

# BMLAC News

**Edition 11**  
**Saturday 16<sup>th</sup> March, 2024**



## President's Piece

This will be the last report I will be writing for the track and field season and what a way to finish off.

State Track and Field Championships were held at Knox on the weekend with 21 athletes representing the Centre. So many athletes posting PB efforts and placing in the top 10 in the state. With a few athletes even scoring themselves medals for their hard work in their events. Under 11 Skyla Berryman claiming silver in the 200m, Under 11 Alexis Farrell finishing with a silver in the shot put and Under 16 Mackenzie Estlick with a huge effort finishing with 4<sup>th</sup> in Long Jump, a bronze medal in Shot put, a silver a medal in 100m and a new State Champion with a gold medal in the 200m. Congratulations to all our athletes on their results from the weekend. Every athlete who attended States should be extremely proud of their achievements given the extremely hot and humid conditions. A huge thank you to our Special Competition Manager Amanda Lovett who assisted our athletes throughout the weekend. And a huge thank you to all parents who volunteered as well.

This Saturday for our final Centre event before Championship Day will see the day start off with our annual BMLAC Community Bank Bacchus Marsh 100m Gift. All those athletes involved have already been notified and a huge congratulations to those involved.

The following week will be our Championship Day event and the final Saturday for our Track and Field season. Our Record and Ranking Officer

Linda Thompson will have sent emails out to all families regarding the day's events. This is a huge day for everyone involved and not run like a normal Saturday morning. All events will be run to a time and will be called out to their events at their time. There will be lots of heats and finals, so I encourage everyone to help our athletes and ensure they get to their events on time.

Once Championship Day finishes there will be a few weeks break before the start of the Cross Country season. A draft schedule of days and places will be posted shortly with a confirmed schedule coming soon. So, keep an eye out for this on our Facebook page and through emails.

I hope everyone has enjoyed the Track and Field season and I wish all our athletes the best of luck on Championship Day.

**Brett Edwards,**  
**BMLAC President.**



## Records & Ranking

On Saturday 2<sup>nd</sup> March, Centre Captain Sam White set 2 new Under 17 records. The first in the Javelin and then Sam lead from start to finish in the open age 800m. Mackenzie Estlick then set a new Centre record in the Under 16 Long Jump, jumping 4.99m.



At our Twilight meet last Friday Mackenzie Estlick set another 2 new Centre records. Macca ran a sensational time of 12.92 secs for the Under 16 100m, then threw a new record distance of 11.32m in the Shot Put.

Alexis Farrell continued her improvement on her own Shot Put record, setting a new distance of 10.62m in the Under 11 event.



## Lap for Kids

Thank you to all athletes, family and friends who participated in the Lap for Kids.

The Centre raised \$458.85 for the Royal Children's Hospital Appeal.

Donations are still being accepted via the BMLAC link [HERE](#).



## BMLAC Community Bank Bacchus Marsh Gift

The Bacchus Marsh Little Athletics 100m Gift, proudly sponsored by the Community Bank Bacchus Marsh – Bendigo Bank, will be held this Saturday at 8.30am, prior to the meet program commencing.

There will be a Girls and Boys race. Athletes will be handicapped using their season's PB time. The winner of each race will be awarded with a perpetual shield and the first 3 placegetters will be presented with Gift sashes by Ian Prince, Manager of the Bendigo Bank.

This will be an exciting event and all athletes and supporters are invited to line the front straight to cheer and support representatives of their Club/Age group.

We kindly thank the Community Bank Bacchus Marsh – Bendigo Bank for supporting the Gift.

**BACCHUS MARSH LITTLE ATHLETICS**

**COMMUNITY BANK BACCHUS MARSH**  
**100M GIFT**

**SATURDAY 16TH MARCH 2024**  
**8.30AM**

UNDER 7	KYSON BERRYMAN	PENELOPE MALLARD
UNDER 8	HARVEY WHITNEY	BLAITHE FLETCHER
UNDER 9	JACOB CASSAR	TARA SINGH
UNDER 10	COHEN MILLS	MYA BERRYMAN
UNDER 11	ANGUS NORMAN	SKYLA BERRYMAN
UNDER 12	HARRISON LOVETT	HALD ARAHANGA
UNDER 13	JYE ALTAY	MYAH ESTLICK
UNDER 14	DEEGAN DOYLE	LUCY PHYLAND-MCCLURE
UNDER 15	MAX SCHODEMAKER	
UNDER 16	ALEX LLOYD	MACKENZIE ESTLICK

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**Bendigo Bank**

Community Bank  
Bacchus Marsh

## State Track & Field Championships

On the weekend 21 Bacchus Marsh athletes were represented at the State Track & Field Championships held at Knox Athletics Park.

