

TALKING WITH ... MATTHEW HAYNES

Valley Voice caught up with Matthew Haynes on his return home after his week in Canberra. Matthew was second in the 100m (11.17); 3rd in the Long Jump (6.40m); third in the Triple Jump (13.07m); third in the 200m (22.49); and picked up 3rd place as a member of the Victorian Boys 14 years 4x100m relay and second place as a fill in for the Boy's 15 4x200m relay team. That's six medals in all!

VV: Well done Matthew on a great week of athletics.

Matthew: Thanks. It was great fun but very exhausting by the finish.

VV: You've done pb's in the 100m, 200m, Long Jump and Triple Jump. Does one of these achievements please you more than the others?

Matthew: Probably the Long Jump. I went from 6.35m to 6.40m. But then I am really pleased with the 100m time as well.

VV: You've medalled in every event you competed in at the Pacific Schools Games. What do you see as your next big challenge in athletics?

Matthew: I am hoping to be able to come away from next year's Australian Schools Championships with a few golds. There is also a few things I would like to achieve at the Little Aths State Championships.

VV: You are now a part of the Northern Knights football structure. How long will you be able to combine athletics and football?

Matthew: In the Under 15's and Under 16's, the Northern Knights are very flexible about combining your other sporting interests. By the end of Under 16's though, it does become necessary to make a choice.

VV: I suppose now you will be taking a well earned break.

Matthew: Not just yet. Next week-end we have the State Relay Championships with Little Aths at Olympic Park. Diamond Valley have some great teams in that and we are hoping to do well. After that our family is planning to take a break at the beach for a while, although I will keep on training.

VV: Thank you Matthew and have a really enjoyable Christmas break.