 1.5		
#52 Men 400 Metre Run Open	NT		52.92 (12)

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Meet Summary - All Events**

	<b>Seed</b>	<b>Prelims</b>	<b>Finals</b>
<b>South Bendigo AC</b>			
<b>8 Coad, Carol - Female - Year: 61 - Comp#: 426</b>			
#10 Women 100 Metre Sprint 50 Plus	16.09		16.11 (2)
Wind: Finals w: 1.4			
#26 Women 200 Metre Sprint 50 Plus	33.56		32.63 (2)
Wind: Finals w: -0.4			
#188 Women Discus Throw 50 Plus	ND		18.99m (4)
#234 Women Javelin Throw (500g) 50 F	ND		18.28m (2)
#252 Women Long Jump 50 Plus	ND		3.61m (2)
Wind: Finals w: +0.0			
#302 Women Triple Jump 50 Plus	ND		7.93m (1)
Wind: Finals w: -1.4			
<b>9 Curtis, Annette - Female - Year: 56 - Comp#: 1781</b>			
#25 Women 200 Metre Sprint 60 Plus	42.00		47.00 (3)
Wind: Finals w: -0.4			
#43 Women 400 Metre Run 60 Plus	NT		1:52.78 (4)
#75 Women 1500 Metre Run 60 Plus	9:40.00		9:22.34 (3)
#157 Women 1500 Metre Race Walk 60	NT		11:08.16 (3)
#231 Women Javelin Throw (500g) 60 F	14.00m		14.48m (3)
#253 Women Long Jump 60 Plus	ND		1.96m (3)
Wind: Finals w: +0.0			
<b>10 Curtis, Peter - Male - Year: 94 - Comp#: 358</b>			
#110 Men 110 Metre Hurdles Open	21.00		22.98 (4)
Wind: Finals w: -0.8			
#135 Men 400 Metre Hurdles Open	1:08.00		1:09.57 (8)
#171 Men 5000 Metre Race Walk Open	NT		30:10.74 (2)
#210 Men High Jump Open	1.50m		NH
#242 Men Long Jump Open	5.00m		4.99m (7)
Wind: Finals w: +0.0			
#258 Men Pole Vault Open	2.40m		DNS
#292 Men Triple Jump Open	ND		10.09m (6)
Wind: Finals w: +0.0			
<b>11 de Vrieze, Anna - Female - Year: 86 - Comp#: 3171</b>			
#67 Women 800 Metre Run Open	NT		2:40.18 (8)
#83 Women 1500 Metre Run Open	5:27.55		5:28.14 (9)
<b>12 Doering, Kellie - Female - Year: 75 - Comp#: 3915</b>			
#187 Women Discus Throw 40 Plus	ND		21.12m (6)
#205 Women Hammer Throw (4kg) 40 l	ND		26.15m (2)
#287 Women Shot Put (4kg) 40 Plus	ND		7.58m (3)
<b>13 Farnell, Ella Dee - Female - Year: 01 - Comp#: 3254</b>			
#249 Women Long Jump Under 20	ND		4.35m (7)
Wind: Finals w: 0.3			
#250 Women Long Jump Open	ND		2.67m (9)
Wind: Finals w: -0.1			
#299 Women Triple Jump Under 20	ND		10.05m (2)
Wind: Finals w: +0.0			
#300 Women Triple Jump Open	ND		10.04m (7)
Wind: Finals w: +0.0			
<b>14 Farnell, Keely - Female - Year: 98 - Comp#: 4054</b>			
#17 Women 100 Metre Sprint Open	15.50		15.70 (14)
Wind: Finals w: 2.7			
#33 Women 200 Metre Sprint Open	34.84		33.77 (13)
Wind: Finals w: 0.7			
#186 Women Discus Throw Open	ND		17.08m (14)
#286 Women Shot Put Open	ND		6.10m (11)
<b>15 Furletti, Taryn - Female - Year: 03 - Comp#: 241</b>			
#89 Women 3000 Metre Run Under 18	NT		11:00.63 (3)
#145 Women 2000 Metre Steeplechase l	NT		7:40.05 (1)

