

Race Walking event

5km & 10km Road Race

14 July 2018

Dantes Road

Trentham

Report from Terri Grimmitt

The sunny, calm weather produced some good results in this event with personal best times from Clive McGovern and Ron Soper, our first and second walkers in the men's 10 km. Congratulations!

Jacqueline Wilson who won the women's 10 km event is in good form in preparation for the World Masters Track and Field Champs in Malaga in September.

Liam Dunlop-Brown once again competed, this time joined by his 8 year old brother Kieran who impressed with his technique and his time of 7:45 for his first ever 1 km race.

Another junior to impress was Daniel du Toit who walked 5 km in the excellent time of 24:43. Well done to all three young men!

Many thanks to our helpers who made this event possible: Geoff, Warren, Marian, Karen, Ian, Ben, Anne and Bart; and judges John, Philip and Phillip.

10 km race

'A' Division

Place	Race Name No	Club	Time	lap 1		lap 2		lap 3		lap 4		lap 5		lap 6		lap 7		lap 8		lap 9		lap 10		Avg min/km
				Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	
1 M	111 Clive McGovern	Trentham	1:01:29	06:07	06:07	12:13	06:06	18:16	06:03	24:22	06:06	30:29	06:07	36:42	06:13	42:51	06:09	0:49:11	06:20	0:55:24	06:13	1:01:29	06:05	06:09
2 M	2130 Ron Soper	Trentham	1:03:37	06:22	06:22	12:40	06:18	19:00	06:20	25:21	06:21	31:43	06:22	38:08	06:25	44:30	06:22	0:50:53	06:23	0:57:20	06:27	1:03:37	06:17	06:22
1 W	103 Jacqueline Wilson	Trentham	1:05:14	06:23	06:23	12:43	06:20	19:13	06:30	25:45	06:32	32:22	06:37	38:57	06:35	45:32	06:35	0:52:13	06:41	0:58:48	06:35	1:05:14	06:26	06:31
3 M	110 Joe Antcliffe	Trentham	1:07:53	06:30	06:30	13:16	06:46	19:59	06:43	26:47	06:48	33:31	06:44	40:19	06:48	0:47:14	06:55	0:54:13	06:59	1:01:11	06:58	1:07:53	06:42	06:47
2 W	107 Arlene Wong-Tung	Scottish	1:14:19	07:16	07:16	14:41	07:25	21:59	07:18	29:29	07:30	36:56	07:27	44:29	07:33	52:03	07:34	0:59:30	07:27	1:07:01	07:31	1:14:19	07:18	07:26
3 W	104 Daphne Jones	Scottish	1:18:55	07:20	07:20	14:49	07:29	22:27	07:38	30:16	07:49	38:17	08:01	46:14	07:57	0:54:22	08:08	1:02:32	08:10	1:10:48	08:16	1:18:55	08:07	07:53

'B' Division

1 M	2132 Ian Morton	Scottish	1:08:20	06:31	06:31	13:15	06:44	19:58	06:43	26:46	06:48	33:29	06:43	40:18	06:49	0:47:13	06:55	0:54:12	06:59	1:01:10	06:58	1:08:20	07:10	06:50
2 M	2145 John Hines	Scottish	1:23:34	08:01	08:01	16:12	08:11	24:32	08:20	32:57	08:25	41:24	08:27	49:56	08:32	0:58:25	08:29	1:06:50	08:25	1:15:16	08:26	1:23:34	08:18	08:21

5 km race

'A' Division

1 M	536 Daniel du Toit	Trentham	24:43	04:48	04:48	09:45	04:57	14:45	05:00	19:47	05:02	24:43	04:56	Avg min/km 04:57
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'B' Division

1 W	1597 Andrea Adams	Olympic	40:11	07:51	07:51	15:50	07:59	23:53	08:03	31:59	08:06	40:11	08:12	08:02
1 M	468 Murray Gowans	Scottish	46:49	09:13	09:13	18:38	09:25	27:57	09:19	37:27	09:30	46:49	09:22	09:22
2 M	101 Peter Tearle	Scottish	54:22	10:14	10:14	20:52	10:38	31:46	10:54	42:53	11:07	54:22	11:29	10:52

Juniors

2 km

1 M	893 Liam Dunlop-Brown	Mana	0:12:38	06:22	06:22	12:38	06:16	Avg 06:19
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1 km

1 M	890 Kieran Dunlop-Brown	Mana	0:07:45	07:45	07:45	07:45
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