



Victorian Athletic League Inc.

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JANUARY EVENTS

Saturday January 13

Rye

Sunday January 21

Ringwood

Saturday January 27

Wangaratta

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

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

Pro League News January 2007

Season 2006/07 | Issue 6

Report from the Distance Handicapper ...

December Distance Events | Heat and smoke haze along with a decent climb up the home straight made the distance events at **Daylesford** quite a challenge. The 800, however, saw 5 good heats and the ever consistent Rohan David holding out a fast finishing Andrew Sullivan in the final. Sullivan also recorded the fastest RPM of 0.1557 from Mike Tuhan and Nathan Hartigan. The first in our series of Novice 1600's was a great race with David Card breaking through in 4.31.57, one of the performances of the season so far. Colin Thornton in his first start stormed home for second and Carl Neill after flying early battled on for third. The winning time matched the open 1600, despite the novice marks being tighter than the open marks. An eye catching run was 16 year old Renee Wilmlink in her first outing finishing strongly for fifth. In the open 1600 Carl Neill bounced back from his earlier defeat to just catch Chris Brown and Les Williams in the straight. In another reflection of the quality of the Novice event the fastest two RPMs over the 1600 were recorded by Thornton in 0.1821 and David Card in the novice event from Hartigan in the open event.

The 1600 at the **Zatopak** meet saw the backies working strongly and Corey Lawson flying home to win in 4.08.4 off 95, from Alan Shields and the back marker Leighton Kearney third off 80. Kearney recorded the fastest RPM of 0.1647 from Lawson and Colin Thornton. Kim McDonough ran well for 4th from 340 to give the backies something to chase.

The 800 at **Northcote** again provided some great racing with 4 well attended and competitive heats. Rohan David maintained his great early season form winning his second 800 on the trot in 1.55.57, holding out the boundary boys Haala and Marantelli. Kim McDonough again kept the lads honest with a strong 4th and Neil Brennan recorded the fastest RPM of 0.1503 in winning his heat. The Novice 1600 was again a highlight with 17 year old Michael Ryde storming home off 90 in 4.20.96 to just defeat Celia Cosgriff who set the race up with a great performance off 300. Hugo Sarpa showed good improvement for 3rd. It has been very encouraging to see these young novice male and female runners competing so well in their pursuit of a maiden victory and should be an example to the more seasoned campaigners. The Open 1600 saw another standout performance from the inform Lawson backing up his non penalty Zatopak win to just catch the gallant Andy McVay with David Milligan 3rd. Adrian Patti in the red stormed home for 4th recording the fastest RPM of 0.1666 from Lawson and Hartigan.

The New Year's day **Maryborough** carnival saw a step up in performances with the first group 1 events of the season. The 800 heats and final were again a highlight with the fastest times of the year being recorded. The 2nd heat in particular was a great race with Andrew Curran, from Lawson and Hartigan. Lawson backing up his non penalty Zatopak aingers. who set the r Michael Marantelli and Brendan O'Brien all finishing within .02 of a second and Rohan David in 4th all running faster than the other heats. O'Brien and David got through on times and those 4 again filled the top 4 spots in the final with Marantelli just winning from Curran by the narrowest of margins in 1.52.6. O'Brien and David finished 3rd and 4th respectively. The fastest RPM was again Sullivan with 0.1499 in his heat from Curran and Marantelli in the final. The open 1600 saw a great solo run from Carl Neill sporting a newly clean shaven head. His victory in 4.10.75 was a significant improvement and his aggressive attacking approach is starting to pay dividends. The backmarkers of Lawson off 80 and Matty McDonough off 75 finished strongly to pick up the minors, with McDonough narrowly recording the fastest RPM of 0.1658 from Lawson. The womens & Vets 1600 saw Kim McDonough win her first 1600 in 4.12.66 in heavy rain from Greg Whitecross and Steve Campbell. These 3 had worked well together to hold off the rest of the field. Kim also recorded the fastest RPM of the girls with 0.2013.

Time to step Up | Now we are into January I am expecting many runners to lift their performances somewhat. The 800s have been generally well contested however whilst there has been some stand out performances, the open 1600s have suffered from a lack of starters and over both distances some athletes are well short of last year's form.

Firstly entry alone will not provide you with a lift. Under the handicapping system you will only be lifted if you run. If you are not in your best form we are looking for improvement from race to race. Without that your performance will be reviewed and your potential "AP" removed. Simply going around and sneaking in under the required time won't guarantee you a tick. You need to show some improvement and a return to your normal level of performance.

My best wishes for the New Year and the remainder of the season and please contact me through the VAL office if you have any questions on any distance handicapping issues.

Mark O'Brien

December Winners ...

Daylesford

70m	Open	Matthew Hargreaves
100m	Gift	Sani Biao
100m	Women	Tamara Hamond
400m	Open	Arron Downes
800m	Open	Rohan David
1600m	Open	Greg Whitecross
1600m	Novice	David Card

Zatopek

400m	Open	Emma Poynton
1600m	Open	Corey Lawson

Northcote

70m	Novice	Javad Asghari
70m	Open	Marcus Cooper
100m	Women/Vets	Adrian Fury
120m	Gift	Kevin Brittain
300m	Women/Vets	Stephanie Mollica
400m	Open	Paul Hughes
800m	Open	Rohan David
1600m	Open	Corey Lawson
1600m	Novice	Michael Ryde

Maryborough

70m	Open	Paul Cracroft-Wilson
70m	Novice	Scott Mace
120m	Gift	Scott Mace
120m	Women	Stephanie Lockhart
120m	Novice	Nicholas Magree
120m	Veterans	Adrian Fury
200m	Open	Rod Mathews
300m	Vets	Narelle Lehmann
400m	Open	Adam Ratcliffe
400m	Women	Amanda Crook
800m	Open	Michael Marantelli
1600m	Open	Carl Neill
1600m	Women/Vets	Kim McDonough

Sponsors ...

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

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As well as residential and rural property, we also deal in a wide variety of commercial properties, commercial land and businesses.



Mitchell Shire Cancellation

All athletes that entered the Mitchell Shire meeting can use their entry fee money to pay for any future events. Please deduct your credit amount owed on your next lot of entries that you send in.

Entries

You can now check what events you have entered on the internet - They will be posted to the net approximately two weeks before the start of the meeting - This will allow you to make sure that you have entered the correct events and prevent any disputes when handicaps are declared

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

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