

BENDIGO HARRIERS NEWSLETTER

JANUARY-APRIL 2025

RECORDS ARE MADE TO BE BROKEN

BEC SOULSBY

Bec Soulsby you are on fire! After cementing her name in the record books in the 50+ women's Shot Put, Bec has collected two further Bendigo records this time in the 50+ women's 100m sprint, crossing the line in a time of 15:20secs during round 7 of the AVSL and in the Discus recording a throw of 25.44 metres during round 10.



NEIL SHAW

Neil has thrown his way into the record books, rounding off the Track and Field season in Bendigo recording a distance of 30.47metres in the Men's 50+ Discus.



Mulqueen Finance Sally Conroy 200m Memorial



Jack Metherall storms home to win the 2025 Mulqueen Finance Sally Conroy 200m Memorial Handicap!! Off a handicap of 29.5 metres Jack clocked a time of 22.19 ahead of Eaglehawk's Bella 2nd and Fletch 3rd. What a sensational way to wrap up your stellar track season Jack.

VIC MASTERS T&F CHAMPIONSHIPS

Anne Buckley - pictured
2000m steeple - Gold, 9:21.16
800m - Silver, 3:18.46
1500m - Silver, 5:52.99
5000m - Silver, 22:16.06

Jill Wilkie -
5000m - Gold, 19:33.88
Well done ladies!!





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VICTORIAN COUNTRY CHAMPIONSHIPS – BENDIGO

A huge congratulations to all the Harriers who competed at the Victorian Country Championships! Everyone did an amazing job, and it was fantastic to see so much support and encouragement among the team. The spirit of cheering each other on really made the weekend special.

A massive thank you to all the volunteers – your help was absolutely invaluable and made everything run seamlessly. We truly appreciate you! We finished the weekend with: **15 gold**, **15 silver**, **12 Bronze**





