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NEWS

2006/2007 Season

The new Handicap Amendments are on the website under the news section.

The St Bernards meeting will now be run the week before Stawell on Saturday 31st March. All events will be non-penalty except for the 70m Furness. Your penalty will carry over to the next season.

The Geelong Greyhound Racing Club will be holding a 400m Series as a lead up race to the opening of the season.

There will be 2 heats on Friday 27th October and 2 heats on Friday 3rd November. The first 3 placegetters will run off in the final on Friday 17th November. Prizemoney will be given to all finalists.

Entries for the first 2 heats close on Monday 16th October.

VICTORIAN ATHLETIC LEAGUE NEWSLETTER

September 2006 Issue 2 2006/07 SEASON

AAC Awards - The winners of the Australia Athletic Confederation Awards for season 2005/2006 were as follows:

Athlete of the year - Pirrenee Steinhart (South Australia)

Male Sprint Athlete of the year - Daniel Burgess (Victoria)

Female Athlete of the year - Cara White (Victoria)

Distance Athlete of the year - Michael Killicoat (South Australia)

Trainer of the year - Paul Young (South Australia)

Administrator of the year - Cathy Thurston (South Australia)

Meeting of the year - St Helens (Tasmania)

Message from the New Distance Handicapper Mark O'Brien

As the newly appointed Distance Handicapper for the forthcoming season, I will be providing regular feedback and information to you the athletes. Through the monthly newsletter and on race day, I will outline and discuss my approach and concerns.

Message from the New Distance Handicapper Mark O'Brien

If at any time prior to or during the season you wish to contact me over any questions or concerns you have, please email markhoward@val.org.au marked attention "Distance Handicapper" and I will be happy to respond to all genuine and reasonable emails.

Naturally with family members involved in the VAL I and others have quite understandably been concerned over the potential conflict of interest. Firstly please be assured that all athletes will be handicapped according to the system in place and the Sprint Handicapper, Mr Terry O'Donnell, will oversee the marks provided to members of my family.

As the season approaches I will further outline the handicapping system you will all be running under and what we will be looking for. In the end I want to work with you to help your running, not against you.

Finally I would like to wish all athletes all the best in their pre season preparation. The season is shaping up as an exciting one with new initiatives such as free registration to first year U25 males and all first year females, as well as the introduction of some novice miles.

Please encourage other athletes you know who are yet to catch on to the VAL to give it a go, even on an occasional basis, by pointing out the free registration initiative.

Mark O'Brien

PINNACLE PRINT GROUP **Under 21 Sprint Series**

The Pinnacle Print Group have generously agreed to sponsor this season's series.

The races are run at 12 carnivals and are open to all runners, registered and unregistered.

The handicaps are determined on an age basis, metres per year.

Each weeks winner is rehandicapped (2mts) whilst the remaining unplaced finalists are given a lift(1m). The more often you compete the better your allotted mark.

The races are over a distance from 70mts to 120mts

These races not only give "new blood" an opportunity to compete under handicap conditions but also enable the younger registered runners to compete against their own age group.

Entries are taken on the day. Entry fee is \$3.00 payable on the day.

Prizemoney is \$60 (first)
\$20 (second) \$10 (third)

The winner also gets a sash.

This season's venues are;
November 26th VRTA

December 18th Northcote

January 6th Mitchell Shire
13th Rye
21st Ringwood

February 4th Sandringham
10th Ballarat
25th Noble Park

March 3rd Burramine
18th Waverley
25th Geelong
31st St Bernard's

The new registration form is available to view click on downloads section on the VAL website.

GLENHUNTLY ATHLETICS

Looking for a club to join?

Active since 1921, the Glenhuntly Athletic Club offers competitions, social events and training sessions throughout the year.

Where to find us:

**Duncan Mackinnon Park
Cnr. North & Murrumbeena Rds
Murrumbeena, 3163**

**Local Club Contact
Glenhuntly Athletic Club
hunteraths@gmail.com
(ph) 0407 922 597 (Trevor Vincent)**

**Website:
www.glenhuntly-athletics.com**



ATHLETICS VICTORIA

Miss that team camaraderie and need more competition?



Get involved and join an AV club and get the extra competition you need as well as being a part of a team!

Shield Competition starts Nov 11 in your region!

www.athsvic.org.au

For further information or to find your nearest club visit the AV website, phone 9428 8195 or email lucille@athsvic.org.au

FOR ADVERTISING OR TO INCLUDE ANY INFORMATION IN THIS NEWSLETTER PLEASE CONTACT MARK AT THE OFFICE ON 9428 7077 OR EMAIL markhoward@val.org.au