

**Meeting:** Coben Gift 14<sup>th</sup> October 2023

**Weather:** Wet start to the season, strong head winds with occasional rain

**Track:** 400m grass track

**Commentator's:** Matthew Webster & Drew Semmens

**Wind Gauge:** Automatic

**Starters:** Rob McIntosh & Graeme Humphrey

**Photo Finish:** Chloe Blennerhassett, Rob Jones, Shane Roberts & Joe Spenceley

**Results:** Nila Blennerhassett & Max Blennerhassett

**Stewards:** Terry O'Donnell & John Henry

**Handicappers:** David Milligan, Kim McDonough & Chris Macdonald

**NAP's –**

70m Open - Brendan Ashcroft (break)

100m Masters - Vic Sharma (inj)

**Stewards Notes from the meeting:**

A good first up meeting unfortunately the weather was not kind but the crowd was very good.

800m Masters 45+ - Runners were advised that as it was the first meeting and due to their age and fitness we would allow anyone who believed they were distressed or struggling, to pull out of the race without any penalty – nobody took this opportunity.

Vic Sharma – broke down with a calf injury in the 100m Masters.

Anna Kasapis – asked to wear flats in 1600 metres due to calf niggles. Allowed.

Aiden Green – Broke in 100 metre men's gift pulled up but field was let go . He was advised in future to keep running until he heard second gun. The starters were spoken to regarding a few false clicks being heard by runners which was confusing. They acknowledged that the gun was faulty and replaced it.

Chris Byron- pulled out of 300m Mens Final due to cramp. He was advised that he would not be penalized for Mortlake but to be more careful in future.

Claire Hardy – did not appear for 300 metre final which we assume was due to not knowing she was in final . As she was not able to be contacted suggest office advises her to check next time.

Ida Laherty – after making both 100m and 300m finals approached us to withdraw from 100m to concentrate on 300m. Her request was denied and she was advised of the rules re making finals.

Brett Maurer – pulled out of 300m Masters heat due to calf injury . No need to issue penalty notice as he would not be running for some time due to injury.

Overall, the fitness and competitiveness of athletes was very good for first meeting.

**Meeting –** Mortlake Gift 15<sup>th</sup> October 2023

**Weather-** cold, wet and windy – unpleasant!

**Track –** 400m grass

**Commentator-** Ed Sadler

**Wind Gauge -** Automatic

**Starters -** Rob McIntosh and Graeme Humphrey

**Photo Finish –** Chloe Blennerhassett, Rob Jones & Shane Roberts

**Results-** Nila Blesserhassett & Sam Blennerhassett

**Stewards –** Colin Lane and John Henry

**Handicappers -** David Milligan, Kim McDonough & Chris McDonald

**NAP's –**

Stewards were generally happy with the amount of effort shown, and no NAPs were allocated.

**Stewards' notes from meeting –**

The track was well presented, pity about the weather, but again the crowd was good with lots of local support.

Things for improvement (club):

- Program- no provision for progression from heats to semi's to final – no area to show semi finals or final – no mention of prize monies – no timetable.

With a number of Stewards and Officials unavailable, special thanks to Taylah for driving the equipment van and doing a large portion of the setting up work, John Henry for acting as assistant steward and assisting with the track measurements and placing of distance markers, and various athletes and trainers (Shane, Todd etc) who assisted with setting up/packing up.

The 400m Women's race was run as a straight final.

**Injuries (note – as the next meeting was 27 days away, and the injury rule was amended to 14 days this season, no charge sheets or suspensions were issued):**

Endale Mekonnen injured his hamstring at the finish of the 70m Open, and was unable to compete in the Semi Final, or for the remainder of the day.

Tim Rosen injured his hamstring at the finish of the 120m Masters Final.

Chris Byron- having pulled out of 300 metre final at Cobden the day before, despite winning his heat, Chris explained it was cramp only, and asked to be permitted to compete at Mortlake. This was granted.

Zoe Neale had some hamstring concerns, and due to the cold, wet weather, asked to be scratched from the Women's Gift Final. Stewards gave permission, reminding Zoe that this would usually incur a suspension, but with the next meeting 27 days away, this was not formally issued.

Michale Dinan was cautioned about looking around prior to passing through the finish gates.

Zander McDougall did not report to the start line for the 120m Masters Final.

James McEniry did not report to the start line for the 400m Men's Final.

**While some leniency was afforded athletes being the first meeting of the year, athletes are reminded that it is their responsibility to check whether they have progressed to the next round. Future breaches will incur a fine.**

**Meeting:** Essendon Gift, 11th November 2023

**Weather:** Cool afternoon into cold evening and 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 & Di Tzilantonis

**Results:** Nila Blennerhassett

**Stewards:** Chief Richard Wearmouth, Wally Meechan & Noel Rexter

**Handicappers:** Colin Lane, Chris Macdonald, Luke Mitchell & Kim McDonough

**Official Media:** Neil Jameson, Didier Le Miere & Max Blennerhassett

**Colour Stewards:** Gill Hayden, Sonya Pollard & Craig Burnett

**NAP's:**

70m Womens: Grace Carter (brk), Laylah Watson (Inj – 14 days)

200m Womens: Olivia Barry (failed to present for the 200m Womens semi-finals), Cassandra Wang Lecouteur (Inj 14 days)

100m Masters: Daniel Martin (brk),

300m Masters: Rob Irwin (brk), Alton Djenab (brk), Andrew Drummond (Time)

200m Mens: Brendan Ashcroft (Inj 14 days)

**Stewards Notes from the day:**

A well conducted meeting with lots of quality athletes, which ran smoothly. Many thanks to Dom Condello and his helpers for all their efforts. Taylah worked tirelessly instructing/helping Brendan Bailey with his first setup and Gill in the colour tent. Many thanks for everyone's patience whilst the Officials navigated some lighting delays on photo finish.

Permission was given to Marita Downes, Lynn Gunning & Alton Djenab to run in flats on the synthetic track. Stewards need to be notified when these athletes return to spikes.

Saye Morris' blocks slipped in Heat 4 of the Mens 70m, he was given permission to compete in Heat 9.

Patrick Martin's blocks slipped in Heat 9 of the Mens 70m.

Olivia Barry did not present for the 1<sup>st</sup> semi-final of the Women's 200m Gift. She was called out by the Stewards but did not present so a \$25 fine and NAP has been issued.

**Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, failing to see the Chief Steward, or presenting for your race after progressing will incur a fine.**

#### **Stewarding Comments:**

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

**Meeting:** Geelong Gift, 18th November 2023

**Weather:** Mostly sunny day with fluctuating winds.

**Track:** 250m grass track, circular track was rough in areas, too short. Sprint track also rough in areas.

**Commentator:** Ethan Mills

**Wind Gauge:** Automatic

**Starters:** Rob McIntosh and Graeme Humphrey

**Photo Finish:** Chloe Blennerhassett & Joe Spenceley

**Results:** Nila Blennerhassett

**Stewards:** Chief Richard Wearmouth, Wally Meechan & Noel Rexter

**Handicappers:** Colin Lane, Chris Macdonald & Kim McDonough

**Official Media:** Neil Jameson, Didier Le Miere, Max & Sam Blennerhassett

**Colour Stewards:** Gill Hayden, Penny Conway

**NAP's:**

100m Mens: Tapasu Paea – injury 14 days

100m Womens: Amelia Spenceley – (time), Laura McDougall – (time)

100m Masters: Chris Diegan – (time),

100m U18: Kidus Mekonnen – injured – 14 days.

300m Masters: Justin Murphy – (time)

**Stewards Notes from the day:** Well, done to Taylah and the VAL for staging this event. Top quality athletes competing.

Lachlan Milligan notified stewards he had been unwell all week but still wanted to compete.

Permission was granted for him to run.

Masters' sprinter Richard Norris – (no blocks) was told by stewards he must have blocks in future, otherwise may be given a nap.

Masters Chris Brown & Justin Murphy questioned whether they could compete in both 800m Masters 45+ and 300m Masters Final when they were eight minutes apart. Brown was informed he should compete in the 300m only & Murphy could compete in both, although a poor performance would result in a nap.

