

KSB Season Summer Report 5: Senior Men Round 6.

Welcome back to competition for 2014. I hope that everyone associated with KSB had a wonderful Christmas and New Year Break.

We returned Lakeside for round 6 of the Summer Competition and are now at the half way mark of the season. The conditions were almost ideal with a warm pleasant day and a very gentle breeze, which picked up a little for the last 5k heat of the day. Following some very good performances in the last round before Christmas and some good times in the Milers Club meet just before Christmas hopes were high for round 6, and the 40+ team was hoping that its third placing in the round before Christmas was just one of those things.

As expected, and as usual for most clubs, numbers were a little down first round back, but we still had good attendance and again fielded teams in all of the men's relays, which is usually a good sign that we will do well. We also thought that some of our opponents were down on numbers. However, looks can be deceiving, especially at Lakeside where people tend to scatter, and so it is hard to get an idea of numbers until you line up for heats. This was certainly the case last Saturday as the stadium looked empty but there were lots of heats.

Lakeside is not proving a great venue in terms of running to schedule for those of us from the Yellow Zone from the west. Once again there were problems with timing gear that saw us well over an hour behind schedule and then the officials brilliantly made up time running the 200 and 800 heats concurrently to get us back to within about 20 minutes before the usual blow out again with the 3k and 5k heats, especially the slower and last heat of the 5k, which finished after 5.45.

All teams were well represented in the field events as well as the track with the junior men doing multiple events ensuring that they were having a good day. The Open Div 2 men while small in numbers did well and saw the welcome return of Rob Trott as he recovers from a broken toe. So how did we go? The junior men led the way winning the under 18, 16 and 14 competitions and so bolstering their positions from the previous rounds (See the points table below). There was great interest in Pat Matthews who was chasing a national qualifier in the 3k – he just missed but ran a fine PB. It was a fine effort by the under 18 team, which tied on the day with Western Aths, which puts them in a much better position than they were in prior to Christmas. The tied result in the under 18 competition reminds us just how important each event and each place can be.

The open men Div 2 team again did well despite its small numbers and put a little extra distance between it and the third team on the competition ladder. Zach Morrison, Marco Tonelli, and Jarryd Barrett in the shorter events and hurdles were well supported by Rob Trott and Gerard Feain in the 5k. Rob ran a smart and conservative race but still a good time and a very welcome return. Our walkers Paul Kennedy and Gerard Feain also picked up valuable points. In the field, it was Marco and Dave de Vries who kept the points coming. The Div 2 competition is very close and will go to the wire it would seem, but our Div2 has again put a little distance between it and the third team on the ladder. Every little helped! The Div 2 team can look to the return of Dave Ireland, Chris Borg, and hopefully Victor Shelamoff, who has reappeared at training after injury in the XCR13 competition, in coming rounds!

The 40+ result was disappointing as we came third again and were well behind Essendon and Western Aths showing how competitive these events have become. This result came despite the best efforts of Dave Abfalder and Peter Keighery who seemed to be doing everything on the track,

and Nick Olsen who was sprinting and doing everything in the field. We also had Dom Michienzi, Andrew Matthews and John Kondogonis in the 5k and Russell Alphey, Phil Robinson and Didimo Tonelli in field events. So this was quite a strong turn out so early after Christmas and it is hard to see where things might pick up in the coming rounds. The 40+ team still leads the competition, but the handy lead that we had been enjoying has gone and we are just one point ahead of Essendon and 5 points clear of Western Aths. With 6 rounds still to go we are no certainty of making the finals.

Pete Gaffney and John Moloney were missed on Saturday as they were taking part in the pier to pub swim, and so hopefully will be back for the next round. Phil lane is still battling with back problems that are keeping him from running at present, so our best wishes to him for a recovery before the XCR14 season.

The situation with the competition ladders after round 6 is very interesting as the following table shows:

Competition	1	2	3	4
Open men Div 2	BRN 34	KSB 25	WTN 18	WYN 6.5
Men 40+	KSB 38	ESS 37	WES 33	COB 17
U18 men	ESS 46	WES 44	WTN 35	KSB 34
U16 men	WES 60	KSB 60	WTN 48	ESS 41
U14 men	KSB 62	WES 58	BWK 45	ESS 45

Greg Moore

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