

Meeting: Essendon Gift, 12th November 2022

Weather: Warm afternoon into cool evening and late rain, light to moderate head winds

Track: 400m synthetic track

Commentator: Ollie Wurm

Wind Gauge: Automatic

Starters: Rob McIntosh and Graeme Humphrey

Photo Finish: Chloe Blennerhassett, Leah Macdonald

Results: Nila Blennerhassett

Stewards: Rob Lehmann

Handicappers: Colin Lane, Jonathon Rogers, Chris Macdonald

NAP's

70m Men: Matthew Eddy (time), Matt Standfield (brk),

70m Women: Zoe Glassborow (time), Lucy Zotti (time)

200m Women's Gift: Mikeala Selaidinakos (inj), Akshaya Iyer (time)

200m Men's Gift: Chris Diegan (inj)

300m Masters: James McEniry (time), Nick Howard (inj)

550m Open: Lonain Burnett (inj)

Stewards Notes from the day:

This was a well conducted and attended meeting to start the season, congratulations to the Essendon Gift committee and all runners who competed.

Chris Diegan was unable to take his place in the 200m Gift semi final due to injury (14 days).

Nick Howard was unable to take his place in the 300m Masters final due to injury (14 days).

Lonain Burnett was unable to take his place in the Open 550m final due to injury (14 days).

Mikeala Selaidinakos did not take her place in semi final 2 of the 200m Women's Gift. When spoken to by the Stewards, Mikeala advised she had a tight hamstring and wasn't aware she needed to scratch. As this was Mikeala's first run with the VAL she was given a caution only.

Anna Kasapis (045 800m), Richard Polkinghorne (1600m open) and Shane Mallia (1600m open) were given permission to wear flats and will advise the Stewards before returning to racing in spikes.

Stewarding Comments:

It is the runner's responsibility to ensure they are at the start line for their heat. We had to place a number of runners into alternate heats due to them missing their heat and going forward this will not be done.

It is the responsibility of runners to ensure their performance history outside of the VAL has been declared prior to a meeting. PB's should be notified immediately to the office and new runners should ensure their performance history is accurate. Failure to do so may result in sanctions being applied.

Runners are advised to re-read the Stewarding notes that were issued at the commencement of last season, particularly in regard to 'winning intent' and also competing with consistency from week to week. You can read the notes [HERE](#)

Registered Runners and Trainers only, should be on the ground and this should be limited to warming up and competing. Anyone outside of registered Runners and Trainers will be requested to leave the infield.

Breaking in a heat or semi final and not progressing will result in an NAP at best. Breaking in a final is an automatic NAP at best.

Meeting: Warrnambool 3rd December 2022

Weather: Warm to hot day, headwinds

Track: 400m grass track

Commentator: Ollie Wurm

Wind Gauge: Automatic

Starters: Rob McIntosh and Graeme Humphrey

Photo Finish: Chloe Blennerhassett, Leah Macdonald

Results: Nila Blennerhassett

Stewards: Graeme Goldsworthy, Rob Lehmann (via livestream)

Handicappers: Graeme Goldsworthy, Chris Macdonald

NAP's

120m Women's Gift: Jennifer King (time)

120m Men's Gift: Liam Moss (time)

120m Masters: Shane Quinn (brk)

300m Womens: Kiara Reddingius (time), Layla Watson

300m Mens: Nicholas Antonino (time), Ash Liyanaarachichi , Blake Favretto

800m Open: Cameron Konnis (time), Caitlin Banner (time)

Stewards Notes from the day:

An excellent running surface that got faster as the dew dried up. A meeting that attracted strong entries and quality fields, a credit to the Club.

Endale Mekonnen was fined \$50 for raising his arm in the air prior to the finish line in the Men's Gift.

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Meeting: Terang 4th December 2022

Weather: Hot day, crosswinds

Track: 400m grass track

Commentator: Ollie Wurm

Wind Gauge: Automatic

Starters: Rob McIntosh and Graeme Humphrey

Photo Finish: Chloe Blennerhassett, Leah Macdonald

Results: Nila Blennerhassett

Stewards: Colin Lane, Rob Lehmann (via livestream)

Handicappers: Graeme Goldsworthy, Chris Macdonald, Colin Lane

NAP's

70m Open: Connor Loughnan (time), Mitchell White (inj)

120m Men's Gift: Luke Mitchell, Tom Perry, Kevin Brittain (time)

120m Masters: Leigh Phelan (inj)

300m Masters: Rob Irwin (inj), Carl McMeel (inj)

400m Mens: Nicholas Antonino (time)

800m Open: Jacob Sprunt (time), Wayne James

Stewards notes from the day:

Another well prepared track, with strong fields entered and a well organised meeting.

Matthew Beaman was spoken to following his heat of the 800m Open as the Stewards expected a better performance from him. He advised that he been focussing on longer distances and is lacking speed to run a quality 800m.

Nicole Berridge was spoken to informally following her heat of the Women's Gift and she advised she was a bit stiff from the previous day. Nicole then went on to win the Gift final.

Leigh Phelan withdrew from the final of the Master's 120m due to sustaining an injury in running the Gift heat.

Rob Irwin withdrew from the Master's 300m final due to injury.

Carl McMeel sustained an injury in the Master's 300m final and was unable to finish.

Murray Goodwin was spoken to with regards to racing in flats on Saturday in his 800m heat and then running in spikes for his 800m heat on Sunday. Athletes wishing to race in flats need to see the Chief Steward prior to racing.

Stewarding Comments:

There were some inconsistencies noted in performances between Saturday and Sunday by athletes in sprint circle events, which will lead to increased scrutiny for runners who appear to be running to finish 'close up' in the heat.

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Meeting: Waverley 3rd December 2022

Weather: Warm day, very gusty crosswinds with late rain

Track: 396m grass track

Commentator: Ollie Wurm

Wind Gauge: Automatic

Starters: Rob McIntosh and Brendan Ferrari

Photo Finish: Leah Macdonald & Emma Macdonald

Results: Nila Blennerhassett & Chloe Blennerhassett

Timekeeper: John Henry

Stewards: Rob Lehmann, Wally Meechan, Meg Lehmann

Handicappers: Graeme Goldsworthy, Chris Macdonald, Colin Lane, Jonathon Rogers, Narelle Lehmann

NAP's

Due to the extreme winds and timing issues on the day, no NAP's or UP's were issued from the meeting. All athletes that competed and completed their events will receive APs.

Stewards Notes from the day:

The circle and sprint track were in excellent condition, although the straight track was soft.

During the heats of the u18 100m an extreme wind gust caused the photo finish camera to fall into the results tent, which led to the meeting being suspended for 30 minutes whilst the Results team were relocated inside and the camera was re-set on the straight track.

In order to keep the meeting running, the final heat of the u18's and all heats of the Master's 100m were hand timed. All other events on the straight track were conducted using the electronic timing.

Unfortunately, due to the damage to the camera bracket, the camera on the circle track could not be used so all circle events were hand timed and some changes made to final progressions.

