

Alan's report (I will try to report on some walking)

I woke up Monday morning with various aches and pains; these were unusual because they weren't in my legs, they were in my ribs, not caused by walking but by all the laughter. Might take a



couple of days to recover - that's it no laughing for 2 days! Thank you to everybody in the Club for making it such an amazing weekend. Somehow we manage to compete as hard as we can but at the same time enjoy ourselves to the maximum.

To have 5 teams from TRWC was an excellent effort by everybody - 5 teams out of 16 in total with 2 in the A section and 3 in the B section. Next year it maybe possible to have 3 in the A grade and 2 in the B? The standard of walking has certainly improved with at least 5 members who were walking A grade standard although competing for B teams.

Taranaki Race Walkers A1	1	Tony Burrell	A	05:51	07:49	07:47	07:54	07:50	07:43				0:44.54		07:43	06:14		7.195
Taranaki Race Walkers A1	1	Rachel Gilbert	A	06:32	06:49	06:55	06:55						0:27.11		06:32	05:26		5
Taranaki Race Walkers A1	1	Sandra Moratti	A	07:33	07:38	07:40	07:45	07:43	08:26				0:46.45		07:33	06:14		7.5
Taranaki Race Walkers A1	1	Eric Kemsley	A	06:02	06:29	06:33	06:38	06:41	06:46	06:45	06:41		0:52.35		06:02	05:15		10
Taranaki Race Walkers A1	1	Harry Terziel	A	07:07	07:08	07:12	07:20	07:21	07:15				0:43.23		07:07	05:47		7.5
Taranaki Race Walkers A1	1	Rachel Gilbert	A	06:49	06:45	06:48	07:10						0:27.32	4:02:20	06:45	05:30	2nd	5

The logistics of getting everybody to the relay was mind boggling at times. We had Alex and Michael Lane coming in from Wellington, Tanya was in Tawa with her family for a birthday and picking up a nice people mover (scarf included) - have you seen the mag wheels on it (the car not the scarf). Dennis was in Porirua doing dog duties, but managed to come for the relay and hopefully didn't end up in the dog box afterwards. Ivor had his long weekend away. The Gibbon, Gilbert Moratti clan had netball Saturday afternoon and arrived in full force on Saturday evening. Then of course we had Brian and his entourage of "A" ladies in Serena's Mobile Home - Dave was invited along for safety I think!

Apologies to Sherryn, her first trip overnight with the club and she gets to share a motel unit with Rachel, Sandra and

Michelle. Sherryn listened intently all evening to Rachel and Sandra to ensure she gleaned every last little bit about walking from these experts (I think that's the reason that Vanessa had them sharing). The two items that were particularly drummed into her were the finer parts of relay changeovers and pre-race preparation. They particularly ensured that she learnt all about the Taranaki handover and her skills were finely honed for the next day. The motel units were perfect for the night, except Mike was a little concerned that the bed wasn't very long. He



got in it and found out that it was only long enough for his legs; upon further inspection he discovered somebody had short sheeted the bed! Now my lips are sealed about who would do such a thing, but the joke was certainly a Goodey!

Those that attended the informal dinner at the Totara Lodge got very good value for money at \$25 per head. The club certainly stood out with its jackets and new shirts. We were joined by various members of Wellington Scottish, Auckland and also Quentin Rew. It was good to catch up with friends from other

clubs. The ladies from our A2 team gave us great entertainment about whether they would end up in the Naughty girls' tent or not (the sin bin for red card time penalties!). They seemed to think that it would entice some of us B walkers to enter the A grade just to join them in the Naughty girls tent - very tempting I am sure. Trouble was the ladies A2 team (ably supported by Dave Barrett) walked so well the next day that none of them got "binned". In my capacity as Judge I did try to get Marlene in the stocks, but she came right and walked very well.

Well done to Anne, Marlene, Helen, Serena and Dave Barrett for completing the marathon distance with no demerits. Some excellent walking and certainly gives great testimony to Brian's coaching. This team started at 9:00 with the B teams (purely on a time basis) and were ably led off by Helen who showed an excellent improvement in technique. Second away was Marlene

who scorched through her leg in a time just outside of her New Zealand record. I think she has forgiven me, but it was only a baton and she knew she wasn't 100% on that first lap. Next up was Anne who again performed well over her 7.5K leg, walking well within herself (also very consistent laps). Walking the 10K lap was Serena. Again there has been a vast improvement in technique; the left arm is now part of the body. Although Serena's team was a lap ahead of my team, she is so competitive that when I closed the gap on her, she wouldn't let me pass, in fact at the end she pulled away again! Dave Barrett was next up and walked his usual flawless leg (he at least was polite and let me pass him). Marlene finished the final 5K leg in a good time - this time without a baton from me. They finished in a very good time of 4:54:17.



