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Round 5

13TH MAY 2023



ACROSS MY DESK by Football Operations Manager Aaron McLean

RDFNL Women's

Another terrific round of the Rookie Me RDFNL Women's competition was held last weekend, congratulations to the following winners:

- Melton
- Macedon
- Kyneton

Thank you to all volunteers and officials who worked incredibly hard during the off-season to ensure that this competition could get underway. The fixture for this week is:

Friday Night:

Romsey vs Macedon at Romsey Park starting at 7pm.

Saturday:

Woodend-Hesket vs Melton at Gilbert Gordon Oval starting at 10:30am

Mount Alexander vs Kyneton at Harcourt Recreation Reserve starting at 2pm

Round 4 Men's Football

Congratulations to the winners in Round 4:

- Lancefield
- Romsey
- Wallan
- Woodend-Hesket

Round 4 Netball

Congratulations to the winners in Round 4:

- Melton Centrals
- Riddell
- Macedon
- Western Rams

RDFNL TV

RDFNL TV was launched in 2021 and thanks to our great friends at Adcell Group / Red Onion Creative for their coverage of the RDFNL continuing in 2023. Each RDFNL Football Senior match and 2 A Grade Netball matches are filmed each round and all matches are uploaded to RDFNL TV each Sunday. In addition, we have highlights packages on our socials and a top 5 plays of the week. These tools are invaluable to the RDFNL and we hope that our followers and supporters are enjoying the extra coverage each weekend. Find it all at rdfnl.tv

Live Scoring and Team Sheets

A reminder to all Clubs that live scoring is compulsory for RDFNL Senior matches. Please assist us in marketing our League with up-to-date live scores of all our Senior matches each weekend. Please ensure all team sheets are accurate online at the beginning of the match. With umpires now completing the votes online, the team sheets must be accurate to allow umpires to select their 3-2-1.

J8 Photography

Thanks to Duncan from J8 photography for his ongoing support of the League. Each Monday on the RDFNL Facebook page, we post an album of Duncan's photos from across the weekend.

Round 5

Best of luck to all teams in Round 5.

Aaron McLean
Football Operations
Manager

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ROUND 5 RDFNL PREVIEWS

with Grace Bibby

Woodend Hesket vs Melton Centrals

A danger game for the Hawks as they reminisce of their one point victory last season. Hawks have had a decent start this season and have been able to stay clear of any serious injuries but Melton Centrals always bring their best against Woodend Hesket. Matt Sproule didn't shy away from how disappointed he was in their last quarter. Can they bounce back?

From the Coaches:

Woodend Hesket: We struggled a little bit with our goal kicking but we moved the ball well out of defence. It was good to see the way the mids worked with Tim Martin in the ruck for the first time. Around the ground stoppages was a big improvement from the previous week. Melton Centrals is always a danger game for us. Last year we fell over the line by a point in the last minute or so. We respect them a lot and how they compete and have no doubt they will be wanting to bounce back after their loss to Lancefield. We need to train and prepare well this week.

Melton Centrals: It was embarrassing really. We should have won the game. We just dropped away in the last quarter and we need to bounce back. Our pressure has been pretty good all season but we just lack a bit of class at the minute. We had a few come back in players like Jimmy Roberts will be better for the run but we lose Hayden Sproule to an ankle. Both Charge boys will be back this week but we are really missing Jake Thornton Geilen. Really there isn't much between 2 and 8. If you bring four quarters you are going to be competitive. We need to be better. Woodend Hesket are a good team. Shout out to Randy and the girls for the way they are going over on the netball courts.

Players to watch

Woodend Hesket: 44 touches and another two goals is worthy of a mention. If you are not watching Daniel Toman, you have your eyes closed at the football.

Melton Centrals: Dylan Clarke has no issues finding the footy and if he can improve his efficiency he will be hard to stop.

Prediction: Woodend Hesket to keep on keeping on with another win.

Western Rams vs Romsey

This is a big occasion for the Western Rams. The football and netball takes a bit of a back seat as they do their bit to fundraise for the MND Foundation. Romsey are coming in white hot after big win over Riddell. Can Western Rams produce a fairytale win on one of their biggest days?

From the Coaches:

Western Rams: We lost three players in the first quarter so it was pretty tough to get through. The boys really dug deep and had a crack but Woodend Hesket are a really good team. We are looking forward to playing Romsey and supporting a cause so close to us at the Rams in our MND day.

Romsey: We were really happy with how we played it was a great brand of football. We looked strong on all lines. We got the contest right and it meant that we played the game of football in our half and kept coming at them. It gives us the belief that our best is good enough. Western Rams are a side that are trying their best. They definitely are stronger at home and we want to make sure we are consistent. We want to build on the excitement of winning three games two weeks in a row. We are just starting to scratch the surface of what I think we are capable of.

Players to watch

Western Rams: Brandon Watts will be looking to send the Rams into attack as much as he can as he bursts out of defence and through the middle of the ground.

Romsey: Ben Way brought the heat for Romsey last weekend with 7 pressure acts. His presence in the middle of the ground is key for the redbacks.

Prediction: Romsey to get the win on a big day of fundraising for MND.

Riddell vs Diggers Rest

The grand final match that everyone has been waiting to see but Riddell look like they will go into the match with a whole heap of young kids.

Dylan Tarczon will miss due to a shoulder injury he sustained in their loss to Romsey last week while Mark Orr copped a one week suspension



ROUND 5 RDFNL PREVIEWS

with Grace Bibby

after a scuffle in the Lancefield win two weeks ago.

We know both teams will be there at the end of the season but it is a case of teams at very different points of their season.

Diggers Rest are flying and Riddell are just battling to get a team on the park.

From the Coaches:

Riddell: We are in a lot of trouble this weekend. The reality is we are missing six or seven of our top end players. There is always a rivalry between the two clubs but last years result is last year. Romsey moved the ball well and beat us at our own game but we were terrible. You don't have to be an A grade player to make more of an effort, and do the basics well that's where we let ourselves down last week. The bye really can't come quick enough. Hopefully we can freshen up and get our season back on track.

Diggers Rest: It isn't going to be easy. You always have to be cautious of a team coming off the back of a tough loss. We come of a bye which can be tricky. The mids are going to have to step up and win the ball without having it served on a plate. Orr is one of our better players but it is a good test for us because he misses a few games later in the year. We have a few guys that can go through the ruck at any time. We are a new group, they have had some changes, we have new faces and we have a new focus last years result is behind us the hype is more from the supporters not the playing group. We are just excited to test ourselves against the best.

Players to watch

Riddell: The back six were able to hold their heads high last week and with injuries to their mids and forwards the back six will be under pressure again today.

Diggers Rest: Chris Lawton is the ultimate swing man who can play any position on the ground. Will we see him in the ruck in the absence of Mark Orr?

Prediction: Diggers Rest to keep their perfect record in tact.

Lancefield vs Macedon

Both clubs will be desperate to bank the four points from this one. Macedon have had a tough start to the season coming up against the top three from last season and have been rocked by injuries. Lancefield are buzzing after their first win last weekend but can they make it two on the trot?

From the Coaches:

Lancefield: It was just a really great day for the club. It started with our reserves winning. They were really good around the stoppage and I just said to the boys we have to break it open and take it on a bit more and we were able to do that in the last quarter. We lacked composure early and we found a bit more of it in the last quarter and that is when we got on top. Macedon are going to be hungry they are looking for their first win of the season and it's a winnable game for both clubs. We need to make sure we are kicking goals and putting the score board pressure on them. We know how good they are defensively.

Macedon: Our first quarter was super but we really struggled to offensively due to a combination of personal, execution and method. We did a good job to stop the scoring of Wallan but we couldn't kick a score ourselves. Wallan were also very good. We are looking forward to the contest against Lancefield under lights. We have shown glimpses against the top three but haven't put it all together consistently enough. The Tigers have improved so it should be a good game.

Players to watch

Lancefield: Big man Tom Waters is coming off a brilliant game against Centrals can he do it again this weekend against a club he knows very well.

Macedon: Tom Hildeband got plenty of the football in their loss last weekend and provided plenty of run for Cats when they needed it.

Prediction: Macedon to win in a close one.



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CONGRATULATIONS ROMSEY

MATTHEW MILBURN



BENDIGO BANK PLAYERS OF THE WEEK

ROUND
4

Bendigo Bank

2023



FOOTY TIPPING 2023

Each week throughout the 2023 season, a panel of RDFNL staff, executive, sponsors and media will submit their tips for the weekend's senior football matches, which will be featured in the footy record. See how your tips stack up against the RDFNL experts each week!

| NAME | Lancefield v Macedon | Riddell v Diggers Rest | Western Rams v Romsey | Woodend-Hesket v Melton Centrals | Last Week | Season |
|--|----------------------|------------------------|-----------------------|----------------------------------|-----------|--------|
| Brenton Knott RDFNL President | Macedon | Riddell | Romsey | Woodend-Hesket | 3 | 11 |
| Sarah Barton Bendigo Bank | Lancefield | Diggers Rest | Romsey | Woodend-Hesket | 3 | 14 |
| Terry Kernan Ontime Delivery Solutions | Macedon | Diggers Rest | Romsey | Woodend-Hesket | 2 | 11 |
| Brian McNabb Melton Toyota | Macedon | Diggers Rest | Romsey | Woodend-Hesket | 3 | 14 |
| Jordan Doyle RDFNL CEO | Lancefield | Diggers Rest | Romsey | Woodend-Hesket | 3 | 13 |
| Aaron McLean RDFNL Footy Ops | Lancefield | Diggers Rest | Romsey | Woodend-Hesket | 2 | 14 |
| Grant McMillan AFL Victoria | Macedon | Diggers Rest | Romsey | Woodend-Hesket | 1 | 11 |
| Tara Murray Star Weekly | Macedon | Diggers Rest | Romsey | Woodend-Hesket | 2 | 12 |
| Ben Higgins Leader | Lancefield | Diggers Rest | Romsey | Woodend-Hesket | 2 | 13 |
| Grace Bibby RDFNL Media & Netball | Macedon | Diggers Rest | Romsey | Woodend-Hesket | 2 | 11 |
| Tara Nolan RDFNL Admin | Lancefield | Diggers Rest | Romsey | Woodend-Hesket | 4 | 14 |

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| <p>INCREASE YOUR BRAND AWARENESS</p> <p>Consumers buy from brands they recognise so social media marketing is great because it can get people to see your business brand faster, easier and more regularly.</p> | <p>GLOBAL REACH</p> <p>Internet usage is now steadily rising across the world so most organisations can find and connect with their target customers online. The better the internet gets the more accessible clients are, from around the world.</p> |
| <p>SAVE MONEY</p> <p>Most social media networks allow you to set up a profile for free. However, if you decide to pay for promotion you can, for a lower price than traditional marketing including television, radio, and newspaper.</p> | <p>INCREASE ENGAGEMENT</p> <p>As opposed to radio and TV advertisements, social media marketing allows customers to converse and connect with a brand directly, in real-time and on a recurring basis.</p> |

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RDFNL TRIBUNAL RESULTS

Joshua Becke (Romsey) has served 1 of his 2 matches for intentionally or carelessly striking another person

Callan Randall (Lancefield) has been suspended for 1 match for using abusive, insulting, threatening or obscene language

Aaron Chinn (Romsey) has been suspended for 1 match for attempting to strike another person

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✓ **NEW Season.**

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WOODEND-HESKET FOOTBALL NETBALL CLUB*Club Notes*

Round 4 was split over Friday and Saturday with our 19.5's football team continuing their winning run against the Giants under lights on Friday night. The team has had an excellent start to the season and are playing some exciting footy. On Saturday, the reserves and seniors and all netball teams played the Rams at Ian Cowie Reserve with the football teams both winning and B grade fighting out a close 2 goal victory. The conditions for netball and football were very challenging once the heavy rain set in.

On Saturday night the Senior Women's football team played the Kyneton Tigers at Kyneton. It was a great test for our young team who came up against the seasoned and experienced Tigers team who ran away with the win. We are really excited that our women's team will play their first match at home this week. Even more so as it coincides with our Celebrating Women at the Nest Event. AFLW Melbourne Premiership Player Olivia Purcell will be on hand after the match to talk with the team about her

experience playing AFLW and her journey to get there.

At home this week we will be Celebrating Women at the Nest – an event that recognises the role girls and women play in our club whether as players, volunteers or supporters. Abby Gilmore, brand ambassador, social media contributor and business owner will be one of our guest speakers along with Olivia Purcell. We will also announce the 2023 Club Woman of the Nest Award and present junior football and netball player awards. It's going to be a great celebration.

We also look forward to welcoming long term sponsor Naturform who will be hosting their family day at the club.

The club relies on sponsors to ensure we are able to provide the best experience possible for our players and supporters. We would like to sincerely thank our round sponsor, Sovereign Financial for their continued support of the club. We would also like to thank local law firm Chinka (HEP) Steel Solicitor for their sponsorship of the senior women's team.

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MELTON CENTRALS FOOTBALL NETBALL CLUB*Club Notes*

CLUB NOTES

NOT PROVIDED

SPONSORS



WOODEND-HESKET FOOTBALL NETBALL CLUB

FOOTBALL

Seniors Coach:

Reserves Coach:

Under 19.5 Coach:

SENIORS / RESERVES

| No. PLAYER | PPV | No. PLAYER | PPV |
|---------------------|-----|--------------------------|-----|
| 1 Dean Bramley | | 22 Frank Fazzolari | |
| 2 Harley Giddings | | 23 Ethan Gove | |
| 3 Jack Arceri | | 24 James Hicks | |
| 4 Tyson Chapman | | 25 Josh Pound | |
| 5 Tom Gawthrop | | 26 marcus Stapleton | |
| 6 James Wiseman | | 27 Tayte Pears | |
| 7 Daniel Toman | | 28 Justin Rodda | |
| 8 Miles Miranda | | 29 Amos Ward | |
| 9 Rupert Miranda | | 30 Caleb Dumper | |
| 9 Tom O'Loughlin | | 31 Ben Toman | |
| 10 Sam Medland | | 33 Nathan Stephens | |
| 11 Tim Martin | | 36 Lachlan Randle-Hewitt | |
| 11 Max Ambler | | 39 Ethan Rowe | |
| 12 Taylor Kelly | | 41 Jacob Stewart | |
| 14 Tobl Duff Tylter | | 42 Daniel Harrison | |
| 15 Riley patterson | | 43 Harrison Rowe | |
| 16 Jesse Sheppard | | 44 Ethan Minns | |
| 17 Jayden Bullard | | 46 Josh Styles | |
| 18 Luke Bourke | | 47 James Chettle | |
| 19 Tom Pound | | 49 Cody Bowen | |
| 20 Alister Rae | | 52 Aaron Cerone | |
| 21 Kyle Baker | | 53 Jake Borg | |

NETBALL

A Grade Coach: Meg Grbac

B Grade Coach: Kellie Duff

C Grade Coach: Anne-Louise Lindner

19 & U Coach: Sarah Duff, Kellie Duff

U/19.5

| No. PLAYER | PPV | No. PLAYER | PPV |
|---------------------|-----|----------------------|-----|
| 56 Kieran Haddad | | 1 Xavier Tadd | |
| 58 Oscar Ziolkowski | | 2 Monte White | |
| 62 Jordan Matthews | | 3 Brody Plant | |
| 76 Paul Podbury | | 4 Jobe Dowling | |
| | | 5 Hayden Ryan | |
| | | 6 Mackenzie Shanahan | |
| | | 7 Diesel Lewis | |
| | | 8 Riley Ferguson | |
| | | 9 Hamish McDonald | |
| | | 10 Nic Johnson | |
| | | 11 Jack Tadd | |
| | | 12 Ben Sangali | |
| | | 13 Louis Mitcheener | |
| | | 14 Saxon Gardener | |
| | | 17 Oscar Macfarlane | |
| | | 21 James McGrath | |
| | | 22 Caelan Templeton | |
| | | 23 Mac Forbes | |
| | | 24 Brayden Farrugia | |
| | | 25 Stefan Pondelljak | |
| | | 26 James Hargrave | |
| | | 28 Jackson Cornish | |
| | | 30 Austin Lidgerwood | |
| | | 33 Brody Brown | |
| | | 35 Matthew Johnson | |

NETBALL

| Pos | A GRADE | Pos | B GRADE | Pos | C GRADE | Pos | 19 & Under |
|-----|---------------------|-----|-----------------|-----|------------------|-----|-------------------|
| GS | Matilda Lethlean | GS | Daphne Piper | GS | Emily Lindner | GS | Hannah Dwyer |
| GA | Charlee Duff-Tylter | GA | Rebecca Carland | GA | Courtney Chettle | GA | Lexie Ball |
| WA | Laura Carland | WA | Chloe Galakos | WA | Lia McQualter | WA | Monique Hassett |
| C | Mackenzie Brown | C | Amy Duff | C | Sophie Conlan | C | Ruby Robinson |
| WD | Hayley Rogers | WD | Jessica Martin | WD | Chelsey Jones | WD | Angelique Doherty |
| GD | Tayissa Coppinger | GD | Alex Harriman | GD | Karl Plowman | GD | Jessica Martin |
| GK | Meg Grbac | GK | Eliza Bell | GK | Melissa Rundle | GK | Prue Higgins |
| Sub | Brooklyn Leahy | Sub | Zoe Phillips | Sub | Louise Marendaz | Sub | Georgia Fitt |
| Sub | Abby Gilmore | Sub | Brittany Bowen | Sub | April Sims | Sub | Maddy Randle |
| Sub | Alex Harriman | Sub | Emily Barbour | Sub | Nicole Chappell | Sub | Charlotte Zan |
| Sub | Rebecca Carland | | | Sub | Abbey Dawkins | Sub | Coco Porter |

| TEAM | 1/4 TIME | 1/2 TIME | 3/4 TIME | FULL TIME |
|----------|----------|----------|----------|-----------|
| SENIORS | | | | |
| RESERVES | | | | |
| U/19.5 | | | | |