Thank you to all runners, trainers, club members and especially our officials for showing patience and understanding through difficult circumstances and allowing the meeting to continue to a successful conclusion with some excellent racing.

Isabella Morgan did not show for the second semi-final of the Women's Gift as she was unaware she had progressed. As this was Isabella's second meeting with the League, she was given a warning that it is the athletes responsibility to check on their possible progression.

Alexia Loizou was placed into the final of the women's 400m due to receiving a severe check in her heat when she appeared to be in a position to progress. Alexia then went on to win the final.

Stewarding Comments:

A reminder to runners that you are required to check progressions from heat to semi and semi to final. Failure to present for a semi or final will result in an NAP at best.

Runners are reminded that they must give other runners 'racing room' in circle events and that sudden and large changes in direction will lead to sanctions for the remainder of the season.

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Meeting: Geelong 17th December 2022

Weather: Mild day, strong headwinds

Track: 250m grass track

Commentator: Ed Sadler

Wind Gauge: Automatic

Starters: Rob McIntosh and Graeme Humphrey

Photo Finish: Leah Macdonald, Emma McDonald

Results: Nila Blennerhassett, Chloe Blennerhassett

Stewards: Rob Lehmann, Wally Meechan, Meg Lehmann

Handicappers: Graeme Goldsworthy, Chris Macdonald, Colin Lane, Narelle Lehmann

NAP's

70m Men's: Scott Rowsell (time), Saye Morris (inj)

70m Women's: Jennifer King (time)

100m Men's Gift: Angus Proudfoot (time), Thomas Moloney (time), Lucas Archer (time), Conor Loughnan (time), Tapasu Paea (inj)

100m Women's Gift: Maddie Coates (inj)

100m Masters: Steven Hurl (brk)

300m Master's: Rob Irwin (brk)

800m Open: Terence Kavenagh-Dando (time), Gordon Knight (DNS final)

Stewards Notes from the day:

Despite the track being cored 4 days before the meeting it came up in relatively good condition, being flat and relatively firm. As this is a VAL run event, thank you to the our team of officials for the assistance provided, which allowed for another successful Geelong meeting to be conducted.

Saye Morris was unable to take his place in the Men's 70m final due to injury. As he was the fastest qualifier, he received a 28 day suspension, which is unable to be reduced with a medical certificate.

Tapasu Paea was unable to take his place in the semi finals of the 100m Men's Gift due to injury. He received a 28 day suspension, which can be reduced to 14 with a medical certificate.

Maddie Coates was unable to take her place in the 100m Women's Gift semi finals due to injury. She received a 28 day suspension, which can be reduced to 14 with a medical certificate.

Gordon Knight did not show for the final of the Open 800m and Stewards are yet to speak with him. An automatic NAP was issued.

Stewarding General Comments:

A reminder to runners that you are required to check progressions from heat to semi/final and semi to final. Failure to present for a semi or final will result in an NAP at best.

Stewards will be paying close attention to the performances of runners who showed strong form at Stawell and appear to be 'chasing ticks'. Please note that from Maryborough onwards there may be an increase in NAP's issued to runners who appear to be consistently 'thereabouts'.

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Meeting: Maryborough 1st January 2023

Weather: Hot day, moderate tail winds

Track: 392m grass track

Commentator's: Ollie Wurm and Matthew Webster

Wind Gauge: Automatic

Starters: Rob McIntosh and Graeme Humphrey

Photo Finish: Chloe Blennerhassett

Results: Nila Blennerhassett & Ashton Macdonald

Stewards: Rob Lehmann, Meg Lehmann

Handicappers: Graeme Goldsworthy, Chris Macdonald, Colin Lane, Narelle Lehmann, Jono Rogers

NAP's

120m Men's Gift: Jack Wolff (time), Hamish Adams (time), Jake Ireland, Isaac Dunmall, Jai Perry (brk)

120m Women's Gift: Keely Henderson (time), Cara Boustead-Hill (time)

120m Masters: Zander McDougall (time)

200m Open: Daniel Quattrone (inj), Blake Jones (inj, 28 days)

300m Master's: Nick Howard, Noddy Angelakos, Paul Tancredi

400m Mens's: Rhys Parkinson, Luke Mitchell, Nick Howard, Noddy Angelakos, Paul Tancredi

400m Women's: Charlotte Cross (brk)

Stewards Notes from the day:

Fantastic to have the Maryborough meeting return after being cancelled the last 2 years, it is one of our most long standing and prestigious carnivals. Unfortunately, runners were faced with hot and humid conditions across the day, which made racing uncomfortable. A huge thank you to our officials for their commitment in very trying conditions.

Zander McDougall was spoken to following the final of the Master's 120m as he was a clear fastest qualifier, however dropped time to finish 7th. He was issued with an NAP for the performance.

Rhys Parkinson was spoken to following his heat of the Men's 400m as the Stewards felt he put in insufficient effort and the run lacked intensity in the finishing straight. Rhys advised that he has had some issues with illness and had missed some training so was underdone. He was advised that this information should be relayed to Steward's prior to competing and that he would be issued an NAP and we expect to see a greater level of intensity in his racing for the remainder of the season.

Grace Kelly requested permission to scratch from the final of the u18 120m so that she could focus on the Women's Gift semi final, which the Steward's allowed.

Dashiell Muir was spoken to following the final of the 400m restricted as he looked across multiple times in the finishing straight. As he is a novice runner he was issued with a warning on this occasion but advised that a repeat of this would result in a fine.

Endale Mekonnen was fined \$100 following the final of the Open 200m for raising his arms prior to the finishing line. As this is the second time Endale has been sanctioned for the same offence this season, he was advised that a further breach would result in a significantly bigger fine or sanction. He was also counselled that his actions are disrespectful to his fellow competitors.

Tim Rosen was spoken to following the final of the Open 200m for an audible obscenity as he crossed the line. He immediately apologised but was advised that a repeat of that behaviour in the future would result in a fine.

Blake Jones was unable to complete the Open 200m due to injury and received a 28 day suspension, reduced to 14 days with a medical certificate.

Stewarding General Comments:

Please note the following issues that have come up recently and the sanctions that will apply for the remainder of the season:

- Looking around during races will incur a minimum fine of \$25 for a first offence
- Celebrating prior to crossing the finishing line will incur a minimum fine of \$50 for a first offence
- Failing to consult with Steward's prior to not competing in a semi final or final will incur a minimum fine of \$25 for a first offence (it is the runners responsibility to check on their progression into semi finals or finals)

Stewards will be paying close attention to the performances of runners who showed strong form at Stawell and appear to be 'chasing ticks'. Please note that from Maryborough onwards there may be an increase in NAP's issued to runners who appear to be consistently 'thereabouts'.

Also runners competing across multiple lactic events will be coming under greater scrutiny, whilst you may be chasing multiple runs to establish fitness, you will not be rewarded with AP's.

Runners are reminded that they must give other runners 'racing room' in circle events and that sudden and large changes in direction will lead to sanctions for the remainder of the season.