Chloe Kinnersley was spoken to after the heats of the Womens gift about a sub-standard performance. Chloe and her coach Peter O'Dwyer said it was a poor run.

It is a concern to stewards that some athletes/coaches are milling around the photo finish operators to view footage from previous heats. This will not be tolerated and offenders will be issued with a fine.

**Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.**

**Stewarding Comments:**

It is the runner's responsibility to ensure they are at the start line for their heat.

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

**Meeting:** Warrnambool Gift, 2nd December 2023

**Weather:** Mostly sunny day with strong winds.

**Track:** 400m grass track, surface was excellent.

**Commentators:** Ollie Wurm & Drew Semmens

**Wind Gauge:** Automatic

**Starters:** Rob McIntosh and Mathew Webster

**Photo Finish:** Chloe Blennerhassett & Shane Roberts

**Results:** Nila Blennerhassett

**Stewards:** Chief Richard Wearmouth, Wally Meechan & John Henry

**Race day Referee:** Sue Dunbar

**Handicappers:** Colin Lane, Kim McDonough, David Milligan & Luke Mitchell

**Official Media:** Neil Jameson, Didier Le Miere, Max & Sam Blennerhassett

**Colour Stewards:** Penny Conway & Di Tzilantonis

**NAP's:**

120m Mens: Corey Baker (injury 14 days)

300m Masters: Rob Irwin (injury 14 days)

120m U/14: Macey Hanson (injury 14 days)

120m U18: Archie Minett (brk)

300m Open: Murray Goodwin (injury 14 days)

120m Womens: Zoe Neale (injury 14 days)

800m Open: Les Williams (injury 14 days)

300m Womens: Sophie Stokes (time)

**Stewards Notes from the day:** Congratulations to the committee on an excellent meeting.

These athletes were given permission to compete in flats in distance events: Jackie Luu, Tim Cherry and Marty Armour.

Technical difficulties resulted in Mens 120m Gift heats 6 & 7 to be rerun after the Womens Gift heats - athletes ran for 80m before being recalled.

Corey Williams was given permission to scr. from the re-run due to fatigue.

Technical delays resulted in the meeting finishing 40 minutes late at the end of the day.

The Open 800m was run as a straight final due to the number of scratching's from the 800m heats.

In the Open 1600m at 300 metres to go, runners Josh Bail and Mark Andrews appeared to have a verbal altercation. Both athletes apologised for the outburst - Mark felt that Josh had crossed too sharply. The video replay showed that Josh may have crossed at one metre to a metre and a half. Athletes should be reminded that you must be two metres in front when overtaking. All athletes are notified before every circular event that they must be two metres clear when they cross. Any further indiscretions will result in a fine.

120m U18 – Heats 1 & 4 had no times recorded, due to timing failure athletes progressed to the final based on placings rather than times.

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**Meeting:** Terang Gift, 3<sup>rd</sup> December 2023

**Weather:** Sunny warm day with little to no wind

**Track:** Well grassed but rough in patches

**Commentators:** Ollie Wurm & Drew Semmens

**Wind Gauge:** Automatic

**Starters:** Rob McIntosh and Mathew Webster

**Photo Finish:** Chloe Blennerhassett & Shane Roberts

**Results:** Nila Blennerhassett

**Stewards:** Chief Richard Wearmouth, Wally Meechan & John Henry

**Race day Referee:** Terry O'Donnell

**Handicappers:** Colin Lane, Chris Macdonald, Kim McDonough, David Milligan & Luke Mitchell

**Official Media:** Neil Jameson, Didier Le Miere, Max & Sam Blennerhassett

**Colour Stewards:** Penny Conway & Dianne Tzilantonis

**NAP's:**

120m Mens: Jake Ireland (injury 14 days)

800m Open: Natalie Densley (BRK)

**Stewards Notes from the day:** Congratulations to the committee for all their hard work.

Warm up strip needs to be wider at least double the width

Corey Williams thought he had finished in front of Kevin Brittan in the 70m Open - 2<sup>nd</sup> Semi. The Chief Steward reviewed the photo and it was clear that Brittan ran 3<sup>rd</sup> in front of Williams.

In the Masters 300m final, with 100m to go Laura McDougall was checked by Glenn Stephens. After viewing the race replay, there was evidence that Stephens had made contact with McDougall. Stephens was reminded to take more care and ensure he is 2m clear before overtaking. Athletes are reminded they must allow enough space for runners on their inside not to be impeded.

**Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.**

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

**Meeting:** Waverley Gift, 10th December 2023

**Weather:** Overcast day with light winds.

**Track:** Circle track 400 metres- sprint track 100 metres – soft but very satisfactory.

**Commentators:** Ollie Wurm & Harry McDonough

**Wind Gauge:** Automatic

**Starters:** Rob McIntosh and Graeme Humphries

**Photo Finish:** Chloe Blennerhassett & Joe Roberts



**Results:** Nila Blennerhassett

**Stewards:** Wally Meechan, Noel Rexter & John Henry

**Race Day Referee:** Terry O'Donnell

**Handicappers:** Colin Lane, Chris Macdonald, Kim McDonough, David Milligan & Luke Mitchell

**Official Media:** Neil Jameson, Didier Le Miere, Max & Sam Blennerhassett

**Colour Stewards:** Penny Conway & Dianne Tzilantonis

**NAP's:**

70m Open: Corey Williams (inj)

400m Womens: Alex Tzilantonis (inj)

1600m Open: Neil Brennan (inj)

Charlie Sutherland was a late entry in 1600m and added accordingly.

Corey Williams was spoken to about looking around in heat of 70m.

Trent Hartshorne was spoken to about causing interference on final bend in 300m masters given a warning.

Claire Douglas did not appear for the third semi final of 100m women – did not check to see she had made it. Her father was advised to check in future.

Finn Quinn did not appear for the final of the Under 18 100m – he did not check to see he had made it. He apologised, and was reminded to check in future.

**Stewards Notes from the day:**

**Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.**

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

**Meeting:** 2023-24 Newcastle Gift - Sunday 17th December 2023

**Weather:** Fine and sunny with a sea breeze behind the runners all meeting.

**Track:** 400m Synthetic

**Commentators:** Ollie Wurm

**Wind Gauge:** Automatic

**Starters:**

**Photo Finish:** Tony Smyth & \*

**Results:** Nila Blennerhassett & Corey \*

**Stewards:** Phillip Weston & Daniel Sammut

**Race Day Referee:** NA

**Handicappers:** Colin Lane, Chris Macdonald, David Milligan & Luke Mitchell

**Official Media:** Neil Jameson & Didier Le Miere

**Colour Stewards:** \*

**Stewards Notes from the day:**

Max Wood failed to present for the 300m Open final.

The meeting was well conducted and there was no need to speak to any runner.

**Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.**

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

**Meeting:** Maryborough Gift, 1<sup>st</sup> January 2024

**Weather:** Warm sunny day with light to medium/fluctuating winds.

**Track:** 400m grass track, surface was rough in areas because of the corellas and southern football goals square was uneven. Sprint track was good and well grassed with some sand patches.

**Commentators:** Ollie Wurm & Mathew Webster

**Wind Gauge:** Automatic

**Starters:** Rob McIntosh and Graeme Humphrey

**Photo Finish:** Chloe Blennerhassett & Shane Roberts

**Results:** Nila Blennerhassett

**Stewards:** Chief Richard Wearmouth, Wally Meechan & John Henry

**Handicappers:** Colin Lane, Chris Macdonald, Kim McDonough & Luke Mitchell

**Official Media:** Neil Jameson, Didier Le Miere, Max & Sam Blennerhassett

**Colour Stewards:** Gill Hayden & Donna Buxton

**NAP's:**

**70m Womens:** Laura McDougall (Break)

**70m Mens:** Archie Minett (Break)

**200m Open:**

- Daniel Gilham (Break)
- Chris Diegan (Time)

**300m Masters:** Chris Roache -Injury (14 days)

**400m Mens:**

- Declan Gall (Time)
- Matthew Wilson (Time)

**Stewards Notes from the day:** Congratulations to Maryborough on their 161<sup>st</sup> meeting and we thank each and every volunteer.

