

**Meeting:** Ringwood Gift Saturday April 5th 2025

**Weather:** Cool day with variable winds

**Track:** 400m Synthetic

**Commentator:** Ollie Wurm

**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:

LOTS

300m Women Katherine Wright Charlotte Nielsen

300m Masters Corey Williams

400m Declan Gould

800m David Mathews

ICP: Inconsistent Performance

IE: Insufficient Effort

Injuries

300m Masters Hugh van Cuylenburg, Peter O'Farrell

800m Wayne James, Clint Anderson

100m Masters Steven Hurl

200m Patrick Kroschel

Breaks

70m Open Peter Biggs

70m Women Keely Henderson

100m Masters Luke Robertson, Attila Baranyay

Stewards Notes from the day: Congratulations to Mark and crew on a well run meeting. Great menu as well.

**The 'Big Dance is on at Easter and we wish all competing the best of luck.**

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

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.