

Victorian Athletic League – Stewards Report

Meeting: Essendon Gift

Date: Saturday 8th November 2025

Venue: Essendon Athletic Track

Weather: Extremely wet, windy and cold day.

Track: 400m Synthetic track

Officials

- **Commentator:** Drew Semmens
- **Wind Gauge:** Automatic
- **Starters:** Rob McIntosh & Graeme Humphrey
- **Photo Finish:** Chloe and Max Blennerhassett
- **Results:** Nila Blennerhassett
- **Stewards:** Chief – Richard Wearmouth; Tim Mason & John Henry
- **Handicapper:** Colin Lane, Darren Arthur & Kim McDonough
- **Official Media:** Neil Jameson, Didier Le Miere & Valentino Condello
- **Colour Stewards:** Jess Burrows
- **Ground Setup:** Scott Burrows

Performance Classifications

NAP (No Allowance Performance)

NAP – Injury (14-day suspension)

- **70m Open:** *Jake Ireland, Aubery Watson & Skye Hunter Robertson*
- **100m Restricted:** Zane Eddleston
- **200m Men:** *Regan Clarke & Nick Howard*
- **200m Women:** Jessica Payne

IP (Inconsistent Performance)

70m Mens: Isaac Malamatinas

LOT (Loss of Time):

- **70m Men:** Noddy Angelakos, Mark Glassborough, Hamish Hopkins, Lachlan Shanks, Lawrence Coop & Marcus Schafer
- **70m Women:** Kylee Drew, Amelia Spenceley & Sophie Stokes
- **200m Women:** *Mia Hetherington, Grace O'Dwyer & Allira May*
- **300m Masters:** *Dom Condello*

OTR (Outside Time Range):

- **70m Men:** *Hugh Hoffman, Kristerfer Kardakovski, Troy Carey, Luke Mitchell, Peter Biggs, Aiden Green, Chris Diegan, Joel Stapleton & Josh Young.*
- **70m Women:** *Kelsey Roberts, Katie Moore & Rayleigh Phillips*

False Starts

- Breaking in a heat or semifinal and not progressing = **NAP (No Allowance Performance) at best.**
- Breaking in a final = **automatic NAP at best.**

General Notes

Acknowledgements:

- Congratulations to the **Essendon Athletic Club** for their excellent effort in hosting the meeting.
- Special thanks to **Dom Condello** for organisation and 400m track setup. In possibly the worst conditions for many years Dom and all helpers along with VAL personnel must be acknowledged for a sterling effort in staging this meeting.

Operational Reminder:

- Clubs must provide personnel to **remove starting blocks** from the track after all sprint races.
- Non-compliance causes delays between events and is **not the responsibility of the starters.**

Stewarding Comments

Athlete Discussions and Feedback:

- **Ben Abriani** Had to scratch from the 300m masters due to a meeting time delay. He was given permission without penalty because it was a VAL fault.
- **Rob Mayston** had to steady his cap and readjust it during masters 100m. He was told not to wear it in future events. All athletes are to be made aware that unless there is a medical reason or prior approval from the stewards – the wearing of hats will not be tolerated.
- **Andrew Watts** received permission to start without blocks. He was informed that he must notify stewards if he wishes to use blocks.
- **Kylee Drew** was questioned about her poor performance in women's 70m. She couldn't explain why her performance was substandard. She was reminded that we look for consistent performances in all races. She was given a NAP.
- **Regan Clarke** was spoken to about his performance in his 70m heat. He and his coach explained that that he runs with a very relaxed action and has done so in every event he has contested. Stewards noted his explanation.
- **Lachlan Shanks** was questioned about his effort in his 70m heat. His explanation was that the conditions had tightened his legs and restricted speed. Stewards noted that they would be looking at future performances.

- **Jesse McKenna** was spoken to about easing up near the finish of his 200m heat and being beaten. He explained that he was conserving energy as his training was in early stages. He was told to run through the line which he did in his semi and final in which he was victorious.
- **Shylah Fosdike** did not compete in the 200m womens semi after progressing from heat. This is a reminder that athletes check progressions or they will be subjected to a fine.

Reminders to Athletes and Trainers

Attendance:

Athletes are responsible for being present at the start line on time for all heats and finals.

Performance Declarations:

- All athletes must declare any performance history outside of the VAL prior to competing.
- Personal Bests (PBs) must be reported immediately to the VAL office.
- New athletes must ensure that all performance history is complete and accurate.
- Failure to comply may result in sanctions.

Consistency & Intent:

All competitors are reminded to review the **Stewarding Notes** issued at the start of last season, focusing on “*winning intent*” and maintaining *consistent performances* from week to week.

Access Control:

Only **registered runners and trainers** are permitted on the infield for warming up or competing. Any non-registered persons will be asked to vacate the area immediately.