

South Bendigo Track + Field Newsletter! Extravagansa Edition!

President's Welcome

I've been a little slack, so here is the massive break down of Rounds 8, 9 and 10 plus a look at the VCAC.

Athletes in Red and White Rd 8

- Caitlin Campbell
- Joan Self
- Jackie Guillou
- Debbie Kirne
- Jennifer Payne
- Keenan Seymour
- Abbey Hromenko
- Trudy Haines
- Jasper Seymour
- Emma Orne
- Stephanie Pompei
- Keely Trew
- Belle Guillou
- Allie Guillou
- Jessica Grigson
- Oliver Muggleton
- Arshdeep Singh
- Logan Hromenko
- Logan Tickell
- Leigh Browell L.M
- Christopher Timewell
- Gregory Hilson L.M
- Jake Hilson
- Kyle Hilson
- Sara Berg
- Isabel Nihill
- Genevieve Nihill
- Lainey Pollard
- Jemma Norton
- Courtney Campbell
- Carol Coad L.M
- Kylie Campbell
- Jayne Norton
- Nicholas Alexander
- Aaron Norton
- John Carter

Athletes in Red and White Rd 9

- Caitlin Campbell -Joan Self
- Jackie Guillou -Debbie Kirne
- Jennifer Payne -Keenan Seymour
- Abbey Hromenko -Trudy Haines
- Jasper Seymour -Kellie Doering
- Emma Orne -Emma Berg
- Stephanie Pompei -Liam Gay
- Keely Trew -Bernard Nihill
- Belle Guillou -John Carter
- Allie Guillou -Thomas McArthur
- Jessica Grigson
- Oliver Muggleton
- Arshdeep Singh
- Logan Hromenko -Logan Tickell
- Leigh Browell L.M
- Christopher Timewell
- Gregory Hilson L.M
- Jake Hilson
- Kyle Hilson
- Sara Berg
- Isabel Nihill
- Genevieve Nihill
- Lainey Pollard
- Jemma Norton
- Courtney Campbell
- Carol Coad L.M
- Kylie Campbell
- Jayne Norton
- Nicholas Alexander
- Aaron Norton
- Emma Berg
- Lauren White(NEW)
- Mackenzie Southern
- Scarlett Southern
- Megan Wislon
- Annette Curtis L.M
- Peter Curtis
- Luka Markovic
- James Woods
- Archie Reid

Athletes in Red and White Rd 10

- Caitlin Campbell
- Joan Self
- Jackie Guillou
- Debby Kirne
- Jennifer Payne
- Keenan Seymour
- Abbey Hromenko
- Trudy Haines
- Emma Orne
- Stephanie Pompei
- Keely Trew
- Belle Guillou
- Allie Guillou
- Jessica Grigson
- Leigh Browell L.M
- Christopher Timewell
- Isabel Nihill
- Genevieve Nihill
- Jemma Norton
- Carol Coad L.M
- Jayne Norton
- Aaron Norton
- Lauren White
- Mackenzie Southern
- Scarlett Southern
- Megan Wislon
- Annette Curtis
- Megan Wilson
- Luka Markovic
- Logan Hromenko
- Peter Curtis
- James Woods
- Arshdeep Singh
- Bernard Nihill
- Thomas McArthur

400Pts Performances

Allie Guillou- 200m, 28.84 419pts Jennifer Payne- 2000mW, 12.22.32 486pts

Logan Tickell- 3000m, 10.09.56 456pts Gregory Hilson- HJ, 1.55m 465pts

Joan Self- Discus, 18.78m 417pts Jayne Norton- Discus, 27.33 419pts

Jennifer Payne- 3000mW, 18.59.51 470pts Archie Reid- 1500m, 4.13.84 438pts

Logan Tickell- 1500m, 4.43.35 424pts Archie Reid- 5000m, 15.35.48 476pts

Liam Gay- 400m, 54.56 440pts Oliver Muggleton- 400m, 54.82 401pts

Scarlett Southern- 400m, 64.62 465pts Allie Guillou- 400m, 65.97 439pts

Genevieve Nihill- 400m 66.55 428pts James Woods- PV, 4.80m 530pts

James Woods- Javelin, 48.05m 488pts Emma Orme- Javelin, 22.43m 410pts

Keely Trew- Javelin, 33.06m 422pts Emma Berg- Javelin, 32.46m 452pts

Christopher Timewell- Javelin, 30.43m 404pts Abbey Hromenko- Javelin, 26.77m 413pts

