



Pat Cronin
Foundation
Round 1-3 May



ROUND 4
SATURDAY MAY 2ND

RECORD

Community Bank · Gisborne



Melton Toyota



Footy
grows
here.



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The better big bank

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Table of **CONTENTS**

THIS WEEKS FIXTURE

HEAR FROM THE GM OF OPERATIONS

FOOTBALL PREVIEWS, SPECIAL RECOGNITION & TIPS

CLUB NOTES - ALPHABETICAL ORDER

CLUB TEAM LISTS- MENS FOOTBALL

WOMENS TEAM LISTS

WOMENS PREVIEWS, SPECIAL RECOGNITION & TIPS

NETBALL PREVIEWS, SPECIAL RECOGNITION & TIPS

NETBALL TEAM LISTSPREVIEW RESULTS AND LADDERS



UPCOMING FIXTURE

MEN'S & NETBALL

2 MAY 2026

STANDARD TIMES



ROUND 4
ROMSEY PARK

2 MAY 2026

STANDARD TIMES



ROUND 4
MACEDON RANGES SPORTS PRECINCT

2 MAY 2026

STANDARD TIMES



ROUND 4
DIGGERS REST REC RESERVA

2 MAY 2026

STANDARD TIMES



ROUND 4
GILBERT GORDON RESERVE

2 MAY 2026

STANDARD TIMES



ROUND 4
KYNETON SHOWGROUNDS

WOMEN'S

12 MAY 2026

5:00PM



ROUND 3
RIDDELLS CREEK REC RESERVE

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ACROSS MY DESK

by General Manager Operations Grace Bibby

Losing in sport is rarely celebrated, but it remains one of the most valuable experiences young athletes can have. While winning brings excitement and reward, it is often through defeat that players develop the character, resilience, and perspective needed not only to improve their performance, but to grow as individuals.

In junior competitions, this lesson is especially important. The RDFNL Junior Grading process each season inevitably leads to some clubs feeling challenged or even frustrated when placed in Division A. This is understandable. Higher divisions bring tougher opponents, larger margins at times, and a greater test of a team's capabilities.

However, it is precisely within these challenges that the greatest opportunities for growth exist. Losing, particularly in a competitive environment, teaches players how to respond to adversity. It encourages reflection. What can we do better? Where can we improve? How do we support each other when things are not going our way? These are critical life skills that extend far beyond the football field. Resilience is not built in comfortable wins. It is forged in tough games, in moments where effort must outweigh scoreboard pressure, and where persistence becomes more important than immediate results.

There is also a strong link between resilience and confidence. While this may seem contradictory, players who experience setbacks and learn to work through them often develop a deeper, more lasting confidence in their own ability. They begin to understand that performance can fluctuate, but effort, attitude, and commitment remain within their control. This mindset becomes invaluable not only in sport, but in school, work, and life more broadly.

From a competition perspective, RDFNL is committed to fostering long-term development and growth across all junior grades. While match margins are considered and do play a role in ongoing assessment, they are not the sole measure of a team's place within a division. A single result,

or even a series of results, does not always reflect a team's potential, effort, or capacity to improve. Strong competitions rely on teams being willing to challenge themselves, not just seek success at a lower level.

There is also an important cultural element at play. Division A should be viewed as an aspiration. It is something all teams should strive toward each season. It represents an opportunity to test skills against strong opposition, to learn at a faster rate, and to experience the game at a higher intensity. Being placed in A Grade is not something to shy away from. It is something to be proud of. It reflects a belief that a team is capable of competing, developing, and contributing positively to the competition.

Importantly, striving to be the best should always outweigh the desire to simply be the best in a lower division. While success in B Division can be rewarding, it should not replace the ambition to grow, improve, and challenge stronger opponents. Long-term player retention and development are better supported when individuals feel they are progressing and being tested appropriately, even if that comes with setbacks along the way.

It is also important to recognise the role that coaches, parents, and clubs play in shaping how young players perceive losing. When losses are framed as learning opportunities rather than failures, players are more likely to stay engaged, motivated, and positive. Encouraging effort, teamwork, and small improvements helps shift the focus away from the scoreboard and toward development. Over time, this approach builds stronger athletes and more resilient teams.

RDFNL will continue to monitor all teams closely throughout the season and make adjustments where clearly required. However, the broader goal remains the same. To build a strong, competitive, and resilient junior competition where players are encouraged to push their limits, support one another, and take pride in their efforts regardless of the result.