MELTON CENTRALS FOOTBALL NETBALL CLUB

FOOTBALL

Seniors Coach: Matthew Sproule

Reserves Coach: Shannon Dean

Under 19.5 Coach: Kayne Mason

SENIORS / RESERVES

| No. PLAYER | PPV | No. PLAYER | PPV |
|-------------------|-----|--------------------------|-----|
| 2 Jake Charge | | 16 Evan Donoghue | |
| 3 Jarrod Spry | | 17 Dylan Clarke | |
| 4 Jared Scott | | 18 Jarryd Underwood | |
| 5 Connor Charge | | 19 Jarrod Johns | |
| 6 John Ferri | | 20 Kyle Rodgers | |
| 8 Jake Armistead | | 21 Will Thornton Gielen | |
| 9 Jay Culhane | | 22 Jake Sygidus | |
| 10 Hayden Graf | | 23 Jacob Thornton Gielen | |
| 11 Kirk Fenton | | 24 Dylan Jobson | |
| 12 Sam Apineru | | 25 Jordan Lindsay | |
| 13 Hayden Payne | | 26 Matthew Eberle | |
| 14 Hayden Sproule | | 27 James Roberts | |
| 15 Jacob Sinclair | | 28 Adam Tomac | |

NETBALL

A Grade Coach: Randy Pereira

B Grade Coach: Randy Pereira

C Grade Coach: Taylor Pereira, Sue Phillips

19 & U Coach: Taylor Pereira, Sue Phillips

U/19.5

| No. PLAYER | PPV | No. PLAYER | PPV |
|-----------------------|-----|-----------------------------|-----|
| 29 Joshua Spry | | 1 Evan Donoghue | |
| 32 Brodie Butt | | 2 Ben Tyson | |
| 33 Peter Akech | | 3 Dylan McDonald | |
| 34 Arieke Lual | | 4 Liam Heimann | |
| 35 Paul McNamara | | 5 Travis Stark | |
| 38 Thomas Unterderben | | 6 Connor Sidari-Alley | |
| 41 David Aleksov | | 7 Kane Williams | |
| 52 Travis Stark | | 8 Jesse Ryan | |
| 69 Justin Aiulu | | 9 Blake Dascola | |
| | | 10 Oscar Seinafo | |
| | | 11 Austin MacBeth | |
| | | 12 Tyson McDonald | |
| | | 13 Liam Rodgers | |
| | | 14 Christian Meguerditchian | |
| | | 15 Lochlan McKenzie | |
| | | 16 Jacob McKenzie | |

NETBALL

| Pos | A GRADE | Pos | B GRADE | Pos | C GRADE | Pos | 19 & Under |
|-----|----------------------|-----|------------------|-----|---------------------|-----|-------------------|
| GS | Avana Hobson | GS | Jessica Clayton | GS | Natasha Lacey | GS | Giselle Puru |
| GA | Emma Winzar | GA | Rebecca Morabito | GA | Tahlia Lee McCauley | GA | Livinia Walsh |
| WA | Lauren Creed | WA | Abbey Grant | WA | Lisa Drake | WA | Mackenzie Payne |
| C | Mariah Vankerkevoort | C | Emily Mitchiner | C | Chelsea Lapsley | C | Chelsea Pivk |
| WD | Faith Malasia | WD | Sarah Moghazy | WD | Kiera Evans | WD | HollyRose Te Maro |
| GD | Hayley Hill | GD | Kara Zwartveen | GD | Marce Penne | GD | Presley Johns |
| GK | Romina Barbutto | GK | Natalie Roberts | GK | Briah Mackay | GK | Atiana Nui |
| | | Sub | Trinity Carroll | Sub | Naomi Klaassen | Sub | Tehana Aitu |
| | | Sub | Maddi Stewart | Sub | Taegan Moore | | |
| | | | | Sub | Ashlee Cochrane | | |

| TEAM | 1/4 TIME | 1/2 TIME | 3/4 TIME | FULL TIME |
|----------|----------|----------|----------|-----------|
| SENIORS | | | | |
| RESERVES | | | | |
| U/19.5 | | | | |

WESTERN RAMS FOOTBALL NETBALL CLUB

Club Notes

What a week to be a Ram! With some mixed results across the day and some crazy weather it was still a great day for community sport!

On the Football field we must give credit to Woodend Reserves for a dominant game, holding off our boys who scored just 1 point for the game in a 119-point victory for Woodend. Our Seniors again playing a strong first quarter, starting the second just 3 points behind but a change of game saw us lose it in the second and third quarters. Fourth quarter saw us come back to battle but not enough against a strong defensive Woodend-Hesket. Congratulations to Woodend-Hesket for a successful day on the field.

It was certainly a better day for Rams over on the Netball courts our u19s proving their dominance again with a solid win, our C-Graders also with another impressive win, but unfortunately it was not our day for the B-Grade team going down by just 2 in a hard-fought battle. Exciting news for our A-Grade team who battled torrential rain and hail, taking out

their first win for the season against very worthy opponents!

We thank Woodend-Heskett, players, officials and supporters for a great day, and want to thank all the umpires, officials and Rams volunteers who also braved terrible weather to ensure the games could continue and the show could go on! We ended the night with our Annual Frat Party and Beer Pong tournament, and a great night was had by all.

We also want to also take this opportunity to send our deepest condolences to the families and friends of Keith Harrison and Wayne Turner, both valued supporters of our club, community sport and local communities. Vale old friends.

We are now looking forward to hosting Round 5 against Romsey and our Annual MND Victoria Fundraiser in honour of a much-loved life member Ron Lalli-Cafini. We encourage everyone to come down for a great day of football and netball and help us raise much needed funds for MND Victoria!

SPONSORS



ROMSEY FOOTBALL NETBALL CLUB

Club Notes

Hello all.

Well what a R4 we had against highly fancied Riddles Creek.

The netball sides once again showed there competitiveness with some strong performances, while with only the B grade coming home with the win, the 19s,C and A side can be proud of there efforts against league fancies Riddle.

The football sides came up gain with

3 wins for the 2 week in a row.they all played the style of football that they have trained for since November and so now starting to show.

This week we travel over to Rockbank with our 19 boys having a well deserved bye.

Let's get around all our teams this weekend and help cheer them home including our women's team who play at Romsey Friday night 7.00pm #allin Go Redbacks

SPONSORS





WESTERN RAMS FOOTBALL NETBALL CLUB

FOOTBALL

Seniors Coach: Leighroy Sporle
Reserves Coach: Michael Walsh
Under 19.5 Coach:

SENIORS / RESERVES

| No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV |
|--------------------------|-----|----------------------|-----|------------------------|-----|------------|-----|
| 1 Fitzroy Greenwood | | 27 Anthony Close | | 53 Luke Roberts | | | |
| 2 Ashley Gray | | 28 Jake Meires | | 54 Beau Williams | | | |
| 3 Bo James | | 29 James Fareilly | | 55 Luke McLaughlin | | | |
| 4 Quintien Shandley | | 30 Kade Sexton | | 56 Christian Azzopardi | | | |
| 5 Peter Boyd | | 31 Anthony Yakai | | 57 Jamie Austin | | | |
| 6 Ryan Tyson | | 32 Rayden Yob | | 58 Nik Gillie | | | |
| 7 Harley Cameron | | 33 Zach Meiers | | 59 Brad Mcnamara | | | |
| 8 Tyson Szkudlarski | | 34 Sean Hoskins | | 60 Jack Wilson | | | |
| 9 Dean Galea | | 35 Nathan Xerri | | 61 Ash O'Neill | | | |
| 10 Ethan Boylan | | 36 Saxon Woodroffe | | 62 Lochie White | | | |
| 11 Ricky Cameron | | 37 Bailey Rhodes | | 63 Hayden Wilson | | | |
| 12 Gordon Chruchill | | 38 James De Blasi | | 64 Teddy Gerbru | | | |
| 13 Charlie Patullo | | 39 Hayden Hunt | | 65 Dylan Azzopardi | | | |
| 14 Chris Arnold | | 40 Tim Fisher | | 66 David Scholes | | | |
| 15 Anthony Bowyer | | 41 Brent Taylor | | 67 Jordan James | | | |
| 16 Cain Shaw | | 42 Mitchell Withers | | 68 Michael Walsh | | | |
| 17 Stephan Lalli-Caffini | | 43 Mitchell Seath | | 69 Daniel Sapulovic | | | |
| 18 Corey Goforth | | 44 Tristan Van Delft | | 70 William Tyquinn | | | |
| 19 Geoff Jolly | | 45 Brandon Watts | | | | | |
| 20 Michael Motta | | 46 Liam Mcgarity | | | | | |
| 21 Matthew Voigt | | 47 Ryan Dorling | | | | | |
| 22 Shaun Griffiths | | 48 Kaide Manning | | | | | |
| 23 Mark Lalli-Caffini | | 49 James Preist | | | | | |
| 24 Laughie Orr | | 50 Josh Casey | | | | | |
| 25 Terrance Dawson | | 51 Kayne Teeken | | | | | |
| 26 Adam McDonald | | 52 Brandon Devlin | | | | | |

NETBALL

A Grade Coach: Deepak Patu, Mon Poliko
B Grade Coach: Deepak Patu, Mon Poliko
C Grade Coach: Mon Poliko, Deepak Patu
19 & U Coach: Mon Poliko, Deepak Patu

U/19.5



ROMSEY FOOTBALL NETBALL CLUB

FOOTBALL

Seniors Coach: Justin Sherman
Reserves Coach: Hamish Jedwab
Under 19.5 Coach: Michael Richardson

SENIORS / RESERVES

| No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV |
|------------------------|-----|----------------------|-----|----------------------|-----|---------------------|-----|
| 1 Nathan Blair S | 1 | 14 Kane Brinkhuis S | 1 | 26 Luke Mitchell R | | 1 Charlie Jedwab | |
| 2 Jack Slavick S | 3 | 15 Angus Storey S | 1 | 26 Aaron Paterson | 1 | 2 Bailey Cecati | |
| 2 Taylor Boorman R | | 16 Callum Sankey S | 1 | 27 Mitchell Rees R | | 3 Jonah Emonson | |
| 3 Bailey Salmon R | | 17 Jaxson Kinnear S | 3 | 28 Ben Xirha R | | 5 Blake Carroll | |
| 3 Darcy Lockens S | 1 | 17 Jacob Martin R | | 29 Gavin Cathie S | | 10 Austin Tennant | |
| 4 Corey Pertz S | 1 | 18 Luke Newnham S | 1 | 31 Luke Chew R | | 13 Liam Muir | |
| 5 Jarryd DeRose R | | 18 Benjamin Notman R | | 32 Aiden Smith S | 2 | 16 Marcus Tucker | |
| 6 Matthew Richardson R | | 19 Matthew Burkett | 1 | 33 Billy Goodwin R | | 17 Seb Vale | |
| 6 Nathan Hoy S | 1 | 19 Daniel Kilkeny R | | 34 Sam Wilson S | 1 | 19 Jason Coates | |
| 7 Jack Jedwab S | 1 | 20 Daniel Mutton R | | 36 Zacton Mussared R | | 20 Seamus Menner | |
| 7 Joshua Martin R | | 20 Joel DeHaas S | 1 | 36 Nathan Rayment S | 1 | 23 Alex Lott | |
| 8 Micheal Carroll R | | 21 Nathan Tessari S | 1 | 40 Jack Thorsen R | | 24 Oscar Lobley | |
| 8 Ben Way S | 1 | 22 Lachlan Skinner R | | 42 Ali Khalil | 5 | 26 Noah Emonson | |
| 9 Chris Petraro S | 1 | 22 Darcy Peavey S | 1 | 43 Jack Robson R | | 28 Nathaniel McNeil | |
| 10 William DiPietro S | 1 | 23 Justin Gelsi | | 57 Aaron Chinn R | | 30 William Twining | |
| 11 Matthew Chew R | | 24 Matthew Hoy R | 1 | 64 Shaun Grey R | | 52 Jack Peavey | |
| 11 Mitchell Adamson S | 1 | 25 Darcy Peavey R | 1 | | | 77 Kyle Brennan | |
| 12 Daniel Paterson | 1 | 25 Dean Walsh S | 1 | | | | |

U/19.5

NETBALL

| Pos | A GRADE | Pos | B GRADE | Pos | C GRADE | Pos | 19 & Under |
|-----|---------------------------|-----|-------------------------|-----|--------------------------|-----|---------------------------|
| GS | Malia Seumanutafa | GS | Miranda Budde | GS | Jessica Christie | GS | Helen Aumua |
| GA | Sanita To'o | GA | Nadia Aumua | GA | Stevie Gray | GA | Jaeda Utoasega |
| WA | Niybol Akec | WA | Christina Mamaia | WA | Chervonne Katipa-maikuku | WA | Nikita-jaye Faoa |
| C | Ashlee Bertocci | C | Hannah Ramsey | C | Toni Gray | C | Elsa Butterworth Gonebale |
| WD | Lucia Fauonuku | WD | Marie Bolitho | WD | Bishanpreet Kaur | WD | Honor Brodie |
| GD | Aleisha Tainui | GD | Jessica Lenehan | GD | Sara Tangarao | GD | Tyra Gray |
| GK | Sanonu Robertson | GK | Ahyiss Williams otutaha | GK | Christina Afoa | GK | Florina Lam-peresetene |
| Sub | Beyonce Palavi | Sub | Keely-Shayla Teariki | Sub | Ro Paulo | Sub | Miranda Budde |
| Sub | Elsa Butterworth-Gonebale | Sub | Jada Paasi | Sub | Stacey Radbron | Sub | Brooke Lote |
| Sub | Te Pono Aukaha | | | Sub | Lagi Faale | Sub | Hannah Ramsey |
| | | | | Sub | | Sub | Bishanpreet kaur |
| | | | | Sub | | Sub | Teshana Munro |

| TEAM | 1/4 TIME | 1/2 TIME | 3/4 TIME | FULL TIME |
|----------|----------|----------|----------|-----------|
| SENIORS | | | | |
| RESERVES | | | | |
| U/19.5 | | | | |

NETBALL

| Pos | A GRADE | Pos | B GRADE | Pos | C GRADE | Pos | 19 & Under |
|-----|---------------------|-----|------------------|-----|-------------------|-----|---------------------|
| GS | Emma Grech | GS | Hope Hamilton | GS | Rebecca Newbery | GS | Sophie Manton |
| GA | Christie Brinkhuis | GA | Kiara Taylor | GA | Ellie Torney Co © | GA | Bella Collins |
| WA | Cayley Blair © | WA | Madeleine Legate | WA | Gladys Carlill | WA | Gladys Carlill |
| C | Sally Mitchell (VC) | C | Emily Newnham | C | Casey Rayment | C | Millie Coughlan |
| WD | Emily Miles | WD | Phoebe Mottram | WD | Hayley Sandlant | WD | Emily Muir © |
| GD | Kendra Vann | GD | Josie Lepore | GD | Sarah Atkinson © | GD | Josie Lepore (VC) |
| GK | Taleisha Snell | GK | Deanna Cooper | GK | Kirsten McKinney | GK | Elizabeth Farrell |
| Sub | Stacey Parks | Sub | Yas McGregor | Sub | Allison Haseltine | Sub | Tahlia Binney |
| | | | | Sub | Amy Miles | Sub | Jakira Bowen-Duarte |
| | | | | Sub | Maddison Boorman | Sub | Emma McCalman |
| | | | | Sub | Melanie Gibson | Sub | Grace Marr |
| | | | | Sub | Sarah Gaeta | Sub | Lily Dowsett |

| TEAM | 1/4 TIME | 1/2 TIME | 3/4 TIME | FULL TIME |
|----------|----------|----------|----------|-----------|
| SENIORS | | | | |
| RESERVES | | | | |
| U/19.5 | | | | |

RIDDELL FOOTBALL NETBALL CLUB*Club Notes*

CLUB NOTES
NOT PROVIDED

SPONSORS

DIGGERS REST FOOTBALL NETBALL CLUB*Club Notes*

DIGGERS REST FOOTBALL NETBALL CLUB

ACKNOWLEDGES OUR VALUED SPONSOR

HANNAN PROJECTS PTY LTD

HANNAN Projects PTY LTD

We sincerely thank Ben Hannan and

Hannan Projects Pty Ltd

for the valuable, loyal and ongoing commitment to our Club in

Season 2023.

Your unwavering support is so greatly appreciated.

