

*Points Awarded*

Harry – 8 points  
Theresa – 7 points  
Arthur – 6 points  
Julie – 5 points  
Serena – 4 points  
Ivor – 3 points

*Points Trophy Standings*

Serena – 36 points  
Jeff – 34 points  
Tom – 34 points  
Mike – 33 points  
Ivor – 32 points  
Marlene – 31 points  
Alan – 30 points

*Harry and Rachel: 5k Club Champions*

Cowling Road will lose its reputation soon, a bit of a cold breeze greeted us to remind us how this course can be, but compared to some years this was mild. Most times were not as hot as last year, but maybe the cold wind made a slight difference – yes last year, conditions were very mild.

Last year Harry was like a man possessed racing away from Rachel, who just bided her time, easily catching her man and then leaving him by the wayside. This year, Harry seemed to have learnt his lesson and paced himself more evenly – even with her excellent pace downhill Harry never relinquished the lead. Harry is Men's Champion over 5K in 26 minutes 42s (1m29s quicker than last year); Rachel is Women's 5km champion in 27 minutes 31s. In the 3K for the 80 plus age group, Arthur did a very slick 23m 34s. Well done to Hannah who did her 1K in 7m 32s.

Vanessa seems to have taken on a new lease of life in the last few events and once again raced very hard today with steam engine Mike chasing hard. When Vanessa gets up her head of steam though she is one determined lady and was 3<sup>rd</sup> home in 29m43s with Mike in 4<sup>th</sup> in 30m5s.

One of the most contested or congested races is the middle of the pack. This didn't disappoint again this year. On handicap I had Theresa, Tony, Marlene, Sherryn, Julie and myself within a 30 second gap and throw in Serena who on paper should whip us, but in reality ought to be still in holiday mode. Phew how wrong I was – Serena showed us a clean set of heels, I can only assume that she either thought those Italian men were chasing her or she only smelt the bouquet of those Chianti's and Bordeaux without actually swallowing. I knew from Theresa's times that she was strong, but she surprised me how strong and did an excellent 31m36s. Tony, Julie, Alan and Sherryn had the battle that was expected. Tony also surprised me and went strongly uphill – he proved afterwards his age because he had forgotten I had turned 60 and wasn't in his age group – so you could have slowed down Tony. Maybe a trip to Hardy's Health shop for some fish oils or Flaxseed? Now where was I, what was I doing? Oh yes – Tony and Julie battled very hard to the end; Julie went too early though and Tony came home in 32m11s with Julie a further 4 seconds back. Sherryn proved too strong for me on the day and came home in 32m35s beating me by 8 seconds.

## Results

Name	Grade	Distance	Closed Handicap	Race Time	Champ Place	Points
Hannah Gilberd	G12	1K		07:32	1st	2
Mike Nield	M45	5K	29:35	30:05	1st	2
Harry Terwiel	M50	5K	27:15	26:42	1st	8
Tony Burrell	M55	5K	32:20	32:11	1st	2
Alan Clarke	M60	5K	32:35	32:43	1st	2
Dave Barrett	M60	5K	36:20	36:15	2nd	2
Jeff Wells	M65	5K	29:50	31:00	1st	2
Neil Fagan	M65	5K	34:35	34:37	2nd	2
Tom Hastie	M70	5K	36:55	36:59	1st	2
Arthur Lester	M80	3K	23:50	23:34	1st	6
Ivor Ellis	M85	3K	27:40	27:31	1st	3
Rachel Gilberd	W35	5K	27:15	27:31	1st	2
Vanessa Lowl	W45	5K	29:40	29:43	1st	2
Serena Coombes	W45	5K	31:30	31:12	2nd	4
Sherryn Hardy	W45	5K	32:40	32:35	3rd	2
Julie Gardner	W50	5K	32:35	32:15	1st	5
Helen Baverstock	W50	5K	35:05	34:54	2nd	2
Michelle Nicholson	W50	5K	37:00	36:58	3rd	2
Theresa Large	W55	5K	32:10	31:36	1st	7
Gaylene Phillips	W55	5K	35:15	36:35	2nd	2
Anne Fraser	W55	5K	33:40	38:13	3rd	2
Marlene White	W60	5K	32:20	35:01	1st	2
Lorraine Eldershaw	W60	5K	35:15	35:58	2nd	2
Sue Park	W65	5K	40:10	41:36	1st	2
Mary Hastie	W65	5K	44:45	45:16	2nd	2
Helpers						
Brian O'Shea, Dave Wackrow, Trevor Suthon						2