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DANIEL TOMAN

208 RANKING POINTS

47 DISPOSALS

7 CLEARANCES

13 SCORE INVOLVEMENTS

1 GOAL

PLAYER OF THE WEEK

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RDFNL FOOTBALL TEAM LISTS

Click the division for match details and team lists.



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VS



VS



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Pat Cronin Foundation Round

Be Wise

LET'S END THE COWARD PUNCH



Pat Cronin
Foundation
Round 1-3 May

RDFNL FOOTBALL RESULTS

Click the division for match details and team lists.



VS



VS



VS



VS





LOCAL FOOTBALL

Like Never Before



CONTESTED POSSESSIONS

ROUND THREE

DANIEL TOMAN

1 **18**



WOODEND-HESKET FOOTBALL NETBALL CLUB



PATRICK MAHONEY

15 6

BRODIE HOYNE

2 **17**



MACEDON CATS



OLU OLALEKAN

14 7

HAYDN SMITH

3 **16**



KYNETON 1868



FLETCHER BANFIELD

14 8

NATHAN HROVAT

4 **16**



RIDDELL



ANGUS NOLTE

14 9

DANNY GRMUSA

5 **16**



KYNETON 1868



CALEB FISHER

14 10



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KYNETON

HARDWICKS



RDFNL Senior Mens Football Tipping

Each week throughout the 2026 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!

Football Tipping							
NAME	Romsey vs Woodend Heskett	Riddell vs Lancefield	Kyneton vs Wallan	Gisborne Giants vs Melton Centrals	Diggers Rest vs Macedon	Last Week	Total
Brenton Knott	Romsey	Riddell	Kyneton	Melton Centrals	Diggers Rest	2	10
Courtney Alexander	Woodend-Heskett	Riddell	Wallan	Gisborne Giants	Diggers Rest	2	11
Terry Kernan	Woodend-Heskett	Riddell	Wallan	Gisborne Giants	Macedon	3	12
Brian McNabb	Woodend-Heskett	Riddell	Wallan	Melton Centrals	Diggers Rest	3	8
Jordan Doyle	Woodend-Heskett	Riddell	Kyneton	Gisborne Giants	Diggers Rest	4	13
Richard Thwaites	Romsey	Riddell	Wallan	Gisborne Giants	Macedon	3	12
Grant McMillan	Woodend-Heskett	Riddell	Wallan	Melton Centrals	Diggers Rest	4	13
Tara Murray	Woodend-Heskett	Riddell	Wallan	Gisborne Giants	Diggers Rest	2	11
Ben Higgins	Romsey	Riddell	Wallan	Gisborne Giants	Diggers Rest	3	12
Grace Bibby	Woodend-Heskett	Riddell	Wallan	Gisborne Giants	Diggers Rest	4	13





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commentary team in 2025**



RDFNL Senior Mens Previews

By Seth Cornish



vs



vs



This game marks the beginning of Pat Cronin Round, as the competition comes together for an incredibly important cause standing against the coward punch. Both sides hope to turn one win into two early in the season in this intriguing matchup. Woodend come off a much-needed win against the Gisborne Giants and Romsey come off the bye after a heavy defeat against the Giants a week before. Woodend needed that win last week after two losses in weeks before and they would go into this game with confidence after a strong win. Woodend kicked a staggering 18 goals in the first half to Gisborne's seven sending a message to the competition. Daniel Toman probably had the best game anyone has had of the season so far with 47 disposals, 7 clearances and 208 ranking points. He was well supported by Fletcher Banfield, who collected 34 disposals and kicked a goal, while Tom Gawthrop added five majors in the goal avalanche. Woodend will hope they dominate the redbacks like they did the giants beating them in disposals (+84) and contested possessions (+18). Romsey will really need to lift here as they lost to the Giants by 66 points in the last game they played. It's been a disappointing start for Romsey who are usually up there competing with the top teams. They are below average compared to other teams in disposals, inside 50s and goals scored showcasing their disappointing start to the season and something they will want to build on. Despite this, there are still positives. Nathan Blair has been a consistent force through the midfield, averaging 23.5 disposals and 135 ranking points, while star forward Jack Jedwab continues to be a major threat up forward, averaging 4.5 goals a game. Expect Romsey to come out firing here against the Hawks after their disappointing start, however the I think the Hawks will be too good after their massive win last week.