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Meeting: St Albans 7th January 2023

Weather: Hot afternoon and evening, strong headwinds that drop later in the evening

Track: 400m grass track

Commentator's: Ethan Mills

Wind Gauge: Automatic

Starters: Brendan Ferrari and Matthew Webster

Photo Finish: Leah McDonald, Emma McDonald

Results: Nila Blennerhassett, Chloe Blennerhassett

Stewards: Rob Lehmann, Meg Lehmann

Handicappers: Graeme Goldsworthy, Chris Macdonald, Colin Lane, Narelle Lehmann, Jono Rogers

NAP's

70m Open: Thomas Moloney (inj), Ebony Newton (time), Jack Wolff, Jemma Stapleton (inj)

120m Men's Gift: Hamish Adams, Jack Lacey (time), Fraser Paull (did not show)

120m Women's Gift: Jennifer King (time)

120m Masters: Tony Martin, Daniel Martin

300m Master's: Paul Frusher (time)

300m Womens: Bianca Patterson (inj)

800m Open: Cameron Moss, Declan Gould (time)

Stewards Notes from the day:

Another hot day, which made it uncomfortable for runners. The program didn't allow enough time between the 800m heats and final so the final was pushed back to ensure runners were able to give their best. The programming of the 300m heats and final was also tight, which needs to be addressed for next season. Overall, it was another very successful meeting from the St Albans Club.

Thomas Moloney scratched from the semi finals of the 70m Open due to injury and received a 28 days suspension.

Jack Wolff scratched from the final of the 70m Open due to injury and received a 28 day suspension.

Tony Martin was spoken to following the final of the 120m Master's as he lost considerable time from heat to final. He advised that he had sustained an injury and received a 28 day suspension.

Jemma Stapleton sustained an injury in her heat of the Open 70m and received a 28 day suspension.

Daniel Martin sustained an injury in the final of the 120m Master's and received a 28 day suspension.

Bianca Patterson sustained an injury in the heats of the 300m Women's and received a 28 day suspension.

Joel Stapleton was placed on the wrong handicap in the final of the u18 120m, which saw him run from 2m and not 4.5m as it should have been. This issue has been addressed with the Starters and the Stewards apologise for the mistake.

Stewarding General Comments:

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- Failing to consult with Steward's prior to not competing in a semi final or final will incur a minimum fine of \$25 for a first offence (it is the runners responsibility to check on their progression into semi finals or finals)
- **Should a runner sustain an injury that affects their performance but they complete a race, they need to advise Stewards immediately. If Stewards are not notified of an injury the performance may be assessed as an unsatisfactory or inconsistent performance and the runner charged.**
- Runners continually looking at their watches whilst running will be charged.

Stewards will be paying close attention to the performances of runners who showed strong form at Stawell and appear to be 'chasing ticks'. Please note that from Maryborough onwards there may be an increase in NAP's issued to runners who appear to be consistently 'thereabouts'.

Runners competing across multiple lactic events will be coming under greater scrutiny, whilst you may be chasing multiple runs to establish fitness, you will not be rewarded with AP's.

Runners are reminded that they must give other runners 'racing room' in circle events and that sudden and large changes in direction will lead to sanctions for the remainder of the season.

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Meeting: Rye 14th January 2023

Weather: Hot day, mild headwinds

Track: 383m grass track

Commentator's: Ed Sadler

Wind Gauge: Automatic

Starters: Graeme Humphrey, Rob McIntosh

Photo Finish: Leah McDonald, Chloe Blennerhassett

Results: Nila Blennerhassett

Stewards: Rob Lehmann, Wally Meechan, Meg Lehmann

Handicappers: Graeme Goldsworthy, Chris Macdonald, Colin Lane, Narelle Lehmann,

NAP's

70m Restricted: Jordan Bourke (inj), Liam Haintz (inj), Dun Rilloraza (inj)

70m Open: Scott Rowsell (time), Fejiro Omuvwie (time), Liam Haintz (inj)

120m Men's Gift: Luke Mitchell, Jake Ireland, Jack Lacey

120m Women's Gift: Liv Ryan, Cara Boustead-Hill (time), Chloe Kinnersly

300m Master's: Adrian Bender, Rob Irwin (brk)

400m Women's: Ashleigh Hamilton, Liv Ryan, Danielle McDowell

400m Men's: Zack Cossey, Matt Burleigh, Adrian Bender

800m Open: Lachlan Milligan

UP's

800m Open: Cameron Moss

Stewards Notes from the day:

Another hot day, which saw the track quicken up as the day went on. A well attended meeting and great to have Rye back on the Calendar after a 2 year hiatus.

Unfortunately, some fines were handed out for runners competing in other events after qualifying for a final without consulting the Stewards first.

Of concern to the Stewards it appears that runners have forgotten how to provide racing room to the inside runners in circle events, also runners trying to run through gaps that aren't wide enough to go through. Runners seen to be 'squeezing' runners onto the line or pushing through gaps, will face a fine and/or disqualification.

Liam Haintz sustained an injury in his heat of the 70m restricted and had to scratch from the semi-finals of the 70m Open, receiving a 28 days suspension.

Dun Rilloraza sustained an injury in his heat of the 70m restricted and incurred a 28 day suspension.

Jordan Bourke sustained an injury in the final of the 70m Restricted and received a 28 day suspension.

Brodie Smith was spoken to for looking around in his heat of the u/18 120m. As it was his first run with the VAL, he was issued a warning.

Adrian Bender was spoken to after running his heat of the 400m Men's as he had already qualified for the 300m Master's final in a competitive time. He had not sought the permission of the Stewards so was issued an NAP in both events and fined \$50.

Cameron Moss was spoken to following the final of the 800m Open as he contested a heat of the 120m Men's Gift shortly before the 800 final. His coach Nick Fiedler advised that he told him to run as he didn't think he was a chance in the 800m final and he wants to get more racing into him. The Stewards found this unacceptable and issued Cameron with a UP in the 800m.

Nick Fiedler was fined \$25 for advising his runner to compete in another event after he had qualified for a final, not allowing him the opportunity to compete to his best.

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Meeting: Frankston 21st January 2023

Weather: Warm day, mild tail winds changing to head winds later in the day

Track: 400m grass track

Commentator's: Ed Sadler

Wind Gauge: Automatic

Starters: Graeme Humphrey, Rob McIntosh

Photo Finish: Leah Macdonald, Emma Macdonald

Results: Nila Blennerhassett, Ashton Macdonald

Stewards: Rob Lehmann, Wally Meechan

Handicappers: Graeme Goldsworthy, Chris Macdonald, Colin Lane, Narelle Lehman

NAP's

70m Women's Gift: Ruby Crisp (time)

100m Men's: Patrick Martin

100m Master's: Zander McDougall

300m Master's: Craig Rollinson (time)

400m Men's: Jack Lacey, Rory Nunn, Jack Doderico, Jack Colgrave, Geoffrey Lam (time)

UP's

100m Open: Maki Loukeris

Stewards Notes from the day:

Warm day with good entries and a decent crowd. Frankston is establishing itself as a strong meeting on the VAL calendar and is a credit to the organisers. A well catered lunch for the officials is always appreciated!