SPONSORS



RDFNL 2023 FIXTURE

ROUND 1

Saturday 1 April

Western Rams 2.2-14 **def by** Melton Centrals 11.6-72

Saturday 15 April

Romsey 5.11-41 **def by** Wallan 7.12-54Riddell 12.8-80 **def** Macedon 5.4-34Diggers Rest 14.12-96 **def** Woodend-Hesket 8.8-56

Lancefield BYE

ROUND 2

Saturday 22 April

Riddell 18.8-116 **def** Western Rams 6.3-39Melton Centrals 7.4-46 **def by** Wallan 12.9-81Woodend-Hesket 18.9-117 **def** Lancefield 13.8-86

ANZAC Day - Tuesday 25 April

Macedon 8.6-54 **def by** Diggers Rest 13.11-89

Romsey BYE

ROUND 3

Good Friday - Friday 7 April

Woodend-Hesket 8.7-55 **def** Riddell 2.7-19

Saturday 29 April

Diggers Rest 16.18-114 **def** Lancefield 6.3-39Melton Centrals 9.4-58 **def by** Romsey 13.9-87Wallan 24.24-168 **def** Western Rams 3.4-22

Macedon BYE

ROUND 4

Saturday 6 May

Lancefield 6.9-45 **def** Melton Centrals 5.5-35Romsey 10.5-65 **def** Riddell 6.6-42Macedon 3.5-23 **def by** Wallan 9.12-66Western Rams 1.1-7 **def by** Woodend-Hesket 12.16-88

Diggers Rest BYE

ROUND 5

Saturday 13 May

Lancefield Macedon (T)

Riddell Diggers Rest

Western Rams Romsey

Woodend-Hesket Melton Centrals

Wallan BYE

ROUND 6

Saturday 20 May

Diggers Rest Western Rams

Romsey Woodend-Hesket

Wallan Lancefield

Melton Centrals Macedon

Riddell BYE

ROUND 7

Saturday 27 May

Lancefield Romsey

Wallan Diggers Rest

Macedon Woodend-Hesket

Melton Centrals Riddell

Western Rams BYE

ROUND 8

Saturday 3 June

Woodend-Hesket Wallan

Romsey Diggers Rest

Western Rams Macedon

Riddell Lancefield

Melton Centrals BYE

BYE - KINGS BIRTHDAY

ROUND 9

Saturday 17 June

Diggers Rest Melton Centrals

Lancefield Western Rams

Macedon Romsey

Wallan Riddell

Woodend-Hesket BYE

ROUND 10

Saturday 24 June

Melton Centrals Lancefield

Wallan Romsey

Western Rams Riddell

Woodend-Hesket Diggers Rest

Macedon BYE

RDFNL 2023 FIXTURE

ROUND 11

Saturday 1 July

Wallan Macedon

Riddell Woodend-Hesket

Lancefield Diggers Rest

Melton Centrals Western Rams

Romsey BYE

ROUND 12

Saturday 8 July

Western Rams Wallan

Romsey Melton Centrals

Macedon Riddell

Lancefield Woodend-Hesket

Diggers Rest BYE

ROUND 13

Saturday 15 July

Wallan Melton Centrals

Woodend-Hesket Western Rams

Diggers Rest Macedon

Riddell Romsey

Lancefield BYE

ROUND 14

Saturday 22 July

Diggers Rest Wallan

Melton Centrals Woodend-Hesket

Macedon Lancefield

Romsey Western Rams

Riddell BYE

ROUND 15

Saturday 29 July

Diggers Rest Riddell

Macedon Melton Centrals

Western Rams Lancefield

Woodend-Hesket Romsey

Wallan BYE

ROUND 16

Saturday 5 August

Lancefield Wallan

Riddell Melton Centrals

Romsey Macedon

Western Rams Diggers Rest

Woodend-Hesket BYE

ROUND 17

Saturday 12 August

Diggers Rest Romsey

Lancefield Riddell

Macedon Western Rams

Wallan Woodend-Hesket

Melton Centrals BYE

ROUND 18

Saturday 19 August

Melton Centrals Diggers Rest

Riddell Wallan

Romsey Lancefield

Woodend-Hesket Macedon

Western Rams BYE

Finals Week 1

Saturday 26 August

Qualifying Final

Sunday 27 August

Elimination Final

Finals Week 2

Saturday 2 September

Semi Final 1

Sunday 3 September

Semi Final 2

Finals Week 3

Saturday 9 September

Preliminary Final

Finals Week 4

Sunday 17 September

Grand Final



RIDDELL FOOTBALL NETBALL CLUB

FOOTBALL

Seniors Coach: Justin Belleville
Reserves Coach: Adrian Keltie
Under 19.5 Coach: Darren Ponton

SENIORS / RESERVES

| No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV |
|-----------------------------|-----|----------------------|-----|-----------------------|-----|----------------------|-----|
| 1 Ben Sonogan | 1 | 19 Hayden Ross | 1 | 34 Mark Cadman | 1 | 1 Murray Logan | |
| 2 Ben Said | 3 | 20 Bryce Williamson | 1 | 35 Jack Morganti | 1 | 2 Jay Doolan | |
| 3 Matt Panuccio | 1 | 21 Darcy McGrath | 1 | 36 Joshua Lanyon | 2 | 4 Declan Nitz | |
| 4 Dylan Tarczon (VC) | 1 | 22 Jordan Reardon | 1 | 37 Travis Martin | 1 | 5 Xavier Sheppard | |
| 5 Trent Stead | 3 | 23 Harrison Sloss | 1 | 38 Mark Hocking | 1 | 7 Oscar Besanko | |
| 6 Joshua Grabham (C) | | 24 Nicholas Bovezza | 1 | 39 Thomas Eiszele | 2 | 8 Kane Frew | |
| 6 Connor Hagan (Reserves) | 2 | 25 Tom Belleville | 1 | 40 Paolo Sosich | 1 | 9 Matthew Vosper | |
| 7 Oscar Besanko | 1 | 26 Oliver Powell | 1 | 41 Nathan Mills | 1 | 10 Mitchell Ponton | |
| 8 Tommy Alkemade | 1 | 27 Alex Cruickshank | 1 | 42 Tristan Martinuzzo | 1 | 11 Hugh Tighe | |
| 10 Jarryd Gardiner | 1 | 27 Ben Zarb | 1 | 44 Michael Sammut | 1 | 12 Jackson Wadden | |
| 11 Matthew Said | 1 | 28 Brodie Miller | 1 | 45 Guy Cilauro | 1 | 13 Reuben Evans | |
| 12 Brad Mundy | 4 | 29 Nic May | 4 | 47 Max Webb | 1 | 14 Edward Salopayevs | |
| 13 Callum Williamson | 2 | 30 Jordan Williamson | 2 | 48 Baillie Tatt | 1 | 15 Daniel Bailey | |
| 14 Lachlan Tarczon | 1 | 31 Alex Cruickshank | 1 | 49 Michael Dullard | 1 | 16 Jarred Apps | |
| 15 Jesse Horton | 1 | 32 Rhys Hannan | 1 | 50 Riley Fogarty | 1 | 17 Daniel Ranieri | |
| 17 Nathan Croft | 1 | 33 Toby Hazelden | 1 | 55 Allin Clarke | | 18 Charlie Young | |
| | | | | | | 20 Daniel Bailey | |
| | | | | | | 21 Hugh Tighe | |
| | | | | | | 23 Jesse Dowson | |
| | | | | | | 25 Bailey Goodman | |
| | | | | | | 33 Thomas George | |
| | | | | | | 39 Liam Debrincat | |

NETBALL

| Pos | A GRADE | Pos | B GRADE | Pos | C GRADE | Pos | 19 & Under |
|-----|--------------------|-----|------------------------|-----|---------------------|-----|------------------------|
| GS | Shelby Holter | GS | Tamieka Ploog (VC) | GS | Lex Climas | GS | Hayley Brown |
| GA | Ellen Close (C) | GA | Hayley Brown | GA | Tayla Mazzarella | GA | Taylah Mazzarella (vc) |
| WA | Lara Turner | WA | Emma Croft (C) | WA | Abbey Wright (c) | WA | Macey Besanko |
| C | Jacqui Harrington | C | Alex Matthews | C | Caity Campbell (vc) | C | Mady Brown (c) |
| WD | Chelsea Tobin | WD | Mikayla Broomfield | WD | Alex Mazzarella | WD | Alex Mazzarella |
| GD | Beck Anstey | GD | Keeley Wallace-Kilbane | GD | Sammi Burnside | GD | Sammi Burnside |
| GK | Lauren Nolan (C) | GK | Holly Mills | GK | Miah Nikki | GK | Miah Niki |
| Sub | Mady Brown | Sub | Lex Climas | Sub | Ruby Taranto | Sub | Ruby Taranto |
| Sub | Ruth Smith | Sub | Jemiah Niki | Sub | Laura Gallus | Sub | Mikayla Broomfield |
| | | | | Sub | Macey Besanko | Sub | Holly Mills |

| TEAM | 1/4 TIME | 1/2 TIME | 3/4 TIME | FULL TIME |
|----------|----------|----------|----------|-----------|
| SENIORS | | | | |
| RESERVES | | | | |
| U/19.5 | | | | |



DIGGERS REST FOOTBALL NETBALL CLUB

FOOTBALL

Seniors Coach: Jamie Lobb
Reserves Coach: Jeff Heritage
Under 19.5 Coach: Thomas Schwazenberg

SENIORS / RESERVES

| No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV |
|---------------------------|-----|------------------------|-----|-------------------------|-----|------------|-----|
| 1 Dylan Hannan (R) | | 23 Cole Laurie (S) | | 53 Daniel Rodger (R) | | | |
| 1 Jaycob Hickey (S) | | 25 Joshua Wallace (S) | | 60 Joshua Sette (R) | | | |
| 2 Austin Cicero (S) | | 25 Aidan Scott (R) | | 61 Harrison Wilson (S) | | | |
| 2 Joseph Piccolo (R) | | 27 Taylor Hine (S) | | 63 Jakob Kennerley (R) | | | |
| 3 Ryan Mullen (S) | | 27 Andre Headberry (R) | | 66 Kyeden Taylor (R) | | | |
| 5 Benjamin Hannan (R) | | 28 Steven Fogarty (R) | | 74 Tom Evans (R) | | | |
| 7 Mitchell Jensen (S) CAP | | 29 Ben McMahon (S) | | 79 Nicholas Reaburn (R) | | | |
| 7 Jeff Heritage (R) | | 29 Robert Tabone (R) | | 90 Thomas Orr (S) | | | |
| 8 Jaidyn Caruana (S) | | 30 Jack Wilson (R) | | 98 Jordan McGregor (R) | | | |
| 8 Blake Pretty (R) | | 31 Sam Morganti (R) | | Stuart Clarke | | | |
| 9 Jamie Lobb | | 32 Brandon Sarich (R) | | Deven Costigan | | | |
| 9 Mark Orr (S) | | 33 Lachlan Meyers (S) | | Chris Payne | | | |
| 10 Mitchell Day (S) | | 35 Jamie Elliott (R) | | Craig Thompson | | | |
| 11 Lachlan Hickey (S) | | 36 Justin Tenaglia (S) | | John Ryan | | | |
| 12 Marcus Calvaresi (S) | | 38 Jarrod Rowan (S) | | Nathan Crosland | | | |
| 13 Joshua Flower (S) | | 39 Glen Stewart (R) | | Phillip Lobb | | | |
| 14 T Schwarzenberg (S) | | 40 Matthew Webber (S) | | Robert Ryan | | | |
| 14 Brad Sluggett (R) | | 41 Hayden Davis (S) | | Shaun Sims | | | |
| 15 Zander Te Brugge (R) | | 43 Nathan Pinder (R) | | Stephen Ruane | | | |
| 16 Mitchell Brockwell (S) | | 44 Dylan Prozzo (R) | | Tom Gleeson | | | |
| 17 Zac Fisher (R) | | 45 Braydon Cicero (R) | | Thomas Hartmann | | | |
| 18 Jake Brown (S) | | 49 Jake Howells (R) | | Ben Merrigan | | | |
| 20 C. Goddard-Callans (R) | | 50 Jai White (S) | | | | | |
| 21 Christopher Lawton (S) | | 51 Scott Lobb (R) | | | | | |
| 22 Matthew Krul (S) | | 52 Benjamin Tocci (R) | | | | | |

NETBALL

| Pos | A GRADE | Pos | B GRADE | Pos | C GRADE | Pos | 19 & Under |
|-----|-------------------|-----|------------------|-----|----------------------|-----|--------------------|
| GS | Leona Hristovska | GS | Maille Whelan | GS | Teagan Dowsett | GS | Jenai Denys-White |
| GA | A. Marko-Rowlings | GA | Erin Wallace (C) | GA | Tabitha Ellis | GA | Darcy Fitzgerald |
| WA | Meg Hogan | WA | Shelby Strong | WA | Peta Kendall | WA | Catherine Tabone |
| C | Molly Shannon | C | Caitlin Mitchell | C | Lauren Ashford | C | Taryn Pierce (C) |
| WD | Kali Hinemoa | WD | Ashley Marshall | WD | Maddison Ashford | WD | Claire Forbes (VC) |
| GD | Michelle Cliffe | GD | Jorgia Leonard | GD | Kayla Theodora | GD | Skye Peake |
| GK | Maggie Payne © | GK | Ellie Fellows | GK | Rebecca Atherton (C) | GK | Shylah Fleming |
| Sub | Brigitte Linares | Sub | Brooke Seidel | Sub | G Vicendese (VC) | Sub | Katelyn Richmond |
| Sub | Anica Scherer | Sub | Chloe Seidel | Sub | Skye Peake | Sub | Lucy Paterson |
| | | Sub | Tayla Behan (VC) | Sub | Bridie Keogh | Sub | Alannah Jones |
| | | | | Sub | Emma Scilini | | |

| TEAM | 1/4 TIME | 1/2 TIME | 3/4 TIME | FULL TIME |
|----------|----------|----------|----------|-----------|
| SENIORS | | | | |
| RESERVES | | | | |
| U/19.5 | | | | |

LANCEFIELD FOOTBALL NETBALL CLUB

Club Notes

Following on from the hugely successful 150th anniversary function in April that saw hundreds of past players return to celebrate the oldest club in the league we're now fast approaching our biggest game of the year. On May 27th we take on our traditional rivals Romsey in a game that will celebrate both our history and the book launch of 'The Lancefield Football Club 1873-2023'. This incredible publication has been carefully compiled by Denis Graham, Shirley Kishere and John Chisholm. This book, which will be a must have in any Lancefield home, brings all the colour and drama from 150 years to life. From the early years, to the war years, from the great heroes of yesteryear through to modern day premierships this book, heavily laden with incredible photographs, captures not just the detail of a club but indeed the history of a town. There's even a whole chapter devoted to the astonishing Lancefield Romsey rivalry that blew up in the early 1900's and continues to this day.

A highlight of the day will be the senior team wearing a replica of Lancefield's first premiership jumper from 1888. Remarkably the jumper will carry the name and number of each of the players from that first premiership on the sash. The netball will also be celebrated with our A grade team wearing a replica of the first netball dress Lancefield ever donned. A yellow dress that those first players, some of whom will be there on the day, had to make themselves. Follow us on our socials

to get all the details in the weeks leading up. This will be a huge day for all of Lancefield so mark it in your calendar and arrive early!

Meanwhile, out on the park, it was a big result for Lancefield FNC last week with a win in both the seniors and reserves in football and some really good performances in the netball. The seniors had a great battle with Melton before overcoming them to win by 10 points. Tom Waters and Michael Conlan were great around the ground all day while Lukas Fellows was a fortress in the last line. The reserves was a thriller with scores level before a last minute goal to Scott Jowett saw the boys celebrating a big win after a few tough weeks.

In the netball the A grade team just fell short with Darcee Ellard proving hard to contain racking up 25 points while Kira Baldwin was repelling so many attacks at the other end. The B's out scored their opposition in the 2nd half but gave away too big start early. The C's had the tightest game of the day with no more than a point separating them all day before the Tigers were able to overcome the opposition to win a heart stopper by one point. The U/19's continued their good performances working hard to hold a 2 point lead at 3/4 time before being over run late.

Both football and netball are showing really good results across the board as the Tigers resurgence continues to build with the prospect of some really exciting times ahead.

SPONSORS

MACEDON FOOTBALL NETBALL CLUB

Club Notes

What a day it was at Tony Clarke Reserve last weekend, our netballers were nothing short of amazing. The U19s put on a nail-biting performance, keeping us all on the edge of seats until the final moments, they secured the win by a narrow margin 25 to 23. C Grade stepped on to the court with a steely determination. They fired on all cylinders showing Wallan that they meant business, they took out a 36-goal win. B Grade kept the winning stroke going taking out the game with a 31-goal victory. It was up to the A Grade to take out a clean sweep across the board, and they did not disappoint. Goals were coming from every direction Donoghue shot 47 of 60 while mum of 2 and club pin up Chloe Williams added 13.

U19.5s Rutledge & Hay had a day out on the field kicking 7 goals between them and both polling in the votes. Cats kept Wallan goalless in the first quarter and by the end of the third quarter they had kicked away to lead by 49. By the time the final siren sounded our boys had kept the opposition to a single goal, taking out a 70 point win.

Reserves ran onto the ground with fire in their bellies, the irrepressible coach Chad Walker had the boys raring to go. However, they had a tad of trouble in the first quarter getting the score on the board, by 1/2 time Cats were down by 20 points. Third quarter saw a massive shift in the Cats side, keeping Wallan scoreless, entering the final quarter Cats dug deep adding 2 goals while the opposition added 1 goal 4 giving Macedon a 2 point win. It was a momentous day for Chad not only having his win as coach but players and supporters actually saw him smile !!!!



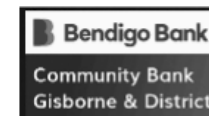
Best on went to Thomas, Dettmann & Morrissey, special mention to Jack Lord for a spectacular goal which no doubt will have him in the running for 'Goal of the Year'.

Seniors had a tough day at the office, they began strong, leading by 11 points at the first break, although our boys battled hard, they were not strong enough to hold off Wallan who took out the 4 point with a decisive 43-point victory.

Women's Team. History was made when our ladies took out their first win for not only the season but for the Cattery. They began strong with a few of our netballers trading the courts for football boots, a spot of inaccurate kicking (probably down to nerves) in the first quarter saw the, score 1 goal 5 points to Mt Alexander 1 straight goal. By the end of the third quarter there was only a 2-point lead to the Cats, with pure grit and determination our girls added 3 goals 2 to take out the match. The sheer joy & jubilation was evident on not only the team but by all at Macedon. Congratulations to all involved, may it be the first of many.



