

South Bendigo Track + Field Newsletter! AVSL Round 3

Athletes in Red and White

- Keely Trew
- Peter Curtis
- Oliver Muggleton
- Allie Guillou
- Belle Guillou
- Emma Orme
- Mackenzie Southern
- Scarlett Southern
- Caitlin Campbell
- Joan Self
- Kylie Campbell
- Jake Hilson
- Annette Curtis L.M
- Jessica Grigson
- Jackie Guillou
- Isabel Nihill
- Jennifer Payne
- Genevieve Nihill
- Jayne Norton
- Jemma Norton
- Stephanie Pompei
- Anastazia Robinson
- Nicholas Alexander
- Logan Hromenko
- Bernard Nihill
- Debby Kirne
- Zackery Tickell
- Leigh Browell L.M
- Abbey Hromenko
- Destiney Seymour
- Aaron Norton
- Emma Berg
- Thomas McArthur
- Keenan Seymour
- Greg Hilson L.M
- Mia Anthony
- Sara Berg
- Jasper Seymour
- Trudy Haines











Officials from South Bendigo

- Peter Barrett L.M
- Peter Hayes
- Pam Farnell
- Jayne Norton
- Bill Trew L.M

President's Welcome

Wow! 39 club members in week 3! From my Calculations we had an awesome day in terms of points, totalling 29,921, give or take a couple!?!











Provisionally for this round we are 5th in Premier Division! This is worth 6 points for the ones interested in the league standings

	ESS	Essendon	42,807	10
	WES	Western Athletics	31,571	9
	GLG	Geelong Guild	30,778	8
	BOH	Box Hill	30,376	7
	SBE	South Bendigo	29,921	6
	GHY	Glenhuntly	28,283	5
	KSB	Keilor St Bernards	26,337	4
	DIV	Diamond Valley	24,447	3
	CHI	Chilwell	23,527	2
	SAN	Sandringham	22,738	1

SBAC- Had our best week yet to claim 5th

Overall After 2 complete rounds SBAC sits 10th in Division 1, but after this weeks efforts we will be closing in on our rivals! (Yet to be updated)

Premier Division

1		Essendon	90,364	20	CP
▲ 2		Diamond Valley	77,157	16	CP
▼ 3		Box Hill	71,652	15	CP
▲ 4		Glenhuntly	69,633	14	
▼ 5		Sandringham	64,727	11	
▲ 6		Keilor St Bernards	62,707	9	
7		Chilwell	58,063	9	
8		Western Athletics	58,023	7	PIR
▼ 9		Geelong Guild	56,849	7	AR
10		South Bendigo	45,739	2	AR

Uniforms!

We will be ordering T+F social uniforms this week, Including Long Sleeve, Short Sleeve and Track Pants!!

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

Singlets have already been ordered!



Points Galore!!!

A Whooping 7517pts were scored by our Under 14 Girls on Saturday, trailing only marginally behind were the Veteran Ladies on 6511, and 3rd overall was the Under 18 Girls on 3787. A clean sweep by the ladies this week,

400+ Performances week 3

Emma Berg- SP, 13m25, 496

Emma Berg- Jav, 36m08, 479

Scarlett Southern- 400m, 65.50, 448

Genevieve Nihill- 400m, 65.52, 447

Jake Hilson- 400m, 51.07, 438

Keely Trew- Jav, 34m37, 431

Joan Self- Jav, 19m60, 430

Jessica Grigson- LJ, 4m17, 420

Joan Self- SP, 6m11, 414

Jayne Norton- SP, 8m34, 403

Jayne Norton- Jav, 27m37, 402

Non-Shield Round 1, Sat 26th

Next week's events include the following-

Long Hurdles

200m

Race Walks

800m

100m

3000m

4x200m Relays

Discus

Hammer

Triple Jump

High Jump

South's Very Own Australian Masters Games Champions!

Vice President Leigh Browell and Star Jenny Payne were off competing in Adelaide last week.

I'm confident Leigh just went to the mint and pressed his own medals, coming home with a massive 9 GOLD! Victory in Shot Put, 5000mW, 800m, Javelin, 3km steeplechase, 3000mW, 1500m, 5000m, 1500mW.

Jenny meanwhile used self-control and entered a more respectable 3 events, claiming the podium in all 3, the 1500mW, 3000mW and 5000mW.

Reid Smashes it Again!

Northern Victoria local Archie Reid competed in the Melbourne Marathon 10km event, finishing 6th overall and 1st in his category in a brisk 00:30:47. That's 3m04s KM's

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
- Wednesday at 6:15 Sharp at Rosalind Park is Race Walking, this week is a 1500m and 3000m. All new walkers are welcome.

Unsung and little seen behind the scenes hero

Peter Hayes

makes sure every event is captured on the photo finish. A thankless job for someone who could easily run instead... See photo left

