

Sprints

Kyle Ennis

The weekend started with the daunting 400m, an event I don't specifically train for. Although I just missed my goal, I still achieved a personal best of 0.75, which was a good start. Feeling more confident going into the 100m, I ran a season's best of 10.54.

After a big day, recovery was essential before the 200m, where I ran a solid 20.90 despite it being windy. In the 60m, my reaction time let me down, but I managed a recovery with a time of 6.90.

Overall, it was a rewarding experience, and I have the upmost respect for all the athletes who competed and thank you to all the officials.

60m	6.90	+3.8
100m	10.54	+1.4
200m	20.90	+4.2
400m	50.13	



David Carbon



Kimberly Young



Jacinta Henderson