



# Victorian Athletic League Inc.

ABN 94 382 804 163

PO Box 2194  
Richmond South  
Vic 3121

T (03) 9428 7077  
F (03) 9427 9183  
E [info@val.org.au](mailto:info@val.org.au)  
W [www.val.org.au](http://www.val.org.au)

## DECEMBER EVENTS

Thursday December 14  
Zatopek

Sunday December 17  
Northcote

For all event details view  
each meeting under the  
events section on the  
VAL website .

For advertising or to in-  
clude any information in  
this newsletter, please  
contact Mark at the VAL  
office on 9428 7077 or  
email  
[markhoward@val.org.au](mailto:markhoward@val.org.au)

# Pro League News December 2006

Season 2006/07 | Issue 5

## Report from the Distance Handicapper ...

### November Distance Events

The season opened for the distance runners with the 1600 at Bacchus Marsh. Greg Whitecross ran strongly from the front to win his first 1600 from a fast finishing Chris Brown. Mark Andrews off the Novice mark showed up the backies and recorded the fastest rpm (rate per metre) in his first run for the VAL with 0.1817. The RPM is a measure of average speed over the distance and in effect shows the fastest runner for the event. Corey Lawson was 2<sup>nd</sup> fastest from Richard Polkinghorne.

The 1600 at Dandenong saw Andrew McVay win for the second year running showing the benefit of a strong Cross Country season. AFL boundaries Gordon Muir and Robert Haala battled out for 2<sup>nd</sup> and 3<sup>rd</sup> respectively. These 3 also recorded the fastest rpms with Haala recording 0.1772 to be the fastest.

The Trotting track at Cranbourne with long straights and tight bends provided a challenging 1600 with first time winner Andrew Presnell showing great improvement to win a tight finish from Michael Marantelli and Les Williams. Richard Polkinghorne showed a return to form with the fastest rpm of 0.1841 from Marantelli and Andrews.

The VRTA meet at Epping saw the backies getting their act together with Adrian Patti storming home in a great display from the back mark to catch the ever constant Rohan David with Brant Dunshea returning to form with a strong third. Naturally Patti was the fastest with an rpm of 0.1637 from Dunshea and Nathan Hartigan. We also had our first womens 1600 with Rosemary Arthur finally breaking through for a well deserved win just holding off the exciting Kate Sly who was absolutely flying home. It was Kate's first run in the VAL and she carried the red colour in brilliant fashion to easily record the fastest rpm of 0.1900.

### VCCL Novice 1600 Series

The first of the VCCL Novice 1600's takes place at the Daylseford Cricket Willow meet on Saturday December 9 followed by the second race of the series at Northcote on Sunday December 17<sup>th</sup>. It is open to all athletes who have not previously won a VAL event and entries will be taken up to and including race day at a cost of \$4. Once you have competed in this series you become eligible to enter the Retireinvest Restricted 1600 at Stawell, even if you win any VAL event in the meantime.

The Novice 1600s will be handicapped outside the normal handicapping system that applies to open events and marks will be withheld until race day. The result will not affect your normal open mark and the winner will not be penalized in the Open 1600s. The aim will be to make all participants competitive as quickly as possible with more discretion being used. The first race at Daylesford will be handicapped to a time of 4.20 with those runners, whose handicaps are close to the normal starting time of 4.07, coming back accordingly and others that are currently at the back end of the field keeping their mark or moving forward. Once again the marks allocated will be completely separate to your normal 1600 mark. I would encourage all athletes yet to record a win, including females and veterans, to consider taking part as it will provide a very real opportunity to pick up your first sash and enable you to run in what will be an exciting Restricted 1600 event at Stawell.

There is also a trophy and \$100 cash prize for the series winner, based on a points system outlined on the website.

### VCCL Women's 1600 Series

The first in this series of 5 races was conducted at Meadowglen and thank you to the small group of 6 athletes who took part and still provided an exciting race. Mitchell Shire on January 6<sup>th</sup> will see the second such event and again I encourage all female athletes to consider entering. Entries are \$4 only and will be taken by the office up until race day or by Brian or myself on race day.

As with the novice series marks will be withheld until race day and will be done outside the normal handicapping system. Much more discretion will be used with the marks to make participants competitive as quickly as possible. Once again winners will only suffer a penalty in this series of races and not to their open mark.

Please contact me through the VAL office if you have any questions on the above topics or any distance handicapping issues.

Mark O'Brien

## RetireInvest Restricted 1600m Stawell Easter 2007 ...

Runners please note: Stawell event 149 should read "Retireinvest **Restricted** 1600m".

The conditions to compete in this event are as follows:

- Enter in the usual way, through the VAL office. No on the day entries.
- A Victorian must have competed in at least one VCCL novice 1600m event.
- Interstate novice athletes are eligible without competing in a VCCL event.
- An athlete who wins any event after competing in a novice VCCL event is still eligible for the Stawell Restricted.
- There is no age qualification for this event.

## The Victorian Cross Country League 1600m Novice Aggregate Award ...

A trophy and \$100 cash prize is awarded to the runner that accumulates the highest number of points in this series.

Points score:

Daylesford 1<sup>st</sup> 25pts 2<sup>nd</sup> & 3<sup>rd</sup> 5pts unplaced 3pts  
Northcote 1<sup>st</sup> 20pts 2<sup>nd</sup> & 3<sup>rd</sup> 5pts unplaced 3pts  
Ringwood 1<sup>st</sup> 15 pts 2<sup>nd</sup> & 3<sup>rd</sup> 5pts unplaced 3pts  
Sandringham & Geelong 1<sup>st</sup> 10pts 2<sup>nd</sup> & 3<sup>rd</sup> 5pts unplaced 3pts

## November Winners ...

### Bacchus Marsh

70m Open Sani Biao  
120m Gift Matthew Callard  
400m Open Peter Dudkiewicz  
1600m Open Greg Whitecross

### Dandenong


300m Open Peter Dudkiewicz  
300m Womens/Vets Joe Brown  
550m Open Jamie Mayhew-Sharp  
1600m Open Andrew Mackay

### Cranbourne


100m Womens Ilana Grandine  
100m Open Michael Budlender  
400m Open Chris E Brown  
1600m Open Andrew Presnell

### Meadowglen

70m Open Bronwyn Anderson  
200m Gift David Flowers  
400m Novice Jaryd Phillips  
400m Womens Tamsyn Lewis  
550m Open Jamie Mayhew-Sharp  
1600m Open Adrian Patti



**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](http://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](mailto:lucille@athsvic.org.au)

## Victorian Cross Country League

Run with the VCCL in the winter - races are run from 5km to 10km - contact Brian Marantelli for more information  
[bmarantelli@optusnet.com.au](mailto:bmarantelli@optusnet.com.au)

## Sponsors ...

The Victorian Athletic League would like to thank it's sponsors for season 2006/07.

### Pinnacle Print Group

For all your printing needs.

288 Dundas Street  
Thornbury VIC 3071  
P: 03 8480 3333  
F: 03 8480 3344



For anyone interested the New Zealand Masters games will be held in Wanganui, New Zealand from 10 - 18 February 2007. For event information please visit their website at [www.nzmg.com](http://www.nzmg.com)

## RETIREINVEST

### RetireInvest Bendigo

For all your financial planning needs contact George Flack

P 03 5446 3463  
F 03 5446 2199  
E [RI.Bendigo@retireinvest.com.au](mailto:RI.Bendigo@retireinvest.com.au)