

Points Awarded

Lorraine – 8 points
Rachel – 7 points
Frances – 6 points
Eric – 5 points
Brian – 5 points
Sue – 3 points

Points Trophy Standings

Sue – 52 points
Brian – 46 points
Eric – 43 points
Rachel – 42 points
Marlene – 41 points
Alan – 37 points
Helen – 37 points
Michelle – 37 points



Nana's Back

What a change to this area since we were here a year ago – a new gym on one corner – Rampage – sounds a bit like some of our walkers; a new building going up where one of our markers is. This course length has been a bit like Goldilocks and the 3 bears; one year a bit short, the next a bit long and this year it was just right – well done guys. Eric had a few problems early on as one of the markers shown on the Internet was a picture of Mike – but try as we might we never managed to find him or even a cardboard cut-out.

The weather today was pretty well perfect just like the porridge, seemed a bit of a cool breeze, but once you got going, you hardly noticed it. I'm sure Peter just comes to these events to get a bit of decent weather – we all know what it's like when we head to the Foxtrot.

Thank goodness Eric was here today, Brian was going to explain to Mary- Anne the course layout – it's possible she would have ended up in Inglewood under his instructions. Instead Eric walked the first lap with her as a warmup and with Brian following behind he didn't need to stop to ask for directions – mind you the speed he started at I don't think he could have walked and talked at the same time.

Dave Barrett had his racing face on today and when he started with Sandra, didn't even give the time of day as he raced into the distance. Next up was Michelle who still seemed to have a twinkle in her eye after Lachlin had poked and prodded her on Friday (he's an Osteopath!).

Anne started fast and certainly walked with a very fluent style and Helen of course just walked perfectly (and yes Helen I struggled to catch you). The penultimate group were Tony and Serena followed by Jeff. Tony and Serena seemed to have patched up their differences and had a good natter for 2 laps until Tony got the pip and left her. The last ones away were Rachel, Peter and Eric.

I was slightly lenient with Jeff's handicap today (yes it is a real heart beating in my chest – fuelled by red wine) as he has been struggling with the bot for a few weeks. I was slightly perturbed initially because his initial speed made him look like a sure winner as he closed the gap on me very quickly. After his initial few laps he ran out of energy and never looked like going through the field.

The probable winners today though, soon became very clear. Rachel had certainly had her pre-race warmup and very quickly made inroads on the rest of the field. Chasing her though was Eric who was also going extremely quickly.

Results

Name	Grade	Estimated Time	Handicap	Clock Time	Race Time	Pts
Senior Men						
Eric Kemsley	M	0:56:30	0:23:45	1:19:56	0:56:11	5
Brian O'Shea	M	1:20:00	0:00:15	1:19:56	1:19:41	5
Dave Barrett	M	1:16:15	0:04:00	1:20:17	1:16:17	2
Alan Clarke	M	1:07:00	0:13:15	1:20:38	1:07:23	2
Tony Burrell	M	1:03:45	0:16:30	1:21:27	1:04:57	2
Peter Fox	M	0:57:30	0:22:45	1:22:20	0:59:35	2
Jeff Wells	M	1:01:30	0:18:45	1:23:11	1:04:26	2
Dennis Hastie	M	1:06:00	0:14:15	1:29:20	1:15:05	2
Vets						
Lorraine Eldershaw	V	0:39:00	0:09:30	0:46:44	0:37:14	8
Frances Kemsley	V	0:48:30	0:00:00	0:47:38	0:47:38	6
Sue Park	V	0:39:45	0:08:45	0:48:30	0:39:45	3
Mary Hastie	V	0:44:45	0:03:45	0:51:38	0:47:53	2
Senior Women						
Rachel Gilberd	W	0:58:00	0:22:15	1:18:48	0:56:33	7
Helen Baverstock	W	1:11:45	0:08:30	1:21:04	1:12:34	2
Michelle Nicholson	W	1:15:45	0:04:30	1:21:24	1:16:54	2
Mary-Anne Costeloe	W	1:20:15	0:00:00	1:23:09	1:23:09	2
Serena Coombes	W	1:03:45	0:16:30	1:25:10	1:08:40	2
Anne Fraser	W	1:10:15	0:10:00	1:25:20	1:15:20	2
Marlene White	W	1:10:00	0:10:15	1:29:07	1:18:52	2
Sandra Moratti	W	1:16:15	0:04:00		DNF	2
Juniors						
Hannah Gilberd	G3K		0:10:00	0:32:18	0:22:18	3
Helpers						
Trevor, Denise, Arthur, Wacky, Hannah						2

It was a treat to watch Eric and Rachel in full flight today, they both have very good styles when walking at that speed. With a couple of laps to go Rachel shot past me and went in pursuit of Dave and Brian. Eric also continued to gain ground on the whole field and with one lap to go it was between Rachel, Brian and Eric. Rachel went past Brian for the win and Eric just won on the line from Brian. Dave managed to hold on for 4th. Excellent times, with Eric fastest male in 56m11s and Rachel fastest female in 56m33s.

