



2014

18th July 2014

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1 Sandown Relays 12 July 2014

1.1 Preparation for the Event

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

Mon 23 rd June, KSB	3 * 1000 m break then 3 @ 600m.
Wed 25 th June, Gerard's Aberfeldie Group	Brazilian circuit around lower area, 5 repetitions of a circuit about 1.8km, exercises at the end of each repetition. Distance varied according to condition/fitness level of athletes.
Thurs 26 th June, KSB	8 * 400 m 2 min recovery
Mon 30 th June, KSB	8 * 600 m
Wed 2 nd July, Gerard's Aberfeldie Group	6 * 1000 m * 2 with 2 minute recovery. Around lower flat gravel area in Aberfeldie Park
Thurs 3 rd July, KSB	15 * 200 m, 2 min/jog recovery
Mon 7 th July, KSB	6 * 600 m
Wed 9 th July	6 * 650 m * 2 with 2 minute recovery. Around lower flat gravel area in Aberfeldie Park
Thurs 10 th July, KSB	15 * 150 metres.

1.2 Preamble

John "Snapper" Kondogonis has added to the photo library with photos from Sandown. See website link: <http://ksbphotos.neq3.com/index.html>.

Scott Sidley has did a video clip of this event, which is somewhere in cyberspace, so a link will be provided to this in due course.

1.3 Course

According to our GPS Athlete scrutineers, the Sandown relay course measures 3.1 km per around.

1.4 Open Events

1.4.1 Women's Open, Premier Division, 6.2km

The Bernadettes were out in force at Sandown with our premier team filled, a div 3 team and also one emergency to help bolster the men's Div 6.

Forecasts for hail did not deter the team and apart from a heavy shower while our second and third runners were running the conditions were quite good by Sandown standards.

The leader of our Top Dog competition Emma, has extended her lead with a strong first leg in premier Division. Emma claimed the fastest time for KSB at Sandown. Our second runner in premier division Liz had her debut run for the season and was our second fastest runner for the day, great effort Liz and we hope to see you in a few more of the road races in the weeks ahead. Bianca then took over to run a solid leg, before she tagged hands with Amy who also ran a good solid time for premier division. Kath the final runner, after time keeping for div 6 men, had the job of finishing off for the team, she had to try defrost before heading out on the course(not a good day to leave the tracky pants at home). Overall our team placed 9th in the premier league. To be able to stay in Div 1 next season we need to

place around 6th/7th in the next few rounds, so we have our work cut out for us, but on a day when we have all our strongest athletes on the track who knows what might happen!

Div 3, Maria was quite excited being able to have my first run for the season after being out with injury until now, it was great to see Maria back out on the course in the blue black and gold, Maria tagged Tania who had her work cut out for her on her second lap as Ethan had set off just ahead of her. Tania then tagged with Janet in the pouring rain but Janet managed to fight through the rain and then pass over to our last runner Nicole. We finished in 13th place and got some points on the board for the Div 3 team.

Div 6 Men, Cathy was the 2nd runner in this team taking over from her husband who had run the first leg, what a lovely way for the couple to spend their Saturday afternoon. Cathy's run has cemented her lead on the top dog 40+ ladder now 15 points clear, Janet has moved up to equal second with Carolyn.

Thank you to Anne Stobaus, Linda Deasy and David Hughes who were our club helpers for AV, without these kind club helpers giving their time to support our club and AV these events would not be able to go ahead. Thanks also to all those who assisted with timing our individual KSB teams.



AV Facebook photos of Bianca & Liz

Results

Emma 24.30	Liz 26.52	Bianca 27.05	Maria 27.31
Amy 27.45	Cathy 28.32	Tania 29.52	Kath 29.55
Nicole 36.40	Janet 37.27		

Top Dog (New Title wanted, suggestions welcome)

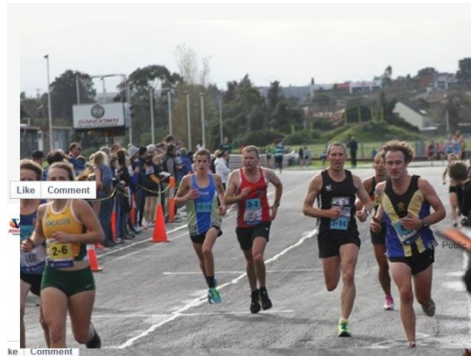
OPEN

Name	Place	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5		Cum' total		Cum' total
Elise	5 th	10	10					20		20
Carolyn	4 th	9		8	9			26		26
Emma	1 st		9	10	10	10		39		29
Bianca	2 nd	8	8	9		8		33		25
Monica	11 th	7	6					13		13
Cathy	3 rd	6	7	6	7	5		31		26
Tania	8 th	5		5		4		14		10
Kath	5 th	4		7	6	3		20		17
Nicole	7 th	3	5	3	4	2		17		15
Janet	8 th		4	4	5	1		14		13
Amy	8 th				8	6		14		8
Liz	12 th					9		9		
Maria	13 th					7		7		

