Taranaki Race Walking Club Gibbon's Time Trial 26 May 2019

Wackie's little helpers were on the job early this morning and the course was all set out by the time a car load of us arrived this morning, so thanks for that Peter F and Ross.

Peter D came to do the timekeeping and turned down Serena's offer of help, so that she could walk today, another nice gesture. This meant he had to keep on top of everyone's laps completed, as well as keep an eye the times when we all had to start and finish, not an easy job.

It was a Will it, Won't it, sort of morning with dark threatening clouds (the forecast had been for rain), patches of blue and sunny in parts. The air temperature was cold with no wind, ideal for the walkers, not so good for spectators. Arthur set up his drink stall which actually did a roaring trade despite it being chilly.

Today was the second Style Award day and Colin & Graeme were there to officiate. We were a few short today as Dave W and Helen were up in Huntly doing the half marathon and Eric was doing the same but at Palmerston North. Gaylene was probably on the golf course, although she may have been crook. Tony no doubt was down in Wellington, whilst Marlene was up in Cambridge. Rachel turned out for her first race of the season.

Michelle & MaryAnne were on scratch to get the race underway and following them in order were Dave B, Anne, and Ross/Serena. At the end of their first lap, Michelle was a couple of metres ahead of MaryAnne. These two had a big battle two weeks ago with MaryAnne just edging out Michelle but of course she was only doing 5km and Michelle was doing 10km. This week they were both doing 10km, so the outcome should be different. Anyway, these two were out of sight before Dave B crossed to complete his first lap.

He'd only done about another 100m when Rachel set off. Anne crossing for her first lap was 200m behind Rachel. Both were long gone before Peter F started but he had Serena and Ross to chase who had completed their first lap, even though they were about to turn the corner before he even started.

Finishing her second lap, Michelle was 20m in front of MaryAnne, who for some inexplicable reason, decided to detour to her car to drop off her thermal top; there is a box at the start line for this gear MaryAnne.



Rachel came around to finish her first lap and had already overtaken Dave B. Anne finished her second lap on her own, whilst the pairing of Ross and Serena had Peter F a few metres behind them now.

At the start of lap 3, Michelle had lost MaryAnne but a short time later Rachel passed her. Dave B had Anne only 100m behind as they were on their third lap, with Peter F starting his second about 150m further back. It sounded to me as they passed on their third lap that Serena was coaching Ross. I think that is what is called "A Captured Audience".

Rachel was 30m behind her, as Sue started her race. Michelle was on her fourth lap and could see Rachel way ahead of her with MaryAnne now 200m behind her.

Peter F was on his third lap as he overtook Dave B who was on his fourth. Anne had closed to within 30m of Dave B now. After walking with Serena for nearly 5km, Ross sprinted to cross the line ahead of her but he had finished and she had another 5km to do. That was cruel Ross! However, he must have felt guilty because after catching his breath, he walked another lap alongside Rachel, which made him even more breathless at the end of that.

Laura now started, 40 plus minutes after the pair off scratch, so had everyone to chase but Rachel was only 100m behind her. By lap 5 Anne had overtaken Dave B and was 50m ahead of him. Serena was being chased by Laura with Rachel 200m further back and Peter F was walking on his own.

With two laps to go, Michelle overtook Sue who was throwing her clothes off in an attempt to keep cool; good job she was only doing 5km. Serena was 50m in front of Laura and Peter F was 100m behind Rachel.

At the bell, Michelle was in the lead, 50m ahead of Sue who was 30m ahead of Anne, who was 100m ahead of Serena. Further back and spaced around 50m intervals were, MaryAnne, Dave B, Laura, Peter F and Rachel. This was the time you needed a bike to follow the racers so you could see the race unfold to the end.

The handicapper would have been pleased, because they finished one after another in 10-30m intervals. First across the line was Anne, still upright, arms pumping with a big smile. Serena put in a last-minute effort to out-sprint Michelle for second place and Peter F was just a few steps behind. Then it was Sue, then Laura, who collapsed in a heap at the finish, Dave B, Rachel & lucky last MaryAnne doing it tough after only doing 5km recently.

Peter D must have guessed how the finish was to unfold, as he co-opted and gave Ross a 5min instruction on the stop watch, so he could concentrate on getting the times down on paper.

So, it ended up rainless after all and although us bystanders were a bit chilly, the sweat was pouring off the men and the women were all glowing.

Peter F & Ross collected up the traffic gear and we all retired to Colin & Theresa's for a gossip and a bowl full of her famous bacon soup. So thank you for that guys and to all our helpers today.

| Gibbons Time Trial<br>26May2018 | G                    |      | dist | Season<br>AVG | Est<br>time            | Handicap |           | Clock<br>Time | Actual<br>time | Diff        | Points |
|---------------------------------|----------------------|------|------|---------------|------------------------|----------|-----------|---------------|----------------|-------------|--------|
| Rachel Gilberd                  | W                    | 45   | 10   | 06:02         | 1:00:20                | 0:12:30  | est 66min | 1:19:44       | 1:07:14        | <u>.</u>    | 2      |
| Serena Coombes                  | W                    | 50   | 10   | 07:07         | 1:11:12                | 0:07:58  |           | 1:17:59       | 1:10:01        | 0:01:11     | 7      |
| Anne Fraser                     | W                    | 60   | 10   | 07:28         | 1:14:40                | 0:04:30  |           | 1:17:33       | 1:13:03        | 0:01:37     | 8      |
| Michelle Nicholson              | W                    | 55   | 10   | 07:55         | 1:19:10                | 0:00:00  |           | 1:18:02       | 1:18:02        | 0:01:08     | 6      |
| MaryAnne Costeloe               | W                    | 60   | 5    | 07:46         | 0:38: <mark>5</mark> 0 | 1:22:00  | est 82min | 1:20:00       | 1:20:00        |             | 2      |
| Sue Park                        | v                    | 75   | 5    | 08:31         | 0:42:35                | 0:36:35  |           | 1:18:27       | 0:41:52        | 0:00:43     | 4      |
| Ross Allen                      | М                    | 60   | 10   | 06:48         | 1:07:57                | 0:07:58  | est (5km) | 0:43:40       | 0:35:42        |             | 2      |
| Peter Fox                       | М                    | 60 * | 10   | 06:05         | 1:00:53                | 0:18:17  |           | 1:18:06       | 0:59:49        | 0:01:04     | 5      |
| Dave Barrett                    | М                    | 70   | 10   | 07:42         | 1:17:00                | 0:02:10  |           | 1:19:33       | 1:17:23        | 0:00:23     | 2      |
| Laura Kehley                    | J                    | 16   | 5    | 06:56         | 0:34:40                | 0:44:30  |           | 1:18:54       | 0:34:24        | 0:00:16     | 3      |
| Timer & Helpers                 | Peter D, Arthur      |      |      |               |                        |          |           |               |                | and a state | 2      |
| Judges                          | Brian, Graeme, Colin |      |      |               | 6                      |          | -         | 2             |                |             | 3      |

## **VIEW FROM THE SIDE**