Prediction- Hawks by 5 goals

Both sides also hoping to turn one win into two here as this sets up to be a massive game for both teams. Gisborne will be left frustrated after last week's performance against Woodend. A disastrous first half saw them concede 18 goals to seven, effectively putting the game out of reach. To their credit, they responded strongly after the break outscoring the Hawks 10 goals to three in the second half, but the damage had already been done. After their dominant win over Romsey the week prior, many expected Gisborne to continue their momentum, so they'll be eager to bounce back here in what shapes up to be another winnable game for them. Big ruckman Tom Rochester performed well for the Giants against the hawks with 36 hitouts, 16 disposals and 123 ranking points, he was well supported by his captain Brad Mangan up forward kicking six majors and having 11 disposals for the game. Melton Centrals despite sitting 0-2, have shown glimpses of promise. They opened their season against a strong Wallan side, going down by 71 points, before a much more competitive 13-point loss to cross-town rivals Melton South. Coming off the bye, Centrals will see this as a genuine opportunity to secure their first win of the season. Recruit William Krithararis is showing out despite his team's disappointing start averaging 125 ranking points and 33 disposals. Fabian Brancatisano has also continued his form from last season for the centrals averaging 32.5 disposals a game and 104 ranking points. Centrals to beat the Giants this week will have to lift in key areas, they are below average in disposals, clearances and marks in comparison to the rest of the competition which will set off alarm bells for them and make it potentially something the Giants can exploit. Expect this to be a close affair but I have the Centrals winning their first game of the season here against a strong giant's side.

Prediction- Centrals by two goals

RDFNL Senior Mens Previews

By Seth Cornish



Arguably the two best teams in the competition faceoff here in what's set to be a massive game this weekend. Both coming off wins against a competitive Riddell outfit, each winning by similar margins. Macedon showed their midfield strength again with Hamish Govan continuing his stellar form the cats with 32 disposals, 3 clearances and 147 ranking points, his teammate Brodie Hoyne also had 34 disposals, 7 clearances and 1 goal. Diggers are looking interesting going into this game, Callum Moore left the ground early last week so he may be unlikely to play. Mitch Day although might fill his void as he's back in form with 27 disposals, 3 goals and 146 ranking points against Riddell last time out. Brodie Meyers was also huge for the burra kicking four goals and having 12 disposals for the day. Expect a very close hard-fought contest here but I have the Burras winning at home in the Cats first real test for 2026.

Prediction- Diggers by 2 goals



This looks set to be a very one sided affair here. Riddell have looked ok against 2 very strong sides in the last two weeks. They were outrun in the second half by Diggers two weeks ago and last week were just outplayed by Macedon in the end losing by 32 points. A much easier assignment here playing the 0-3 Lancefield where Riddell should take home their first win of the year. Nathan Hrovat showed his experience again this week with 37 disposals, 9

clearances and 121 ranking points and Zakkaria Saad was also good with 25 disposals, 3 goals and 120 ranking points. Lancefield were unfortunately disappointing again against Kyneton last week, and it doesn't get any easier against the bombers here. Young Walter King showed positive signs for the tigers in their defeat with 25 disposals, 5 marks and 124 ranking points, alongside him Riley O Meara was also good with 34 disposals, 2 clearances and 106 ranking points. Expect a one-sided affair here where the bombers should bounce back and gain their first win of the year.

Prediction- Riddell by 80 points



This is set to be a huge game for both clubs as one of them is set to have their first loss of the year. This is Wallan's first real test for the season as they've blown 3 of the lower sides out of the park in their first 3 games, they do look really good though and are a chance to beat the tigers at home. Ben Dessent was unreal for the magpies on the weekend with 30 disposals, 9 clearances and 175 ranking points, he was supported by fellow teammate up forward Lachlan Smart who had 15 disposals, 8 marks and 5 goals. The Tigers as expected cruised home against Lancefield last week and now their biggest test awaits here, Angus Nolte had his best game of the year so far with 23 disposals, 6 tackles and 3 goals and his fellow forward teammate Harry Ryan also dominated with 19 disposals, 9 marks and 6 goals. I'm keen to see what happens here this week out of these two and it's probably the hardest game I've had to tip the season. I have the magpies winning this one just away from home in a close one.

Prediction- Wallan by 4 points

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RDFNL Senior Womens Football Tipping

Each week throughout the 2026 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!

