



# 2014

20<sup>th</sup> May 2014

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# 1 Lardner Park 17 May 2014

## Round 2 – Cross Country



Date: Saturday 17 May  
 Entries close: Wednesday 14 May at 12pm (Midday)  
 Location: Lardner Park  
 Start time: 12:30pm

### 1.1 Preparation

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 4 <sup>th</sup> May, KSB	Brazilian circuit @ 1.2 Km per circuit, 6 times. About 35 minutes of continuous running/exercise
Wed 6 <sup>th</sup> May, Gerard's Aberfeldie Group	Brazilian circuit @ 1.5 Km per circuit, 5 times. About 35 minutes of continuous running/exercise
Thurs 7 <sup>th</sup> May, KSB	8 * 600 m on lower oval, 2-3 min recovery
Mon 11 <sup>th</sup> May, KSB	3 *1000 metres on lower oval, 3 @ 350 m hills, from pavilion to facility entrance
Wed 14 <sup>th</sup> May, Gerard's Aberfeldie Group	2 sets of 1000m, 800m, 600m around gravel paths. 2 min recovery between intervals, 4min between sets.
Thurs 15 <sup>th</sup> May, KSB	8 * 300 m on lower oval with 2.30 minute recovery.

### 1.2 Preamble

The weather may have been balmy and great for XCR but the afternoon energy replacements, which were available at the team station were better. "Dedicated" athletes had the choice of white roll hot dogs, with the compliments of Greg Moore. All 12 hot dogs were demolished in quick time. Jessica Kerlin as usual came fully stocked with sugar coated cup cakes. Also on offer was chocolate easter egg, a home baked cake for young Janet Moloney who ran through the 60 years banner the following day, tim tams, savouries and for the more serious athletes Banana cake baked by Domenic's wife, Claudia.

The after event gathering was earmarked by birthday girl Janet and also Jessica's last meet with the club before heading off to America and England for an indefinite time. Jessica and Janet, gold nugget members, elegantly absorbed the best wishes, hugs and kisses.

### 1.3 Course

The club's course scrutineers verified the distance accuracy of the course. John Kondogonis, Peter Keighery and Owen Leggett all measured the course within metres of each other's GPS devices. The full circuit measured 4.1 km. The women's 4 km event started 100 m beyond the finish line and the men's 8 km 200 m. No need to adjust your times if you thought the course was longer!

## 1.4 Events

### 1.4.1 Men's Open, 8 km

13 senior men athletes took off in the 8 km event, effectively 2 laps of the 4 km circuit. Sean Stevens was a late withdrawal due to a calf injury. So let's hope we get to see the busy Sean again during the season. Victor was also not available for this event due to a similar injury.

Lachlan Brown continued his fine summer form, coming in first for KSB with Robert Trott only 16 seconds away. Robert is starting to get back to peak fitness. Domenic Michienzi was consistent as usual, however overlooked entering this event. Our top three athletes finished in the first 100. The club is also rapt to see Lachlan Yourn competing. Lachlan built on his Jells Park run, which is a good sign heading towards the 16 km event in a fortnight.

Place	Athlete	1 <sup>st</sup> lap	Finished Time
78	Lachlan Brown	14.23	30:21.4
84	Robert Trott	14.20	30:37.3
?	Domenic Michienzi (Domenic was not a registered finisher due to non-entry)	14.40	31.24
127	Lachlan Yourn	15.20	32:24.6
136	David Abfalter	15.39	32:47.7
151	Peter Gaffney	16.08	33:13.3
173	John Kondogonis	16.24	34:16.6
178	Owen Leggett	15.55	34:28.0
197	Peter Keighery	17.01	35:30.7
223	Gregory Moore	17.26	37:02.9
246	John Moloney	17.52	38:24.3
295	Andrew Matthews	19.49	44:13.9
310	Ian Upton	22.56	47:46.9



### 1.4.2 Boys under 18, 4km

Five athletes competed in this event. One notable absentee was Alexander Sykes who has his arm in plaster! Patrick, Damian and Jai were the first three KSB runners.

Place	Athlete	Time
17	Patrick Matthews	13:56.5
18	Damian Hughes	14:10.0
31	Jai Keighery	14:56.3
41	Shea Wellington	16:14.0
46	Matthew Bell	17:53.2
49	Jake Holstein	21:37.6

### 1.4.3 Boys under 16, 3km

James Deasy was the sole KSB athlete in this event.

