

JANUARY 2024

79TH VCAC

VICTORIAN COUNTRY CHAMPIONSHIP 2024

BRAC X Athletics Victoria

**VENUE - LLANBERRIS RESERVE
BALLARAT, VICTORIA**



ABOUT THE EVENT

The Victorian Country Championships are held every year over the long weekend in late January

Athletes come from all over Regional Victoria to compete in the one place for championship success. The event which is rotated through different venues in regional Victoria, can attract up to 800 participants across the competition

This year the event is held in Ballarat over Friday 26th - Sunday 28th January, 2024



MEET THE TEAMS

ATHLETICS VICTORIA COMMITTEE



President - Rob Wendel

Vice-President - Clare Burton

Vice-President - Michael Carney

Treasurer - Sam Kinmond

Delegate Board Members -

Ian Rickard, Sophie Ootes, Andrew Boudrie, Scott Trickett

ATHLETICS VICTORIA STAFF



CEO - Matthew Duck

Sports Delivery Manager- Craig Wallace

Technical & Special Project - Andrew Duncan

Sport Delivery Leader - Lucy McCormick

Officials Manager - Andrea Hallett

Business Support Leader - Craig Morrow

Sport Development Manager- Tim Crosbie

Marketing & Communications - Nic Katsonis

Metro Development Leader - Meredith Hodson

Regional Development Leader - Ashley Anderson

Business Manager - Sharon Russell

State Teams Leader - Tom Gamble

Performance Pathways - Ben King

BRAC BOARD

President - Matt Jenkins

Vice-President - Bree Sharp

Finance & Risk - John Ives

Operations & Events - Nev Down

Asset Management - Stephen McLennan

Officials & Coaches - Rod Griffin

Marketing & IT - VACANT



ABOUT THE VENUE

LLANBERRIS ATHLETICS RESERVE
11 YORK STREET, GOLDEN POINT VIC 3350

Llanberris Reserve is situated in the heart of Ballarat with the location used for athletics over many decades

Llanberris Reserve is a No Dogs Allowed venue, please leave your animal at home*
*Service dogs exempt



PARKING AT LLANBERRIS RESERVE

Parking at Llanberris Reserve will be limited with officials and personnel inside the venue



Once parking is full inside venue, additional parking has been acquired at the Netball Association carpark on Barkley Street and BRAC are encouraging attendees to park and walk to venue

Attendees can walk directly up Barkley Street, turn left onto Young Street and arrive at Llanberris (150m Total)

CANTEEN & FOOD

Llanberris Reserve will have their canteen open throughout the three days of competition with plenty of great food and drinks available



Food

Sandwiches

- Ham cheese	\$6
- Cheese	\$5
- Vegemite	\$5
- Ham / Cheese & Tomato	\$6
- Chicken Salad	\$7

Salad Bowl	\$6
Salad Bowl with Chicken	\$8
Hot Dogs	\$5
Fruit	\$2
Pies	\$5
Pasties.....	\$5
Sausage Roll	\$5

Sweets

Slices.....	\$4
Donuts	\$3
Lolly Bags.....	\$2
Shapes	\$1
Zooper Doopers	\$1

Drinks

Water.....	\$2.50
Powerade	\$4.50
Soft Drink can.....	\$3
Milk / Juice.....	\$3
Coffee – Hot Choc – Chai T2 Tea.....	\$6

Plus more available for the event!

VCAC AWARDS

MARGARET SAUNDERS COUNTRY CUP

An aggregate award won by the highest scoring AV club in competition at these championships, based upon points scored from the results in event finals only



VWAAA EX ATHLETES CUP

An aggregate award won by the highest scoring AV club in female competition at these championships, based upon points scored from the results in female event finals only