After handing out a raft of NAP's the week before, there was a notable improvement in the effort shown by runners this week. This is expected to continue as we move into a month of high quality meetings (and prizemoney), however runners need to be mindful that sharp changes in form will draw the attention of Stewards.

Stewards have also noted a number of runners who are consistently making finals without placing. If you fall into that category you can expect to receive an NAP at some point over the next month as you are in the competitive window and should be making the podium.

The photo finish failed in the 4th heat of the women's gift with the winner progressing and the rest of the field being offered the opportunity to re-run the heat after the last heat of the men's gift.

Maki Loukeris was spoken to following his heat of the 100m Men's as the Stewards felt his performance lacked effort and intensity. Maki claimed that he sustained a slight injury to his calf

30m into the race, however the Stewards advised the onus is on him to report that to the Stewards at the completion of the race and not after he has been called out to explain his performance. He was issued was charged with inconsistent running and issued with a UP and handicap review.

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Meeting: Wangaratta 28th January 2023

Weather: Hot day and evening, still conditions

Track: 415m grass track

Commentator's: Oliver Wurm

Wind Gauge: Automatic

Starters: Brendan Ferrari & Matthew Webster

Photo Finish: Leah McDonald & Emma McDonald

Results: Nila Blennerhassett & Chloe Blennerhassett

Stewards: Rob Lehmann & Meg Lehmann

Handicappers: Graeme Goldsworthy, Chris Macdonald, Colin Lane, Narelle Lehmann, Jonathon Rogers

NAP's

120m Restricted: Corey Mason (time)

120m Master's: Adrian Bender (time), Zander McDougall (brk)

120m Women's: Olivia Barry (DNS semi final), Ruby Crisp, Gabriella Boulton (time)

120m Men's: Corey Mason (time), Hamish Adams (time), Daniel White-Alikakos (DNS semi final)

300m Master's: James McEniry (time)

400m Men's: Darcy Ireland (time), Dominic Hoskins (brk), Noddy Angelakos (time)

800m 45+ Masters: Darren Arthur

UP's

120m Restricted: Jack O'Dea

120m Master's: Todd Ireland

300m Master's: Richard Wearnmouth

Stewards Notes from the day:

Balmy evening with no wind. As usual for Wang the track was in pristine condition and it was an excellent night for racing. Thank you to the club for supplying a strong contingent of helpers and a fantastic spread of food for the officials!

The Over 45's 800m was hampered by a clear break, which resulted in some hesitancy from a number of runners, however the recall gun was not fired and the Chief Steward was unable to get the attention of the starters or race caller in time to have the race recalled. My apologies to those affected.

Jack O'Dea was spoken to following the final of the 120m Restricted as his performance was a significant improvement on his previous running, particularly the week prior which showed an RPM improvement of just over .8s from the previous week. The Stewards accepted that his workload had him peaking for this race, however it was pointed out that we have consistently communicated that sudden changes in form will be dealt with and that if he was in a heavy load the week before, he should not have competed. He was charged with inconsistent running and issued with a UP and fined \$100.

Todd Ireland was spoken to following the final of the 120m Master's as his performance was a significant improvement on his previous running, particularly the week prior which showed an RPM improvement of just on 1.0 second from the previous week. Todd advised that his performance was totally out of the blue and he could offer no real excuse for the sudden improvement and accepted that it constituted inconsistent running. He was charged with inconsistent running and issued with a UP and fined \$100.

Olivia Barry did not present for the 2nd semi final of the Women's Gift, however she did report to the Stewards shortly after to apologise for missing the race as she had not checked if she had progressed. She was charged with failing to compete in the semi final and fined \$25.

Daniel White-Alikakos scratched from the semi final of the Men's Gift due to injury. He was issued with a 28 day suspension, which can be reduced to 14 with a medical certificate.

Chris Byron failed to complete his heat of the Men's Gift due to injury. He was issued with a 28 day suspension with no reduction.

Stewarding General Comments:

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Please note the following issues that have come up recently and the sanctions that will apply for the remainder of the season:

- Looking around during races will incur a minimum fine of \$25 for a first offence
- Celebrating prior to crossing the finishing line will incur a minimum fine of \$50 for a first offence
- Failing to consult with Steward's prior to not competing in a semi final or final will incur a minimum fine of \$25 for a first offence (it is the runners responsibility to check on their progression into semi finals or finals)
- Should a runner sustain an injury that affects their performance but they complete a race, they need to advise Stewards immediately. If Stewards are not notified of an injury the performance may be assessed as an unsatisfactory or inconsistent performance and the runner charged.
- Runners continually looking at their watches whilst running will be charged.

It is the responsibility of runners to ensure their performance history outside of the VAL has been declared prior to a meeting. PB's should be notified immediately to the office and new runners should ensure their performance history is accurate. Failure to do so may result in sanctions being applied.

Registered Runners and Trainers only should be on the ground and this should be limited to warming up and competing. Anyone outside of registered Runners and Trainers will be requested to leave the infield.

Breaking in a heat or semi final and not progressing will result in an NAP at best. Breaking in a final is an automatic NAP at best.

Meeting: Beachside 4th February 2023

Weather: Cool day and evening, strong cross/tail winds

Track: 364m grass track

Commentator's: Oliver Wurm and Ed Sadler

Wind Gauge: Automatic

Starters: Rob McIntosh and Graeme Humphrey

Photo Finish: Leah McDonald, Chloe Blennerhassett

Results: Nila Blennerhassett & AShton Macdonald

Stewards: Rob Lehmann, Meg Lehmann

Handicappers: Graeme Goldsworthy, Chris Macdonald, Colin Lane, Narelle Lehmann

NAP's

70m Women's: Montana Beruldsen (time)

100m Men's: Tom Byrne (time), Jerome Lugo (time),

100m Women's: Grace Kelly (time), Cassandra Wang Lecouter (time), Gemma Fairclough (inj)

100m Master's: Mitchell Palmer (inj), Glenn Stephens (brk), Patrick McCarthy (brk)

300m Master's: Darren Arthur,

400m Men's: Lincoln Barnes (time), Aaron Leferink

400m Women: Bella Pasquali (time)

800m Open: Sean Davidson (time), Lonain Burnett (time)

UP's

800m Open: Ky Davies

1600m Open: Mark Andrews

Stewards Notes from the day:

Excellent meeting with quality fields, good surface, big crowd and excellent racing. A well stocked esky for the officials with sandwiches and slices galore, plus plenty of water was much appreciated. Tim Mason raised the bar even higher this year and there were fireworks all round (my dry cleaning bill will be sent out)!

Mitch Palmer scratched from the final of the 100m Master's due to neural tightness. He received 28 days, down to 14 with a medical certificate.

Gemma Fairclough broke down in the heat of the 100m Women's Gift and received a 28 day suspension.

Matthew Harvey was spoken to following his heat of the 300m Master's as he passed on the inside on the bend, squeezing through a narrow opening. He was reminded that this is a high risk move and if the frontmarker steps back onto the line he runs the risk of disqualification.

