

## XCR 17 Captain's report Boeing Reserve Club Handicaps

The Club Handicaps at Boeing Reserve are part of KSB tradition. The courses are undulating, but quite fast and testing. As handicaps, the competition can be fierce and close and the event has been an important one for many runners to gauge where they are at and perhaps reboot a season after a couple of poorer runs. Would this year be similar?

Things were going to be a bit different as we were without both Ian and Ron for the event. How would the handicaps go? Would they measure up to the closeness of previous years? How would we go without marshals on the course, relying on just a couple of cones (yellow for 8k and white for 4k) at the turning points? Would the sausages be appropriately burnt to the right degree (sorry Ian a bit unfair give the high standard of recent BBQs)? Would the weather be fair or foul?

So the easiest question to answer was the last – it was blowing a gale and very cold. The wind was a problem in both directions, but particularly fierce in the unsheltered spots on the way home. We had two distances this year – the usual 8k for senior runners and a 4K event for the younger group. Twelve intrepid KSB runners fronted for the day but only 9 participated in the handicaps. Cathy and Nicole did the 4k as a training run and Pat ran the 4k as a pre hockey game warm up.

The results are shown in the Table below.

<b>MEN'S 8K</b>	<b>Place</b>	<b>Time</b>	<b>Elapsed Time</b>	<b>WOMEN'S 8K</b>	<b>Place</b>	<b>Time</b>	<b>Elapsed Time</b>
Greg Moore	1	39.08	32.38	Krystal Kunig	1	39.24	52.24
Dave Abfalter	2	39.13	28.12	Maria Abfalter	2	39.42	33.14
John Kondogonis	3	40.44	32.44				
Alex Sykes	4	41.02	26.52	<b>WOMEN'S 4K</b>	<b>Place</b>	<b>Time</b>	
				Kate Abfalter	1	22.07	16.27
<b>MEN'S 4K</b>	<b>Place</b>	<b>Time</b>		Courtney Holstein	2	22.19	20.39
Dom Sykes	1	21.10	15.40				

As you can see, in the 4k event all runners finished within 69 seconds of each other, with Dom the only male competitor and Kate catching Courtney in the last 150 m. Things were just as tight in the 8k event with less than 2 minutes separating all of the male and female runners. It was a fierce and close contest. So things were as close as in previous years, despite the novice handicapper.

Greg led the men all the way, and Dave only caught sight of him with about 300m to go and while he closed the gap, Greg was just able to hold on – cramp in calf got him just after he crossed the line. The run of the day clearly belonged to Alex Sykes who had to run most, if not all, of the distance on his own. He is in great form at present. Greg had caught Krystal with about 150m to go, but Krystal was able to accelerate to the finish line, to keep the fast finishing Maria behind her.

In relation to the lack of marshals on course, the cones on either side of the track worked well for both events. John was a little discombobulated at the 8k turning point, as he thought the course was a little short and Ian always marked the spot with a stick. He was probably right

on all points, and it probably cost him 20 seconds. The 30K run that he had on Friday night probably didn't do a lot for his leg speed either! Dave and Maria were very close at the end, with both running very good races

Many thanks to all who assisted in making for another successful KSB Boeing Club Handicap event. Cathy is thanked for taking all of the finishing times and Nicole, ably assisted by Courtney when she finished her race, provided not only the BBQ, but cooked the sausages for the mandatory end of run sausage sizzle. There were no burnt sausages, the wind, cold weather and expert cooking skills made sure of that, but there were plenty of them. The drinks were also nicely chilled on ice – not sure that they needed to be – but they were refreshing, even bracing, at the end!

For those interested in the detail, for the 8k event, the handicaps were calculated using the runners' pace for a 10k race in 2017 where available and then doing an 8k calculation of the finishing time at that pace. Handicaps were then allocated to see all runners finish at the same time. The same method was used for the 4k, which was based on current season 3k times.

We really missed Ron and Ian from the event this year and we hope that they are both back in their usual roles for the 2018 running of our winter handicaps.