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Meet Summary - All Events**

	<b>Seed</b>	<b>Prelims</b>	<b>Finals</b>
<b>South Bendigo AC</b>			
<b>16 Gay, Liam - Male - Year: 04 - Comp#: 3556</b>			
#6 Men 100 Metre Sprint Under 16	12.16		12.42 (7)
Wind: Finals w: 0.7			
#22 Men 200 Metre Sprint Under 16	25.27		24.93 (9)
Wind: Finals w: +0.0			
#239 Men Long Jump Under 16	5.20m		5.64m (2)
Wind: Finals w: 2.5			
#289 Men Triple Jump Under 16	11.50m		10.97m (4)
Wind: Finals w: +0.0			
<b>17 Guillou, Allie - Female - Year: 06 - Comp#: 3273</b>			
#3 Women 100 Metre Sprint Under 14	14.54		14.78 (6)
Wind: Finals w: -3.5			
#19 Women 200 Metre Sprint Under 14	30.05		29.49 (5)
Wind: Finals w: 0.3			
<b>18 Guillou, Belle - Female - Year: 06 - Comp#: 3272</b>			
#3 Women 100 Metre Sprint Under 14	15.00		15.40 (11)
Wind: Finals w: -3.5			
#37 Women 400 Metre Run Under 14	1:13.69		1:12.96 (7)
<b>19 Guillou, Jackie - Female - Year: 69 - Comp#: 1283</b>			
#31 Women 200 Metre Sprint 40 Plus	33.92		34.05 (5)
Wind: Finals w: 1.0			
#49 Women 400 Metre Run 40 Plus	1:22.46		1:21.59 (4)
<b>20 Haines, Trudy - Female - Year: 70 - Comp#: 4106</b>			
#219 Women High Jump 40 Plus	1.30m		1.35m (1)
Meet Record: 1.35m			
#267 Women Pole Vault 40 Plus	NH		2.00m (1)
<b>21 Hilson, Gregory - Male - Year: 69 - Comp#: 3853</b>			
#16 Men 100 Metre Sprint 40 Plus	13.82		13.81 (5)
Wind: Finals w: 0.3			
#32 Men 200 Metre Sprint 40 Plus	26.30		27.78 (4)
Wind: Finals w: 1.2			
#50 Men 400 Metre Run 40 Plus	1:05.62		1:05.07 (3)
#66 Men 800 Metre Run 40 Plus	2:27.00		2:31.30 (2)
#134 Men 400 Metre Hurdles (91.4cm)	NT		1:12.32 (1)
#211 Men High Jump 40 Plus	1.55m		1.50m (2)
#243 Men Long Jump 40 Plus	5.15m		4.88m (1)
Wind: Finals w: -2.0			
#293 Men Triple Jump 40 Plus	ND		10.34m (1)
Wind: Finals w: +0.0			
<b>22 Hilson, Jake - Male - Year: 99 - Comp#: 3854</b>			
#18 Men 100 Metre Sprint Open	11.40		11.25 (12)
Wind: Finals w: +0.0			
#34 Men 200 Metre Sprint Open	22.66		53.15 (19)
Wind: Finals w: 1.3			
#52 Men 400 Metre Run Open	51.10		50.33 (10)
#68 Men 800 Metre Run Open	2:04.90		DNS
<b>23 Hromenko, Abbey - Female - Year: 02 - Comp#: 4108</b>			
#119 Women 100 Metre Hurdles Under	NT		16.68 (4)
Wind: Finals w: 1.1			
#216 Women High Jump Under 18	1.55m		1.54m (3)
<b>24 Hromenko, Logan - Male - Year: 05 - Comp#: 4107</b>			
#224 Men Javelin Throw Under 16	ND		21.35m (5)
#255 Men Pole Vault Under 16	2.20m		2.40m (3)
<b>25 Kirne, Debby - Female - Year: 65 - Comp#: 2444</b>			
#44 Women 400 Metre Run 50 Plus	1:21.03		1:20.51 (1)
#60 Women 800 Metre Run 50 Plus	3:02.24		3:05.74 (2)