SPONSORS





LANCEFIELD FOOTBALL NETBALL CLUB

FOOTBALL

Seniors Coach: Tim Bannan

Reserves Coach: Nathan Scott

Under 19.5 Coach: Lucas Jowett

SENIORS / RESERVES

| No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV |
|---------------------|-----|---------------------|-----|----------------------------|-----|--------------------|-----|
| 1 Tom Waters | 1 | 19 Leroy Ristevski | 1 | 37 Xander Brown | 1 | 2 Darcy Giles | |
| 2 Ben Bryant | 1 | 20 Ollie Extra | 2 | 38 Chris Collins | 1 | 3 Harry Beehan | |
| 3 Matt Bowden | 1 | 21 Jak Crook | 1 | 39 Lachlan Mitchell | 2 | 4 John Barlow | |
| 4 Lachlan Giles | 1 | 22 Alan Sinclair | 1 | 40 James Lumsden | 1 | 5 Leroy Ristevski | |
| 5 Reuben Schembri | 1 | 23 Thomas Doidge | 2 | 41 Anthony Pacers | 1 | 7 Brody Thrum | |
| 6 Alex Simpson | 1 | 24 Scott Stringer | 2 | 43 Toby Walker | 3 | 8 Ben Sankey | |
| 7 Jack Dalgleish | 1 | 25 John Morgan | 1 | 44 Darren Robinson | 1 | 9 Jack Freestone | |
| 8 Riley O'Meara | 1 | 26 Jeff Crimmins | 1 | 45 Nick Simpson | 3 | 10 Jesse Harbinson | |
| 9 Zach Webb | 3 | 27 Daniel Reynolds | 1 | 47 Bailey Griffin | 1 | 11 Patrick Dynon | |
| 10 Andrew Richardt | 1 | 28 Nathan Scott | 1 | 48 Lucas Jowett | 1 | 12 Aythyn Robotham | |
| 11 Ben Richmond | 1 | 29 Ollie Bryant | 1 | 49 Tyson Griffin | 1 | 17 James Ryan | |
| 12 Joel Regan | 3 | 30 Jack Foster | 1 | 50 Elliot Cowley | 1 | 18 Scott Jowett | |
| 13 Arian Rintala | 3 | 31 Luke Fellows | 1 | 52 Michael Conlan | 3 | 19 Cody Sammut | |
| 14 Alex Shepherdley | 1 | 32 Rhys Barber | 1 | 58 Lachlan Johnston-Bailey | 1 | 20 Andrew McDonald | |
| 15 Jack Radford | 4 | 33 Jack Woodburn | 1 | 59 Griffin Johnston-Bailey | 1 | 21 Bradley Dobell | |
| 16 Callan Randall | 3 | 34 Aaron Andrews | 1 | 61 Matt Merry | 1 | 23 Blake Rix | |
| 17 Luke Malone | 1 | 35 Michael Braszell | 1 | | | 24 Darcy La Maison | |
| 18 Darcy Giles | 1 | 36 Jake O'Meara | 1 | | | 25 Jake O'Meara | |
| | | | | | | 27 Lachie Shanahan | |
| | | | | | | 30 Mitch Crosland | |

NETBALL

| Pos | A GRADE | Pos | B GRADE | Pos | C GRADE | Pos | 19 & Under |
|-----|------------------------|-----|----------------|-----|----------------|-----|-------------------|
| GS | Larissa Rix | GS | Tarnee Hammond | GS | Emma Stone | GS | Stephanie Hammond |
| GA | Darcee Ellard | GA | Georgia White | GA | Maddy Richards | GA | Elke Hanson |
| WA | Mia Daly | WA | Ebony Coulsell | WA | Jaymee Amella | WA | Khaliah Meader |
| C | Chloe Hodgson | C | Matilda Hill | C | Mollie Choate | C | Amber Winks |
| WD | Ella Stoward | WD | Meg Dalgleish | WD | Michelle Rix | WD | Jayla Laffan-Zoch |
| GD | Kira Baldwin | GD | Bethany Lyons | GD | Kayla Dyer | GD | Lauren Beuduger |
| GK | Amanda Bruce (captain) | GK | Ivy Harrop | GK | Meaghan Lyons | GK | Clair Mustey |
| Sub | Stephanie Hammond | Sub | Keeley Holter | Sub | Kate Jackson | Sub | Amy O'Meara |
| Sub | Elke Hanson | Sub | Stacey Deimos | Sub | Sharna Smith | | |
| Sub | Bethany Lyons | Sub | | Sub | Hayley Milner | | |
| | | | | Sub | Carolyn Cusack | | |

| TEAM | 1/4 TIME | 1/2 TIME | 3/4 TIME | FULL TIME |
|----------|----------|----------|----------|-----------|
| SENIORS | | | | |
| RESERVES | | | | |
| U/19.5 | | | | |



MACEDON FOOTBALL NETBALL CLUB

FOOTBALL

Seniors Coach: Al Meldrum

Reserves Coach: Chad Walker

Under 19.5 Coach: Jason Cooke

SENIORS / RESERVES

| No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV |
|----------------------|-----|-----------------------|-----|-----------------------|-----|-----------------------|-----|
| 1 James Wright | 1 | 20 Chad Walker | 1 | 41 Josh Whatman | 1 | 1 Hud Elmaway | |
| 2 Jarrod Bulluss | 1 | 21 Will Gray | 1 | 42 Nic Scholes | 1 | 2 Angus Lynch | |
| 3 Dylan Johnstone | 2 | 22 Aaron Morham | 3 | 43 Matt Jehu | 1 | 3 Jake Williams | |
| 4 Chris Kendall | 3 | 23 James Ciarlo | 1 | 44 Jordan Reeves | 1 | 4 Alec McGregor | |
| 5 Hamish Govan | 4 | 24 Jack Kernan | 1 | 45 Will Kennedy | 1 | 5 Ed Ferguson | |
| 6 Tom Hildebrand | 1 | 25 Cody Manniche | 1 | 46 Matt Dettmann | 1 | 6 Bradley Cooke | |
| 7 Zach Smedley | 1 | 26 Ryan Hickingbotham | 1 | 47 Joe Slatter | 1 | 7 Charlie Ozzanne | |
| 8 Jordan Dyer | 1 | 28 Lachy Hay | 4 | 48 Lewy Thomas | 1 | 8 Brodie Bauer | |
| 9 Jason Cooke | 1 | 29 Ed Morrissey | 1 | 50 Josh Muir | 3 | 9 Lachie Hay | |
| 10 Declan Phylard | 2 | 30 Ned O'Connell | 4 | 51 Tyson Christensen | 1 | 10 Fintan Light | |
| 11 Nathan Bridgland | 4 | 31 Jacob Gough | 3 | 52 Nigel Bloomfield | 1 | 11 Brayden Boothey | |
| 12 Zac Baggs | 2 | 32 Leo Webb | 1 | 53 Matt Faria | 1 | 12 Fintan Burnell | |
| 13 Toby Sims | 1 | 33 Jack Lord | 1 | 54 Jacob Micallef | 1 | 13 Ollie Richards | |
| 14 Brodie Hayne | 1 | 34 Max Ramsay | 3 | 55 Dan Lowe | 1 | 14 Will McKay | |
| 15 Sam Indian | 4 | 35 D'arcy Bishop | 1 | 56 Aaron Christiansen | 1 | 15 Michael Rutledge | |
| 16 Ollie Monaghan | 1 | 36 Sean Harwood | 1 | 57 Kev Royal | 1 | 16 Chrs Speers | |
| 17 Joe Barham (S) | 1 | 37 Josh Blake | 1 | 58 Dan Royal | 1 | 17 Joe Barham | |
| 17 Carson Haynes (R) | 1 | 38 Tristyn Nicholls | 1 | 59 Josh Walter | 1 | 18 Indy Sherwood | |
| 18 Jack Hassett | 2 | 39 Dan Salpietro | 1 | 60 Brett McKay | 1 | 19 Ollie Coppin | |
| 19 Wilhem Mackay | 1 | 40 Cam Toll | 1 | | | 20 Flynn McIvor | |
| | | | | | | 21 Robbie Armour | |
| | | | | | | 22 Cooper Brendish | |
| | | | | | | 23 William Gray | |
| | | | | | | 24 Alexander Monaghan | |
| | | | | | | 25 Riley Nolan | |
| | | | | | | 26 Callum Power | |
| | | | | | | 27 Jacob Floreani | |
| | | | | | | 28 Zac Waddington | |
| | | | | | | 29 Ollie Monaghan | |
| | | | | | | 30 Lewis Potter | |
| | | | | | | 31 Leo Webb | |
| | | | | | | 32 Dylan Johnstone | |
| | | | | | | 33 Oscar Barry | |
| | | | | | | 34 Xavier Thorburn | |
| | | | | | | 35 Tom Greenshields | |

NETBALL

| Pos | A GRADE | Pos | B GRADE | Pos | C GRADE | Pos | 19 & Under |
|-----|---------------------|-----|--------------------|-----|--------------------|-----|-----------------|
| GS | Hetty Donoghue | GS | Eliza Petherick | GS | Susan Eastman | GS | Izzy Moyes |
| GA | Chloe Williams (VC) | GA | Georgia Fearn | GA | Amy Illic | GA | Abbey Lambert |
| WA | Chelsea Kemp | WA | Demi Fitzsimmons | WA | Steph Ferrier (VC) | WA | Stella Vaughan |
| C | Karlee Bruno | C | Demi Young | C | Beth Barry | C | George Thompson |
| WD | Hayley Birch | WD | Briarley Delaney | WD | Janayah Chamra | WD | Gemma Keen |
| GD | Janelle Birch (C) | GD | Bella Klaaysen | GD | Emily Robinson | GD | Bailey Blim |
| GK | Kate Clarke (VC) | GK | Alegha Walters | GK | Allira Egan (C) | GK | Eloise Williams |
| Sub | Alex August-Leifi | Sub | Georgia Hutchinson | Sub | Sarah Titchmarsh | | |
| Sub | Bronte Green | Sub | Nellie Wilson | Sub | Georgie Thompson | | |
| Sub | Ciara Stewart | Sub | Taylah Chamra | Sub | Abbey Lambert | | |
| | | Sub | Ashlee Coxhell | Sub | Shanae Brundell | | |
| | | | | Sub | Sheridan Jones | | |

| TEAM | 1/4 TIME | 1/2 TIME | 3/4 TIME | FULL TIME |
|----------|----------|----------|----------|-----------|
| SENIORS | | | | |
| RESERVES | | | | |
| U/19.5 | | | | |

WALLAN FOOTBALL NETBALL CLUB

Club Notes

Another huge weekend, starting with the Clubbies on Friday night. Not often the lights go out but with a bit of quick thinking and action Wyndhamvale had everyone moved to a second ground and both teams were able to continue playing.

On Saturday it was off to Macedon, the weather was very kind all things considered, no snow or hail and there was some sunshine. Not all the results went our way but I am sure after the bye this week everyone will be back ready to go for Round 6.

It was also great to wear our heritage jumpers again. Certainly a vast improvement on the last

time we played Macedon in the twilight.

On Sunday our Women played their fourth grading game. They enjoyed their fourth win, a fantastic achievement after a number of very difficult years with very few wins. Congratulations to the coaches and team for sticking at it and now getting rewards for commitment and effort!

Thank you all junior and senior volunteers!! Thank you all our sponsors!!

While most of us enjoy a bye the Club 18s are off to Point Cook on Friday night to play at Salt Water Reserve, while the Under 19 netballers play the Gisborne Gaints on Saturday. Good luck to both teams!



SPONSORS



WALLAN FOOTBALL NETBALL CLUB

FOOTBALL

Seniors Coach: Daniel Nolan

Reserves Coach: James Christall

Under 19.5 Coach: Christian Birch

SENIORS / RESERVES

| No. | PLAYER | PPV | No. | PLAYER | PPV |
|-----|-----------------------|-----|-----|-----------------------|-----|
| 1 | Matthew Perri (S) | 1 | 16 | Alex Potocnik (R&C18) | 1 |
| 1 | Damien King | 1 | 17 | Blaide Dickson | 1 |
| 2 | Brenton Cox (S) | 1 | 18 | Michael Tinkler | 4 |
| 3 | Todd Muldoon | 1 | 18 | Michael Wilson | 1 |
| 3 | Matt O'Connor (R&C18) | 1 | 19 | Brayden Bynre | 1 |
| 4 | Alex Crnko | 1 | 20 | Sean Morris | 1 |
| 5 | Steven Callanan | 4 | 20 | Jake Neilson | 1 |
| 5 | Daniel Perkins | 1 | 21 | Hayden Gill | 5 |
| 6 | Corey Viani (S) | 1 | 22 | Brandon Muldoon | 1 |
| 6 | Mitchell Toes | 1 | 22 | Callum Langborne | 2 |
| 7 | Graeme Torney | 1 | 23 | Mason Bowden | 1 |
| 7 | Alex Crawford | 1 | 23 | Josh Watson | 1 |
| 8 | Brenton Hanson | 1 | 24 | Kaiden Broomfield | 1 |
| 8 | Jacob Langborne | 1 | 25 | Michael Mannix | 1 |
| 9 | Daniel Mackertich | 1 | 26 | Owen Fowler | 1 |
| 9 | Casey Nelson | 1 | 27 | Matt Bell | 1 |
| 9 | Daniel Nolan | 1 | 27 | Riley Gilchrist | 1 |
| 10 | Jake Layley | 1 | 28 | Steve Bell | 1 |
| 10 | Ryan Kennedy | 1 | 29 | Mitchell Kermath | 1 |
| 11 | Damian Korp | 1 | 29 | Cameron Selvaggio | 1 |
| 12 | Kobey Christall | 1 | 30 | Luke Zerella | 1 |
| 12 | Michael Baccari | 4 | 30 | Nash King | 1 |
| 13 | Patrick Baccari | 4 | 31 | Josh Ruth | 1 |
| 13 | Riley Voss | 1 | 32 | Matthew Traynor | 1 |
| 14 | Jamie Morris | 1 | 33 | Jordan Port | 3 |
| 14 | Josh Villinski | 5 | 34 | Angelos Sidhom | 2 |
| 15 | Patrick Mahoney | 1 | 35 | Rhys Frost | 1 |
| 16 | Brodie Gilchrist | 1 | 36 | Shuan Harrison | 1 |

NETBALL

| Pos | A GRADE | Pos | B GRADE | Pos | C GRADE | Pos | 19 & Under |
|-----|--------------------------|-----|-------------------|-----|-----------------------|-----|---------------------|
| GS | Maeve Donegan | GS | Georgia Stevenson | GS | April Hazelwood-Smith | GS | Alisha Izlemek |
| GA | Rebekah Konstantopoulos | GA | Emma Stalenberg | GA | Asleigh Grindlay | GA | Chloe Head |
| WA | Genevieve Carboon | WA | Dakota Lister | WA | Alex Byrnes | WA | Anielke Matthey |
| C | Gemma Grimmond | C | Lauren Parkinson | C | Johanna Tighe | C | Dakota Lister |
| WD | Teagan Walker | WD | Anneike Mathey | WD | Nicki Bradley | WD | Claudia Bedrincat |
| GD | Amanda Rothwell-Hisscock | GD | Alysha Shephard | GD | Emma Brooking | GD | Isabella Mifsud |
| GK | Georgia Stevenson | GK | Karleigh Whyte | GK | Ella Mahoney | GK | Jayla McDonald |
| Sub | Loz Parkinson | Sub | Macey Byrnes | Sub | Sarah Dore | Sub | Madison Head |
| | | Sub | Amanda Su'a | Sub | Megan Taylor | Sub | Tufooua Amanda Su'a |
| | | | | Sub | Brittany O'Toole | Sub | Lily Donovan |

| TEAM | 1/4 TIME | 1/2 TIME | 3/4 TIME | FULL TIME |
|----------|----------|----------|----------|-----------|
| SENIORS | | | | |
| RESERVES | | | | |
| U/19.5 | | | | |

NETBALL

A Grade Coach: Lucas Bennett-Hullin, Amy De-Chellis

B Grade Coach: Amy De-Chellis, Lucas Bennett-Hullin,

C Grade Coach: Lucas Bennett-Hullin,

Amanda Rothwell-Hisscock

19 & U Coach: Lucas Bennett-Hullin, Georgia Stevenson

U/19.5

| No. | PLAYER | PPV | No. | PLAYER | PPV |
|-----|-----------------------|-----|-----|---------------------|-----|
| 37 | Angus Love | 1 | 1 | Luke Young | |
| 39 | Jayden Wright | 1 | 2 | Shane Lawrence | |
| 39 | Grant Williams (C18) | 1 | 3 | Campbell Fowler | |
| 42 | Jacob Cincotta | 1 | 5 | Jack Charlton | |
| 43 | Brok Wightman | 1 | 6 | Jeff Kennedy | |
| 43 | Brian Lawrence | 1 | 7 | Matthew Carroll | |
| 43 | Brian Lawrence | 1 | 8 | Owen Folwer | |
| 46 | Connor Voss | 1 | 10 | Jordan Stewart | |
| 47 | Mathew Caminiti (C18) | 1 | 11 | Marcus Datson | |
| 47 | Johnathon Brew | 1 | 12 | Sebastian Pretty | |
| 48 | Jordan Roberts | 1 | 13 | Ben Tuite | |
| 47 | Johnathon Brew | 1 | 14 | James Hawkins | |
| 49 | Daniel Costa | 1 | 15 | Rick Chlopek | |
| 50 | Spencer Whittingham | 1 | 16 | Max Russell | |
| 55 | Adrain Palmieri (C18) | 1 | 17 | Archie Moore | |
| 55 | Ben Telford | 1 | 18 | George Davis | |
| 56 | Brad Gordan | 1 | 19 | Cohen Slade | |
| 58 | Ayden Easdale | 1 | 20 | Jack Dejong | |
| 63 | Josh Anderson | 1 | 25 | Tarkyn Lennox | |
| 67 | Alex Tomsy | 1 | 26 | Zac Wilson | |
| 74 | Riley Evans | 1 | 27 | Riley Gilchrist | |
| 88 | Steve Boyall | 1 | 28 | Jack Whitfield | |
| | | | 30 | Nash King | |
| | | | 43 | Brian Lawrence | |
| | | | 44 | Ryan Allison | |
| | | | 50 | Spencer Whittingham | |
| | | | 78 | Randall Whittingham | |
| | | | | Codi Church | |

GISBORNE GIANTS FOOTBALL NETBALL CLUB

Club Notes

Round 4 brought a large Friday night crowd to Gardiner Reserve, Gisborne, to watch Gisborne Giants against Woodend-Hesket for the top of the table clash. Unfortunately, the Giants were not able to come away with the win and experienced their first loss for the season.