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Female OP: 400m: Caitlin Evans 74.42 (5th); 400m Hurdles: Caitlin Evans 86.52 (3rd); Javelin: Rebecca Soulsby 20.73m (6th); **Female 18:** 4x100m: (Eliza Evans, Jenna Gaskell, Alexandra Letson, Lainey Ratcliff) 63.27 (3rd); Discus: Eliza Evans 28.47m (1st); Hammer: Hailey Stubbs 44.79m (1st); Javelin: Eliza Evans 28.12m (1st); Shot Put: Eliza Evans 7.75m (4th); **Female 16:** 1500m: Lainey Ratcliff 5:44.55 (5th); 3000m: Lainey Ratcliff 12:25.63 (4th); **Female 14:** 100m: Jenna Gaskell 14.60 (0.9) (7th); 200m: Jenna Gaskell 30.88 (0.1) (8th); 400m: Jenna Gaskell 69.06 (4th); 800m: Jenna Gaskell 2:42.79 (9th); Hammer: Alexandra Letson 13.61m (2nd); Long Jump: Jenna Gaskell 3.81m (1.6) (3rd); Triple Jump: Jenna Gaskell 9.01m (+0.0) (1st); **Female 50+:** 100m: Rebecca Soulsby 15.16 (1.8) (2nd); 800m: Anne Buckley 3:07.43 (2nd); 1500m: Anne Buckley 6:11.40 (2nd); 3000m: Jill Wilkie 12:12.51 (2nd); Anne Buckley 12:52.74 (4th); 10000m: Jill Wilkie 42:42.91 (1st); Anne Buckley 47:20.32 (2nd); 2000m Steeple: Anne Buckley 9:37.40 (1st); Discus: Rebecca Soulsby 23.12m (1st); Shot Put: Rebecca Soulsby 10.07m (1st); **Male OP:** 200m: Lachlan Carr 29.21 (1.4) (7th); 1500m: Jackson Eadon DQ; 3000m Steeple: Lachlan Carr 13:19.56 (1st); 110m Hurdles: Lachlan Carr 22.21 (-2.4) (2nd); 400m Hurdles: Lachlan Carr 68.64 (2nd); 5000m Walk: Lachlan Carr 39:11.77 (1st); 4x100m: (Reeve Evans, Joshua Evans, Connor Clarke, Lachlan Carr) 50.21 (7th); 4x400m: (Reeve Evans, Lachlan Carr, Joshua Evans, Daniel Noden) 4:04.58 (5th); High Jump: Connor Clarke 1.75m (3rd); Javelin: Joshua Evans 36.27m (6th); Long Jump: Lachlan Carr 5.04m (2.8) (5th); Shot Put: Lachlan Carr 5.77m (5th); Triple Jump: Lachlan Carr 9.64m (0.9) (8th); **Male 20:** 200m: Reeve Evans 25.12 (-2.9) (7th); 800m: Daniel Noden 1:58.14 (5th); 1500m: Daniel Noden 4:36.69 (8th); 110m Hurdles: Reeve Evans 18.15 (-1.8) (3rd); 400m Hurdles: Reeve Evans 62.27 (1st); Discus: Reeve Evans 32.31m (1st); Javelin: Reeve Evans 42.41m (2nd); Long Jump: Reeve Evans 5.51m (1.1) (4th); **Male 14:** 800m: Preston Anfuoso 2:40.18 (9th); 1500m: Preston Anfuoso 5:29.22 (9th); 3000m: Preston Anfuoso 12:07.57 (5th); **Male 40+:** 100m: David Zanelli 25.86 (-0.1) (7th); 400m: Luke Matthews 57.11 (2nd); 800m: Luke Matthews 2:14.47 (1st); **Male 40:** 4x400m: (Lawrence Price, Luke Matthews, Hunter Gill, Ian Wellard) 5:14.12 (3rd); **Male 40+:** Long Jump: David Zanelli 5.70m (3.3) (1st); Triple Jump: David Zanelli DNS; **Male 50+:** 100m: Lawrence Price 13.48 (-0.8) (3rd); 200m: Lawrence Price 27.32 (0.8) (3rd); 400m: Lawrence Price 61.80 (4th); **Male 50:** 4x100m: (Peter Clarke, Lawrence Price, Neil Shaw, Eric Baker) 56.44 (1st); **Male 50+:** Discus: Peter Clarke 24.86m (6th); Neil Shaw FOUL; High Jump: Neil Shaw 1.45m (3rd); Javelin: Neil Shaw 31.58m (2nd); Long Jump: Neil Shaw 4.62m (5.1) (3rd); Pole Vault: Geoffrey Jordan DNS; Shot Put: Peter Clarke 9.48m (2nd); Neil Shaw 9.29m (3rd); **Male 60+:** 800m: Eric Baker 3:14.31 (2nd); 1500m: Hunter Gill 7:24.60 (2nd); 3000m: Hunter Gill 15:05.32 (5th); 10000m: Hunter Gill 57:04.97 (2nd); 2000m Steeple: Hunter Gill 11:35.46 (2nd); Hammer: Hunter Gill 22.22m (4th); Javelin: Eric Baker 20.96m (3rd);



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ERN HAMMER 3000M HANDICAP

Geoff Jordan takes out the 2025 Ern Hammer Memorial Handicap ahead of Keenan and Nigel!



DISTANCE RELAYS

A fun night running some relays and cheering each other on! Congratulations to everyone for battling the heat! Harriers singlets were in abundance! Our star team for the night was our mixed Junior 4 x 1500m team leading from the start and flying around for the win, there was no stopping them!! A big future for these four! 1 Bendigo Harriers (BGO) 23:41.09 Jack Metherell, Lainey Ratcliff, Jenna Gaskell, Preston Anfuso
Highlight of the night everyone would agree was enjoying a zooper dooper after the run, Thankyou Eric Baker!! Full results <https://athsvic.resultshub.com.au/#>

HARRIERS AVSL MOST VALUABLE ATHLETE



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 6: N/A

ROUND 7: Jenna Gaskell 1098 points

ROUND 8: Jenna Gaskell 1061 points

ROUND 9: Jenna Gaskell 1124 points

ROUND 10: Jenna Gaskell 998 points

Also joining the 1000 points club:

