



2014

11th August 2014

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1 Albert Park 3 August 2014

1.1 Preparation for the Event

Main interval sessions to prepare for this event are shown below.

Mon 14 th July, KSB	1 * 2000 m break then 3 * 1000m
Wed 16 th July, Gerard's Aberfeldie Group	Ladder * @1400m,.lower section of park, @ 1200m lower section, @1000m upper section. Ladder was completed twice, 2minutes between intervals and 4 minutes between sets.
Thurs 17 th July, KSB	8 * 400 m 2 min recovery
Sat 19 th July	King of the Mountain. 5.5km, with a 500m rise.
Mon 21 st July, KSB	8 * 600 m
Wed 23 rd July, Gerard's Aberfeldie Group	6 * 1000 m * 2 with 2 minute recovery. Around lower flat gravel area in Aberfeldie Park
Thurs 24 th July, KSB	10* 400 m, 2 min/jog recovery
Mon 28 th July, KSB	5 * 1000m around lower oval. 2 ½ minutes recovery. GPS measures 1100 m.
Wed 30 th July	Ladder - @ 1000m, 800m, 600m, 2minutes between intervals. Repeat after 4 minute break. Around lower flat gravel area in Aberfeldie Park
Thurs 31 st July, KSB	Damn cold and wet night, training was as you chose due to weather and conditions

1.2 Photos

See website link: <http://ksbphotos.neq3.com/index.html>. For photos of previous events. No snaps taken of Albert Park due to timing of events.

1.3 Course and Weather

According to our GPS Athlete scrutineers, the Albert Park course was spot on despite John Kondogonis's effort to run through the barriers along of the section of the course and six stitches in his shin reward for doing so.

On arrival, it was damn cold; suburbs were close to zero degrees. Once the event started and a few kilometres into the event, the coldness left athlete's minds. From that time on the weather was ideal for a 10 km event.

The start of the event remains congested, evidenced by a number of athletes falling over each other within the first 10 metres. The course was flat. The only downside was the loss of seconds turning around three times during the event.

1.4 Open Events

1.4.1 Women's Open, Premier Division, 10km



The Bernadettes had to chip the ice off their cars before they could head out to Lakeside on one of Melbourne's coldest winters mornings. Those travelling from Gisborne actually had a reading of -4 for the outside Temp and I believe Essendon Airport was reporting minus 1.

Not deterred by the weather we had a team of our regulars out their doing their best for KSB.

The leader of our Top Dog competition Emma has extended her lead with a strong run in Premier Division. Emma claimed the fastest time for KSB easily breaking the 40min mark by almost a minute. Our second runner in premier division Bianca ran a solid race breaking the 45min mark, great effort.

It was great to have one of our international tourist return, we welcome back Monica who was our third Bernadette over the line, with Cathy just a minute and a half behind. I hear you both had a blinding first 3 km or so. Tania completed the Premier League team with a time just over the 50 min mark. Kath had her last run with us for a while as it is now her turn to tour the world. We wish her all the best and a safe return. Janet rounded out the 40 plus team and I hear Nicole had a great sprint finish to complete her run. Well done to all of you. We placed 8th in Division 1 and that places us 9th out of 10 on the overall ladder. We will be relegated to Div 2 next season unless we can make up the 2 points to beat Ballarat. A tough ask seeing as our next race is in Ballarat. Hopefully Carolyn who has returned from her outback Australia adventure will be right by then. I hope to be a starter also but we are still missing Bianca and Elise for this. It would be great to see a strong contingent of Bernadette's on the start line.

Overall Place	Athlete	Bib No.	Age Group Place	Age Group	Time
28	Emma Brown	2487	24	0-39	39:09.3
102	Bianca Share	1699	73	0-39	44:20.4
117	Monica Ireland	1355	83	0-39	45:32.5
133	Catherine Matthews	1696	15	45-49	47:56.2
144	Tania Kapetanovic	1688	17	45-49	49:22.1
154	Kathryn Grbac	1626	103	0-39	50:40.8
179	Janet Moloney	2495	5	55-99	59:48.3



AV Face book photos of Monica & Tania

Top Dog (New Title wanted, suggestions welcome) OPEN

Name	Place	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Cum' total
Elise	7 th	10	10					20
Carolyn	4 th	9		8	9			26
Emma	1st		9	10	10	10	10	49
Bianca	2 nd	8	8	9		8	9	42
Monica	6 th	7	6				8	21
Cathy	3 rd	6	7	6	7	5	7	38
Tania	7 th	5		5		4	6	20
Kath	5 th	4		7	6	3	5	25
Nicole	8 th	3	4	3	4	2	3	19
Janet	8 th		5	4	5	1	4	19
Amy	9 th				8	6		14
Liz	10 th					9		9
Maria	11 th					7		7

40+

Carolyn	3 rd	10		10	10			30
Cathy	1 st	9	10	9	9	8	10	55
Tania	4 th	8		8		7	9	32
Janet	2 nd		9	7	8	6	8	38
Liz	5 th					10		10
Maria	6 th					9		9

1.4.2 Men's Open, 10 km

David Ireland had a great first run for the winter season. David was the first KSB athlete in a time of 33.30 minutes. Damian Hughes and Patrick Matthews joined in the men's open event and also finished well up in the Under 18s event. Robert Trott and Lachlan Brown continued with their consistent form. It was pleasing to see Domenic Michienzi back competing after his honeymoon and holiday. All three athletes will benefit greatly from this event as the City to Surf and 15 km road races approach.

The Division 2 team remains at the lower end of the ladder so hopefully we can field stronger teams for the last three events.

Refer to Section 1.8 of this report for all results of the men's open.



