## TARANAKI RACE WALKING CLUB The Links Handicap

## Points Awarded

Gaylene – 8 points Vanessa – 7 points Marlene – 6 points Serena – 5 points Alan – 5 points Mike – 3 points



Serena – 32 points Tom – 30 points Ivor – 27 points Jeff – 27 points Marlene – 27 points Mike – 27 points Alan – 26 points Gaylene – 26 points



## Gaylene may have missed the Open, but she is Queen of the Links

I missed this event last year - that was my first weekend in the "rough" so was somewhat surprised when I saw the times – they were unreal. In golfing terms I guess they were on a par with birdies and even some eagles. There was much discussion about course measurement at the time, so this year we ensured the bike was calibrated and had exact placements of cones. Did it make a difference to the times - not a lot! The day was a stunner yet again same weather as last year – sunshine, no wind and a majestic mountain as a backdrop covered with it's first real snow of the winter. Thank goodness this race wasn't a day earlier - the wind on the Saturday was very lazy - it went straight through you instead of around.

I got to experience the course this time and realised what a fast surface it is. An amazing super smooth asphalt surface with no divots and certainly no rough. Coupled with the fact there was no wind and it is virtually flat it is the fastest course you could ever hope to race on. In the Senior event, Michelle was first away followed a couple of minutes later by Gaylene. The speed that Gaylene teed off at showed she had not only been practising her golf, but also her walking. Helen looked superb today with her style and soon got into her stride chasing after Dave Barrett (someone forgot to tell Helen, it's one thing to catch Dave, but it's another to actually beat him!). I like several others took it easy today to prepare for Wellington next weekend (another Tui ad). It's disconcerting to start and then a K or so in you catch a couple of walkers but realise you have to pass them a second time before the end! This type of course is great for open handicap racing, people are always in view. Today I had Tony start 15 seconds behind me and then another 15 seconds back to Serena and Marlene. What a great battle this turned into. Serena decided early on that she was going to beat me and so easily overtook, whereas Marlene bided her time until about halfway through. I always managed though to keep them within 10 metres of me - I was doing a Dave Barrett. I eventually caught Serena again, but I couldn't hold her out and she went past with 5 metres to go as though I was standing still with Marlene finishing 6 seconds ahead of her thanks for a great battle ladies.

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## Results

Name	Grade	Estimated Time	Handicap	Clock Time	Race Time	Pts			
Senior Men									
Alan Clarke	М	1:06:45	0:09:30	1:13:05	1:03:35	4			
Mike Nield	М	1:01:15	0:15:00	1:13:19	0:58:19	3			
Jeff Wells	М	1:02:15	0:14:00	1:13:32	0:59:32	2			
Harry Terwiel	М	0:57:15	0:19:00	1:13:40	0:54:40	2			
Tony Burrell	М	1:06:30	0:09:45	1:13:43	1:03:58	2			
Peter Fox	М	0:58:00	0:18:15	1:13:44	0:55:29	2			
Dave Barrett	М	1:13:45	0:02:30	1:15:09	1:12:39	2			
Dave Wackrow	М	0:59:30	0:16:45	1:20:43	1:03:58	2			
Vets									
Mary Hastie	V	0:45:00	0:01:15	0:45:27	0:44:12	2			
Arthur	V	0:39:45	0:06:30	0:45:58	0:39:28	2			
Tom Hastie	V	0:36:45	0:09:30	0:46:07	0:36:37	2			
Sue Park	V	0:40:30	0:05:45	0:46:21	0:40:36	2			
Ivor	V	0:45:00	0:01:15	0:46:50	0:45:35	2			
Senior Women									
Gaylene Phillips	W	1:14:15	0:02:00	1:11:53	1:09:53	8			
Vanessa Lowl	W	1:02:15	0:14:00	1:12:41	0:58:41	7			
Marlene White	W	1:06:15	0:10:00	1:12:58	1:02:58	6			
Serena Coombe	s W	1:06:15	0:10:00	1:13:04	1:03:04	5			
Sherryn Hardy	W	1:08:45	0:07:30	1:13:59	1:06:29	2			
Michelle Nichols	son W	1:16:15	0:00:00	1:14:02	1:14:02	2			
Helen Baverstoo	ck W	1:11:00	0:05:15	1:15:10	1:09:55	2			
Anne Fraser	W	1:10:30	0:05:45	1:16:01	1:10:16	2			
Julie Gardner	W	1:07:15	0:09:00	1:16:47	1:07:47	2			
Others									
Frances	5K				0:48:30	2			
Helpers									
Denise, Trevor, Brian 2									

