



**CAVERSHAM**  
HARRIER & ATHLETIC CLUB

*We run  
marathons!*



got no choice but to run 42.2k .. the buses have left

### Awersome Team Work - Race Packs



February seems along time ago, it was then that the Marathon Committee got to work on the 2015 Cadbury Dunedin Marathon. Eight months later, 1768 competitors set out to cover either 42.2k ( Marathon ) 21.1k ( Half Marathon ) or for the first time the 11.6k Quarter Marathon. It was the Thursday before the event that true club spirit kicked in. Thanks to all of those that helped with the making up of the Race Packs, and then, those who were on hand on Friday, Saturday and Sunday. So lets go for a look and see the team at work ... Click ... [HERE](#)

### Club Members in Action - Cadbury Dunedin Marathon

Was very pleasing to see so many club members out and about on Race Day. Many, many thanks to everyone who marshalled and to those that took on jobs that made the event the success it was. The day had it's moments with the wind making things difficult for **Brian Watkins** and his team, so full marks to them. And to all those who either ran or walked, congratulations on your efforts on the day, was great to see so many "cavy" out there and even among the Spot Prizes

Click [HERE](#) to view the "Cavy Competitors"



## Competitor Feedback

It is nice to receive feedback from our competitors, a selection via Email /Facebook

*"Firstly, thank you for a very well organised event. I ran your half marathon for the second time and I know how much work goes into such events. I enjoyed the run and appreciated the tail-wind along most of the last 10km!" ... Ian Chinnery*

*"Hi there, thanks for the great event" ... Toni Walker*

*"Hi, First of all it was a great event today and everything was so well organized. However when I picked up my running pack yesterday I never got the t-shirt (size S half marathon) and I was wondering if I can pick it up somewhere". Kind regards Annika*

*"Hi there, Just wondering if possible to buy a 2015 marathon t-shirt (mail order - I am not in Dunedin). I wanted to purchase one as a gift for a friend who ran the full marathon yesterday". With thanks, Simon Dunlop*

*"Hi It's not really important but I'm pretty certain that the results in the newspaper today for the marathon are out by at least two minutes. My watch gave me a finish time of 2:43:49 and I am certain that the clock was showing 2:43: something when I went under at the finish line. It doesn't really matter it's just for accuracy, Thanks it was a great and well organized race as usual" ... Romain Miroso*

*"Some of the walkers where running at the start until they where out of sight and then started to walk ? you don't pick up on that ? just get a faster time. if you are in the walking class you walk IF you are the running class you run... Don't cheat. we loved the marthon the hole family went this time I use to run the marathon in the 80s and did ok . i would like to run it next year. thanks for that keep up the good work" ... Steve Hastie*

**And we were there to help the first timers**

*"Hi A few questions for a novice... When it says to secure your bag, does this mean you need to padlock How identify electrolyte drink as you're running up to drink station. When is my OFFICIAL race time clocked from? Is it when the 'gun' goes off or when I cross the start line with my transponder? le gun time or chip time? What time do you have to be at the start? The start is at 8. But I didn't see any information about a 'line up' time or anything like that?*

*Saw the FAQ on headphones so bought myself a GPS watch to replace Endomondo on my*

cellphone.

*Re: drinks... was thinking particularly of novices like myself who have been reading not to change anything on race day than what you would normally do on a long run... ie. take an electrolyte drink if that's what you do. So unless novices like myself are told of the change to what they read in the FAQ they are most likely going to be thrown psychologically if not also physically". Geoff*

## Children's Marathon Challenge

The fourth **Children's Marathon Challenge** became the curtain raiser to the quarter and half marathon events. The rain stayed away but the strong wind did not deter the enthusiastic 430 students from 26 Otago schools. The 8.30am start proved no barrier for the students to complete the final 2.195kms of their marathon. Prior to the event the children had accumulated 40 kms over a six week period around school circuits.

Once again we had support from a number of schools outside Dunedin - Palmerston, East Otago High School, Waikouaiti, Warrington and Waihola District. St Clair School had the highest number of students with 72 registrations.

Prior to the event ten schools received Mizuno Shoes gift vouchers and eighteen schools received vouchers from Uptown Art for the winner to have their name put on their purchased Marathon t-shirts.

