



# 2014

26<sup>th</sup> June 2014

Contents

1	Bundoora Park 21 June 2014 .....	2
1.1	Preparation for the Event .....	2
1.2	Preamble .....	2
1.3	Course .....	2
1.4	Open Events .....	3
1.5	Under Age Events .....	6
1.6	Wrap Up .....	6

# 1 Bundoora Park 21 June 2014



Caleb Hough

## 1.1 Preparation for the Event

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

Mon 2 <sup>nd</sup> June, KSB	3 * 1000 m break then 3 @ 600m.
Wed 4 <sup>th</sup> June, Gerard's Aberfeldie Group	5 * 1.3 km bottom circuit, 2 minutes between intervals.
Thurs 5 <sup>th</sup> June, KSB	8 * 400 m 2 min recovery
Mon 9 <sup>th</sup> June, KSB Public Holiday	KSB 500m 30seconds, then 300m * 3 repeats. 3 minutes break then 2 * road hill. Break, then repeat 500/300 * 3 repeats and 2 * hills. Some athletes trained on the Monday morning. This session was 2 by 4km around the big loop at Aberfeldie Park
Wed 11 <sup>th</sup> June, Gerard's Aberfeldie Group	Continuous hard running for 38 to 40 minutes. Athletes completed distances ranging from 6 km to 10 km. Athletes ran a 2 km circuit loop around the top section of Aberfeldie Park, plenty of hills.
Thurs 12 <sup>th</sup> June, KSB	6 * 400m, 2 min recovery
Mon 16 <sup>th</sup> June, KSB	3* 2 km + 1km. Group opted not todo final 1km
Wed 18 <sup>th</sup> June	1000, 800,600 * 2 with 2 minute recovery. Around lower flat gravel area in Aberfeldie Park
Thurs 19 <sup>th</sup> June, KSB	15 * 150 metres.

## 1.2 Preamble

No need for John Kondogonis to apologise for not so many photos at Bundoora. The web site which John has set up is fantastic so please take the opportunity to add to the photo library. KSB photo-space website link is: <http://ksbphotos.neq3.com/index.html>

## 1.3 Course

In places the course was quite soft and muddy as all good cross country courses should be, the hill out the back of the 4km loop doesn't seem to have gotten any easier, even after a year of training.

## 1.4 Open Events

### 1.4.1 Women's Open, Premier Division, 8km

It was great to see the faithful Bernadette's out there supporting our team on a somewhat overcast but fine afternoon. Unfortunately we don't seem to be able to get everyone on deck at the same time. This week we were missing Elise to overseas work commitments, Monica and Tania were ill, Bianca was away (celebrating an "0" birthday) Happy Birthday to you Bee. Maria is still to make it back from injury, although Maria is hopeful to make it to Sandown. On the bright side, it was fantastic to see Amy back from Wagga, to help out the Bernadette's, it was great to have her boost the team.

Emma was our first home for Premier League, after completing the 2 lap course in 34.14. Carolyn was next with Amy just 1 minute 13 secs behind her. Our 2 C/Kath's again rounded out premier league in reverse order to round 3. Cathy Matthews finished slightly ahead of Kath Grbac this round. Janet and Nicole fought on to finish in 51 and 52min respectively. I would like to take this opportunity to congratulate Nicole on her remarkable achievements as she braves each course totally unaware of what she will encounter (they do say ignorance is bliss but this only lasts until that gun goes off and then Nicole is in their committed until the end). Wearing the blue black and gold, she has been 1 of only 2 athletes who has been their every week to support our team.

The leader of our Top Dog competition has changed again this week with Emma taking over the title of Top Dog, after some very sound racing over the last few rounds. Well done Emma.

The muddy running is over now and it's now time for a bit of good clean road racing. Let's look forward to a great turn out at Sandown.