ROUND 7: Rebecca Soulsby 1053 points, Reeve Evans 1031 points



BENDIGO HARRIERS NEWSLETTER

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5K FRENZY 2025 SUCCESS

- **HIGHEST NUMBER OF ENTRIES**
- **BIGGEST CROWD**
- **GREAT ATMOSPHERE**
- **WORLD RECORD BROKEN IN ELITE MENS RACE**

A huge congratulations to the 5K Frenzy committee, Athletics Bendigo, our sponsors and all the volunteers on the night for putting together our best 5K Frenzy yet! We had some huge highlights and plenty of Harriers representation! Shout out to Neil Shaw for capturing these amazing moments of some of our Harriers.



Kieran Murphy smashes his 5km PB to take out heat 2 of the 5k events! Welcome to the club Kieran!



Club member Nathan Stoaate claims the Jack Davey 5K sash and third place in the elite mens heat along side Uni's Abbey Reid. Presented by Jack Davey himself!





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RICHARD KITT MEMORIAL

There were two Harriers on the podium for the Richard Kitt Memorial 1500m handicap this year! Jenna Gaskell claimed second ahead of Anne Buckley in third. The two girls falling short of the top spot to Eaglehawks Lyla Muir! Well done to all three girls!



Brett and Mel receive life memberships!
Recognised for years of commitment and building the club to arguably its most successful years, thank you!

HARRIERS IN ACTION AT THE BENDIGO GOLD NUGGET GIFT





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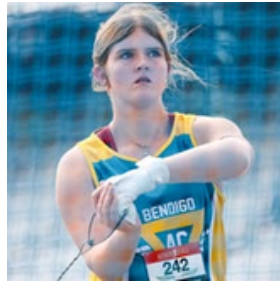
VICTORIAN CHAMPIONSHIPS LAKESIDE



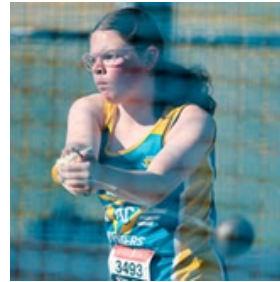
Male 20
800m: **Daniel Noden**
2:08.16 (P);
Male OP
800m: Daniel Noden
1:59.07 (P);



Male OP
High Jump: **Connor Clarke** 1.82m (9th);



Female 18
Hammer: **Hailey Stubbs** 45.36m (1st);



Female 14
Hammer: **Alexandra Letson** 18.78m (5th);



Female 17
Discus: **Eliza Evans**
28.23m (2nd);
Javelin: Eliza Evans
27.40m (7th);
Shot Put: Eliza Evans
8.02m (11th);

NATIONAL CHAMPIONSHIPS PERTH

A huge Congratulations to Hailey and Eliza for representing Victoria at the National Championships! Hailey placed 7th in the in the U18 Hammer Throw and Eliza 13th in the U17 Discus! Well done girls we are super proud!

HOW TO REGISTER WITH BENDIGO HARRIERS - MEMBERSHIP ROLL OVER

Registrations for the 2025/ 2026 season opened 5pm 3rd April 2025! Memberships cover 1 cross country season and 1 athletics season. April to March. The sign up process is simple and can be done online through the Athletics Vic website! The first step is to chose new or returning member. For members who have registered with an AV club within the pass five seasons will be able to register as a returning member. Make sure to use the same email and login details from the previous year. For new members you'll need to select new member and create an account. There are a few membership types so make sure you get one which suits you!

• Recreation Runner • (MOST POPULAR)

This will suit most of our cross country runners. This membership type is perfect for those who want to take part in our club runs listed on the Bendigo Harriers Cross Country calendar!

• Base package •

This package is required if you want to compete in Athletics Victoria events such as XCR and AVSL.

• Cross Country Package •

This package is for athletes who want to compete regularly with Bendigo Region in the XCR series.

• Track Package •

This package is for athletes wanting to regularly compete in AVSL competitions at the track during summer.

• Max Package •

This package is recommended for athletes who will be competing regularly in both AVSL and XCR.

If you have any questions or issues with registering please don't hesitate to contact Tiff, Neil Shaw or Nadene!