Bacchus Marsh had a very successful Championships winning 5 medals – 1 Gold, 3 Silver, 1 Bronze.

On Day 1 Mackenzie Estlick was the Centre's first medallist, with a strong performance in the Girls Under 16 Shot Put. A first up throw of 11.08 metres was enough to see Mackenzie take the Bronze medal.



On the track, Skyla Berryman had a close finish in the 200 metres, stopping the clock in 28.65 secs to be awarded the State Silver medal. Next on the start line for Bacchus Marsh was Mackenzie Estlick in the Under 16 200 metres. Running from lane 1, Mackenzie was quick out of the blocks and flew round the bend, gobbling up her competitors, one by one. A strong finish from Mackenzie, saw her go on to claim the win and become the new State Champion, in a time of 25.07secs.

Day 2 of the Championships and Bacchus Marsh were successful with another 2 State medals. Mackenzie returned to the track for the Under 16 100m timed final. Athletes were quick out of the blocks, and little separated the field midway. It was Mackenzie and the Diamond Valley athlete that drew away in the dying stages to cross the finish line, with athletes and the crowd awaiting results of the photo finish. Only .01 seconds separated the two, and Mackenzie was presented with the Silver medal.

Alexis Farrell claimed the Centre's fifth medal for the Championships. A final throw of 10.45 metres guaranteed Alexis the State Silver medal in the Girls Under 11 Shot Put.



The Centre is extremely proud of all athlete's performances, with 21 top 8 results and many PB's recorded for the Championships.

### BMLAC State Track & Field results:

Girls Under 17

Discus: Emma Stewart 29.02m (4th);

Girls Under 16

100m: Mackenzie Estlick 12.30 (2nd);

200m: Mackenzie Estlick 25.07 (1st);

Long Jump: Mackenzie Estlick 4.85m (4th);

Shot Put: Mackenzie Estlick 11.08m (3rd);

Girls Under 13

Discus: Mathilde Grant 13.83m (23rd);

High Jump: Myah Estlick 1.30m (15th);

Long Jump: Myah Estlick 4.14m (11th);

Shot Put: Mathilde Grant 7.59m (14th);

Triple Jump: Myah Estlick 8.78m (21st);

Girls Under 12

Long Jump: Halo Arahanga 4.04m (12th);

Triple Jump: Halo Arahanga 9.54m (10th);

Girls Under 11

100m: Skyla Berryman 13.95 (5th);

200m: Skyla Berryman 28.65 (2nd);

800m: Anni Clarke 2:46.27 (10th);

1500m: Anni Clarke 5:29.81 (6th);

Discus: Anni Clarke 25.79m (9th); Alexis Farrell 21.29m (16th);

Javelin: Anni Clarke 19.83m (4th);

Shot Put: Alexis Farrell 10.45m (2nd);

Girls Under 10

70m: Mya Berryman 10.65 (9th); Eniola Eni Olaitan 10.87 (13th);

100m: Mya Berryman 15.14 (12th);

200m: Nyah Halfhide 30.95 (5th); Eniola Eni Olaitan

32.30 (18th);

400m: Nyah Halfhide 70.28 (5th);

Discus: Nyah Halfhide 21.16m (6th); Evelyn Grant 18.95m (7th);

Long Jump: Nyah Halfhide 3.63m (8th);

Shot Put: Nyah Halfhide 6.74m (6th); Evelyn Grant 5.63m (19th);

Girls Under 09

Discus: Mia Dutt 13.28m (8th);

Boys Under 17

400m: Samuel White 62.70 (10th);

800m: Samuel White 2:29.25 (7th);

1500m: Samuel White 4:58.31 (6th);

Discus: Samuel White 25.34m (10th);

Javelin: Samuel White 32.76m (10th);

Boys Under 16

High Jump: Alex Lloyd 1.65m (6th);

Boys Under 15

400m: Caleb Hurst 58.83 (16th);

Discus: Caleb Hurst 28.88m (10th);

Javelin: Nicholas Ibrahim 26.29m (6th);

Shot Put: Caleb Hurst 8.34m (14th);

Boys Under 14

1500m: Patrick Lovett DNS;

90m Hurdles: Nicholas Mai DNS;

Shot Put: Patrick Lovett 8.93m (13th);

Boys Under 12

Shot Put: Harrison Lovett 8.84m (20th);

Triple Jump: Harrison Lovett 8.50m (18th);

Boys Under 09

70m: Jacob Cassar 11.35 (19th);



Hi, my name is Sam White and I'm one of the Centre aptains for Bacchus Marsh Little Athletics. On the 9th and 10th of March 2024, State Athletics was held at Knox Athletics Centre and I was one of the lucky athletes who qualified to represent Bacchus Marsh. Along with the other athletes, Bacchus Marsh represented across the range of different events, from Long Jump, to Shot Put, the 100m Sprint, to the 1500m and almost every other event.

