

Kalamunda Reporter

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ATHLETICS

Latecomer Luke making up time

A SUCCESSFUL showing at the WA State Athletics Championships this month has secured Luke English a position in the upcoming Nationals in Sydney.

The Year 8 Mazenod College student blitzed the WA Athletics Stadium racetrack in three events from February 14-16, winning silver in the 1500m and the 800m men U15 and gold in the 400m.

The next stop for Luke will be Sydney in March to compete at the next level.

Not bad for someone who only started taking track events seriously last year.

"I have always enjoyed sport and last year at Mazenod's athletic carnival I began to really enjoy the track events," Luke said.

"I represented Mazenod at the interschool carnival and won most of my events.

"I also broke a record in discus so I decided to try athletics this year."

Even though his sporting interests are diverse (he also loves swimming), Luke said he still has a favourite.

"My favourite event is the 800m. I like this run so much because it is really difficult and challenging; there is a lot of strategy to it," he said.

"(But) my dream since I was very young has been to be an AFL player – it still is."

In the meantime, Luke will be focusing on preparing for the Nationals.

"I usually train six hours a week and I go to two events a week," he said.

"I'm preparing for the Nationals with extra drills."