Mark Andrews was spoken to following the final of the 1600m Open as the Stewards felt his winning performance was considerably better than had been displayed to that point of the season. From Maryborough to Beachside he had improved 46 seconds without being lifted and the commanding manner in which he won was very unexpected. He was charged with inconsistent running, issued with a UP and fined \$100.

Stewarding General Comments:

When meeting with Stewards, runner and trainers are reminded to show a level of respect for the role they undertake. Abuse of officials will not be tolerated and once a decision is made it is not open for negotiation, there is an appeals process for that.

Runners and Trainers are reminded that should they wish to speak with a Handicapper or Steward, an appointment needs to be made through the VAL office at least 24 hours prior to a meeting. Requests made for a discussion on race days will be denied.

Please note the following issues that have come up recently and the sanctions that will apply for the remainder of the season:

VAL Regulation 11.5 Athletes are expected to wear acceptable footwear for the event they are competing in aligned to shoe technical specifications and approved shoes by World Athletics. For VAL track events it is expected that track spikes be worn. Athletes may apply to the Chief Steward for permission to compete in bare feet and/or other footwear. If approval has been granted, the Athlete shall continue to compete in bare feet and/or approved footwear until otherwise approved by the Chief Steward

- Looking around during races will incur a minimum fine of \$25 for a first offence
- Celebrating prior to crossing the finishing line will incur a minimum fine of \$50 for a first offence
- Failing to consult with Steward's prior to not competing in a semi final or final will incur a minimum fine of \$25 for a first offence (it is the runners responsibility to check on their progression into semi finals or finals)
- Should a runner sustain an injury that affects their performance but they complete a race, they need to advise Stewards immediately. If Stewards are not notified of an injury the performance may be assessed as an unsatisfactory or inconsistent performance and the runner charged.
- Runners continually looking at their watches whilst running will be charged.

It is the responsibility of runners to ensure their performance history outside of the VAL has been declared prior to a meeting. PB's should be notified immediately to the office and new runners should ensure their performance history is accurate. Failure to do so may result in sanctions being applied.

Registered Runners and Trainers only should be on the ground and this should be limited to warming up and competing. Anyone outside of registered Runners and Trainers will be requested to leave the infield.

Meeting: Ballarat 11th and 12th February 2023

Weather: Saturday hot with light/moderate head winds, Sunday cool with moderate winds

Track: 400m grass track

Commentator's: Oliver Wurm

Wind Gauge: Automatic

Starters: Rob McIntosh and Graeme Humphrey

Photo Finish: Emma McDonald, Chloe Blennerhassett

Results: Nila Blennerhassett

Stewards: Rob Lehmann, Meg Lehmann

Handicappers: Graeme Goldsworthy, Chris Macdonald, Colin Lane, Narelle Lehmann, Jonathon Rogers

NAP's

70m Women: Taylah Perry (time), Ruby Sulicich (time)

70m Men: Patrick Meade (brk), Jack Wolff

Men's Gift: Ash Liyanaarachchi (time), Kristerfer Kardakovski (time), Angus Proudfoot (time)

Women's Gift: Ramona Casey (inj)

300m Master's: Elvis Cross (brk)

400m Men's: Lincoln Barnes (time), Aaron Leferink

400m Restricted: Riley Neecowen (inj)

800m Open: Declan Goodwin (time)

1600m Open: Ashley Cowen

UP's

70m Women: Zoe Glassborow

400m Men: Elijah Cross

400m Women: Isabella Antonino, Sophie Stokes

400m Restricted: Nicolas O'Connor

550m Open: Declan Gould

800m Open: Terence Kavanagh-Dando

Stewards Notes from the day:

Well conducted meeting, track surface was excellent and the Club provided plenty of helpers, which is always appreciated. Plenty of water and soft drinks in the esky for the officials, regular snacks brought around and on Sunday we got a choice for lunch.

Heat 1 of the Men's 70m was re-run after the last heat due to an issue with the photo finish, which meant placings could not be determined.

Zoe Glassborow was spoken to following the final of the women's 70m due to the significant improvement shown from the previous week. Zoe agreed that her performance was much better and probably was due to it being her last run in the VAL before moving away. A UP was issued only.

Taylah Perry was spoken to following the women's 70m as she had shown significant improvement from the previous week. Taylah advised that her season had been interrupted by injury and that this had been the first week where she was able to train at a higher intensity. An NAP was issued.

Declan Gould was spoken to following his heat of the 550m Open as the Stewards felt his run lacked effort, particularly when compared to his runs over 800m in the preceding weeks. Declan felt that he had run as hard as he could, however the Stewards did not agree with this and advised that greater effort was expected in the future. A UP was issued.

Jack Ramsay was spoken to following his heat of the 400m Restricted as he looked around nearing the finish line and appeared to ease up. His Trainer asserted that Jack didn't ease up but had ran out of legs. Jack was fined \$25 for looking around.

Riley Neecowen scratched from the final of the 400m Restricted due to injury. 28 day suspension, down to 14 days with a medical certificate.

Ramona Casey scratched from the semi final of the Women's Gift due to a medical condition.

Elijah Cross was spoken to following his win in the Men's 400m due to the level of improvement he had shown from the previous week where he hadn't made the final. The Stewards took into consideration that Elijah had been returning from injury and the previous weeks race was double the prizemoney. A UP was issued.

Richard Wade was fined \$25 for looking around multiple times in the Open 1600m.

Nicholas O'Connor was issued a UP and handicap review after competing in the Open 3200m prior to taking his place in the 400m Restricted Final. Unfortunately, this was only noted post event, otherwise a further sanction would have been applied.

Athletes should be reminded that they need to seek permission from the Chief Steward to compete in another event once they have qualified for a final, otherwise Stewarding action will be taken, which will include a charge and fine.

Stewarding General Comments:

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Runners and Trainers are reminded that should they wish to speak with a Handicapper or Steward, an appointment needs to be made through the VAL office at least 24 hours prior to a meeting. Requests made for a discussion on race days will be denied.

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- Runners continually looking at their watches whilst running will be charged.

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Meeting: Keilor 18th February 2023

Weather: Warm afternoon into a cooler evening, mild tailwinds

Track: 400m grass track

Race Caller: Ed Sadler

Wind Gauge: Automatic

Starters: Matthew Webster, Brendan Ferari

Photo Finish: Emma McDonald & Chloe Blennerhassett

Results: Nila Blennerhassett

Stewards: Rob Lehmann, Meg Lehmann

Handicappers: Graeme Goldsworthy, Chris Macdonald, Colin Lane, Narelle Lehmann,

NAP's

Men's Gift: Massimo Acquaro (inj), Bola Lowal (DNS Semi), Jack Lacey (time), Kristefer Kardakovski (time),

Women's Gift: Georgia Mills (time), Natasha Marteene (DNS Semi), Imogen Nobbs (time)

300m Master's: Dominic Condello (inj)

400m Men's: Jack Doderico, Darcy Ireland, Jack Colgrave

400m Women's: Sophie Stokes, Caitlyn Nicholson

UP's

800m O/45: Tony O'Shea, Richard Wearmouth

Stewards Notes from the day:

Great to have the Keilor Gift back, track was excellent although the circle track was spongy and heavy. Excellently run meeting with plenty of Club helpers. Officials could access food and drinks at their leisure, which is always greatly appreciated.

