



2014 Winter Athletics Victoria XCR

5th May 2014

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1 Jells Park, 3 May 2014

1.1 Preamble

Notable topics for the season opener other than the weather and the event course were the absence or presence of KSB athletes who have been club members for lengthy periods.

Gerard Brown, Michael McIntyre and Phillip Lane head the long term injury list. Gerard has been sidelined with a severe Achilles since January 2014. Michael, who ran through last season with a chronic leg injury, has not managed to recover at this time, so Michael has put the 2014 season aside. Phillip Lane is managing back related injuries, which will mean Phillip will also miss the winter season. Gerard and Michael's presence as athletes, coaches and mentors are major influences to so many athletes. Their recovery and how they are dealing with their long term injuries is of genuine interest and care to all.

David Ireland, who had a great summer season is recovering from a foot stress fracture, not to mention recent removal of wisdom teeth (David has a surplus of these). So David will gently work his way into the season.

Lachlan and Emma Brown who both ran the puffing billy with Jenny and Mitchel on the following day were also not available for the men's and women's teams. Other notable regulars who were not able to get to Round 1 were John and Janet Moloney who have been on holidays at Mallacoota and Maria Stobaus who had work commitments.

KSB members who did participate at Jells Park were buoyed by the return of Sean Stevens, Victor Shelamoff, Lachlan Yourn, Robert Trott and the new addition of Owen Leggett. Owen, who was introduced to the club by the Brown family, has been a regular at Gerard's Wednesday night's training group. Owen has a tri-athlete background with elite swimming times. KSB also thought Robert was lost to the club last year when a new career opportunity became available in Sydney. Robert has returned to Melbourne, which makes KSB very happy. Victor, who has also been dealt the injury curse over the past few years, seems to be managing his recovery sufficiently so to be confident of having some runs this winter. Victor has also been busy attaining a Masters Degree, a handy bit of paper! So too with Lachlan Yourn who has also completed a Masters Degree, not to mention the multiple irons in the fire young Lachlan has alight.

The women's open team also welcomed winter captain, Monica Ireland to the relay team. Monica, who remains eligible for under age events enjoyed the induction into the open relay team and will be back for more. It was also great to see experienced athletes Elise Aplin and Bianca Share putting their best foot forward when conditions turned ordinary. As with most experienced athletes, Elsie and Bianca, have also had some recent interruptions to their athletics but seemed to be on the job at Jells, well focussed on the task at hand. The women's premier team was also backed up by Kathryn Grbac and Carloyn Tonelli who both had good hit outs. Carolyn is aiming for the ocean road 45km event in a couple of weeks, just a nice weekend stroll.

1.2 Weather

The weather was perfect, if you ran your leg of the relay before 1.30 pm. After that time, conditions deteriorated. The rain was constant, it became very cold and the course deteriorated significantly. Despite the conditions, there was still room for wit and smiling faces when the last to leave packed up our fabulous new shelter and headed for the warmth of a motor vehicle and a relaxing drive home.

1.3 Course

The 6km course was predominantly within the same location at Jells Park, obviously the most critical change was athletes running the course clock-wise rather than anti-clockwise. There seemed to be endless discussion whether the course changed in distance or whether it was a better course to navigate. The verdict? The jury has adjourned until Gerard and Michael run it next year.

1.4 Events

1.4.1 Men's Open, 6 km

1.4.1.1 Division 2, placed 10th of 14

Due to the notable presence and absence of athletes, the team selections for the first round were both problematic and limited. So thank you to Ron for not only coordinating who could run but for managing the time constraints of some athletes and the unknown form of athletes. For example, Sean left for the airport straight after completing the first leg in Division 2 to travel back to his current work location in Tasmania (busy lad, young Sean).

It was difficult to assess how conditioned Lachlan and Victor were when comparing their level with Owen who was having his first run with the club and Chris Borg who has been running intermittently over the past few seasons.

The legs of Division 2 Team are shown below. The overall time of 2 hr 15 min. was about 15 minutes behind the lead team.

2:15:23									
Sean Stevens	20.4	z	1232	Christopher Borg	23.57	s	1357	Domenic Michienzi	22.03
Owen Leggett	23.5	s	1628	Robert Trott	21.57	s	1850	victor Shelamoff	22.54



Sean ran the fastest leg of all athletes. Domenic and Robert's times seemed consistent with their summer form, although they may both been holding back somewhat as they also competed in the Puffing Billy event. Domenic and Robert will certainly benefit from the first event of the season with the intent on coming out at Lardner with all pistons firing. Similarly, Victor, Chris and Owen were all within seconds of each other so that should assist them going to Lardner Park where the journey is 8 km.