Woodend-Hesket got the jump on the Giants early in, kicking three of the first four goals of the game. The Giants were able to even up the field play during the second and third quarters, however Woodend-Hesket again gained total control early in the final quarter eventually running out as winners by 28 points.

Special thanks to the hard-working Gisborne Giants committee and volunteers for organising a BBQ, shelter and fires creating a great atmosphere and keeping everyone warm from the cold and trying conditions.

Our 19 and under Netballers played under lights for the second time this season on Friday night against Diggers Rest. The girls started the game strong, keeping with Diggers in the first quarter

only 1 goal down. It was great to see some strong connections of play from our defence bring it into our attack. Although we were defeated 23/11 the game was played with determination and a positive mindset. Passages of play are continuing to strengthen throughout the court as we build a foundation as a new team. It's very exciting to see the girls starting to gel and grow in confidence with each other.

Starting positions

Sarsha Kerton (GS)

Scarlett Ellis (GA)

Natalie Valentine (WA)

Amy De Young (C)

Charlotte Dempsey (WD)

Jorja Kristitz (GD)

Pippa Rodda (GK)

Bella Broomfield

Elyse Muster

Mackenzie Penny (injured)

SPONSORS



GISBORNE GIANTS FOOTBALL NETBALL CLUB

FOOTBALL

Under 19.5 Coach: Mark McKenzie

NETBALL

U19 & Under Coach: Genaya Bourke

U19 & Under Assistant Coach: Creina Lock

U/19.5

| No. | PLAYER | PPV | No. | PLAYER | PPV | No. | PLAYER | PPV |
|-----|-------------------|-----|-----|-------------------|-----|-----|-----------------|-----|
| 1 | McSwiggan, Angus | | 13 | Dalton, Max | | 27 | Martland, Darcy | |
| 2 | Bant, Ryan | | 14 | Hester, James | | 30 | Ryan, Jack | |
| 3 | Coughlan, Ben | | 15 | Hynes, Nathan | | 31 | Bourne, Jack | |
| 4 | Scarlett, Sam | | 16 | Schnoor, Oscar | | 34 | Evans, Jesse | |
| 5 | Richards, Max | | 17 | Baines, Ryan | | 35 | Doyle, Tom | |
| 6 | Jackson, Wil | | 18 | Parry, Casey | | 36 | Walsh, Malachy | |
| 7 | Arthurson, Jordan | | 19 | Forrester, Archie | | | | |
| 8 | Andrews, Brodie | | 20 | Kerry, Aidan | | | | |
| 9 | Simpson, Sam | | 21 | Burnell, Austin | | | | |
| 10 | Russo, Vince | | 22 | McCann, Jack | | | | |
| 11 | Argus, James | | 23 | Jolly, Rowan | | | | |
| 12 | McCarthy, Aiden | | 24 | Woods, Declan | | | | |

NETBALL

| Pos | 19 & Under |
|-----|-------------------|
| GS | Sarsha Kerton |
| GA | Scarlett Ellis |
| WA | Amy De Young |
| C | Mackenzie Penney |
| WD | Natalie Valentine |
| GD | Bella Broomfield |
| GK | Pippa Rodda |
| Sub | Elyse Muster |
| Sub | Charlotte Dempsey |
| Sub | Jorja Kristitz |

| TEAM | 1/4 TIME | 1/2 TIME | 3/4 TIME | FULL TIME |
|--------|----------|----------|----------|-----------|
| U/19.5 | | | | |



ROUND 3 WOMENS PREVIEWS

with Grace Bibby

Romsey vs Macedon

Romsey: Romsey have had a tough start to the Senior Women's competition and are yet to kick a goal from their two matches. We know they are a young team with limited football experience so it will take them some time to gel. We expect them to hit the score board this weekend as they come up against a team similar to them.

Macedon: Macedon recorded their first win of the season against Mount Alexander last week. They managed just 4 goals from their 13 score attempts and will want to be more accurate in front of goal this weekend.

Players to watch

Romsey: Meg Dalgleish is a name we have read before but not when it comes to football. She was the Redbacks best player in their loss to Melton.

Macedon: Lilli Collins applies pressure all over the ground and had 11 tackles in round 2. If you have the footy in her area you better be quick with it.

Prediction: Macedon to add another win to their season tally.

Woodend Hesket vs Melton

Woodend Hesket: Woodend Hesket looked really good in their first match of the year but they were out classed in their second game against Kyenton. The young team still had many outstanding performers and will be better placed to challenge Kyenton when they meet again. We know Woodend Hesket have a lot of skill but the team are young and will take their time to settle into the senior competition.

Melton: Will this be the week that Melton concede their first goal of the season. It has

been two super impressive wins from the Bloods girls led by their skipper. This game should test them a little bit more than the previous two however they have put their hand up as one of the teams to beat.

Players to watch

Woodend Hesket: Marium Habib is like a bull in the Woodend Hesket midfield she had 8 clearances last weekend.

Melton: Melina Ciavarella found plenty of the ball last weekend chalking up 33 possessions, 23 of which were contested. She does a lot of the in and under work for the Bloods.

Prediction: Melton to win in a close one.

Mount Alexander vs Kyneton

Mount Alexander: After a few years in the making Mount Alexander finally kicked their first goal in competitive football and the celebrations would have put a smile on the hardest of people.

Kyneton: Kyneton have been the standouts to start the season with two convincing wins. There are several players who have blown the stats up in the first two rounds. They look like they will be the hunted for the majority of this season.

Players to watch

Mount Alexander: Mitch Nivalis kicked their only goal last weekend and had two other opportunities. She is a real threat up forward for the Falcons.

Kyneton: Belinda Hateley was a stand out player against Woodend Hesket. Not only does she win the ball out of the middle but she also finishes well under pressure.

Prediction: Kyenton to win this one comfortably. It could be a long day for Mount Alexander.



WOMEN'S FOOTY TIPPING 2023

Each week throughout the 2023 season, a panel of RDFNL staff, executive, sponsors and media will submit their tips for the weekend's women's football matches, which will be featured in the footy record. See how your tips stack up against the RDFNL experts each week!

| NAME | Romsey v Macedon | Woodend Hesket v Melton | Mount Alexander v Kyneton | Last Week | Season |
|---|------------------|-------------------------|---------------------------|-----------|--------|
| Brenton Knott RDFNL President | Macedon | Woodend-Hesket | Kyneton | 3 | 4 |
| Courtney Alexander Bendigo Bank | Macedon | Melton | Kyneton | 0 | 1 |
| Michael Alvaro Rookie Me | Macedon | Melton | Kyneton | 3 | 6 |
| Peter Williams Rookie Me | Macedon | Melton | Kyneton | 3 | 6 |
| Jordan Doyle RDFNL CEO | Macedon | Melton | Kyneton | 3 | 6 |
| Aaron McLean RDFNL Footy Ops | Macedon | Melton | Kyneton | 3 | 6 |
| Grant McMillan AFL Victoria | Macedon | Melton | Kyneton | 2 | 4 |
| Tara Murray Star Weekly | Macedon | Melton | Kyneton | 2 | 4 |
| Ben Higgins Leader | Romsey | Woodend-Hesket | Kyneton | 1 | 3 |
| Grace Bibby RDFNL Media & Netball | Macedon | Melton | Kyneton | 3 | 6 |
| Tara Nolan RDFNL Admin | Macedon | Melton | Kyneton | 2 | 3 |

Bendigo Bank

Melton Toyota





ROMSEY FOOTBALL NETBALL CLUB

FOOTBALL

Coach: Aaron Paterson

Assistant Coach: Michael Richardson

WOMENS

| No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV |
|----------------------|-----|--------------------------|-----|--------------------|-----|------------------|-----|
| 1 Georgia McGoven | | 9 Lisa Paterson | | 20 Tracey Norrie | | 44 Amy Brady | |
| 2 Johanna Nadzelski | | 11 Kaitlynn Paterson | | 21 Sarah Galea | | 46 Bree Smith | |
| 3 Tayla Hartwig | | 12 Elizabeth Worthington | | 22 Megan Delgleish | | 53 Ellish Flegg | |
| 4 Laura Lonergan | | 15 MacKenzie Brown | | 23 Tarnee Hammond | | 69 Brooke Jordan | |
| 5 Brittanylee Layton | | 16 Tayla Svendsen | | 24 Bethany Lyons | | | |
| 7 Nicole Steward © | | 17 Tarnisha Love | | 27 Tayla Rees | | | |
| 8 Hayley Strange | | 19 Jess Calder | | 42 Hayley Fisher | | | |

ROMSEY WOMEN'S FOOTBALL NETBALL CLUB NOTES



On Friday 5th May the Womens team ventured to McPherson Park Melton, for their 1st ever away game.

Rain threatened on the night however conditions remained dry for the match, with a very good playing surface.

The 1st quarter saw the Game played between the 50 meter lines with neither side able to score a goal.

Romsey kept pushing hard and creating some great patches of running footy and had a fair share of the footy during the night. Melton eventually proving too strong over the 4 quarters.

The first 2 games have been a tough initiation into the competition being against two previously established teams, the girls have shown great determination and

improvement so far, with hopefully a goal or 2 and a win in the very near future.

Special mention to Bree, Luke, Darcy and Mitch for assisting to get the team out on the park at an away game.

Only 8 games to go, don't miss out on your chance to volunteer to help the Womens team.

Social note, there is a Womens Day Function on Saturday 20th May, followed by a cocktail night, both events are at the Clubrooms, check socials for details.

Footy trivia ; who are the two players to run the wrong way with the ball this season?

Playing at Romsey this week, Friday at 7 v Macedon.



MACEDON FOOTBALL NETBALL CLUB

FOOTBALL

Coach: Jeremy Miles

Assistant Coach: Al Meldrum

WOMENS

| No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV |
|--------------------|-----|---------------------------|-----|--------------------|-----|
| 1 Anastasia Fisher | | 8 Bronwyn Slater | | 16 Scarlett Lynch | |
| 2 Deanne Mills | | 9 Chek Stevens | | 18 Lilli Collins | |
| 3 Tina Veliscek | | 10 Lily Prater | | 19 Tamara Collins | |
| 4 Kiara Andrews | | 12 Rebecca Lester | | 20 Shawana Andrews | |
| 5 Adie Ward | | 13 Marlon Maxted | | 21 Amy Miles | |
| 6 Sarah Miles | | 14 Caitoriona Goldsworthy | | 22 Ashlee Knight | |
| 7 Lulu Slater | | 15 Clytie Deering | | 23 Laura Roberts | |

MACEDON WOMEN'S FOOTBALL NETBALL CLUB NOTES



Women's Team. History was made when our ladies took out their first win for not only the season but for the Cattery. They began strong with a few of our netballers trading the courts for football boots, a spot of inaccurate kicking (probably down to nerves) in the first quarter saw the, score 1 goal 5 points to Mt Alexander

1 straight goal. By the end of the third quarter there was only a 2-point lead to the Cats, with pure grit and determination our girls added 3 goals 2 to take out the match. The sheer joy & jubilation was evident on not only the team but by all at Macedon. Congratulations to all involved, may it be the first of many.



WOODEND-HESKET FOOTBALL NETBALL CLUB

FOOTBALL

Coach: Colin Bromley

Assistant Coach: Gavin Spring

WOMENS

| No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV |
|---------------------------|-----|------------------------|-----|-----------------------|-----|
| 1 Maddison Dutton-Johnson | | 11 Lilly Bromley | | 19 Elizabeth Truswell | |
| 2 Monique Moore | | 12 Charrouf Habib | | 20 Tahlia Connell | |
| 3 Maisy Crowther | | 14 Chloe Trimble | | 21 Harmony Cassar | |
| 4 Alice Bromley | | 15 Samantha McClenahan | | 22 Brittany Bowen | |
| 6 Kim Jusic | | 16 Molly Connell | | 24 Mariam Habib | |
| 9 Charlie Lindo | | 17 Katrina Bau | | | |
| 10 Caitlan Wagstaff | | 18 Matilda Hay | | | |

WOODEND-HESKET WOMEN'S FOOTBALL NETBALL CLUB NOTES



Round 4 was split over Friday and Saturday with our 19.5's football team continuing their winning run against the Giants under lights on Friday night. The team has had an excellent start to the season and are playing some exciting footy. On Saturday, the reserves and seniors and all netball teams played the Rams at Ian Cowie Reserve with the football teams both winning and B grade fighting out a close 2 goal victory. The conditions for netball and football were very challenging once the heavy rain set in.

On Saturday night the Senior Women's football team played the Kyneton Tigers at Kyneton. It was a great test for our young team who came up against the seasoned and experienced Tigers team who ran away with the win. We are really excited that our women's team will play their first match at home this week. Even more so as it coincides with our Celebrating Women at the Nest Event. AFLW Melbourne Premiership Player Olivia Purcell will be on hand after the match to talk with the team about her experience playing AFLW and her journey to get there.

At home this week we will be Celebrating Women at the Nest – an event that recognises the role girls and women play in our club whether as players, volunteers or supporters. Abby Gilmore, brand ambassador, social media contributor and business owner will be one of our guest speakers along with Olivia Purcell. We will also announce the 2023 Club Woman of the Nest Award and present junior football and netball player awards. It's going to be a great celebration.

We also look forward to welcoming long term sponsor Naturform who will be hosting their family day at the club.

The club relies on sponsors to ensure we are able to provide the best experience possible for our players and supporters. We would like to sincerely thank our round sponsor, Sovereign Financial for their continued support of the club. We would also like to thank local law firm Chinka (HEP) Steel Solicitor for their sponsorship of the senior women's team.



MELTON WOMEN'S FOOTBALL NETBALL CLUB

FOOTBALL

Coach: Michael Emery

WOMENS

| No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV |
|---------------------|-----|---------------------------|-----|----------------------|-----|---------------------------|-----|
| 2 Kandise Mallinson | | 10 Tanai Newman-Coverdale | | 23 Ebony Cole | | 33 Rebekah Duggan | |
| 3 Nicki Karnilowicz | | 11 Linda Morren | | 26 Emily Porter | | 35 Kathryn Butler | |
| 4 Coby Savage | | 12 Lucy Lenius | | 27 Madeline Rizzo | | 36 Casey Moore | |
| 5 Tayla Debono | | 14 Rhiannon Carra | | 28 Belinda Dolheguy | | 40 Kareena Jacobson-Logan | |
| 6 Danielle Rocznik | | 17 Jodie Willis | | 29 Amy Hibbert | | 43 Molly Kirks | |
| 7 Jordyn Syme | | 18 Kacie Hallmark | | 31 Amanda Watson | | 91 Alice Masters | |
| 8 Kim Bray | | 19 Jessica Dowdy | | 32 Melina Ciavarella | | | |

MELTON WOMEN'S FOOTBALL NETBALL CLUB NOTES



With over 42 years experience between them, our leadership group have lead from the front this season. Round 2 saw the Bloods host Romsey on a Friday night under lights at Maccy Park. It was a hard tough match with Romsey bringing strong tackle pressure from the first bounce however we were able to secure the 4 points and enjoyed our second win of the season



SPONSORS





MOUNT ALEXANDER FALCONS FOOTBALL NETBALL CLUB

FOOTBALL

Coach: Lil Waters

Assistant Coach: Lainie Sutton

WOMENS

| No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV |
|----------------------------|-----|---------------------|-----|-------------------|-----|-------------------|-----|
| 1 Harriet Wilson | | 16 Emma Crosier | | 32 Mitch Nivalis | | 48 Brylee McVicar | |
| 3 April Bravington | | 18 Zoe Scoglio | | 33 Casey Sowula | | 77 Alice Taylor | |
| 6 Alix Edquist | | 19 Louise Ainscough | | 36 Beela Martin | | 99 Kate Freston | |
| 7 Bronte Ashworth | | 23 Samantha Downing | | 37 Lucy Taylor | | | |
| 8 Nicole McIvor | | 25 Gabrielle Smith | | 38 Mariam Meite | | | |
| 10 Blossom Symon D'Onofrio | | 27 Amethyst Kludas | | 41 Meghan Randles | | | |
| 12 Amy Downing | | 31 Eunice Rigo | | 47 Alex Kelly | | | |

MOUNT ALEXANDER FALCONS WOMEN'S FOOTBALL NETBALL CLUB NOTES



TONIGHT at Taproom - Special Gender Equity Event

Join the Falcons at The Taproom - Shedshaker Bowling from 5.30pm for a special Gender Equity Cup event. Trophy presentation and launch of the Falcons' Gender Equity and Inclusion Plan. Hear from a special panel - Mitch Nivalis, Lauren Fawcett, Sarah Hammo Hammond, and Natalie Korinfsk - hosted by Alex Kelly. Light refreshments provided. No bookings, just head to The Mill, 9 Walker St, Castlemaine.

Falcon of the Week: Sophie Burke. Sophie has been creating and standing up the most incredible banners for the team each week to run on the field in style and celebration. We thank Sophie for her support!

