

## In Focus – Ross Keane

### Full of early promise

Ross started out with a couple of seasons in Little As. Later, as a junior for Melville AC, he used running as pre-season warm up for football and basketball and won his high school 800m and 1500m in his final year. At the State Championships in 1980, he was in the Melville AC 4x800 junior relay team that took first place after a protest. Unfortunately his treasured winner's medal has been lost along the way. Between the ages of 19 and 46 there was an athletics drought in Ross's life. But, wanting to maintain fitness and to keep up with his kids, he then decided to join MAWA.

### Keane by name, keen by nature

He is now well into his second season with the club and has run every distance from 60m to 3000m. He is usually amongst the first few runners home in races of 400m or over and in January set a PBA of 11:30.5 in the 3000m. This is clearly his best distance but what he really enjoys is the shorter 5 or 6km race on a Sunday morning when he just runs for enjoyment. He has recently added the steeplechase to his repertoire, doing all his training over the low barriers of the 2km race. At his first attempt at the higher barriers of the 3km race, he took the M45 gold medal in this year's State Championships in February in just under 12:50.

As a single parent with two young children, Ross finds that, as well as bringing health benefits, running helps him deal with the stresses and strains of daily life. And with daughter Catherine's race times steadily improving as she gets older, Ross is keen to improve *his* race times in order to ensure he keeps ahead of her for as long as possible. But, more importantly, faster times would set him up nicely for the main events of the upcoming State Championships and also for the Nationals in Adelaide. He hopes some time in the future to have the opportunity to go overseas and have a crack at the World Championships.



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