Jeff (I feel really sluggish, I'll do 6:15 pace today) and Vanessa started together with Mike a further minute behind. Once again this grouping worked hard and pushed each other for a fast pace (they were all taking it easy before Wellington). Jeff and Vanessa stayed together 5 or 6K and I could see them gradually closing the gap on the rest of the field – at sub 6 minutes per K, yep really pleased you were taking it easy. Vanessa decided to take it even easier and so left Jeff and made her move on the front ones. Meanwhile steam engine Mike got up to maximum speed after about 5K and looked like catching Vanessa. The last two to start were Peter followed 45 seconds later by Harry. As Harry is doing the Wellington marathon next week he took it really easy and so caught Pete after a couple of K and then they proceeded to chase the field. Gaylene though proved too strong today holding out the field in doing a PB of 69m53s. Vanessa was next home followed closely by Marlene, Serena and Alan (1<sup>st</sup> male). Fastest time today was Harry in a take it easy PB of 54m40s. Vanessa was fastest female also in a take it easy time of 58m41s. Jeff was very happy to have his sub 60 round today doing an exceptional 59m32s. There were also PBs for Alan, Serena, Marlene and Mike.

In the Vets events this year, whatever handicaps I have been doing then Tom has kept beating them, until today! Instead he decided to be a gentleman and let his wife win – well done Mary. Meanwhile Sue and Arthur decided to have an extra self imposed handicap and on 2 of the laps turned at the event cones instead of the actual turn – they probably lost about 30 seconds. Arthur was second home and Tom was third. Tom took out the fastest time in a very smart 36m37s.

The whole event was topped off by Ross doing sausages on the BBQ for us. That has set the bar pretty high for morning teas – an excellent challenge for everyone – many thanks Anne and Ross. Also a big thank you to Trevor and Denise for doing the time keeping today.

Can the surface of a course make such a difference to people's times? To have many people do 2 to 3 minutes faster than handicap is phenomenal. I think the surface is one factor, another is the course is flat and then another is that people were racing – you were always in view and so walked your hardest to catch others.

Name	Total	Wind Wand	Ivor's Oakura	Serena Sprint	Helen's Special	Norm Read	Ekiden	Odd Ball	Open Walks	The Links
Serena Coombes	32	7	2	2	opeciai	7	2	5	2	5
Tom Hastie	30	6		2	2	2		6	2	2
Ivor Ellis	27	3	5	2	8	2	2	2		2
Jeff Wells	27	2	2	- 4	2	8	- 2	- 3	2	2
Marlene White	27	2	- 2	2	- 2	2	- 2		2	6
Mike Nield	27	2	6	2	2	6	2	, 2	2	- 3
Alan Clarke	, 26	2	2	2	2	2	2		2	4
Gaylene Phillips	26	2	2		2	2		2		
Helen Baverstock	25	8	2	2	2	3	2	2	2	2
Michelle Nicholson	23	4	2	2	5	2	2	2	2	2
Dave Wackrow	22	2		4	2		2	2		2
Dave Barrett	20	2	, 2	2	2	5	2	2		2
Vanessa Lowl	20	2			4	5	2			
Peter Fox	19									
Sherryn Hardy	19	5								
Brian O'Shea	18									
Kathleen Adamski	18		4							
Lorraine Eldershaw	17			3				4		
Eric Kemsley										
Harry Terwiel										
Arthur Lester	15									
Julie Gardner	15				3					
Trevor Suthon	15									
Sue Park	14									
Tony Burrell	14									
Rachel Gilberd	13									
Anne Fraser	12									
Neil Fagan	12									
Sandra Moratti	12									
Tanya Campbell	12									
Frances Kemsley										
Marion Dent										
Mary Hastie										
Denise Clark										
Theresa Large										
Valda Goodey										
Juniors										
Hannah Gilberd										

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