

# Teen runs quick

Douglas Estwick

ONLY three training sessions to familiarise herself with the starting blocks was all the preparation Kaitlin Shave needed to claim the state 100m title.

The 14-year-old Clairvaux MacKillop College student claimed the Queensland School State Championship title last month in 12.34 seconds.

On a wet track at the Queensland Sports and Athletics Centre, Kaitlin launched from the blocks, took the lead at the 20m mark, and led all the way to the finish line.

A natural runner, Kaitlin also represented Queensland's under-17 Oztag but admits the tag of Queensland's fastest 14-year-old student surprises her. "I was pretty overwhelmed and emotional about it," she said.

"I didn't expect to win it because I only had a couple of training sessions before the event.

"I thought I might have a couple of training sessions to at least get my block start right. Mum found me a coach that just taught me how to do it properly and gave me a lot of tips."

Earlier in the meet, the Kuraby resident set a per-

sonal best time of 12.29 seconds.

"I've always been pretty good at running the 100m. I just enjoy running," she said.

Kaitlin said she would now focus on the national championships in December.

"I'm going to try my best in the 100m as it's my first time going (to the national championships)," she said.

"I'm not going to overwhelm myself and push myself into trying to win a place or anything."

Kaitlin was also named Clairvaux MacKillop College Junior Sportsperperson of the Year last month.



Kaitlin Shave won the Queensland School State Championship 100m.

Picture: STEPHEN ARCHER