



# Victorian Athletic League Inc.

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## Pro League News November 2006

Season 2006/07 | Issue 4

### The latest from the Distance Handicapper ...

For a performance to be regarded as acceptable (AP) it needs to be within a certain time range, be consistent with previous performances and be of a satisfactory effort to the Stewards. Generally 2 APs are required for an established athlete to be considered for a lift of between 2 and 6 metres in the 800 and 5 – 10 metres in the 1600.

A Non-acceptable performance (NAP) is one the stewards are happy with but falls outside the acceptable time range. An NAP doesn't cancel out previous APs and an athlete can still be considered for a lift if the performance was consistent with previous runs. Other categories of performances are those that the Stewards are not happy with in Questionable performances and Unsatisfactory performances and various penalties apply including the loss of any pending credits from previous runs.

New, Under 21, Interstate and athletes that have competed over that distance less than 5 times the previous season, are regarded as under Ongoing Assessment (OGA). Such athletes can receive larger lifts, but are also not guaranteed a lift and can be reassessed at any time with the aim being to gradually make them competitive provided they show consistency and reasonable effort.

So the bottom line is the more often you can compete to a satisfactory standard the better your handicap will become and the more chance you have of victory.

Also well done and best of luck to those athletes that will be taking part at Bacchus Marsh. Winners of these early races could potentially have their mark back very quickly. Winning is a habit just like losing is and the winners of the big races are often those that have already experienced that winning feeling during the season.

Mark O'Brien

### Season Updates ...

► Daylesford Gift | The Victorian Athletic League season launch was successfully held at Daylesford on Sunday 8th October. The Victorian Athletic League wish to thank the Cricket Willow club for holding the event.

► The Telstra Country Wide Cricket Willow Next G gift, will be net casting the event from this web page <http://www.youtube.com/profile?user=run4willow>. There will be many surprises at the gift including the appearance of elite Australian Olympic sprinter Daniel Batman

### **NOVEMBER EVENTS**

Tue Nov 7	Bacchus Marsh
Sat Nov 11	Dandenong Show
Sun Nov 12	Cranbourne Races
Friday Nov 17	Geelong Greys Final
Sun Nov 26	Meadow Glen (VRTA)

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

## 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

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### **RETIREINVEST**

### **RetireInvest Bendigo**

For all your financial planning needs contact George Flack

P 03 5446 3463

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E [RI.Bendigo@retireinvest.com.au](mailto:RI.Bendigo@retireinvest.com.au)

## Sports of all sorts ....

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.

## **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)

### **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** 26<sup>th</sup> VRTA

**December** 18<sup>th</sup> Northcote

**January** 6<sup>th</sup> Mitchell Shire 13<sup>th</sup> Rye 21<sup>st</sup> Ringwood

**February** 4<sup>th</sup> Sandringham 10<sup>th</sup> Ballarat 25<sup>th</sup> Noble Park

**March** 3<sup>rd</sup> Burramine 18<sup>th</sup> Waverley 25<sup>th</sup> Geelong 31<sup>st</sup> St Bernard's

If anyone would like to Sponsor a sash for the Under 21 races please contact Brian Marantelli via email [bmarantelli@optusnet.com.au](mailto:bmarantelli@optusnet.com.au).



**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)