**Tim Rosen** spoke with us before his event about soreness and grabbed his hamstring near the finish but based on our review he didn't give a full effort throughout the race, so was issued with a UP.

**Christopher Brown** said he didn't have an injury but didn't feel right, he did grab his adductor over 10m before finishing. So, we issued him a UP because he didn't give full effort for the entire race.

**Jackson Bennett** grabbed his hamstring at approx 15m from the finish and walked over the line. When spoken to he wasn't sure what had happened, therefore a UP was given.

We spoke with **Ruby Crisp** and coach Nick Fielder about her sudden drop in performance in the 800 final. We believed her running programme for the day was over the top and this resulted in a poor performance in the 800m Open Final. Therefore, she was issued with a UP.

We are concerned with athletes pulling up sore with cramp and we remind you that if you can't give a full effort throughout the race, you will be issued a **14-day penalty** or a **UP**.

Junior athletes, Ryan O'Neil-Parker & Harriet Fox were spoken to about looking around during their races and issued warnings. Future breaches will incur a fine.

Liam Riordan was a late entry and was included in the 120m U14 Mixed.

The 400m Womens & 400m U18 Mixed were both run as straight finals due to low numbers.

If 400m races have 10 or less participants they will be a straight final.

There was a timing breakdown in the first heat of the Womens Gift. Stewards decided rather than have a re-run, because of the small numbers in the event we would proceed to an extra semi final making all women who entered eligible.

**All athletes are reminded that they must wear their own singlet underneath the VAL singlets at all times and return their VAL singlets asap after their event.**

**Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.**

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

**Meeting:** St Albans Gift, 6<sup>th</sup> January 2024

**Weather:** Warm sunny day & evening with light winds.

**Track:** 400m grass track, surface was very good but slow.

Sprint track was good, well-grassed and fast. A track allowance of .1 for the 70m and .15 for the 120m was issued.

**Commentator:** Drew Semmens

**Wind Gauge:** Automatic

**Starters:** Mathew Webster & Brendan Ferrari

**Photo Finish:** Chloe Blennerhassett & Joe Spenceley

**Results:** Nila Blennerhassett

**Stewards:** Chief Richard Wearmouth, Wally Meechan & John Henry

**Handicappers:** Colin Lane, Chris Macdonald, David Milligan & Luke Mitchell

**Official Media:** Neil Jameson, Didier Le Miere, Max & Sam Blennerhassett

**Colour Stewards:** Gill & Di

**NAP's:**

**70m Mens:** Luke Mitchell (Break), Corey Williams (Time)

**800m Open:** Glenn Stephens (Break), Declan Gould (Time), Bruno (Time), Mandessa Wyatt (Time)

**120m Masters:** Brendan Bailey (Break)

**300m Masters:** Tom Hecimovic - Injury 14 days

**120m Mens Gift:** Musa Kamara - Injury 14 days, Leigh Phelan - Injury 14 days

**120m Womens Gift:** Layla Watson (Time)

**300m Women:** Isabella Antonino (Time)

**A reminder to athletes being given a 14 day suspension for injury, your suspension may be reduced to 7 days on provision of a medical certificate clearing you to compete.**

**Stewards Notes from the day:** Congratulations to St Albans on their 16th meeting. Terry, John, Matt and helpers continue to stage a great gift.

After discussion, the Stewards noted very fast times in the two Gifts and 70m. Several athlete's times improved considerably due to the very fast track. A track allowance of .1 for the 70m and .15 for the 120m was issued.

Maki Loukeris and Chris Byron were both ill before the 300m Mens Final and were permitted to withdraw.

Dominic Condello was fined \$25 for celebrating before line fined.

Four athletes who were issued with UP's last week had their performances altered to NAP's. Three of the four athletes Tim Rosen, Chris Brown and Jackson Bennett were given 14 days for injuries and Ruby Crisp was given an NAP for time difference.

We are concerned with athletes pulling up sore with cramp and we remind you that if you can't give a full effort throughout the race, you will be issued a **14-day penalty** or a **UP**.

**All athletes are reminded that they must wear their own singlet underneath the VAL singlets at all times and return their VAL singlets asap after their event.**

**Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.**

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

**Meeting:** Rye Gift, 13<sup>th</sup> January 2024

**Weather:** Cool cloudy day with strong winds.

**Track:** 386m grass track surface was very good but slow for both the sprint and circular events.

**Commentator:** Ollie Wurm

**Wind Gauge:** Automatic

**Starters:** Mathew Webster & Brendan Ferrari

**Photo Finish:** Chloe Blennerhassett & Joe Spenceley

**Results:** Nila Blennerhassett

**Stewards:** Chief Richard Wearmouth, Wally Meechan & John Henry

**Handicappers:** Colin Lane, Chris Macdonald, Kim McDonough & Luke Mitchell

**Official Media:** Neil Jameson, Didier Le Miere, Max & Sam Blennerhassett

**Colour Stewards:** Gill Hayden

**NAP's:**

**70m Open:** Ollie Featherston (Time)

**Restricted 70m:** Daniel Gilham (Time), Jonathan Marraffa (Time)

**120m Mens Gift:** Tom Griffin (Time) & Kevin Brittan (Time)

**120m Womens Gift:** Zoe Neale (Time), Genevieve O'Brien (Time), Kayla Montagner Time) & Isabella Antonino (Time)

**300m Masters:** Tony O'Shea - Injured 14 days

**400m Mens:** Jessie Patterson (Time), Tim Halpin (Break)

***A reminder to athletes being given 14 days for injury it may be reduced to 7 days with a medical certificate.***

**Stewards Notes from the day:**

Thank you to the Rye team for staging the gift at Rowleys Reserve. The circular track needs to be 400m and handicaps complete. The programming needs attention, as we need to have distance races separate, not one after the other.

There were technical issues in heats 2 & 5 of the 70m Open. Winners of those heats were exempt from the re-runs after heat 9 was complete.

A technical fault also occurred in the 120m U18 Boys Final, which forced a re-run after the U18 Girls 120m Final.

Jonathan Marraffa was re-handicapped back 0.5m between the heat and final of the 70m restricted for significant improvement.

After discussion, the Stewards are looking at several options to avoid re-runs.

There have been a number of runners requesting to wear flats in races due to injury concerns etc. Please note that if you have been running in flats, you are required to complete in them for the rest of the season (across all distances). If you wish to change from spikes to flats, you're required to see the Chief Steward prior to competing.

**REMINDERS:**

- We are concerned with athletes pulling up sore with cramp and we remind you that if you can't give a full effort throughout the race, you will be issued a 14-day penalty or a UP.
- All athletes are reminded that they must wear their own singlet underneath the VAL singlets at all times and return their VAL singlets asap after their event.
- **Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.**
- 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 semifinal and not progressing will result in an NAP at best. Breaking in a final is an automatic NAP at best.
- It is the responsibility of runners to ensure their performance history outside the VAL has been declared prior to their next meeting. PB's should be notified immediately to the office and new runners should ensure their performance history is correct. Failure to do so may result in sanctioning.

**Meeting:** Frankston Gift, 20<sup>th</sup> January 2024

**Weather:** Mild and humid early then warmed up in the afternoon. Moderate winds.

**Track:** 400m grass track surface was excellent.

**Commentator:** Ollie Wurm

**Wind Gauge:** Automatic

**Starters:** Rob McIntosh and Graeme Humphrey

**Photo Finish:** Chloe Blennerhassett & Joe Spenceley

**Results:** Nila Blennerhassett

**Stewards:** Chief Richard Wearmouth, Wally Meechan & John Henry

**Handicappers:** Colin Lane, Chris Macdonald, David Milligan & Luke Mitchell

**Official Media:** Neil Jameson, Didier Le Miere, Max & Sam Blennerhassett

**Colour Stewards:** Gill Hayden & Craig Burnett

**NAP's:**

**70m Men:** Jerome Lugo (Injury 14 days)

**70m Women:** Kylee Drew (time), Laura McDougall (Break)

**100m Mens:** Jack Lacey (Break)

**100m Womens:** Zoe Neale (Break), Amelia Spenceley (time)

**300m Masters:** Glenn Stephens (Break), Cam Dunbar (DNF)

**800m Open:** Akon Chol (time), Domonic Bruno (time), Darren Naismith (Injury 14 days)

**400m Women:** Olivia Roney (time)

**400m Men:** Jay Blake (time)

**\*NAP (time) - refers to time lost between heat to semi/or semi-to-final. Does not relate to NAP-T's, please refer to Handicap Regulations definition for NAP-T's.**

**A reminder to athletes being given 14 days for injury it may be reduced to 7 days with a medical certificate.**

**Stewards Notes from the day:**

Congratulations to the Frankston team for conducting a great day.