The women's Gift final was delayed as the ground lights went out whilst they were parading. Due to uncertainty around the length of the delay, the final was run with the lights above the finishing gates providing enough light to get a clear reading from the photo finish cameras.

Jack Ramsay was fined \$50 for looking around during his heat of the 400m Restricted. This is the second week in a row that Jack has done this and he was advised that the fine would increase by \$25 for subsequent breaches.

Elvis Cross was spoken to following the heats of the Master's 300 as he appeared to cause interference in the finishing straight by shifting sharply to the right. He was cautioned that sudden changes of direction are dangerous and to show more care when moving out in future.

Mark Hipworth approached the Chief Steward following the final of the 1600m Frontmarkers wanting to discuss an NAP issued to one of his athletes the previous week. Despite the Chief

Steward advising Mark it would not be discussed, he continued to argue and was asked to leave the ground multiple times before eventually complying. He was fined \$150 and suspended from attending the following 2 meetings.

Bola Lowal did not show for his semi final of the Men's Gift. He had not checked if he had progressed and left the ground.

Max Quinn scratched from the final of the u/18 120m due to injury.

Natasha Marteene scratched from the semi final of the Women's Gift as she had to catch a flight.

Stewarding General Comments:

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Runners and Trainers are reminded that should they wish to speak with a Handicapper or Steward, an appointment needs to be made through the VAL office at least 24 hours prior to a meeting. Requests made for a discussion on race days will be denied and **must be respected**.

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- Runners continually looking at their watches whilst running will be charged.

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Meeting: Castlemaine 26th February 2023

Weather: Mild day with steady tailwinds

Track: 394m grass track (.1 sec track allowance on the sprint track 120m & 70m)

Commentator's: Oliver Wurm

Wind Gauge: Automatic

Starters: Rob McIntosh, Graeme Humphrey

Photo Finish: Emma McDonald, Leah McDonald, Chloe Blennerhassett

Results: Nila Blennerhassett

Stewards: Rob Lehmann, Wally Meechan, Meg Lehmann

Handicappers: Graeme Goldsworthy, Chris Macdonald, Colin Lane, Narelle Lehmann, Jonathon Rogers

NAP's

70m Open: Zack Cummins (brk), Chris Diegan (time)

Men's Gift: Paul Tancredi (brk), Hamish Adams (time), Eli Hall (time), Daniel Quattrone (brk), Chris Diegan (time)

Women's Gift: Stephanie Rutherford (DNS semi final)

120m Master's: Gary Davidson (inj)

300m Master's: Arron Downes

400m Men's: Noddy Angelakos, Jed Upton, Matt Standfield

UP's

120m Master's: Richard Wearmouth

Stewards Notes from the day:

Another very successful Castlemaine Gift meeting, track was good, although the grass a little longer than usual. Great prizemoney, sashes and trophies on offer, which make it a well supported meeting. Officials were very well catered for and Oliver Wurm particularly enjoyed the quiche.

The invitation 120m was selected and handicapped by the club.

Tapasu Paea was fined \$25 for looking around during his semi final of the 70m Open.

Richard Polkinghorne was spoken to following the heats of the 800m Open in regard to running inside the line on the bend for multiple steps.

Richard Wearmouth was disqualified after winning his heat of the Master's 120m due to an unacceptable level of improvement from his previous form. The Stewards found his improvement

of .99 from running 6th in his heat at Ballarat to winning his heat at Castlemaine was at the extreme range of improvement and as such he was charged with Inconsistent Running.

Stephanie Rutherford did not show for her semi final of the Women's Gift. She had not checked if she had progressed and left the ground to return to the airport.

Gary Davidson broke down in his heat of the 120m Master's and was given 28 days.

Troy Atkins was spoken to following the 3200m Open for continually running inside the line on both bends. He was warned that this will incur a disqualification in future events.

Stewarding General Comments:

We have seen an increase in runners running on or inside the line on the bends in circle races. Please take note that this will not be tolerated and runners seen taking consecutive steps inside the line will face disqualification from the event.

When meeting with Stewards, runner and trainers are reminded to show a level of respect for the role they undertake. Abuse of officials will not be tolerated and once a decision is made it is not open for negotiation, there is an appeals process for that.

Runners and Trainers are reminded that should they wish to speak with a Handicapper or Steward, an appointment needs to be made through the VAL office at least 24 hours prior to a meeting. Requests made for a discussion on race days will be denied and **must be respected**.

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- Runners continually looking at their watches whilst running will be charged.

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Runners are advised to re-read the Stewarding notes that were issued at the commencement of last season, particularly in regard to 'winning intent' and also competing with consistency from week to week.

Registered Runners and Trainers only should be on the ground and this should be limited to warming up and competing. Anyone outside of registered Runners and Trainers will be requested to leave the infield.

Meeting: Maribyrnong 5th March 2023

Weather: Hot day, late shower, strong tail to cross winds

Track: 400m grass track

Commentator's: Ed Sadler

Wind Gauge: Automatic

Starters: Brendan Ferrari, Matthew Webster

Photo Finish: Emma Macdonald, Leah Macdonald

Results: Nila Blennerhassett, Chloe Blennerhassett

Stewards: Rob Lehmann, Wally Meechan, Meg Lehmann

Handicappers: Graeme Goldsworthy, Chris Macdonald, Colin Lane, Narelle Lehmann

NAP's

70m Open: Kristerfer Kardakovski (brk), Chris Diegan (time), Kiara Reddingius (time),

Men's Gift: Tristan Scheirs (time), Ash Liyanaarachchi (time), Elijah Cross (brk), Safari McVilly (brk), Jack Wolff

Women's Gift: Georgia Gillson (DNS semi final), Akshaya Iyer (time), Katie Moore (time), Zoe Neale (time), Abbey Francis, Aris Patsouras

300m Open: Andrew Drummond (brk)

300m Master's: Marita Downes

400m Women's: Jessica Hall (DNS final), Angelina Windshuttle (DNS final)

Stewards Notes from the day:

Hats off to the Braybrook Club and Committee for putting on an excellent meeting. The track was the best I've seen at Maribyrnong and led to some quality racing. Thank you to Megan May for being attentive to the needs of the officials with all of us well fed and hydrated.

Jack Wolff was spoken to following his heat of the 120m Men's Gift as his performance was well below expectation. Jack and his coach advised that he had been sick all week and running two 70' in the hot weather had left him 'gassed' in the Gift and they accepted it was a poor run. Jack was issued an NAP for the run.

Trent Hartshorne was spoken to following the heats of the 300m Master's in regard to causing interference in the last 50m. Trent admitted that he pushed through a gap that wasn't there and had apologised immediately to the two runners he impeded. He was issued with a warning and advised that in future if the gap closes he needs to back out of it as the runner coming from behind is responsible for not making contact and a repeat of his actions will result in a fine.

