

Points Awarded

Rachel – 8 points
 Dennis – 7 points
 Sandra – 6 points
 Helen – 5 points
 Jeff – 4 points
 Peter – 3 points

Points Trophy Standings

Sue – 30 points
 Brian – 26 points
 Denise – 26 points
 Dave B – 25 points
 Ivor – 25 points
 Helen – 23 points
 Marlene – 23 points
 Mary – 23 points

*Home Town (and new singlet) Pay off for Racing Rachel*

Perfect conditions for racing yet again at Inglewood and the times certainly show that. No wind, dry, a little on the cool side (tropical for Inglewood, but not us townies) – it reminds me of a saying of my Father's some 50 odd years ago – I was complaining about the cold one Winter's morning (ice on the inside of the windows) – he just said "son you don't know what cold is, the streets have been well and truly aired by the time you are out of bed". No, I still don't understand it either.

Many of us have been pondering over the issue of how you get more people into Race Walking. The brains trust has come up with all sorts of ideas and philosophies around why grown men and women don't want to be seen round the streets wiggling their bums. I have today though hit upon the answer – like all eureka moments the solution is so simple. Food! Look at the turnout for Theresa's world famous soup today – 27 walkers and 3 helpers. The first walk of the season – large turnout because it's called the choca walk. The links – sausages courtesy of Ross' barbecue awaited and look how many turned out. We need Sherryn and Sherryn our chocolate experts to rename our walks – e.g. Gaylene's gateaux. What could possibly go wrong?

I guess I had better talk about today's race, but just one more serious issue to cover off first. Brian has volunteered to become the Handicapper, despite my best efforts to give him and Mary-Anne a hard enough handicap

he managed to go one better. Brian and Mary-Anne were apparently going off to McFarlane's for coffee, but were found out and redirected back to the race.

In today's race, Dennis, Gaylene, Kim and Helen were the first to show their pace. Kim was already well into her second lap by the time I started today and was walking at a good clip. Helen I never even saw for the first 6 laps. As for Dennis, he was off in the distance somewhere and I although I saw him, he seemed to open the gap rather than me close it.

The final two groups of walkers to start today were Serena, Jeff and Tony followed by Rachel, Harry, Mike, Peter and Eric. The initial one of this group to make headway was steam engine Mike and then Eric. Rachel with home advantage shot past me with over 2 laps still to go and started hunting Dennis down. I could also hear Serena puffing behind me; I presume it was because she was working hard rather than excitement at following me. Serena finally got past me with Jeff in hot pursuit. By the last lap the race was between Dennis and Rachel. In the end Rachel came storming home (she reckoned her new turn of pace today was her new go faster singlet recently purchased from Sue – make sure you all buy one) followed by Dennis, Sandra and Helen. Rachel also took fastest female time of 56m54s. Peter found a new lease of life in the race and went past Eric to claim fastest time in 55m19s.

Results

Name	Grade	Estimated Time	Handicap	Clock Time	Race Time	Pts
Senior Men						
Peter Fox	M	0:57:45	0:24:45	1:20:04	0:55:19	3
Eric Kemsley	M	0:57:30	0:25:00	1:20:54	0:55:54	2
Mike Nield	M	0:58:15	0:24:15	1:20:58	0:56:43	2
Harry Terwiel	M	0:59:45	0:22:45	1:20:13	0:57:28	2
Jeff Wells	M	1:02:00	0:20:30	1:19:59	0:59:29	4
Tony Burrell	M	1:03:15	0:19:15	1:21:00	1:01:45	2
Alan Clarke	M	1:06:30	0:16:00	1:20:25	1:04:25	2
Dennis Hastie	M	1:08:15	0:14:15	1:19:08	1:04:53	7
Dave Barrett	M	1:14:45	0:07:45	1:24:48	1:17:03	2
Brian O'Shea	M	1:22:00	0:00:30	1:22:59	1:22:29	2
Vets						
Mary Hastie	V	0:44:15	0:04:30	0:47:56	0:43:26	2
Denise Clark	V	0:45:00	0:03:45	0:48:29	0:44:44	2
Frances Kemsley	V	0:48:45	0:00:00	0:49:15	0:49:15	2
Ivor	V2.5K	0:24:45	0:24:00	0:49:30	0:25:30	2
Senior Women						
Rachel Gilberd	W	1:00:45	0:21:45	1:18:39	0:56:54	8
Serena Coombes	W	1:04:45	0:17:45	1:20:08	1:02:23	2
Marlene White	W	1:10:45	0:11:45	1:21:15	1:09:30	2
Helen Baverstock	W	1:12:45	0:09:45	1:19:47	1:10:02	5
Gaylene Phillips	W	1:13:45	0:08:45	1:20:54	1:12:09	2
Michelle Nicholson	W	1:15:15	0:07:15	1:22:26	1:15:11	2
Anne Fraser	W	1:12:45	0:09:45	1:25:39	1:15:54	2
Kim Fougere	W	1:17:30	0:05:00	1:22:06	1:17:06	2
Sandra Moratti	W	1:20:15	0:02:15	1:19:43	1:17:28	6
Sue Park	W	1:21:00	0:01:30	1:21:48	1:20:18	2
Mary Anne Costeloe	W	1:22:30	0:00:00	1:23:34	1:23:34	2
Juniors						
Hannah Gilberd	G2.5K		0:11:45	0:30:54	0:19:09	2
Deanna Moratti	G2.5K		0:11:45	0:28:49	0:17:04	4
Helpers						
Peter Dent, Trevor, Dave Wackrow						2