Mark Andrews must run in spikes for rest of the season except in two-mile events where he may run in flats.

Rob Italia was permitted to start without blocks in the 100m masters.



Tapusu Pae was warned about looking around at the finishing line.

Runners are reminded that if you compete in flats at future meetings you must remain in them for the rest of the season. You must also see the Chief steward before competing in flats or changing back to spikes.

Darren Naismith was permitted to scratch from the 800m final due to injury. He was given an NAP and 14 days.

Due to injury, Jerome Lugo was permitted to scratch from the 70m Mens Gift. He was given an NAP and 14 days.

In the Masters 300m runners Glenn Stephens and Jamie Mayhew Sharp hit arms about 120m from the finish. Video replay did not provide conclusive evidence, so it was deemed a racing incident.

#### **REMINDERS:**

- We are concerned with athletes pulling up sore with cramps and we remind you that if you can't give a full effort throughout the race, you will be issued a 14-day penalty or a UP.
- All athletes are reminded that they must wear their own singlet underneath the VAL singlets at all times and return their VAL singlets asap after their event.
- Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.
- 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 semifinal and not progressing will result in an NAP at best. Breaking in a final is an automatic NAP at best.
- It is the responsibility of runners to ensure their performance history outside the VAL has been declared prior to their next meeting. Pb's should be notified immediately to the office and new runners should ensure their performance history is correct. Failure to do so may result in sanctioning.

**Meeting:** Wangaratta Gift, 27<sup>th</sup> January 2024

**Weather:** Warm day with moderate breeze.

**Track:** 403m circular, grass track surface was in good condition but soft due to excessive rain on the Thursday beforehand, as was the sprint track.

**Commentator:** Ollie Wurm

**Wind Gauge:** Automatic

**Starters:** Rob McIntosh and Brendan Ferrari

**Photo Finish:** Chloe Blennerhassett & Diane Tzilantonis

**Results:** Nila Blennerhassett

**Stewards:** Chief Richard Wearmouth, Wally Meechan & John Henry

**Handicappers:** Colin Lane, Chris Macdonald, David Milligan & Kim McDonough

**Official Media:** Neil Jameson, Didier Le Miere, Max & Sam Blennerhassett

**Colour Stewards:** Gill Hayden

## **NAP's:**

**70m Open:** Hayden Anderson, Gabriel Zabotto (Injury 14 days)

**70m Restricted:** Gabriel Zabotto (Injury 14 days)

**120m U18 Mixed:** Jack Kinnersley (Break)

**120m Mens:** Harrison Kerr

**120m Masters:** Ian Porter (Injury 14 days)

**800m Open:** Sean Davidson

## **UP's**

**800m Open:** Declan Gould

## **Stewards Notes from the day:**

Congratulations to the Wangaratta on the 103<sup>rd</sup> Gift and their team for conducting a great day.

Vicki Mathews was permitted to start without blocks in the 120m masters.

Gabriel Zebotto was permitted to scratch from the 70m Open & Restricted finals due to injury.

300m Womens: There was a misunderstanding by Clea Clifford in regards to what heat she was in, she was given permission to run in heat three, rather than two.

In the Womens 300m runners Clea Clifford and Zoe Glassborow were both spoken to about taking more care when overtaking other athletes. Video replay did not provide conclusive evidence so it was deemed a racing incident.

800m Open: Due to insufficient numbers we ran a straight final. Declan Gould was spoken to after a greatly improved performance from his previous run at Frankston. Therefore, he was issued with a UP.

120m Mens Gift: Josh Young was spoken to about not running through to the line in his heat. We issued him with a warning.

800m 45+: Brendan (Jock) Bailey was fined \$25 due to celebrating before the line.

## **REMINDERS:**

- There have been a number of runners requesting to wear flats in races due to injury concerns etc. Please note that from future meetings if you are still running in flats, you will be required to complete in them for the rest of the season.
- We are concerned with athletes pulling up sore with cramps and we remind you that if you can't give a full effort throughout the race, you will be issued a 14-day penalty or a UP.
- All athletes are reminded that they must wear their own singlet underneath the VAL singlets at all times and return their VAL singlets asap after their event.
- Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.
- 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 semifinal and not progressing will result in an NAP at best. Breaking in a final is an automatic NAP at best.

**Meeting:** Shepparton Gift, 28<sup>th</sup> January 2024

**Weather:** Warm day with moderate to strong gusts of wind.

**Track:** 393m circular, grass track surface was in excellent condition but soft due to excessive rain on the Thursday.

**Commentator:** Ollie Wurm

**Wind Gauge:** Automatic

**Starters:** Rob McIntosh and Brendan Ferrari

**Photo Finish:** Chloe Blennerhassett & Joe Spenceley

**Results:** Nila Blennerhassett

**Stewards:** Chief Richard Wearmouth, Wally Meechan & John Henry

**Handicappers:** Colin Lane, Chris Macdonald, David Milligan & Kim McDonough.

**Official Media:** Neil Jameson, Didier Le Miere & Max & Sam Blennerhassett

**Colour Stewards:** Gill Hayden

**NAP's:**

**70m Open:** Asare Amoafa (Injury 14 days)

**120m Masters:** Brendan Bailey, Brendan Matthews (Injury 14 dyas)

**120m Mens Gift:** Callum James (Break)

#### **Stewards Notes from the day:**

Congratulations to Shepparton for their 2<sup>nd</sup> Gift and for Gerry and his team for conducting a great day.

Stewards were very pleased with the efforts put in by athletes. **Nap-T** were the lowest for the season so far.

For the rest of the season Jake Densley will run flats.

Zachary Clarke didn't show up for 120m U18 Final because he didn't check final list. He reminded to look at progression every time.

#### **REMINDERS:**

- There have been a number of runners requesting to wear flats in races due to injury concerns etc. Please note that from future meetings if you are still running in flats, you will be required to complete in them for the rest of the season.
- We are concerned with athletes pulling up sore with cramps and we remind you that if you can't give a full effort throughout the race, you will be issued a 14-day penalty or a UP.
- All athletes are reminded that they must wear their own singlet underneath the VAL singlets at all times and return their VAL singlets asap after their event.

- Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.
- 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 semifinal and not progressing will result in an NAP at best. Breaking in a final is an automatic NAP at best.
- It is the responsibility of runners to ensure their performance history outside the VAL has been declared prior to their next meeting. Pb's should be notified immediately to the office and new runners should ensure their performance history is correct. Failure to do so may result in sanctioning.

**Meeting:** Beachside Gift, 3<sup>rd</sup> February 2024

**Weather:** Warm day with mild to moderate winds.

**Track:** 363m circular, grass track surface was in good condition.

**Commentator:** Ollie Wurm & Ed Sadler

**Wind Gauge:** Automatic

**Starters:** Rob McIntosh and Graeme Humphrey

**Photo Finish:** Chloe Blennerhassett & Joe Spenceley

**Results:** Nila Blennerhassett

**Stewards:** Chief Richard Wearmouth, John Henry & Rob Lehmann

**Handicappers:** Colin Lane, Chris Macdonald, David Milligan & Luke Mitchell

**Official Media:** Neil Jameson, Didier Le Miere, Max & Sam Blennerhassett

**Colour Stewards:** Di Tzilantonis

**NAP's:**

**70m Mens:** Corey Williams (Injury 14 days)

**100m U18 Boys:** Kidus Mekonnen (Break)

**100m U18 Girls:** Kylee Drew (Break)

**100m Mens Gift:** Nathan Riali (time)

**300m Masters:** Jamie Johns, Chris Roache, Aaron Pooley, David Haigh, Jason Tickner (all Injured - 14 days)

**400m Mens:** Riley Neeowen- Injury 14 days

**Stewards Notes from the day:**

Congratulations to Tim Mason and crew on another fantastic event.