Place	Athlete	Time
53	Emma Brown	34:14.6
103	Carolyn Tonelli	37:40.5
117	Amy Brown	38:53.9
135	Catherine Matthews	41:06.4
179	Janet Moloney	51:06.0
180	Nicole Gunn	52:33.2

# Top Dog (New Title wanted, suggestions welcome)

## OPEN

Name	Place	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Cum' total
Elise	5 <sup>th</sup>	10	10			20
Carolyn	2 <sup>nd</sup>	9		8	9	26
Emma	1 <sup>st</sup>		9	10	10	29
Bianca	4 <sup>th</sup>	8	8	9		25
Monica	8 <sup>th</sup>	7	6			13
Cathy	2 <sup>nd</sup>	6	7	6	7	26
Tania	8 <sup>th</sup>	5		5		10
Kath	6 <sup>th</sup>	4		7	6	17
Nicole	7 <sup>th</sup>	3	5	3	4	15
Janet	9 <sup>th</sup>		4	4	5	13
Amy	10 <sup>th</sup>				8	8

40+

Carolyn	2 <sup>nd</sup>	10		10	10	30
Cathy	1 <sup>st</sup>	9	10	9	9	37
Tania	4 <sup>th</sup>	8		8		16
Janet	3 <sup>rd</sup>		9	7	8	24

### 1.4.2 Men's Open, 12 km

Nine athletes competed the 12km course, the most notable being Gerard Brown who was having his first competition run since January 2014. Gerard has also been adjusting to running more flat footed due to his Achilles injury, which added to the strain of the Bundoora event. Robert Trott was the first athlete with Lachlan who missed Brimbank through illness not far behind Robert.

As this was the final cross country event, it will be interesting to see the form of athletes when the road races begin. Overall, athletes have been training hard and consistently



Robert – 1<sup>st</sup> KSB Men's



Lachlan – 2<sup>nd</sup> KSB Men's



David – 3<sup>rd</sup> KSB Men's



Gerard in action for the first time this winter

<b>Place</b>	<b>Athlete</b>	<b>Finished Time</b>
77	Robert Trott	45:33.0
142	Lachlan Brown	48:26.5
149	David Abfalter	48:40.5
	Peter Gaffney	49:10
205	Gerard Brown	52:09.3
210	John Kondogonis	52:23.2
227	Peter Keighery	53:26.5
272	Paul Currie	56:18.4
275	Gregory Moore	56:35.4
305	John Moloney	1:00:00.3
342	Andrew Matthews	1:06:44.4

## 1.5 Under Age Events

As the event combined with the all-schools competition which commenced early in the day, there is limited information to report so apologies for any omissions. Caleb Hough did manage to get to the Athletics Victoria Photo Album. Known results of KSB runners are shown below.

### 1.5.1 Girls under 14

Place	Athlete	School	Time
59	Rhiannon Matthews	St Columba's College	13:25.2

### 1.5.2 Boys under 15

Place	Athlete	School	Time
36	James Deasy	St Bernard's College	16:09.9

### 1.5.3 Boys under 16

Place	Athlete	School	Time
65	Nicolas Calandra	St Bernard's College	16:19.9

### 1.5.4 Boys under 17

Place	Athlete	School	Time
16	Patrick Matthews	St Bernard's College	21:25.3
18	Damian Hughes	St Bernard's College	21:31.4
31	Shea Wellington	St Bernard's College	22:33.7

## 1.6 Wrap Up

### 1.6.1 Club run: King/Queen of the Mountain June 28th 2pm

Meet at Stanley Park Salisbury rd at 1.30 for 2pm start. Please BYO plate and maybe even a thermos for replenishing energy stores and a debrief, at the Rotunda in Stanley Park after the run. It is important that we have helpers to assist with directing athletes on the day so please bring a friend and make a day of it. (Helpers may sit in their cars if they are worried about standing out in the cold.)

### 1.6.2 Round 5 July 12th Sandown Relays.

Date: Saturday 12th July 6.2km relays **Entries close: Monday July 7th Midday** but please notify Ron by 5th July Ron will return for the King of the Mountain and will be organizing Sandown.

If you intend to run at Sandown **please notify rstobaus @bigpond.com by July 5th** to ensure Ron can get the teams sorted and entered prior to the closing date. It is not fair to expect Ron to enter these teams at the last minute as seen from previous experience there can be difficulty with these online entries. 3 club helpers are required by AV to assist on this day, please let Ron know if you are able to help out.