Georgia Gillson did not show for the 2nd semi final of the Women's Gift. She was called out by the Stewards but did not present, she has since been issued a warning that it is her responsibility to update the Chief Steward if she is injured and unable to take her place in a semi and/or final.

Jessica Hall did not show for the final of the Women's 400m nor present to the Stewards. An NAP and fine of \$25 was issued.

Angelina Windshuttle scratched from the final of the Women's 400m due to needing to catch a flight. She was allowed to scratch, however advised that in future she needs to better plan her travel arrangements or not compete in a heat if she is unable to stay for the final. An NAP was issued.

Stewarding General Comments:

We have seen an increase in runners running on or inside the line on the bends in circle races. Please take note that this will not be tolerated and runners seen taking consecutive steps inside the line will face disqualification from the event. Also runners are reminded to be 2m clear when passing a runner before coming back onto the line.

When meeting with Stewards, runner and trainers are reminded to show a level of respect for the role they undertake. Abuse of officials will not be tolerated and once a decision is made it is not open for negotiation, there is an appeals process for that.

Runners and Trainers are reminded that should they wish to speak with a Handicapper or Steward, an appointment needs to be made through the VAL office at least 24 hours prior to a meeting. Requests made for a discussion on race days will be denied and **must be respected**.

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- Celebrating prior to crossing the finishing line will incur a minimum fine of \$50 for a first offence
- Failing to consult with Steward's prior to not competing in a semi final or final will incur a minimum fine of \$25 for a first offence (it is the runners responsibility to check on their progression into semi finals or finals)
- Should a runner sustain an injury that affects their performance but they complete a race, they need to advise Stewards immediately. If Stewards are not notified of an injury the performance may be assessed as an unsatisfactory or inconsistent performance and the runner charged.
- Runners continually looking at their watches whilst running will be charged.

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Meeting: Bendigo 11th March 2023

Weather: Hot day, warm evening and light winds

Track: 400m synthetic track

Commentator's: Oliver Wurm

Wind Gauge: Automatic

Starters: Rob McIntosh, Graeme Humphrey, Kieren McIntosh

Photo Finish: Leah McDonald, Chloe Blennerhassett

Results: Nila Blennerhassett

Stewards: Rob Lehmann, Wally Meechan,

Handicappers: Graeme Goldsworthy, Chris Macdonald, Narelle Lehmann & Jonathon Rogers

NAP's

100m Master's: Katie Moore (inj), Arron Downes

Men's Gift: Jack Boulton (inj), Matthew Warren (time), Will Johns (time)

300m Master's: Mohamad Zeed (time)

400m Restricted: Declan Gould (time), Archie Minett (time)

550m Open: Jack Doderico (time)

UP's

300m Master's: Glenn Stephens

400m Women's: Hannah Lindstrom, Olivia Goder

550m Open: Cooper Lubeck

Stewards Notes from the day:

Thank you to the Bendigo Club for stepping in again at relatively short notice and putting on a great meeting. Special shout out to the Burnett family for the work they put in and particularly the catering. The quiche and guacamole was sensational, as were the banana muffins!

Katie Moore scratched from the 100m Master's final due to hamstring tightness. She was given 28 days down to 14 with a medical certificate.

Hannah Lindstrom was spoken to following the final of the 400m Women's as Stewards did not believe she was running to win as she appeared to be running very controlled with little intent. Hannah said that she was trying her best to win every week and her performance was as good as she can run. The Stewards did not accept this but rather than issue a charge, a UP was issued with the recommendation for a handicap review.

Olivia Goder was spoken to immediately after the final of the 400m Women's as it was noted that she was running in spikes, which she has not done for the past 3 seasons. When questioned

when she returned to spikes, she reported that it was last week but she hadn't advised the Stewards of this fact. In discussions with Olivia's trainer during the hearing of another matter it was pointed out to the trainer that Steward's were unhappy with Olivia returning to spikes without notifying officials and also that it was felt her performance was not reflective of her ability. Olivia was issued with a UP and a handicap review.

Clea Clifford was spoken to following the final of the 400m Women's as it was the second week in a row where she had finished 2nd and Stewards felt in the last 50m of the race she appeared to not run on as well as expected. Clea said that she attacked the first 200m of the race harder than she normally does but ran out of legs in the last 50m and was struggling to not fall over in the last 20m as she was so lactic. The Stewards accepted this explanation and no further action was taken.

Jack Boulton broke down in the final of the Men's 200m Gift and incurred a 28 day suspension.

Stewarding General Comments:

Runners are reminded to be 2m clear when passing a runner before coming back onto the line. We have had a number of instances of this occurring over the past few meetings and there will be no tolerance of this for the remainder of the season. Runners causing interference will be sanctioned.

When meeting with Stewards, runner and trainers are reminded to show a level of respect for the role they undertake. Abuse of officials will not be tolerated and once a decision is made it is not open for negotiation, there is an appeals process for that.

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Meeting: Shepparton 18th March 2023

Weather: Hot day and evening with strong cross winds

Track: 395m grass track

Commentator's: Oliver Wurm

Wind Gauge: Automatic

Starters: Brendan Ferrari, Kieren McIntosh

Photo Finish: Leah Macdonald & Emma Macdonald

Results: Nila Blennerhassett & Chloe Blennerhassett

Stewards: Rob Lehmann, Wally Meechan,

Handicappers: Chris Macdonald, Colin Lane, Narelle Lehmann,

NAP's

70m Open: Jack Wolff (time) Hayden Wyllie (brk)

120m Master's: Sonya Pollard (time), Noddy Angelakos (DNS)

Women's Gift: Amelia Spenceley (Scr), Georgia Gillson (time), Ruby Crisp

Men's Gift: Jack Wolff (time), Tapasu Paea (time), Massimo Acquaro (time)

400m Women's: Karoline Curtis (time)

400m Open: Endale Mekonnen (scr)

800m Open: Ruby Crisp, Michael Chimenton, Terrence Kavanagh-Dando

Stewards Notes from the day:

Congratulations to the Shepparton Gift Committee for not only bringing back the Shepparton Gift but for making it such a success. Despite the extreme heat and wind, the track was in excellent condition with plenty of club helpers. Catering for the officials was excellent with plenty of water, rolls and an amazing fruit platter!

Amelia Spenceley was allowed to scratch from the Women's Gift semi-finals, without penalty as she was in the u18 120m final directly before.

Noddy Angelakos did not leave the blocks in the Master's 120m final as he thought he had broken and was waiting for the recall, which didn't occur.

Ruby Crisp was spoken to prior to the Women's Gift heats as she had qualified for the 800m Open final. Both her and her Trainer felt that she was no chance in the 800m final and that she expected to make the Gift final. They were advised that she would be running for NAP's in both events and accepted that without argument.

Endale Mekonnen was allowed to scratch from the final of the Men's 400m, without penalty due to suffering from heat distress.

