



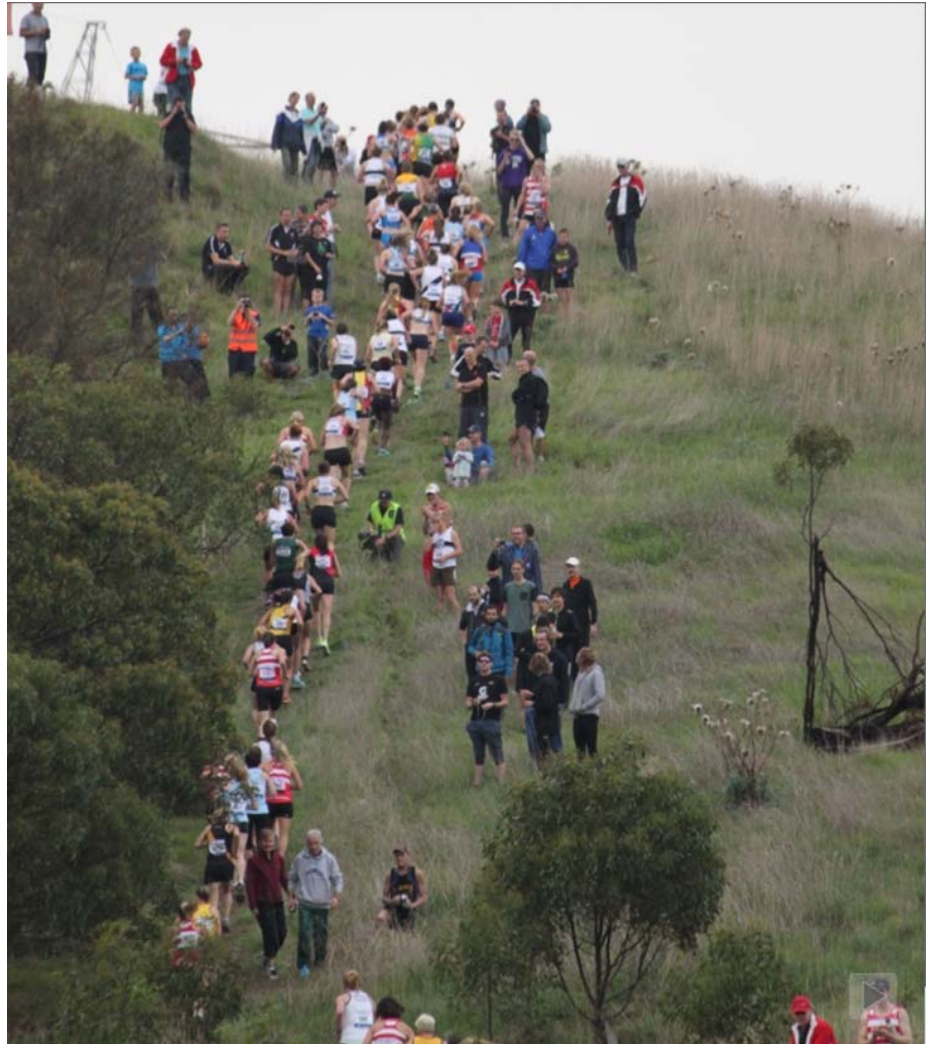
2014

5th June 2014

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1 Brimbank Park 31 May 2014



1.1 Preparation for the Event

Senior athletes prepared for this event by joining in the group training sessions shown below. Depending on age group, next event or athletics background, the sessions are modified according to such considerations. All sessions included warm up and warm downs. Athletes aim to complete at least two similar sessions per week with at least a day break between interval sessions. On other days, athletes focus on recovery runs to consolidate aerobic and muscle condition.

Mon 19 th May, KSB	3 * 1000 m break then 3 @ 280 m hills, from pavilion to facility entrance
Wed 21 st May, Gerard's Aberfeldie Group	1 km bottom circuit, 2k full circuit, 1.5km bottom, 1km. 2 minutes between intervals.
Thurs 22 nd May, KSB	8 * 400 m 2 min recovery
Mon 26 th May, KSB	5 *1000m, break, 5 * 100m, break, 3 * steps, near pool.
Wed 28 th May, Gerard's Aberfeldie Group	400m, 600m,800m,1000m 800m, 600m,400m, 2 minute recoveries,
Thurs 29 th May, KSB	6 * 400m, 2 min recovery

1.2 Preamble

Well another sunny day for a Cross country run, this time on our home soil. A somewhat subdued KSB contingent, compared to previous years gathered for the Heritage round. All athletes who were able to compete or and those who came to support athletes had a good day out in the fresh air and wide open space.

