

Hey Everyone

Post-post-post amble update for rounds 1-3 of the 2015 XCR season hope you have all enjoyed the odd trot on your Saturday mornings

Sorry that it has been so long but as you have often heard it said better late than never. I will endeavor to paraphrase the last few rounds of competition into a single document that will hopefully not put you all to sleep. But Truly the scatter of feet and the huffing of breath across all terrain is never something to be bored by and rather something to be looked forward to on a cold, wet, cloudy, muddy, cold, wet, windy, rainy, cold winter's morning.

Jells Park

So we kicked off our 2015 XCR experience at Jells park for the Cross country relays each of the Junior teams would be tackling a 3.1km circuit of the great Jells parkland reserve and overall it has to be said it was a most successful and enjoyable start to the season notable mentions for the day being Ron Stobaus ,head coach, the Bday boy as well as Special K (Kaleb laker) making his cross country debut in the U/18 mens team

Damien, Special K and Myself made up the under 18 mens team we finished 8th on the day but all the boys ran well against some very steep competition but certainly there we can hopefully look forward to placing a bit higher with the overall aim being to get a top three placing by the Tan Relays many of our boys being absent for the beginning of the season due to football commitments as well as to the School's Kokoda Immersion program.

The Under 16's managed to field two teams the div 1's James Deasy, Izaak long and Carlo Alderuccio also finished 8th a notable performance being Carlo who ran outstandingly to complete the course in a time of 11mins. The div 2 team was made up of Alex Tonelli the young gun as well as William Kennedy and Dom sykes.

<http://athsvic.org.au/wp-content/uploads/XCR15-RD-1-Jells-Parks.pdf>

Waragul

Almost inarguably to most testing cross country course of the season at with its many hills and mud Lardener park is often a very testing course. All who made the trip out to Warragul were rewarded with a good day of running and we saw some great performances on the day.

The under 18 mens team finished 4th overall and consisted of Damien Hughes who finished 12th Kaleb laker who came in 30th and myself. The team tackled the four kilometer course including several ditches , steep hills and a wet and muddy course.

The under 16 team was made up of Domonic Sykes James Deasy and Izaak long. Izaak finished in 27th with a time of 13:16, Domonic finished in 37th with a time of 14:35 and James 35th with a time of 14:09. The team managed to finish 5th with a score of 99 points

The under 14 team consisted of young Guns William and Thomas Kennedy who finished 28th and 29th respectively. As well as Alex Tonelli another one of the experienced youngsters finished 25th and managed to crack the 10minute barrier running an impressive time of 9:50 . The brothers William and Thomas completed the two kilometer course in close to 10 minutes and will be ones to look out for in the future. The team managed to finish fourth overall and we are likely to see big things from these boys in the future.

All who attended were rewarded with some great performances despite the harsh terrain also a special mention to Shea Wellington who in the absence of an under 20 team was challenged to run up in the senior ranks and ran the 8 km distance finishing well in a time of 32:17.

Ballarat

Round three of competition brought us out to Ballarat to take on the Steve Monaghetti Track all of the juniors running the same 5km course out and back on the banks of lake Wendouree.

The under 14 mens team finished in 5th overall. And was made up of James Scarris, Wiloson Cram and Alex Tonelli who finished in 22nd, 26th and 30th respectively. James was the first of the boys and finished in a time of 20:56 we can big things from this age group in the future.

We saw a strong under 16 team including Carlo Alderuccio (13th), Izaak Long (21st), James Deasy(28th)and Domonic Sykes (36th). The team managed to finish 5th overall based on their accumulated points.

In the Absence of Special K(Kaleb Laker) due to basketball commitments the under 18 mens team was made up of only Damien and myself. Hopefully later in the season when the boys get back from Kokoda and football commitments are reduced w might be able to see some bigger teams fielded. Damien ran well over the 5km distance coming in 12th just under the 17 min barrier with 16:59:9 which he said was faster than his last years run. All of the boys have been performing very well over the season and we have seen significant improvement hopefully in the coming rounds we might be able to see some podium finishes in the team and individual stakes.

<http://athsvic.org.au/wp-content/uploads/XCR15-Rd-3-Provisional-Results.pdf>

Sorry it has taken some time to get these reports out I will make sure to get the reports for the last few weeks out as soon as possible look forward to seeing you all at the next round and thankyou for making the first few rounds of competition such a success.

-Pat