Lachlan Yourn (23.02 in Division 4) and David Abfalter (22.56 in 40+) would have improved Division 2's overall placing by a couple of places. On the other hand, Lachlan and David both ran the first leg, which enabled Lachlan and David to run with a much bigger group of runners, which is mostly beneficial in pacing oneself.

1.4.1.2 Division 4, placed as DNF

The legs of the Division 4 Team are shown below. No, your eyes are not playing tricks. The men's team was well supported by Nicole Gunn, Tania Kapetanovic, Catherine Matthews and Ian Upton. The results indicated a DNF for Division 4 so what happened to Ian's time? The positives: Lachlan is definitely in good shape. Nicole, Cathy and Tania will build a good base for the next summer season with a few hit outs in the winter cross country.

Lachlan Youm	23.02	2	1688	Tania Kapetanovic	29.45	3	1696	Catherine Matthews	29.28
Nicole Gunn	30.49	5		#N/A		6			

1.4.2 Men's over 40, placed 7th of 12.

David Abfalter continued good summer form, while Andrew and Peter were pleased to get through the first event of the winter season. The team was about 13 minutes behind the lead team.

1390	David Abfalter	2256	2	1531	Andrew Matthews	28.02	3	1624	Peter Keighery	25.38
			5				6			

1.4.3 Men's over 50, placed 5th of 15

There were 15 teams, competing in this division. The team was about 5 minutes behind the lead team and two minutes behind third.



1660	John Kondogonis	24.55	2	1497	Gregory Moore	25.58	3	1570	Peter Gaffney	23.26
			5				6			

1.4.4 Boys under 18, placed 5th & 20th of 21

The times from the U18's indicates spirited competition over the winter. The first places KSB team a minute away from third place.



1697	Patrick Matthews	9.51	2	1789	Alexander Sykes	10.27	3	1974	Damian Hughes	10.08
1623	Jai Keighery	10.37	2	1805	Jake Holstein	13.55	3	1229	Shea Wellington	11.26

1.4.5 Boys under 16, placed 10th of 13

The boy's team were about 8 minutes behind the lead team and about 5 minutes behind third place.

1354	James Deasy	11.24	2	1620	Nicolas Calandra	12.1	3	2248	Ethan Kapetanovic	16.27
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1.4.6 Boys under 14, placed 4th of 10

The boy's team got the closest of all teams to a third placed medal, less than a minute.

2004	Caleb Hough	10.45	2	2232	Jacob Bell	11.52	3	1199	Benjamin Zarb	11.53
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1.4.7 Women's Open, Premier Division, placed 10th of 10

The women's team look forward to Lardner Park, with a distance more suited to their team.

2078	Elise Aplin	25.07	2	1469	Carolyn Tonelli	26.46	3	1626	Kathryn Grbac	30.24
1355	Monica Ireland	28.26	6	1699	Bianca Share	27.43	6			

1.4.8 Girls under 16, placed 5th of 7 and a DNF

The girl's Under 16 had almost two teams; the first placed team was about three minutes behind third place.

1392	Kate Abfalter	13.18	2	1755	Mardi Sutherland	12.28	3	2278	Felicity Sadler	15.01
			6				6			
1	1467	Alex Tonelli		17.36	2	1804	Courtney Holstein		21.11	
4					6					

1.4.9 Girls under 14, placed 5th of 7

The girls' Under 14 also had a good day out, about 6^{1/2} minutes behind third place.

1698	Rhiannon Matthews	13.16	2	1470	Jamie Tonelli	15.38	3	2111	Lulu Andrighetti	14.54
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1.5 Wrap Up

The next event is at Lardner Park, Warragul on Saturday 17th May. Events commence at 12.30 pm. So get in some good training for this challenge. For those intending to run, make sure you register for both AV and the event itself and also arrange for transport.

Finally thank you to Ron, Anne and Ian for getting the club sorted out for the first event of the winter season. Thank you to parents and those who assisted the club during the day.

Keep training and may Ron and Anne enjoy their six week holiday.