It is of concern that non-registered Trainers are on the field and approaching Stewards and Handicappers. If you are not registered, you must not be on the arena at any given time.

In the U18 Girls 100m heats Frankie Mayhew Sharp missed heat 3, then preceded to run in Heat 4, which pushed Jasmine Tickner out of her heat (4) and into Heat 5. Frankie Mayhew-Sharp ran in Heat 4 off the incorrect mark of 17.25m rather than 20m.

Mila Hopkins missed Heat 1 in the 800m Open and was moved to Heat 3.

Macey Hansen missed Heat 1 in the U14 100m and was moved to Heat 3.

Stewards are concerned with number of athletes not checking what heats they are in, please note athletes may not be placed into a later heat in future. It is the athletes responsibility to know their Heat and handicap before presenting at the start line.

Andrew Leggo competed barefooted in the Open 1600m, he did not have permission and after discussion it was ascertained that he will compete in spikes for the rest of the season.

Tom Perry was spoken to following his heat of the Mens Gift as he ran 4<sup>th</sup> after making numerous finals this season. He advised he had stumbled in the heat and would run better in his semi-final. He went on to run 3<sup>rd</sup> in his semi, so no further action was taken.

Tom Griffin was also spoken to following the heats of the Mens Gift about his performance, Officials were happy with his explanation.

There was a timing malfunction in Heat 9 and 10 of the Womens Gift.

Heat 9 winner was able proceed to the semi-final as her 1<sup>st</sup> placing was clearly recorded by the photo finish camera. The rest of Heat 9 were required to re-run to determine possible time progressions. Heat 10 required a full re-run due to no photo finish image capturing the winner or the time for progression purposes. Officials have taken action to remedy this problem to hopefully mitigate and future re-runs this season.

#### **REMINDERS:**

- There have been a number of runners requesting to wear flats in races due to injury concerns etc. Please note that from future meetings if you are still running in flats, you will be required to complete in them for the rest of the season.
- We are concerned with athletes pulling up sore with cramps and we remind you that if you can't give a full effort throughout the race, you will be issued a 14-day penalty or a UP.
- All athletes are reminded that they must wear their own singlet underneath the VAL singlets at all times and return their VAL singlets asap after their event.
- Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.
- 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 semifinal and not progressing will result in an NAP at best. Breaking in a final is an automatic NAP at best.
- It is the responsibility of runners to ensure their performance history outside the VAL has been declared prior to their next meeting. Pb's should be notified immediately to the office and new runners should ensure their performance history is correct. Failure to do so may result in sanctioning.

**Meeting:** Ballarat Gift, 10<sup>th</sup> & 11<sup>th</sup> February 2024

**Weather:** Saturday was a mild sunny day with light winds & Sunday had mostly cross winds but much warmer.

**Track:** 400m circular, I'm in agreeance with POD best VAL grassed track surface for many years.

**Commentator:** Ollie Wurm

**Wind Gauge:** Automatic

**Starters:** Rob & Keiren McIntosh and Graeme Humphrey

**Photo Finish:** Chloe Blennerhassett, Max Blennerhassett & Di Tzilantonis

**Results:** Nila Blennerhassett & Sam Blennerhassett

**Stewards:** Chief Richard Wearmouth, John Henry & Rob Lehmann

**Handicappers:** Colin Lane, Chris Macdonald, David Milligan, Luke Mitchell & Kim McDonough

**Official Media:** Neil Jameson & Didier Le Miere

**Colour Stewards:** Gill Hayden

**NAPs:**

**70m Men:** Murray Goodwin, Kidus Mekonnen, Darcy Ireland (Inj 14 days) & Leigh Phelan (Break)

**70m Women:** Zoe Neale (Inj 14 days)

**120m U18 Boys:** Lachlan Kinnersley (Break), Lachlan Robinson was re-handicapped in the U18 120m Boys prior to the heats from 17m to 12m due to his win and winning time in the U14 120m on the Saturday.

**120m U18 Girls:** Mia Hetherington (Break)

**120m Mens:** Tom Griffin, Liam Moss & Olufemi Komolafe (Inj. 14 days)

**120m Womens:** Laylah Watson & Laura McDougall (break) & Grace Carter (Inj. 14 days)

**300m Masters:** Richard Polkinghorne (time) & Tony O'Shea (Inj. 14 days)

**400m Men:** Matt Burleigh, Tim Halpin & Hugh Hoffman (time)

**400m Women:** Olivia Goder

**550m Open:** Jack Colgrave (time)

**\*NAP (time) - refers to time lost between heat to semi/or semi-to-final. Does not relate to NAP-T's, please refer to Handicap Regulations definition for NAP-T's.**

Athletes that are issued with a 14 day Injury penalty, with a Medical Certificate, may or may not be given permission to compete in seven days.

**UPs:**

**70m Women:** Alex Tzilantonis

**120m Men:** Murray Goodwin

**Stewards Notes from the day:**

Congratulations to Peter O'dwyer and his team on such a fantastic event, it was great to have a 400m circular track.

It is of concern that non registered trainers are on the field and approaching stewards and handicappers. If you are not registered you must not be on the arena at any given time.

Stewards are concerned with number of athletes not checking what heat they are in. Please be reminded it is the responsibility of the athlete to know which heat they are in. Athletes may not be placed into a later heat should they miss their race in the future. Runners, coaches and starters need to address these concerns.

- The Ballarat under 14 races were run as separate boys and girls races with only 2 girls participating in the girls race. It has been decided there will be no penalty for the girls race because had it been run as the usual combined race neither girl would have won on time. As far as the points allocation for the series final at Stawell, it has been decided that when determining points from Ballarat, all runners who competed at Ballarat (both boys and girls combined) will be listed in order of the times they ran in the finals. Points will then be allocated in this order.
- In the 300m Masters final Ryan Camille crossed sharply and hampered Paul Tancredi at the 150m mark, when questioned he stated that he was unaware of any interference. Ryan was informed that he must be 2 metres clear of another athlete before crossing. Being his first offence, he was given a warning and told any further indiscretion would incur a fine or suspension.
- Kidus Mekonnen's trainer, John Hilditch, was spoken to in regard to Kidus sudden improvement in making the final of the Mens 70m. John advised that it was equally surprising for him and understood our issue with the improvement. He was advised that this was now the expected level of performance and any regression would be treated with an NAP at best.
- In the Women's 70m Annie Sutherland fell heavily 15m from the finish, she was unsure what happened and was ok to continue in other events.
- Darcy Ireland was spoken to in regard to his inconsistency of performance over 70m this season and also reminded of his responsibility to report injury to the Stewards as he was clearly injured at the end of his 70m semi final. Was given a 14 day injury suspension and advised that anything other than his best would be treated with an NAP at a minimum in future.
- Rob Dynhoven & Wayne Perry were mystified as to why Laylah Watson dropped significant time from her heat to semi, in the 120m Womens Gift. It was agreed that this is not her normal pattern no further action other than a Nap was issued.
- Shane McKenzie was spoken to in regard to Alex Tzilantonis significant improvement from the previous week to win the Womens 70m. He advised that Alex has issues with consistency due to various reasons, which the Stewards accepted, but reaffirmed that she would be handicapped based on her best performances and anything other than that would be treated with an NAP at best. As the previous week was a higher prizemoney race, it was decided that a DQ was not appropriate, however a UP and handicap review was issued.
- Phil Noden was given permission to run in flats for the 3200m.
- Tom Templeton looked around repeatedly with 10 to 15m to go in the 120m Mens Gift Semi, therefore he was issued with a fine of \$50.
- Murray Goodwin was spoken to after the semi final of the Mens Gift in regard to his significant improvement from Warrnambool through to Ballarat, which saw him qualify for the Gift Final. Murray provided a number of reasons for the improvement and didn't feel that it was excessive, however the Stewards did not accept the explanation and a UP and handicap review was issued.
- Cooper Sherman was issued with a \$50 fine for celebrating before the finish line in the Mens Gift.

