

# Race Walking event

Wellington Road Championships

24 August 2019

Twin Lakes Road

Te Marua

## 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
<b>Championship</b>																										
<b>Open Men</b>																										
1	M	2130	Sean Lake	Scottish	<b>1:01:53</b>	06:05	06:05	12:17	06:12	18:34	06:17	24:35	06:01	30:47	06:12	37:04	06:17	43:19	06:15	49:38	06:19	55:54	06:16	1:01:53	05:59	<b>06:11</b>
<b>Men's Masters 50+</b>																										
1	M	111	Clive McGovern	Trentham	<b>1:02:04</b>	06:05	06:05	12:17	06:12	18:34	06:17	24:36	06:02	30:48	06:12	37:04	06:16	43:19	06:15	49:39	06:20	55:54	06:15	1:02:04	06:10	<b>06:12</b>
2	M	110	Joe Antcliffe	Trentham	<b>1:06:13</b>	06:21	06:21	12:53	06:32	19:30	06:37	26:05	06:35	32:43	06:38	39:23	06:40	46:05	06:42	52:48	06:43	59:34	06:46	1:06:13	06:39	<b>06:37</b>
<b>Men's Under 18</b>																										
1	M	536	Daniel du Toit	Trentham	<b>22:10</b>	04:20	04:20	08:45	04:25	13:20	04:35	17:52	04:32	22:10	04:18	<b>min/km</b>		<b>04:26</b>		<b>PB time</b>						
<b>Open Women</b>																										
1	W	103	Jacqueline Wilson	Trentham	<b>1:06:13</b>	06:20	06:20	12:53	06:33	19:29	06:36	26:05	06:36	32:43	06:38	39:23	06:40	46:05	06:42	52:48	06:43	59:34	06:46	1:06:13	06:39	<b>06:37</b>
2	W	107	Terri Grimmett	Scottish	<b>1:11:57</b>	06:49	06:49	13:45	06:56	20:43	06:58	27:46	07:03	34:57	07:11	42:18	07:21	49:49	07:31	57:00	07:11	1:04:26	07:26	1:11:57	07:31	<b>07:12</b>
<b>Women's Masters 35+</b>																										
1	W	108	Arlene Wong-Tung	Scottish	<b>1:10:45</b>	06:53	06:53	13:51	06:58	20:49	06:58	27:44	06:55	34:51	07:07	42:01	07:10	49:15	07:14	56:29	07:14	1:03:43	07:14	1:10:45	07:02	<b>07:04</b>
2	W	104	Daphne Jones	Scottish	<b>1:16:45</b>	07:09	07:09	14:37	07:28	22:03	07:26	29:37	07:34	37:19	07:42	45:04	07:45	52:56	07:52	1:00:50	07:54	1:08:50	08:00	1:16:45	07:55	<b>07:41</b>
<b>Non Championship 'B' Division</b>																										
<b>10 km Men</b>																										
1	M	114	Ian Morton	Scottish	<b>1:07:31</b>	06:25	06:25	13:04	06:39	19:47	06:43	26:34	06:47	33:19	06:45	40:08	06:49	0:47:01	06:53	0:53:56	06:55	1:00:50	06:54	1:07:31	06:41	<b>06:45</b>
2	M	113	Warren Jowett	Trentham	<b>1:18:07</b>	07:27	07:27	14:54	07:27	22:25	07:31	30:01	07:36	37:42	07:41	45:29	07:47	0:53:22	07:53	1:01:29	08:07	1:09:43	08:14	1:18:07	08:24	<b>07:49</b>
3	M	521	John Hines	Scottish	<b>1:24:17</b>	08:01	08:01	16:17	08:16	24:40	08:23	33:05	08:25	41:40	08:35	50:16	08:36	0:58:50	08:34	1:07:21	08:31	1:15:50	08:29	1:24:17	08:27	<b>08:26</b>
		507	Jon Roskvist	Trentham	<b>DNF</b>	06:12	06:12	12:40	06:28	19:00	06:20	25:25	06:25	31:53	06:28											
<b>5 km Men</b>																										
1	M	120	Lucas Martin	Whanganui	<b>25:09</b>	04:41	04:41	09:48	05:07	15:04	05:16	20:22	05:18	25:09	04:47	<b>min/km</b>		<b>05:02</b>		<b>PB time</b>						
2	M	468	Murray Gowans	Scottish	<b>49:05</b>	09:20	09:20	19:02	09:42	29:00	09:58	38:57	09:57	49:05	10:08	<b>09:49</b>										
3	M	893	Geoff Ironmonger	Trentham	<b>DNF</b>	07:15	07:15	14:40	07:25	22:10	07:30															
<b>5 km Women</b>																										
1	W	523	Andrea Adams	Olympic	<b>38:47</b>	07:29	07:29	15:15	07:46	23:05	07:50	30:56	07:51	38:47	07:51	<b>07:45</b>										
<b>Junior 2 km</b>																										
1	M	126	Liam Dunlop-Brown	Mana	<b>12:25</b>	06:05	06:05	12:25	06:20	<b>Avg</b>				<b>06:12</b>												
1	W	501	Sarah du Toit	Trentham	<b>14:57</b>	07:29	07:29	14:57	07:28	<b>07:28</b>																