

## **KSB Season Summer Report 4: Senior Men Round 5 and Zatopak 10k.**

The conditions for round 4 of the summer season at Newport were almost ideal. Newport is always a little breezy - OK it's usually blowing a gale! - but last Saturday the conditions were fine sunny with a gentle breeze and as this was the last round before Christmas some good times could be expected and so it proved.

We were a little down on numbers due to the Little Aths relay championships, but still had good attendance and fielded relays teams in all of the men's grades, which is usually a good sign that we will do well. Our field athletes, once again led the way with Russell Alphey and Anthony Muscara doing well in their events as did the three generations of Tonelli, Shannon Bain, Lachie Pettigrove, Jozo Kalakusic, Dave de Vries and junior men field athletes. We also seemed to do well in the 1500m with both Peter and Jai Keighery putting in big PBs and Dave Ireland, Dom Michienzi, Pete Gaffney, Chris Borg, John K and The Browns keeping up their fine performances. Ian Upton made an impressive return to the 1500.

We are also getting much needed points from our sprinters and hurdlers in Jarryd Barrett, Zach Morrison and the Tonelli father and son team. The sprinters are doing us proud with Scott Sidley, Jayden Ristevski and Marcus Pensa in the U18s, Michael Giancola and Bryleigh Doherty and Jake Holstein in the U16s and Caleb Hough and Dominic Sykes in the U14s all doing well which is great for the KSB men where have been desperate for sprinters for some time. Pat Matthews, Jai Keighery, Alex Sykes, Jake Holstein and Damien Hughes form a powerful U16 team while Caleb Hough, James Deasey, Ben Zarb and Dominic Sykes are the nucleus of our fine U14 team.

Dave Abfalter seemed to be doing everything and John Kondogonis doing multiple events missed the walk but was super impressed with Paul Kennedy's speed as he flashed to the finish with the Feain family walking team just behind. It is great to see so many of our junior men competing in multiple track and field events, which keeps them in contention for the finals and bodes for a great future for KSB.

For round 5, the U16 and U18 men were round winners, Div 2 came in second while the U18 and 40+ teams were third. The 40+ result was a little surprising and disappointing and shows how close the competition is for all our teams. Just a few points here and there on the day can made a big difference to our results We will welcome back Nick Olsen and Phil Robinson after Christmas to boost our stocks along with other who were missing on Saturday and Rob Trott who has a broken toe hopes to be back on track after the Christmas break

The situation with the competition ladders is interesting at the moment as the following table shows:

Competition	1	2	3	4	5
Open men Div 2	BRN 28	KSB 21	WTN 16	WYN 7.5	COB 4.5
Men 40+	KSB 35	ESS 31	WES 29	COB 17	KSB2 15
U18 men	ESS 40	WES 36	WTN 30	KSB 26	BWK 23
U16 men	WES 51	KSB 49	WTN 40	ESS 34	WES2 26
U14 men	KSB 51	WES 49	BWK 38	ESS 37	WES2 20

So our U18 men have a real fight on their hands to make the finals and the other four teams are in first or second place and so well placed for the second half of the season. The U 16 and U 18 men's teams are clear of the third teams at present, but the open men Div 2 and 40+ team are vulnerable as for the 40+ competition only 6 points separate first and third and in Div 2 we are only 5 points clear of Williamstown. So we will need all our of team members for all the post Christmas rounds if we are to hold our positions.

On the 5 December several of our men competed in the Zatopek heat event that is conducted by Essendon Athletics at Aberfeldie. It was quite a stormy day and evening, but luckily the rain held off for the most part, but it blew an absolute gale, particularly down the home straight, which certainly affected times. In the first (slower) heat we had 3 runners Gerry Brown, John Kondogonis and Greg Moore. The race is a rare opportunity for runners to do a 10k on the track and would seem ideally suited to Gerry and John whose capacity for metronomic consistency in pace lap after lap is well known. They both ran wonderfully well to record 38.39 and 39.01. Greg, anything but metronomic or consistent in lap pace came in at 43.51 for his twentieth Zatopek, happy that it was better than 2012.

In the second (faster) heat Dom Michienzi was our sole competitor. Dom was lucky in that there was no rain, but unlucky as he faced a very fast heat and the wind was still blowing in very strong gusts. Dave Jones who runs the event commented that he thought this was the fastest field that had raced in the Zatopek at Aberfeldie and so it proved. The field was very strong and so Dom (I want to be alone) found himself once again on his own for almost the entire race. He ran really well with Gerry calling his lap times and he came in at 36.58 – a great time given that he raced alone and with the wind. The winner ran 31.35 and in heat 2 the winner ran 36.58.

The Zatopek main event was a wonderful night of Athletics, staged in almost ideal conditions. Some of the KSB interest was lost with the injury to Mitch Brown meaning that he did not compete. All at KSB wish him a very speedy return to full fitness and speed.

My sincere thanks to all athletes, Ron, Randy, Cathy and Maria and Ian and the committee for their efforts in 2013

# My Very Best Wishes for a Merry Christmas, and for a wonderful, faster, longer, higher and successful year in 2014.

Greg Moore

15 December 2013