- Dominic Bruno was spoken to following the final of the Open 800m as he passed a runner on the inside on the top bend and in doing so stepped inside the track. He was issued with a warning that to do so again would result in a DQ.
- Liam Moss was spoken to following the semi final of the Men's Gift as he appeared to sustain an injury in the last 20m when he looked likely to win. He advised that he felt a grab in the same hamstring he injured at the Bay and was given a 14 day injury suspension.
- Cleo Anderson was given permission in the Open 1600m to wear flats and is now required to do so for the rest of this season.

#### **REMINDERS:**

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- All athletes are reminded that they must wear their own singlet underneath the VAL singlets at all times and return their VAL singlets asap after their event.
- Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.
- 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 semifinal and not progressing will result in an NAP at best. Breaking in a final is an automatic NAP at best.
- It is the responsibility of runners to ensure their performance history outside the VAL has been declared prior to their next meeting. Pb's should be notified immediately to the office and new runners should ensure their performance history is correct. Failure to do so may result in sanctioning.

**Meeting:** Keilor Gift 17<sup>th</sup> February 2024

**Weather:** Saturday was a mild sunny day with light winds.

**Track:** 400m circular and the sprint track were both in good condition

**Commentator:** Ed Sadler

**Wind Gauge:** Automatic

**Starters:** Brendan Ferrari & Keiren McIntosh

**Photo Finish:** Chloe Blennerhassett, Max Blennerhassett & Di Tzilantonis

**Results:** Nila Blennerhassett

**Stewards:** Chief Richard Wearmouth, John Henry & Rob Lehmann

**Handicappers:** Colin Lane & Chris Macdonald

**Official Media:** Neil Jameson & Didier Le Miere

**Colour Stewards:** Gill & Penny

**NAPs:**

**70m Open:** Craig Mair (Inj 14 days) & Corey Williams (time)



**120m Mens:** Bailey Culbert (Inj. 14 days) & Hyuga Hishimura (Inj. 14 days), Cameron Moss (break) & Kidus Mekonnen (break)

**120m Womens:** Isabella Antonino (time)

**300m Masters:** Sonya Pollard, Steven Coulson, Tim Eschabach, Tim Mason (time) & Tom Hecomovic (Inj. 14 days)

**400m Men:** Kidus Mekonnen (time) & Patrick Martin (time) & Cooper Lubeck (break)

**400m Women:** Sophie Stokes (time) & Alex Tzilantonis (time)

**400m Restricted:** Lachlan Perdon (time) & Joel Stapleton (time)

**\*NAP (time) - refers to time lost between heat to semi/or semi-to-final. Does not relate to NAP-T's, please refer to Handicap Regulations definition for NAP-T's.**

Athletes who are issued with a 14-day Injury penalty, with a Medical Certificate, may or may not be permitted to compete in seven days.

#### **Stewards Notes from the day:**

Congratulations to Hayden Kelly and his team for organising another Keilor Gift. Unfortunately, the lights went off twice just before finals, which then pushed the meeting back a considerable amount of time.

It is of concern that non-registered trainers are on the field and approaching stewards and handicappers. If you are not registered you must not be on the arena at any given time.

Stewards are concerned with number of athletes not checking what heat they are in. Please be reminded it is the responsibility of the athlete to know which heat they are in even when obtaining their singlet from the colour tent. Athletes may not be placed into a later heat should they miss their race in the future. Runners, coaches and starters need to address these concerns.

- Tom Griffen who was issued a 14-day injury suspension at Ballarat produced a medical certificate so was able to compete on the day
- Bailey Culbert scratched from 120m Mens Gift Semi's due to injury so was issued with a 14-day injury suspension.
- Hyuga Hishimura injured himself in the heat of 120m Mens Gift and needed to scratch from the semi also and was issued with a 14-day injury suspension
- Shane McKenzie spoke to the stewards about Alex Tzilantonis about an injury that she was carrying. Alex was given permission to run but was advised if she performed below par, she would be issued a nap.
- Martine Beer notified a steward that Natalie Densley was carrying an injury, she was given permission to run but risked a nap if she underperformed.

#### **REMINDERS:**

- There have been a number of runners requesting to wear flats in races due to injury concerns etc. Please note that from future meetings if you are still running in flats, you will be required to complete in them for the rest of the season.
- We are concerned with athletes pulling up sore with cramps and we remind you that if you can't give a full effort throughout the race, you will be issued a 14-day penalty or a UP.
- All athletes are reminded that they must wear their own singlet underneath the VAL singlets at all times and return their VAL singlets asap after their event.
- Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.

- 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 semifinal and not progressing will result in an NAP at best. Breaking in a final is an automatic NAP at best.
- It is the responsibility of runners to ensure their performance history outside the VAL has been declared prior to their next meeting. Pb's should be notified immediately to the office and new runners should ensure their performance history is correct. Failure to do so may result in sanctioning.

**Meeting:** Castlemaine Gift 25th February 2024

**Weather:** Saturday was a warm sunny day with light winds and a few gusts.

**Track:** The 400m circular and sprint track were well grassed. The track was as usual fast, the downhill trajectory always assists. Times also illustrates an allowance of .10 will be given.

**Commentator:** Ollie Wurm

**Wind Gauge:** Automatic

**Starters:** Rob & Keiren McIntosh.

**Photo Finish:** Chloe Blennerhassett, Max Blennerhassett & Joe Spenceley.

**Results:** Nila Blennerhassett & Max Blennerhassett.

**Stewards:** Chief Richard Wearmouth, John Henry & Wally Meechan.

**Handicappers:** Colin Lane, Chris Macdonald, David Milligan & Luke Mitchell

**Official Media:** Neil Jameson & Didier Le Miere

**Colour Stewards:** Gill & Penny

**NAPs:**

**70m Open:** Matt Standfield (break)

**120m Mens:** Aubery Watson, Cameron Moss, Tom Griffin, Daniel Sammut (injured), Conor Loughnan (injured), Bola Lawal (injured) - all 14 days.

**120m Womens:** Isabella Antonino, Liv Ryan, Hayley Silvester (break)

**120m Masters:** Brian Wright, David Polichovski (break)

**300m Masters:** David Polichovski (break)

**400m Men:** Rhys Parkinson

**400m Women:** Isabella Antonino, Adelaide Robertson (injured 14 days)

**400m Restricted:** Mitchell Iannello (time)

**800m Open:** Richard Polkinghorne (time), Mark Andrews (time), Michael Chimenton (injured 14 days)

**3200m Open:** Josh Bail was fined \$50 for repeatedly wearing a cap during his races after being advised it was not permitted.

**\*NAP (time) - refers to time lost between heat to semi/or semi-to-final. Does not relate to NAP-T's, please refer to Handicap Regulations definition for NAP-T's.**

Athletes who are issued with a 14-day Injury penalty, with a Medical Certificate, may or may not be permitted to compete in seven days.

#### **Stewards Notes from the day:**

Congratulations to Daryl Nettleton and team for another top class event.

- Joel Stapleton was looking around near the finish of his 400m heat. Joel and his coach said it wouldn't occur again and as was his first offense he was given a warning.
- In the 3200m four runners wore caps which is not allowed unless a medical allowance is given. Josh Bail has been spoken to before about not wearing a cap. He has been given a \$50 fine. Lewry Oliver was spoken to about wearing a cap in races. He didn't realise you couldn't and was given a warning. Jacob Sprunt was unable to be contacted so will be spoken to at a later date.
- Vic Sharma was spoken to regarding taking too long to set up his blocks and ready to start. He apologised and said it wouldn't occur again.
- Stewards are concerned about some athletes taking too long to set up their blocks and be ready to start. This is not fair to starters and other athletes. It also hinders starting time which will impact program. In future perpetrators will be fined.
- Vickie Mathews was given permission to start without blocks.
- Glenn Stephens and Luke Mathews spoke to Stewards about various soreness, they were given permission to compete.
- Michael Chimenton, Conor Loughnan, Daniel Sammut and Adelaide Robertson all made finals but were injured so given permission to scratch. They were all issued with a 14 day suspension.
- Stewards were concerned with an incident involving Jamie Mayhew-Sharp and Zander McDougall in the 300masters final and felt there may have been interference with about 120metres to run. After viewing the livestream replay it was evident that no interference had occurred.
- Rob Italia was given permission to wear flats in the Masters 300m and was advised he would be required to compete in them until the end of the season in all Masters 300m races.

