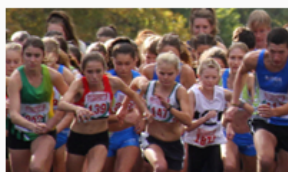




# 2014

## Round 7 – Road Race



Date: Saturday 16 August

Entries close: Wednesday 13 August at 12pm (Midday)

Location: Lake Wendouree, Ballarat

Start time: 2:00pm

The traditional stomping ground of XCR legend Steve Moneghetti, Lake Wendouree once again provides the backdrop for this fast-paced event, with seniors completing 15km and juniors 5km. After the race, stay on and enjoy the best the city and surrounding Goldfields have to offer, including the Eureka Centre, Sovereign Hill, the Gold Museum and the Botanical Gardens.



## 25<sup>th</sup> August 2014

### Contents

1	Ballarat 16 August 2014 .....	2
1.1	Preparation for the Event .....	2
1.2	Photos .....	2
1.3	Course, Weather and Nutrition.....	2
1.4	Open Events .....	3
1.5	Men's Open Ladder (provisional).....	7
1.6	Under Age Events.....	8
1.7	Wrap Up .....	8
1.8	AV Results for KSB Athletes.....	9

## 1 Ballarat 16 August 2014

### 1.1 Preparation for the Event

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

Mon 4 <sup>th</sup> August, KSB	Recovery run after 10 km at Albert Park the day before. Athletes covered 16 to 20 plus km
Wed 13 <sup>th</sup> August, Gerard's Aberfeldie Group	Tempo run in preparation for athletes doing the City to Surf event on Sunday 10 <sup>th</sup> August 2014.
Thurs 7 <sup>th</sup> August, KSB	5 * 400 m along gravel path opposite side of Buckley Street Creek (Bridge to start of concrete path)
Mon 11 <sup>th</sup> August, KSB	6 * 800m around lower oval. 2 minutes recovery.
Wed 13 <sup>th</sup> August	6 * 840m around lower oval. 1 ½ minutes recovery Around lower flat gravel area in Aberfeldie Park.
Thurs 14 <sup>th</sup> August, KSB	5 * 300m, 5 * 200m.

### 1.2 Photos

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

### 1.3 Course, Weather and Nutrition

The course was similar to recent years. The first few kilometres is out and back, then two full laps. The weather was good for a Ballarat winter day.

Many thanks to Robert Trott for the generous supply of raspberry licorice for after events. It is essential that athletes replenish their energy output immediately after races. The treats hit the mark.

## 1.4 Open Events

### 1.4.1 Women's Open, Premier Division, 15km



The good news is ....in Premier league only one team is relegated, we could still have a Steve Bradbury finish, as I said early in the Season when it looked like all hope was gone,

Never say never!!!

We are placed 2nd last on the ladder. We just need to keep our team finishing and getting those couple of points each round and hope Knox don't run a blinder at the Tan.

Ballarat had put on some great weather conditions for the 15km a little windy in some parts, but on the whole conditions were quite conducive for a 15km run. Our small contingent of 6 Bernadettes, headed to the start line 3 in the early starters and 3 in the main group. We were wondering if Nicole would make it to the early start as she was nowhere to be found , but with 5mins to go Jake and Courtney appeared saying Mum was on her way.

Emma once again led the Bernadettes home with a top 30 finish, after a couple of hard weeks racing, 10km, City to Surf and then the 15 in 61.52, this was a great effort. Emma continues to extend her lead in the Top Dog stakes. The youth of the team continued to shine with Monica the next home in a great time also. It was great to have Carolyn return to the racing circuit after her travels in WA and toe injury! The 40+ contingent finished in the next three places for the Bernadettes, not doing too badly in their age groups finishing 18th 18th and 19th. It was great to be out pounding the pavement for the second time this year. Cathy and I had a very enjoyable run. Nicole finished her first 15km race with a huge amount of focus. There was a great determination on her face as she ran into the finish line. Well done ladies, we managed to get ourselves 8th gaining 3 points this week as a few teams did not finish. From my calculations we are now 4 points ahead of Knox and 5 points behind Ballarat. Looking forward to good numbers in the half!!!!

Overall Place	Athlete	Bib No.	Age Group	Age Group Placing	Time	Hand'cap
27	Emma Brown	2487	0-39	20	1:01:52.2	
94	Monica Ireland	1355	0-39	61	1:11:14.2	
115	Carolyn Tonelli	1469	40-44	18	1:16:59.2	
123	Maria Abfalter	1393	45-49	18	1:21:30.9	30:05
124	Catherine Matthews	1696	45-49	19	1:21:50.0	30:05
137	Nicole Gunn	1803	0-39	78	1:36:16.8	30:05



AV Face book photos of Cathy and Maria (Top)  
Maria (Bottom) surging to finish

## Top Dog (New Title wanted, suggestions welcome) OPEN

Name	Place	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Rnd7	Rnd 8	Rnd 9	Cum' total
Elise	8 <sup>th</sup>	10	10								20
Carolyn	4 <sup>th</sup>	9		8	9			8			34
<b>Emma</b>	<b>1st</b>		<b>9</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>			<b>59</b>
Bianca	3 <sup>rd</sup>	8	8	9		8	9				42
Monica	5 <sup>th</sup>	7	6				8	9			30
Cathy	2 <sup>nd</sup>	6	7	6	7	5	7	6			44
Tania	8 <sup>th</sup>	5		5		4	6				20
Kath	6 <sup>th</sup>	4		7	6	3	5				25
Nicole	7 <sup>th</sup>	3	4	3	4	2	3	5			24
Janet	9 <sup>th</sup>		5	4	5	1	4				19
Amy	10 <sup>th</sup>				8	6					14
Liz	11 <sup>th</sup>					9					9
Maria	10 <sup>th</sup>					7		7			14



## 40+Women

Carolyn	2 <sup>nd</sup>	10		10	10			10			40
Cathy	1 <sup>st</sup>	9	10	9	9	8	10	8			63
Tania	4 <sup>th</sup>	8		8		7	9				32
Janet	3 <sup>rd</sup>		9	7	8	6	8				38
Liz	6 <sup>th</sup>					10					10
Maria	5 <sup>th</sup>					9		9			18

### 1.4.2 Men's Open, 15 km

Robert Trott and Lachlan Brown once again were the leading athletes of the thirteen who competed in this event. The team finished 7<sup>th</sup> overall, so with a couple of rounds to go we are 10 points ahead of second last place. As many hands on deck at Burnely would be most welcome. The men's over 50 team has slowly working up the ladder, now sitting 4<sup>th</sup>.





