



# Victorian Athletic League Inc.

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## UP COMING EVENTS

**Bendigo**  
10th - 11th March

**Waverley**  
Sunday 18th March

**Geelong**  
Sunday 25th March

**St Bernard's**  
Saturday 31st  
March

**Stawell Gift**  
7th - 9th April

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

# Pro League News March 2007

**Season 2006/07 | Issue 8**

## Report from the Distance Handicapper ...

Ballarat presented us with a fast track combined with strong winds. The 800 was divided into 2 races, which provided the opportunity for some extra finalists. In the Frontmarkers Peter O'Donnell recorded the fastest heat time but Alan Dinsdale was too strong in the final recording his first 800 win in 1.53.87 off 100 in a tight finish from Brendan Liddicoat, showing a return to form and O'Donnell 3<sup>rd</sup>. The South Australian Mark Beveridge blew the field away in the backmarkers event winning clearly off 56 in 1.50.27 from Andrew Sullivan and James Deane. Andrew recorded the fastest rpm of the day with Kim McDonough being the fastest of the girls. In the 1600 Rohan David ended his run of 2nds winning off 175 in 4.11.06 in a very close finish from Mathew Sandilands and David Card. Simon Field having his first run in the VAL recorded the fastest rpm. The Womens 1600 proved one of the races of the day with Kim McDonough just getting up in her third run of the day in 4.54.28 off 180 from Carina Kapusta. Renee Wilmlink in finishing third had the fastest rpm.

At Ararat the following day the track was rather lush and slow. The 1600 saw Mathew Sandilands bounce back from his close defeat at Ballarat to catch Steve Cambell up the final straight and record a time of 4.15.98 off 145. Nathan Hartigan in finishing third recorded the fastest rpm.

The track at Keilor was firm, if not a little patchy, and provided some great racing. In the 800 Nick Mangos from SA provided the fastest heat time but in the final Mathew Sandilands again saluted in 1.52.68 off 56 by a mere .02 second from the unlucky Andrew Sullivan and James Deane 0.15 further behind in third place. Sullivan again provided the fastest rpm. A fantastic 17 starters took their marks in the Womens 800. Alice Platten off the back mark of 44 flew early to set up a great win in 2.05.89 from Kim McDonough and Renee Wilmlink, both of whom fought the race out to the end. In the frontmarkers 1600 Steve Campbell went one better just hanging on in 4.07.79 from 350 for a gallant win from the fast finishing Paul Viney and Paul Carroll third. The backmarkers event saw an exhibition from the distance runner of the season so far in Corey Lawson, winning in 4.07.67 off the tight mark of 65. Like Alice had earlier, Corey set the win up with a very fast first lap and recorded the fastest rpm in the process. 16 year old Renee Wilmlink from Apollo Bay again showed she is a young athlete of great promise by backing up after the 800 and recording the fastest rpm of the girls.

A new venue in Casey provided a great surface and in the Frontmarkers 1600 Hugo Sarpa recorded his first open win in 4.14.17 off 250, getting the better of Les Willims in a tight finish. The super consistent Rohan David was third. The backies 1600 saw a small but quality field with a fast winning time of 4.09.4 by Brant Dunshea off 135, just defeating Cannonball Carl Neill who again attacked from the start. Mike Tuhan ran well for third with Dunshea recorded the fastest rpm for the boys and new comer Olivia White showing great improvement to record the fastest rating for the girls.

Noble Park again provided a lush, but slow track. The Cannonball, Carl Neill was the backmarker in the fronties 1600 this time and won off 160 in a very fast time of 4.14.11, given the slow track. Corina Kapusta continued to find form with a strong run for second with Huga Sarpa third. The backies 1600 saw a super tight three way battle eventually won by Mark Andrews for his first win in open company in 4.24.74 off 125, from Barry Tossol and David Spence, who did all the work. A measure of Neill's run was that he recorded the fastest rpm of the day from the frontmarkers event. In the Womens 1600, Olivia White showed the same improved form from Casey, to win off 210 in 4.49.74 from Angela Walsh, who had gamely lead all the way to the finishing straight and Kate Sly coming home strongly in the red for third.

Restricted and Womens Distance 1600 | Again I wish to reiterate these events, including the Restricted 1600 at Stawell are Handicapped on a purely discretionary basis completely outside the normal handicap system with the aim being to make all starters competitive. This doesn't include the Womens / Veterans 1500 & 1600s which are based on open marks.

The final month | Please be aware that the Stewards can fine and/or disqualify athletes whose level of improvement is seen to be excessive. So if you feel you are about to run into a rich vein of form approaching Easter, I would strongly suggest you start showing it from now.