From myself, I would like to just say thank you to Amanda Lovett who was Team Manager across the weekend, Linda who was photographer and every other parent and volunteer who helped out across the weekend.

To the athletes, well done, all of you did an amazing effort, whether or not you medaled. You all deserve another zooper dooper for pushing through the heat and I hope you all come back stronger, faster and jumping higher next year to represent Bacchus Marsh.

To all the athletes who didn't quite make it or couldn't go, keep practicing, training and I'm sure that you can make it next year for what is hopefully another great State Athletics carnival.

Once again thank you to everyone who helped out, and for me, my own journey in Little Athletics sadly comes to an end this season but I thank everyone who supported, helped and trained me along the way. And don't worry I'll still be down at Little Aths supporting the little ones along their own journey and even the older athletes even though they might be a bit further into theirs (and a bit stinkier) and helping out in whatever and every which way I can.

Thanks everyone for everything, I'll see you down at Little Aths,

Sam



## Return of Centre Singlets

Athletes who hired a Centre singlet for Region or State Track & Field, please return your singlet to the Office this Saturday and collect your refund. We are required to do a stocktake on these for the end of season.



## Championship Day Details

The BMLAC Championship Day will be held on Saturday 23<sup>rd</sup> March at Masons Lane Reserve.

All qualified athletes must register their attendance with their team manager by 8.15am. Athletes who fail to register will be deemed absent and scratched from all events.

Athletes must be in full Club uniform – Club polo shirt and plain black shorts (no footy shorts, floral leggings or surf shorts permitted). Commonwealth Bank registration tags must be worn. This is a LAVic requirement and will be strictly enforced.

Championship events will conclude at approximately 2.30pm. Athletes from all Clubs will then come together for the official Centre end of season presentations. These presentations will take approximately an hour. At the conclusion of presentations, athletes will then disperse to their Club area for Club presentations which should take approximately half an hour.



## End of Season Raffle

Tickets will be on sale this week for the Championship Day raffle. Many prizes donated by local business will be on offer. Tickets are \$2 or 3 for \$5.



## Cross Country

The BMLAC Cross Country season runs between May and August, at various venues within the Moorabool Shire.

The 2024 season will commence on Saturday 4<sup>th</sup> May with the first run at Bostock Reservoir, Ballan commencing at 10.30am.

Summer season BMLAC registration fee also covers athletes for the Cross Country season. Cross Country running is an important part of Little Athletics. It is an ideal way for those athletes who like the longer distances to enjoy a different style of competition. Further, participating in the program is beneficial for building strength and stamina for the next season of track and field events.

### Age Group Distance

Under 6 500 mts  
Under 7-8 1000 mts  
Under 9-10 1500 mts  
Under 11-12 2000 mts  
Under 13-17 3000 mts

For further information, contact BMLAC Cross Country Coordinator, Brett Edwards 0428 004 904.



## 2024/25 BMLAC Committee

Please consider joining the Committee to ensure the effective management and running of the Centre for the 2024/25 season.

Volunteers are an integral part of the Centre, and we require additional parents to give their time and share their expertise.

The following BMLAC Committee positions will all be declared vacant at the AGM on Wednesday 1<sup>st</sup> May and nominations voted for:

- President
- Secretary
- Treasurer
- Registrar
- Education
- Liaison
- Records & Ranking
- Canteen Manager
- Fundraising & Sponsorship & Merchandise
- Technical Requirements
- Special Competition
- Track & Field
- Region Delegate

Position descriptions and nominations forms can be found on our website [HERE](#).

## Set-Up and Pack-Up Duty

Set-up duty is from 7.30am and Pack-up duty is when all competition has been completed.

Meeting Date	Set Up Duty Club	Pack Up Duty Club
Sat 16th Mar	Dolphins	Boomerangs
Sat 23rd Mar	Committee	Committee

## Coming Events

Mar 16 BMLAC competition Program 3  
Mar 16 Bendigo Bank 100m Gift  
Mar 23 BMLAC Championship Day  
Mar 24 BMLAC Alternative C/Ship Day