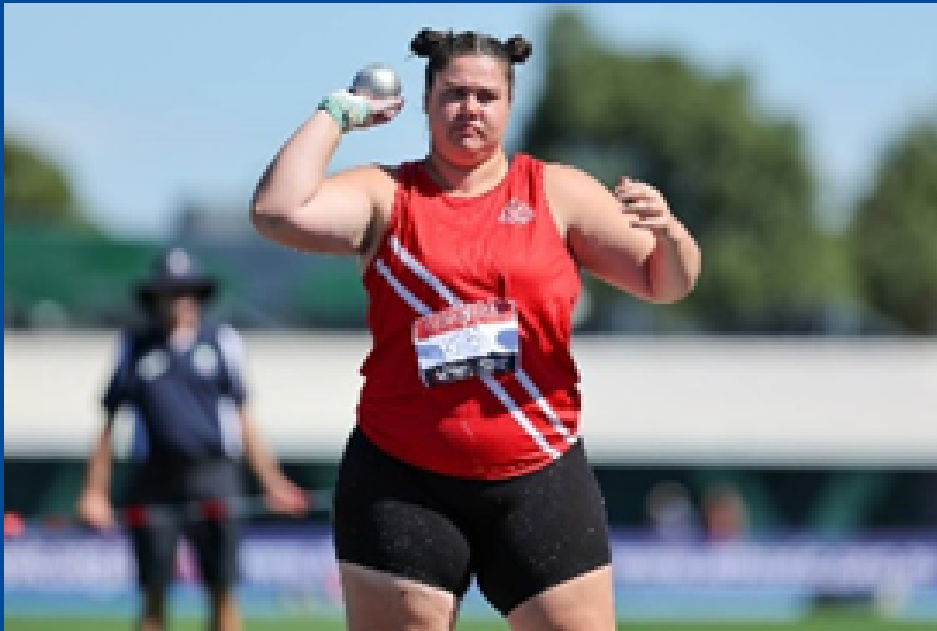
DAVID KITT MEMORIAL TROPHY

An aggregate award won by the highest scoring AV club in male competition at these championships, based upon points scored in from the results in male event finals only

VCAC AWARDS

JOYCE LOCKYER MEMORIAL SHIELD

This trophy will be presented at the conclusion of the championships to the Country athlete/s judged to demonstrate sportsmanship, be encouraged in and dedicated to their field event/s discipline



STUART HUNTER MEMORIAL SHIELD

This trophy will be presented at the conclusion of the championships to the Country athlete/s judged to be the outstanding under 14 at these championships

ATHLETICS CHILWELL VETERAN ATHLETE OF THE MEET

Awarded to a Veteran Male and Female, aged 40 years and over, judged on his or her outstanding performance/s at these championships

VCAC AWARDS

AUSTRALIA DAY MEDALS

Awarded to the female and male with the most outstanding performance at these championships

2023 Winners

Male - Logan Tickell (South Bendigo)

Female - Xylavene Beale (Albury)

Year	Venue(s)	Women	Men
1966	Royal Park	Ruth Pemberthy (GLG) Elin Taiq (YLN)	
1969	Royal Park	Sandra Opie (WEN)	
1970	Bendigo (men only)		
1974	Aberfeldie/Morwell	Sandra Opie (WEN) Morwell Willy Richards (SBA)	Willy Richards (SBA)
1975	Bendigo (men only)		
1976	Ballarat		
1977	Benalla		George Jordan (LAR) Robert McKiernan (COR)
1978	Geelong	Maree Smith (BEN)	George Jordan (LAR)
1979	Warragul		
1980	Ballarat		
1981	Corio/Geelong	Margaret Koenan (BAL)	George Iliopoulos (LAR)
1982	Bendigo	Julie Bridges (SEB)	
1983	Albury	Julie Bridges (SEB)	
1984	Geelong	Gabrielle Blythe (STJ)	John Minns (SBA)
1985	Warragul	Anne Rutherford (BHA)	David Driscoll (STA)
1986	Ballarat		
1987	Bendigo	Vanessa Lawler (GLG)	Vince Cavallo (WAN)
1988	Albury	Kerri Jorgenson (WIM)	Terry Brown (SHE)
1989	Geelong	Peta White (EKA)	Robert Hill (COR)
1990	Warragul	Kelli Baird (BYC)	David Perovic (BHA)
1991	Ballarat	Leesa Donovan (SEY)	Josh Coull (BHA)
1992	Bendigo	Deborah McLaughlin (WOD)	Lachlan McIntosh (BYM)
1993	Ballarat	Lauren Hewitt (WKB)	Adrian Hatcher (WIM)
1994	Geelong	Tracey Jones (BEL)	Matthew Zuccolin (GLG)
1995	Newborough	Yolanda Russell (GLG)	Bryce Barnwell (GLG)
1996	Bendigo	Brigid McGinniskin (MAR)	Dean Peplinkhouse (EKA)
1997	Ballarat	Georgie Clarke (DKN)	Sean Avery (DKN)

VCAC AWARDS

AUSTRALIA DAY MEDALS

Awarded to the female and male with the most outstanding performance at these championships