Bianca found some stylish bum huggers, Carolyn in her old time top and we can count Cathy long bright coloured socks as well. Good work Bee, Carolyn and Cathy.

The club is responsible for setting out the course. So all athletes would have been most appreciative of Ian Upton and his helpers who set out the course on the Friday afternoon. In addition, many thanks to everyone who assisted in preparing the afternoon tea, taking photo snaps and those who were able to stay after the events to collect all of the pegs and course items. Thank you also to Linda, Corey, Janet and Cathy for helping me with the timekeeping in Ron's absence. Peter Gaffney wishes to thank all of KSB for celebrating his 60th birthday with cake, chocolate and a choreographic rendition of "happy birthday. It was an unexpected and truly appreciated treat.

Athletes not only appreciated the support at this testing venue but our photo library is continuing to grow with club members and families taking photographs along the route. Peter Keighery and Gerard Brown who both would have preferred to be having a gallop were very busy with the cameras and providing encouragement to athletes.

John Kondogonis has established a fantastic KSB photo-space website, the link is: <http://ksbphotos.neq3.com/index.html>

The women's event was at a good time as it allowed many spectators to line the route, not to mention those who flocked to gain vantage points along the famous goat hill.

1.3 Course

The official distance of the short loop was 3.8 Km. The larger loop was 6.1 km all meticulously laid out with metal pegs, pinned into the ground.

1.4 Events

1.4.1 Men's Open, 16 km

The men's open team went into the 16 km event without Sean Stevens, Victor Shelamoff, Lachlan Brown and David Ireland so it was going to be a battle being competitive in Division 2.

Robert Trott continues to improve whilst Domenic Michiemzi suffered a cramp during the event, which obviously impacted his finish time. Robert is currently the men's open leader in for the club.

Drawing a line through athletes form, David Abfalter's run was the bolter amongst the men. The team is currently placed 11th from 14.





Lachlan in reflection after the event. Lachlan's fitness is making great progress after missing a couple of seasons.

Although Gerard and Peter missed the event due to injury, Gerard and Peter were all over the course taking snaps and offering advice. Their feet are itching for the next event.

Place	Athlete	Finished Time
73	Robert Trott	1:02:39.9
142	David Abfalter	1:06:45.5
143	Domenic Michienzi	1:06:47.2
155	Lachlan Youn	1:07:45.1
158	Peter Gaffney	1:08:09.1
205	John Kondogonis	1:11:44.3
229	Owen Leggett	1:14:28.4
240	Gregory Moore	1:15:38.0
292	John Moloney	1:21:50.3
301	Paul Currie	1:23:58.9
333	Andrew Matthews	1:32:18.0
342	Ian Upton	1:42:14.7

1.4.2 Boys under 18, 8km

Patrick was the first placed KSB athlete at 13th. Damian was not far away also with a very good time.

Place	Athlete	Time
13	Patrick Matthews	28:24.3
18	Damian Hughes	28:55.2
48	Jake Holstein	48:53.1

1.4.3 Boys under 16, 6km

James Deasy and Nicolas Calandra finished within one place of each other.



Nicholas Calandra made AV's Facebook Album

Place	Athlete	Time
20	James Deasy	26:09.0
21	Nicholas Calandra	26:39.4

1.4.4 Boys under 14, 4km

KSB had two representatives, Dominic Sykes and Ethan Kapetanovic, adding to the family involvement with Tania and Emily-Lane.

Place	Athlete	Time
23	Dominic Sykes	17:16.1
28	Ethan Kapetanovic	21:55.6

1.4.5 Women's Open, Premier Division, 6km

After an almost ankle deep water experience in the ladies toilets Tania and Carolyn were out of the bathrooms like a shot, unsure of what surprises may be lurking in the water had they gone in and investigated further. Interestingly the toilets were closed down very soon after. Fortunately the porta loos had been delivered and all disasters were averted.

