

2010 NEW ZEALAND ROAD RELAY CHAMPIONSHIP, Inglewood - When Moa's Attack									
Leg		1	2	3	4	5	6	7	8
Km	76.1	7.79	10.41	11.3	9.7	10.8	8.2	8.2	9.7
metres a.s.l start		191	171	84	123	67	70	93	135
metres end		171	84	123	67	70	93	135	191
metres Up/Down (-)		-20	-87	39	-56	3	23	42	56
Route Comments		gentle rise 1st km, then down, slight up in last 500m	downhill start, flattish to 6km, 1km UP and Up and UP, then 2km fast downhill	Very undulating with 3 tough hill climbs. Easiest first, hardest last. Includes Tunnel	Undulating with 2 rises/falls thru to 5km, 2.5km downhill, gentle up at end	easy start then gully to go down and up 2.5 to -5km, then long straights	Climbs 100m in first 4.5km, then undulates last 4km	mainly easy first 3km then 2 tough climbs, last 2km easy	start, continues up an down to 7km, then down/flat & finish with 300m on athletics track
	<i>Team time</i>	<i>The Scramble</i>	<i>The Flyer</i>	<i>The Toughie</i>	<i>The Big Easy</i>	<i>Long drop</i>	<i>Roly Poly</i>	<i>Up Up and away</i>	<i>Taranaki gate</i>
<b>Masters Men 40+</b>	<b>05:33:58</b>								
Ron Werner		33:59							
Kevin Palmer			47:28						
Adrian Henderson				49:44					
Paul Bond					42:01				
Peter Turner						51:09			
Chris Smith							33:43		
Kevin Rolls								36:08	
Rob Dabb									39:46
<b>Pace min/sec/km</b>	00:04:23	04:22	04:34	04:24	04:20	04:44	04:07	04:24	04:06
<b>Composite B: Master</b>	<b>05:56:42</b>								
Helen Dickins		42:00							
Katherine Stannard			46:34						
Wendy Cottrell-Teahan				46:50					
Paula Conder					44:12				
Lisa Kuhnert						48:34			
Vanessa Story							40:44		
Debbie Lardner								41:23	
Melissa Thorne									46:25
<b>Pace min/sec/km</b>	00:04:41	05:23	04:28	04:09	04:33	04:30	04:58	05:03	04:47
<b>Composite A</b>	<b>05:19:43</b>								
Joshua Henderson		34:51							
Mark Searle			38:14						
David Walters				46:51					
Fletcher Horsfield					39:11				
Robert Stannard						22:54			

Elizabeth Stannard						24:08			
Stephanie Dickins							38:26		
Mark Evans								37:51	
Daniel Pinkney									37:17
<b>Pace min/sec/km</b>	00:04:12	04:28	03:40	04:09	04:02	04:21	04:41	04:37	03:51