

Teamwork to fore as clubs contest relays round

TEAMWORK and unity were among the many highlights as **Flack Advisory Bendigo Region** clubs contested the relays round on Saturday as part of Athletics Victoria's Shield League.

The meet at the Latrobe University Bendigo athletics complex in Retreat Road was one of the most popular of the season as competitors ran a variety of relays, and also contested field disciplines.

Distances for the relays ranged from a mixed 8 x 100m, to 4 x 100m, 4 x 200m, and a 4 x 800m walk.

Field event records were also broken.

Jayne Norton added to South Bendigo's record-breaking streak this season as she broke the 40-plus discus record.

Norton reached a mark of 31.25 metres to hold the Centre record.

Bendigo Harriers' veteran Hunter Gill starred in the hammer event.

Better known for racing on the track, Gill hurled the hammer 29.57 metres to set a Centre record for the 70-plus age group.

On the track, South Bendigo's team of Jen McArthur, Carol Coad, Jackie Guillou and Debby Kirne broke the Centre record for the 50-plus class in the 4 x 200m relay.

South's masters stars ran the relay in a time of 2:22.22.

There were many highlights in the relays action.

Eaglehawk's young guns Kenan Seebah, Kye Mason, Angus McKindlay and James Bentley won the men's 4 x 100m relay in 45.99 seconds.

It was a dramatic duel as South Bendigo's Oliver Muggleton, Arshdeep Singh, Liam Gay and James Woods clocked a time of 46.50.

Fastest in the women's 4 x 100m were Abbey Conquer, Gretel Holmes, Monique Gavriliadis and Tiffany Bussem-Jorgensen of Bendigo Harriers in 52.80.

Runners-up were South Bendigo's Anastazia Robinson, Abbey Hromenko, Stephanie Pompei and Keely Trew in 53.31.

Eaglehawk's team of Laura Kadri, Jorja Peace, Olivia Graham, Niah Langtree, Tim Sullivan, Kenan Seebah, Kye Mason and David Chisholm achieved a time of 1:46.76 as they won the Mixed 8 x 100m relay.

Best in the men's 4 x 200m relay were Hawks' clubmates Seebah, Mason, McKindlay and Bentley in 1:36.63.

The Harriers' team of Conquer, Holmes, Gavriliadis and Bussem-Jorgensen won the women's heat in 1:53.16.

South Bendigo's Jake Hilson, Keely Trew, Arshdeep Singh and Stephanie Pompei ruled the mixed 4 x 400m in a time of 4:01.32.

The team of Bentley and Mitchell O'Neill added to the Hawks' points tally as they ran the 2 x 800m in 4:18.30.

The afternoon's racing began with the 2 x 1500m relay in which O'Neill and Seebah clocked 9:43.95 to win a closely-fought men's heat from University's Nigel Preston and Craig Green, 9:45.12.

University's teens Tullie Rowe and Phoebe Lonsdale ran a time of 10:39.87 to win the women's heat from Harriers' veterans Jill Wilkie and Anne Buckley, 11:34.

The Harriers' line-up of Amanda Robinson, John Watson, Geoff Jordan and Tiffany Bussem-Jorgensen took out the 4 x 800m walk in 21:32.32.

It was daughter and father, Olivia and Craig Graham of Eaglehawk who went one-two in the hammer on marks of 46.84m and 30.87.

South Bendigo's James Woods cleared 1.90m to win high jump as James Miller from Bendigo Harriers was at 1.85m to be runner-up.

Best at triple jump were Eaglehawk's Harry Roberts and Denise Snyder, 10.57m, and Bendigo Harriers' Abbey Conquer, 9.81m.