

Weekly Update

Well, the 2025/26 season has kicked off. We had some challenges in our first weekend, with a few minor system glitches creating headaches for a little while at Cobden, and then some weather challenges on Sunday at Mortlake, but we pushed through and two very successful meetings were conducted and enjoyed. To all who attended – thank you for your patience and understanding as we did our best to get the meetings run and done on time. Congratulations to everyone who made the trip to compete, and especially to the race winners. And a big shout out to the two clubs, who were well prepared, presented great tracks and facilities, and looked after us all very well. The Clubs put in so much work to put on a Gift, and the work of Cobden and Mortlake was certainly appreciated.

Prize Money

- Athletes are reminded to head to the pay table at each meeting to either collect your prize money or register your details. Payments are managed by the individual clubs, so a visit to the pay table at each meeting is required for you to receive your hard-earned prize.
- For those who may have forgotten to do that last weekend, please email your bank details to: noel.npm@bigpond.com Noel will take details for both Cobden and Mortlake.

Lost Property

A Rebel Gift Card was found and handed in. Please email val@val.org.au if this was yours

Lancefield Gift closes this Sunday

This is a great second-year event, with \$6,000 prize pools for the 400m races, \$5,000 for the 120m races and the 800m runners will be competing for the Lancefield Cup, and a share of \$2,000 prize money. Don't miss out, enter ASAP

Keilor Gift Cancelled

Sadly, we have been informed by the Keilor Sports Club that the Keilor Gift for 2026 will not be held.

Season Booklet

A booklet listing all the meetings, events and prize money has been put together. To access it, click this link <https://online.pubhtml5.com/cbnhc/tdoq/>, or scan this QR code. NOTE – **all events and prizemoney are subject to confirmation, and change.**



Changes to Rules & Limits

The Rules Committee have held long and detailed discussions over recent months about the VAL rules, and have already made some changes, details of which were posted in the news section of the website some time ago. In addition to those already notified, from 1st of December 2025, the race limits table will be as per below:

OPEN, WOMEN, *JUNIOR & **RESTRICTED (Maximum Handicap)

DISTANCE	CLASSIC	GROUP 1	GROUP 2	GROUP 3	RESTRICTED & U14-18
	\$10000+	\$5001-\$10000	\$1001-\$5000	\$0-\$1000	\$0+
70m	7m	12m	14m	16m	20m
100m	10m	12m	15m	25m	30m
120m	12m	14m	18m	30m	36m
200m	20m	24m	30m	30m	60m
300m	30m	45m	60m	75m	90m
400m	40m	50m	60m	100m	120m
550m	55m	66m	90m	140m	140m
800m	80m	100m	140m	200m	200m
1500m	150m	200m	300m	400m	400m
1600m	160m	240m	320m	400m	No limit
3200m	320m	400m	500m	600m	600m

MASTERS (Maximum Handicap)

DISTANCE	CLASSIC	GROUP 1	GROUP 2
	\$2001 +	\$1001-\$2000	\$0-\$1000
100m	30m	30m	30m
120m	36m	36m	36m
300m	90m	90m	90m
400m	100m	100m	120m
550m	140m	140m	180m
800m	240m	280m	320m
1600m	400m	400m	400m

STAWELL GIFT

120m Gifts – limit for Men and Women is 10m