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Meet Summary - All Events**

	<b>Seed</b>	<b>Prelims</b>	<b>Finals</b>
<b>South Bendigo AC</b>			
<b>26 Miller, Cassidy - Female - Year: 06 - Comp#: 3528</b>			
#3 Women 100 Metre Sprint Under 14	14.98		15.60 (12)
Wind: Finals w: -3.5			
#182 Women Discus Throw Under 14	21.79m		20.27m (5)
#214 Women High Jump Under 14	1.25m		1.15m (5)
#280 Women Shot Put Under 14	7.89m		8.03m (4)
<b>27 Miller, Shane - Male - Year: 75 - Comp#: 4739</b>			
#16 Men 100 Metre Sprint 40 Plus	15.24		14.70 (7)
Wind: Finals w: 0.3			
<b>28 Muggleton, Oliver - Male - Year: 02 - Comp#: 3241</b>			
#8 Men 100 Metre Sprint Under 18	12.12		13.00 (15)
Wind: Finals w: -2.0			
#24 Men 200 Metre Sprint Under 18	24.81		25.77 (10)
Wind: Finals w: 1.6			
#42 Men 400 Metre Run Under 18	54.69		55.60 (9)
<b>29 Nihill, Genevieve - Female - Year: 07 - Comp#: 4829</b>			
#3 Women 100 Metre Sprint Under 14	14.37		15.06 (9)
Wind: Finals w: -3.7			
#19 Women 200 Metre Sprint Under 14	30.03		29.82 (7)
Wind: Finals w: 0.3			
#37 Women 400 Metre Run Under 14	1:12.00		1:08.66 (6)
#53 Women 800 Metre Run Under 14	2:55.00		2:47.52 (8)
<b>30 Norton, Aaron - Male - Year: 79 - Comp#: 3505</b>			
#18 Men 100 Metre Sprint Open	13.00		12.99 (20)
Wind: Finals w: -0.9			
#52 Men 400 Metre Run Open	59.80		58.67 (17)
#68 Men 800 Metre Run Open	2:22.00		2:20.85 (13)
#180 Men Discus Throw Open	23.00m		22.85m (11)
#196 Men Hammer Throw Open	20.00m		20.08m (6)
#228 Men Javelin Throw Open	28.00m		29.66m (9)
#277 Men Shot Put Open	8.00m		7.95m (3)
<b>31 Norton, Jayne - Female - Year: 75 - Comp#: 415</b>			
#186 Women Discus Throw Open	27.00m		27.49m (7)
#187 Women Discus Throw 40 Plus	27.00m		26.69m (2)
#237 Women Javelin Throw (600g) 40 F	25.00m		29.62m (1)
Meet Record: 26.49m			
#287 Women Shot Put (4kg) 40 Plus	8.00m		8.73m (1)
<b>32 Norton, Jemma - Female - Year: 06 - Comp#: 3490</b>			
#182 Women Discus Throw Under 14	14.00m		15.09m (8)
#230 Women Javelin Throw Under 14	14.00m		16.34m (8)
#246 Women Long Jump Under 14	3.00m		2.91m (9)
Wind: Finals w: -0.9			
#280 Women Shot Put Under 14	6.00m		5.84m (8)
#296 Women Triple Jump Under 14	7.00m		6.75m (11)
Wind: Finals w: +0.0			
<b>33 Payne, Jennifer - Female - Year: 56 - Comp#: 2973</b>			
#43 Women 400 Metre Run 60 Plus	NT		1:34.52 (3)
#59 Women 800 Metre Run 60 Plus	3:36.20		3:38.09 (2)
#75 Women 1500 Metre Run 60 Plus	NT		7:31.80 (2)
#91 Women 3000 Metre Run 60 Plus	NT		15:42.75 (1)
#157 Women 1500 Metre Race Walk 60	NT		9:45.96 (2)
<b>34 Pompei, Stephanie - Female - Year: 95 - Comp#: 3668</b>			
#33 Women 200 Metre Sprint Open	27.00		28.13 (9)
Wind: Finals w: 0.6			
#51 Women 400 Metre Run Open	1:02.00		1:01.78 (14)
#67 Women 800 Metre Run Open	2:33.00		2:41.84 (9)
<b>35 Popplestone, Jack - Male - Year: 00 - Comp#: 369</b>			
#64 Men 800 Metre Run Under 20	2:06.00		2:02.20 (2)

