Berwick juniors race on

By Jonty Ralphsmith

Junior runners from the Berwick Little Athletics Club will take part in the state track and field championships at Lakeside Stadium on Saturday 12 March and Sunday 13 March. The children are aged between eight and 12 years old and will contest various running events.

To enhance their acceleration and optimise their maximum velocity, about 20 children have been working with coaches Ashley Gudgeon and Jarrad Kay from the Speed Project since the end of 2021.

The Speed Project have trained top class athletes including AFL players Taylor Adams, Scott Pendlebury and Andy McGrath.

"Our focus is always on improving their first two to three steps so they can build throughout the race and then we have a look at improving their top speed," Ashley said.

"They're a lovely group of kids – they love running and they've listened and learned really well."

Manny Peresso, whose eldest son, Lane, will compete in the 70 metres, 100 metres and 200 metres sprint at the state championships, is confident Lane is adequately prepared.

"They coach, not just train," Manny said.

"The kids understand the cues they give.

"They really look at the technical side of things but put it in an easy to use format for the kids. They allow the kids to explore rather than it being one mould fits all.

"The drills they do are all aimed at improving all different aspects.

"My kids have really enjoyed the challenge and they're getting a lot out of it. There's a social element mixed in as well."

The children have been coached to improve their explosiveness across their first few steps.

Portia Miller has also received training improving her technique and foundations of running, having always taken a keen interesting in running. She will be returning to state level for a third consecutive year in 2022.

"It's really exciting to see all the girls - the top eight throughout Victoria are exceptionally quick," father, Danny said

"She's very disciplined and a very competitive girl - she's just an all-round sportsperson and she's stunning to watch."

Children from the Berwick Little Athletics Club will compete at the State Championships.
Pictures: BELLA LOKE

Lane and Portia are among the children who will be looking to defend their titles after success in 2021.

The Berwick Star News wishes the kids all the best!

FOCUS ON ... COELIAC AWARENESS WEEK

Food for a healthy soul

By Elle Cecil

Having opened in mid 2017, Soulfoods Cafe @ Officer provides delicious, healthy, fresh foods and drinks with gluten, dairy and sugar free options in abundance.

A plant friendly, interesting variety of vegan choices make up the breakfast and lunch menu.

With customer satisfaction the team's first priority, Soulfoods Cafe @ Officer provides coffees with a full range of milk options, freshly squeezed juices and smoothie bowls.

The business also stocks a wide variety of Chelle's Soulfoods Raw Treats.

Like most businesses, Soulfoods Cafe has faced a difficult period throughout the coronavirus pandemic.

"It has been a hard time in the hospitality industry in the last 18 months, but we would like to thank our customers for being loyal and the continued support and patronage that has helped us get through it," says owners Judith Phillips and Shane Baker.

"We appreciate their support and send our heartfelt thanks to [all customers]."

The staff at Soulfoods Cafe are friendly, open and welcoming, with a variety of experience, to provide you with a wonderful dining experience.

"[Our staff] provide great knowledge and passion in the food and drinks we serve, maintaining the reputation that the cafe has gained," Judith and Shane say.

Soulfoods Cafe is located at 20/445 Princes Highway, Officer.

For more information, phone (03) 5942 1225.

Trading hours are Monday to Friday, 7am to 3pm, and Saturday 8am to 3pm.

Judith Phillips, Shane Baker and the rest of the team will welcome you at Soulfoods Cafe.
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