Womens Football Tipping				
NAME	Riddell vs Lancefield		Last Week	Total
Brenton Knott	Lancefield		1	3
Courtney Alexander	Riddell		1	3
Jacqui Green	Lancefield		2	3
Jordan Doyle	Lancefield		2	4
Grant McMillan	Riddell		2	3
Tara Murray	Lancefield		2	4
Ben Higgins	Lancefield		2	4
Grace Bibby	Lancefield		2	4
Richard Thwaites	Lancefield		2	4



RDFNL SENIOR WOMESN RESULTS

[Click the for match details and results](#)



VS



VS



RDFNL SENIOR WOMESN UPCOMING TEAMLISTS

[Click the for match details and results](#)



VS





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RUBY WATTS

166 RANKING POINTS

37 DISPOSALS

11 SCORE INVOLVEMENTS

6 CLEARANCES

2 GOALS

PLAYER OF THE WEEK

DISPOSALS

ROUND TWO

RUBY WATTS

1 37



RIDDELL

JESSICA SPROULE

19 6



TAYA KONIAS

2 31



MACEON CASTLES

BRIANNA WOODBURN

19 6



HARMONY CASSAR

3 27



MT ALEXANDER WOMEN'S SPORTS CLUB

FALCONS

GABRIELLE SMITH

18 8



LAUREN SHAW

4 21



MACEON CASTLES

RUBY SHEPHERD

18 8



ELLA HAYES

4 21



MACEON CASTLES

LILY PRATER

18 8



Bendigo Bank



RDFNL

RIDDELL DISTRICT FOOTBALL NETBALL LEAGUE



Community Bank
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RDFNL Senior Womens Previews

By Seth Cornish



This shapes as an intriguing contest as the standalone women's game for round 3. Riddell will be eager to respond after a tough outing against Macedon last week, where they were held scoreless, a result that would've been disappointing after their strong win against Mt Alexander the week prior. Despite the loss Lauren Shaw continued her great form at the start of the year against the bombers with 27 disposals, 10 contested possessions and 90 ranking points, alongside her Jessica Sproule who had 19 disposals, four clearances and 64 ranking points. Riddell will have to be better this week after being dominated by Macedon in most facets of the game. They lost the disposal count (-120), clearances (-17) and inside 50s (-50). Lancefield responded strongly to their round one loss with a dominant 83-point win over Mt Alexander, a great response after last week's loss. Harmony Cassar was dominant for the Tigers with 27 disposals, one goal and 106 ranking points, her teammate Harriet Ziedaitis was also good with 16 disposals, three goals and 84 ranking points. Lancefield's dominance on the scoreboard was also reflected on the stat count, they won the disposal count easily (+73), inside 50s (+31) and kicks (+37). The last time these two played was in the preliminary final where Riddell got the better over Lancefield by 12 points so Lancefield will be looking to respond here. I think Lancefield will be too good for the Bombers here after two positive weeks for Lancefield to start the season.



TACKLE YOUR FEELINGS

‘Be a Champ’

- Tackle Your Feelings ambassador Nathan Buckley and social media larrikins the Shepmates have teamed up to create a humorous video celebrating local football club culture and encouraging players and coaches to help support the mental health of their footy mates
- Watch the video
- As part of the campaign, Tackle Your Feelings is looking to celebrate and recognise those local ‘champs’ who go above and beyond when it comes to investing in mental health
- Being referred to as a ‘champ’ is not always cast in a positive way, so Tackle Your Feelings is looking to reclaim the phrase and spin it around to celebrate these people who often don’t get the recognition they deserve with the role they play at their clubs
- We want players, coaches, committee members, support staff and umpires to be a champ and book their club in for a Tackle Your Feelings workshop
- Clubs can register for a workshop at **tyfo.tackleyourfeelings.org.au/login/**.

Adam Baldwin, Program Manager said: “Clubs are beginning to understand their responsibility to create an environment which supports the mental health of their players. We want clubs to prioritise mental health in the same way they currently do physical health. Tackle Your Feelings is a free program that can help clubs kick-start the development of their own mental health game plan.”

Book a @tyf_au workshop today.



What is Tackle Your Feelings?

