

The Auckland Racewalking Road Championships were held today at Ngataranga Bay, Devonport.

Three graded events were held; Senior Men's and Senior Women's walk of 8 * 1.25km laps covering 10km's, Masters Men and Masters Women also competing over 10 km's and Junior Men and Junior Women U/16 and U/19 competing over 5kms.

In a stunning performance, Brooke Cowsill of Racewalking Auckland produced the 5th fastest time ever recorded 'by a New Zealand woman to win the 10km event in a personal best time of 48:37, beating the Internationally ranked Men's Master Mike Parker by 1:20. The consistency of her laps was stunning as she walked each lap within 9 seconds of each other and produced a negative split in going through the second 5 km 13 seconds faster than the first to record 24:25 at halfway and finish with an impressive 24:12.

Jared Free of Waitakere in his first full season of competitive race walking won the Junior Men's U16 in an impressive 29:45

Results

Women 16 5km

1 st Emma Dunbar	RWA	34:20
2 nd Mesha White	Waitakere	35:54

Men 16 5km

1 st Jared Free	Waitakere	29:45
2 nd Nathan McDougall	Wesley	32:36
3 rd Liam White	Waitakere	41:43

Women 19 5km

1 st Sarah-Amy Rhind	RWA	32:36
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Men 19 5km

1 st Andrew Jackson	Waitakere	31:30
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Senior Women 10km

1 st Brooke Cowsill	RWA	48:37
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Masters Women 40 10 km

1st Karen Davison NHB 69:34

Masters Women 65 10km

1st Shirley Barber RWA 69:07

Senior Men

1st Mike Parker Calliope 49:57

Masters men 45 10km

1st Wayne McDougall Wesley 73:37