All of our B teams started with the A2 team, let me go through them one by one. My apologies if I miss anything, but when you are judging, you don't really take in the race properly.

Taranaki Race Walkers A2	8 Helen Baverstock	A	06:47	09:14	09:20	09:24	09:30	09:17				0:53:32		09:14	07:26		7.195
Taranaki Race Walkers A2	8 Marlene White	A	07:34	08:01	08:09	07:55						0:31:39		07:34	06:20		5
Taranaki Race Walkers A2	8 Anne Fraser	A	08:50	08:50	08:45	08:53	08:56	08:56				0:53:10		08:45	07:05		7.5
Taranaki Race Walkers A2	8 Serena Coombes	A	08:14	08:33	08:48	08:36	08:34	08:20	08:23	08:07		1:07:35		08:07	06:46		10
Taranaki Race Walkers A2	8 David Barrett	A	08:58	09:14	09:11	09:09	09:13	08:53				0:54:38		08:53	07:17		7.5
Taranaki Race Walkers A2	8 Marlene White	A	08:20	08:29	08:32	08:22						0:33:43	4:54:17	08:20	06:45	5th	5

The B1 team started with Valda on the first leg. Scottish Red and Trentham walkers shot off at the start, with Manawatu and Valda walking a sensible first lap. At the end of the first lap Scottish had opened quite a lead, but Valda was just behind Manawatu and Trentham. By the end of the second lap Valda was comfortably in second place. This was Valda at her best - very smooth Race walking style, would have had no problems getting through the Judges. After 4 laps, Scottish had about 40 seconds on Valda and that's the way it stayed until the handover to Mike Nield. Mike shot off at the start with his usual aggression and seemed to want make up the 40 seconds in the first lap. He didn't but certainly had caught his prey after 2 laps. An excellent 5K by Mike (his usual grunts and groans of course) and is starting to get smoother with his style - 30:30 was his time.

Michael Lane was next cab off the rank for the B1 team - he went out so fast he looked like he had a bus to catch! Michael went through his 7.5K in quick time, retaining our lead. By this

time Manawatu had gone into second with a fast improving David Cushing. From the moment Dave Wackrow started his leg, the race was won barring any accidents. Dave looks as though he has recovered from his holiday and certainly showed little holiday spirit to the other teams as he opened the gap. Vanessa took over from Dave and walked within herself, but much faster than the last few weeks since her injury. Mike completed the final 5K circuit (5 seconds quicker than his first 5K). TRWC B1 was first team home in 4:25:55, nearly 8 minutes, or 1 lap quicker than Manawatu. They retained their trophy once more.

The B2 and B3 teams were setup to be fairly even so that they could compete against each other. First up were Joelle and Arthur. They both walked very well, with Joelle about 2 minutes ahead of Arthur. This would have been more but some time was lost due to ensure her rolls were correctly adjusted. Next away were Ivor and Kathleen. It's an inspiration to watch Ivor walk and he was the perfect Gentleman and let Kathleen go past. Kathleen walked her best race of the year and was up on schedule. Kathleen handed over to Tanya and Ivor to Lorraine. Tanya showed her smooth racing action and is another that should have been walking A grade. She seemed to be disappointed with her time, but not sure why after having done 3.5 hours the day before! Lorraine broke 7 minutes per K for the first time this year with a very smart walk. Tanya handed over to Dennis and Lorraine to Alan. During this 10K leg Alan took time out of Dennis each lap, but maybe Alan had the advantage of chasing Serena. During this 10K we had the privilege of watching Quentin walk, he passed me after about 300 metres and then twice more during the race. I did about

6K in the time it took him to do 10K.