- Tackle Your Feelings is a FREE mental health program for community football/netball clubs
- The program was formed by the AFL Coaches Association, AFL Players’ Association and Zurich Insurance in 2018 following the death of Adelaide coach Phil Walsh
- 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.
- The program is based on the education delivered to the AFL industry and is led by high-profile player and coach ambassadors
- Since 2019, the TYF program has been delivered to more than 10,000 participants in every Australian state and territory and it’s available to your club in 2024
- Quote from TYF ambassador Nathan Buckley: “It’s an awesome program. It’s so succinct and gives you really good strategies... it’s a really good conversation starter.”

To book a session in for your club contact **Grant McMillan via grant@rdfnl.com.au**

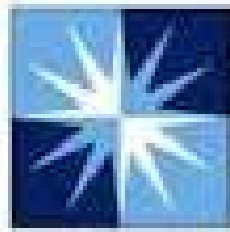


DIGGERS REST

Club Notes



DIGGERS REST FOOTBALL NETBALL CLUB
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GREATLY APPRECIATED.





GISBORNE GIANTS *Club Notes*

Thank you to Woodend-Hesket for hosting us last round at sunny Gilbert Gordon. Winners in the netball were U19's, D Grade, C Grade & B Grade, while over in the footy it was the U19.5's & Reserves with wins.

Congratulations to Luke Hall & Noah Pierce in making their senior footy debuts.

This week we welcome Melton Centrals onto our brand new netball courts!

Thank you to MRSC for allowing us early access to use the courts and we are very excited to give them their first use.

Thank you to our sponsors this week in Cycon Civil, Macedon Ranges Family Law, Johnson & Young Cranes & L O'Grady Constructions.

It's not too late to sign up as a Club Orange member for 2026, scan the code to find out more information.

We look forward to seeing everyone back at the club on Saturday night for the 2nd running of the duck races!

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2026



KYNETON

Club Notes



Riddell District Football Netball League





Event STAGE HIRE



**As seen at all RDFNL Grand
Finals in 2025!**



LANCEFIELD

Club Notes



ANZAC DAY

A big thanks to everyone who chipped in to make our ANZAC Day game such a success. There was a great crowd and atmosphere, the pre-game service saw everyone come together to pay their respects and the weather topped it all off. Well done to our crew for retaining the 'Clash of the Tigers' shield taking out the day 5-3. It was a tale of 2 codes with Lancefield getting a clean sweep of the netball and Kyneton a clean sweep of the football. Congratulations to our women's footballers. Unfortunately, they couldn't be fixtured with the rest of us on the day but they raced from the ground, jumped on the team bus and rushed back to Lancefield to participate with the rest of the club for the ANZAC service.

Each year we award a player in each code an ANZAC Day medal named after a past player with a distinguished service history. This year's winners were: The Ike Johnston medal: Riley O'Meara (men's football). The Bonny Lamb medal: Bridget Dodds (netball). The Jack Bristow medal: Harmony Cassar (women's football).

AUSTRALIA'S BIGGEST CHOOK RAFFLE...

At Lancefield, not only are we going to run a chook raffle but, we are going to run the BIGGEST chook raffle in the country! Well, when we say the biggest, we mean the highest. Every chook will be numbered, we'll sell off the chooks, then we'll put them in a net, hook them up to a crane and send them as high into the sky as we can. Never before have chooks reached these type of heights! Then we'll pull the rope and let them make their way to the ground. Which ever numbered chook lands closest to the marker will win it's owner \$5,000!!! It's going to be a lot of fun and we're pretty sure no one has ever tried to do this before... and probably for good reasons. Tickets can be purchased from any Lancefield player or from the bar on game days. The big chicken drop will take place on Saturday May 16th after our seniors match against Woodend.



MACEDON

Club Notes



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MELTON CENTRALS

Club Notes





MELTON SOUTH

Club Notes





2026



MOUNT ALEXANDER *Club Notes*



Riddell District Football Netball League





RIDDELL Club Notes

We are stoked to announce the launch of our new and improved website, take a look today!

<https://riddell-fnc.myclubcms.com.au/football>

A place where you will find all club history, easy links to access relevant websites, full team lists and much much more!

Don't forget to save the date for all of the events on our 2026 events calendar!
events calendar.jpg

2026 EVENTS CALENDAR

2 MAY	IPOD SHUFFLE	18 JULY	LADIES DAY
8 MAY	SPORTSMAN'S DAY	18 JULY	FUNCTION
20 JUNE	FUNCTION	8 AUGUST	JUNIOR DAY
5 JULY	LAST MAN STANDING	1 AUGUST	FUNCTION
		18 SEPT	PRESENTATION

THURSDAY NIGHT PUB DINNERS AT RIDDLELLS CREEK HOTEL

7 MAY 28 MAY 25 JUNE 30 JULY

As always, our club is nothing without our devoted sponsors, the support of these business' is what keeps our club going every year. Don't forget to pay it back and support them whenever you can, this week we feature our Platinum Sponsors for 2026!