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Meet Summary - All Events**

	<b>Seed</b>	<b>Prelims</b>	<b>Finals</b>
<b>South Bendigo AC</b>			
<b>36 Reid, Archie - Male - Year: 01 - Comp#: 1092</b>			
#96 Men 5000 Metre Run Under 20	15:02.00		15:10.00 (1)
Venue Record: 15:36.68			
<b>37 Self, Joan - Female - Year: 57 - Comp#: 438</b>			
#9 Women 100 Metre Sprint 60 Plus	17.44		16.84 (3)
Wind: Finals w: -0.4			
#189 Women Discus Throw 60 Plus	ND		18.30m (1)
#231 Women Javelin Throw (500g) 60 F	ND		18.57m (1)
#284 Women Shot Put (3kg) 60 Plus	ND		6.92m (2)
#303 Women Triple Jump 60 Plus	ND		7.42m (1)
Wind: Finals w: -1.2			
Meet Record: 7.36m			
<b>38 Southern, Mackenzie - Female - Year: 05 - Comp#: 4585</b>			
#21 Women 200 Metre Sprint Under 16	32.62		33.39 (17)
Wind: Finals w: 1.4			
#39 Women 400 Metre Run Under 16	1:19.11		1:20.78 (14)
<b>39 Southern, Scarlett - Female - Year: 07 - Comp#: 3560</b>			
#37 Women 400 Metre Run Under 14	1:07.13		1:04.96 (2)
#53 Women 800 Metre Run Under 14	2:41.88		2:41.38 (5)
<b>40 Tickell, Logan - Male - Year: 06 - Comp#: 3917</b>			
#54 Men 800 Metre Run Under 14	2:27.00		2:26.48 (3)
#70 Men 1500 Metre Run Under 14	4:50.00		4:51.46 (5)
#86 Men 3000 Metre Run Under 14	10:52.00		10:37.38 (3)
<b>41 Tickell, Zackery - Male - Year: 05 - Comp#: 3916</b>			
#40 Men 400 Metre Run Under 16	59.52		59.55 (9)
#56 Men 800 Metre Run Under 16	2:21.00		2:25.68 (12)
#129 Men 200 Metre Hurdles Under 16	32.50		34.04 (3)
Wind: Finals w: 1.3			
<b>42 Timewell, Christopher - Male - Year: 74 - Comp#: 3547</b>			
#179 Men Discus Throw (2kg) 40 Plus	ND		24.40m (7)
#197 Men Hammer Throw (7.26kg) 40 Plus	ND		22.64m (3)
#229 Men Javelin Throw (800g) 40 Plus	ND		31.47m (2)
#259 Men Pole Vault 40 Plus	NH		2.20m (3)
#278 Men Shot Put (7.26kg) 40 Plus	ND		7.83m (6)
<b>43 Trew, Keely - Female - Year: 92 - Comp#: 3443</b>			
#236 Women Javelin Throw Open	ND		33.76m (4)
<b>44 Wilson, Megan - Female - Year: 06 - Comp#: 4673</b>			
#53 Women 800 Metre Run Under 14	2:42.00		2:36.26 (1)
#69 Women 1500 Metre Run Under 14	5:30.00		5:22.91 (5)
<b>45 Woods, James - Male - Year: 03 - Comp#: 393</b>			
#208 Men High Jump Under 18	1.88m		1.82m (2)
#256 Men Pole Vault Under 18	4.10m		4.20m (1)
#258 Men Pole Vault Open	4.10m		4.20m (5)
<b>Relay</b>	<b>Seed</b>	<b>Prelims</b>	<b>Finals</b>
1 South Bendigo AC - 'A'			
#308 Women 4x100 Metre Relay Under	NT		59.91 (3)
Finals: Miller, Cassidy 06; Nihill, Genevieve 07; Norton, Jemma 06; Guillou, Belle 06			
2 South Bendigo AC - 'A'			
#311 Men 4x100 Metre Relay Under 16	NT		55.08 (2)
Finals: Andrea, Sebastyn 05; Hill, Andrew 04; Hromenko, Logan 05; Tickell, Zackery 05			
3 South Bendigo AC - 'A'			
#314 Women 4x100 Metre Relay Under	NT		1:00.21 (5)
Finals: Hromenko, Abbey 02; Guillou, Allie 06; Berg, Emma 01; Farnell, Ella Dee 01			
4 South Bendigo AC - 'A'			
#315 Men 4x100 Metre Relay Under 20	NT		48.19 (2)
Finals: Muggleton, Oliver 02; Woods, James 03; Gay, Liam 04; Popplestone, Jack 00			

