

## **KSB Season Summer Report 2: Senior Men Round 3 and AV 5K Champs.**

After two successful rounds for the open and 40+ men, numbers seemed to be down for Round 3 of the summer season at Newport/ Williamstown. This was perhaps due to the after effects of the AV 5K championships on the previous Thursday night.

However, to some extent looks can be deceiving. The 40+ men turned out to be well-represented in most events and to my surprise we even had a 40+relay team. We also had our multiple event stalwarts in Dave Abfalter and John Kondogonis to keep up the accumulation of points for another win in the round and retention of our leading position.

The open men were down considerably in numbers without Dave Ireland and Chris Borg away, but so too were other teams and so they too still remain in contention for a finals berth. After good opening rounds we are on top in the 40+ competition and are well placed in the Open men competition which gives us a great platform for the rest of the season. It is a very long season this summer and it will be a matter of maintaining numbers in both divisions as best we can.

Another highlight of our men's running team was their fine performances in the State 5K Championships. In the first heat the KSB colours came in first, second and third with Gerry Brown winning in 18.00, Peter Gaffney second in 18.06 and Steph Kondogonis third in 18.12 (a huge PB) ahead of John in 18.30. The second heat saw Lachie Brown in first in a great 16.30, another huge PB, with Dom Michienzi eighth in a fine 17.31. Heat 4 saw Mark DeCampo run 16.00 and remind us how much we miss him when he is unavailable and the B race saw Dave Ireland run a wonderful 15.08.

As always there are many stories behind such performances. Most would have expected Mitch Brown to be the winner on the night, but despite a brilliant 14.25, he was not at his best and it was the other Browns who took the tape. We will all be supporting Mitch at the Zatopek. The great rivalry and team spirit of Gerry and Pete as again on show in their epic battle with Pete chasing, Gerry running with precision and timing and both knowing that the race was on.

When Steph mentioned that she might go under 18.30, John expressed his view that it was unlikely – famous last words! By the way John's time was within 2 seconds of his PB for 5k and he was left wondering if he had a little left at the finish, but soon realized that there was nothing in the tank. Dom was a little disappointed with his time, but is within striking of his PB and it is only 18 months since his knee operation, so it has been a remarkable comeback from injury. Finally, the joys of youth in the great running of Lachie, Dave and Steph.

Best wishes and good running to all

Greg Moore

24 November 2013