

TARANAKI RACE WALKING CLUB

SERENA'S SPRINT

1 MAY 2016

ANNE BLITZES INGLEWOOD

From Somewhere in the Middle

A nice day for a walk in the countryside this morning with very little wind and slightly overcast conditions. A smaller field of 17 today with a number of members relaxing in Rotorua after some very pleasing efforts in the half and full marathon event yesterday.

I dislike walking Somewhere in the Middle a great deal as it feels like I'm in a race of my own until the last lap. Obviously I need to walk faster or slower if I want some company in the future. Having everyone included in the one race is proving a good mental challenge for many to motivate themselves to catch someone in the often invisible distance. But just when you are in the grips of weariness on the last lap or so, bodies start appearing in the distance to provide the incentive to push on harder.



Brian seemed likely to be a 'shoe-in' early in today's race. He appeared to me as Joe Peg-a-leg in the distance with his black leg support merging into his shorts, but appearances were deceiving because he wasn't slowing down. After a lap or so Anne seemed to become aware of a potential race win and her determined face came on. Harry, became my pick to catch Anne as he seemed to be walking very well today. But I underestimated Brian and Dave Barret's drive for some points. Anne held them all off for an easy 1st home. Brian, Dave B and Harry followed her in, all within 6 seconds of each other. All four walked more than a minute faster than handicap so well done to you all. Arthur walked well coming in 5th dropping 36seconds off his handicapped time for first vet on handicap. I always feel that if you walk more than 1 minute faster than your average you deserve top points. Why is it that 5 people all do this on the same day?

Sadly for Lorraine no one was listening to her prestart comments about not passing her as she started tail end Charlie. But she still held on for fasted Vet time on the day. Sadly also for MaryAnne, the handicapper picked on her hard for her previous big win so she found herself further



back in the finishing field this week. Tony and Marlene had a less than ideal day in the office today but great to see you both still out on the course.

Eric took fastest time honours in the Men's section, Serena fastest Woman.

View from the Back

Not as many here today as a number were away doing the Rotorua Marathon. Then again it's not always quantity that counts. With one forearm in a cast, Sue elected to do the 5km distance, so as I was doing 10km, I started first. Pretty lonely at the front as people like Eric know only too well. After heading back after completing my first km, I saw a line of walkers coming towards me, MaryAnne, Anne, Dave & Michelle in that order and spaced quite evenly apart by about 75m. By the time I had just got to the 2.5km mark, Serena cruised past me and by the time I got to the turnaround point she was a good 100m ahead which she increased significantly throughout the race.

Heading back after doing 3km the following order was still the same but they had all got closer to MaryAnn who was herself eating into my lead with every lap. We then had a line of Tony, Mike, Peter, Harry & Eric. Eric and I crossed each other which made me 3.5km in front of him. Not that I have ever been in that position but I have often wondered what it must feel like, having to rundown that length of lead on someone.

As I was turning at the 4km mark, Tony was only a few steps behind me and I waited and waited for him to go pass but he never did and at the 5km turnaround he was a good 20m behind. I had no idea what was happening to him until after the race. It appears he was walking to his heart monitor and had to keep stopping to allow it to fall. As a puffer myself, get it investigated Tony.

Mike was the next one to pass and he was walking the best I've ever seen him, slower but a far better technique which he told me was his new style, so well done on you Mike, once you get used to it, you will start going faster. Harry passed me next and then Peter. Harry had started the race with a knee bandage on but somewhere along the course he had got rid of it.

Dave had closed up on Anne and only a few steps separated them and Michelle was still hanging in there with a smile still on her face with all of them having passed MaryAnne. I was really surprised as after I was heading back towards the 8km turnaround to see that Anne had dropped Dave completely and he was about 150m behind her. As he said afterwards at race HQ, that after she passed him, they both had a better view.

The 5km walkers were on the course by this time with Lorraine for the second race in a row being lucky last to start. I managed to close in on Sue and passed her at the 7.5km mark and headed after Arthur. At the 8.5km mark so Anne passed me and I never got past Arthur until after 9km, he's a tough guy that man but by then Anne was 100m in the lead which she extended by another 200m by the end, to take line honours. Not bad for a woman with bad ribs after her fall the other week.