**2019 Flack Advisory Vic Country Championships - 26/01/2019 to 28/01/2019****LaTrobe University Bendigo Athletics Complex****Meet Summary - All Events**

	<b>Seed</b>	<b>Prelims</b>	<b>Finals</b>
<b>South Bendigo AC</b>			
5 South Bendigo AC - 'A'			
#316 Women 4x100 Metre Relay Open	NT		1:03.40 (8)
Finals: Pompei, Stephanie 95; Farnell, Keely 98; Attard, Olivia 99; Trew, Keely 92			
6 South Bendigo AC - 'A'			
#317 Men 4x100 Metre Relay Open	NT		50.24 (5)
Finals: Woods, James 03; Curtis, Peter 94; Andrea, Sebastyn 05; Norton, Aaron 79			
7 South Bendigo AC - 'A'			
#320 Women 4x100 Metre Relay 50 Plu	NT		1:13.97 (1)
Finals: Self, Joan 57; Payne, Jennifer 56; Curtis, Annette 56; Kirne, Debby 65			
Venue Record: 1:16.22			
8 South Bendigo AC - 'A'			
#322 Women 4x100 Metre Relay 40 Plu	NT		1:02.83 (1)
Finals: Haines, Trudy 70; Norton, Jayne 75; Coad, Carol 61; Guillou, Jackie 69			
9 South Bendigo AC - 'A'			
#323 Men 4x100 Metre Relay 40 Plus	NT		58.54 (4)
Finals: Hilson, Gregory 69; Hill, Jason 71; Browell, Leigh 74; Miller, Shane 75			
10 South Bendigo AC - 'A'			
#324 Women 4x400 Metre Relay 40 Plu	NT		5:28.82 (2)
Finals: Coad, Carol 61; Kirne, Debby 65; Guillou, Jackie 69; Haines, Trudy 70			
11 South Bendigo AC - 'A'			
#325 Men 4x400 Metre Relay 40 Plus	NT		4:40.08 (4)
Finals: Hilson, Gregory 69; Miller, Shane 75; Browell, Leigh 74; Hill, Jason 71			
12 South Bendigo AC - 'A'			
#326 Women 4x400 Metre Relay Open	NT		4:49.27 (6)
Finals: Hromenko, Abbey 02; Trew, Keely 92; de Vrieze, Anna 86; Pompei, Stephanie 95			
13 South Bendigo AC - 'A'			
#327 Men 4x400 Metre Relay Open	NT		3:53.92 (6)
Finals: Andrea, Sebastyn 05; Norton, Aaron 79; Popplestone, Jack 00; Muggleton, Oliver 02			
<b>South Bendigo AC Total Individual Entries: 166 - Total Relays: 13</b>			