Joan Self- Javelin, 17.54m 406pts Zackery Tickell- Long Jump, 5.31m 407pts

James Woods- Long Jump, 6.26m 456pts Abbey Hromenko- Long Jump, 4.91m 421pts

Emma Berg- SP, 13.30m 497pts Joan Self- SP, 6.70m 437pts

Carol Coad- SP, 6.48m 405pts Emma Orme- SP, 8.89m 440pts

Allie Guillou- 200m, 28.31 441pts

Megan Wilson- 800m, 2.38.66 406pts

Scarlett Southern- 800m, 2.39.35 401pts

Genevieve Nihill- 800m, 2.37.52 414pts

Kellie Doering- Hammer, 28.91m 423pts

James Woods- High Jump, 1.90m 485pts

Kellie Doering- Discus, 24.74m 403pts

Carol Coad- Discus, 19.65m 407pts


Joan Self- Discus, 19.09m 420pts

Jayne Norton- Discus, 31.02m 443pts




















Emma Orme- Discus, 22.91m 426pts

Round 8 was solid for the Red and White Army, finishing 5th in Division 1!

Premier Division

	ESS	Essendon	65,752 	20
	BOH	Box Hill	36,827	9
	GHY	Glenhuntly	36,574	8
	DIV	Diamond Valley	26,761	7
	SBE	South Bendigo	25,490	6
	WES	Western Athletics	22,740	5
	CHI	Chilwell	21,234	4
	KSB	Keilor St Bernards	20,788	3
	GLG	Geelong Guild	19,544	2
	SAN	Sandringham	16,053	1

Even coming mid field, we somehow slid back down the ladder, back into the relegation zone!











Pos	Club	Score	Points	Powerplay	Status
Premier Division					
1	 Essendon	356,239	82	POWERPLAY 	CP
2	 Diamond Valley	292,057	68	POWERPLAY 	CP
3	 Glenhuntly	306,323	64	POWERPLAY 	CP
4	 Geelong Guild	249,419	52	POWERPLAY 	
5	 Western Athletics	241,009	50	POWERPLAY 	
 6	 Box Hill	238,615	44		
 7	 Chilwell	211,585	43	POWERPLAY 	
 8	 South Bendigo	231,345	42		P/R
9	 Sandringham	213,397	29		AR
10	 Keilor St Bernards	210,771	23		AR

Moving into round 9, we activated our PowerPlay, strategically planned out by the brains trust we pushed for high attendance and multiple entries, our faith was rewarded with our best weekly finish of the season, 2nd behind only the strong metro club Essendon!

Premier Division










	ESS	Essendon	46,641	10
	SBE	South Bendigo	39,673 	18
	GHY	Glenhuntly	38,029	8
	DIV	Diamond Valley	32,566	7
	CHI	Chilwell	31,520	6
	WES	Western Athletics	31,292	5
	GLG	Geelong Guild	30,785	4
	BOH	Box Hill	26,255	3
	SAN	Sandringham	26,066	2
	KSB	Keilor St Bernards	21,626	1

With our big play we rocketed up the ladder, finishing a season high 4th!











Pos	Club	Score	Points	Powerplay	Status
Premier Division					
1	 Essendon	402,880	92	POWERPLAY Ⓞ	CP
2	 Diamond Valley	325,018	75	POWERPLAY Ⓞ	CP
3	 Glenhuntly	344,352	73	POWERPLAY Ⓞ	CP
▲ 4	 South Bendigo	271,018	60	POWERPLAY Ⓞ	
▼ 5	 Geelong Guild	280,204	56	POWERPLAY Ⓞ	
▼ 6	 Western Athletics	272,301	55	POWERPLAY Ⓞ	
7	 Chilwell	243,105	49	POWERPLAY Ⓞ	
▼ 8	 Box Hill	264,415	46		P/R
9	 Sandringham	239,463	31		AR
10	 Keilor St Bernards	231,967	24		AR

After such a strong week we went into a PP hangover, with many athletes preparing for countries the following week.

