

## Race Walking event

Wellington Road Championships

18 August 2018

Dantes Road Trentham

Report from Terri Grimmett

A light rain fell throughout much of the race. This may have contributed to the results being slower for most walkers but illness and injury was also a factor.

Congratulations to our championship winners: Sean, Clive, Jackie, Barbara and Daniel.

Sean Lake was in hospital earlier in the week so did really well to complete 10 km. I have been recovering from injury and flu and was pleased to go under 75 min for the 10 km.

We were grateful for the covered breezeway where the lap scorers could shelter out of the rain and pleased that the strong breeze that often blows through there was not present.

Good luck to Jackie Wilson, Peter Tearle and John Hines who are heading to Spain to compete in the World Masters Champs.

Many thanks to our officials, judges, those who set up the course and also to Louise McDonald who attended as the event Referee.

### 10 km race

#### 'A' Division

Place	No.	Name	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		Elapse	Split
<b>Championship</b>																											
<b>Open Men</b>																											
1	M	2130	Sean Lake	Scottish	<b>1:05:18</b>	05:55	05:55	12:11	06:16	18:37	06:26	25:10	06:33	31:44	06:34	38:27	06:43	45:12	06:45	0:51:54	06:42	0:58:38	06:44	1:05:18	06:40	<b>06:32</b>	
<b>Men's Masters 50+</b>																											
1	M	111	Clive McGovern	Trentham	<b>1:03:31</b>	05:56	05:56	12:12	06:16	18:38	06:26	25:11	06:33	31:45	06:34	38:27	06:42	44:46	06:19	0:51:01	06:15	0:57:18	06:17	1:03:31	06:13	<b>06:21</b>	
2	M	110	Joe Antcliffe	Trentham	<b>1:07:31</b>	06:24	06:24	12:57	06:33	19:35	06:38	26:18	06:43	33:02	06:44	39:51	06:49	0:46:44	06:53	0:53:38	06:54	1:00:37	06:59	1:07:31	06:54	<b>06:45</b>	
<b>Men's Under 18</b>																											
1	M	536	Daniel du Toit	Trentham	<b>25:37</b>	05:00	05:00	10:10	05:10	15:21	05:11	20:30	05:09	25:37	05:07	<b>min/km</b>											<b>05:07</b>
<b>Open Women</b>																											
1	W	103	Jacqueline Wilson	Trentham	<b>1:06:20</b>	06:20	06:20	12:51	06:31	19:28	06:37	26:08	06:40	32:47	06:39	39:28	06:41	46:14	06:46	0:52:59	06:45	0:59:45	06:46	1:06:20	06:35	<b>06:38</b>	
<b>Women's Masters 35+</b>																											
1	W	890	Barbara Morrison	Olympic	<b>1:13:24</b>	07:08	07:08	14:25	07:17	21:38	07:13	28:57	07:19	36:15	07:18	43:36	07:21	50:58	07:22	0:58:23	07:25	1:05:58	07:35	1:13:24	07:26	<b>07:20</b>	
2	W	107	Terri Grimmett	Scottish	<b>1:14:35</b>	07:14	07:14	14:26	07:12	21:39	07:13	28:58	07:19	36:16	07:18	43:48	07:32	0:51:28	07:40	0:59:08	07:40	1:06:47	07:39	1:14:35	07:48	<b>07:28</b>	
<b>Non Championship 'B' Division</b>																											
<b>10 km Men</b>																											
1	M	2132	Ian Morton	Scottish	<b>1:09:50</b>	06:46	06:46	13:44	06:58	20:30	06:46	27:33	07:03	34:37	07:04	41:39	07:02	0:48:47	07:08	0:55:54	07:07	1:03:00	07:06	1:09:50	06:50	<b>06:59</b>	
<b>5 km Men</b>																											
1	M	2132	Richard Willis	Trentham	<b>37:30</b>	07:14	07:14	14:27	07:13	22:03	07:36	29:50	07:47	37:30	07:40	<b>07:30</b>											
2	M	893	Geoff Ironmonger	Trentham	<b>39:17</b>	07:50	07:50	15:45	07:55	23:37	07:52	31:31	07:54	39:17	07:46	<b>07:51</b>											
3	M	470	Ray Marten	Scottish	<b>40:14</b>	07:54	07:54	15:49	07:55	23:52	08:03	32:02	08:10	40:14	08:12	<b>08:03</b>											
4	M	2184	John Hines	Scottish	<b>45:41</b>	08:42	08:42	17:49	09:07	27:07	09:18	36:25	09:18	45:41	09:16	<b>09:08</b>											
5	M	468	Murray Gowans	Scottish	<b>48:11</b>	09:20	09:20	18:48	09:28	28:27	09:39	38:17	09:50	48:11	09:54	<b>09:38</b>											
<b>5 km Women</b>																											
1	W	467	Andrea Adams	Olympic	<b>40:37</b>	07:57	07:57	15:54	07:57	24:06	08:12	32:23	08:17	40:37	08:14	<b>08:07</b>											

2 W 1597 Paula Binkhorst Olympic **42:26** | 08:20 08:20 | 16:50 08:30 | 24:26 07:36 | 34:00 09:34 | 42:26 08:26 | **08:29**

**Junior 2 km**

1 W 501 Sarah du Toit Trentham **0:15:43** | 07:45 07:45 | 15:43 07:58 | **Avg 07:51**