

South Bendigo Track + Field Newsletter! Relay Round!

Athletes in Red and White

- Oliver Muggleton
- Allie Guillou
- Caitlin Campbell
- Joan Self
- Kylie Campbell
- Jackie Guillou
- Lainey Pollard
- Courtney Campbell
- James Woods
- Thomas McArthur
- Anastazia Robinson
- Emma Berg
- Genevieve Nihill
- Jemma Norton
- Debbie Kirne
- Aaron Norton
- Nicholas Alexander
- Liam Gay
- Bernard Nihill
- Isabel Nihill
- Mackenzie Southern
- Scarlett Southern
- Belle Guillou
- Carol Coad L.M
- Jennifer Payne
- Arshdeep Singh
- Luka Markovic
- Keenan Seymour
- Stephanie Pompei
- Keely Trew
- Isabel Nihill
- Abbey Hromenko
- Mia Anthony
- Jessica Grigson
- Annette Curtis L.M
- Jen McArthur
- Trudy Haines
- Peter Curtis
- Christopher Timewell
- Logan Hromenko

40 Athletes entered

Starting 97 Events!











President's Welcome

Another week done and dusted! We are now halfway through AVSL and its clear sailing, participation is great, times are coming down and distances are increasing every week!

Essendon	46,325
Western Athletics	43,114
Diamond Valley	34,648
South Bendigo	26,730
Chilwell	26,727
Box Hill	23,853
Glenhuntly	23,720
Geelong Guild	23,455
Keilor St Bernards	22,871
Sandringham	20,980

Provisionally, One of our strongest weeks to date, South's highest score on Prg1. Currently as of the Rd5 ladder we are 9th, but we should comfortably move into 8th only trailing 1pt to Box Hill AC

Premier Division

1		Diamond Valley	204,493	46
2		Essendon	214,434	44
3		Geelong Guild	180,661	40
4		Glenhuntly	195,288	33
5		Chilwell	142,006	28
6		Box Hill	159,515	27
7		Western Athletics	158,501	25
8		Sandringham	153,852	22
9		South Bendigo	147,982	21
10		Keilor St Bernards	150,656	17

Officials from SBAC

Peter Barrett L.M

William Trew L.M

Peter Hayes

Pam Farnell

It would be great if we could have many hands-on deck this coming week to help out! South Bendigo is the duty club and will require helpers in the canteen and around the ground, particularly at jumps.

If you have helped out, make sure you seek me out so I can add your name to this list!

Uniforms!

Finally, our cool new social uniforms turned up!

Second wave of orders and Name embroidery have been ordered,
Possibly available this coming weekend!



Also available are new singlets. For sizes see Maria Bryce!

No AVSL this week!

Instead athletes are given the challenge of competing in the Non-Shield Rd3 Pentathlon, Check out your handbook for the details!

Additional events are offered 4x800m Relay Championships are also be held. SBAC will be entering as many teams as possible!

What's on This Week?

- On Tuesday starting 7o'clock sharp is the Jack Davey 5000m Championship and 3000m community run at LUBAC.
- Racewalking's final walk of the year at LUBAC on Wednesday 6.15pm

2020 Victorian Country Championships!

With the VCC quickly approaching, Australia Day long weekend, we recommend everyone who plans on entering to start looking into accommodation as it is a very busy time for travellers!

This years Champs will see Bendigo's only Division 1 team travel down the freeway into Geelong! Hopefully we will be able to take another strong squad down and reclaim the trophies most recently held by South in 2017!

The Draft Program has been released and entries are now open!

Go Girls!

SBAC's 2 strongest divisions are currently leading the state! The below ladders are Rounds 1-5, but both ages increased their respective leads in Round 6!!







Women Under 14

	SBE	South Bendigo	37,111
	DIV	Diamond Valley	30,067
	SAN	Sandringham	21,787
	DAC	Doncaster	14,894
	WYN	Wyndham	13,581
	GLG	Geelong Guild	13,576







Women Under 14

	SBE	South Bendigo	6,065
	DIV	Diamond Valley	4,643
	WYN	Wyndham	4,408
	SAN	Sandringham	3,531
	CHI	Chilwell	3,026

Women 40+

	SBE	South Bendigo	30,719
	CHI	Chilwell	27,423
	RWD	Ringwood	18,116
	WES	Western Athletics	17,160
	DIV	Diamond Valley	16,228
	KSB	Keilor St Bernards	16,081

Women 40+

	SBE	South Bendigo	6,596
	CHI	Chilwell	5,198
	DIV	Diamond Valley	4,133
	ESS	Essendon	3,545
	MPA	Mornington	3,209
	KSB	Keilor St Bernards	2,914

Points Points Points

Here's a quick snapshot at some of South's excellent 400pt plus performances!

Allie Guillou, 200m 28.86- 418pts.

James Woods, 200m 24.36- 411pts

Liam Gay, 200m 25.24- 409pts

Jennifer Payne, 3000mW 18.36.81- 483pts

Liam Gay, 800m 2.07.24- 468pts

Scarlett Southern, 800m 2.38.48- 407pts

South Bendigo 'f' M18, 4x200m 1.41.49- 419pts

James Woods, HJ 1m90- 485pts

Carol Coad, Dis 19.78- 408pts

Joan Self, Dis 18.30- 413pts

Emma Berg, Dis 38.22- 467pts

Don't Forget to get your vote in for when we use our Powerplay!

Currently its looking like we will be using it Rd 9, but Rd 7 is still in the running!

Weather may affect the PP usage so be alert to posts!!

See everyone hopefully Tuesday Night for the 5km Championship

Or Saturday for Non-Shield 3!!