

RESULTS:

17th Veterans Classic Relay, 12 May 2002

Leg	Name	Time	Ave/k	Leg	Name	Time	Ave/k
Grade: Open Men				Grade: Open Women			
Valleys United A				Scottish			
1	Dave Murgatroyd	13:44	3:26	1	Brenda Burke	18:08	4:32
2	Tony Madsen	13:59	3:30	2	Maryanne Palmer	21:21	5:20
3	Steve Robertson	15:16	3:49	3	Delphine Gore	18:21	4:35
4	John Houghton	14:14	3:34	4	Robyn Stansfield	16:43	4:11
5	Vaughan New	13:32	3:23	5	L. Karu/B. Burke	26:54	6:44
Place 1/8		1:10:45		Place 1/1		1:41:27	
Scottish				Grade: Mixed Teams			
1	Peter Wrigley	14:44	3:41	Kapiti			
2	Chris Harp	14:41	3:40	1	D. Boorman	17:40	4:25
3	Conal McKenna	15:15	3:49	2	B. Kettle	19:39	4:55
4	Jim Kerr	14:57	3:44	3	B. Andrews	15:35	3:54
5	Richard Brent	13:59	3:30	4	John Hammond	18:59	4:45
Place 2/8		1:13:36		5	D. Watson	19:09	4:47
Wellington Harriers				Place 1/3		1:31:02	
1	Gordon Clarke	14:12	3:33	Composite (Olympic & Capital)			
2	Gary Clareburt	15:53	3:58	1	Jill Westetra (Oly)	15:34	3:54
3	Mike Winsborough	16:55	4:14	2	Richard Sweetman (Cap)	16:39	4:10
4	Chris Hansen	15:02	3:45	3	Barbara Prosser (Oly)	20:05	5:01
5	Andrew McNeil	15:54	3:59	4	Lynn Broad (Oly)	25:32	6:23
Place 3/8		1:17:56		5	Ellis Goodyear (Cap)	15:43	3:56
Valleys United B				Place 2/3		1:33:33	
1	D. Colley	15:50	3:58	Trentham			
2	S. Malanchak	15:12	3:48	1	S. Blythe	17:44	4:26
3	T. Martin	16:51	4:13	2	J. Raymond	20:32	5:08
4	Murray Corles	15:46	3:57	3	Peter Thomas	20:15	5:04
5	Tim Halpine	15:27	3:52	4	Diane Rogers	20:09	5:02
Place 4/8		1:19:06		5	Harry Ross	18:00	4:30
Olympic				Place 3/3		1:36:40	
1	Max O'Kane	16:43	4:11	Grade: 250+			
2	Chris Speakman	13:55	3:29	Olympic			
3	Owen Lenihan	16:06	4:01	1	Barry Prosser	13:52	3:28
4	Derek Locke	17:01	4:15	2	Gary Dick	15:03	3:46
5	Bryan McLaughlin	18:12	4:33	3	Mike Rodden	14:48	3:42
Place 5/8		1:21:57		4	Arthur Klap	15:48	3:57
Kapiti				5	Peter Jeromson	14:14	3:34
1	Bruce Odams	16:08	4:02	Place 1/6		1:13:45	
2	M. Oldfield	21:33	5:23	Valleys United C			
3	S. Fordyce	16:41	4:10	1	Geoff Jackson	17:12	4:18
4	Kevin Jones	15:42	3:55	2	Hank Leech	15:07	3:47
5	D. Bowles	12:56	3:14	3	Ian Blyth	15:58	3:59
Place 6/8		1:23:00		4	O. McCarthy	16:50	4:12
Trentham				5	Michael Lynskey	15:39	3:55
1	J. Martin	15:16	3:49	Place 2/6		1:20:46	
2	J. Jacobson	15:44	3:56	Scottish			
3	P. Homan	15:46	3:56	1	Apanui Williams	15:01	3:45
4	K. McNatty	18:17	4:34	2	Rupert Watson	16:50	4:13
5	T. Bedington	18:18	4:34	3	John Skinnon	17:43	4:26
Place 7/8		1:23:21		4	John Heap	16:14	4:04
Victoria University				5	Adrian Shields	16:17	4:04
1	Colin Sasse	16:56	4:14	Place 3/6		1:22:05	
2	Geoff Rasbrooke	17:26	4:22				
3	Richard Owen	17:43	4:26				
4	Gary Moller	15:50	3:58				
5	David Lamb	15:53	3:58				
Place 8/8		1:23:48					

