



# BENDIGO HARRIERS NEWSLETTER

OCTOBER-DECEMBER 2024

## NEW KIDS ON THE BLOCK TRACK

It has been a fantastic start to the 2024/2025 Athletics season with a number of new members hitting the track for the first time! Check out this snap of some of our new members Lainey, Jenna, Preston and Jack at the start of the 1500m for Round 1 of AVSL. Welcome to the summer team!



## RECORDS ARE MADE TO BE BROKEN



### **BEC SOULSBY**

#### **Bendigo 50+ Shot Put record**

SHOT PUT QUEEN! After finishing the 2023/24 season off with setting a Bendigo Record of 9.29 metres in the women's 50+ Shot put, Bec has started the 2024/25 season off with a bang breaking her own record not once but twice!! 19 Oct 2024 9.46 metres. 2 Nov 2024 **10.43 metres.**

### **LUKE MATTHEWS**

#### **Bendigo 40+ Mile record**



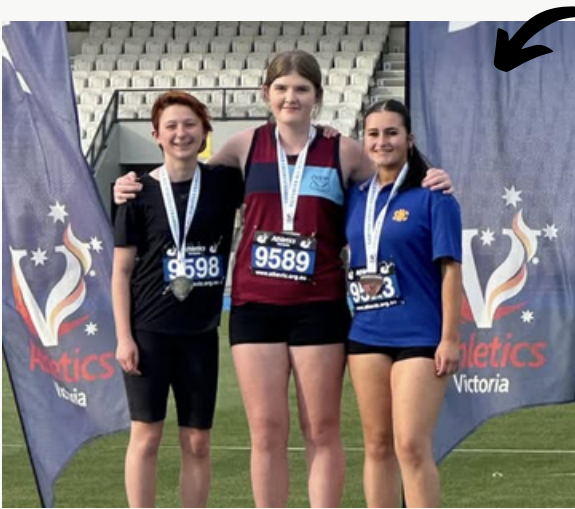
MILE MASTER!  
Luke takes out heat 1 of the mixed Mile event on Nov 2nd, knocking 4 seconds off the Bendigo 40+ Men's Mile (1600m) Record finishing in a time of **5.14.69 mins.**

Send in your athletics news for the next issue of the Harriers Newsletter via [bendigoharriers@yahoo.com.au](mailto:bendigoharriers@yahoo.com.au) or our socials! Next issue April 2025

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## ALL SCHOOLS SUCCESS



### HAILEY STUBBS

Hailey claimed gold at the Vic All School Championships in the U17 Hammer Throw with a distance of 47.45 metres, qualifying her for the Australian All Schools Champions recently held in Brisbane. Hailey finished 5th overall at the nation event, we are incredibly proud of you Hailey!

### ALICIA CROWLEY

Alicia placed 7th in her preliminary heat of the U14 girls 200m, finishing in a time of 29.77secs. Sensational effort Alicia!

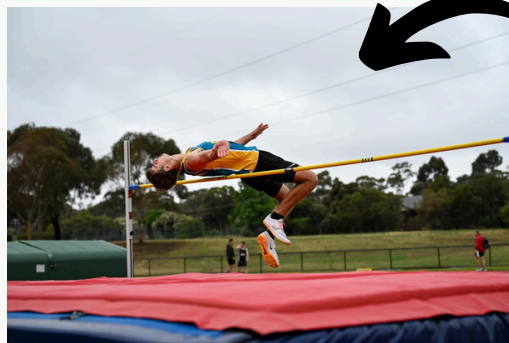


### DYLAN MARRON

Dylan had another successful Victorian championships competing in four events. Para U15 Javelin Silver, 200m 6th, 800m 5th and Discus 5th. Well done Dylan we can't wait to see what the future has in store for you!

### ELIZA EVANS

Eliza with coach Leanne Hume. Eliza claimed two top 8 finishes in both the U16 Javelin and Discus at the Victorian All Schools Championships! Congratulations Eliza you're an amazing athlete on and off the field!



### JACK DENTON

Jack had a busy Vic All Schools program competing in the U16 High Jump (12th), 400m prelim (8th), Pole Vault (5th) and 200m prelim (6th). Well done Jack amazing effort!





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## ENTRIES NOW OPEN!

**GRADED 5KM HEATS • LITTLE ATHLETICS 800M FINAL  
PRIZE MONEY – TRACK SIDE VIEWING – FOOD TRUCKS**

**SPOTS ARE LIMITED SO GET IN QUICK!! REGISTER HERE: [HTTPS://EVENTPLUS.NET/WC25](https://eventplus.net/wc25)**

**EMAIL:** bendigoharriers@yahoo.com - **WEBSITE:** <https://www.bendigoharriers.org>





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## OLIVER WINS THE CUP!

A number of Harriers took part in Athletics Bendigo 'Hilson Builders' Melbourne Cup 3200 and 1200 metre at Lar Birpa on Melbourne Cup day. Oliver was a stand out, winning the 1200 metre in a time of 4.39 minutes. Well done Ollie!



## LETS GET TRAINING



Just a reminder that we have running, jumping and throwing coaches regularly at the Lar Birpa Athletics Complex on Thursday afternoons 4:30pm - 6pm.

If your looking for extra training or need some coaching, come say hello! If Thursdays don't work, no stress some of our coaches train on other days of the week and in other locations, come see us to find out more.

