

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

## Athletes in Red and White

- Peter Curtis
- Oliver Muggleton
- Allie Guillou
- Mackenzie Southern
- Caitlin Campbell
- Joan Self
- Kylie Campbell
- Jessica Grigson
- Jackie Guillou
- Stephanie Pompei
- Zackery Tickell
- Mia Anthony
- Lainey Pollard
- Logan Tickell
- Abbey Hromenko
- Courtney Campbell
- Jen McArthur
- Scarlett Southern
- Kyle Hilson
- James Woods
- Logan Hromenko
- Leigh Browell L.M
- Thomas McArthur
- Trudy Haines
- Emma Orme
- Annette Curtis L.M
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## President's Welcome

The wild weather wasn't enough to turn away the dedicated athletes and officials from the second non shield round while State All Schools are being conducted in Melbourne.

26 SBAC members were crazy enough to stand in the rain and compete on Saturday.

### 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

With No AVSL across the state no movement in the ladder positions!

Rain HAIL and shine we run at LUBAC



## Officials from South Bendigo

- Peter Barrett L.M
- Peter Hayes
- Bill Trew L.M
- Pam Farnell
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## 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—Jackie Guillou, 50, 9 Years in T+F, Competing for 5 Years.

Years at SBAC-- 3 Seasons! Hopefully more to come!

Favourite T+F event—200Meters, I can run done my competitors!

Goal for 2020—Break the 16second barrier in the 100m sprint!

Local Rival— Jackie set the bar high, choosing Andrea Smith, a UNI runner 8 years her junior as her most wanted target in the 100m!

Sports Idol—After some deep thought I've chosen Lavinia Petrie, OAM, at 70+ if I could run like her in another 20 years and break some of her records things will be going swell!!

## RELAY ROUND

Next week's events include the following-

2x1500m M+W

4x100m M+W

4x400m Mixed

4x200m M+W

2x800m M+W

8x100m Mixed

4x800m Mixed

3000m

Discus Hammer

Triple Jump High 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 3200m Handicap Hilson Builders Melbourne Cup run at LUBAC
- Racewalking @6pm in Rosalind Park, 1km and 3km

## Committee Meeting

After the finish of the Tuesday night run, SBAC's monthly committee meeting will be held in the board room at LUBAC starting approximately at 7:30pm, we are always looking out for bright enthusiastic people to jump in and help out!!

## POINTS POINTS POINTS!!!

With the return of Shield League this coming weekend South is looking at a move up the ladder!

This simply means we need as many people as possible to jump into a relay team, as its RELAY WEEK!

You can still score in your field events too!

## The Run Down

With weather being somewhat poor, hurdles and pole vault were both cancelled meaning the first track event that featured South was the Men's 100m, James Woods ran sub 12 in the challenging conditions while Oliver Muggleton was close behind less than half a second later. It was then the ladies turn to fight it out, Steph Pompei only narrowly edging out Allie Guillou in the first heat, Jessica Grigson was the winner of heat 2, Abbey Hromenko led Heat 3 the entire way while feature athlete Jackie Guillou made it 3/4 for the ladies taking the final heat!

The old fashion mile was next up, with young gun Logan Tickell setting the pace for the field for the initial 2 laps, finishing 3<sup>rd</sup> overall in 5:01.93, while Caitlin Campbell was third in the same heat out of the women also breaking the 6min mile!

The 1 lap race was next up with Oliver M. leading the way for South in a fast heat, the youngest member of the heat Zackery Tickell was close behind, Leigh Browell lead from start to finish in the final men's heat with youngest athlete of the day Thomas McArthur finishing 4<sup>th</sup>. The ladies 400m saw Steph Pompei cruise to victory in a commanding 64.81 with young Scarlett Southern only narrowly behind her more senior clubmate. An all-South heat 2 was next up with first year athlete Mia Anthony holding off the fast finishing Mackenzie Southern and Jessica G. Jackie G. then made it 2/2 for her races winning heat 3 with Kylie Campbell rounding out the section.

Thomas McArthur was the only SBAC entry in the 3km, backing up strongly from his 400m to take 2<sup>nd</sup> overall with 11:14.92.

All field events were combined due to the weather and reduced numbers, with SP up first Emma Orme was the strongest for the RED and WHITE throwing the 3kg, 8.28m, while President Peter Curtis flew the flag in the 7.2kg category nudging the 8m barrier.

Next up saw Javelin with Peter Jnr 5<sup>th</sup> overall and the leading SB thrower @25.43m, While Abbey Hromenko saw 2<sup>nd</sup> out of all Women with 23.51m

Jessica Grigson cleared 4m11 in the long jump to be best in Red, while the most senior Long Jumper Jackie Guillou finished an exhausting day by clearing 2m51.