

### **XCR 17 Captain's report Round 3, Crudeness Farm 16k.**

The historic 16k or 10miles is the longest continuously contested running event in Victoria and is of course AV's heritage round. How many of you noticed Gerry Brown running in his North Old Boys singlet from the mid 1980s? Cruden Farm is both a picturesque and challenging venue for a 16K cross country. It is aptly described as an undulating course, but four laps of undulating can take its toll, especially when coupled to a number of sharp turns and a very slippery muddy bog hole crossing.

However, I suspect that the debate about which is tougher Wandin Park or Cruden Farm has been well and truly settled. WANDIN IS HARDER! Not only was there a general consensus at the end of the race, but the data on pace is clear – everyone ran at a quicker pace per Kilometre at Cruden Farm, even over the longer distance.

For the KSB men, we had a good solid effort with strong numbers of runners. Our Div 3 team again came second with Sean running 55.08 and finishing 58<sup>th</sup>. He was followed by Shea Wellington 58.35 who finished well inside the top 100 after another fine run. Then followed the evergreen Gerry Brown in 64.18 (and 3<sup>rd</sup> in his age class) closely followed by Dom Michienzi in 65.12 and Tom Gorman 65.35. It is a bonus to see so many KSB times that are close as it gives some depth to our capacity in Div 3.

We are second on the ladder after three rounds, and this raises the prospect of promotion at the end of the season. It is a very close competition and we will need to be at our best each round if the potential for promotion is to be realised. So we need as many of our runners as we can competing each round - we really need the depth.

Our Div 6 team finished fourth and was led in by Laz Sarras 67.45 who continues to show impressive form then Peter Keighery 70.46, closely followed by racing rival John Kondogonis on 71.01 and Greg Moore in 74.01. We are a creditable fourth on the ladder with good prospects of improving in tutored events.

Paul Kennedy again led our Div 7 team with a 75.43 followed by Russell Cram 80.14, but to no avail as ill-health got the better of John Moloney who recorded a dreaded DNF. We are all hoping that John just had one of those off days that we all have from time to time and will soon be back to his speedy best. It was good to see so many KSB men running and we have the return of regulars such as Dave Abfalter and Owen Leggett to look forward to..

It was great to see our U14 boys team of Elias Kahsay 15.40 Nick Bell 16.25, bolstered by the return of James Sarris 17.17 from injury, do so well. We also fielded a team in the U18 boys with Jacob Bell 29.45, Dom Sykes 35.36 and Izaak Long 44.13. Alex Sykes was our only under 20 runner and finishing 7<sup>th</sup> in 19.29.

Overall there was some good KSB running. Sean and Shea are leading our group, but Laz, Peter keighery and John K are consistently improving each week. Gerry Brown is back to running great races and Paul Kennedy is having an excellent season. Russell was so close to breaking the 5min K pace target that he has set for his races and will surely crack it the next time we are out.

Our women's teams were again a little depleted this round, but it was great to see both Bianca and Elise back in competition. Kerryn Walshe continues her excellent debut season with KSB and finished 6<sup>th</sup> in her age class and is well up in the individual ladder.