Call out for Volunteers: We are seeking expressions of interest for volunteer positions on an available basis. If you're interested in participating on game days and can spare a few hours please sign up for a game at <https://www.volunteersignup.org/M4T3B>.

AusKick: Falcons Auskick is back for 2023. It's the best way to introduce kids to the great game of Aussie Rules Football! No AFL experience? No worries! Mt Alexander Falcons will be running all-gender Auskick for everyone aged 5 - 12 at any skill level to play.

Saturdays 10:15 - 11:15am | Starts 29 April 2023 | Western Reserve, Castlemaine

Thanks to you and our Sponsors! Finally, we would like to take a moment to thank our generous sponsors for their continued support. We couldn't do what we do without them, and

we encourage all of our fans to show their appreciation by checking out their logos at the bottom of this message.

Want to become a member? Join as a 2023 social member for \$50 and be an integral part of the Falcon's 2023 season. Every dollar goes towards making footy more accessible in our region.



KYNETON TIGERS FOOTBALL NETBALL CLUB

FOOTBALL

Coach: Phil Hawkes

Assistant Coach: Kylie Munro & Belinda Hateley

WOMENS

| No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV | No. PLAYER | PPV |
|--------------------------|-----|------------------------|-----|--------------------|-----|------------------------|-----|
| 1 Teagan Ainslie © | | 8 Emily Gibson | | 15 Jenny Daly | | 23 Skye Sinclair | |
| 2 Natalie Korinfsky (VC) | | 9 Belinda Hateley (VC) | | 16 Ellie Blume | | 25 Taylah Moore | |
| 3 Rachael Williams | | 10 Rebecca Evans | | 17 Marnie Love | | 27 Jacyntha Cochrane | |
| 4 Shannon White | | 11 Peta Turnbull | | 18 Maddy Stott | | 29 Beth Whitem | |
| 5 Rebecca Janitis | | 12 Emma Williams | | 19 Terri Overstead | | 31 Charlie Bracey | |
| 6 Jordan Savoia | | 13 Caitlin Nash | | 20 Stacey Randall | | 35 Nikita Jamson | |
| 7 Heidi Erasmus | | 14 Courtney Johns | | 22 Bree Meadows | | 36 Alexandra Strawhorn | |

KYNETON WOMEN'S FOOTBALL NETBALL CLUB NOTES



The Tigers celebrated Shan White's 100th match last week in emphatic style, taking home the win against the Hawks under lights at the Kyneton Showgrounds. This week the team lines up against Mt Alexander for the Gender Equity Cup at Harcourt Reserve. Both clubs have strong history in working towards gender equity and inclusion in sport, and this match will

be another chance to celebrate and continue the work in this space. This week the Tigers celebrate Jen Schellekens 50th game for the Tigers. Jen has been a star ruck for many years at Kyneton and a great contributor both on and off the field for the club. Well done on the achievement Jen!



WOMEN'S FOOTBALL 2023 FIXTURE

ROUND 1

Friday 28th April

Romsey 0.1-1 def by Kyneton 19.14-128

Macedon 0.0-0 def by Melton 14.15-99

Saturday 29th April

Mt Alexander 0.1-1 def by Woodend-Hesket 5.21-51

ROUND 2

Friday 5th May

Melton 7.14-56 def Romsey 0.1-1 7pm

Saturday 6th May

Macedon 4.9-33 def Mt Alexander 1.5-11 5pm

Kyneton 13.9-87 def Woodend-Hesket 1.0-6 5:30pm

ROUND 3

Friday 12th May

Romsey Macedon 7pm

Saturday 13th May

Mt Alexander Kyneton 2pm

Woodend-Hesket Melton 10am

ROUND 4

Saturday 20th May

Kyneton Macedon 2:30pm

Melton Mt Alexander 10:45am

Romsey Woodend-Hesket 5pm

ROUND 5

Friday 26th May

Romsey Mt Alexander 7pm

Saturday 27th May

Kyneton Melton 5:15pm

Macedon Woodend-Hesket 5pm

ROUND 6

Saturday 3rd June

Mt Alexander Macedon 2pm

Romsey Melton 5pm

Woodend-Hesket Kyneton 5pm

KINGS BIRTHDAY BYE

Saturday 10th June

ROUND 7

Saturday 17th June

Macedon Romsey 5pm

Melton Kyneton 10:45am

Woodend-Hesket Mt Alexander 12:30pm

ROUND 8

Saturday 24th June

Kyneton Mt Alexander 5:15pm

Melton Macedon 10:45am

Woodend-Hesket Romsey 5pm

ROUND 9

Friday 1st July

Mt Alexander Romsey 2pm

Saturday 8th July

Macedon Kyneton 5pm

Melton Woodend-Hesket 10:45am

ROUND 10

Saturday 15th July

Kyneton Romsey 5:30pm

Mt Alexander Melton 2pm

Woodend-Hesket Macedon 5pm

QUALIFYING AND ELIMINATION FINALS

Saturday 22nd July

SEMI FINALS

Saturday 29th July

GRAND FINAL

Saturday 5th August



PLAYER/ COACH PROFILE

CLUB

Romsey

POSITION AT THE CLUB

Womens Captain

YEARS OF SERVICE

First Year

FAVOURITE DRINK:

Cc and dry

FAVOURITE PERSON AT THE CLUB AND WHY?

Jo Carol because she does so much for the club and supports the girls team.

FAVOURITE MOVIE:

Moana

FAVOURITE SPORTING MOMENT:

Winning the league best and fairest

WHO INSPIRES YOU?

Josh Kennedy

WHICH PROFESSIONAL BEST RESEMBLES YOUR GAME?

Josh Kennedy

INSPIRATIONAL QUOTE OR LIFE MOTTO:

Live laugh love

WHO WILL WIN THE 2023 LEAGUE BEST AND FAIREST?

Not sure.

NICOLE STEWARD

ROMSEY FNC

PROFILE

The Romsey captain is light hearted and enjoys a laugh. On field she adds class and skill beyond her years.

TACKLE YOUR FEELINGS



Essendon are partnering with the Tackle Your Feelings (TYF) program to make mental health training available to community coaches, in 2023. Tackle Your Feelings is a free mental health training program for community AFL coaches, as well as committee members and other club support staff. The program is delivered by a local psychologist and aims to help participants gain the tools to Understand, Recognise and Respond to signs of mental ill-health in their players. In 2021, the program was delivered to more than 4000 community coaches from 352 clubs across every Australian state and territory. 'Tackle your Feelings' was inspired by mental health education developed for AFL professional coaches and players, consisting of a face-to-face presentation from a local psychologist and additional online learning. Ambassadors include Leon Cameron, Alastair Clarkson, Nathan Buckley, Neville Jetta, Kara Antonio and Dylan Buckley also feature throughout

the video content within the program. The program was formed by the AFL Coaches Association, AFL Players' Association and Zurich Insurance in 2018, after the tragic death of Adelaide coach Phil Walsh three years earlier.

How your club can get involved

Tackle Your Feelings is a free program and is available to your club in 2023.

Once coaches complete the training (workshop and online modules) they will have access to resources including blogs, podcasts and videos to assist with their ongoing learning. Participating clubs are eligible for the Tackle Your Feelings rewards program, which includes footballs, equipment and access to program ambassadors.

If your club wishes to get involved, please register your interest by contacting sabdilla@essendonfc.com.au

**CONGRATULATIONS
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**BENDIGO BANK PLAYERS OF THE WEEK
ROUND
4
2023**

Bendigo Bank



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- - Meet with local coordinator to hand over vision

If this sounds like something you might be interested in, please do not hesitate to get in touch and we will be happy to provide you with more information!

Cameron Whyte – cameron@adcellgroup.com.au

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*You must be fully vaccinated against COVID-19 to work on premises



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NETBALL TIPPING 2023

Each week throughout the 2023 season, a panel of RDFNL staff, executive, sponsors and media will submit their tips for the weekend's senior football matches, which will be featured in the footy record. See how your tips stack up against the RDFNL experts each week!

| NAME | Lancefield v Macedon | Riddell v Diggers Rest | Western Rams v Romsey | Woodend-Hesket v Melton Centrals | Last Week | Season |
|---|----------------------|------------------------|-----------------------|----------------------------------|-----------|--------|
| Brenton Knott RDFNL President | Macedon | Riddell | Western Rams | Melton Centrals | 4 | 11 |
| Krissy Clement RDFNL Netball Director | Macedon | Riddell | Romsey | Woodend-Hesket | 3 | 10 |
| Ben Higgins Leader | Macedon | Diggers Rest | Western Rams | Woodend-Hesket | 1 | 5 |
| Tara Murray Star Weekly | Macedon | Riddell | Western Rams | Woodend-Hesket | 3 | 12 |
| Jordan Doyle RDFNL CEO | Macedon | Riddell | Western Rams | Woodend-Hesket | 3 | 11 |
| Grace Bibby RDFNL Media & Netball | Macedon | Riddell | Western Rams | Woodend-Hesket | 3 | 10 |
| Aaron McLean RDFNL Footy Ops | Macedon | Riddell | Western Rams | Woodend-Hesket | 3 | 11 |
| Courtney Alexander Bendigo Bank | Lancefield | Diggers Rest | Romsey | Woodend-Hesket | 3 | 12 |
| Tara Nolan RDFNL Admin | Macedon | Diggers Rest | Western Rams | Woodend-Hesket | 3 | 11 |



WESTERN WATER NETBALL REPORT by RDFNL Netball Manager Grace Bibby

It is easy for us to forget about some of the positive reasons of why we play sport as we get inundated by the need to win.

Most of us take up sports as we are passionate about it. While some of us want to take it up as a career, many of us find it the best way to spend time and to have fun with our friends and family. It offers many benefits that are important to us in many ways other than just keeping ourselves fit.

So, let us look at a few of these benefits.

Social benefits -

Being part of a team for sports like netball helps you to mingle with your teammates during practice matches and competitions as well. The closer the team members are with each other, the better the team dynamics will be that will then reflect on the team's performance. Making these new connections with your teammates will help you to develop as a better human being. You will learn values like trusting your teammates, standing up for them in difficult situations, facing challenges, and working together as a team. Even with individual sports, you make new connections with your practice buddies, coaches, and even your opponents, thereby enhancing your social skills.

Even if you are playing for fun, sports help you to spend quality time with your friends and family. In the process, you will strengthen your relationship with them and learn to understand each other better. It will further improve your communication with others and create a positive learning environment. Developing good relationships with others is key to beating stress, anxiety, depression, and loneliness as it helps develop a good support structure for you.

Benefits of Children Playing Sports -

Health benefits are an inevitable outcome of playing sports. Let us take a closer look at some of the key benefits:

- Strength, endurance, and flexibility - Physical activity during sports helps in increasing athletic strength and endurance by developing strong muscles and bones. It also improves flexibility, thereby reducing the risk of injuries.
- Aerobic fitness for heart and lungs - Sports include aerobic activities like running and cycling that helps increase the breathing and heart rates. It helps keep the heart and lungs healthy and reduces the risk of heart diseases, stroke, and even diabetes.
- Sleep - There is proof that exercising helps improve your sleep. Getting adequate sleep is vital for good health. Exercising can improve your sleep quality as well as sleep duration at night. It also helps in dealing with insomnia, obstructive sleep apnea, and other sleep disorders.
- Weight management - Sports improves metabolism and helps burn calories. It is an effective way to keep your weight in check while having fun. Sports help in developing and building muscles in your body. Muscle tissues burn more calories even while at rest, thereby helping in reducing weight.

- Improved immune system - Exercising and physical activity are essential to maintain a healthy immune system. Many scientific studies support this. Exercise increases blood and lymph flow to all parts of your body, thereby helping immune cells flow through the body at a higher rate.

Psychological benefits and mental health -

While sports can be fun, its benefits on our psychology and mental health are paramount. Its effects on human psychology have been a widely researched topic. Sports has benefits for all age groups. Let us look at some of these benefits.

- Beats stress, anxiety, and depression - Sports is one of the best ways to distract your mind from everyday stresses. Physical activity stimulates the production of endorphins, which are hormones that are known to relieve stress and pain. Playing can help your mood by diverting your mind away from any thoughts that are bothering you. Indulging regularly in sports can help you deal with anxiety and depression.
- Improves focus and concentration - Many argue that students should avoid sports as it takes up a lot of time and interferes with academics. Contrary to this, sports can make a person sharper by improving their focus and concentration. It helps them to be better learners and great thinkers.
- Self-discipline - Athletes are used to setting goals for themselves and then pushing themselves to become better to achieve those goals. It requires a great deal of self-discipline. It is an important characteristic that helps one become a better individual and achieve great things in life.
- Sportsmanship - It is a trait of treating others with fairness and respect. It includes treating your opponents as well with the same level of ethics. Sports teach an athlete to hold ethics and moral values above one's own emotions, even in the face of a challenge or loss. Losing gracefully and winning with humility are traits that sports can teach you.
- Self-confidence and leadership - Playing sports can improve your physical and mental skills over time and boost your confidence and self-esteem tremendously. It will reflect in other aspects of life as well. It also gives you opportunities to face challenges and overcome them. These experiences, along with traits like self-discipline and self-confidence, will imbibe leadership qualities in a person.

These are just a couple of great reminders of why we are involved in community sport and why we play netball.

Happy Netballing!

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WESTERN WATER NETBALL PREVIEW

by RDFNL Netball Manager Grace Bibby

After four rounds of netball there is one team that stands above the rest.

Macedon Cats remain the only team with a perfect 2023 record.

Woodend Heskett have split their results while Melton Centrals are happy sitting inside the top three.

Western Rams recorded their first win of the season against Wallan leaving Romsey and Lancefield at the bottom of the ladder and winless.

WOODEND HESKET VS MELTON CENTRALS

Meg Grbac appears to be having some positional headaches with plenty of changes being made across the four quarters against the Rams.

Ty Coppinger continues to dominate no matter bib she is given while Duff Tytler was named the best players for her efforts in both attack and defence.

Woodend Heskett had more opportunity to score but their shooting percentage really let them down.

They will need to play their best netball to overcome Melton Centrals who have had a strong start to the season.

Lauren Creed is playing well in the mid court working alongside Emma Winzar who looks more comfortable this season.

Winzar shot 27 goals in their win over Lancefield.

What impact with Matilda Lethleen have as she comes up against her old club.

Prediction: Woodend Heskett to bounce back with a win.

WESTERN RAMS VS ROMSEY

After their first win of the season last week the Western Rams line up will be full of confidence.

They made the most of their opportunities shooting 40 goals from just 42 attempts

Sanonu Robertson has been a handy pick up for the Rams and she will be important again this weekend if they are to compete with Romsey who have also added some strength and size to their team.

Maggie Lind who has played at Suncorp Super Netball level looks like she will be a permanent on their roster and Sri Lankan superstar and former

national captain Tharjini Sivalingam pulled on the dress last weekend.

Standing at 206cm the veteran who can play either end of the court is a tough match up for any team.

It is great to have some netball royalty in the competition though and Sivalingam holds the world record for being the tallest netballer.

Prediction: If both Lind and Sivalingam play Romsey will record their first win.

RIDDELL VS DIGGERS REST

Riddell looked ultra impressive in their win over a stacked Romsey team last weekend.

Diggers Rest have had a slow start to their premiership defence but they were able to defeat Lancefield with some conviction in their last outing.

Amy Starzer will come up against her old club for the first time.

Starzer has an interesting start to her time at Riddell having played a number of positions.

Shelby Holter started last weeks game in blistering form scoring 30 goals in the first half setting up the bombers for a comfortable win.

Prediction: It is hard to see Diggers Rest winning this game. Riddell by a big margin.

LANCEFIELD VS MACEDON

On two different ends of the ladder this game could be a long one for the girls in yellow and black.

Hetty Donoghue is in outstanding form and her and Chloe Wilson are starting to work well together.

Donoghue finished with 47 goals from her 53 attempts in a best on court performance while Janelle Birch continued her strong start to the season.

For Lancefield Mia Daly was her flashy best in the midcourt.

Darcee Ellard continues to battle away in the attacking end and if they can get a quarter or two more out of Jordan Furness they will be better positioned to challenge teams.

Prediction: Macedon to put this one away nice and early.