40+

Carolyn	2 nd	10		10	10			30
Cathy	1 st	9	10	9	9	8		45
Tania	4 th	8		8		7		23
Janet	2 nd		9	7	8	6		30
Liz	5 th					10		10
Maria	6 th					9		9

1.4.2 Men's Open, 6.2 km



AV Facebook Photos of the two Lachlans



Peter Kieghery about to "pass" two Essendon Athletes



Here we go again!

The men's Division 2 team was supported by Patrick Matthews and Damien Hughes who both ran great times. Robert Trott was the men's fastest athlete, only one second ahead of Patrick Matthews. Lachlan Brown and Damien Hughes were not far away. The four fastest athletes all ran under 22 minutes. Division 2 finished 9th, which gives the team breathing space to avoid relegation until the calvary (injured and unavailable) athletes arrive.

The additional under age athletes allowed KSB to field two additional open teams. Division 4 finished credible 5th. Andrew and Cathy Matthews also formed 2/3rds of a Division 6 team.

Only one over age team (50+) competed. The 50 + team had their best result for the season finishing fourth. It was refreshing to see Gerard Brown getting another run in after such a long lay off and the effort Gerard has made in getting back to competition is starting to show reward.

1.5 Men's Open ladder (provisional)

Surname	First Name		Total	Sandown	Bundoora	Brimbank	Lardners	Jells
Abfalter	David		35	6	8	9	6	6
Alphey	Russell	na	0					
Bertrand	Shane	na	0					
Borg	Chris		5	3	na	na	na	1
Brown	Gerard		8	2	6	Inj.	Inj.	
Brown	Lachlan		27	8	9	ill	10	
Buckland	Steve	na	0					
Currie	Paul		5	1	3	1		
de Vries	David	na	0					
Gaffney	Peter		26	4	7	6	5	3
Ireland	David		0	Inj.	Inj.	Inj.	Inj.	
Keighery	Peter		8	1	4		2	1
Kondogonis	John		16	1	5	5	4	1
Leggett	Owen		10	Hols	Hols	4	3	2
Matthews	Andrew		5	1	1	1	1	1
Michienzi	Dominic		24	Hols	Hols	8	8	8
Moloney	John		5	1	1	2	1	
Moore	Gregory		8	1	2	3	1	1
Shelamoff	Victor		0	Inj.	Inj.	Inj.	Inj.	5
Stevens	Sean		10	work	10	work	work	
Stobaus	Ron		0					
Trott	Robert		48	10	10	10	9	9
Upton	Ian		2	Hols	Hols	1	1	
Yourn	Lachlan		24	5	na	7	7	4
Matthews	Patrick		9	9				
Hughes	Damian		7	7				

1.6 Under Age Events

Only two Boy's teams were fielded U 14's and 16's. This was also the case for the Girl's with only one team in the U14's and U16's



1.7 Wrap Up

1.7.1 Club run: King/Queen of the Mountain July 19th 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.)

1.7.2 Round 6 Sunday morning 3rd August Albert Park.

Date: Sunday 3rd August 10km

Entries close: Wednesday 30 July at 12pm (Midday)

Location: Albert Park Start time: 8:30am

1.8 AV Provisional Results Summary

MENS DIVISION 2											
1	BOX HILL			2:03.44							
'	2029	John Meagher	21.14	2	2167	Samuel Mackie	20.44	3	1636	Peter Green	19.55
4	2164	Klarie McIntyre	20.1	5	1634	Daniel Balassone	19.52	6	1802	Welday Mebrahtu	21.43
9	KEILOR ST BERNARDS			2:13.42							
'	1697	Patrick Matthews	21.34	2	1974	Damian Hughes	21.51	3	2555	Lachlan Brown	21.41
4	1390	David Abfalter	22.19	5	1232	Christopher Borg	23.34	6	1628	Robert Trott	21.33
MENS DIVISION 4											
1	WESTERN ATHLETICS			1:55.27							
'	2143	Daniel Sneyders	24.15	2	1187	Matthew Schaumberg	21.58	3	2226	Colin Drake	23.29
4	474	Allan Cook	23.5	5	2225	Callum Drake	21.55	6			
5	KEILOR ST BERNARDS			2:06.06							
'	2233	Paul Currie	25.25	2	2234	Lachlan Youn	22.52	3	1624	Peter Keighery	24.47
4	2496	John Moloney	26.15	5	1497	Gregory Moore	26.47	6			
MENS DIVISION 6											
1	GEELONG REGION			1:27.11							
'	1821	Jared Walker	21.57	'	1668	Tait Ovens	21.57	'	2387	Jarrod McMullen	21.14
'	1729	Bradley Fuller	22.03	5				'			
	KEILOR ST BERNARDS			DNF							
'	1531	Andrew Matthews	31.28	'	1696	Catherine Matthews	28.32	'			
'				5				'			

