

**Meeting:** Braybrook Gift Saturday March 29th 2025

**Weather:** Cool day with strong winds

**Track:** 390m circular, grass track surface was rough but well grassed.

**Commentator:** Ethan

**Wind Gauge:** Automatic

**Starters:** Kieran & Rob McIntosh

**Photo Finish:** Chloe Blennerhassett Jo Spenceley

**Results:** Nila Blennerhassett

**Stewards:** Chief Richard Wearmouth, Chad Ryan & John Henry

**Handicappers:** Colin Lane, Chad Ryan, Kim McDonough, Jono Rogers

**Official Media:** Neil Jameson, Max & Sam Blennerhassett

**Colour Stewards:** Dianne Tzilantonis

**NAP's:**

**ICP: Inconsistent Performance**

**IE: Insufficient Effort**

**Injuries**

300m Masters Todd Ireland Andy Boudrie Glen Barr

800m over 45 Les Williams

**Breaks**

70m Open Owen de Vries

70m Masters Daniel Martin Jono Rogers Callum James

300m Men Geoffrey Lam

300m U/18 Leo McMeel Alecia Gec

**Stewards Notes from the day:** Congratulations to Terry O, Terry Mc and Matt W on excellent track marking and presentation.

When stables are celebrating a team victory could you please refrain from doing so till after all runners have crossed finishing line.

Sebastian Vinnicombe was fined \$25 for failing to appear for the 120m mens semi-final.

Scott Rowsell, Dale Jones and Tristan Courts spoke with stewards about differing circumstances that may hinder their performance.

Stephen Coulsen was inconvenienced when Todd Ireland was injured which interfered with his time and placing.

Lucy Carter asked to check on her Women Gift time. It was found to be correct.

Athletes are not permitted to practice starts on race starters gun. There have been a number of warnings about this so in future offenders will be fined.

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 after Ballarat 2025 if you are still running in flats, you will be required to compete 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.

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.