Although this is a championship event, we also earn points towards the end of year Points Trophy. Harry not only took out 1<sup>st</sup> place in the Championship he decided to also take maximum points as well; very deserved though with 100% effort. Theresa was a much deserved second followed by Arthur. Serena somehow managed to get 4 points today, not what one would expect after a holiday; imagine how many points she would have got if she had brought a bottle of red back from France instead of e-mailing me a picture of one from Paris! Serena has taken over the yellow jersey in the Points classification once again.

Many thanks to Sue for the morning tea, above and beyond the call of duty when coming down with the bot! Many thanks to Trevor, Wacky and Brian for helping out, oh and once again to Harry (how many times does he get mentioned today) for setting up the course.

# Points Trophy

Name	Total	Wind Wand	Ivor's Oakura	Serena Sprint	Helen's Special	Norm Read	Ekiden	Odd Ball	Open Walks	The Gibbons Links	Day 1 Trial	Champs
Serena Coombes	36	7	2	2		7	2	5	2	5		4
Jeff Wells	34	2	2	4	2	8	2	3	2	2	5	2
Tom Hastie	34	6	8	2	2	2		6	2	2	2	2
Mike Nield	33	2	6	2	2	6	2	2	2	3	4	2
Ivor Ellis	32	3	5	2	8	2	2	2	1	2	2	3
Marlene White	31	2	2	2	2	2	2	7	2	6	2	2
Alan Clarke	30	2	2	2	2	2	2	8	2	4	2	2
Helen Baverstock	29	8	2	2	2	3	2	2	2	2	2	2
Vanessa Lowl	29	2			4	5	2			7	7	2
Gaylene Phillips	28	2	2	8	2	2		2		8		2
Michelle Nicholson	27	4	2	2	5	2	2	2	2	2	2	2
Sherryn Hardy	27	5	2	2	2	2			2	2	6	2
Harry Terwiel	26	2	2		2	2	2	2	2	2	2	8
Dave Barrett	24	2	2	2	2	5	2	2	1	2	2	2
Dave Wackrow	24	2	7	4	2	2	2	2	1	2	2	2
Sue Park	24		3	2	2	2		2	1	2	8	2
Arthur Lester	23	2	2	2	2	2		2	1	2	2	6
Brian O'Shea	22	2	2	2	2	2	2	2	2	2	2	2
Lorraine Eldershaw	21	2		3	2	2	2	4	2	2	2	2
Julie Gardner	20	2	2		3	2	2		2	2		5
Peter Fox	19	2		2	7	2	2	2		2		
Trevor Suthon	19	2	2	2	2	2		2	1	2	2	2
Kathleen Adamski	18	2	4	2	2	2	2	2	2			
Neil Fagan	17	2	2	2	2	2			2		3	2
Rachel Gilberd	17			7	2	2	2		2		2	2
Eric Kemsley	16	2	2	2	2	2	2	2	2			
Tony Burrell	16	2		2	2	2	2		2	2		2
Mary Hastie	15	2	2	2	2				1	2	2	2
Anne Fraser	14	2		2		2	2		2	2		2
Tanya Campbell	14	2			6		2		2		2	
Sandra Moratti	12			6	2	2			2			
Frances Kemsley	11	2		2	2	2			1	2		
Marion Dent	11	2	2		2	2		2	1			
Denise Clark	9	2			2	2			1	2		
Theresa Large	9								2			7
Valda Goodey	2						2					
Juniors												
Hannah Gilberd	10			3		3			2			2