

# **Taranaki Race Walking Club**

## **Norm Read Memorial**

### **12 May 2019**

Norm must have pulled some strings to hold off the expected downpours which were forecasted for today's race because despite black threatening clouds only the back markers got a little bit damp on their last lap.

This was a handicapped and an estimated time race, so a mass start. Four were doing 5km with the rest doing 10km.

With the absence of Peter D & Kim, Dave W was called on again to multi task, with timing & lap keeping (see ladies, you are not the only ones who can do two jobs at once, some males can as well) and that's after laying out the course with Eric's help beforehand.

As it was the first of the Style races, Graeme was on hand to help and Serena who wants judging experience volunteered to help as well. With Colin unable to attend, there was just the three of us. Arthur was there on his water stop and Francis was a gopher and encouragement leader.

At the end of the first lap, the order was Eric 100m in front of Peter who was the same in front of, Ross Laura and Tony. Helen was only 20m behind them and had put on a big gap over Anne who had Dave chasing her. He also had a sizeable gap over MaryAnne who led Michelle by 5m who in turn led Gaylene by the same amount. Bringing up the rear was Sue with Marlene a couple of metres further back.

Second lap saw that Eric had doubled the gap between him and Peter who had also doubled the gap to Ross & Laura and they had opened up a 20m gap on Tony. Helen had dropped another 10m on Tony but had doubled her lead over Anne. Dave had dropped off further from Anne but led MaryAnne by 100m now. Michelle was now behind MaryAnne with Gaylene about 20m behind her. Sue was now 5m ahead of Marlene.

# **Taranaki Race Walking Club Norm Read Memorial 12 May 2019**

The gap between Eric & Peter had increased on the start of the third lap, as was that between Peter and Ross who now had a slight lead over Laura who was now doubled the distance ahead of Tony. Before disappearing out of sight, Eric lapped Marlene.

By the fourth lap the field had lengthened and people were starting to walk on their own with large gaps either side of them. The front runners or should I say walkers were starting to lap more and more of the back markers which I know personally know full well, is not a good feeling.

I used to combat this, by roughly working out how far the fast walkers beat me. Then in the next race my aim was to try and cut this distance down. When I did, that was my own victory, irrespective of where I actually finished overall and that gives you a good feeling.

Again, we had races in the race, with Ross, Laura and Tony. Also, MaryAnne, Michelle and Gaylene. Both Laura and MaryAnne were only doing 5km, so could push themselves harder and give them credit, they certainly did that. They were both shattered at the end.

Keeping up with Ross took its toll after 3km on Laura because by the end of the fourth, she'd lost her lead over Tony and Helen had just overtaken her but she was still well ahead of the next walker Anne.

Maybe the effort Ross put out to hold off Laura was too great because for half the race he was a good 80m in front of Tony but ended up 100m behind at the finish.

## **Taranaki Race Walking Club Norm Read Memorial 12 May 2019**

MaryAnne and Michelle had their personal race with the former just in front of her by 5km and they had dropped Gaylene. Whether she also took too much out of herself or not, I don't know but once MaryAnne had finished, Gaylene slowly closed the gap and it was only a last-minute effort that got Michelle across the line first.

Helen kept her style going the whole race and in the last 100m put on a spurt and was actually flowing and looked very, very good indeed. Tony, not the most stylish of walkers did exactly the same for that last 100m and looked the best I've ever seen him walk. So well done you two.

It didn't surprise me that Anne won an estimated time race because she has a constant pace and always looks good with her upright long striding style, which she can keep up, even if doing a marathon.

It will also be special race to win because it was the 25<sup>th</sup> year since the cup was given by Norm's wife Megan, for us to race for. For those who don't know, the last walking race Norm did was on that Kaimata course a few weeks before he died, after a massive heart attack aged 62, during a Masters cycle race. I can recall that race vividly, because I had a 28min start on him and he beat me by half a lap and I was 4yrs younger than him.

It's funny how things work out, because as he was racing on a bike, I was only about 10km away running my last half marathon in Huntly, in which I did a PB, & Norm had a DNF. But his memory lives on in our club, which is all that matters now.



