

## Taranaki Race Walking Club

Bell Block Burn-Up

17 September 2017

I arrived on course first this morning. Not another sole in sight. Maybe I had wrong day. Wishful thinking as Eric came around the corner setting out cones. The cars soon began to stack up along the roadside as I watched from the warmth inside my car.

Eric soon burst my warm bubble stating he wasn't keen on spreading his lurgy bugs around the course preferring to time keep instead. So I had to get out of the car! While my car suggested it was 15deg outside, my legs told me otherwise. The gusty wind was cold enough to start a round of 'I'm tired' grumblings around the start line.

MaryAnn was first off with a handy 4min lead over Helen and then Michelle. I'm really not sure what Michelle did to upset Helen but Michelle was very firmly 'cast off' today as Helen seemed determined to leave everyone behind from the outset. Despite Michelle's best efforts she could not stop the gap from widening each lap. Dave B had a slim 10s lead over Gaylene who was threatening Dave with all sorts before they even took the first step. After a couple of laps Dave appeared to be having some trouble with his electrics. I would politely suggest he ask Sue for some lessons in disrobing quickly while on the move as Gaylene took advantage of every second's delay. Dave tried hard to make up the lost ground but Gaylene was intent on making him suffer. Anne was left on her lonesome to battle her way after this group today. Previous fast walks never go unnoticed by the handicapper lol. Disbanding this group on the start line seemed to motivate them all to shift up a gear with some good times showing today.

Serena had a slim starting margin over Ross and then Sherryn. Ross took off like a bat out of hell to try to catch her ASAP. Catch her he did, but Sherryn's legs found overdrive today. Once she got going there was no slowing her down as she passed walker after walker. 5th to last starting, moving steadily up to 3rd across the finish line for a fantastic season best race time.

I was certain Jeff had got lost somewhere today. Just when I figured maybe he wasn't on the course, nor had I seen him on the side-lines, I came around a corner and there he was. He seemed to be always tucked around a corner out of sight, perhaps just doing his own thing after a hard week of training. Arthur was pacing himself along at a very steady clip. Sue was also difficult to

spot. Despite starting last as a 5k'er she wasn't hanging about. Alan had a slow drag mostly by himself to chase down the field. He seemed to be too far behind to show on my radar, until, with about 3 laps to go I found him suddenly getting too close for comfort. Everybody was suddenly intent on chasing down MaryAnn, Anne, Arthur and Dave B. Alan & Serena tried desperately to close down the gap on Michelle and Sue but 30+ seconds was the best they were getting. Helen easily held her lead position for line honours, with Gaylene just managing to hold out Sherryn by a squeaky 5s. Ross held on for 4th place in between Sherryn and Sue.

Most interesting to see that almost everyone had a superfast time posted today with many knocking close to 10s or more off their season average per km pace. That's a Fantastic effort everybody! Certainly makes me nervous for what everyone is going to pull out of the hat for next week's finale.

Much appreciation to Trevor and Eric for timekeeping today. The lovely Frances and Kim for their watergirl efforts and motivational words of encouragement. Special thanks to Dave and Verna for sharing their lovely home with us for morning tea.

## Today's Results

Member	Grade	Distance	Estimated Time	Handicap	Race Time	Actual Time
Alan Clarke	M	10	02:00	18:20	1:19:14	1:00:54
Ross Allen	M	10	05:23	15:00	1:18:06	1:03:06
Jeff Wells	M	10	03:50	16:30	1:21:50	1:05:20
Dave Barrett	M	10	14:20	06:00	1:19:17	1:13:17
Sue Park	V	5	43:59	36:20	1:18:15	0:41:55
Arthur Lester	V	5	48:09	32:10	1:20:06	0:47:56
Sherryn Hardy	W	10	04:10	16:10	1:17:24	1:01:14
Serena Coombes	W	10	06:30	13:50	1:18:47	1:04:57
Helen Baverstock	W	10	16:20	04:00	1:14:57	1:10:57
Gaylene Phillips	W	10	14:10	06:10	1:17:19	1:11:09
Anne Fraser	W	10	13:00	07:20	1:21:36	1:14:16
Michelle Nicholson	W	10	16:12	04:10	1:18:27	1:14:17
MaryAnne Costeloe	W	10	20:20	00:00	1:22:30	1:22:30
Helpers	Trevor, Eric, Frances, Kim					