

KSB Season Summer Report 3: Senior Men Round 4 and AV Relays.

Well the weather warmed up for round 4 of the summer season and so did the performances of the KSB men's teams. We certainly had a good day on our first outing at Aberfeldie for the 2013-4 season.

We won both the Open Men Div 2 and the 40+ competitions on the day to maintain our great shape for the season finals. However, it was also notable that our junior men also had a great day – first in the under 16 and 14 and second in under 18 junior men's competitions. The closeness of the Div 2 and 40+ results showed just how important competing in each and every event is for the overall result.

As usual, the relays are vital as they score double points and we had teams in every men's competition for round 4. In the men's 40+ competition the dramatic lunge by David Abfalter to take us from third place to second in the relay was the difference between us winning the round or coming in second, as there were only 4 points difference between us and Essendon. It just shows that all those little extra efforts over the season really do pay off.

Saturday's team effort across all of the men's teams was a tribute to us having people compete in as many events as possible and we performed consistently well in both track and field. There were some very fine efforts in sprints, the 3k, walks and field events as athletes are getting into the swing of the season. There have been several PBs and near PBs already this season, especially from our younger crew, and it will be interesting to see how round 5 performances shape up as the last before Christmas and with a break looming. I can only say than you and congratulation to all who did so well at Aberfeldie last Saturday.

Over the previous weekend the State relays were held and here is an abridged report. KSB fielded only 40+ and 50+ and under age teams. Hopefully we will have an open men's team next year. The 50 + team won the 4x1500 gold medal in a time of 20.54 and the 40+ team was very competitive in the same heat in 22.05. The teams were **50+ Team** (In order) Brown, Moore, Kondogonis, Gaffney and **40+ Team** (In order) Abfalter, Matthews, G Keighery, P Keighery. Gerry and Dave got both teams off to flying starts with Dave's great time showing what he can do when has only one event, Gaffers chasing the 40+ Diamond Valley runner was something to behold and Andrew ran his socks off. John K was his usual reliable, consistent self, and the Keighery brothers, taking a similar approach, ran good and consistent legs. Running relays seems to bring out the best in everyone and some great times.

The 40+ team and order for the 4x400 apart from Nick Olsen for Dave were unchanged, but a new look 50+ team was to face them in the same heat: Moloney, Kennedy, Moore, Roberts. This was a memorable event and our teams got the announcer and crowd really going, with Ken Roberts with a slight lead over Peter Keighery, Peter on Ken's shoulder with about 150m to go and so it was all the way to the finish with both teams running 4.36 and the 50+ getting the nod by .03 of a second.

With the completion of the 400, the 40+ team ended their very competitive and successful foray into the world of relays, but the 50+ team had the 4x100 to go. It was as we awaited the

start that I noticed that our team had only one sprinter (Ken) and the rest of us were distance runners/walkers and all the other teams, including eight Diamond Valley runners, and our women's 40+ team were sprinters - we were in trouble! The much awaited showdown between Ken and Tania never happened because she was well gone when Ken got to take off. We finished with a silver in a time of 60.5 seconds, 8 seconds quicker than last year

I thank and congratulate all involved especially members of the 40+ team and the new-comers to relays in the Keighery brothers and Nick. It was also great to welcome Ken back to the 50+ team after a year's absence and how great to have an experienced and able runner in Paul back at KSB after 25 years of competing with Melbourne University. Finally, a special thanks to Ian Upton, our often unsung hero and emergency for all our teams on the day, and as it happened didn't get a run. Thanks also to Ron for his support doing all the paperwork.

The relays are a great day for building the morale and camaraderie of our teams and I look to seeing our open men compete in 2014.

Best wishes and good running to all

Greg Moore

2 December 2013