

Meeting: Beachside Gift, 1st February 2025

Weather: Hot day with mild winds.

Track: 349m circular, grass track surface was in good condition.

Commentator: Ollie Wurm & Ash Borg

Wind Gauge: Automatic

Starters: Rob McIntosh and Graeme Humphrey

Photo Finish: Chloe Blennerhassett & Jo Spenceley

Results: Nila Blennerhassett

Stewards: Chief Richard Wearmouth, Chad Ryan & John Henry

Handicappers: Colin Lane + Jonno Rogers

Official Media: Neil Jameson, Max & Sam Blennerhassett

Colour Stewards: Dianne Tzilantonis

NAP's:

ICP: Inconsistent Performance

IE: Insufficient Effort

LOT: Loss of time

Daniel Martin Mens 70m

OTR: Outside Time Range

70m Men Hugh Hoffman, Jerome Lugo, Matt Burleigh, Marcus Schafer

100m Men Callum Jamed, Jack O'Dea, Noddy Angelakos, Rory Nunn, Simon Jackson

100m Women Keely Henderson, Megan Blair, Tiana Shillito, Josephine Gaisie, Cara Hill

400m Women Danielle McDowell

BRK: Break

Ollie Featherstone Mens Gift Heat

Lachlan Shanks Mens Gift Heat

Olivia Barry Womens Gift Semi

Isabella Morgan Womens Gift Final

Mia Hetherington W 400m

INJ: Injury

Gary Mahon Masters 100m Heat 14 days

Taj Singleton m70m Heat 14 days

Cassandra Wang Le Couter Women Gift Semi 14 days

Jason Tickner Masters 100m Heat 14 days

Stewards Notes from the day: Congratulations to Tim Mason and crew on another fantastic event.

Due to the incorrect placement of markers for the 400 metres at Beachside, resulting in the distance each athlete ran being short by 1.7metres, each athlete will have their time adjusted in the handicappers records to reflect they ran short by 1.7 metres.

800m & 1600m times were disregarded due to incorrect track measurement.

Bailey Grist missed his heat of the 70m and was put in a later heat.

Taj Singleton ran in the wrong heat of the 70m and was instructed to make certain to participate in his correct heat or run the risk of a fine.

Stewards are concerned with number of athletes not checking what heats they are in as they may not be placed into a later heat in future. Runners, coaches and starters need to address these concerns.

Warnings were given to these athletes in regard to touching the circular track line when participating. Saskia Lloyd, Mandessa Wyatt, Bella Fary.

Aubry Watson was spoken to regarding his performance in the 400 heat. Stewards felt that he eased near the line when seemingly having his heat won and he was caught on line. Aubry explained he had used all his energy from the 200m to the 100m mark and was 'cooked' at the finish. Stewards accepted his explanation.

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.

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 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.