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

ENTER THE DRAGON

EASTER SUNDAY 20TH APRIL 2025



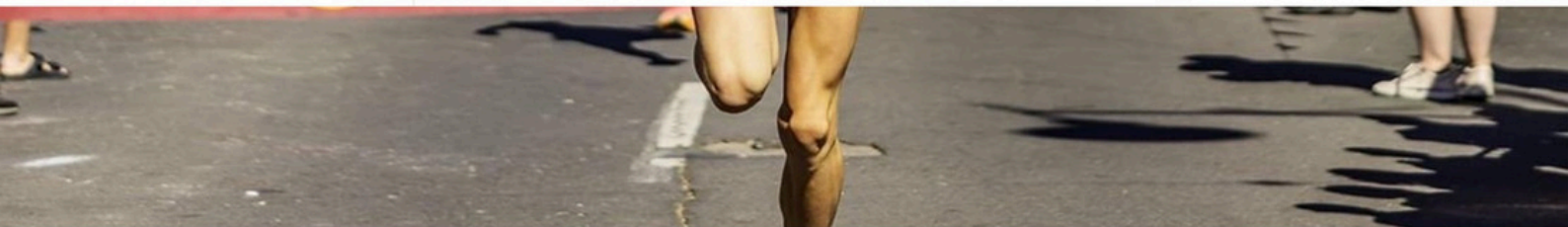
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ICONIC DRAGON MILE

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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BENDIGO HARRIERS CROSS COUNTRY 2025 CALENDAR

✉ bendigoharriers@yahoo.com

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📷 bendigoharriersathleticsclub_

April

Sunday 20th April 2025:

Dragon Mile, Pall Mall - 1.6km

Saturday 26th April 2025:

Lar Birpa Athletics Track - 500m, 1k and 3km

May

Saturday 3rd May 2025:

no club run *XCR, All Schools: Road Relays

Sunday 4th May 2025:

O'Keefe Challenge

Saturday 10th May 2025:

Mandurang Cricket Ground - 500m, 1km, 3km and 5km, *XCR

Saturday 17th May 2025:

Crusoe No. 7 - 500m, 1km, 3km and 5km, *XCR, All Schools Cross Country Relay

Saturday 24th May 2025:

Wildflower Drive, Strathfieldsaye - 500m, 1km, 3km and 5km, *XCR

Saturday 31st May 2025:

Harriers Invite, South Mandurang Pony Club - 500m, 1km, 4km and 8km

June

Saturday 7th June 2025:

Strathfieldsaye FC - 500m, 1km, 3km and 5km *XCR

Saturday 14th June 2025:

South Invite, Woodvale *XCR Sunday 15th

Saturday 21st June 2025:

Wildflower Drive, Strathfieldsaye - 500m, 1km, 5.3km relay *XCR, All Schools: Bundoora

Saturday 28th June 2025:

Rifle Range - 500m, 1km, 3.5km and 6km *XCR

July

Saturday 5th July 2025:

Woodvale Rec Reserve - 500m, 1km, 3km and 6km

Saturday 12th July 2025:

No club run *XCR

Saturday 19th July 2025:

Longlea - 500m, 1km, 3km and 6km

Saturday 26th July 2025:

Crusoe No. 7 - 500m, 1km, 4km and 7.2km *XCR Sunday 27th

August

Saturday 2nd August 2025:

Uni Invite

Saturday 9th August 2025:

Sedgwick - 500m, 1km, 4km and 7.5km *XCR Sunday 10th

Saturday 16th August 2025:

King & Queen of the Mountain, Victory College - 500m, 1km and 4km

Saturday 23rd August 2025:

Mandurang Cricket Ground, Club Breakup - 500m, 1km and 5km

Saturday 30th August 2025:

Glenn Allen Memorial

September

Sunday 7th September 2025:

Run for Dad *XCR

Saturday 13th September 2025:

Uni Half Marathon

Saturday 20th September 2025:

*XCR



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2pm start unless otherwise stated. Presentations and afternoon tea each week.
2025/26 memberships open 5pm 3 April 2025 through the Athletics Victoria website.