

Ivor's Gut Buster



Perfect racing condition greeted the 28 walkers and 3 helpers at Ivor's gut buster today. No wind, a little bit of cloud and a great course. Really pleasing to see 4 Juniors out there again today. Mind you this year it is all boys!

I personally hadn't done Ivor's course for 3 years and wondered what all the fuss was about. Gee I reckon we are getting

soft, we only call this a gut buster because the rest of the courses we do are all now flat. We have a couple of gentle slopes and long fast downhill sections. By the end of it, my gut certainly hadn't shrunk. I reckon everybody enjoyed this course, why else do you keep coming back?

This is the first race of the season and I find it the most difficult to handicap. The first rule I use is to ignore the Wind wand walk results; most of you try to tell me how slow you are this year. The second rule is to ignore the moans and groans (in fact I have threatened to add GST to handicap times - "groaning = special time"). So all I have to go on is results from last year. I think I must have drunk too many of the red wines I have been given pre-season, because I was like a cart horse today.



Well done to Tanya in the women's race today, she shot round the course with an excellent technique (so I am told as I didn't see her); an excellent time of 68m38s and overall winner on handicap. Sheryn Hardy in her first race showed

she has good strength on the hills and was second woman home with Joelle just 13 seconds behind. Marlene White was fastest woman in 67m40s.

The Masters was an excellent race with Ivor determined to win his own event once again. Chasing him were Arthur (metronome) and Tom. Ivor managed to hold on for a well deserved win with Arthur 2nd only 2 seconds ahead of Tom. Fastest time was taken out by Neil in a time of 36m9s. Arthur showed his perfect pace once again - last year his time was 36m45s and this year 36m49s!

I knew I was in trouble when Tony caught me after just over 5K and Jeff was not much further back. It was a good battle to watch as Tony and Jeff started going through the field followed by Mike and then Eric. Jeff was on a mission and although he caught Sheryn just before the finish he couldn't catch Tanya.

Jeff was first Senior Man home followed by Tony and then a further 7 seconds back to Mike. Eric was only a further 11 seconds behind and took fastest time in 55m35s.

Many thanks to Ivor for the use of your house, always a pleasure to go there for morning tea in such a peaceful location. Thank you to the helpers Trevor, Marion and Brian.

Name	Grade	Estimate	Handicap	Clock Time	Race Time	Pts
Senior Men						
Jeff Wells	M	1:02:15	0:14:15	1:14:55	1:00:40	7
Tony Burrell	M	1:05:00	0:11:30	1:16:17	1:04:47	2
Mike Nield	M	1:02:30	0:14:00	1:16:24	1:02:24	2
Eric Kemsley	M	0:55:30	0:21:00	1:16:35	0:55:35	2
Dave Barrett	M	1:12:45	0:03:45	1:17:13	1:13:28	2
Alan Clarke	M	1:06:45	0:09:45	1:17:49	1:08:04	2
Vets						
Ivor	V	0:44:15	0:01:30	0:44:39	0:43:09	8
Arthur	V	0:37:15	0:08:30	0:45:19	0:36:49	4
Tom Hastie	V	0:41:00	0:04:45	0:45:21	0:40:36	3
Neil Fagan	V	0:35:45	0:10:00	0:46:09	0:36:09	2
Sue Park	V	0:39:15	0:06:30	0:47:19	0:40:49	2
Denise Clark	V	0:45:45	0:00:00	DNF	DNF	2
Senior Women						
Tanya Campbell	W	1:11:15	0:05:15	1:13:53	1:08:38	9
Sheryn Hardy	W	1:11:15	0:05:15	1:15:06	1:09:51	6
Joelle Xavier	W	1:12:45	0:03:45	1:15:19	1:11:34	5
Michelle Nicholson	W	1:16:30	0:00:00	1:16:22	1:16:22	2
Helen Baverstock	W	1:12:30	0:04:00	1:16:55	1:12:55	2
Marlene White	W	1:06:45	0:09:45	1:17:25	1:07:40	2
Serena Coombes	W	1:06:45	0:09:45	1:17:37	1:07:52	2
Kathleen Adamski	W	1:14:30	0:02:00	1:18:07	1:16:07	2
Lorraine Eldershaw	W	1:12:45	0:03:45	1:19:16	1:15:31	2
Vanessa Lowl	W	1:02:15	0:14:15	DNF	DNF	2
Juniors						
Cody Campbell	J				0:07:51	2
Jacob Campbell	J				0:08:02	2
Jaide Coombes	J				0:08:34	2
Noah Campbell	J				0:10:02	2
Others						
Frances	5K				0:46:21	2
Mary Hastie	5K				0:44:32	2
Helpers						
Trevor						2
Brian						2
Marion						2