Year	Venue(s)	Women	Men
1998	Geelong	Georgie Clarke (DKN)	Sean Avery (DKN)
1999	Geelong	Michelle Wood (BEL)	Tim Driesen (SBE)
2000	Bendigo	Sophie Nelson (DKN)	Clayton Veltman (DKN)
2001	Ballarat	Kathryn Mitchell (EKA)	David Baskin (COR) Scott Martin (WOD)
2002	Bendigo	Claire McKechnie (T) (SBE) Leanne Spokes (F) (GLG)	Tyson Mahon (T) (DKN) Chris Hooper (F) (WEN)
2003	Albury	Jess Gulli (T) (DKN) Bianca Maurer (F) (DKN)	Christian Romanelli (T) (GLG) Lukas Cannan (F) (BDR)
2004	Newborough	Jess Gulli (T) (DKN) Abby Hearnden (F) (DKN)	Damian Horan (T) (SBE) Raff Laurins (F) (LYN)
2005	Geelong	Julia Nation (WAN)	Callum Healey (EAH)
2006	Ballarat	Kathryn Mitchell (EKA)	Hamish Nelson (YLN) Chris Kangars (GLG)
2007	Bendigo	Julia Nation (WAN)	Pavlo Milinevskyy (CHI)
2008	Albury	Natalie Debuljuh (COR)	Pavlo Milinevskyy (CHI)
2009	Geelong	Sarah Byron (BYC)	Nigel Skurrie (CHI)
2010	Moe	Denise Snyder (EAG)	Damien Birkinhead (COR)
2011	Ballarat	Natalie Debuljuh (COR)	Lochie Connell (SCA)
2012	Bendigo	Kate Ryan (EKA)	Joel Baden (CHI)
2013	Geelong	Carly Whitford (EAG)	Ned Weatherly (CHI)
2014	Ballarat	Eleanor Patterson (SCA)	Samuel Baird (BHA)
2015	Bendigo	Kelly Ruddick (BHA)	Luke Rowlatt (BYM)
2016	Geelong	Coreena Van der Klooster (DKN)	Christian Davis (COR)
2017	Casey	Teleah Hayes (SBE)	Christian Davis (CHI)
2018	Ballarat	Alanna Peart (BYC)	Damien Birkinhead (COR)
2019	Bendigo	Mia Gross (DKN)	Harry Sharp (WEN)
2020	Geelong	Mackenzie Mielczarek (COR)	Geelong Christian Davis (CHI)
2021	Ballarat	Kathryn Mitchell (EKA)	Yual Reath (YCW)
2022	Bendigo	Nyajima Jock (WEN)	Cooper Sherman (BHA)

ATHLETES TO WATCH

Kathryn Mitchell

Kathryn Mitchell is an athlete who has done it all in the Javelin, competing in the World Championships, Olympic Games and Commonwealth Games. She took home the gold medal in Javelin at the 2018 Commonwealth Games, in which she also set the Australian and Oceania Record. Returning to her hometown of Ballarat to take on the country championship.



Xylavene Beale

Xylavene Beale is an U20 Athlete from Albury looking to take on her age group and the open women in Discus and Shot Put. She is coming off a gold at the Australian All School Championships alongside numerous other medal placings across Australian Championships, Zatopek events and even at the Youth Commonwealth Games.



