

## **Junior Men's Report Round 4**

We braved the windy Melbourne weather this week out at Aberfeldie, but despite the conditions not being the greatest, we definitely had some sterling results.

### **U/14**

Before I start I just want to congratulate Caleb Hough for getting the national qualifier in the 3000m on Saturday with a superb run of 9:54. Great stuff Caleb. It was James Hall who had a great run, bearing in mind the weather, in the 200m. And likewise, Ben Zarb made it look like the wind wasn't there running a 2:33 in the 800m. Well done to Dom with the run walk combination, doing both the 1500m walk and the 300m run. Congrats to Daniel who was put there running with true KSB spirit. Well done boys.

### **U/16**

One of the highlights of the U/16's was Riley Caines' blistering 200m hurdles. Despite the windy conditions, Riley held his form very well, tearing round the bend for a 28:02. Great stuff Riley. It was the distance boys James, Nicolas and Cory, who gathered some team points which are definitely helping the U/16 boys maintain their third spot on the ladder, closely on the heels of Essendon. We can always count on Lachie's consistent performances in the walking events, both 1500m and the almighty 3000m. Similarly, Shannon was killing it again with the shot in hand with a huge throw of 12.45m. Well done to Lachie again for also battling through the wind during the 3k, and Cory is definitely not forgotten, working hard out on the track after a long cross country on the sidelines. Well done to everyone, Christian and the other Lachlan for getting down on a windy Melbourne day and hope to see you all in tow weeks.

### **U/18**

It was Michael who continued to impress during the 200m, but the U/18 team wouldn't if it weren't for Bryleigh, Tim and Sam who as well as speeding round the 200m bend, also flew round the other bends during the 400m hurdles. Due to the typical Melbourne weather, it wasn't a great day for the 800m, but, there were many consistent times, and some great finishes too. One of these belonging to Sam who passed me in the last 50m, well, you can't do much when someone comes home like Sam. Well done Sam. Despite lacking in the walk side of things, we could be sure we had the shot put side covered, as Bryleigh brought out his big guns, to show up a lot of the other "throwers", including the rest of the U/18's. But intimately, the best result for the U/18's this week came in the medley relay. We were only 3 seconds off the rivals Essendon this week which is a significant achievement which we can thank our superb runners for. Despite getting pipped at the post in terms of team point by Essendon this week, the U/18 boys still remain top of the table after round 4, with many more super rounds to come. Well done fellas.

Great job to everyone who competed this week and good luck to all those competing this week at the All Schools Championships. For those who aren't, I'll look forward to seeing you in two weeks for round five, until then...

Alex