Premier Division

	ESS	Essendon	50,172	10
	GHY	Glenhuntly	43,964	9
	WES	Western Athletics	39,097	8
	BOH	Box Hill	37,779	7
	CHI	Chilwell	30,073	6
	DIV	Diamond Valley	27,010	5
	GLG	Geelong Guild	26,510	4
	SBE	South Bendigo	25,438	3
	KSB	Keilor St Bernards	24,417	2
	SAN	Sandringham	23,194	1

Now were all caught up here is the current standing going into the penultimate round

Pos	Club	Score	Points	Powerplay	Status
Premier Division					
1	 Essendon	453,052	102	POWERPLAY Ⓞ	CP
▲ 2	 Glenhuntly	388,316	82	POWERPLAY Ⓞ	CP
▼ 3	 Diamond Valley	352,028	80	POWERPLAY Ⓞ	CP
▲ 4	 Western Athletics	311,398	63	POWERPLAY Ⓞ	
▼ 5	 South Bendigo	296,456	63	POWERPLAY Ⓞ	
▼ 6	 Geelong Guild	306,714	60	POWERPLAY Ⓞ	
7	 Chilwell	273,178	55	POWERPLAY Ⓞ	
8	 Box Hill	302,194	53		P/R
9	 Sandringham	262,657	32		AR
10	 Keilor St Bernards	256,384	26		AR

AVSL Round 11 this week!

P2

High Hurdles 100m

RaceWalk 1500m

100m Steeple

400m

Relay(NonScore)

Shot Javelin

LongJump Pole Vault

What's on This Week?

- Tuesday Night committee meeting at RF Turner Pavilion starting @7.30pm
- Racewalking started back at Rosalind Park, Winners were SBAC L.M Norm West, and youngster Charlise McQueen

2020 Victorian Country Championships!

The Countries were held over the Australia Day long weekend @John Landy field Geelong, Apologies in advance but here are the SBAC results, I may miss 1 or 2!?!?

I am trying to discount all metro athletes in results

U14G

S. Southern- 100m 14.80 3rd, 200m 29.71 3rd, 400m 1.03.82 1st, 800m 2.34.43 4th, HJ 1.25m 5th.

G. Nihill- 100m 14.86 4th, 200m 28.81 2nd, 400m 1.05.21 3rd, 800m 2.32.30 3rd,

E. Orme- 100m 15.24 5th, 400m 1.12.12 5th, HJ 1.30m 4th, TJ 8.06m 5th, Discus 23.76 2nd

U16G

A. Guillou- 100m 13.88 8th, 200m 27.76 6th, 400m 1.04.76 8th.

B. Guillou- 400m 1.07.55 14th, LJ 3.99m 12th

M. Southern- 100m 15.46 15th, 200m 31.52 15th, 200mH 40.24
9th.

M. Wilson- 800m 2.33.31 7th, 1500m 5.30.96 9th.

J. Norton- Discus 21.07m 4th, Hammer 20.08m 5th.

Relay- A.G, G.N, B.G, E.O, 56.93 5th.

U18G

Sara Berg- 800m 2.54.17 10th, 2000mS 9.19.96 2nd, Shot 8.61m 1st,
Discus 24.59m 3rd, Javelin 21.79m 8th.

Caitlin Campbell- 1500m 5.50.43 8th.

U20W

A. Hromenko- 100mH 16.59 1st, HJ 1.55m 2nd, TJ 10.61m 3rd.

E. Berg- SP 14.16m 1st, Discus 44.78m 1st, Jav 35.91m 1st.

Relay- A.H, E.B, J.N, M.S, 59.79 3rd.

OpenW

S. Pompei- 800m 2.47.67 7th.

K. Trew- LJ 4.55m 4th, TJ 9.85m 2nd, Jav 31.72m 5th.

E. Berg- SP 14.52m 1st, Dis 44.37 1st, Jav 35.91 3rd.

Jayne Norton- Dis 31.45m 4th.

Relay 4x400m- S.P, K.T, A.H, M.W, 4.35.14 7th.

40+W

Relay 4x100m- T.H, J.P, J.S, J.N, 1.07.27 3rd.

Relay 4x400m- J.S, J.P, D.K, T.H, 5.50.36 3rd.

T. Haines- HJ 1.30m 2nd, PV 2.00m 1st,

J. Norton- SP 8.40m 1st, Dis 30.35m 1st, Jav 30.11m 1st(Record).

Kellie Doering- SP 7.88m 2nd, Dis 24.78m 2nd, Hammer 30.75m 1st, Jav
22.34 2nd.