Some form of cattle run/ maze of ropes were assembled near the start line for athletes to get herded into. I am still wondering what the purpose of it was. The Bernadettes in the Premier division were called to the front and unfortunately missed starting in the cattle run, but our other Bernadette got to enjoy the experience. A brief moment of panic was averted for Carolyn as the ever calm Tania managed to undo the quadrupled knotted shoes of Carolyn within seconds of the gun going off. Tania " I've got it, hang on, I've got it, hang on, I've got it, hang on, there is just one more!!)Once the gun went off the Bernadettes were off and racing. The Col d'Brimbank didn't disappoint and all team members worked hard to achieve a successful ascent with great encouragement from our juniors and many other supporters. Ian's authentic South African vuvuzela got a decent work out, which was great to see.

First in for the Bernadettes was Emma Brown placed 54th followed by Bianca 96th. Carolyn came in just under 30secs behind Bee which was a great effort after recently completing

the Great Ocean Road marathon. The 2 K/Caths rounded out our Premier team. Well done to Tania, Janet and Nicole for bringing home the Div 3 team. Carolyn, Cathy and Tania managed to double up on points and count for our women's 40+ team as well.

We did have a few withdrawals from the team this week unfortunately due to illness, so we hope both Elise and Monica will be returning to better health soon. It was great to have Elise out there supporting even though she was unable to race. Unfortunately, Brimbank was Elise's last opportunity to don the Blue, Black and Gold before she heads overseas for work. We wish you all the best Elise and look forward to your safe return.

There has been a shift in the leader of our Top Dog competition after Brimbank, Bianca now has the current holder of the title Top Dog. Please refer below for more details.

Congratulations to Janet Moloney who is currently ranked 3rd in the state in her individual age group. Great Work Janet!!!!



Another fan gets to meet Janet in person.



Tania's expression tells all.



Carloyn & Bianca Extracts From AV Facebook



Emma, first of the KSB senior women

Place	Athlete	Time
54	Emma Brown	25:42.3
96	Bianca Share	27:37.7
108	Carolyn Tonelli	28:01.2
131	Kathryn Grbac	29:31.8

Place	Athlete	Time
152	Catherine Matthews	30:53.4
163	Tania Kapetanovic	31:51.8
194	Janet Moloney	38:29.3
196	Nicole Gunn	39:20.2

Top Dog (New Title wanted, suggestions welcome)

OPEN

Name	Place	Rnd 1	Rnd 2	Rnd 3	Cum' total
Elise	3 rd	10	10		20
Carolyn	5 th	9		8	17
Emma	4 th		9	10	19
Bianca	1st	8	8	9	25
Monica	6 th	7	6		13
Cathy	2 nd	6	7	6	21
Tania	8 th	5		5	10
Kath	7 th	4		7	11
Nicole	7 th	3	5	3	11
Janet	9 th		4	4	8

40+

Carolyn	2nd	10		10
Cathy	1st	9	10	9
Tania	3rd	8		8
Janet	3rd		9	7

1.4.6 Girls under 18, 6km

Phoebe Cahir was the sole KSB athlete in this event.

Place	Athlete	Time
18	Phoebe Cahir	35:02.8

1.4.7 Girls under 16, 6km

Mardi Sutherland managed a top 10 finish. Tess and Courtney formed the KSB team. The girl's team is currently 5th, not far behind the other leading teams.

Place	Athlete	Time
9	Mardi Sutherland	27:03.5
16	Tess Waddington	29:12.8
24	Courtney Holstein	50:18.7

1.4.8 Girls under 14, 4km

Rhiannon put in another consistent performance with the Tonelli sisters forming the KSB team. The girl's team is placed 3rd overall.



Place	Athlete	Time
17	Rhiannon Matthews	17:20.1
21	Ashley Tonelli	19:00.8
23	Jamie Tonelli	20:20.3

1.5 Wrap Up

Next Event: Round 4 June 21st. Bundoora. Entries close: Wednesday 18th June at 12pm

If you intend to run in this event you must purchase either an individual entry, open women \$30 or a seasons ticket, open women \$90 by **Wednesday June 18th**. My advice would be to ensure you have done it by Tuesday as sometimes difficulties are encountered when it comes to online entries. (If you are looking at running in 3 or more races the obvious choice is the season's ticket).

Ron will be away in the lead up to this event and I have been nominated as Team Manager so AV will be sending me the info on this round. As Ron is away could you please let me

know when you enter or have purchased a seasons ticket as I will need to check the entries to ensure you are on the list and haven't accidentally been left off AV's list. I will need to follow this up with AV prior to the day and will only know you have entered if you advise Maria.

Maria's email: mdabfalter@optusnet.com.au

Phone: 0417393143.