**KSB Athletes on AV Facebook**

## 1.5 Men's Open Ladder (provisional)

Surname	First Name		Total	Ballarat	Albert Park	Sandown	Bundoora	Brimbank	Lardners	Jells
Abfalter	David		44	5	4	6	8	9	6	6
Alphey	Russell	na								
Bertrand	Shane	na								
Borg	Chris		4		na	3	na	na	na	1
Brown	Gerard		17	4	5	2	6	Inj.	Inj.	
Brown	Lachlan		44	9	8	8	9	ill	10	
Buckland	Steve	na								
Currie	Paul		7	1	1	1	3	1		
de Vries	David	na								
Gaffney	Peter		39	8	6	4	7	6	5	3
Ireland	David		16	6	10	Inj.	Inj.	Inj.	Inj.	
Keighery	Peter		14	3	3	1	4		2	1
Kondogonis	John		21	3	2	1	5	5	4	1
Leggett	Owen		9	na	na	Hols	Hols	4	3	2
Matthews	Andrew		6	1	na	1	1	1	1	1
Michienzi	Dominic		38	7	7	Hols	Hols	8	8	8
Moloney	John		6	na	1	1	1	2	1	
Moore	Gregory		11	2	1	1	2	3	1	1
Shelamoff	Victor		5	Inj.	Inj.	Inj.	Inj.	Inj.	Inj.	5
Stevens	Sean		10	na	work	work	10	work	work	
Stobaus	Ron									
<b>Trott</b>	<b>Robert</b>		<b>67</b>	<b>10</b>	<b>9</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>9</b>	<b>9</b>
Upton	Ian		4	1	1	Hols	Hols	1	1	
Yourn	Lachlan		23	na	na	5	na	7	7	4
Matthews	Patrick		9	Under Age	Under Age	9				
Hughes	Damian		7	Under Age	Under Age	7				

## 1.6 Under Age Events

Twelve junior athletes had a go at the 5 km event, all enjoying the run and the activities at the event. Refer to Section 1.8 of this report for all results.



AV Facebook & Other Photos of Junior Athletes

## 1.7 Wrap Up

### 1.7.1 Round 8, Burnley ½ Marathon 6<sup>th</sup> September 2014

The event everyone has been awaiting. Early start so get good rest in the lead up to this event.



## 1.8 AV Results for KSB Athletes

Place Overall	Event	Name	Bib No.	Age Group	Age Group Place	Time	*	Time Adj
21	U 14 Men	Dominic Sykes	1790		21	21:34.4		
18	U 16 Men	James Deasy	1354		18	20:52.2		
21	U 18 Men	Patrick Matthews	1697		21	17:29.0		
23	U 18 Men	Damian Hughes	1974		23	17:35.9		
29	U 18 Men	Alexander Sykes	1789		29	18:12.3		
30	U 18 Men	Jai Keighery	1623		30	18:29.5		
31	U 18 Men	Shea Wellington	1229		31	18:30.3		
41	U 18 Men	Jake Holstein	1805		41	27:39.4		
8	U14 Women	Rhiannon Matthews	1698		8	23:15.0		
15	U16 Women	Kate Abfalder	1392		15	23:15.1		
18	U16 Women	Elaine Irons	2940		18	25:36.6		
20	U16 Women	Courtney Holstein	1804		20	37:42.0		
58	Open Men	Robert Trott	1628	0-39	51	53:41.1		
71	Open Men	Lachlan Brown	2555	0-39	62	54:26.4		
118	Open Men	Peter Gaffney	1570	55-59	2	57:27.2		
131	Open Men	Andrew Matthews	1531	45-49	11	58:08.6		
133	Open Men	Domenic Michienzi	1357	40-44	15	58:26.7		
140	Open Men	David Ireland	2658	0-39	102	59:02.2		

Place Overall	Event	Name	Bib No.	Age Group	Age Group Place	Time	*	Time Adj
159	Open Men	David Abfalter	1390	45-49	14	59:41.5		
183	Open Men	Gerard Brown	2845	50-54	21	1:01:06.6		
198	Open Men	John Kondogonis	1660	50-54	23	1:02:10.0		
222	Open Men	Peter Keighery	1624	45-49	24	1:04:32.3		
229	Open Men	Gregory Moore	1497	60-99	8	1:05:04.7		
237	Open Men	Paul Currie	2233	50-54	28	1:05:33.9		
310	Open Men	Ian Upton	2415	60-99	15	1:24:00.5	*	30:05
27	Open Women	Emma Brown	2487	0-39	20	1:01:52.2		
94	Open Women	Monica Ireland	1355	0-39	61	1:11:14.2		
115	Open Women	Carolyn Tonelli	1469	40-44	18	1:16:59.2		
123	Open Women	Maria Abfalter	1393	45-49	18	1:21:30.9	*	30:05
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137	Open Women	Nicole Gunn	1803	0-39	78	1:36:16.8	*	30:05