

With so much going on these days and with our Walking Group growing in numbers the way it is I thought the easiest way to keep in touch with everyone would be a newsletter (Monthly)? This will let you know in plenty of time what will be on in the month ahead so you can become involved with the activities of our club.

Our thoughts must go out to Sarah at the loss of her beautiful grand daughter.

23rd Feb: Length of the Lake Relay.

Kuratau to Taupo (In conjunction with the Around Lake Taupo Relay for Runners and Walkers).

This relay consists of 8 legs of different distances from 15km to 4.7km. we entered 3 Teams (One Team last year) and right from the 7 o'clock start on the Saturday Morning our teams were at it (never mind the other teams in our category of Walkers only). The 1st lap consisted of a 2km uphill from the start followed by 3.5kms of undulating road then 3.2km down the steep Kuratau Hill followed by 6.3km of flat to the change over at Turangi. Only 13secs covered our 3 starters with Donnell Mansell "C" Team finishing in 1 hr 52m with Luanna George "B" Team 12secs behind and Diana van den Akker "A" Team 1 sec away in third. There was one team from Woodsville in front of us whose walker was running.

Lap 2. 10.2kms Flat Turangi to Motuoapa Reserve.

Peter O'Connell took the "B" Team out to a one minute cap over Brian Crook "A" Team with a further 1min 19sec back to Linda Johnson "C" Team. (This was Peter's first race since having his hip replacement).

Lap 3. 8.6kms Flat Motuoapa Reserve to Mission Bay

Colin Smyth "A Team" was fastest over this lap but only managed to pick up 1 sec on Isobel Goulding "B Team" with Sarah Wiwarena "C Team" a further 3 min 30 sec back.

Lap 4. 7.4kms Undulating and narrow. Mission Bay/ Hatepe Reserve

The big mover on this lap was Rika Otto "C Team" taking over a minute and a half out of the "B Teams" Maureen Heald and the "A Teams" Albie Schuster (another member with a new hip).

At half way the "B" Team had a lead of 11sec over "A" with 2min 46 sec back to "C".

Lap 5. 6.1km, 2km Flat, 2.7km up Hatepe Hill, 1.4km Flat.

The Hero on this lap was Luanna George for the "B" Team who replaced a Team Member who had pulled out of the Team on Thursday Night. Not only had she completed the first Lap of 15kms, she managed to hang on to Denise Caudwells "A" team to have lost only 47sec up the long slog to the top of the hill. Rinus Adriaanzs, who had tooth ache most of the night managed to keep "C" Team in touch.

Lap 6. 8kms. Downhill 6km, steep downhill 1.3km, flat 600km to Waitahanui

The “A” Team lead was short lived as our ever smiling Vicky Liddington “B” Team overtook Pat Smyth on the last flat to the finish to open a 45sec cap at the next changeover. Vicky was having her first start in a Relay Race and enjoyed every metre of it. Robyn Bishop, one of our longest serving members who came out of Retirement to fill in a team hung on gamely to bring in the “C” Team not far behind.

Lap 7. 4.7km. Flat 3.7km with 1 km uphill climb to 5 Mile Bay.

The fastest time on this lap was the “C” Team member Beryl Cleland, the eldest woman in the teams, who picked up 4 mins on the “B” Team Julie O’Connell (also out of Retirement) and 40 sec on the “A” Teams Linda Montgomery (returning to the sport after major surgery).

Lap 8. 7.5km. Undulating to finish at Domain via Boat Harbour Hill

There was no holding back Jan Adolph of the “A” Team on this lap who stormed through the 7.5kms to bring the team home in 2nd place overall in a time of 8hrs 52min 30sec. In 3rd Place was our “B” Team with Rob Colledge finishing 3 mins 29sec back (only 27sec on Jan’s time). Bringing the “C” Team home in 4th Place overall was Ian Bishop, another Retiree, in 9hrs 4min 28sec.

Overall it was a great day out on the road for our club members who for many it was their first time at Relay Racing which puts a lot more pressure on you than the individual race. Many thanks to our walkers (Retirees) who helped fill our teams. when asked if they would be back to next years relay, they said “bring it on”.

Many thanks also to the Club Executive for part funding our trip which was very much appreciated by all.

Teams and times as follows:

| <u>A Team</u> | <u>B Team</u> | <u>C Team</u> |
|----------------------------|-----------------|-----------------|
| Lap 1 Diana 1.52.13 | Luanna 1.52.12 | Donnell 1.52.00 |
| Lap 2 Brian 1.18.41 | Peter 1.17.40 | Linda J 1.20.00 |
| Lap 3 Colin 1.10.32 | Isobel. 1.10.33 | Sarah 1.13.00 |
| Lap 4 Albie 59.39 | Maureen 59.29 | Rika 57.51 |
| Lap 5 Denise 48.05 | Luanna 48.52 | Rinus 57.51 |
| Lap 6 Pat 1.04.45 | Vicki 1.04.05 | Robyn 1.08.00 |
| Lap 7 Linda 36.49 | Julie 40.18 | Beryl 36.09 |
| Lap 8 Jan 1.01.52 | Rob 1.02.19 | Ian 1.04.00 |

Rules for a Pack Leader

1. **Don't** tell the pack where you are going. If anyone gets ahead of you, turn off.
2. **No One** gets in front of the Pack leader.
(The only exception is going up a hill when the pack can go up at their own pace but no one goes over the hilltop. They either wait for the Pack leader or come back down the hill and pick up the last person and bring them to the top).
3. **Make sure** everyone has tied their shoe laces up, double tie the bows. (a lot of time is lost with shoe laces coming undone).
4. **Make sure everyone** has a drink and something like Barley Sugars, Bananas etc (on longer walks). (Make sure the Pack leaders know where there is water on the trip).
5. **Make sure everyone** has a shower proof jacket. It may not be cold when you start out but it can get cold in the forest and if you happen to turn an ankle or hurt yourself at least you can keep warm till someone can pick you up. When out on the road wear bright clothing or reflector tops.
6. Keep a lookout that no one is dropping off the back of the pack. (not everyone has a good day) (the bigger the pack, the more you will have who may have an off day). If they cannot keep up send them back, but get someone to go back with them. If they are too slow for your pack, send them to a slower pack.
7. When you turn for home bring the back of your pack up to the front and let them lead the pack home. Remember you leave the club as a group so you should return the same way.
8. Pack leaders must carry a cellphone and know the name of all tracks and roads in Whaka Forest in case of accidents so they can tell Emergency Services where to find them. (carry a map of tracks if not sure).
9. Keep an eye on the runners/Walkers in the group. Are their shoes too worn/ are they pronating badly etc. check their gait etc, are they over striding, holding their arms too high – etc. (Bring such problems to the notice of the Coach).
10. If you have to send a runner/walker back to Clubrooms make sure someone goes back with them (especially if they are ill). Make sure one of them has a code number to access Clubrooms. **Don't let a female return on her own.**

