

South Bendigo Track + Field Newsletter! Nitro Round!

Athletes in Red and White

- Caitlin Campbell
- Joan Self
- Jackie Guillou
- Debbie Kirne
- Jennifer Payne
- Keenan Seymour
- Abbey Hromenko
- Trudy Haines
- Peter Curtis
- Jasper Seymour
- Emma Orne
- Quinn Grey
- Stephanie Pompei
- Keely Trew
- Emma Berg
- Anastazia Robinson
- Isabel Nihill
- Mackenzie Southern
- Belle Guillou
- Allie Guillou
- Jessica Grigson
- Scarlett Southern
- Annette Curtis L.M
- Oliver Muggleton
- Arshdeep Singh
- Logan Hromenko
- Quinn Grey
- Logan Tickell
- Thomas McArthur
- Leigh Browell L.M
- Christopher Timewell
- Gregory Hilson L.M

Officials from SBAC

Peter Barrett L.M

Jackie Guillou

William Trew L.M

Pam Farnell











Ella Dee Farnell

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

President's Welcome

Nitro Rd was something else! I'd like to believe most enjoyed the slightly wacky distances and the Bonus Points in the Field. Definitely broke up the season nicely!

Premier Division

1		Essendon	260,722	54
2		Diamond Valley	239,141	54
3		Geelong Guild	204,116	44
4		Western Athletics	201,615	43
5		Glenhuntly	218,683	36
6		Chilwell	169,188	35
7		Box Hill	183,648	32
8		South Bendigo	174,712	27
9		Sandringham	174,832	23
10		Keilor St Bernards	173,527	19

BAM! SNAP! What a week! As the season heats up, the South train is rolling on and raking in the points!

Glenhuntly	51,066
South Bendigo	31,143
Essendon	29,765
Diamond Valley	26,155
Geelong Guild	25,759
Sandringham	21,811
Chilwell	21,163
Box Hill	18,140
Western Athletics	16,654
Keilor St Bernards	16,456

Uniforms!

Finally, our cool new social uniforms turned up!

Second wave of orders and Name embroidery have been ordered.

Hats are now available for the standard price of \$15.00



AVSL Round 8 this week!

Back to a standard P1

Lap Hurdles 200m

RaceWalk 800m

100m(NS) 3000m

4x100m Relay(NS)

Discus Hammer

TripleJump HighJump

Pole Vault

What's on This Week?

- Tuesday Night community run at LUBAC is 3000m starting @7pm
- Racewalking has finished for the season, Barb Bryant crowned Club Champion ahead of Peter Curtis Jnr

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!

400Pts Performances

Keely Trew- Jav, 30.69m 407Pts Emma Orme- SP, 8.57m 430Pts
Emma Berg- Jav, 33.02m 486Pts Gregory Hilson- HJ, 1.40m 401Pts
Emma Berg- Jav, 12.83m 486Pts Christopher Timewell- Jav, 28.01m 403Pts
Oliver Muggleton- 600yds, 1.32.30 405Pts Joan Self- 60yds, 10.97 412Pts
Anastazia Robinson- 60yds, 08.45 452Pts Joan Self- SP, 6.34m 423Pts
Abbey Hromenko- HJ, 1.50m 413Pts Zackery Tickell- 600yds 1.35.93 400Pts
Logan Tickell- Mile, 5.05.67 428Pts Allie Guillou- 60yds, 08.86 450Pts
Belle Guillou- 60yds, 09.14 412Pts
Scarlett Southern- 600yds, 1.53.55 420Pts
Belle Guillou- LJ, 4.11m 413Pts

Bonus Points

Nitro Rd offered up something different- All fields events had the chance to gain 30 Bonus Points if certain criteria were met.

Peter Curtis- Jav and ShotPut
Keely Trew- Long Jump
Emma Berg- Javelin
Abbey Hromenko- High Jump
Quinn Grey- High Jump
Allie Guillou- Long Jump and High Jump
Jessica Grigson- High Jump
Belle Guillou- High Jump
Christopher Timewell- High Jump and Javelin
Jackie Guillou- Long Jump
Annette Curtis- Javelin and ShotPut

The Run Down!