It is of concern that non-registered trainers are on the field and approaching stewards and handicappers. If you are not registered you must not be on the arena at any given time.

Stewards are concerned with number of athletes not checking what heat they are in. Please be reminded it is the responsibility of the athlete to know which heat they are in even when obtaining their singlet from the colour tent. Athletes may not be placed into a later heat should they miss their race in the future. Runners, coaches and starters need to address these concerns.

#### **REMINDERS:**

- There have been a number of runners requesting to wear flats in races due to injury concerns etc. Please note that from future meetings if you are still running in flats, you will be required to complete in them for the rest of the season.
- We are concerned with athletes pulling up sore with cramps and we remind you that if you can't give a full effort throughout the race, you will be issued a 14-day penalty or a UP.
- All athletes are reminded that they must wear their own singlet underneath the VAL singlets at all times and return their VAL singlets asap after their event.
- Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.

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- Breaking in a heat or semifinal and not progressing will result in an NAP at best. Breaking in a final is an automatic NAP at best.
- It is the responsibility of runners to ensure their performance history outside the VAL has been declared prior to their next meeting. PBs should be notified immediately to the office and new runners should ensure their performance history is correct. Failure to do so may result in sanctioning.

**Meeting:** Bendigo Madison 9<sup>th</sup> & 10<sup>th</sup> March 2024

**Weather:** Saturday & Sunday were hot sunny days with some gusty winds.

**Track:** The track was in great condition - 374m circular with both tracks well grassed and fast.

Track allowance – Sprint Track

- 70m = 0.06 track allowance for the 70m (ie 7/12ths of 120)
- 120m = 0.1

Track Allowance - Circular Track:

- 300/400m = 1 sec
- 800m/1600m = 1 sec per 400m

**Commentator:** Ollie Wurm

**Wind Gauge:** Automatic

**Starters:** Graeme Humphries & Rob McIntosh

**Photo Finish:** Chloe Blennerhassett, Shane Roberts & Joe Spenceley

**Results:** Nila Blennerhassett, Max & Sam Blennerhassett

**Stewards:** Chief Richard Wearmouth, John Henry, Wally Meechan & Terry O'Donnell

**Handicappers:** Colin Lane, David Milligan, Luke Mitchell & Kim McDonough

**Official Media:** Neil Jameson & Didier Le Miere

**Colour Stewards:** Penny Conway & Di Tzilantonis

**NAPs:**

**70m Open:** Spencer Browne, Chris Diegan, Jack Odea (time) & Joshua Young (break).

**120m Mens:** Patrick Martin, Jack Colgrave, Kristopher Kardakovski, Jesse Cordoma (time) & Michael Romero (break)

**120m Womens:** Clea Clifford

**120m Masters:** Chris Diegan, Rob Italia & Sonya Pollard

**120m U18 Boys:** Zane Eddleston (time)

**400m Men:** Jack Colgrave (time)

**400m Women:** Liv Ryan (injury 14 days)

**400m U18 Mixed:** Kidus Mekonnen (time) & Jack Kinnersley (break)

**UPs:**

**300m Masters:** Jacob Densley

**\*NAP (time) - refers to time lost between heat to semi/or semi-to-final. Does not relate to NAP-T's, please refer to Handicap Regulations definition for NAP-T's.**

Athletes who are issued with a 14-day injury penalty, may or may not be, permitted to compete in seven days on the provision of a Medical Certificate.

**Stewards Notes from the day:**

Fantastic to have the Madison back, well done to Ashley Grant and his team for a magnificent two days. The eskies on the ground were replenished each day with drinks and ice plus an abundant spread of food during our breaks.

Liv Ryan who made the 400m Womens Final was injured after her semi and was given a 14-day injury suspension.

Stewards spoke to Kidus Mekonnen about his lack of effort in 400m U18 Final in the home straight. He stated that he was 'cooked and out of energy', we believed a runner of his calibre could have made a better effort so he was issued an NAP.

Genieve Nihill failed to show up for Womens 400m Final, it is the runner's responsibility to check progressions. As her first time competing in the VAL, Genieve will be given a warning and reminder to double check progressions.

Mohammed Zeed pulled up before the finish of the Masters 120m and said that he had suffered cramp. No action was required.

Coach Paul Boulton approached stewards about Kyle Drew, requesting to scratch her from the Womens 120m Gift Semi in order to prioritise her run in the 400m U18 Mixed Final. Stewards allowed her to scratch because precedence has been allowed on previous occasions. In future, all athletes will be required to run in Open events first and foremost when they've qualified for semis or finals.

After the 800m Womens Final there were a number of people out on the track while the race was still in progress, congratulating the winner and place getters. As a result, a runner's time wasn't recorded - we need to make sure this doesn't happen again. All athletes, coaches and supporters please remain off the track until the last runner has completed their race.

**Stewards are concerned about Coach's/Trainers & Athletes abusing Regulation 11.9**

*11.9 No Athlete, Trainer or other person shall encourage or coach an Athlete who is in the course of actual participation from within the interior of the running arena. Where a ground perimeter fence is in place, the running arena will be defined as the area inside unless otherwise decreed by the Chief Steward. The Chief Steward or Steward shall have the discretion to impose a fine of up to \$500.00 for any breach of this Regulation and also the discretion to disqualify the Athlete to which the encouragement or coaching was referred to.*

Stewards are also concerned about some athletes taking too long to set up their blocks and be ready to start. This is not fair to starters and other athletes, it also hinders starting time which will impact the program. In future perpetrators will be fined.

It is of concern that non-registered trainers are on the infield and approaching stewards and handicappers. If you are not a registered trainer, you must not be on the arena at any given time.

#### **REMINDERS:**

- There have been a number of runners requesting to wear flats in races due to injury concerns etc. Please note that from future meetings if you are still running in flats, you will be required to complete in them for the rest of the season.
- We are concerned with athletes pulling up sore with cramps and we remind you that if you can't give a full effort throughout the race, you will be issued a 14-day penalty or a UP.
- All athletes are reminded that they must wear their own singlet underneath the VAL singlets at all times and return their VAL singlets asap after their event.
- Athletes are reminded that it is their responsibility to check whether they have progressed to the next round, future breaches will incur a fine.
- 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 semifinal and not progressing will result in an NAP at best. Breaking in a final is an automatic NAP at best.
- It is the responsibility of runners to ensure their performance history outside the VAL has been declared prior to their next meeting. Pb's should be notified immediately to the office and new runners should ensure their performance history is correct. Failure to do so may result in sanctioning.

**Meeting:** Ringwood 16<sup>th</sup> March 2024

**Weather:** Conditions on Saturday were warm to hot.

**Track:** 400m synthetic in very good condition

**Commentator:** Ed Sadler & Drew Semmens

**Wind Gauge:** Automatic

**Starters:** Rob & Keiren McIntosh

**Photo Finish:** Chloe Blennerhassett, Di Tzilantonis & Joe Spenceley

**Results:** Nila, sam & Max Blennerhassett

**Stewards:** Chief Richard Wearmouth, John Henry & Terry O'Donnell

**Handicappers:** Colin Lane, David Milligan, Luke Mitchell & Chris Macdonald

**Official Media:** Neil Jameson & Didier Le Miere

**Colour Stewards:** Gill

#### **NAPs:**

**70m Men:** Matthew Parrott (brk & DQ) & Musa Kamara

**70m Women:** Jemma Stapleton (brk), Josephine Gaisie (brk) & Ruby Ozougwu (brk)

**100m Masters:** Sonya Pollard (Injured 14 days) & Peter Angelini

**400m Women:** Kaylah Barrett (time)

**400m Mens:** Christian Reinhardt (Injured 14 days)

**UPs:** Noddy Angelakos

**\*NAP (time) - refers to time lost between heat to semi/or semi-to-final. Does not relate to NAP-T's, please refer to Handicap Regulations definition for NAP-T's.**

Athletes who are issued with a 14-day Injury penalty, with a Medical Certificate, may or may not be permitted to compete in seven days.

