



Senior Women's Captain Report

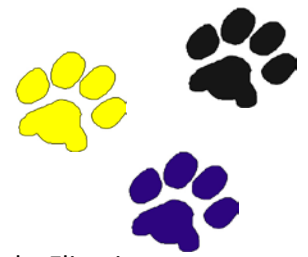
By Bianca Share (Nov, 2014)

Welcome Bernardettes to the track and field season for 2014/15. I sincerely apologise for taking six round of competition to get the first captain's report to you all. To date we have had five rounds of traditional Shield and one round of Zone vs Zone competition. On a whole the Bernardettes are doing very well. Both our Division 1 women and 40+ women are currently placed to make the Shield Final. Yellow Zone (that's us) also had a win against red Zone last weekend. Our teams might be small but we make a big impact, so keep up the good work ladies!

Meet the Bernardettes:

<i>Division 1 Women</i>	<i>40+ Women</i>
Bianca Share (co-captain)	Maria Abfalter
Emma Brown (co-captain)	Tania Kapetanovic
Amy Brown	Cathy Matthews
Nicole Gunn	Carolyn Tonelii
Nicole Ware	Anne Stobaus
Marley Stewart	Lissa Hall
Wenyang Lee	Li Richards
Kathryn Grbac	Elizabeth Bell
Stephanie Kondogonis	Janet Moloney
Monica Ireland	
Elise Aplin	

Emma and myself are your captains for this season so we will be coming around each to seek your participation in the relay. Thanks in advance 😊



What's the latest news @ KSB?

- ❖ Welcome back to Elise Aplin who has spent the past 5 months in India for work. Elise is a valuable member of the Division 1 women's team. We wish her all the best on the road back to peak fitness!
- ❖ Welcome to our new members Marley Stewart (D1) and Li Richards (40+). Li has returned to the club after a 17 year break from competition. Please make both ladies feel loved.
- ❖ Well done to Steph Kondogonis who competed at both the 5000m Victorian Championships and Milers Club. Steph competes for Mornington during the winter so she is a valuable addition to our summer team.
- ❖ The Victorian Relay Championships are being held this Saturday. Good luck KSB.
- ❖ Congratulations to Amy Brown who achieved an equal PB in the 3000m at Zone vs Zone last weekend. It has been 8 years since Amy set the original time. All that training in Wagga is paying certainly off.
- ❖ A big shout out to three Bernardettes who are doing their bit for our team. This includes Wenyang Lee, Nicole Gunn and Kathryn Grbac. Your efforts have not gone unnoticed.

Competition information:

A reminder that **all field events require pre-entry**. Unlike the old days when one could just rock-up to the event, now athletes must nominate their competition time. This can be done upon arrival to the track (sheets located in the pavilion) or in advance via email.

Relay sheets are located on the KSB table. If you want to compete in a relay please write your name and bib number on the sheet provided. This will save Emma and myself hounding everyone.

The **Zatopak:10** is on Thursday December 11th at Lakeside Stadium. AV Members can purchase discounted tickets via the Ticketmaster website.

NUMBER OF TEAM MEMBERS WHO CAN SCORE POINTS			
DEFAULT AGE GROUP	A TRACK	B TRACK	C FIELD
	100, 200, 400, 800, 1500, 3000, 5000	Steeple, Hurdles, Walks	All Field
Division 1 Men	6	3	3
Division 2 Men (Division 1 Men Country Zones)	4	2	2
Division 1 Women	4	2	2
Division 2 Women (Division 1 Women Country Zones)	3	2	2
40+ Men (50+/60+)	4	2	2
40+ Women (50+/60+)	3	2	2
All Under 14, Under 16, Under 18, Under 20	4	2	2



ZONE ZONE

Yellow zone were victorious over Red zone:



Athletics Victoria



Inter-Zone Team Scores

*Yellow Region. Shield Round 6 Yellow Vs. Red
Sunday 23 November 2014, Aberfeldie*

		Total Score
YLW	Yellow	3,305.00
RED	Red	2,863.50

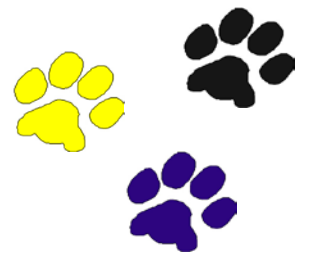
Current Ladders (as of Round 5):

Women Open Division 1

		<u>Pts For</u>	<u>Pts Agst</u>		<u>Ldr Pts</u>
MUU	Melbourne Uni	1,490.50	3,199.00	46.59%	25.00
KSB	Keilor St Bernards	1,235.00	3,454.50	35.75%	21.00
ATE	Essendon	1,174.50	3,515.00	33.41%	19.00
WES	Western Athletics	596.50	4,093.00	14.57%	10.00
MUU	Melbourne Uni 2	193.00	4,496.50	4.29%	4.00