## VICTORIAN COUNTRY CHAMPIONSHIPS –

**REGISTER HERE**

## BENDIGO

The Victorian Country Athletics Fri 24 Jan 2025 09:00 — Sun 26 Jan 2025 19:00  
Bendigo (Lar Birpa Athletics Complex), 58 Retreat Rd, Flora Hill VIC 3550

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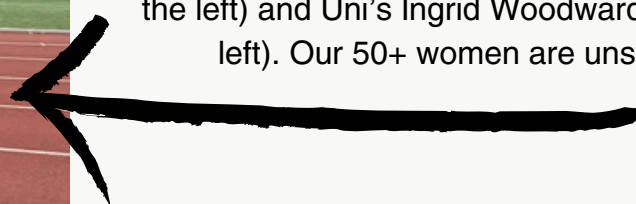
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## STATE RELAYS

The four Athletics Clubs came together to compete as Athletics Bendigo for the State Relay Championships hosted at Doncaster back in November. Harriers had 5 athletes put their hand up to represent AB and this is how they went...



Anne Buckley (left) and Ruth Sandeman (right) claimed the silver medal and an unofficial 50+ Bendigo Region record in the 4x1500m women's relay along side South's Debby Kirne (second from the left) and Uni's Ingrid Woodward (third from the left). Our 50+ women are unstoppable.



Phil Noden (third from the left) and Ben Sandeman (right) teamed up with Uni's David Cripps (left) and South's Greg Hilson (second from the left) to place 5th in the 50+ 4x1500m mens relay. Well done!



Josh Evans joined three Eaglehawk boys to place 4th in the under 20 4x400m relay team. Left to right Lewis McIntosh, James Cations, Josh Evans and Oscar Kerby. Amazing!







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## ZÁTOPEK:10 RECAP



**U20 3000m de Castella**  
**Harrison Boyd - 12th 8:23:10**



**10000m Australian Championship**  
**Nathan Stoate - 17th 29:51:57**

## HARRIERS AVSL MOST VALUABLE ATHLETE



Jenna Gaskell

Each AVSL round athletes compete for points with their top three point scoring events (+ 1 relay) contributing to the club tally. *Most Valuable Athlete* recognises athletes that score the most points for the club.

Topping the leader board for Harriers each round was:

- ROUND 1: Jenna Gaskell 1067 points
- ROUND 2: Jenna Gaskell 1028 points
- ROUND 3: Jenna Gaskell 1031 points
- ROUND 4: Jenna Gaskell 1102 points
- ROUND 5: Reeve Evans 1055 points

Also joining the 1000 points club:

- ROUND 4: Reeve Evans 1098 points
- ROUND 5: Bec Soulsby 1046 points

### Victorian 5000m Championships results

Open Men

Matt Buckell 13:49.46

**Nathan Stoate 14:24.89**  
(A heat - 10th)

**Jackson Eadon 15:32.33**  
(B heat - 15th)



# ENTER THE DRAGON

EASTER SUNDAY 20TH APRIL 2025



## ICONIC DRAGON MILE

MILE LONG FOOT RACE ON THE FAMOUS EASTER PROCESSION ROUTE



WHERE: PALL MALL AT GOLD MONUMENT

TIME: 10:00AM START

SCAN THE QR CODE FOR MORE INFORMATION ON PRICING, AGE GROUPS, REGISTRATION AND LIVE RESULTS OR VISIT:

[HTTPS://MY.RACERESULT.COM/315850](https://my.raceresult.com/315850)

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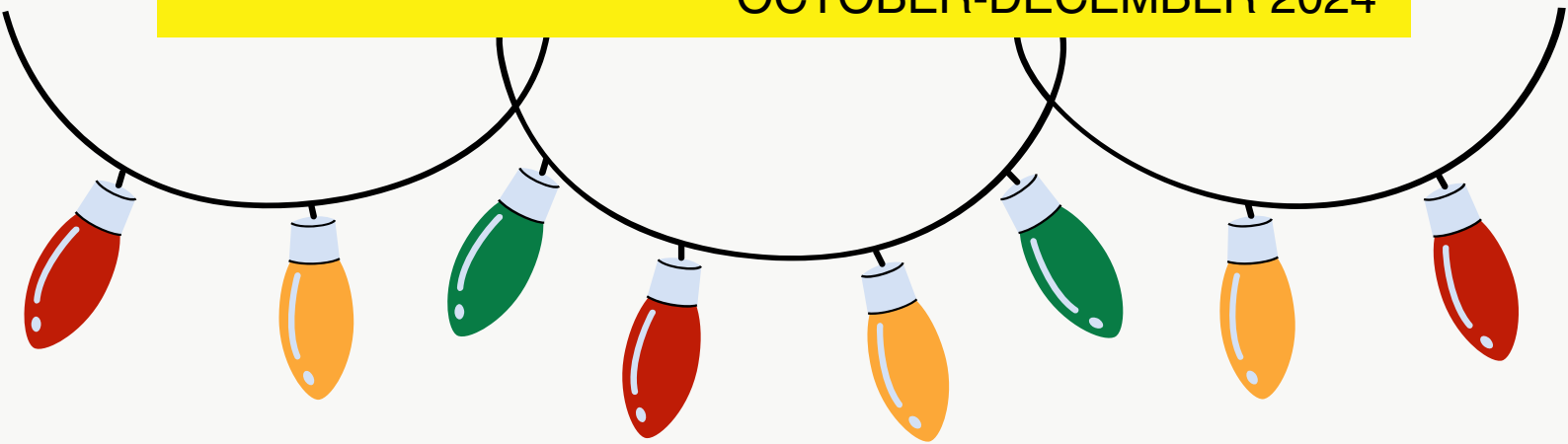
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WISHING EVERYONE A MERRY CHRISTMAS  
AND A HAPPY NEW YEAR!



SEE YOU IN 2025 HARRIERS!