**Stewards Notes from the day:**

Verg good event conducted by Mark Glassborow and his team. Kept officials well fed and hydrated.

It was an excellent day of racing, good luck to all athletes for the Stawell Easter Gift.

Stewards spoke to Noddy Angelakos about his substantial drop in time for the 100m Masters final. He explained he had just ran an Open 200m heat and was therefore lethargic in the Masters 100m final. Noddy agreed that because of lack of racing this season it was a bad decision to run the 200, so he was issued a Up. The handicappers were informed not to review his handicap.

Kaylah Barrett in the 400m Womens Final pulled up distressed and walk over the finish line. The race was immediately after her U18 100m final where she was placed 2<sup>nd</sup>. Stewards explained that athletes have to make a decision to compete in open finials ahead of junior events. She was unaware of this rule so was only issued with a warning and a Nap Time.

Matthew Parrott broke twice in the Mens 70m final and was disqualified.

Peter Angelini failed to show for the 100m Masters Finial and was fined \$50

A reminder to all runners you are required to check progressions from Heat to Semi/Finals. Failure to present for either will incur a fine and NAP.

**Stewards are concerned about Coach's/Trainers & Athletes abusing Regulation 11.9**

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**Meeting:** Stawell Gift, 30<sup>th</sup>, 31<sup>st</sup> March & 1<sup>st</sup> April 2024.

**Weather:** Saturday and Sunday were hot with very little breeze. Monday was warm till midday with torrential rain and thunderstorms in the afternoon.

**Track:** 400m circular and sprint tracks were all in immaculate condition. Although on Monday afternoon it became completely waterlogged.

**Commentators:** Ollie Wurm & Ed Sadler

**Wind Gauge:** Automatic

**Starters:** Rob McIntosh, Graeme Humphrey and Keiren McIntosh.

**Photo Finish:** Chloe Blennerhassett, Rob Jones, Joe Spenceley, Shane Roberts & Di Tzilantonis.

**Results:** Nila Blennerhassett, Max Blennerhassett & Sam Blennerhassett.

**Stewards:** Chief Richard Wearmouth and John Henry

**Handicappers:** Colin Lane, Chris Macdonald, David Milligan, Luke Mitchell & Kim McDonough.

**Official Media:** Neil Jameson & Didier Le Meier.

**Colour Stewards:** Gill, Penny, Trevor & Daryl.

**UPs:**

**120m Men Gift:** Tom Pellow

**800m Women:** Milla Hopkins

**Stewards Notes from the weekend:**

What a weekend, it had everything including fantastic events with deserved winners.

Stawell Athletic Club again put on a magnificent event, full credit to each and everyone of them and to all the others who got the meeting back on track when the rain set-in.

- Heat 6 of the Womens 70m encountered a communication error and as such no times or photo was captured for results. The winner of the race was a clear winner and automatically progressed to the semi-finals – the 3 other athletes in the heat, Grace O'Dwyer, Kirsty



Stevens and Josephine Gaisie were progressed to the semi-finals rather than instructed to re-run, due to the temperature and close proximity to the Womens Gift heats commencing.

- Tom Pellow was charged under rules 16.38 & 16.39 for inconsistent running. After consultation with Tom and his representative, he was told by stewards that his performance had improved substantially from previously disclosed information and performances. Subsequently he was disqualified and issued with a UP. Tom appealed to the VAL independent tribunal, the hearing was dismissed and the DQ upheld.
- Milla Hopkins was charged under rules 16.38 & 16.39 which is a variance of an athlete's performance for her improved performance in the Womens 800m final. Stewards spoke with her coach Mark Hipworth and decided her improvement from previous runs had been significant. She was fined half her winnings \$312.50 and issued with a UP.
- Athlete Benjamin Esquilant was re-handicapped to 8m before the heats of the 100m Bill Howard Restricted following his run in the heats of the 120m Gift. Ben was spoken to after his Gift heat and was subsequently re-handicapped from 10.75m back to 8m in the Bill Howard 100m Restricted. Coach, Tim Eschebach and Ben explained that they had sent recent PB's to the VAL but the times had not been submitted via his athlete profile as requested and were subsequently missed by the handicapper. Had they been submitted correctly he would have been given the same mark as his re-handicap.
- Athlete Madiha Aaliyah Zoalangi Mouri-Florent was re-handicapped to 18.5m following the heats of the U18 girls 100m after a significantly improved performance.
- Mitchell Iannello was spoken to after the U18 800m final for significant improvement on his 800m PB provided to the handicapper. The supplied PB time was vastly different to that of Mitchell's winning time. The Stewards & Handicapper were very concerned with the explanation, he was reprimanded and warned that in an Open event he would be treated far harsher. As it was a discretionary Junior race, no further action was taken.
- Rob Italia was permitted to wear spikes in the 800m 45+ Masters series final by the Chief Steward and Race Day Referee due to track conditions and safety concerns, however both officials failed to advise Rob of his adjusted handicap should he compete in spikes.
- Michael Ryde's handicap was changed by the Chief Steward & Race Day Referee in the 1600m Herb Hedemann to 65m rather than his adjusted handicap of 60m allocated by the Handicapper.
- The two 120m Gift finals were run in lanes 3–8 rather than 1–6 due to track conditions in lanes 1 & 2.
- The Open 200m final was run in lanes 4-7 rather than 2-5 due to track conditions.
- Monday's afternoon program of events was significantly altered following unprecedented rain to try and maximise track conditions for all races.

#### Scratching's from semis & finals:

#### **120m Womens Stawell Gift –**

Zoe Neale scratched from the Womens 120m Gift semi-finals due to injury.

Lucy Delbridge scratched from the Womens 120m Gift semi-finals due to injury.

#### **Womens 70m -**

Katie Moore scratched from the Womens 70m semi-finals due to injury.

Grace O'Dwyer scratched from the Womens 70m semi-finals due to injury.

#### **Mens 70m –**

Nicholas Antonino was injured in heat 8.

Max Norton was injured in Heat 9.

#### **400m Backmarkers -**

Elijah Cross DNF in Heat 5 due to injury.

Nathan Visciglio DNF in Heat 2 due to injury.

Tarj Singleton scratched from the 400m Backmarkers final due to illness.

Aidan Green fell heavily in the 400m Backmarkers race and DNF due to injury.

Charlie Hildyard DNF in the 400m Backmarkers final due to injury.

### **120m Open Stawell Gift –**

HUGH Sharman scratched from the Open 120m Gift semi-finals due to injury.

Daniel White-Alikakos scratched from the Open 120m Gift semi-finals due to injury.

Joushua Young DNF in Semi 2 of the Open 120m semis due to injury.

Tarj singleton scratched from the Open 120m Gift semi-finals due to illness.

**200m Open Final –** Mia Gross & Timothy Delahunty were permitted to scratch from the 200m final due to track conditions.

**100m Restricted -** Mark Ashton scratched from the 100m Restricted final.

**550m Open -** Daniel Reeves scratched from the Open 550m final.

**800m Masters 45+ Final –** Rob Kenshole DNF due to injury.

**300m Masters Final -** Michael Cassidy DNF due to injury.

There were a number of scratching's in the below races due to track conditions –

300m Masters Legends Series final

800m Masters 45+ Series Final

3200m Open final

There were 11 Breaks across the weekend -

Lana Toomer Semi 1, U18 100m Girls, Daniel Gilham Semi 3, 100m Restricted, Matthew Noden Heat 6, 400m Frontmarkers, James Kermond Heat 6, 100m Restricted, Zander McDougall Heat 13, 100m Masters, Jade Dinan Heat 8, U18 100m Girls, Claire Hardy Heat 7, U18 100m Girls, Aidan Rouse Heat 18, 70m Mens, Oliver McDougall Heat 1, U18 100m Boys, Tom Templeton Semi 4, 120m Stawell Gift, Max Jones Heat 3, Open 800m.

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