A fast paced morning kicked off with the first official 600yard race LUBAC has seen, Oliver Muggleton led around the south train with Arshdeep Singh and Zackery Tickell in tow, all finishing within 3 seconds of each other. The next heat saw Stephanie Pompei take line honours while the other Red&White in the race, Scarlett Southern, Keely Trew and Caitlin Campbell all broke the sub 2 minute barrier. Anastazia Robinson and Isabel Nihill sandwiched the field in heat 3. The final heat saw our 40+ superwoman squad of Debby Kirne, Jackie Guillou and Jennie Payne battle it out with young Jessica Grigson.

The blink and you've missed it 60m sprint follow, with Muggleton backing up and starting heat 1, Singh too ran the double. Quinn Grey led a South flavoured heat 3 to victory, the ladies followed with Robinson and Pompei both running the second race of their day strongly to take 2nd and 8th overall respectively. A youthful field started heat 2 featuring the Guillou twin, Allie and Belle, Abbey Hromenko and Jessica Grigson. Heat 3 went down to the wire with Mackenzie Southern leading Emma Orme down the straight marginally ahead of Jackie Guillou. The final heat was the most experienced with 180years of running knowledge available, Trudy Haines nabbed first place, Campbell rounded out the minors while veterans Joan Self and Annette Curtis looked like they were both only 55.

The traditional mile saw young gun Logan Tickell compete against the older athletes to take 3rd place, Thomas McArthur also ran well under the 6min barrier, while Timewell flew the flag for the 40men. In the second heat Leigh Browell led the race for the first 3 laps before blowing a gasket, Kirne comfortably led the 50+ ladies around.

The Mixed relay 4x100m followed, Curtis, Hromenko, Trew and Logan Hromenko led out the field into leg 1 and 2, while the opposition stacked their anchor legs with star talent. Heat 2 SBAC"A" was the brother sister act, with the Guillou twins teaming up with Keenan and Jasper Seymour to secure victory in the U14 category.

The 2x2x400m was not an enjoyable race to compete in, with Muggleton and Robinson into their 3rd track event heavy legs still held onto 2nd overall, Grey and S. Southern followed closely behind. Zackery Tickell and Isabell Nihill teamed up to snag 3rd in U18 while Kirne and L. Tickell followed quickly only 6sec in rears.

The final track event saw the return of club secretary Anna deVrieze win the 3000m for the women while Kirne powered on for her final event and secured 2nd for the ladies.

The High Jump flights were permitted just 4 jumps in the Nitro Rd, A. Hromenko led the way in flight 1, while Gregory Hilson made his safe return with a respectable 1.40m, Q. Grey and Timewell went 1,2 in flight 2, while the Guillou twins dominated the 3rd round taking equal 1st with 1.20m

Long Jump competitors had only 2 attempts, leading the way in F.1 was B. Guillou clearing 4.11m, Robinson led the way in F.2 with an impressive 4.51m, Muggleton continued his excellent day taking 3rd place in the final flight.

Shot Put saw the National champion Emma Berg dominate F.1 nudging the 13m mark with only 2 throws while Emma Orme also dominated in F.3 leading all comers with her 8.57m.

The final field event was the mixed Javelin, Timewell proved that competing in more events is the way to go, winning F.1 with a 28.01m plus a bonus point. Vice President Browell also had his best throw in half a decade taking third place. In F.2 Emma Berg led the ladies with 33.02m again snagging the BP's. In F.3 Kennan Seymour led the way for the Red and White throwing a S.B 13.67m

Keep an eye on the web for this coming weeks events, with high temperatures forecast the program maybe altered or rescheduled.

Remember if possible, to enter 4 events and a relay each round to maximise the points for SBAC in the shield league. It's looking highly likely that we may retain the title of Bendigo's only Premier Division Team!!!