In the Vets today we had Frances start followed by Mary, Sue and Lorraine (Nana). I wrote a few weeks ago that Frances had found a new competitive streak and today she was seen without her water bottle in hand – this has become very serious!

Our Nana was the last away and looked like she wanted to catch Sue inside of the first lap. Lorraine sped past Sue and Mary and chased after the Bottleless Frances. Lorraine caught her on the final lap to come home first in fastest time of the day – 37m14s – Nana is back to 10K next time; looks like the holiday is wearing off.

Meanwhile Sue was doing her best to catch Frances, but it wasn't to be. The Kemsleys took 2nd in both events! Sue came home in 3rd - perfectly matching her handicap time. Frances did so well against handicap today that for the first time ever she earned placement points for the Points trophy. What must be some sort of record – the winners on handicap in each section were also the fastest walkers in each section.

The race for the Points trophy still has Sue in the lead on 50 points followed by Brian on 46, Eric on 43 and then Rachel on 40. This race is going down to the last event of the season, with only 3 events left where points can be earned.

Many thanks to Brian and Marlene for the morning tea and many thanks to all our helpers today – Denise, Trevor, Eric (course setup), Wacky, Arthur and Hannah on the Drinks station. Well done to Arthur who managed 2K.

Points Trophy

Name	Total	Wind Wand	Ivor's Oakura	Serena Sprint	Norm Read	Odd Ball Relay	Ekiden	Open Walk	Links	Time Trial	Odd Ball	First Day	Fox Trot	Kaimata Open	Road Champs	Burn Up	Marton Wanga	2nd Day
Sue Park	52	2	6	2	8	6		2	2	2	2	7	2	4	2	3	2	
Brian O'Shea	46	2	8	2	2	4	2	2	2	2	2	2	2	7	2	5		
Eric Kemsley	43	4		2	2	2	2	1	2	2	5	6	3	5	2	5		
Rachel Gilbert	42			2	2		2	2	2	8		5	6	2	2	7	2	
Marlene White	41	2	2	2	3	4	2	2	4	2	6	3	2	3	2	2		
Alan Clarke	37	2	2	2	5	2	2	2	3	2	7		2	2	2	2		
Helen Baverstock	37	2	2	2	2	6		2	2	5	2	2	2	2	2	2	2	
Michelle Nicholson	37	3		2	2	8	2	2		2	8	2		2	2	2	2	
Denise Clark	36	7	5	2	2	2		1	5	2	2	2	2		2	2		
Jeff Wells	36	2	2	3	2	2	2	2	2	4	2	2	5	2	2	2		
Sandra Moratti	36			2	2	2	2		2	6		4	8	2	2	2	2	
Dave Barrett	35	2	2	7	6	2		2	2	2	2	2	2			2	2	
Mary Hastie	33	2	2	8	4	2		1	2	2	2	2		2	2	2		
Tony Burrell	33	8	2		2	2	2	2	2	2	3		2	2	2	2		
Frances Kemsley	31	6		2	2	2		1	2	2	2		2	2	2	6		
Ivor Ellis	31	2	2	2	2	6		1	8	2	2			2	2			
Anne Fraser	30			2	2	2	2	2	2	2			2	8	2	2	2	
Arthur Lester	30	6	4	2	8	2							2	2	2	2		
Kim Fougere	30	2	2	2	2				7	2	2	2	7		2			
Mike Nield	30		7	6			2	1	2	2	2	2	2	2	2			
Serena Coombes	29	2	2	2	2	3	2	2		2	2	2		2	2	2	2	
Harry Terwiel	28	2		2	2	2	2	2	2	2	2	2	4	2	2			
Dave Wackrow	27	2	2	4	2		2	1		2	2	2	2	2	2	2		
Gaylene Phillips	27	2	3	5	2	3			2	2	4		2	2				
MaryAnne Costeloe	26		2	2	2	2				2		8		6			2	
Peter Fox	25	2		2	2	2	2		2	3	2	2	2				2	2
Trevor Suthon	25	2	2	2	2	2		1	2	2	2	2		2	2	2		
Dennis Hastie	24			2	2	2		1		7	2	2	2	2			2	
Peter Dent	23	2		2	2	2		1	2	2	2	2	2	2	2			
Sherryn Hardy	20	2	2		2	2		2	6		2	2						
Neil Fagan	16	2	2			2			2		2	2		2	2			
Vanessa Lowl	16		2		2	8		2							2			
Lorraine Eldershaw	12	2												2			8	
Tanya Campbell	8						2	2				2			2			
Sherryn Wilson	6				2			2							2			
Theresa Large	4						2	2										
Alex Terwiel	3						2	1										
Joelle Xavier	3		2					1										
Julie Gardner	2	2																
Juniors																		
Hannah Gilbert	27			3	3			2	3	2		3	3	3	2		3	
Deanna Moratti	4									4								