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2023 BENDIGO BANK ROUND 4 SENIOR RESULTS & LEADING GOALKICKERS



Lancefield 0.3, 1.3, 5.9, 6.9 **(45)**
Melton Centrals 0.2, 3.2, 5.3, 5.5 **(35)**
GOALS

Lancefield :
 B. Bryant 2, A. Simpson 1, O. Bryant 1, M. Conlan 1, Z. Webb 1

Melton Centrals :
 D. Jobson 2, J. Underwood 1, J. Johns 1, J. Scott 1

BEST

Lancefield :
 T. Waters, M. Conlan, L. Fellows, Z. Webb, J. Dalglish, L. Mitchell

Melton Centrals :
 W. Thornton-Gielen, E. Donoghue, D. McDonald, J. Roberts, J. Sinclair, J. Lindsay

Romsey 2.2, 7.3, 8.5, 10.5 **(65)**
Riddell 2.1, 3.2, 4.3, 6.6 **(42)**
GOALS

Romsey :
 D. Lockens 4, J. Jedwab 2, C. Sankey 2, G. Cathie 1, J. Slavich 1
 Riddell :
 C. Williamson 1, H. Ross 1, T. Stead 1, N. Croft 1, D. Tarczon 1, H. Sloss 1

BEST

Romsey :
 A. Khalil, D. Lockens, A. Paterson, K. Brinkhuis, M. Adamson, C. Pertzelt

Riddell :
 T. Alkemade, B. Williamson, J. Reardon, T. Stead, C. Williamson, L. Tarczon

Wallan 1.3, 4.7, 5.12, 9.12 **(66)**
Macedon 3.2, 3.3, 3.4, 3.5 **(23)**
GOALS

Wallan :
 J. Langborne 2, A. Crnko 1, H. Gill 1, T. Muldoon 1, J. Layley 1, P. Mahoney 1,
 J. Vilinskis 1, M. Baccari 1

Macedon :
 S. Indian 2, B. Hoynes 1

BEST

Wallan :
 M. Bowden, S. Morris, C. Viani, J. Layley, M. Mannix, P. Mahoney

Macedon :
 S. Indian, J. Gough, H. Govan, T. Hildebrand, D. Johnstone, N. Bridgland

Woodend-Hesket 0.4, 4.7, 9.11, 12.16 **(88)**
Western Rams 0.1, 0.1, 0.1, 1.1 **(7)**
GOALS

Woodend-Hesket :
 E. Minns 3, D. Toman 2, D. Davie 1, L. Randle-Hewitt 1, J. Arceri 1, R. Paterson 1,

K. Baker 1, T. O'Loughlin 1, J. Wiseman 1

Western Rams :

C. Rosewood 1

BEST

Woodend-Hesket :
 D. Toman, A. Rae, E. Minns, T. Duff-Tytler, M. Stapleton, K. Baker

Western Rams :
 B. Watts, K. Teeken, W. Tyquin, A. McDonald, D. Galea, M. Madol

LEADING GOALKICKERS

| NAME | TEAM | WEEK | TOTAL |
|-----------------|-----------------|------|-------|
| Dylan Jobson | Melton Centrals | 2 | 13 |
| Jack Jedwab | Romsey | 2 | 12 |
| Michael Baccari | Wallan | 1 | 11 |
| Ethan Minns | Woodend-Hesket | 3 | 9 |
| Haydn Ross | Riddell | 1 | 8 |
| Samuel Medland | Woodend-Hesket | 0 | 7 |
| Dylan Tarczon | Riddell | 1 | 7 |
| Jacob Langborne | Wallan | 2 | 7 |
| Jaycob Hickey | Diggers Rest | 0 | 6 |
| Darcy Lockens | Romsey | 4 | 6 |
| Mitchell Day | Diggers Rest | 0 | 6 |
| Sean Morris | Wallan | 0 | 6 |
| Mitchell Jensen | Diggers Rest | 0 | 6 |
| Mark Orr | Diggers Rest | 0 | 6 |

2023 MELTON TOYOTA ROUND 4 RESERVES RESULTS & LEADING GOALKICKERS



Lancefield 0.0, 2.3, 5.4, 8.5 **(53)**
Melton Centrals 1.1, 1.3, 4.4, 7.5 **(47)**
GOALS

Lancefield :
 S. Jowett 4, J. Crook 2, D. Reynolds 1, S. Da Riva 1

Melton Centrals :

BEST

Lancefield :
 A. Shepherdley, D. Reynolds, S. Jowett, S. Da Riva, T. Keaney, W. McPherson

Melton Centrals :

Romsey 4.1, 5.1, 7.2, 7.5 **(47)**
Riddell 0.0, 1.2, 3.3, 3.6 **(24)**
GOALS

Romsey :
 M. Hoy 3, L. Newnham 1, J. Martin 1, J. De Haas 1, M. Richardson 1

Riddell :

J. Gardiner 1, C. Hagan 1, M. Hocking 1

BEST

Romsey :
 B. Xiriha, M. Hoy, A. Smith, J. Thorsen, T. Boorman

Riddell :

T. Hazelden, T. Martin, C. Hagan, N. Mills, N. Bovezza, J. Watkins

Macedon 0.1, 2.1, 5.3, 7.3 **(45)**
Wallan 3.1, 5.3, 5.3, 6.7 **(43)**
GOALS

Macedon :
 D. Royal 2, D. Salpietro 2, A. McGregor 1, L. Thomas 1, J. Lord 1

Wallan :

A. Tomskey 1, A. Crawford 1, K. Broomfield 1, M. Traynor 1, S. Harrison 1, D. Perkins 1

BEST

Macedon :
 L. Thomas, M. Dettmann, N. O'Connell, E. Morrissey, M. Ramsay, S. Harwood

Wallan :

B. Wightman, B. Telford, J. Roberts, J. Ruth, K. Broomfield, D. Perkins

Woodend-Hesket 7.2, 10.2, 15.6, 18.12 **(120)**
Western Rams 0.1, 0.1, 0.1, 0.1 **(1)**
GOALS

Woodend-Hesket :
 R. Miranda 4, J. Wolfli 3, M. Ambler 3, J. Sheppard 2, S. Mitton 2, P. Haddad 1,

P. Podbury 1, M. Crozier 1, J. Bullard 1

Western Rams :

BEST

Woodend-Hesket :
 P. Dwyer, K. Haddad, R. Miranda, M. Crozier, J. Wolfli, J. Pennefather

Western Rams :
 S. Lalli-Cafini, P. Farrelly, T. Fisher, B. Devlin, M. Grant, J. Wilson

LEADING GOALKICKERS

| NAME | TEAM | WEEK | TOTAL |
|-------------------|-----------------|------|-------|
| Shaun Harrison | Wallan | 1 | 10 |
| Matthew Traynor | Wallan | 1 | 10 |
| Kaiden Broomfield | Wallan | 1 | 10 |
| Thomas Gleeson | Diggers Rest | 0 | 8 |
| Max Ambler | Woodend-Hesket | 3 | 7 |
| Jesse Sheppard | Woodend-Hesket | 2 | 5 |
| Michael Sammut | Riddell | 0 | 4 |
| Scott Jowett | Lancefield | 4 | 4 |
| Nathan Stephens | Woodend-Hesket | 0 | 4 |
| Kieren Haddad | Woodend-Hesket | 0 | 4 |
| Rupert Miranda | Woodend-Hesket | 4 | 4 |
| David Aleksov | Melton Centrals | 0 | 4 |
| Andre Headberry | Diggers Rest | 0 | 4 |
| Anthony Close | Western Rams | 0 | 4 |
| Jake Brown | Diggers Rest | 0 | 4 |
| Allin Clarke | Riddell | 0 | 4 |
| Joseph Piccolo | Diggers Rest | 0 | 4 |

2023 BUFFALO SPORTS ROUND 4 UNDER 19.5 RESULTS & LEADING GOALKICKERS



Woodend-Hesket U19.5 3.1, 4.5, 6.6, 9.9 **(63)**
Gisborne Giants U19.5 1.1, 3.4, 3.5, 5.5 **(35)**
GOALS

Woodend-Hesket U19.5 :
 J. Tadd 4, M. Forbes 3, J. Dowling 1, J. Hargrave 1
 Gisborne Giants U19.5 :
 N. Hynes 2, B. Andrews 1, J. Ryan 1, D. Martland 1

BEST

Woodend-Hesket U19.5 :
 B. Brown, J. Dowling, L. Mitchener, R.
 Ferguson, A. Lidgerwood, J. Tadd
 Gisborne Giants U19.5 :
 B. Andrews, T. Doyle, J. Hester, A. Kerry

Melton Centrals U19.5 won by forfeit.

Romsey U19.5 2.5, 5.9, 7.10, 8.11 **(59)**
Riddell U19.5 1.1, 2.2, 4.2, 5.3 **(33)**
GOALS

Romsey U19.5 :
 M. Milburn 3, C. Jedwab 3, J. Emonson 1, S. Menner 1
 Riddell U19.5 :
 R. Evans 1, T. George 1, L. Murray 1,
 B. Goodman 1, T. Poulton 1

BEST

Romsey U19.5 :
 S. Menner, M. Milburn, J. Rademaker,
 B. Cecati, C. Jedwab, S. Vale
 Riddell U19.5 :
 J. Wadden, K. Frew, D. Ranieri, L.
 Debrincat, R. Evans, T. George

Macedon U19.5 2.1, 4.2, 9.4, 12.9 **(81)**
Wallan U19.5 0.2, 1.2, 1.3, 1.5 **(11)**
GOALS

Macedon U19.5 :
 M. Rutledge 4, L. Hay 3, R. Nolan 2, L.
 Hall 1, F. Burnell 1, e. ferguson 1
 Wallan U19.5 :
 A. Moore 1

BEST

Macedon U19.5 :
 L. Hay, e. ferguson, F. Burnell, R. Nolan,
 M. Rutledge, H. Elmawey
 Wallan U19.5 :
 B. Lawrence, A. Moore, J. Hawkins, Z.
 Wilson, J. Charlton, C. Fowler

LEADING GOALKICKERS

| NAME | TEAM | WEEK | TOTAL |
|------------------|-----------------|------|-------|
| Nathan Hynes | Gisborne Giants | 2 | 16 |
| Maclaren Forbes | Woodend-Hesket | 3 | 12 |
| Jonah Emonson | Romsey | 1 | 11 |
| Jack Ryan | Gisborne Giants | 1 | 10 |
| Michael Rutledge | Macedon | 4 | 10 |
| Marcus Datson | Wallan | 0 | 8 |
| Jack Tadd | Woodend-Hesket | 4 | 8 |
| Charlie Jedwab | Romsey | 3 | 8 |
| Hayden Ryan | Woodend-Hesket | 0 | 6 |
| Lachlan Hay | Macedon | 3 | 6 |
| Brayden Farrugia | Woodend-Hesket | 0 | 6 |

2023 ROOKIE ME ROUND 2 WOMEN'S RESULTS & LEADING GOALKICKERS

Melton Women's 0.5, 2.9, 3.11, 7.14 **(56)**
Romsey Women's 0.0, 0.1, 0.1, 0.1 **(1)**
GOALS

Melton Women's :
 K. Jacobsen-Logan 3, M. Ciavarella
 2, R. Carra 1, K. Butler 1
 Romsey Women's :

BEST

Melton Women's :
 J. Syme, T. Debono, M. Ciavarella, K.
 Jacobsen-Logan, K. Hallmark, D. Rocznik
 Romsey Women's :

Macedon Women's 1.5, 1.5, 1.7, 4.9 **(33)**
Mount Alexander Women's 1.0, 1.4, 1.5, 1.5 **(11)**
GOALS

Macedon Women's :
 A. Knight 2, A. Ward 1, H. Birch 1
 Mount Alexander Women's :

BEST

Macedon Women's :
 A. Knight, I. Collins, A. Ward, L.
 Slater, F. Stevens, C. Kemp
 Mount Alexander Women's :

Kyneton Women's 3.0, 4.3, 8.6, 13.9 **(87)**
Woodend-Hesket Women's 0.0, 0.0, 0.0, 1.0 **(6)**
GOALS

Kyneton Women's :
 T. Moore 5, B. Meadows 2, B. Hateley 2, E.
 Williams 1, C. Nash 1, H. Erasmus 1,
 S. Randall 1
 Woodend-Hesket Women's :
 B. Bowen 1

BEST

Kyneton Women's :
 B. Hateley, T. Ainslie, T. Moore, B.
 Meadows, S. Randall, E. Williams
 Woodend-Hesket Women's :
 M. Connell, L. Bromley, C. Wagstaff,
 H. Cassar, K. Bau, M. Habib

LEADING GOALKICKERS

| NAME | TEAM | WEEK | TOTAL |
|------------------------|-----------------|------|-------|
| Taylah Moore | Kyneton Women's | 5 | 15 |
| Coby Savage | Melton | 0 | 4 |
| Rhiannon Carra | Melton | 1 | 4 |
| Melina Ciavarella | Melton | 2 | 4 |
| Breanna Meadows | Kyneton Women's | 2 | 4 |
| Natalie Korinsky | Kyneton Women's | 0 | 3 |
| Kareena Jacobsen-Logan | Melton | 3 | 3 |
| Jordyn Syme | Melton | 0 | 3 |
| Caitlin Nash | Kyneton Women's | 1 | 3 |
| Belinda Hateley | Kyneton Women's | 2 | 2 |
| Ashlee Knight | Macedon | 2 | 2 |
| Elizabeth Whittam | Kyneton Women's | 0 | 2 |

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TAC

TAC CLUB REWARDS PROGRAM 2023



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SCORE INVOLVEMENTS

ROUND 4

| | | |
|---|-----------------------|---|
|  | 1 P MAHONEY | 7 |
|  | 1 B WILLIAMSON | 7 |
|  | 1 C PETRORO | 7 |
|  | 1 N RAYMENT | 7 |
|  | 1 D TOMAN | 7 |

RDFNL 2023 NETBALL ROUND 4 RESULTS



A GRADE

Western Rams A Grade 12, 20, 32, 40, **(40)**
Woodend Heskett A Grade 6, 16, 25, 35, **(35)**
BEST

Western Rams A Grade:
 Hidden Player 3 Ashlee Bertocci 2 Elisa Butterworth-
 Gonebale 1
 Woodend Heskett A Grade:
 Charlee Duff-tytler 3 Tayissa Coppinger 2 Hayley
 Rogers 1

GOALS

Western Rams A Grade:
 Rebecca Hicks 29 Hidden Player 11
 Woodend Heskett A Grade:
 Charlee Duff-tytler 15 Abby Gilmore 10 Matilda
 Lethlean 10

Lancefield A Grade 11, 23, 32, 45, **(45)**
Melton Centrals A Grade 10, 24, 40, 50, **(50)**
BEST

Lancefield A Grade:
 Mia Daly 3 Darcee Ellard 2 Chloe Hodgson 1
 Melton Centrals A Grade:
 Lauren Creed 3 Emma Winzar 2 Mariah Vankerkevoort 1

GOALS

Lancefield A Grade:
 Darcee Ellard 25 Jordan Furness 15 Larissa Rix 5
 Melton Centrals A Grade:
 Emma Winzar 27 Lauren Creed 12 Hidden Player 11

Macedon A Grade 18, 31, 43, 60, **(60)**
Wallan A Grade 7, 11, 15, 19, **(19)**
BEST

Macedon A Grade:
 Henrietta Donoghue 3 Hidden Player 2 Katie Clarke 1
 Wallan A Grade:
 Gemma Grimmond 3 Georgia Stevenson 2
 Genevieve Carboon 1

GOALS

Macedon A Grade:
 Henrietta Donoghue 47 Chloe Williams 13 Ciara
 Stewart 0
 Wallan A Grade:
 Maeve Donegan 12 Emma Stalenberg 4 Genevieve
 Carboon 3

Romsey A Grade 10, 21, 32, 48, **(48)**
Riddell A Grade 17, 36, 51, 68, **(68)**
BEST

n/a

GOALS

Romsey A Grade:
 Tharjini Sivalingam 40 Emma Grech 5 Kiara Taylor 3
 Riddell A Grade:
 Shelby Holter 44 Ellen Close 16 Amy Starzer 8

B GRADE

Lancefield B Grade 7, 13, 24, 37, **(37)**
Melton Centrals B Grade 19, 37, 46, 56, **(56)**
BEST

Lancefield B Grade:
 bethany Lyons 3 Stephanie Hammond 2 Ivy Harrop 1
 Melton Centrals B Grade:
 Jessica Clayton 3 Kara Zwartveen 2 Abbey Grant 1

GOALS

Lancefield B Grade:
 Tarnee Hammond 22 Stephanie Hammond 12
 Georgia White 3
 Melton Centrals B Grade:
 Jessica Clayton 29 Rebecca Morabito 16 Hidden
 Player 11

Western Rams B Grade 8, 15, 25, 32, **(32)**
Woodend Heskett B Grade 8, 20, 25, 34, **(34)**
BEST

Western Rams B Grade:
 Honor Brodie 3 Marie Bolitho 2 Jada Passi 1
 Woodend Heskett B Grade:
 Zoe Phillips 3 Amy Duff 2 Hidden Player 1

GOALS

Western Rams B Grade:
 Hidden Player 25 Jessica Lenehan 7
 Woodend Heskett B Grade:
 Zoe Phillips 22 Rebecca Carland 12

Macedon B Grade 13, 28, 40, 55, **(55)**
Wallan B Grade 5, 10, 19, 24, **(24)**
BEST

Macedon B Grade:
 Demi Fitzsimmons 3 Hidden Player 2 Hidden Player 1
 Wallan B Grade:
 Dakota Lister 3 Emma Stalenberg 2 Alysha Shephard 1

GOALS

Macedon B Grade:
 Hidden Player 39 Ashlee Coxhell 15 Georgia Fearn 1
 Wallan B Grade:
 Alysha Shephard 18 Emma Stalenberg 6
 Romsey B Grade 6, 14, 26, 32, **(32)**
 Riddell B Grade 6, 13, 20, 29, **(29)**
BEST

n/a

GOALS

Romsey B Grade:
 Hope Hamilton 22 Kiara Taylor 10
 Riddell B Grade:
 Emma Rodger 14 Hayley Brown 12 Elli Houston 3

RDFNL 2023 NETBALL ROUND 4 RESULTS



C GRADE

Lancefield C Grade 6, 14, 20, 25, (25)
Melton Centrals C Grade 6, 14, 21, 24, (24)
BEST

Lancefield C Grade:
 Madison Richards 3 Meaghan Lyons 2 Carolyn Cusack 1

Melton Centrals C Grade:
 Chelsea Lapsley 3 Hidden Player 2 Natasha Lacey 1

GOALS

Lancefield C Grade:
 Emma Stone 15 Madison Richards 10
 Melton Centrals C Grade:
 Natasha Lacey 12 Hidden Player 12

Western Rams C Grade 9, 17, 26, 38, (38)
Woodend Heskett C Grade 6, 14, 23, 29, (29)
BEST

Western Rams C Grade:
 Stevie-Ann Gray 3 Stacey Radbron 2 Ro Paulo 1
 Woodend Heskett C Grade:
 Lia Sheppard 3 Louise Marendaz 2 Courtney Chettle 1

GOALS

Western Rams C Grade:
 Jessica Christie no1 19 Ro Paulo 19
 Woodend Heskett C Grade:
 Louise Marendaz 16 Courtney Chettle 9 Hidden Player 4

