

NSW Road 4 x 4k Road Relay Championships 2010 – Wollongong
Commitment, Courage & Effort Produce 14 Out of 16 Personal Bests

The weather was kind this year and did not cause problems on the exposed peninsular of the Flagstaff Hill course. The same cannot be said with respect to the unfortunate team issues that were faced leading up to and including race day. Colds/Flu (5), Gastric problems (2) & a Motorcycle accident to name only the standout incidents, had a major impact on teams and management.

Roger Bannister (first sub 4 minute miler) summed up the spirit shown by all AE competitors on the day “Sport is about not being wrapped in cotton wool. Sport is about adapting to the unexpected and being able to modify plans at the last minute. Sport, like life, is about taking your chances”.

Oh and how well the chance was taken by our team members. It was beautiful to watch the correct execution of race strategy, controlled by their heads to start, which allowed their hearts to drive them home, and finish with soaring spirits (not sure where all that came from, think I need a lie down!).

The quality performances from our athletes were exceptional. All performed with distinction in spite of many encountered issues and all should be proud of their efforts.

Female Open and 35+ Teams:

Rona Macniven back from a 10 day travelling holiday ran a PB from last year’s race. Deirdre Slattery in full swing with wedding organization and limited training still ran negative splits which created a PB from 2008

Julia Tyne with minimal training had her debut run for club, perfect execution created a negative split which with limited experience is a great achievement.

Emily Mackenzie Cold/Flu victim and late arrival did not seem to hamper her effort as she recorded a PB over last year’s race.

Jane Boyd rearranged a family holiday flight to race and that commitment paid off big time with a massive PB over the distance (28sec).

Nicolette Kenny stepped in at the last minute (driving in and then going back to the Blue Mountains) to cover for a cold/flu withdrawal, ran from the heart and showed her strength and commitment. Thank you.

Sally Lynch bounced back from her troubled run at the cross country relays (stomach cramps) with a good team run.

Nancy Newsome was hit with an overnight gastric problem and recovered enough to start, finish and negative split to safely complete the team.

The open team finished a creditable 7th and the 35+ team finished 2nd by 1min. to Hills, who currently lead the competition. The 35+ team are in second place overall on the ladder.

Male Open and 35+ Teams:

Cameron Dalglish ran a very strong first leg for the open team with a negative split and PB.

Matt Hammond returned from a 10 day Bali holiday (with Bali Belly) to attend a 4 day work conference in Melbourne before returning to Sydney. Lack of training and illness made the run tough.

Nelson Boa Morte is fast improving and recorded a negative split, even though inexperienced is starting to run like a seasoned pro.

Nathan Eldred recovering from the flu, had a fast first lap then muscled through the second lap to complete the open team

Mark Gregory one of the Cold/Flu victims had struggled all week to try to be well enough to run, but finished up with a great time all things considered. Once physically well should murder this result.

Michael Lawrence produced his best run of the season with a very steady first lap and big negative split second lap to record a great PB

Darren Purcell showed buckets of courage and commitment when on second lap he suffered calf cramp, not to fall short and risk team DQ he stopped, stretched then limped home to keep the team alive.

Chamkaur Dhaliwall what can you say about this bloke, even a motorcycle accident (Wednesday Night) could not dissuade him from running. With injured knee and shoulder he still looked smooth and was able to record the third fastest AE time of the day!!!!!!!!!!

Special thanks to Jim Rainey (athlete comforts and timekeeper extraordinaire)

Iris Good (Time keeper/lap split chick)

Jude Gregory (Flu victim that travelled to the Gong and was willing to run if necessary)

ANSW 4km Road Relays
10th July 2010
Results (In order of running)

Women - 4 x 4km

	<u>1st lap</u>	<u>2nd lap</u>	
Rona Macniven	7:29	7:43	15:12 PB
Deirdre Slattery	7:59	7:47	15:46 PB
Julia Tyne	8:31	8:14	16:45 1st time PB
Emily McKenzie	7:20	7:45	15:05 PB

Women O'35 - 4 x 4km

	<u>1st lap</u>	<u>2nd lap</u>	
Jane Boyd	7:32	7:36	15:08 1st time PB
Nicolette Kenny	8:24	8:59	17:23 1st time PB
Sally Lynch	8:03	8:26	16:29 1st time PB
Nancy Newsome	7:28	7:25	14:53 1st time PB

Men - 4 x 4km

Cameron Dalgleish	6:27	6:23	12:50 1st time PB
Matt Hammond	6:23	6:29	12:52
Nelson Boa Morte	7:32	7:40	15:12 1st time PB
Nathan Eldred	8:00	8:56	16:56 1st time PB

Men O'35 - 4 x 4km

Mark Gregory	6:41	7:21	14:02 1st time PB
Michael Lawrence	7:49	7:19	15:08 1st time PB
Darren Purcell	6:46	7:14	14:00 1st time PB
Chamkaur Dhaliwal	6:28	6:22	12:50