With Sue and Brian walking the 10K today it was left to Mary, Denise, Frances and Ivor to fight out the placings in the vet's section. Let me first of all say, "Well done to Frances for your 3rd place today". I lead with this because I know she is very pleased with this result and it could lead onto even more success in the coming weeks as the competitive streak comes out in Frances! Mary and Denise had a good battle today but in the end Mary went past Denise to come home first in the fastest vet time of 43m26s. Looks like your name had to be Hastie or you had to come from Inglewood to feature today!

The points trophy still remains very open this year with Sue still retaining her 4 point gap over Brian and Denise. Now lurking 7 points behind is the perfect one and with the odd ball in a week's time Sue needs to be careful.

It was great having 2 Juniors racing today. Well done to Deanna who did 2.5K in 17m4s and Hannah who did her 2.5K in 19m9s.

Morning tea at Colin and Theresa's was exceptional as usual; we had that much food I think they have enough for the rest of the week. Many thanks to Trevor and Peter on time-keeping, Dave Wackrow on video and Colin keeping a watchful eye on us.

Points Trophy

Name	Total	Wind	Ivor's	Serena	Norm Odd Ball			Open	Links	Time
		Wand	Oakura	Sprint	Read	Relay	Ekiden	Walk		Trial
Sue Park	30	2	6	2	8	6		2	2	2
Brian O'Shea	26	2	8	2	2	4	2	2	2	2
Denise Clark	26	7	5	2	2	2		1	5	2
Dave Barrett	25	2	2	7	6	2		2	2	2
Ivor Ellis	25	2	2	2	2	6		1	8	2
Helen Baverstock	23	2	2	2	2	6		2	2	5
Marlene White	23	2	2	2	3	4	2	2	4	2
Mary Hastie	23	2	2	8	4	2		1	2	2
Alan Clarke	22	2	2	2	5	2	2	2	3	2
Arthur Lester	22	6	4	2	8	2				
Tony Burrell	22	8	2		2	2	2	2	2	2
Jeff Wells	21	2	2	3	2	2	2	2	2	4
Mike Nield	20		7	6			2	1	2	2
Gaylene Phillips	19	2	3	5	2	3			2	2
Michelle Nicholson	19	3			2	8	2	2		2
Rachel Gilberd	18			2	2		2	2	2	8
Eric Kemsley	17	4		2	2	2	2	1	2	2
Frances Kemsley	17	6		2	2	2		1	2	2
Kim Fougere	17	2	2	2	2				7	2
Serena Coombes	17	2	2	2	2	3	2	2		2
Harry Terwiel	16	2		2	2	2	2	2	2	2
Sandra Moratti	16			2	2	2	2		2	6
Sherryn Hardy	16	2	2		2	2		2	6	
Dave Wackrow	15	2	2	4	2		2	1		2
Peter Fox	15	2		2	2	2	2		2	3
Trevor Suthon	15	2	2	2	2	2		1	2	2
Anne Fraser	14			2	2	2	2	2	2	2
Dennis Hastie	14			2	2	2		1		7
Vanessa Lowl	14		2		2	8		2		
Peter Dent	13	2		2	2	2		1	2	2
MaryAnne Costeloe	10		2	2	2	2				2
Neil Fagan	8	2	2			2			2	
Sherryn Wilson	4				2			2		
Tanya Campbell	4						2	2		
Theresa Large	4						2	2		
Alex Terwiel	3						2	1		
Joelle Xavier	3		2					1		
Julie Gardner	2	2								
Lorraine Eldershaw	2	2								
Juniors										
Hannah Gilberd	13			3	3			2	3	2
Deanna Moratti	4									4