

## **Junior Men's Report Round 1**

It was great to see everyone travel out to Werribee for what was certainly a hot and windy round one of the track season. There were many new faces especially in terms of the junior men which is great and all in all, it was a great day for "training", as theorised by the coaches due to weather and other factors. May I also congratulate on everyone for making it through the first round which was succumbed to "minor" delays.

### **U/14 Men**

The under 14 "Men", yes you heard me, "Men", always carry a great vibe amongst themselves which certainly shows in their participation on that which is great to see. And there is certainly no doubting that they are always down for a friendly chat, (shout out to Ethan). Yes, this energy is definitely evident on the track and field and the diversity shows promise for the future. Ben Zarb deserves a huge round of applause after his blistering run in the 1500 (5:16), we all know that it's hard to run into the wind once, yet alone three and a half times, great job Ben. However, Ben may have to look back every now and then as I am sure our new U/14 recruit, Lucas Schwindt, will be close at his heels with the professional KSB training under his belt. Now I certainly don't know how they did it, but maybe you know how Dominic Sykes and Ben Zarb managed to get the *exact* same time (15:97) in the 100m. Ethan and Dom also deserve some respect for completing the walk this week, being a victim of this terror, it is a technical event and anyone who finishes deserves respect. Well Done boys. Well done on a great day every one, Ethan, Alex, Dominic, Lucas, Ben, Daniel and I look forward to your enthusiasm in round 2

### **U/16 Men**

The under 16 boys definitely deserve acknowledgement as with only Lachlan Feain, James Deasy, Shannon Bain and Cory Webster, then were able to score 182 points, putting them 3d on the ladder after round one. Congrats boys on doing so well as a team with just the four of you. With Lachlan tearing up the track for a season best in the 2000m walk, James carrying the team through the distance running and Shannon and Cory, who are launching their javs and discs to a land far beyond, with a few extra numbers, this is the true "dream team". Great effort on Saturday fellas and well done for all getting season bests this week, what a great start to the track season.

## **U/18**

With possibly the largest age group out there on the day, the boys put in a superb effort to bring us under 18 men to the top of the ladder after round 1. The new but certainly no inexperienced new recruits from little Aths, Timothy, Daniel, Samuel with the additional with our already fined tuned printers, were were destined for success on the home straight. Our new distance "rookie", as he goes by, the Tom Jakab himself proved he was one of us (distance runners), with his blistering time in the 1500m again being one of many who's effort showed in a new season best. And as usual, Patrick, Jai and Hughesy continue to impress over the longer distances. Tom kept the almighty Shea on his toes throughout that race, but we can all rely on Shea's consistent and amazingly improved running style and technique to keep all us distance runners on the edge of our blocks, (not that we use them of course). A special shout out to Daniel Bond (11:84), Michael Giancola (11:88) and Samuel Charville (12:45) for their dazzling times in "The Dash" (100m). We were all over the both and field events as well as the hurdles, with Jake Holstein breaking that metal barrier, that being those gigantic hurdles he managed to "run" over. Well done boys on pulling out such great efforts on the first day. A special mention to our really runners who set the track alight with their 47:52, which is a great time.

Again, well done to all juniors who competed on Saturday, bring on round 2.