AV Facebook Photos of the David Ireland, Damian Hughes and Patrick Matthews

1.5 Men's Open Ladder (provisional)

Surname	First Name		Total	Albert Park	Sandown	Bundoora	Brimbank	Lardners	Jells
Abfalter	David		39	4	6	8	9	6	6
Alphey	Russell								
Bertrand	Shane								
Borg	Chris		4	na	3	na	na	na	1
Brown	Gerard		13	5	2	6	Inj.	Inj.	
Brown	Lachlan		35	8	8	9	ill	10	
Buckland	Steve								
Currie	Paul		6	1	1	3	1		
de Vries	David								
Gaffney	Peter		31	6	4	7	6	5	3
Ireland	David		10	10	Inj.	Inj.	Inj.	Inj.	
Keighery	Peter		11	3	1	4		2	1
Kondogonis	John		18	2	1	5	5	4	1
Leggett	Owen		9	na	Hols	Hols	4	3	2
Matthews	Andrew		5	na	1	1	1	1	1
Michienzi	Dominic		31	7	Hols	Hols	8	8	8
Moloney	John		6	1	1	1	2	1	
Moore	Gregory		9	1	1	2	3	1	1
Shelamoff	Victor		5	Inj.	Inj.	Inj.	Inj.	Inj.	5
Stevens	Sean		10	work	work	10	work	work	
Stobaus	Ron								
Trott	Robert		57	9	10	10	10	9	9
Upton	Ian		3	1	Hols	Hols	1	1	
Yourn	Lachlan		23	na	5	na	7	7	4
Matthews	Patrick		9	Under Age	9				
Hughes	Damian		7	Under Age	7				

1.6 Under Age Events

Refer to Section 1.8 of this report for all results.

1.7 Wrap Up

1.7.1 Club run: King/Queen of the Mountain July 19th 2pm

As usual a cold day, however the event still attracted conditioned athletes. The provisional results included two dead heats. How about that!

Kings and Princes – Damian Hughes and Patrick Matthews

Queen – Emma Brown

Princesses – Kate Abfalter and Rhiannon Matthews.

1.7.2 Round 7, Ballarat

August 16th First event at 2pm

Lake Wendouree, Ballarat

Entries have closed.

1.8 AV Results for KSB Athletes

<u>OVERALL PLACING</u>	<u>AGEGROUPEVENT</u>	<u>NAME</u>	<u>BIB NO</u>	<u>AGE GROUP PLACE</u>	<u>AGE_GROUP</u>	<u>Time</u>
25	Under 18 Women	Phoebe Cahir	2179			13:38.7
27	Under 18 Women	Julia Irons	2941			13:46.7
28	Under 18 Women	Claire Taranto	1983			13:47.8
16	Under 16 Men	James Deasy	1354			11:01.3
22	Under 16 Men	Nicolas Calandra	1620			12:14.3
15	Under 16 Women	Tess Waddington	2367			12:30.3
17	Under 16 Women	Kate Abfalter	1392			12:44.4
19	Under 16 Women	Elaine Irons	2940			14:06.7
21	Under 16 Women	Courtney Holstein	1804			18:46.7
15	Under 14 Men	Benjamin Zarb	1199			10:54.9
25	Under 14 Men	Dominic Sykes	1790			12:09.7
28	Under 14 Men	Alex Tonelli	1467			14:22.3
29	Under 14 Men	Ethan Kapetanovic	2248			15:28.1
15	Under 14 Women	Rhiannon Matthews	1698			12:45.0
18	Under 14 Women	Jamie Tonelli	1470			13:28.5

<u>OVERALL PLACING</u>	<u>AGEGROUPEVENT</u>	<u>NAME</u>	<u>BIB NO</u>	<u>AGE GROUP PLACE</u>	<u>AGE_GROUP</u>	<u>Time</u>
20	Under 14 Women	Verity Still	2896			13:36.6
21	Under 14 Women	Kate Sarris	2929			13:51.1
22	Under 14 Women	Ashley Tonelli	1468			14:09.4
44	Open Men	David Ireland	2658			33:30:00
86	Open Men	Robert Trott	1628	74	0-39	34:52.1
92	Open Men	Lachlan Brown	2555	77	0-39	35:05.8
207	Open Men	Domenic Michienzi	1357	23	40-44	38:01.7
208	Open Men	Peter Gaffney	1570	2	55-59	38:02.6
252	Open Men	Gerard Brown	2845	18	50-54	39:05.6
272	Open Men	David Abfalter	1390	20	45-49	39:37.9
282	Open Men	Peter Keighery	1624	23	45-49	39:49.6
293	Open Men	John Kondogonis	1660	25	50-54	40:05.1
319	Open Men	Paul Currie	2233	27	50-54	41:25.3
336	Open Men	Gregory Moore	1497	4	60-99	42:03.6
365	Open Men	John Moloney	2496	5	60-99	43:45.0
444	Open Men	Ian Upton	2415	16	60-99	54:39.1
28	Open Women	Emma Brown	2487	24	0-39	39:09.3

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102	Open Women	Bianca Share	1699	73	0-39	44:20.4
117	Open Women	Monica Ireland	1355	83	0-39	45:32.5
133	Open Women	Catherine Matthews	1696	15	45-49	47:56.2
144	Open Women	Tania Kapetanovic	1688	17	45-49	49:22.1
154	Open Women	Kathryn Grbac	1626	103	0-39	50:40.8
179	Open Women	Janet Moloney	2495	5	55-99	59:48.3
182	Open Women	Nicole Gunn	1803	114	0-39	1:02:12.3
14	Under 18 Men	Damian Hughes	1974	14	1-99	35:49.3
15	Under 18 Men	Patrick Matthews	1697	15	1-99	36:21.0
18	Under 18 Men	Alexander Sykes	1789	18	1-99	36:49.4
20	Under 18 Men	Shea Wellington	1229			37:22:00