

XCR 17 Captain's report Round 6 Albert Park 10K

The 10K event at Albert Park is one of the XCR season highlights. Despite the big fields, crowded and risky start and tight turns, it is a fast course and attracts many fine runners. Many runners aim for good times and the event gives them a chance to see where they are at during the season. The 9am start again made for quite a chilly start, but the wind was quite moderate, especially compared to winds that were blowing off the lake at about 10.30. So the conditions meant that the possibilities of good times were on offer.

The junior events kicked off at 8.30 and the major event saw a return to the usual format of a joint men and women's race. Last year AV separated the sexes on the basis of safety and a congested start. However, the start while a little slow, seemed to be without incident. Several of the KSB team were out to make the most of things with the stated aim of running well – and most did so! The good performances are reflected in the team results and our positions on the various ladders.

As we gathered under the KSB banner, it seemed that we were a bit down on numbers. The absence of team Kennedy accounted for 4 of the missing, and Lachie Yourn, Owen Leggett and Tom Gorman seem to be tag teaming events – has anyone seen all of them together? Luckily we had Tom available this round. It also seemed that the women's team was a bit down in numbers, but we had a full Div3 and Div 6 in the men's event, and were only one short of a Div 7 team.

While we couldn't field two under 14 teams this round, we still had four runners, all running well over the 3K course. Kye Gillingham 10.39 was first in and then came Dilan Egodawatte 11.20, Elias Kahsay 13.07 and Aidan Cram on 12.33. Our team finished second, and are 2nd on their ladder. If you look at these times compared to the last round, you can see the improvement that they are making week by week. This round we only had two runners in the under 18 event - Jacob Bell 37.38 and Izaak Long 50.59 – but no third member to make up a team and our under 20 men suffered the same fate with Alex Sykes 33.46 (10th place) and Pat Matthews 37.04 running fine times.

In the 10K event, our Div 3 team continued its good form with Sean running 32.36 (51st), Shea Wellington 34.04 (87th), Dom Michienzi 37.39 (10th in his age), Dave Abfalter 38.30 (14th in the age) and Tom Gorman 39.00. The team was second, but our rivals Waverley (4th) and Nunawading (8th) were behind and so the positions on the ladder see KSB and Nunawading tied for top spot with Waverley 2 points back in third. Williamstown is lurking in 4th position and may yet challenge the top three. This is an excellent effort by all the members of our team and we are really back in the frame for promotion, if we can just sustain the good form and put our best athletes on the track, bearing in mind the possible clashes with the City to Surf.

Our Div 6 team finished a commendable 4th. Led by Gerry Brown 39.38 (10th in the age), John Kondogonis 41.00 (12 in the age), Laz Sarris 41.03 and Peter Keighery 41.30. The closeness of the times tells you of the epic battle that took place between John, Laz and Peter over the 10k. They were close throughout and things came right down to the wire. This cements KSB Div 6 in equal 4th position on the ladder, well clear of those below, but well behind the top three teams

Greg Moore 43.15, Russ Cram 46.34 and John Moloney 46.50 rounded out the KSB men, but were one short of a Div 7 team. Once again John and Russ had a close tussle that went right down to the finish. Greg got all the motivation that he could cope with on the day from the fast finishing Maria Abfalter barely 50 metres behind him for most the race.

In the over-age competitions, competition is fierce, with large numbers of teams. Our 40+ team finished 8th and our best performance for the season. Dom, Dave and Laz did us proud and we remain in 10th position on the ladder. In the 50+ men, we were 11th with Gerry, John K and Peter making sure that we remain in the top 10 teams at 7th position on the ladder. Gerry Brown continues his excellent season and is 4th on his age group ladder and John Moloney is 7th in his. Liz Bell is having a great season and is 7th in her age group and while Kerryn Walshe did not run at Albert Park she remains in 5th position for her group. It is great to see KSB maintaining its presence in over-age running for AV.

A reminder for those entering the Melbourne Marathon; please make sure that you join our team, Keilor St Bernard's Athletic Club using the password, ks baths. Also let Greg know and we will see if there is interest in some weekend long runs. At present we have John K, Laz, Russell, and Greg from last year with Gerry still in consideration if all goes well.

A further and more urgent reminder to all that the Club 8k Handicap will take place next Saturday (22 July) at Boeing Reserve. We are without both Ron and Ian for the event this year and so things might prove a little different and the handicaps will be far less professionally calculated, but the fun should be the same. If anyone can lend a hand at the turn points, start or BBQ, please let Greg know – he will need all the help that he can get!