Leg	Name	Time	Ave/k
Wellington Harriers			
1	Ken Coad	17:52	4:28
2	John Barrance	17:45	4:26
3	John Weatherley	17:53	4:28
4	Barry Everitt	16:03	4:01
5	Ian Ewing	16:33	4:08
Place 4/6		1:26:06	
Valleys United D			
1	Andy Gill	16:51	4:13
2	John Smeith	17:23	4:21
3	Michael Clark	20:16	5:04
4	R. Hannan	17:15	4:19
5	Albert van Veen	18:26	4:37
Place 5/6		1:30:11	
Wellington Marathon Clinic			
1	Geoff Norman	18:39	4:40
2	Andy Sommerville	18:11	4:33
3	Paul Johanssen	17:01	4:15
4	John Gallagher	18:03	4:31
5	Jas Dullabh	18:32	4:38
Place 6/6		1:30:26	
Grade: 300+			
Valleys United E			
1	Steve Robertson	17:22	4:21
2	David Moore	20:02	5:00
3	Ted Linton	22:16	5:34
4	Don Brodie	18:13	4:33
5	Ron Stephens	16:34	4:08
Place 1/3		1:34:27	
Scottish			
1	Colin Maclachlan	17:37	4:24
2	Mike Browne	20:17	5:04
3	Peter Pohl	19:01	4:45
4	Gordon Walker	20:52	5:13
5	Ross Lake	17:44	4:26
Place 2/3		1:35:31	
Olympic			
1	Ken Ritchie	17:34	4:24
2	Milke Burkinshaw	20:33	5:08
3	Peter Hanson	22:16	5:34
4	Harold Alcock	19:25	4:51
5	Brian Watson	18:54	4:44
Place 3/3		1:38:42	
Walkers:			
Trentham A			
1	Patrick Tito	26:33	6:38
2	K. Blair	26:52	6:43
3	S. Chivers	27:17	6:49
Place 1/5		1:20:42	
Trentham B			
1	J. Blienkendaal	26:35	6:39
2	V. Antcliff	27:35	6:54
3	J. Blienkendaal	27:01	6:45
Place 2/5		1:21:11	
Scottish A			
1	Murray Gowans	27:51	6:58
2	John Hines	26:46	6:42
3	Kathryn Fraser	29:05	7:16
Place 3/5		1:23:42	

Leg	Name	Time	Ave/k
Trentham C			
1	C. Taylor	26:46	6:42
2	L. Tibble	28:41	7:10
3	R. Bakker	28:17	7:04
Place 4/5		1:23:44	
Scottish B			
1	Peter Tearle	28:17	7:04
2	Paul Rodway	30:03	7:31
3	Margaret Bray	31:44	7:56
Place 5/5		1:30:04	

RECIPE

FISH CURRY

Reputedly Thai, this is very quick and tasty, and mostly healthy apart from the coconut milk. Make it as hot as you like, try it first without the coriander. A good way to dress up a load of carbo.

Ingredients:

Oil

1 large onion, finely diced

3 cloves garlic, crushed

1-2 tablespoons hot chili sauce (to taste)

1 can coconut milk

600 grams boneless fresh fish

2-3 tablespoons finely chopped fresh coriander (optional)

Method:

Heat the oil and sauté the onion until tender. Add the garlic and chili sauce and cook a few minutes more. Mix in the coconut milk and simmer for 10 minutes. Add the prepared fish. Remove from the heat or turn it down very low, cover tightly and leave to stand for 5 minutes without uncovering. Mix in the coriander and season to taste. Serve on rice or noodles.

Serves 4.