# Taranaki Race Walking Club

## Norm Read Memorial

### 12 May 2019

Many thanks to Anne & Ross for hosting our nibbles, the BBQ sausages always go down well. I always thought that Anne was a little bit nuts and after viewing what lay on her deck, confirmed it.

Many thanks also to Pete & Ross for collecting up the cones etc. and who will take them to our next event in Inglewood.

Norm Read 12May19				HC est	Walker Own est	Clock Time	Est diff	Est pts	HC diff	HC pts	Race pace	Att pts	Total pts
G		dist	AVG										
Laura Keehley	J	16	5 06:57	0:34:35	0:34:00	0:34:51	0:00:51	3	0:00:16	2	0:06:58	2	7
Dave Barrett	M	70	10 07:44	1:17:25	1:16:30	1:17:09	0:00:39	4	0:00:16	3	0:07:43	2	9
Eric Kemsley	M	65	10 05:57	0:59:34	0:59:59	1:00:51	0:00:52	1	0:01:17		0:06:05	2	3
Peter Fox	M	60 *	10 06:05	1:00:46	1:00:13	1:01:25	0:01:12		0:00:39		0:06:08	2	2
Ross Allen	M	60	10 06:39	1:06:29	1:07:14	1:08:31	0:01:17		0:02:02		0:06:51	2	2
Tony Burrell	M	65	10 06:45	1:07:33	1:06:00	1:08:01	0:02:01		0:00:28	1	0:06:48	2	3
Sue Park	V	75	5 08:39	0:43:13	0:43:30	0:42:39	0:00:51	3	0:00:34	4	0:08:32	2	9
Marlene White	V	70	5 09:27	0:47:17	0:47:10	0:45:21	0:01:49		0:01:56	5	0:09:04	2	7
Anne Fraser	W	60	10 07:26	1:14:20	1:14:48	1:15:05	0:00:17	6	0:00:45		0:07:30	2	8
Gaylene Phillips	W	60	10 07:29	1:14:50	1:20:00	1:19:22	0:00:38	5	0:04:32		0:07:56	2	7
Helen Baverstock	W	60	10 06:55	1:09:05	1:11:15	1:10:04	0:01:11		0:00:59		0:07:00	2	2
Michelle Nicholson	W	55	10 07:44	1:17:20	1:17:11	1:19:21	0:02:10		0:02:01		0:07:56	2	2
MaryAnne Costeloe	W	60	5 08:12	0:41:00	0:42:00	0:38:49	0:03:11		0:02:11	6	0:07:46	2	8
Timers + helpers	Dave W, Arthur, Frances											2	2
Judges	Brian, Graeme, Serena											3	3

# Taranaki Race Walking Club

## Points

### 12 May 2019

	Total	Wind Up	Serena Sprint	Burn Up	Norm Read
<b>Points Trophy Accumulation 2019</b>					
Anne Fraser	25	2	7	8	8
Dave Barrett	25	6	8	2	9
Sue Park	24	8	2	5	9
Gaylene Phillips	18	7	2	2	7
Marlene White	17	2	2	6	7
Lauara Keehley	14		5	2	7
Serena Coombes	14	2	2	7	3
MaryAnne Costeloe	13		2	3	8
Brian O'Shea	12	2	2	5	3
Eric Kemsley	12	4	3	2	3
Ross Allen	12	2	6	2	2
Helen Baverstock	11	5		4	2
Peter Fox	10	2	4	2	2
Dave Wackrow	8	2	2	2	2
Michelle Nicholson	7	3		2	2
Arthur Lester	6	2		2	2
Frances Kemsley	6	2		2	2
Peter Dent	4	2	2		
Graeme Harvie	3				3
Tony Burrell	3				3

2019 Style	TOTAL	Norm Read
Eric Kemsley	5.93	5.93
Laura Kehely	5.86	5.86
Peter Fox	5.62	5.62
Helen Baverstock	5.58	5.58
Anne Fraser	5.53	5.53
Michelle Nicholson	5.48	5.48
Tony Burrell	5.10	5.10
Sue Park	5.03	5.03
Ross Allan	5.00	5.00
Gaylene Phillips	4.56	4.56
Dave Barrett	4.43	4.43