MENS U18		TIME									
1	KNOX ATHLETICS	28.36									
1	128	Ryan Patterson	9.16	2	1441	David Friend	9.49	3	127	Percy Nathan	9.31
4				5				6			
16	KEILOR ST BERNARDS	35.44									
1	1623	Jai Keighery	10.54	2	1229	Shea Wellington	10.48	3	1805	Jake Holstein	14.02
4				5				6			
MENS U16		TIME									
1	WESTERN ATHLETICS #1	31.56									
1	1063	Christiaan Weitsz	10.38	2	1061	Thomas Rebesco	10.53	3	1512	Kirk Shanahan	10.25
4				5				6			
	KEILOR ST BERNARDS	DNF									
1	1354	James Deasy	11.45	2	2248	Ethan Kapetanovic	15.39	3			
4				5				6			
MENS U14		TIME									
1	WESTERN ATHLETICS #1	33.15									
1	278	Matthew Hussey	10.31	2	1304	Cale Du Plessis	11.36	3	1483	Jackson Glover	11.08
4				5				6			
6	KEILOR ST BERNARDS	34.37									
1	2004	Caleb Hough	10.33	2	1790	Dominic Sykes	12.25	3	2232	Jacob Bell	11.38
4				5				6			

MENS 50+											
1	GLENHUNTLY #1		01:09.3								
/	1277	Paul Strangio	21.59	2	1142	Andrew Ross	22.56	3	1373	Michael Ryan	24.32
4				5				6			
2	ATHLETICS WAVERLY		01:10.5								
/	2289	Anthony George	22.31	2	2857	Glenn Goodman	23.09	3	1618	Michael Harvey	25.08
4				5				6			
3	APS UNITED		01:12.1								
/	2203	Andrew Edwards	22.11	2	1452	Douglas Lee	23.52	3	1837	Robert Meek	25.58
4				5				6			
4	KEILOR ST BERNARDS		01:12.2								
/	1842	Gerard Brown	24.3	2	1660	John Kondogonis	24.35	3		Peter Gaffney	23.15
4				5				6			

WOMEN PREMIER DIVISION												
1	GLENHUNTLY		1.51.23									
'		1629	Amelia Aslanides	21.32	'	1139	Cassie Higham	22.18	'	1385	Stacey Bulger	22.58
'		1694	Sarah Lund	23.03	'	1287	Karina Fyfe	21.34	'			
9	KEILOR ST BERNARDS		2.16.07									
'		2487	Emma Brown	24.3	'	2231	Elizabeth Bell	26.52	'	1699	Bianca Share	27.05
'		2773	Amy Brown	27.45	'	1626	Kathryn Grbac	29.55	'			
WOMEN DIVISION 3												
1	GEELONG REGION		1.39.25									
'		110	Corrin Demeo	22.15	'	2221	Jane White	25.16	'	517	Connie Anskaitis	26.49
'		1730	Renee Fuller	25.05	'				'			
13	KEILOR ST BERNARDS		2.10.30									
'		1393	Maria Abfalder	27.31	'	1688	Tania Kapetanovic	29.52	'	2495	Janet Moloney	37.27
'		1803	Nicole Gunn	36.4	'				'			
WOMEN DIVISION U18												
1	ATHLETICS ESSENDON #1		33.10									
'	2995	Lauren Ryasn	11.18	'	194	Olivia Gallagher	10.52	'	1811	Emilie Guy	11.00	
'				'				'				

WOMEN DIVISION U16											
1	ATHLETICS ESSENDON #1		33.12								
/	255	Molly Gallagher	11.02	2	1950	Katie Webb	11.35	3	143	Maddison Caulfield	10.38
4				5				6			
6	KEILOR ST BERNARDS		39.35								
/	1755	Mardi Sutherland	12.11	2	1392	Kate Abfalter	13.07	3	2278	Felicity Sadler	14.17
4				5				6			
WOMEN DIVISION U14											
1	GLENHUNTLY		35.47								
/	2925	Sophie O'Sullivan	11.09	2	2971	Genevieve O'Brien	11.57	3	2959	Juliet McBurney	12.41
4				5				6			
	KEILOR ST BERNARDS #2		DNF								
/			14.22	2			14.51	3			
4				5				6			