

WELLINGTON MASTERS ATHLETICS

39th Annual 8km Road Race and 6.4km Race Walk

Sunday 23rd July 2023

The weather conditions for this year's event were reasonable with no wind, cool temperatures and light rain started falling near the end of the race. This year 23 runners and 9 walkers took part.

Fastest female walker over the hilly four-lap course was Melissa Crompton (Olympic) and the male was Albert van Veen (HVH).

Fastest male runner over the five-lap course was Darren Gordon (Olympic) and Cathy Alderton (Olympic) was the fastest woman.

The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record (W60) was won by Cathy Alderton.

The club team for the runners was won by Olympic and Scottish won the club team for the walkers.

A special thanks to the timekeepers, marshals, and recorders – as always, your support is very much appreciated.

A special thanks to Olympic Harriers for the use of their clubrooms and the support they gave to this event.

Run (8km)

<u>Name</u>	<u>Club</u>	<u>Age Grade</u>	<u>Time</u>	<u>Age Gr %</u>	<u>Race Pl</u>	<u>Grade Pl</u>
Darren Gordon	Olympic	M50	32:47	72.19%	1	1
Darcy Mellsop	Olympic	M50	33:20	71.00%	2	2
Stephen Mair	Trentham	M61	34:42	75.02%	3	1
Kevin Thompson	Trentham	M58	34:53	72.62%	4	1
Bruce Atmore	Olympic	M58	37:37	65.35%	5	2
Mark Morriss	HVH	M44	39:38	56.85%	6	1
Graeme Moss	Olympic	M63	39:48	66.62%	7	2
Cathy Alderton	Olympic	W62	39:52	77.47%	8	1
Michelle Wos	Trentham	W42	40:26	61.46%	9	1
Sarah Hewton-Malins	Olympic	W39	42:37	57.29%	10	1
David Hood	Trentham	M64	42:49	62.51%	11	3
Paul Rodway	Scottish	M75	43:23	69.92%	12	1
Bruce Stewart	Trentham	M63	43:35	60.84%	13	4
Don Stevens	Scottish	M60	44:52	57.50%	14	5
Richard Doyle	HVH	M58	44:55	56.40%	15	3
Glen Wallis	Scottish	M59	45:19	56.42%	16	4
Kath Littler	Scottish	W44	45:51	55.03%	17	1
Sheryne Coverdale	Olympic	W65	46:37	68.90%	18	1
Terry Bedlington	Trentham	M64	48:55	54.72%	19	6
Martin Cherry	Olympic	M58	49:23	51.30%	20	5
Loretta Desourdy	Scottish	W68	50:01	66.68%	21	2
Mike Binkhorst	Olympic	M64	50:32	52.97%	22	7
Linda Rawlins	Olympic	W52	51:25	53.23%	23	1

Walk (6.4km)

<u>Name</u>	<u>Club</u>	<u>Age Grade</u>	<u>Time</u>	<u>Age Gr %</u>	<u>Race Pl</u>	<u>Grade Pl</u>
Melissa Crompton	Olympic	W51	44:50	66.20%	1	1
Jackie Wilson	Trentham	W77	45:23	83.77%	2	1
Terri Grimmett	Scottish	W65	45:29	73.80%	3	1
Helen Willis	Scottish	W61	48:27	66.98%	4	1
Maryanne Palmer	Scottish	W70	50:04	70.07%	5	1
Sandy Dowling	Olympic	W67	53:33	63.77%	6	2
Andrea Adams	Olympic	W58	57:29	54.71%	7	1
Paula Binkhorst	Olympic	W59	60:45	52.35%	8	2
Albert van Veen	HVH	M76	60:46	61.82%	9	1

Note: age percentages are based on the new World Masters individual age percentages that come into force from 2022. A linear conversion of times from 6.4km (walkers) and 8km (runners) has been made to a World Masters standard distance of 10km, which means the percentages will be slightly favourable than if World Masters made available factors for 6.4km and 10km.