Alex took over from Dennis (not sure if they used the Taranaki handover?) and Alan handed over to Sherryn. Alex surprised me just how fast he could walk - looked like he was taking it easy but that long stride is deceptive and he did his 7.5K at around 6:30 pace. Sherryn walked extremely strongly and other than a bit of a lean, a few tweaks and will be race walking. Michelle was last up for B2 and Renee for B3 - on everybody's lips was the question - would B2 be b4 B3, or would B3 be b4 B2 (B2 or not B2, that was the question). Michelle had a 5 minute lead at the start of her leg and she walked very well to try to keep Renee from passing. Renee walked superbly and gained 1.5 minutes after the first lap. Another minute was gained on the next lap, but it was too much. Renee couldn't catch Michelle and at the end there was just over 2 minutes between the teams. Renee again should have been walking A grade and did a very good 5K of 32 minutes.



Well done to the A1 team, 2nd placing in the RWNZ National relay. Everybody in the team walked well and to only have 1 dubious minute in the sin bin was testimony to some really good walking. Tony was the first walker on the 7.2K leg and

Taranaki Race Walkers B1	16 Valda Goodey	B	06:12	08:13	08:23	08:21	08:16	08:12				0:47:37	08:12	06:37		7.195	
Taranaki Race Walkers B1	16 Mike Nield	B	07:33	07:37	07:41	07:39						0:30:30	07:33	06:06		5	
Taranaki Race Walkers B1	16 Michael Lane	B	08:01	08:06	08:12	08:21	08:26	08:26				0:49:32	08:01	06:36		7.5	
Taranaki Race Walkers B1	16 Dave Wackrow	B	07:35	07:41	07:29	07:32	07:34	07:39	07:40	07:46		1:00:56	07:29	06:06		10	
Taranaki Race Walkers B1	16 Vanessa Lowf	B	07:27	07:41	07:55	08:03	07:58	07:51				0:46:55	4:25:55	07:27	06:15		7.5
Taranaki Race Walkers B1	16 Mike Nield	B	07:28	07:39	07:36	07:42						0:30:25	07:28	06:05	1st	5	

walked a very respectable 6:14 per K. At the end of the first leg there was only 30 seconds between Auckland and Taranaki. Only 4 seconds separated us from Manawatu. Next up was Rachel in the 5K leg. Rachel showed us her normal smooth walking technique that most of us only dream about. She was very determined to catch Auckland and did so on her 3rd lap. During this leg, Scottish passed Manawatu for 3rd place. Sandra walked extremely well, but was up against David Sim and they managed to get about 5 minutes ahead after this leg. Sandra was close to 6 minutes per K, but had to spend 1 minute on the naughty chair. Eric was next onto the course for the 10K leg. He walked extremely well, looked the best we have seen for some time and motored through in 52:35 - that training is



certainly coming to the fore and hope it all peaks at Sacramento. Harry walked the next 7.5K leg. Only a year ago,

Taranaki Race Walkers B2	21 Arthur Lester	B	06:59	09:16	09:19	09:28	09:31	09:35				0:54:08	09:16	07:31		7.195	
Taranaki Race Walkers B2	21 Kathleen Adamski	B	09:01	09:10	09:19	09:12						0:36:42	09:01	07:20		5	
Taranaki Race Walkers B2	21 Tanya Campbell	B	08:16	08:11	08:22	08:27	08:29	08:33				0:50:18	4:55:08	08:11	06:42		7.5
Taranaki Race Walkers B2	21 Dennis Hastie	B	08:12	08:34	08:36	08:41	08:34	08:38	08:37	08:20		1:08:12	08:12	06:49		10	
Taranaki Race Walkers B2	21 Alex Terwiel	B	07:52	08:15	08:20	08:26	08:13	07:59				0:49:05		07:52	06:33		7.5
Taranaki Race Walkers B2	21 Michelle Nicholson	B	09:04	09:04	09:18	09:17						0:36:43	09:04	07:21	6th	5	

Harry started walking with his technique and he has certainly made vast improvements in that time. It looked like he was

taking it easy and walked a flawless leg at 5:47 per K - not too bad after nearly 36K the day before! He actually took 40 seconds out of Alana's time. Rachel walked the final 5K leg and once again had perfect style. Mind you she achieved every Race walkers dream - received a baton for lifting before she had even passed the Judge previously. Rachel finished the 5K in 27 minutes 30 to give the team a time of 4:02:20, only 6 minutes behind Auckland, but 10 minutes ahead of Scottish Gold.

