

Swan Hill Regional Livestock Exchange

Prime Cattle Sale 5th of October 2023



Total Yarding of **349** head
 A smaller yarding this week following good wide spread rain. No cows in the yarding quote. Agents yarded a good line up heavy cattle and saw those prices gain by 10c/kg to 15c/kg. Vealers sold firm to last fortnight's quotations.

Cattle Class	Price Range c/kg lw	Top Producers
Steer Vealer – up to 350kg	120 - 243.6	146.6c/kg – Mobilong East Trading – Lake Boga
Heifer Vealer – up to 350kg	108 - 240	240c/kg – Jakal Trust – Meringur 122.6c/kg - Mobilong East Trading – Lake Boga
Trade Steers 351-500kg	120 - 285	285c/kg – P & B Martin - Pinedale 270c/kg - Jakal Trust – Meringur 265c/kg – K Ayars – Polisbet 264c/kg – B Greenham – Pental Island 262c/kg – BW & MJ Morrish - Ouyen 252c/kg – CW Fisher – Yaarpeet
Trade Heifers 351-500kgs	100 - 240	234.6c/kg – S & E Byron Pty Ltd – Kellalac 234.6c/kg – AL & KT Meehan – Lalbert 233.6c/kg – RB & LM Bishop - Murraydale
Export Steers 500kg+	140 - 265.6	265.6c/kg – Lukara Pty Ltd – Merinnee 260c/kg – D Saville – Tyntynder 258.6c/kg – PE & GL Sheldrick - Dilpurra 254c/kg - CW Fisher – Yaarpeet 252.6c/kg – GL Smith – Leitchville
Export Heifers 500kg+	184 - 230	230c/kg - BW & MJ Morrish – Ouyen 218.6c/kg - D Saville – Tyntynder 218.6c/kg - S & E Byron Pty Ltd - Kellalac 205c/kg – Julbre Park - Jeffcott
Bullocks	140 - 258.6	216.6c/kg - Lukara Pty Ltd – Merinnee
Cow & Calf		\$1300/Unit – M& J Sheldrick - Dilpura

**Our next Prime Cattle Market will be on Thursday 19th of October, 2023 commencing at 07.30am.
 Our next Sheep & Lamb Sale will be on Thursday 12th of October, 2023.**

Did you know?

Red meat has been an important part of the human diet throughout human evolution. When included as part of a healthy, varied diet, red meat provides a rich source of high biological value protein and essential nutrients, some of which are more bioavailable than in alternative food sources.

Approximate protein requirements:

Adult women: 0.75g/kilogram of body weight/day.

Adult men: 0.84g/kilogram of body weight/day.

People who are pregnant, breastfeeding or over 70 years old: 1g/kilogram of body weight/day.

<https://dietitiansaustralia.org.au>