50+W

C. Coad- 100m 16.40 2nd, LJ 3.21m 2nd, TJ 7.24m 1st, Dis 19.21m 2nd,
Jav 19.95m 2nd.

J. Guillou- 100m 16.64 3rd, 400m 1.23.53 3rd.

J. McArthur- 100m 17.87 5th, 200m 38.12 4th.

D. Kirne- 400m 1.19.66 1st, 800m 3.02.81 3rd, 1500m 6.17.41 4th.

Relay- C.C, D.K, A.C, J.M, 1.10.74 2nd.

60+W

J. Self- 100m 17.11 3rd, TJ 7.20m 1st, Dis 19.66m 1st, Jav 18.65m 2nd.

J. Payne- 400m 1.33.54 3rd, 800m 3.36.59 3rd, 1500m 7.08.74 2nd,
3000m 14.39.34 2nd, 1500mW 9.15.35 1st.

A. Curtis- 400m 2.01.07 4th, SP 4.79m 3rd, Dis 12.00m 3rd, Jav 12.95m
3rd, 1500mW 11.15.35 2nd.

U16B

Z. Tickell- 400m 58.75 9th, 800m 2.14.57 6th, 200mH 31.36 8th.

T. McArthur- 800m 2.42.03 14th, 1500m 5.07.27 13th, 3000m
10.41.63 6th.

L. Tickell- 1500m 4.33.55 5th, 3000m 9.45.75 3rd.

B. Nihill- 800m 2.20.75 8th, 1500m 4.45.34 8th.

L. Hromenko- PV 2.40m 5th.

4x100m- L.H, B.N, L.T, Z.T, 55.38 4th.

U18B

J. Woods- HJ 1.86m 2nd, PV 4.40m 1st.

L. Gay- 400m 55.25 9th.

U20M

O. Muggleton- 100m 12.33 9th, 200m 24.54 5th, 400m 54.68 5th.

OpenM

J. Hilson- 200m 23.21 6th, 400m 51.30 6th, 800m 2.02.14 7th.

P. Curtis- 110mH 23.64 3rd, 400mH 1.13.95 1st, 3000mS 14.58.42 2nd.

L. Browell- 3000mS 14.39.97 1st, 5000mW 37.37.18 3rd.

J. Woods- HJ 1.85m 1st, PV 4.60m 1st.

4x100m- J.H, L.G, O.M, J.W, 46.61 2nd.

4x400m- J.H, Z.T, L.T, O.M, 3.47.73 7th.

40+M

Aaron Norton- 100m 12.75 2nd, 400m 59.83 2nd, 800m 2.22.20 1st, HJ 1.45m 2nd, LJ 4.29m 4th, TJ 9.35 3rd, SP 7.90 2nd, Dis 21.14 4th, HT 20.38 4th, Jav 31.15m 3rd.

L. Browell- 100m 15.00 7th, 32.49 6th, 1.11.03 5th, 2.59.99 3rd, 1500m 6.09.23 4th, 5000m DNF, 3000mS 14.39.97 3rd, TJ 5.85 5th, SP 7.56m 4th, Dis 18.59m 5th, HT 15.57m 5th, Jav 21.29m 4th, 5000mW 37.37.18 1st.

C. Timewell- 200m 30.47 5th, 400mH 1.19.06 2nd, 3000mS 14.17.56 2nd, SP 7.75m 3rd, Dis 23.09m 3rd, HT 22.43 3rd, Jav 33.06m 1st.

4x100m C.T, G.H, L.B, A.N, 54.78 2nd.

4x400 C.T, G.H, L.B, A.N, 4.14.16 1st.

50+M

G. Hilson- 200m 27.84 3rd, 400m 1.04.94 4th, 800m 2.29.59 2nd, 400mH 1.11.60 2nd, HJ 1.60m 1st(Record), PV 2.60m 2nd, LJ 4.82m 4th, TJ 10.24 2nd.

Overall- 2nd 1058pts

Men- 3rd 450pts

Women- 2nd 608pts

Joyce Lockyer Memorial Shield- Emma Berg

Tally

Gold- 27

Silver- 33

Bronze- 30

Congratulations athletes and a big thankyou to the volunteer officials
who made it possible.

Let's GO South!! See everyone on Saturday for R11 AVSL!!!

Remember up to 4 events count to our team score!!

Keep an eye on announcements for expected weather issues!

I hope to see new faces at the monthly meeting too!!

