

## 22<sup>nd</sup> JOHNSONVILLE 8km ROAD RACE & 6.4km RACE WALK

Sunday 23<sup>rd</sup> July 2006

A beautiful fine day with a light breeze greeted the entrants for the running of this event. The numbers were up on the past couple of years with 30 runners and 6 walkers taking part. The fastest male runner was Peter Wrigley (32:22) and the fastest women Sue Marfell (36:34). In the walk the fastest male was Peter Baillie (37:12) and fastest female Gretchen Lash (50:29). Thanks to all the officials and marshals and to Kathryn Fraser for once again taking all the entries and compiling the results.

Ellis Goodyear set an age-group record in the M75 and was the winner of the Mariette Hewitson Memorial Baton.

Grade	Name	Time	Grade Pl.
<b>Men:</b>			
35-39	Miles Coverdale	41:20	1
40-44	Juan McDonald	33:17	1
	Rob McCrudden	33:27	2
	Kevin Burney	34:35	3
	Steve Tait	34:43	4
	Glen Wallis	36:03	5
45-49	Peter Wrigley	32:22	1
50-54	Mike Rodden	36:23	1
55-59	Maurice Piper	34:13	1
	Paul Rodway	40:05	2
	Albert van Veen	42:04	3
	John Palmer	42:28	4
	Ken Ritchie	40:38	1
60-64	Ray Wallis	40:35	1
	John Hammond	42:55	2
	Brian Watson	43:00	3
	Peter Hanson	44:42	4
	John Barrington	38:22	1
70-74	Roy Rogers	50:09	2
	Brian Read	1:02:26	3
	Ellis Goodyear	40:42	1
75-79	Peter Thomas	47:02	2
	<b>Women:</b>		
35-39	Rose Ohlsson	50:01	1
45-49	Sue Marfell	36:34	1
	Sheryne Beeby	40:55	2
	Brenda Burke	42:42	3
	Tineke Hooff	46:47	4
50-54	Loretta Desourdy	44:27	1
	Maryanne Palmer	45:56	2
60-64	Meryl McKay	43:47	1
65-69	Diane Rogers	42:12	1
<b>Walkers: Men:</b>			
55-59	Peter Baillie	37:12	1
70-74	John Hines	43:38	1
<b>Women:</b>			
55-59	Margaret Bray	52:11	1
60-64	Dorothy Nisbet	53:35	1
65-69	Gretchen Lash	50:29	1
Colleen Singleton withdrew after 2 laps with a minor injury			
<b>Teams:</b>			
1	Olympic		
2	Scottish		
3	Trentham		

## WELLINGTON CROSS COUNTRY CHAMPIONSHIPS

Waikanae Park, Saturday 15th July 2006

While the weather in Wellington was wet, cold and miserable, the weather at Waikanae was fine with the course reasonably firm with the odd muddy patches. This probably had some bearing on why the fields were lighter in numbers this year. Wellington Masters members who competed were:

Place	Name	Club	Time
<b>Men 40 8km</b>			
5	Vaughan New	Valleys	31.00
19	Peter Wrigley	Scottish	33.20
22	Gordon Clarke	WHAC	33.55
24	Des Young	Scottish	34.13
36	Paul Homan	Trentham	36.05
44	Bruce Lake	Scottish	37.05
46	Neil Price	WHAC	37.17
79	Tony Freil	Kapiti	46.29
<b>Men 50</b>			
23	Dave Colquhoun	Scottish	34.00
26	Richard Brent	Scottish	34.28
41	John Skinnon	Scottish	36.41
45	Maurice Piper	Kapiti	37.09
55	Rupert Watson	Scottish	39.01
57	Richard Sweetman	Scottish	39.28
64	Phil Valentine	Scottish	41.39
78	Paul Rodway	Scottish	44.47
80	Colin MacLachan	Scottish	46.49
81	Brian Watson	Olympic	48.50
82	Peter Hanson	Olympic	50.48

### **Women 35: 6km**

Place	Name	Club	Time
1	Michele Allison	Scottish	26.30
3	Robyn Stansfield	Scottish	28.50
5	Helen Willis	Scottish	29.26
14	Loretta Desourdy	Scottish	34.51
15	Diane Rogers	Trentham	35.12
17	Brenda Burke	Scottish	38.26

### Some Truths about Running

The more expensive your running shoes, the sooner your dog will chew them up.

The further you plan to run in the morning, the more times you will be awakened in the middle of the night by wrong numbers.

Regardless of how bad you feel at the beginning of your run, you will feel even worse when it's over.

When you can no longer run to the top of a 3% grade, you may be already over the hill.

If you still have sex on your mind during a hard training run, you aren't putting enough effort into your training!