PLATINUM SPONSORS

SATURDAY MAY 16



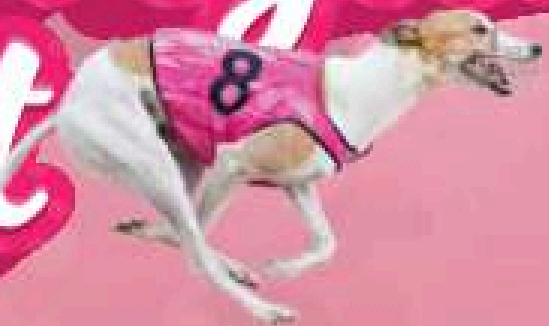
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ROMSEY

Club Notes





WALLAN Club Notes

ANZAC Day, a day when we had the privilege of hosting netball and football games. It was a great day for our club. A big thank you to both Wallan FNC and Melton South FNC for playing in the spirit of the day.

Our day was made even better by all of the volunteers hard work, particularly the footballers and netballers, thank you! We had the pleasure of watching the Wallan JFC Under 9s play at halftime in the Seniors.

To top a great day off the Club 18s played their first game of the season against Melton South. Thank you to everyone who came to support the teams throughout the day.

This week we are off to Darley for the Club 18s on Friday night and everyone else is off to Kyneton on Saturday. This weekend is the Pat Cronin Foundation round, Be wise, Let's end the Coward punch!





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WOODEND HESKET

Club Notes



Round 4 takes us on the road to Romsey, and our Hawks are ready for the challenge. Away games test character. They test resilience. And they show what a club is made of when you're playing in someone else's backyard. Our netballers and footballers will be out there representing the brown and gold with pride, and we know they'll leave everything on the court and field.

Romsey's a quality opponent, but so are we. Our teams have been building momentum, learning, and improving each week. Round 4 is another chance to take that next step forward.

If you can make the trip to Romsey, do it. There's nothing better than seeing a sea of brown and gold backing our teams away from home. Let's show them what Hawks support looks like!

THANK YOU TO OUR ROUND 4 SPONSOR – SUPERVISED BUILDING SERVICES

A massive thank you to Supervised Building Services for sponsoring Round 4! Your support helps keep our club strong and our facilities running smoothly. Whether it's new builds, renovations, or maintenance, Supervised Building Services delivers quality workmanship across the region. We're proud to have you backing the Hawks!

SAVE THE DATE – MAY 23

Mark it in your calendars now! May 23 – Woodend vs Riddell at home.

Join us for Women of the Nest – A celebration throughout the day honouring the incredible women across our club and community.

It's going to be a huge day at The Nest - footy, netball, and an epic social event. See you there!

Go Hawks!



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RDFNL TRIBUNAL RESULTS

Cameron Thomson – Wallan: Charging/ Striking - One Week

Cameron Freake - Gisborne Giants - Striking - Six Weeks

Mathew Higgins - Lancefield - Striking - 2 weeks



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NETBALL MANAERS REPORT

by General Manager Operations 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.

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.

TBC



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KRISTIANA MANUA

7 INTERCEPTS

8 DEFLECTIONS

5 PRESSURE ACTS

PLAYER OF THE WEEK



2026



RDFNL NETBALL RESULTS AND TEAM LISTS

Click the division for match details and team lists.

A GRADE

B GRADE

19 & UNDER

C GRADE

D GRADE



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RDFNL Netball Tipping

Each week throughout the 2026 season, a panel of RDFNL staff, executive, sponsors and media will submit their tips for the weekend's senior netball matches, which will be featured in the footy record. See how your tips stack up against the RDFNL experts each week!

