

KSB Season Summer Report 6: Senior Men Round 7.

Our return to Aberfeldie after an unusually hot week saw some excellent individual performances, which as Gerry Brown noted suggest that there may be even better performances ahead. Conditions were very pleasant and there was little or no breeze and many KSB athletes took full advantage. Our men's teams performed in a way that suggested that last week's results were no aberration.

We have completed 7 rounds of the Summer Competition and with 5 rounds to go are really at the business end of things. There were some interesting and disappointing outcomes from Saturday with our only winners being the under 16 team, but Div 2, under 18 and under 14 all came second and the 40+ another third. These results saw some changes to competition ladders with our Div 2 consolidation second position and the under 14 and under 16 still in top spots and moving away from third. The under 18 team moved up into third position and in the 40+ competition we are joined in top position by Essendon with Western Aths only 2 points back. So in terms of finals contention Div 2, the under 14 and under 16 teams only have to keep up their current form and they should be finalists. The under 18 team still has an up hill battle to participate in finals, but is improving its position every week, while the 40+ team is in real danger of being overtaken by Essendon and Western Aths and missing finals action.

Competition	1	2	3	4
Open men Div 2	BRN 40	KSB 29	WTN 20	
Men 40+	KSB 41	ESS 41	WES 39	
U18 men	WES 53	ESS 52	KSB 41	WTN 40
U16 men	KSB 71	WES 69	WTN 56	ESS 48
U14 men	KSB 71	WES 69	BWK 53	ESS 51

Our Div 2 team is a small but dedicated lot and it was great to see Marco Tonelli stepping up to the 400m and running it so well confirming his status as an all round track and field athlete. Jarryd Barrett and Lachie Brown led in the Div 2 1500m runners and did the same in reverse order for the 3k where they were joined by Gerard Feain. We are generally well represented in most events in the junior teams as the lads are doing multiple events and in the Div 2 and 40+ teams our field athletes are regularly doing us proud. Several of our Div2 and 40+ men are also doing multiple events every week so it is difficult to see where we can find significant improvement.

However, in this round we failed to run teams in the Div 2, under 18 and under 14 relays, which is disappointing as the event scores double points and can make a real difference to over all results. We also had no competitors in the 110m hurdles for either Div2 or 40+ teams and we are also under-represented in the jumps so this might allows us to pick up a few extra points in the final rounds. It is interesting that quite often teams are separated by as little as 20 points in 3-400 for their positions at the end of the day.

Despite the draining heat of the previous 4 days, many of our athletes came up with great performances on the day. The 40+ 1500m saw fine running from John Moloney, Ken Roberts, Peter Keighery, Peter Gaffney, Dave Abfalter and Andrew Matthews, and they then fronted up for the 3k and other events again doing well.

Gerry Brown is nursing a troublesome hamstring, but was down there giving us lap times for the 3k which really helps with people going for particular times and PBs. We hope he is back on the track for the next round of competition.

Pete Gaffney and John Moloney both survived the pier to pub swim, and both were very happy with their times. According to John, Peter's time puts him in the elite swimmer as well as elite runner class.

Greg Moore

20 January 2014