Macedon C Grade 9, 17, 29, 46, (46)
Wallan C Grade 1, 5, 8, 10, (10)
BEST

Wallan C Grade:
 Nicole Bradley 3 Hidden Player 2 Imtithal Diedericks 1

GOALS

Macedon C Grade:
 Susan Eastman 19 Amy Ilic 18 Nellie Wilson 9
 Wallan C Grade:
 Ashleigh Grindlay 7 Hidden Player 2 Imtithal Diedericks 1

Romsey C Grade 5, 8, 10, 17, (17)
Riddell C Grade 8, 19, 26, 34, (34)
BEST

GOALS

Romsey C Grade:
 Rebecca Newbery 13 Allison Heseltine 4 Melanie Gibson 0
 Riddell C Grade:
 Hidden Player 16 Ashleigh Danckert 8 Macey Besanko 7 Elli Houston 3

19 & UNDER

Gisborne Giants 19 & Under 4, 7, 9, 11, (11)
Diggers Rest 19 & Under 5, 15, 21, 23, (23)
BEST

Gisborne Giants 19 & Under:
 Pippa Rodda 3 Charlotte Dempsey 2
 Diggers Rest 19 & Under:
 Taryn Pierce 3 Hidden Player 2

GOALS

Gisborne Giants 19 & Under:
 Sarsha Kerton 6 Scarlett Ellis 5
 Diggers Rest 19 & Under:
 Hidden Player 12 Hidden Player 11

Western Rams 19 & Under 8, 20, 32, 42, (42)
Woodend Heskett 19 & Under 2, 5, 6, 8, (8)
BEST

Western Rams 19 & Under:
 Florina Lam-Peresetene 3 Teshana Munro 2 Hidden Player 1
 Woodend Heskett 19 & Under:
 Hidden Player 3 Hidden Player 2 Hidden Player 1

GOALS

Western Rams 19 & Under:
 Talasa Helen Aumua 22 Hidden Player 19 Elisa Butterworth- Gonebale 1
 Woodend Heskett 19 & Under:
 Hidden Player 5 Hidden Player 3 Hannah Dwyer 0

Lancefield 19 & Under 2, 8, 19, 23, (23)
Melton Centrals 19 & Under 8, 15, 17, 28, (28)
BEST

Lancefield 19 & Under:
 Stephanie Hammond 3 Amber Winks 2 Hidden Player 1
 Melton Centrals 19 & Under:
 Hidden Player 3 Hidden Player 2 Tahana Aitu 1

GOALS

Lancefield 19 & Under:
 Stephanie Hammond 12 Hidden Player 10 Kayla Dyer 1
 Melton Centrals 19 & Under:
 Hidden Player 17 Hidden Player 11

Macedon 19 & Under 6, 12, 20, 25, (25)
Wallan 19 & Under 3, 10, 15, 23, (23)
BEST

Macedon 19 & Under:
 Eloise Williams 3 Lucy Duoba 2 Hidden Player 1
 Wallan 19 & Under:
 Hidden Player 3 Hidden Player 2 Hidden Player 1

GOALS

Macedon 19 & Under:
 Beth Barry 9 Stella Vaughan 8 Isabelle Moyes 4 Abbey Lambert 4
 Wallan 19 & Under:
 Hidden Player 12 Alisha Izemek 8 Hidden Player 3

Romsey 19 & Under 4, 8, 12, 16, (16)
Riddell 19 & Under 7, 18, 28, 35, (35)
BEST

Romsey 19 & Under:
 Hidden Player 10 Hidden Player 6 Hidden Player 0
 Riddell 19 & Under:
 Hayley Brown 30 Macey Besanko 3 Hidden Player 2

2023 RDFNL FOOTBALL LADDERS



Bendigo Bank Senior Competition

| TEAM | P | W | L | D | B | FF | For | Agst | % | PTS |
|-----------------|---|---|---|---|---|----|-----|------|--------|-----|
| Wallan | 4 | 4 | 0 | 0 | 0 | 0 | 369 | 132 | 279.55 | 16 |
| Diggers Rest | 3 | 3 | 0 | 0 | 1 | 0 | 299 | 149 | 200.67 | 16 |
| Woodend-Heskett | 4 | 3 | 1 | 0 | 0 | 0 | 316 | 208 | 151.92 | 12 |
| Romsey | 3 | 2 | 1 | 0 | 1 | 0 | 193 | 154 | 125.32 | 12 |
| Riddell | 4 | 2 | 2 | 0 | 0 | 0 | 257 | 193 | 133.16 | 8 |
| Lancefield | 3 | 1 | 2 | 0 | 1 | 0 | 170 | 266 | 63.91 | 8 |
| Melton Centrals | 4 | 1 | 3 | 0 | 0 | 0 | 211 | 227 | 92.95 | 4 |
| Macedon | 3 | 0 | 3 | 0 | 0 | 0 | 111 | 235 | 47.23 | 0 |
| Western Rams | 4 | 0 | 4 | 0 | 0 | 0 | 82 | 444 | 18.47 | 0 |

Melton Toyota Reserves Competition

| TEAM | P | W | L | D | B | FF | For | Agst | % | PTS |
|-----------------|---|---|---|---|---|----|-----|------|--------|-----|
| Diggers Rest | 3 | 3 | 0 | 0 | 1 | 0 | 273 | 72 | 379.17 | 16 |
| Wallan | 4 | 3 | 1 | 0 | 0 | 0 | 331 | 144 | 229.86 | 12 |
| Riddell | 4 | 3 | 1 | 0 | 0 | 0 | 236 | 151 | 156.29 | 12 |
| Romsey | 3 | 2 | 1 | 0 | 1 | 0 | 140 | 139 | 100.72 | 12 |
| Woodend-Heskett | 4 | 2 | 2 | 0 | 0 | 0 | 328 | 109 | 300.92 | 8 |
| Lancefield | 3 | 1 | 2 | 0 | 1 | 0 | 65 | 338 | 19.23 | 8 |
| Melton Centrals | 4 | 1 | 3 | 0 | 0 | 0 | 197 | 219 | 89.95 | 4 |
| Macedon | 3 | 1 | 2 | 0 | 0 | 0 | 114 | 163 | 69.94 | 4 |
| Western Rams | 4 | 0 | 4 | 0 | 0 | 0 | 68 | 417 | 16.31 | 0 |

Buffalo Sports Under 19.5 Competition

| TEAM | P | W | L | D | B | FF | For | Agst | % | PTS |
|-----------------|---|---|---|---|---|----|-----|------|--------|-----|
| Woodend-Heskett | 4 | 4 | 0 | 0 | 0 | 0 | 330 | 112 | 294.64 | 16 |
| Macedon | 3 | 2 | 1 | 0 | 0 | 1 | 209 | 87 | 240.23 | 12 |
| Gisborne Giants | 4 | 3 | 1 | 0 | 0 | 0 | 309 | 186 | 166.13 | 12 |
| Romsey | 4 | 3 | 1 | 0 | 0 | 0 | 257 | 159 | 161.64 | 12 |
| Wallan | 4 | 2 | 2 | 0 | 0 | 0 | 256 | 210 | 121.9 | 8 |
| Melton Centrals | 3 | 0 | 3 | 0 | 0 | 1 | 82 | 325 | 25.23 | 4 |
| Riddell | 4 | 0 | 4 | 0 | 0 | 0 | 134 | 365 | 36.71 | 0 |
| Lancefield | 2 | 0 | 2 | 0 | 0 | 0 | 39 | 172 | 22.67 | 0 |

Rookie Me RDFNL Women's

| TEAM | P | W | L | D | B | FF | For | Agst | % | PTS |
|-----------------|---|---|---|---|---|----|-----|------|---------|-----|
| Melton | 2 | 2 | 0 | 0 | 0 | 0 | 155 | 1 | 15500 | 8 |
| Kyneton | 2 | 2 | 0 | 0 | 0 | 0 | 215 | 7 | 3071.43 | 8 |
| Woodend-Heskett | 2 | 1 | 1 | 0 | 0 | 0 | 57 | 88 | 64.77 | 4 |
| Macedon | 2 | 1 | 1 | 0 | 0 | 0 | 33 | 110 | 30 | 4 |
| Mount Alexander | 2 | 0 | 2 | 0 | 0 | 0 | 12 | 84 | 14.29 | 0 |
| Romsey | 2 | 0 | 2 | 0 | 0 | 0 | 2 | 184 | 1.09 | 0 |

2023 RDFNL GREATER WESTERN WATER NETBALL LADDERS

A Grade

| TEAM | P | W | L | D | F | A | PTS | % |
|-------------------------|---|---|---|---|-----|-----|-----|--------|
| Macedon A Grade | 3 | 3 | 0 | 0 | 147 | 70 | 16 | 210.00 |
| Riddell A Grade | 4 | 3 | 1 | 0 | 187 | 170 | 12 | 110.00 |
| Melton Centrals A Grade | 4 | 3 | 1 | 0 | 191 | 187 | 12 | 102.14 |
| Wallan A Grade | 4 | 3 | 1 | 0 | 145 | 163 | 12 | 88.96 |
| Woodend Hasket A Grade | 4 | 2 | 2 | 0 | 175 | 123 | 8 | 142.28 |
| Diggers Rest A Grade | 3 | 1 | 2 | 0 | 93 | 131 | 8 | 70.99 |
| Western Rams A Grade | 4 | 1 | 3 | 0 | 165 | 178 | 4 | 92.70 |
| Romsey A Grade | 3 | 0 | 3 | 0 | 128 | 156 | 4 | 82.05 |
| Lancefield A Grade | 3 | 0 | 3 | 0 | 100 | 153 | 4 | 65.36 |

B Grade

| TEAM | P | W | L | D | F | A | PTS | % |
|-------------------------|---|---|---|---|-----|-----|-----|--------|
| Macedon B Grade | 3 | 3 | 0 | 0 | 135 | 93 | 16 | 145.16 |
| Melton Centrals B Grade | 4 | 3 | 1 | 0 | 169 | 133 | 12 | 127.07 |
| Diggers Rest B Grade | 3 | 2 | 1 | 0 | 121 | 96 | 12 | 126.04 |
| Romsey B Grade | 3 | 2 | 1 | 0 | 111 | 93 | 12 | 119.35 |
| Woodend Hasket B Grade | 4 | 3 | 1 | 0 | 131 | 113 | 12 | 115.93 |
| Western Rams B Grade | 4 | 2 | 2 | 0 | 145 | 149 | 8 | 97.32 |
| Riddell B Grade | 4 | 1 | 3 | 0 | 136 | 138 | 4 | 98.55 |
| Lancefield B Grade | 3 | 0 | 3 | 0 | 82 | 150 | 4 | 54.67 |
| Wallan B Grade | 4 | 0 | 4 | 0 | 107 | 172 | 0 | 62.21 |

C Grade

| TEAM | P | W | L | D | F | A | PTS | % |
|-------------------------|---|---|---|---|-----|-----|-----|--------|
| Riddell C Grade | 4 | 4 | 0 | 0 | 124 | 78 | 16 | 158.97 |
| Macedon C Grade | 3 | 2 | 1 | 0 | 100 | 53 | 12 | 188.68 |
| Western Rams C Grade | 4 | 3 | 1 | 0 | 154 | 93 | 12 | 165.59 |
| Woodend Hasket C Grade | 4 | 2 | 2 | 0 | 116 | 110 | 8 | 105.45 |
| Diggers Rest C Grade | 3 | 1 | 2 | 0 | 69 | 81 | 8 | 85.19 |
| Romsey C Grade | 3 | 1 | 2 | 0 | 72 | 98 | 8 | 73.47 |
| Lancefield C Grade | 3 | 1 | 2 | 0 | 64 | 98 | 8 | 65.31 |
| Melton Centrals C Grade | 4 | 1 | 3 | 0 | 104 | 112 | 4 | 92.86 |
| Wallan C Grade | 4 | 1 | 3 | 0 | 81 | 161 | 4 | 50.31 |

19 & Under

| TEAM | P | W | L | D | F | A | PTS | % |
|----------------------------|---|---|---|---|-----|-----|-----|--------|
| Western Rams 19 & Under | 4 | 4 | 0 | 0 | 167 | 76 | 16 | 219.74 |
| Riddell 19 & Under | 4 | 3 | 1 | 0 | 132 | 92 | 12 | 143.48 |
| Melton Centrals 19 & Under | 4 | 3 | 1 | 0 | 119 | 86 | 12 | 138.37 |
| Macedon 19 & Under | 4 | 3 | 1 | 0 | 94 | 102 | 12 | 92.16 |
| Diggers Rest 19 & Under | 4 | 2 | 2 | 0 | 84 | 74 | 8 | 113.51 |
| Lancefield 19 & Under | 4 | 1 | 2 | 1 | 99 | 100 | 6 | 99.00 |
| Woodend Hasket 19 & Under | 4 | 1 | 2 | 1 | 63 | 117 | 6 | 53.85 |
| Wallan 19 & Under | 4 | 1 | 3 | 0 | 77 | 103 | 4 | 74.76 |
| Romsey 19 & Under | 4 | 1 | 3 | 0 | 54 | 102 | 4 | 52.94 |
| Gisborne Giants 19 & Under | 4 | 0 | 4 | 0 | 61 | 98 | 0 | 62.24 |



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MITCH JENSEN

DIGGERS REST FNC

PROFILE

Jensen is one of the best footballers in the RDFNL and his role with Diggers Rest is an important one. Will he lead the team to go one better in 2023?



PLAYER/ COACH PROFILE

CLUB

Diggers Rest FNC

POSITION AT THE CLUB

Senior Captain

YEARS OF SERVICE

2 years

FAVOURITE DRINK:

Carlton Dry

FAVOURITE PERSON AT THE CLUB AND WHY?

Not Ryan Mullen

WHO INSPIRES YOU?

Jamie Lobb for playing footy at 60 :)

FAVOURITE MOVIE:

Step Brothers

FAVOURITE SPORTING MOMENT:

Winning a premiership

WHO INSPIRES YOU?

The emergency sub

INSPIRATIONAL QUOTE OR LIFE MOTTO:

You gotta do what you gotta do

WHO WILL WIN THE 2023 LEAGUE BEST AND FAIREST?

Maggie Payne





PREMIER DATA

| RANKING POINTS | MARKS | DISPOSALS |
|----------------|-------|-----------|
| 196 | 10 | 30 |

| HIT OUTS | CLEARANCES | POSSITIONS CONTESTED |
|----------|------------|----------------------|
| 28 | 10 | 18 |

PLAYER OF THE WEEK
TOM WATERS

RDFNL
RIDDELL DISTRICT FOOTBALL NETBALL LEAGUE



Teaming up for 2023

Greater Western Water, your new water service provider, is proud to be part of the Riddell District Football Netball League as the naming rights sponsor of the netball competition for the 2023 season.

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TOYOTA CERTIFIED PRE-OWNED IN A CLASS OF ITS OWN At Melton Toyota



CERTIFIED



1XF1CK

VIN/BATCH NUMBER
JTEBR3FJ70K184840

2020 TOYOTA PRADO GXL

\$69,990 DRIVE AWAY +

AUTOMATIC, 2.8L TURBO DIESEL ENGINE,
4X4, ACTIVE CRUISE CONTROL, BRAKE ASSIST
65732kms

CERTIFIED



1TM7YO

VIN/BATCH NUMBER
JTDKBA350L001028

2020 TOYOTA YARIS CROSS GX

\$43,990 DRIVE AWAY +

AUTO CVT, 1.5L HYBRID PETROL ENGINE,
ADAPTIVE CRUISE CONTROL, APPLE CAR-
16722kms

CERTIFIED



1LY6UL

VIN/BATCH NUMBER
JTNLY3FX401002559

2017 TOYOTA C-HR KOBA

\$36,990 DRIVE AWAY +

AUTO CVT, 1.2L TURBO DIRECT FUEL INJ.
ENGINE, 18" ALLOYS, CRUISE CONTROL
92478kms

**Every Toyota Certified Pre-Owned
vehicle comes with these promises:**

- ✓ Additional 1-year Toyota-backed Warranty*
- ✓ Full Service History
- ✓ Independent Background Check
- ✓ 90-point Inspection by Toyota Technicians
- ✓ Free 12 months Toyota Roadside Assist*
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Melton Toyota

143-147 High Street,

Melton

T: 03 8746 0300

LMCT 1976

meltontoyota.com.au

OH WHAT A FEELING

*Applicable to pre-owned vehicles purchased as a Toyota Certified Pre-Owned (TCPO) vehicle on or after 01/01/2022. TCPO 2022 Warranty expires 1yr after sale, or 1yr after the current New Vehicle Warranty expires (if applicable), or 10 years from date of registration in original owner's name, or at 160,000kms (whichever occurs first). TCPO Warranty does not apply to vehicles used for commercial purpose (eg taxis or rideshare). See toyota.com.au/promo/tcpowarranty for T&Cs. This warranty does not limit and may not necessarily exceed your rights under the Australian Consumer Law.

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*The Guaranteed Future Value (GFV) is the minimum value of your Toyota at the end of your finance contract, as determined by Toyota Finance. If you decide to return your car to Toyota Finance at the end of your term, Toyota Finance will pay you the agreed GFV, which will be put against your final payment subject to fair wear and tear conditions and agreed kilometres being met. The information provided is general in nature. You should seek your own financial advice to determine whether Toyota Access is appropriate for your individual circumstances. Terms, conditions, fees and charges apply. Toyota Access GFV products are available to approved customers of Toyota Finance, a division of Toyota Finance Australia Limited ABN 48 002 435 181, AFSL and Australian Credit Licence 392536.

*DRIVEAWAY PRICES INCLUDE ALL GOVERNMENT FEES AND CHARGES.