



Knox mixed age girls relay medley - some history

I thought the Knox relay teams were sensational last month....is that the highest number of gold medals won by Knox at relays?

In particular, the U/13-15 mixed age girls medley win brought back memories of several Knox performances in the same event.

The Knox girls won the medley race in my first year as a relay coach (way back in 1993). That win was unusual for a few reasons:

- the Knox girls had been beaten by Ringwood at region, and were lucky to get through on a progression
- the Ringwood team ran a state record at region, which stood for seven years
- the Knox team ran an U/14 girl Georgie Coram in the 400 leg. Even more unusual, the Ringwood record holders ran an U/13 athlete in the 400

Fast forward to 2000. The Knox girls of Natalie Limogiannis, Stacey Dietrich, Hayley Malt and Marnie D'Ademo led from the start to break Ringwood's record with a time of 1 min 50.66 sec.

Both Stacey and Hayley are now current relay coaches with the U/10 Boys and U/10 Girls respectively.

This team actually broke the record at region, with Briony Martin running as the U/14 athlete in place of Hayley.....only to have it disallowed (not three watches?)

Since 2000, the Knox U/13-15 mixed age girls medley team has made every state final.

Our record reads:

2000	1st
2001	1st
2002	2nd
2003	1st
2004	2nd
2005	4th
2006	2nd
2007	1st

The closest finish that wasn't close

The most exciting finish was undoubtedly in 2001, when Clare Murphy won the race in the last stride, after fighting all the way down the straight with another athlete. Unbeknown to Clare, and the very vocal Knox cheer squad, her desperate lunge at the line was to beat a team that had already been disqualified earlier in the race. The official times showed a margin of 1.3 seconds, a comfortable 10 metre win. Clare is also back at Knox as a relay coach with the U/13 girls.

And then another exciting finish

The Knox 2003 girls, anchored by Bree Bartlett in the 400, are the second fastest team in the event. They had to be – Williamstown kept the pressure on all the way, both teams crossing the line in the great time of 1 min 51 sec.

Right team, wrong year (1)

As can be seen, the only Knox team not to medal in the past eight years is the 2005 team. But these girls would have won the race the following year, and beaten all other centres other than Knox in 2007. They would also have won in 2001, and medalled in three of the other four years.

Right team, wrong year (2)

The four fastest teams in this event read Knox 2000, Knox 2003, Williamstown, Seaford. Unfortunately for Williamstown and Seaford, they ran their great times in 2003 and 2000 respectively - in other words they had to settle for silver behind Knox teams. In any other year, they would have won comfortably.

I am sure there are many interesting stories of Knox teams at State relays. But to have such a great record in an event where the team composition must change each year deserves recognition. Well done to all the girls who have run the medley, and again to all the Knox relay teams who competed at Box Hill, Doncaster and Olympic Park in 2007.

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