Finally I would like to wish all athletes good health, fitness and success in the final month of the season and in the lead up to Stawell. Please contact me through the VAL office if you have any questions on any distance handicapping issues.

Mark O'Brien

## **VRTA Presentation Night | Friday 11 May 2007**

VRTA are now selling Entertainment Books \$60 each. The popular Entertainment Books contain hundreds of 25 to 50% off and two-for-one offers from leading restaurants, cinemas, the arts, sporting events and hotel accommodation. There truly is something for everyone, with high value offers from Avis, Warner Bros. Movie World, Crown Towers, Hamilton Island and many more.

In addition, the 2007/2008 Entertainment Book also features the following new benefits:

An exciting new section in the Book called "Health and Beauty" which features exclusive offers for fragrances and cosmetics from Ralph Lauren, Clarins, Calvin Klein and over 250 other leading brands.

A brand new on line hotel booking service called 'My Bookings' where you can check availability, and compare rates to make sure you get the best rate available.

## **Bendigo Madison Carnival**

The Bendigo Madison Committee wish to assure athletes that they are watering their track so the Bendigo track will be in great condition despite the drought!

Also the prize money for the 800 meters has increased to \$1650 for first place an increase of \$450 from last year! The 1600 women's vets has also increased in prize money for first place being \$500 an increase of \$250 from last year!

## **Stawell Declaration**

Marks will be declared on March 16

## **February Winners ...**

<b>Ballarat</b>		<b>Kellor</b>		<b>Casey Scorpions</b>	
800m Back	Mark Beveridge	70m Open	Aaron Stubbs	70m Open	Doug Greenough
800m Front	Alan Dinsdale	70m Skins	Adrian Mott	120m Gift	Darren Whittaker
1600m Open	Rohan David	120m Gift	Daniel Sammut	120m Womens	Emma Poynton
1600m Womens	Kim McDonough	120m Womens	Billie Jo Petersen	400m Open	Tom Hecimovic
70m Open	Brendan Goff	120m U21	Josh Tui	300m Vets	Dennis Hughes
120m Vets	Dean MacLennan	400m Womens	Jennifer Osman	400m Womens	Billie Jo Petersen
120m Womens	Sonja Pollard	400m Novice	Robert Garland	1600m Back	Brant Dunshea
120m Novice	Dean Grimshaw	400m Open	Zoy Frangos	1600m Front	Hugo Sarpa
120m Gift	Nick Sampieri	800m Open	Matthew Sandilands		
400m Back	Corey Lawson	1600m Back	Corey Lawson		
400m Front	Jennifer Macgibbon	1600m Front	Steve Campbell		
				<b>Noble Park</b>	
				70m Open	Bronwyn Andersen
				100m Vets	Evan King
				100m Novice	David Polichovski
				100m Womens	Elissa Ward
				120m Gift	Brett Jarosz
				400m Open	Matthew Callard
				1600m Back	Mark Andrews
				1600m Front	Carl Neill

### **Ararat**

70m Open	Henry Nwosu
100m Womens	Elissa Ward
120m Gift	Arthur Muzelenga
400m Open	Jason McDonald
300m Vets/womens	Sonya Pollard
1600m Open	Matthew Sandilands



## Sponsors ...

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

### Simon Yu Pharmacy

20 Sydney Rd , Kilmore Vic 3764  
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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.

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## Australian Sports Anti-Doping Authority | (ASADA)

As most people are aware ASADA have been regularly attending Victorian Athletic League events over the past couple of months. They have randomly tested athletes of all abilities. More information can be found on the ASADA website - [www.asada.gov.au](http://www.asada.gov.au) - We highly recommend you visit this site so that you are informed of all your rights and responsibilities as an athlete.

## VAL Meeting in New Zealand

The Victorian Athletic League is proud to announce the newest meeting on the VAL calendar for 2007/2008. Early details are as follows :

- The meeting will be held in Wanganui, New Zealand.
- The meeting is planned for early February 2008.
- The event will be a major meeting and athletes from both Australia and New Zealand along with other internationals will be competing.
- The event will be run conducted by VAL and will run under normal VAL rules.

All events will be run under the current VAL handicap system. Further information will be released within the coming weeks.



Tune into the award winning "Sports of all Sorts" on 98.9 Northwest FM for all of your athletic news this summer season.

Hosts, *Ivor Jenkins, Jim Calthorpe & Matthew Webster* will bring you all the latest news, results, interviews and special guests each week from 7.30am - 8.00am.