

## Taranaki Race Walking Club

5km Club Championships

29 April 2018

Eric and Rachel – Day One Club Champions

The weather didn't look too good for today's race but I was assured by Peter Fox that the wind was in the wrong direction for rain. He should read the weather on TV, because he was absolutely correct. In fact, towards the end it became sunny and got quite warm.

Seventeen people lined up for the race under the direction of the Club Captain who had got there earlier to set up the course with Eric. Assisting Dave W with the timing for the first time was Kim, who has volunteered to learn how to do it, so she can do her 'bit' for the club. Young Arthur was the water boy and Frances who arrived after the race had just started, was either the gopher or cheerleader.

Off they went with Eric hitting the front straight away closely followed by Rachel & Peter, who walked side by side talking as they are wont to do. Then we had Serena, Alan, Ross, Jeff, Sherryn, Hannah, Helen, Anne, Dave B, Michelle, Gaylene, Daniel (doing 2km) Maryanne & Sue.

Three quarters through the second lap, not much had changed, except Rachel had stopped talking and was a couple of metres ahead of Peter and Helen had overtaken Hannah and gaps were starting to appear between everyone.

Coming to the end of the third lap, Daniel had finished, Eric had stretched his lead to 80m, Rachel was now 20m in front of Peter, who was 60m ahead of Serena. Surprisingly enough, Alan was now 100m behind her, with Sherryn 250m behind him; something wrong here.

Same order for lap four but the gaps between walkers had all increased. The main disadvantage with mass starts for a scribe, is that once competitors have settled into their rhythms, the order rarely changes but the distances apart do.

This being one of the Style Award races, we had two judges on the course, Colin & myself. Personally, I was really pleased to see that we were in accord with our gradings and there was only one-point difference between our total respective scores over the 15 walkers being judged.

It has been decided this year, to add up each individual's score given from each judge and divide it by the number of judges present.

Anyway, back to the race and the final lap. With only 300m to go everyone was giving it there all and in the main, the gaps between walkers had increased. Eric was well clear 200m in front of Rachel (and he's only just started his training for the world champs). Rachel was now 100m in front of Peter (a little bird told me she's in secret training in Stratford). I can't believe she's training, why destroy the habit of a lifetime Rachel? These front runners were now chewing through the rest of the field.

I know it's most frustrating when you start to give it everything towards the end of a race, only to find the person ahead, you are trying to catch, had the same idea.

Norm Read told me once, that you shouldn't sprint at the end of a race to burn someone off, as you can come under the scrutineer of the Chief Judge and a possible DQ. You should get rid of your opponents during the race with that slightly faster cadence for the whole distance.

With all the gaps increasing I could only spot one possible race and that was Anne chasing down Hannah and as they passed me there was only 40m between them with 300m to go, I believe Hannah did enough to keep her lead but it was a good try by Anne. I also thought after the fourth lap, that Michelle was going to take Dave B but he must have done one of his annoying sprints before getting to me, to lengthen the gap between them.

Then it was all around to Sue's for morning tea and a gossip.

N.B. I spoke with Colin before the race and we both agreed that the standard of walking in the club had improved out of sight since last season and only two members today actually walked B Grade, with one of them not far off from being A Grade.

I do feel for Jeff though, who'd be one of the strongest, enthusiastic and determined walkers in the club, who can't, because of gammy knee. The times he does considering his age are extraordinary.

#### VIEW FROM THE SIDE

Our appreciation, as a group, extends to all our helpers. Today, Sue for hosting morning tea, Kim & Dave for timekeeping, Brian & Colin for judging as well as the liquid race action supporters and the set-er-upperers. Thanks everyone.

#### Today's Points

Helen 8 pts  
Eric 7 pts  
Serena 6 pts  
Rachel 5 pts  
Ross 4 pts  
Dave B 3pts

#### Points Trophy Standing

Anne 16 pts  
MaryAnne 16 pts  
Eric 14 pts  
Kim 11 pts  
Serena 11 pts  
Helen 10 pts

#### Style Trophy Standings

Alan Clark 5.50  
Anne Fraser 6.00  
Dave Barrett 4.50  
Eric Kemsley 6.00  
Daniel Gilberd 4.50  
Gaylene Phillips 5.00  
Hannah Gilberd 6.00  
Helen Bavistock 5.00  
Michelle Nicholson 5.75  
Peter Fox 5.75  
Rachel Gilberd 5.50  
Ross Alan 5.00  
Serena Coombes 5.75  
Sherryn Hardy 5.75  
Sue Park 5.00

## Today's Results

Member	Grade	Distance	Place	Estimated Time	Race Time	Difference	Points
Daniel Giberd	J12	2	1st		0:15:23		2
Hannah Gilberd	J16	5	1st	0:34:37	0:35:16	0:00:39	2
Peter Fox	M60	5	1st	0:29:45	0:29:50	0:00:05	2
Ross Allen	M60	5	2nd	0:32:30	0:32:02	0:00:28	4
Eric Kemsley	M65	5	1st	0:29:35	0:28:50	0:00:45	7
Alan Clarke	M65	5	2nd	0:30:30	0:31:19	0:00:49	2
Jeff Wells	M70	5	1st	0:32:32	0:32:32	0:00:00	2
Dave Barrett	M70	5	2nd	0:36:50	0:36:23	0:00:27	3
Rachel Gilberd	W40	5	1st	0:30:00	0:29:21	0:00:39	5
Serena Coombes	W50	5	1st	0:31:30	0:30:50	0:00:40	6
Sherryn Hardy	W50	5	2nd	0:31:00	0:32:56	0:01:56	2
Helen Baverstock	W55	5	1st	0:35:50	0:33:37	0:02:13	8
Michelle Nicholson	W55	5	2nd	0:37:10	0:36:48	0:00:22	2
MaryAnne Costeloe	W55	5	3rd	0:39:20	0:39:14	0:00:06	2
Anne Fraser	W60	5	1st	0:35:50	0:35:35	0:00:15	2
Gaylene Phillips	W60	5	2nd	0:37:00	0:37:11	0:00:11	2
Sue Park	W70	5	1st	0:43:20	0:42:59	0:00:21	2
Helpers	Dave W, Francis, Kim, Arthur						
Judges	Brian, Colin						

## Points Trophy Standings

	Total	Wind Wand	Serena Sprint	First Day
Anne Fraser	16	6	8	2
MaryAnne Costeloe	16	8	6	2
Eric Kemsley	14		7	7
Kim Fougere	11	7	2	2
Serena Coombes	11	2	3	6
Helen Baverstock	10	2		8
Dave Barrett	9	4	2	3
Gaylene Phillips	9	2	5	2
Sherryn Hardy	8	2	4	2
Tony Burrell	8	6	2	
Alan Clarke	6	2	2	2
Arthur Lester	6	2	2	2
Dave Wackrow	6	2	2	2
Peter Fox	6	2	2	2
Ross Allen	6	2		4
Brian O'Shea	5	2		3
Michelle Nicholson	5	3		2
Rachel Gilberd	5			5
Frances Kemsley	4	2		2
Jeff Wells	4	2		2
Sue Park	4	2		2
Trevor Suthon	4	2	2	
Colin Gibbons	2			2
Hannah Gilberd	2			2
Marlene White	2	2		
Peter Dent	2	2		
Tanya Campbell	2	2		