

## 2022 Batavia Recap



### Batavia Results

PRs: 9



Batavia  
Recap  
(Thanks  
Coach  
Couch!)

Batavia Distance Madness is a select invitational with high qualifying standards to ensure good racing throughout the event. This year there were 31 total boys and girls races at the 800, 1600 and 3200 lengths. It's a testament to our depth of talent that 14 Redhawks were admitted to the boys division of the meet - the most of any school, tied with the 14 entries earned by perennial distance powerhouse Lyons Township.

A primary appeal of the Distance Madness meet is a chance to learn how to race in highly competitive situations. In many ways, these races mimic the environment of the state meet. Runners often bump and tangle feet at the start, and look for clear racing lanes. They experience different tactics exhibited by their competitors - blazing-fast starts, controlled paces building to faster laps in the second half of the race, surges within the race designed to tire out others. All tactics that don't necessarily happen in other meets where the ability levels usually have a much wider spread.

**Owen Foster** started the night in the first heat of the 3200, breaking the benchmark 10:00 (indoors!) with an all-time 8 second PR. It's likely an all-time top 20 or better indoor 3200 for the Redhawks - need to check the record books.

**Matt Berryman** and **Julian Brozek** followed with strong 800 races. Matt followed the coaches' race plan perfectly, except the other runners didn't do what the coaches expected, and started the race much more conservatively than assumed. That put Matt behind his target for the first couple of laps, but he maintained discipline and still ran close to his PR, finishing strongly. Julian's race went closer to expectations, and he let the field pull him along until he surged at the end, moving up to 6th place and achieving a more than 2 second PR (2:07.91).

**Nicholas Keeling** ran in the final section of the 3200. He experienced a field that had a controlled first half, reaching the halfway point at about 4:43-4:45, a 9:30 pace, which doesn't tend to lead to PRs for most of the field. Then the leader ratcheted up his lap times, and put some hurt on the other runners. Nicholas stayed with the chase packs, finishing 6th in the section, just 5 seconds off his earlier season PR.

The 1600s showcased the speed being built by the distance crew. **Dylan Evans** led off with an almost 4 second PR at 4:53. **Tyler Browning** took the win in heat 2, closing in 65 seconds for the last 400, with a 9 second PR at 4:43.98. **Nick Kamp** followed closely at 4:46.4, also a PR. **Thomas Mask** had taken a share of the pacing duties that go with being in the front pack for the first several laps, and learned how difficult that can be, though still achieving a 5 second indoor PR with 4:49.2 (tremendous for a guy whose 2021 outdoor PR was 5:13 - look what dedication can do for you!). **Foster Shelbert** ran a PR in the next heat, and put up the fastest soph time of the night, 4:42.5 - 17 seconds faster than his time at the WWS meet 3 weeks earlier. **Samir Hussain** followed in the next section, but took the bait of following a leader who went out too fast, running the first 2 laps in 30 and 33 seconds. He hung tough, and finished with his second fastest 1600 ever, indoor or outdoor. Based on his comments after the race, we'll see smarter and faster racing by Samir the rest of the year.

The final race of the night featured top runners in Illinois, many who will be vying for the 1600 finals at the state meet. The race went out fast, and stayed fast. **Sam Barnard** put himself in

	<p>the 5th position for the first half of the race, hitting the 800 mark in 2:08. The pace took a toll on him, but, like his teammates before him, he stayed in the moment, and ground out another sub 4:30 time. <b>Luke Noren</b> started out a few positions behind Sam during the opening laps, taking advantage of drafting off the pack. When others started to slow, he moved up, chased down those in front of him, ending in a 65 second last 400, and a <b>TOP GUN</b> time of 4:21.86 AND is now the #8 Runner in the 1600 in NCHS Track and Field History (check out our record boards <a href="#">HERE</a>)!</p>
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