ATHLETES TO WATCH- BALLARAT

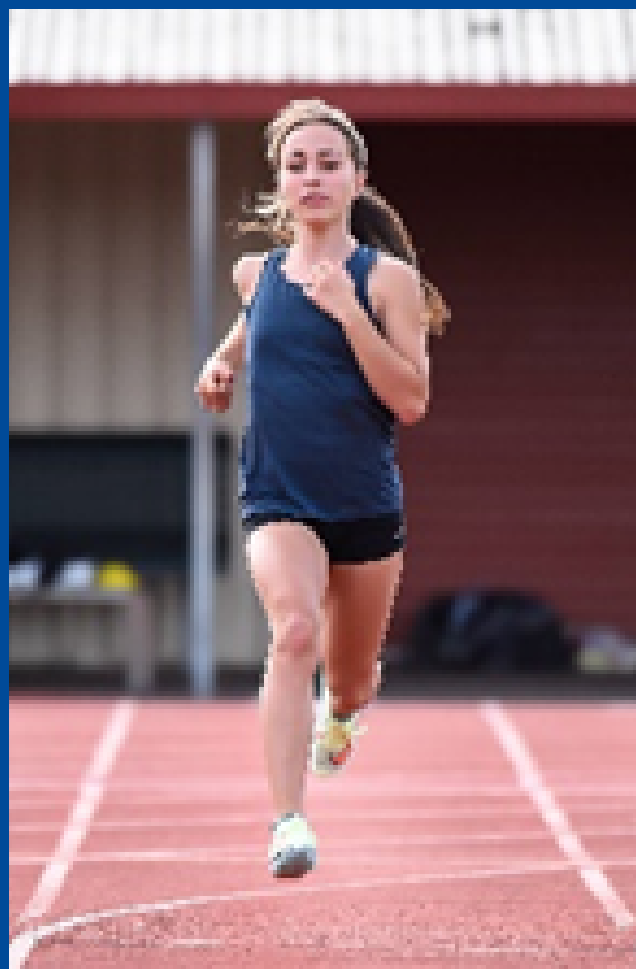


Cooper Sherman

Cooper Sherman is currently Ballarat's top sprinter, going as far as representing Australia at the U20 World Championships in 2022 in the 400m. He is competing in the 100m, 200m and 400m Open men's races and is eyeing off that gold prize

Armani Anderson

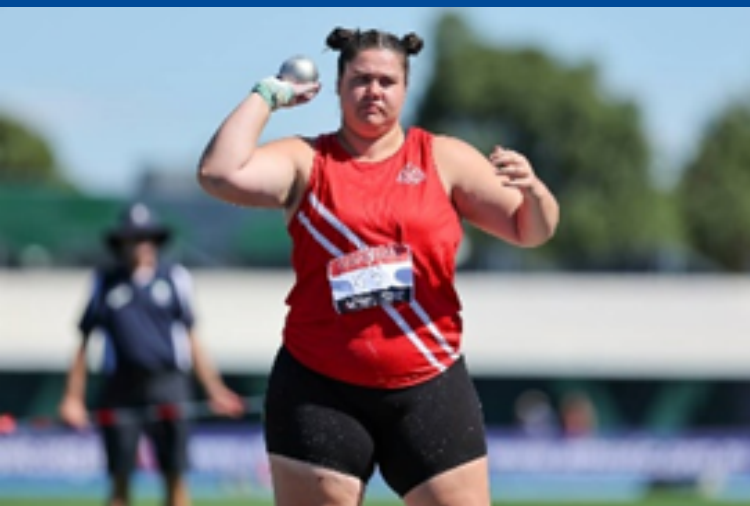
Armani Anderson is an U18 athlete looking to throw down a real challenge to the Open women's 100m race, eyeing off the gold medal as she just comes off the back of a National All School gold with a pb run to win of 11.84s. She is also competing in the U18 200m, another race to keep an eye out for her results.



ATHLETES TO WATCH- BENDIGO

Emma Berg

Emma Berg is a 3x National Shot-Put Champion and is on her way down to Ballarat to battle it out for a Country Medal to add to the tally. With a most recent pb throw of 16.87m which put her current world ranking to 100th in the world.



Rhys Hansen

Rhys Hansen is one of Bendigo's up and coming athletes in the bottom age of the U18 men. He is coming off the back of a silver at the National All Schools in Pole Vault, he also specializes in Long Jump and is not afraid to hit the track too. He is entered in the Pole Vault U18 and Open men where he will battle against the All-Schools Gold Medalist a Vic Metro Athlete in Felix Hattwich



ATHLETES TO WATCH- GEELONG



Tiana & Karla Boras

Tiana Boras is a national representative competing at the U20 World Athletics championships in 2022 where she took home the bronze medal, and she is eyeing off the gold in the open women's Triple Jump over the weekend.

Karla Boras is an U16 athlete who is competing in the 100m, Long and Triple Jump. She is making her own waves in the sport having just won the Australian All Schools Triple Jump in Perth with a pb jump of 12.74m.



Ida Laherty

Ida Laherty is another Geelong athlete at the top of their game, achieving a bronze medal in the 400m at the National All Schools and competing at many other national championships and numerous State titles. She also has a speedy pb of 55.30s in the 400m she is a great watch. She will be competing in the U20 women's 200m and 400m races.



ADDITIONAL INFORMATION

TECHNICAL REGULATIONS

The Victorian Country Championships Technical Regulations can be found [here](#) on the Athletics Victoria website

TIMETABLE

The Victorian Country Championships Timetable can be found [here](#) on the Athletics Victoria website

OFFICIALS

The Victorian Country Championships can only exist without our incredible officials

Please remember to respect and thank our officials for everything they do for the sport

CONTACT INFORMATION

Ballarat Regional Athletic Centre

11 York Street,

Golden Point, VIC 3350

P. 03 5332 1214

E. admin@bracbballarat.com.au

Athletics Victoria

Level 1, 31 Aughtie Drive

Albert Park, VIC 3206

P. 03 7032 8400

E. sportsdelivery@athsvic.org.au

