

Meeting: Frankston Gift 18th January 2025

Weather: Warm day with strong winds.

Track: 400m circular excellent surface overall.

Commentator: Ollie Wurm

Wind Gauge: Automatic

Starters: Graeme Humphrey & Rob McIntosh

Photo Finish: Chloe Blennerhassett

Results: Nila Blennerhassett

Stewards: Chief Richard Wearmouth, Chad Ryan & John Henry

Handicappers: Colin Lane, Kim McDonough

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

Colour Stewards: Di Tzilantonis

NAP's:

INJURIES:

Tom Hecomovic 300m Masters 14 days

Harrison Kerr 100m Final 14 days

Jemma Stapleton w70m heat 14 days

Nick Antonino m70m semi 14 days

Breaks:

Jack Kinnerseely u/18 100m heat

Olivia Wilson u/14 100m final

Steph Ryan w70m heat

LOT: Loss of time

U/18 400m Final

Jack Densley

400m Womens Final

Kelsie Roberts

400m

Jared Glover

Lachlan Shanks

Adam Gec DNF

800m

Ben McShane

Stefan Catalano

Wayne James

Lachlan Perdon

OTR (Outside time Range):

70m Men

Endale Mekonnen, Callum James, Jack Wolff, Cam Dunbar, Daniel Martin

70m Women

Zoe Neale, Imogen Nobbs, Chloe Kinnersley, Sonya Pollard

100m Men: Noddy Angelakos, Paul Tancredi, Jack Colgrave, Callum James, Kevin Brittain, Akon Chol, Tim Rosen

100m Women: Tiana Shillito, Megan Blair, Zoe Neale, Alex Tzilantonis, Elise Moss, Aris Patsouris, Liv Ryan, Raeleigh Phillips, Chloe Kinnersley

400m Women: Liv Ryan, Danielle McDowell, Chloe Kinnersley

400m Men: Jack Colgrave

100m over 35 Todd Ireland, Gary Mahon

300m over 35 Mohammed Zeed

ICP (Inconsistent Performance) NAP

70m Women

Charlotte Nielsen

400m Men

IE Insufficient effort nap

Aiden Green

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

Stewards Notes from the day: Congratulations to the Frankston team for staging the gift at Seaford. Track was in excellent condition and Matty B did a top job sorting circular track.

Stefan Catalano was spoken to regarding a perceived lack of effort in the first 150m of his 400m heat. He explained that after competing in the 800m heat and final that he hadn't readjusted to 400m pace and took a while to adjust. His explanation was accepted.

Milla Hopkins was spoken to about her first 150m of her 400m heat. She explained that she usually competes over 800m or more and hadn't trained enough for the faster event. Her explanation was accepted.

Adam Gec mistook the finish line in his 400m heat and pulled up early. He was told he must better acquaint himself with track. He was issued with a NAP.

Stewards spoke with Aiden Green about his lack of effort in the finish of his 400m heat. He explained he had been training over shorter distances recently to sharpen up his speed. He was informed that he needs to notify Stewards when he resumes 400m training.

Callum Bott was spoken to after winning his mens 400m heat. He was looking around near the finish and was told that this contravenes regulations. He stated he wasn't aware of this rule and wouldn't reoffend.

Six athletes were warned about touching the line in circular events. A repeat will incur a disqualification. Akon Chol, Eoin Jessup, Michael Ryde, Hamish Renkin, T0m Hecomovic, Ashley Humphrey

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 sanctioned being applied.

There have been a number of runners requesting to wear flats in races due to injury concerns etc. Please note that from the Wangaratta Gift Meeting 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 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.

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