

Hello KSB over-age Relay Runners,

I thought I should send out a final wrap up of our relay campaign, especially for those who did not make it this year. The headlines might read something like this: KSB up against quality opposition; Currie in great debut; Oldies but goodies for KSB: Keighery Currie Success Recipe, or Dom a Sprinter in long distance clothing.

So first to the results, which is a bit of mixed bag for the KSB men. in the 4x1500 the 40+ team were 8th in 21.33 the winning time 18.19 and the 50+ team were 4th in 21.25 the winners were 19.19. In the 4x400 the 50+ team were 2nd in 4.42 and the KSB 40+ women's team in the same heat ran 4.40 to take gold. The 40 team were 6th in 4.15 and finally in the 4x100 the 50+ team was third in 70s and the KSB women were first in 47s in a separate heat.

In the 4x1500 we have the following times

40+ Peter Keighery 5.12, Andy Matthews 5.32, Bill Gianiotis 5.54 and Dom Michienzi 4.55

50+ Paul Currie 5.14, Greg Moore 5.27, John Kondogonis 5.23 and Peter Gaffney 5.20

Clearly Dom's time was a highlight, but so too was the first runner clash between Peter Keighery and Paul Currie. Peter set the pace and Paul tracked him the whole way. It was a great run by both and a fine track relay debut by Paul, who hasn't seen himself as a track runner, but ran just as those who have seen him train on the track predicted. Bill Gianiotis also new to the track was well under 6 minutes with a PB of 5.54 and he will be a lot faster when he has a few 1500s under his belt. The depth of the 40+ team is improving all the time. In the 50+ we all ran under the target time of 5.30 which in the past would assure a medal, but this year Box Hill, Williamstown and Richmond proved too strong - we ran well, but they ran better. Greg ran his best 1500 for two seasons and John and Peter were solid after tough 5000s on Thursday. So good efforts but no podium and we seem to have got the running order pretty much right for these two teams.

Next was the 4x400. In the 40+ team we were solid and competitive as the time shows. We were without Dom for the 400 and so Marco got us off to a fine and speedy start, Andrew held firm and then Peter Keighery and Peter McDonald put on the pace for the last two laps. It was a good run and no problems with the baton. It was good to see Marco on the track and we all know that he can run and a welcome return for Peter McDonald who ran with KSB over 20 years ago and has returned with his pace intact as his great time shows. This team will only get better and if they can get all their runners on the track next year will be real medal contenders.

In the 4x400 we have the following times for thr 40+ men and women and 50+ men

40+ Marco Tonelle 63.1, Andy Matthews 66.5, Peter Keighery 64.5 and Peter McDonald 61.2

40+ Lisa Hall 65, C Tonelli 72, T Kapetanovic 75, Cathy Matthews 67

50+ Paul Currie 68, Paul Kennedy 71, Greg Moore 70, and Peter Gaffney 75

In the 50+ Paul Currie, using blocks for the first time got us off to a good start and Paul Kennedy again ran well, just as he did last year. How fast could he be without the dodgy knee? Greg took off just behind our 40+ women and caught Tanya to give Peter Gaffney a small lead, but Cathy stormed home to take gold for the women and silver for the men. However, there was further drama as Paul Currie had done a hamstring and we would need a

substitute for the 4x100. The last we saw of Paul on the day, he was nursing an ice pack, muttering about blocks and heading off to find a polling booth to vote. He had done a great job in both events.

So in our hour of crisis, we turned to our emergency and Ian Upton came off the bench to run a leg of the 4x100. He has been our emergency for most of the races over the past decade and yesterday was his 4th appearance and he has medalled each time. It was great to hand off to him and see him bolting down the back straight. Phil Robinson once again came off the field to run a fine 100 on the bend. He has an outstanding record as a young runner on the track and he runs well every time he gets the call. Our over-age field athletes can all sprint when injury free and they give us great flexibility in these relays.

So all in all a long and interesting day. I think there are a few things to learn from the day. The overage competition is getting much stronger and medals will be very hard to win in future. Our 40+ team is competitive and with the added depth, we will have a real chance if we can get our respective best teams on the track. We missed Dave Abfalter's speed and versatility and both Dom and John Kondogonis were only available for the morning run. We will need to give greater thought to which events we enter for the 40+ and to our running order. I think we did things well for the 4 x 1500, but we could consider both the 4x100 and 4x400 next year and really work on our running order and baton changes.

In the 50+ I am sure that we can do better on the running order for the shorter events. We may also have some new runners coming up an age group in the next year to 18 months. I think that we did well in covering the absence of both Gerry Brown and John Moloney this year. Gerry's pace over 1500 would be telling and John has been a stalwart of all three distances over the past decade which has made our competing in all three on the day possible. So once again we have some reason for optimism in the years ahead.

The KSB womens 40+ team proved that it is the finest in the State with two Gold medals from two events, and we congratulate them on a wonderful performance. We were also very grateful that we did not have to compete in the same heat in the 4x100 - the times say it all.

As I conclude I wish to thank Ron for his great support of all KSB relays teams and the overage teams in particular. I also thank Ian not only as a wonderful reserve, but for his support as club president of all our relay efforts

Finally I wish to thank all our 40+ and 50+ runners for their wonderful support and co-operation at this year's relays. Once again it has been wonderful to work and run with you all. The comradeship that is generated through these events holds us in good stead for the whole year. So congratulations to all who ran, best wishes for rapid recoveries for those injured and good running to all

Very best wishes

Greg Moore