Stewarding General Comments:

Runners are reminded to be 2m clear when passing a runner before coming back onto the line. We have had a number of instances of this occurring over the past few meetings and there will be no tolerance of this for the remainder of the season. Runners causing interference will be sanctioned.

When meeting with Stewards, runner and trainers are reminded to show a level of respect for the role they undertake. Abuse of officials will not be tolerated and once a decision is made it is not open for negotiation, there is an appeals process for that.

Runners and Trainers are reminded that should they wish to speak with a Handicapper or Steward, an appointment needs to be made through the VAL office at least 24 hours prior to a meeting. Requests made for a discussion on race days will be denied and **must be respected**.

Please note the following issues that have come up recently and the sanctions that will apply for the remainder of the season:

- Looking around during races will incur a minimum fine of \$25 for a first offence
- Celebrating prior to crossing the finishing line will incur a minimum fine of \$50 for a first offence
- Failing to consult with Steward's prior to not competing in a semi final or final will incur a minimum fine of \$25 for a first offence (it is the runners responsibility to check on their progression into semi finals or finals)
- Should a runner sustain an injury that affects their performance but they complete a race, they need to advise Stewards immediately. If Stewards are not notified of an injury the performance may be assessed as an unsatisfactory or inconsistent performance and the runner charged.
- Runners continually looking at their watches whilst running will be charged.

It is the responsibility of runners to ensure their performance history outside of the VAL has been declared prior to a meeting. PB's should be notified immediately to the office and new runners should ensure their performance history is accurate. Failure to do so may result in sanctions being applied.

Registered Runners and Trainers only should be on the ground and this should be limited to warming up and competing. Anyone outside of registered Runners and Trainers will be requested to leave the infield.

Meeting: Ringwood 25th March 2023

Weather: Mild day with light winds

Track: 400m synthetic track

Commentator's: Oliver Wurm

Wind Gauge: Automatic

Starters: Rob McIntosh, Keiren McIntosh

Photo Finish: Leah Macdonald & Chloe Blennerhassett

Results: Nila Blennerhassett & Ashton Macdonald

Stewards: Rob Lehmann, Wally Meechan

Handicappers: Graeme Goldsworthy, Chris Macdonald, Narelle Lehmann, Jonathon Rogers

NAP's

100m Master's: Damien Wapshott (brk), Mark Glassborow (brk)

200m Women's: Keely Henderson (brk)

Women's Gift: Sophie Stokes (time)

300m Master's: Damien Wapshott (brk)

400m Restricted: Declan Gould (time), Archie Minett (time)

800m Open: Richard Polkinghorne (time), Ashley Cowen (time)

Stewards Notes from the day:

As usual from the Ringwood Club it was a well run meeting and strongly supported by the athletes. Plenty of club helpers made the day easier for Officials and the catering was excellent.

Damien Wapshott was spoken to following his heat of the 300m Master's as he was penalised for breaking in both the 300m and 100m. He advised that he is self trained and does not use blocks as he finds it hard to get out of them. The Stewards issued him with a warning that he should probably work on his starting over the off season as continual breaking will lead to some sanctions next season.

Marcus Overman was spoken to following the 1600m Open as he looked around at least twice in the finishing straight. Marcus admitted that as he tired he took a 'couple of looks' so was fined \$25.

Isabella Antonino was spoken to following the 400m Women's Gift final as she had improved 4.5 seconds from her run at Bendigo and it was noted that she had shown considerable inconsistencies in her performances over 400m this season. She advised that there were a number of reasons for her inconsistent running, which the Stewards accepted and consulted with the relevant handicapper.

Stewarding General Comments:

Runners are reminded to be 2m clear when passing a runner before coming back onto the line. We have had a number of instances of this occurring over the past few meetings and there will be no tolerance of this for the remainder of the season. Runners causing interference will be sanctioned.

When meeting with Stewards, runner and trainers are reminded to show a level of respect for the role they undertake. Abuse of officials will not be tolerated and once a decision is made it is not open for negotiation, there is an appeals process for that.

Runners and Trainers are reminded that should they wish to speak with a Handicapper or Steward, an appointment needs to be made through the VAL office at least 24 hours prior to a meeting. Requests made for a discussion on race days will be denied and **must be respected**.

Please note the following issues that have come up recently and the sanctions that will apply for the remainder of the season:

- Looking around during races will incur a minimum fine of \$25 for a first offence
- Celebrating prior to crossing the finishing line will incur a minimum fine of \$50 for a first offence
- Failing to consult with Steward's prior to not competing in a semi final or final will incur a minimum fine of \$25 for a first offence (it is the runners responsibility to check on their progression into semi finals or finals)
- Should a runner sustain an injury that affects their performance but they complete a race, they need to advise Stewards immediately. If Stewards are not notified of an injury the performance may be assessed as an unsatisfactory or inconsistent performance and the runner charged.
- Runners continually looking at their watches whilst running will be charged.

It is the responsibility of runners to ensure their performance history outside of the VAL has been declared prior to a meeting. PB's should be notified immediately to the office and new runners should ensure their performance history is accurate. Failure to do so may result in sanctions being applied.

Registered Runners and Trainers only should be on the ground and this should be limited to warming up and competing. Anyone outside of registered Runners and Trainers will be requested to leave the infield.

Meeting: Stawell 8th/9th/10th April 2023

Weather: Wet start to the weekend, cool to cold with moderate winds.

Track: 400m grass track

Commentator's: Oliver Wurm and Edward Sadler

Wind Gauge: Automatic

Starters: Rob McIntosh, Graeme Humphrey and Keiren McIntosh

Photo Finish: Emma Macdonald, Leah Macdonald, Chloe Blennerhassett, Rob Jones & Ellie Jones

Results: Nila Blennerhassett & Ashton Macdonald

Stewards: Rob Lehmann, Wally Meechan & Meg Lehmann

Handicappers: Graeme Goldsworthy, Colin Lane, Jonathon Rogers, Chris Macdonald & Narelle Lehmann

UP's

70m Men's: Todd Ireland

120m Men's Gift: Saye Morris

300m Master's: Dale Millard

400m Frontmarker's: Jed Upton, Darcy Ireland

Stewards Notes from the meeting:

Despite the rain and cold, the track held up very well, which is a credit to the Northern Grampians Shire and Stawell Athletic Club. A fabulous weekend of quality racing, with a good blend of backmarkers, middle markers and front markers getting up for wins. Thank you to SAC for hosting the event and putting on a fitting finale to the season.

Max Disbury was re-handicapped for the final of the u/18 Boys 100m final as it was realised after his heat that he had been incorrectly allocated his Restricted 100m handicap. I would like to thank both Max and his Coach for the manner in which they accepted the decision and again apologise for the mistake that occurred.

Isaac Dunmall was fined \$50 following his heat of the Men's Gift for looking around during the race.

Saye Morris was fined \$50 for celebrating before the finish line in winning his semi-final of the Men's Gift.

Saye Morris scratched from the final of the Men's Stawell Gift due to injury.

Jonathon Rogers was asked not to come on to the oval on Easter Monday under Regulation 15.10 c) and d).