Place	Athlete	Time
19	James Deasy	12:21.6

### 1.4.4 Boys under 14, 2km

Caleb Hough ran a great race to finish second overall. Unfortunately, Caleb's effort was not recognised by AV officials. Caleb ran using a new pair of runners without his chip as it was still on his old pair of shoes. Caleb was advised after the event by an official that his placing was stand, however it was not. The matter will be raised by the club pleading that junior athletes should not be penalised in such exceptional circumstances. Let's hope that Caleb overcomes this disappointment with another big effort at Brimbank.

Place	Athlete	Time
?	Caleb Hough	Not officially recorded
23	Dominic Sykes	7:27.9
33	Alex Tonelli	10:15.9



### 1.4.5 Women's Open, Premier Division, 4km



Seven women fronted up in the 4km event. With so much youth in the side it would be the first time in a long while that KSB didn't fill the 40+ team. As the women's team are in the premier division it was cool to see KSB representatives on the front line for the start.

Elise was our first home with Emma following closely, just 10 seconds behind. It was great to have Emma for her first run of the season. Third home for the Bernadettes was Bee. Cathy finished just ahead of Monica to round out our Premier team. Monica had just spent 2 hours driving, jumping out of the car just in time to get to the start line. Janet and Nicole completed their run for our team with just 7 secs between them.

All athletes ran true to form with Elise and Emma finishing in the top 30. Carolyn Tonelli ran the Great Ocean Road Marathon the following day recording a time of 3 hr 45 min for the 45 km journey.

Place	Athlete	Time
?	Elise Aplin (Time not registered)	15.50
27	Emma Brown	15:59.2
76	Bianca Share	17:41.6
94	Catherine Matthews	18:59.1
98	Monica Ireland	19:11.4
137	Janet Moloney	24:53.3
138	Nicole Gunn	25:00.4





Progressive ladder for "Top Dog"

**Open**

Name	Place	Rnd 1	Rnd 2
Elise	1 <sup>st</sup>	10	10
Carolyn	5 <sup>th</sup>	9	
Emma	5 <sup>th</sup>		9
Bianca	2 <sup>nd</sup>	8	8
Monica	3 <sup>rd</sup>	7	6
Cathy	3 <sup>rd</sup>	6	7
Tania	8 <sup>th</sup>	5	
Kath	9 <sup>th</sup>	4	
Nicole	7 <sup>th</sup>	3	5
Janet	9 <sup>th</sup>		4

**40+**

Carolyn	2nd	10	
Cathy	1st	9	10
Tania	4th	8	
Janet	3rd		9

**1.4.6 Girls under 16, 3km**

Kate and Courtney were the only Under 16 representatives,

Place	Athlete	Time
18	Kate Abfalter	14:49.2
21	Courtney Holstein	22:55.8

**1.4.7 Girls under 14, 2km**

Rhiannon and the Tonelli girls formed the 2km team.

Place	Athlete	Time
16	Rhiannon Matthews	7:51.1
21	Jamie Tonelli	8:42.5
23	Ashley Tonelli	8:58.4

## 1.5 Wrap Up

There were many other club members, parents and friends who supported the 34 athletes during the events.

Thank you to Ian and Shea for setting up our meeting station and running around taking snaps of stuffed runners.

Thank you to Maria Abfalter for undertaking Team Manager and baking duties and to Jessica for assisting in this capacity.

Thank you to Gerard Brown for also taking "happy" snaps and providing runners with advice and support at strategic locations along the course.

Thank you to all who brought along refreshments.

On 31 May 2014, it is off to the infamous Brimbank course where 4km, 6 km and 16 km events are scheduled. In preparation for these events, try to get to a couple of the group training sessions.

The club hosts this event and it is also Heritage Round so it would be great to see good club representation on this day. All club members are encouraged to wear their traditional club uniform in acknowledgement of the proud history of the event. KSB have been known to be leaders in the dress up stakes so let's see what you can do this year!!!

If you intend to run in this event [you need to purchase either an individual entry, open women \\$30 or a seasons ticket, open women \\$90 by Wednesday May 28th](#). It would be best 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.

In Ron's absence, Maria Stobaus is the Team Manager so AV will be sending Maria the information on this round. As Ron is away, could you please let Maria know when you enter or have purchased a seasons ticket as the club will need to check the entries to ensure you are on the list and haven't accidentally been left off AV's list

Maria's email: [mdabfalter@optusnet.com.au](mailto:mdabfalter@optusnet.com.au)

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