

## Composite Team Report (7<sup>th</sup>)

Mere Attwater, Rachel Browne, Phil Kerrison, Judith Tomasevich, Olivia Goh, Chris Browne, Kerris Browne, Peter Vyver

*Interview with Judith Tomasevich, Masters Women grade and first timer from this year's Lake City Athletic Club Marathon Clinic. Judith works as an IT Support Technician for the Lakes District Health Board.*

"It was great experience and lots of fun. I enjoyed my leg as it was mainly downhill, even though it was a bit steep to start with. I was privileged to run alongside some of the fastest teams in NZ, something one does not often get to even see. The majority passed me of course, and every time one came by, I tried to make out I was better than I was and gave it everything. That's why there was nothing left at the end, and having to finish on an uphill made me really work for it. Afterwards we had good time relaxing with other runners at the clubrooms. It was really nice meeting lots of other runners that all had the same goals, even though they had different speeds and abilities."

*Interview with Olivia Goh, Open Womens grade and also first timer from this year's Marathon Clinic. Olivia lives in Tokoroa and is a Process Engineer with Carter Holt Harvey.*

"It was super fun even though I was heaving at the end and nearly passed out a couple times. I got the killer hill after I'd already given it everything for several kilometres. That was super hard. Coming over the brow of the first hill and seeing that huge one looming up ahead, I felt like crying. My guts ached and I had to walk several times – I was so happy to see familiar faces in the van half way up cheering me on and handing me a drink. It was much harder than I had anticipated, even though we had done a drive-by the day before.



After that it was downhill and a bit easier. I remember passing a cemetery and thinking no, it's not my day today so I hurried past that as fast as I could! I really liked being on the team as it was really casual compared to the serious runners. We enjoyed ourselves as there was no pressure – we were the social team. My team missed the Undie-400 at the social because we all went to bed early, but hey I've seen plenty of that at Uni."

*Interview with Peter Vyver, Veteran Mens grade and very experienced road relays runner. Pete is retired but has been attending road relays for the last 15 years in various teams for the Lake City Athletic Club.*

"My (last) leg was very good and I really enjoyed it. I was going for a time rather than trying to beat anyone, which is good as by the time I got on the road there were only 2 teams left behind us. It was different being the last runner this year, and not having anyone in front of you to spot and to try and catch. But I never thought Auckland had such beautiful scenery. You often drive past on the motorway and wonder what's up there on the hills. Now I know. I remember a comparable route in Akaroa that had a memorable history and some great scenery too. So it was nice to be able to enjoy the sights as I ran again. The highlight of the run though, was seeing two of my grandchildren waiting there for me at the finish and cheering me in.

I will keep coming to Road Relays as long as my body can still run. I enjoy the company of club members during the weekend, and especially sharing my experience with newbies that are eager to learn. I hope they get as much out of it as I do."

By Kerris Browne