Netball Tipping							
NAME	Romsey vs Woodend Hesket	Riddell vs Lancefield	Kyneton vs Wallan	Gisborne Giants vs Melton Centrals	Diggers Rest vs Macedon	Last Week	Total
Brenton Knott	Woodend-Hesket	Lancefield	Wallan	Gisborne Giants	Macedon	3	9
Krissy Clement	Woodend-Hesket	Lancefield	Wallan	Gisborne Giants	Macedon	3	11
Ben Higgins	Woodend-Hesket	Riddell	Kyneton	Gisborne Giants	Diggers Rest	4	8
Tara Murray	Woodend-Hesket	Lancefield	Wallan	Gisborne Giants	Macedon	3	10
Jordan Doyle	Woodend-Hesket	Lancefield	Kyneton	Gisborne Giants	Macedon	4	13
Grace Bibby	Woodend-Hesket	Lancefield	Wallan	Gisborne Giants	Macedon	4	12
Grant McMillan	Woodend-Hesket	Lancefield	Kyneton	Gisborne Giants	Macedon	3	8
Courtney Alexander	Woodend-Hesket	Lancefield	Wallan	Melton Centrals	Diggers Rest	2	10
Richard Thwaites	Woodend-Hesket	Lancefield	Wallan	Gisborne Giants	Diggers Rest	2	9
Lauren Nolan	Woodend-Hesket	Riddell	Wallan	Gisborne Giants	Macedon	4	11





RDFNL Netball Previews

By Grace Bibby



vs



vs



In most cases you would think this is a comfortable victory for the Hawks based on previous results and ladder position.

But last time they met Romsey were at long odds to win and got the job done. Did Woodend HESket let their guard down or were Romsey playing fearless netball.

Romsey look to welcome back Emily Miles who has recently been playing with Gisborne Bulldogs.

She will add some depth and grun to their mid court which has been lacking to start the season.

Woodend Hesket have been juggling commitments so it is hard to know if we will see Stanton or Adams Alcock but either way it is going to be a tough match up for the undersized Redback defence.

Prediction: Woodend Hesket to outclass Romsey.

Gisboren Giants would have hoped to have been more competitive against flag favourites Woodend last week while Melton Centrals enjoyed the bye.

Both teams have shown some promising signs early but Giants will go into this one as favourites. Malia Seumanutafa has been the most dominant shooter in the competition.

Giants should be able to get on top in the midcourt and their defenders have also been in good form. Imogen Sexton will need close attention as she continues to build her game for the Blues.

Prediction: Giants to be too strong across the full court.





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RDFNL Netball Previews

By Grace Bibby



Kyneton were oh so close last week to causing an upset when they met LANCEFIELD. A two goal margin was all that separated them at the final whistle. Kristiana Manua was our player of the week for her defensive work on a powerful goal shooter. Will she be the one to get the job on Maeve Donegan who has started the year exceptionally well. The other end of the court will also have a critical battle with Ellie Bird taking on the youngsters Alannah Judd Amanda Sua and the slightly more experienced Goergie Stevenson. It wont matter who they play on Bird they will be giving up valuable centimetres and will need to apply plenty of pressure through the midcourt. Last week we saw Dakota Lister back to some of her best netball which is so exciting. She was right on the verge of being the best wing defence in the competition before she suffered her knee injury. She is lightning quick and if the pass isnt perfect she will get fingers to it. It is no doubt Kyneton have the strength at both ends but what happens in the midcourt will decide this one.

Prediction: Wallan to be too strong.



Diggers Rest will need to get out to a strong start to keep the Cats at bay in this one. Diggers Rest are an improved team from last season but previous results this season suggest the Cats will still have their measure unless they bring their best for four quarters.

The Cats will be down a couple of key defenders though with Brooklyn Anderson rupturing her ACL again last weekend. Anderson is such a fantastic player and each time she looks like breaking through for a big season she finds herself back on the injury list. We hope to see her back on court soon!

They will also be without Janelle Birch which is a massive lost leaving a lot of work to be done for Tayla Chamra and the old girl Katie Clarke This one is going to be really close and I am not confident with my prediction.

Prediction: Cats by a small margin.



Lancefield are going nicely to start season 2026. They may have had an easy fixture to start their season but you only have to take the four points from those that play and they have done that.

Kyneton was a good test of their character. Bridget Dods and Bella Colladetti look to be forming a strong partnership in defence while Chloe Hodgson is doing a mountain of work in the mid court. The match up between Hodgson and Mady Brown will be exciting to watch. Riddell will also welcome back Georgia Shaddock for this weekends game which will give them a boost.

Riddell will be without Shleby Holter though so there will be a vulnerability to their attacking end.

Prediction: If Holter was playing Riddell might have got close but this will be a comfortable win for the Lancefield group.



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