

# South Bendigo Track + Field Newsletter! Non Shield RD 1

## Athletes in Red and White

- Peter Curtis
- Oliver Muggleton
- Allie Guillou
- Belle Guillou
- Mackenzie Southern
- Caitlin Campbell
- Joan Self
- Kylie Campbell
- Jake Hilson
- Annette Curtis L.M
- Jessica Grigson
- Jackie Guillou
- Jennifer Payne
- Genevieve Nihill
- Jayne Norton
- Jemma Norton
- Stephanie Pompei
- Anastazia Robinson
- Nicholas Alexander
- Bernard Nihill
- Zackery Tickell
- Destiney Seymour
- Aaron Norton
- Keenan Seymour
- Greg Hilson L.M
- Mia Anthony
- Jasper Seymour
- Carol Coad L.M
- Lainey Pollard
- Greg Hilson L.M
- Logan Tickell
- Christopher Timewell
- Kellie Doering
- Amber Fox

## Officials from South Bendigo











- Peter Barrett L.M
- Peter Hayes
- Jayne Norton
- Bill Trew L.M
- Chris Timewell
- Claude Guillou

## President's Welcome

It was the tale of 3 seasons at LUBAC Saturday afternoon, bright blue sky, 25kph headwinds, quick downpours, more clear sky, icy hail, everything but the 30degree weather we sampled this week.

Given it was a non-shield round with Vic School Champs in Melbourne, club participation was excellent all variables considered.

### Premier Division

	1		Essendon	131,158	30
▲	2		Box Hill	101,920	23
▼	3		Diamond Valley	101,446	19
<hr style="border-top: 1px dashed green;"/>					
	4		Glenhuntly	98,256	19
▲	5		Western Athletics	90,680	16
	6		Keilor St Bernards	90,082	13
▲	7		Geelong Guild	85,478	13
<hr style="border-top: 1px dashed orange;"/>					
▼	8		Sandringham	87,465	12
<hr style="border-top: 1px dashed red;"/>					
▼	9		Chilwell	81,813	11
	10		South Bendigo	75,660	9

The Updated AVSL ladder after the complete rd. 3 has the club making up strong ground, moving within 2 points of fellow country club Chilwell.



## Uniforms!

We have ordered T+F social uniforms this week, Including Long Sleeve, Short Sleeve and Track Pants!! And now HATS!!!

Anyone wishing to purchase one please let Peter Curtis know what size and name you want embroidered on.

Singlets have already been ordered!



## Athlete Interview!

Profile-- Greg Hilson, Aged 50, Occupation Builder and business owner!

Years at SBAC-- 36 Seasons! Including Presidency 2005-2011, and VP for 5 Years!

Current Role—Greg currently marks all the courses at cross country, while also sponsoring a variety of events during the calendar year.

Favourite T+F event-- 800meters or High Jump


Fun Facts—Age is no barrier for this life member, producing superior times and distances in every event from 100m all the way up to the Half Marathon all throughout his 40's compared to his 30's!

Goal for 2020—Continue to laugh at father time and excel into the fabulous 50's smashing records and breaking hearts!











## An Interesting development!!

Our 40plus women are the current reining shield champions, under the old system, but it appears they have fallen behind the new kids on the block!!

### Women Under 14

	SBE	South Bendigo	22,050
	DIV	Diamond Valley	18,810
	SAN	Sandringham	17,526
	DAC	Doncaster	10,402
	KNA	Knox	8,842
	WYN	Wyndham	7,335
	MPA	Mornington	7,016
	FKN	Frankston	6,556
	CHI	Chilwell	6,361
	ESS	Essendon	6,219

### Women 40+

	CHI	Chilwell	18,320
	SBE	South Bendigo	17,530
	KSB	Keilor St Bernards	11,446
	WES	Western Athletics	10,538
	RWD	Ringwood	9,696
	GHY	Glenhuntly	9,318
	WAM	Waverley-Malvern	9,084
	BWK	Brunswick	8,706
	DIV	Diamond Valley	8,704
	WEN	Wendouree	7,594

### *Non-Shield Round 2, Sat 2<sup>nd</sup> Nov*

Next week's events include the following-

High Hurdles   Race Walks

100m   Mile

4x100m Relays

3000m   400m

Shot Put   Javelin

Long Jump   Pole Volt

### What's On This Week?

Most weeks a variety of extra activities are held.

- On Tuesday starting 7o'clock sharp is the 3000m run at LUBAC
- Distance Series, Tom Flood Centre, 800m, 7:15pm, Oct 31<sup>st</sup>.

## The Run Down

The first event of the day saw Kellie Doering throw the hammer 27m13, leading the way for SB while Chris Timewell made his season return to lead the men with 19m76.

The lone hurdler for the day Mackenzie Southern powered around in the 200mH in 42.50, the flat 200 followed with Anastazia Robinson taking heat 1 and Allie Guillou nabbed heat 2 while Carol Coad finished in style to win heat 5. In the men's Jake Hilson lead all comers in the first heat rushing under the 24 mark in challenging conditions.

The Racewalkers then took centre stage with Masters 4x Gold medallist from Adelaide Jennie Payne leading the field the entire way, with first year member Destiney Seymour also partaking in the 1500mW.

The 800m heats were delayed due to heavy showers but eventually got under way with excellent south representation every heat. Section 2 saw Zackery Tickell edge out Nicholas Alexander across the line in a thrilling finish.

The 100m's was run in sunshine, light rain then hail. Youngest Allie G, and Jessica Grigson forced their way into the topflight, while an all SB, all veteran field was tightly contested by the 5 ladies in heat three. The South men where led by Oliver Muggleton running 12:55 in strong headwinds, while near comical scenes greeted Keenan Seymour and Peter Curtis, both running diagonally while having frozen water smashing down.

The final race of the day saw Logan Tickell compete directly with older more seasoned athletes in running a superb 3000m in 10:21.01.

Moving back to the field events Zachery Tickell and Greg Hilson couldn't be separated in the High Jump both clearing 1m45.

Keenan Seymour, Greg Hilson and Caitlin Campbell led SB in their respective Triple Jump flights, meanwhile Amber Fox, Carol Coad and Jayne Norton made it a lady's trifecta in the discus fields respectively.