Our guest starter was Otago Rugby team player **Joe Latta**. He also met the children at the end of the race to congratulate them on completing their marathon and handed out apples



## The Closing Day of the Winter Season

It was going to be another club run and walk, from the clubrooms. The weather was to play a small part, again, but this time it was to turn out to be something special, ... this was the closing day of the winter harrier season. Two of our newer members reflex on what it meant to them.

*"I survived my first season of running and thoroughly enjoyed it. When I first joined, I was so nervous, that I just joined as a social runner. I had no idea I'd end up as a registered athlete and competing in pretty much every race! Lots of lovely new friends made, lots of laughs and lots of memories. Thanks Caversham!!!!" ... Sophanna Parsons*



*"This is how you do afternoon tea. Today's closing day spread after the final Cavy club run and walk of the 2015 harrier season. After a challenging start (injury) I've had a great time in my first season of harriers. Thanks to everyone at Cavy" ... Gordon Wong*

Click [HERE](#) to see what other Clubmembers got up too on Closing Day

## "But wait, there is More " - Summer Track and Field.

### THE TECHNICIANS

On any summer Saturday at the Caledonian ground, athletes participate in various events under the code of athletics track and field.

Now, anyone can run, it's just a matter of how far and how fast. We all have the ability to run just some are better than others. These athletes utilise the track for their fun, but there is another part of this sport that uses the green area in the middle! They are the throwers and the jumpers, The Technicians. These athletes go about their business quietly and unobtrusively and are not show ponies ....like runners!

Caversham have a number of talented technicians who compete regularly on Saturdays. **Brent Cheshire** is a very promising high jumper, **Alison Newall** and **Claire Giles** are long and triple jumpers. And to complete our versatility we also throw. We have been joined in this area by another athlete new to the master's ranks, **Paula Cotter**.





Now I can profess to not know a great deal about high jumping but what I see impresses me. The vertical jumpers are usually long and lean, and have an amazing vertical leap with the suppleness of a gymnast. Who said white men can't jump! I have seen Brent both training and competing and it takes a great deal of fearlessness to jump that high going backwards and land gracefully. Under the guidance of two pole vaulters Brent is also learning this craft. These would have to be the two most technical events of the jumps.

The horizontal jumps are far easier! Speed + height = distance. That's the theory. Some jumpers are long and lean others are pocket rockets. Sorry Alison but we are neither of these although in our minds we think we are. Alison is the exponent of the triple jump, (hop, step and jump). This, if done correctly, places huge forces on the knee joints, and I have seen jumpers carried from the pits because of it, so I am impressed that Alison can do this well. It is an advantage to have a tail wind when jumping but some of our better jumps have been with a head or no wind at all. For us I think it's all just sheer good luck on the day.

There are five disciplines in the masters throwing schedule. Hammer, Shot put, Discus, Javelin and Weight Throw. There are specific weights for each both male and female and age groupings. Fortunately, as you get older the weights get lighter...doesn't feel like it sometimes! Now you may think that a thrower should carry a little bit of weight to help in the throwing...that theory was dispelled when Tasha Williams won the senior women's 100m and hammer at the same nationals.

So Alison, Paula and I are talented in most of these throwing events but we are not good at all 5 no matter how hard we try. Each throwing implement has differing techniques to master and no two are the same, e.g. the turns that hammer and discus throwers use. Hammer it is a heel to toe movement whereas in discus, it is a toe turn. I find that my shot put is far better on a warm day than a cold day not only because I am cold, but the cold air pressure doesn't allow the shot to travel well through the air. Even **Valerie Adams** finds that as well so it must be true!

The javelin throw is much harder than it looks and the technique of throwing it to land correctly takes a lot of skill (sometimes good luck). Along with the discus, javelin throwers prefer a head wind as the aero dynamics help to keep the implement up to fly ..like a plane taking off. But like I said earlier as you get older there are lighter weights, and in javelin it is just as hard to throw a 400gm jav as it is a 600gm.

Then there is the weight throw! This is only a Masters event because we need a challenge as we get older. So there is this weight (V Heavy) on the end of a small chain. Similar to a hammer, in throwing, but it sometimes has a mind of its own, and it can go anywhere. At the World champs it was seen to go over the protective barriers. And we do this for fun! Most throwers in training would use a weight or two down to practice because not only does it hurt, it does sap your strength quicker than any of the other throws.

So that folks is a brief description on our life in the middle. It is not hard to learn new techniques, it is just a matter of practise. You should all have a go sometime at these events, as there is just as much fun out there as there is in running.

**Claire Giles**

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