Well done everybody, excellent racing and entertainment. Thank you to Colin and Brian for judging and to Theresa for your support. The last word is from one of our female walkers, and is the quote of the weekend, on asking one of our Judges how she was walking, she was told she leans forward - she was heard muttering something about an Anatomical illusion!

Michelle's non walking report

What a weekend, en masse we descended upon the upper reaches of Wellington for the Ekiden relay, the only sensible way to do a marathon. At the motel there was some blatant short sheeting of a bed, a subtle takeover of the only beds with the electric blankets by the two roomies who arrived first and a diplomatic tossing of a coin for the double bed in another unit. There was also an experiment along the lines of what happens in the shower when the hot tap in the kitchen is turned on. Not sure what happened in the camper van but do feel free to share any stories.

Sunday dawned, sooner for some than others, and the weather was kind to us, no wind and the sun shining for most of the day, the few spots of rain as I was doing my warm up fortunately didn't amount to anything. Even though we're quite a shy and retiring bunch we certainly made an impact with our two tents up and just about everyone proudly wearing the black and white club uniform. Some people wore their polo shirts on the trip down and tried to add extra colours to the club uniform at lunchtime. Michael Lane decided to add some formality to the post racing uniform by adding a tie, very nice Michael but not club colours. With the club getting such large numbers to these away events and Michael now having a bus drivers licence perhaps the club should be looking at buying a bus for future outings. Sandra had done some last minute shortening of

her tights and went out of her way to double check with the judges that they were short enough, "dad, Rachel are these

ok?" Joelle also had to shorten her pants by rolling them up above her knees, not sure if that's a French roll or not. Personally I don't think the judges got their eyes above her gorgeous colourful shoes. Alan's were green with envy.



Taranaki Race Walkers B3	30	Joelle Xavier	B	06:51	09:06	09:01	08:59	09:00	09:04				0:52:01		08:59	07:14		7:195
Taranaki Race Walkers B3	30	Ivor Ellis	B	11:11	10:58	10:51	10:53						0:43:53		10:51	08:47		5
Taranaki Race Walkers B3	30	Lorraine Eldershaw	B	08:26	08:32	08:41	08:48	08:48	08:46				0:52:01		08:26	06:56		7.5
Taranaki Race Walkers B3	30	Alan Clarke	B	08:10	08:19	08:24	08:24	08:19	08:20	08:19	08:15		1:06:30		08:10	06:39		10
Taranaki Race Walkers B3	30	Sherryn Hardy	B	08:31	08:28	08:28	08:36	08:32	08:28				0:51:03		08:28	06:48		7.5
Taranaki Race Walkers B3	30	Renee Moratti	B	07:39	08:10	08:14	08:00						0:32:03	4:57:31	07:39	06:25	8th	5

The racing started with our second A team starting at the earlier time with the B teams so we had plenty of people to cheer along. It seemed that we had all read the instructions given by David Lonsdale that we give everyone our vocal support. The younger member walking for Auckland was probably very pleased when Rachel found out his name was Andrew and she could stop calling out "go little bloke". I was lucky to have her sing "Michelle ma belle" as she clasped the last lap bell, perhaps it was fortunate that she was racing at the same time as I was or I could have had quite a few last laps. Once again our changeovers were the standout performances of the day, obviously a lot of thought and maybe even some practice had gone into some of them. I do believe there was even a changeover involving a member from another team where flesh was exposed for the touch. I won't mention names but it's nice to see sisters getting on so well, and being so willing to help out fellow competitors with some changeover coaching.



Alan was either getting bitten by insects or doing a little dance while judging so I offered him my insect repellent, and he asked what vintage it was. I explained that I was in the B team so I didn't have to try and bribe him with wine. Seriously (for once) it is always nice to have some familiar faces judging us and even though I personally witnessed Colin heading to his car carrying a few bottles of wine we all know our judges are people of integrity. (Shame on any of you reading that last sentence and thinking Michelle's just thinking about the races to come where she will be judged).

Thank you one and all for another great weekend, you're a great bunch to be around. I do believe one group - travelling in a car - had wind problems as they were going home. (Editor's note - those in the car started to believe that it was true about it being the end of the world, such was the sulphurous nature of said wind!) We only had fog to deal with and maybe getting bumped by another vehicle while at some lights in Wanganui, is

that the same as being 'poked' Renee? Any memorable moments from the van travellers or camper van please fell free to share, someone may even want to write about the walking.