Women 40+

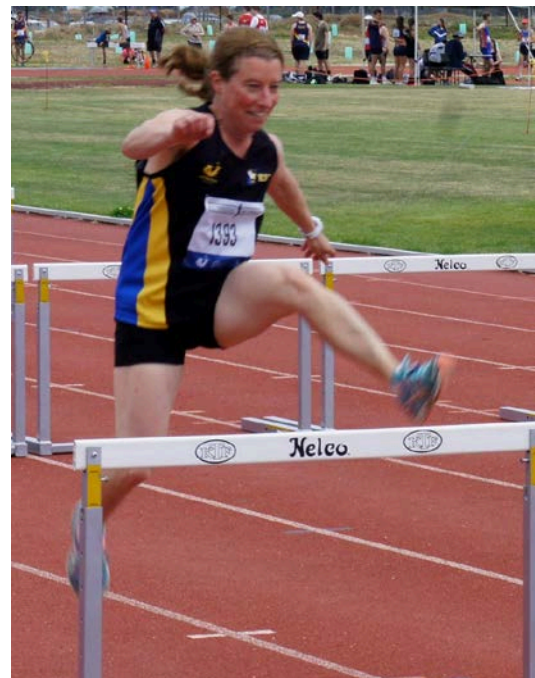
		<u>Pts For</u>	<u>Pts Agst</u>		<u>Ldr Pts</u>
KSB	Keilor St Bernards	657.75	740.25	88.86%	16.00
WES	Western Athletics	625.50	772.50	80.97%	14.00
SME	South Melbourne	114.75	1,283.25	8.94%	5.00

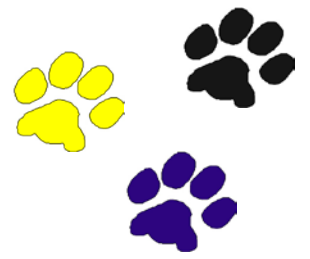


Bernardettes in action at Shield competition.

Check out the KSB facebook page for more photos and competition highlights.

<https://www.facebook.com/ksbaths>



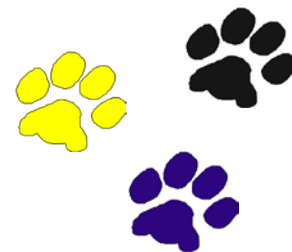




AV has a new style of competition called Knockout. Athletes can nominate themselves based on a ranking system (top 60 athletes). Entry costs \$10 per event. **Round one is on Sunday 14th December at Lakeside Stadium.** Entries close on Monday.

See where you are ranked:

<http://athsvic.org.au/rankings/>



Next Event:

Round	Date	Competition	Venue	Time
Round 1	Sat, 11th October 2014	Program 2	Werribee	From 1:00pm
Round 2	Sun, 19th October 2014	Program 1	Aberfeldie	From 12:00pm
Round 3	Sat, 25th October 2014	Program 2	Williamstown	From 1:00pm
Round 4	Sat, 1st November 2014	Program 1	Aberfeldie	From 1:00pm
Round 5	Sat, 15th November 2014	Program 2	Werribee	From 1:00pm
Round 6 (Zone vs. Zone Rd 1)	Sun, 23rd November 2014	Program 1	Aberfeldie	From 12:00pm
Round 7	Sat 6th December 2014	Program 2	Williamstown	From 1:00pm
Round 8	Thur 18th December 2014	Program 1	Aberfeldie	From 6:00pm
Round 9 (Zone vs. Zone Rd 2)	Sat, 10th January 2015	Program 2	Nunawading	From 12:00pm
Round 10 (Zone vs. Zone Rd 3)	Sat, 17th January 2015	Program 1	Aberfeldie	From 1:30pm
AV Shield Final	Sat, 31st January 2015	Program 2	Albert Park	From 9:00am
Zone Final	Sat, 21st February 2015	Program 1	Albert Park	*From 9:00am

* Time subject to change

Venues

- Aberfeldie Moonee Valley Athletics Centre, Corio St, Essendon
- Albert Park Lakeside Stadium, Aughtie Drive, Albert Park
- Nunawading Bill Sewart Athletics Track, Crn Burwood Hwy & Newhaven Rd, Burwood
- Werribee Victoria University Wyndham Sporting Complex, Hoppers Lane, Hoppers Crossing
- Williamstown Newport Park Athletics Facility, North Rd, Newport

50th anniversary t-shirts:



50th Anniversary t-shirts now available.

Quality 2XU fabric. Get yours in time for Xmas. **Cost \$50.** See Bianca for more details.