Marlene had to pull out again but managed to go a further 500m more than Ivor's race this time. Harry had by then overtaken Peter and Mike and going like the wind and I thought to myself that he would be the next one to pass. I could hear sounds behind me with only 200m to go so gave it my all and managed to get across the line before him. However, when I turned to see, it turned out to be Dave who I had discounted as a contender because the last time I saw him he didn't look at all comfortable and was quite a way behind. However, he had put in one of his famous spurts and closed right up to within 2secs at the end and it was he that held off Harry.

Eric, Peter and Mike had too much to do to make up all the lead us slower ones had and no doubt some of us will pay with a harder handicap for the next race. I hasten to add Mrs Handicapper that they weren't all that far back.

TODAY'S POINTS

Anne – 8 points
Brian – 7 points
Dave B – 6 points
Harry – 5 points
Arthur – 4 points
Michelle – 3 points

POINTS TROPHY STANDINGS

Serena – 15 points
Anne – 15 points
Mary Anne – 12 points
Kim – 10 points
Dave B – 10 points
Sherryn – 9 points
Brian – 9 points

Gary stepped into the breach again to deputise for Peter and Trevor was there as he always is to snap our times, thanks guys. Thanks also to Serena for hosting us without Kevin's input being as he was competing down in Wellington. We were introduced to Oliver Jowsey from Athletics Taranaki who said he was going around seeing all clubs to find out what he could do for them.

By: **Webmaster**

A huge thank-you to Serena and Kevin (in absence) for hosting us today – fantastic venue and hospitality as usual!

Member	Grade	TODAY'S RESULTS		Clock Time	Race Time	Points
		Est time	Handicap			
Senior Men						
Dave Barrett	M	1:17:42	0:10:38	1:27:08	1:16:30	6
Harry Terwiel	M	0:59:28	0:28:52	1:27:12	0:58:20	5
Eric Kemsley	M	0:57:26	0:30:54	1:28:53	0:57:59	2
Peter Fox	M	0:59:57	0:28:23	1:30:35	1:02:12	2
Mike Nield	M	1:03:35	0:24:45	1:45:09	1:20:24	2
Tony Burrell	M	1:04:40	0:23:40	1:45:05	1:21:25	2
Vets						
Brian O'Shea	V	1:25:17	0:03:03	1:27:06	1:24:03	7
Arthur Lester	V	0:43:56	0:44:24	1:27:44	0:43:20	4
Lorraine Eldershaw	V	0:37:40	0:50:40	1:29:26	0:38:46	2
Sue Park	V	0:44:10	0:44:10	1:29:07	0:44:57	2
Marlene White	V	0:38:15	0:50:05	dnfw		2
Senior Women						
Anne Fraser	W	1:18:40	0:09:40	1:26:09	1:16:29	8
Michelle Nicholson	W	1:17:40	0:10:40	1:28:23	1:17:43	3
Serena Coombes	W	1:07:30	0:20:50	1:29:53	1:09:03	2
MaryAnne Costeloe	W	1:20:30	0:07:50	1:30:33	1:22:43	2
Helpers: Gary Fenwick, Trevor Suthon						2

POINTS TROPHY STANDINGS

Name	Wind Total	Ivor's Wand	Serena Oakura	Norm Sprint	Read	Odd Ball Ekiden	Open Relay	Links	Time Trial	Odd Ball	First Day	FoxKaimata Trot	Road OpenChamps	BurnMarton Up Wanga	2nd Day	Wind Down
Serena Coombes	15	8	5	2												
Anne Fraser	15	5	2	8												
MaryAnne Costeloe	12	2	8	2												
Kim Fougere	10	7	3													
Dave Barrett	10	2	2	6												
Sherryn Hardy	9	2	7													
Brian O'Shea	9		2	7												
Alan Clarke	8	2	6													
Gaylene Phillips	8	6	2													
Lorraine Eldershaw	8	2	4	2												
Eric Kemsley	8	4	2	2												
Arthur Lester	8	2	2	4												
Peter Fox	7	2	3	2												
Harry Terwiel	7		2	5												
Gary Fenwick	6	2	2	2												
Mike Nield	6	2	2	2												
Sue Park	6	2	2	2												
Trevor Suthon	6	2	2	2												
Tony Burrell	5	3		2												
Michelle Nicholson	5		2	3												
Dave Wackrow	4	2	2													
Helen Baverstock	4	2	2													
Tamaari Kupe-Kingi	4	2	2													
Tanya Campbell	4	2	2													
Marlene White	4		2	2												
Ivor Ellis	2	2														
Joelle	2		2													
Peter Dent	2	2														
Frances Kemsley	2		2													