

KSB Season Summer Report: Senior Men Round 1 and 2.

The Summer season kicked off just 6 days after the marathon at the Williamstown/Newport track. It was a fine to warm day with a gentle, by Newport standards, wind blowing. It was great to see so many of our athletes turning out for a run at the start of another season. There were even a few marathoners running out the stiffness and the post marathon twinges.

Our Div 2 although small in number were well placed as were our 40+ team. We are stronger in the field than we have been for many years and so if we can have starters in the track events we are likely to do well enough to have aspirations for the finals. The relays with their double points are vital here and in round 1 we had teams in both the open men and 40+ which was a fine effort.

Round 2 saw us venture to Albert Park in warm conditions. It seems to bring out the best in many of our athletes and there were fine performances on both track and field. Chris Borg's 800 was great effort after his battles with injury and there many fine runs in the 3000m. The 40+ medley relay team was another highlight, but we did not enter an open relay team, although by the time the relays were on we probably had enough athletes for a team.

Albert Park is a little disconcerting as there seemed to be very small numbers, perhaps in part because a number of field events are held outside the stadium. However, the number of heats in all events was much the same as for round 1. Because we seemed to be down on numbers we didn't enter an open relay team, which is perhaps a lesson for future rounds. We need to enter relays teams in both open and 40+ teams if we are to make the finals so we need to know who is available to run in them as early as possible. So from round three we will have a sheet at the club table that you put your name on to let us know of your availability for relays.

After the opening rounds we are in top or second place in open and 40 competition. We have been well served by both our track and field athletes and some like Dave Abfalter and John Kondogonis are competing in multiple events. This gives us a great platform for the rest of the season;

Finally, the highlight of round 2 was the 800m heat in which KSB first timer Ben Zarb (well under 14) and going to the lead from the start in his heat was challenged by Hamish Beaumont from MUAC (yes, big Hamish) with 150m to go but surged and then with Hamish at his shoulder the two went stride (Ok three strides by Ben to each of Hamish's) to the finish line, with Hamish still just behind Ben's shoulder. It really was the long and short of athletics with Ben winning the heat, Hamish the award for sportsmanship and, of course, athletics being the real winner.

Best wishes and good running to all

Greg Moore
8 November 2013