



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!



Stu's first Marathon



Cavy Chat : Your first Marathon, 3h49m30s, place 221 out of 513 and 5th VM 60-69. very impressive, you happy with that. ?

Stu : "It's an unfortunate personality trait I have that never allows me to be happy with my times. I would have liked to have gone closer to 3.30. I don't think I could have done any better on the day though. "

Cavy Chat : How was it the night before and then in the morning ?

Stu : " I hardly slept the night before Nerves had me tied up in a bundle. It was a comfort of sorts to be aware that I wasn't alone and that all across the city that night hundreds of competitors were probably counting the hours till dawn. In the morning I felt nervous but prepared."

Cavy Chat : Any nerves while waiting on the start ? Peter Hughes for company ?

Stu : "Peter Hughes is a little known treasure in the club in that he is always willing to train and mentor any runner who wants to take on a longer event. He's a good talker too and doesn't seem to need a response in order to have a conversation."

Cavy Chat : Looking at your "splits" (1h52m / 1h57m) and "pace" (5m19s / 5m33s) there was little difference between the first half and the second half ?.

Stu :*" I was pleased enough with my first half. The key was maintaining that pace and that was where my race was lacking."*

Cavy Chat : Seems that after the halfway you were pulling away from Peter, was he talking too much ?

Stu : *"Peter had a niggly calf which got progressively worse as the race went on, so he dropped back a little. Either that or he got tired of my lack of conversation. There are only so many subjects two men of a certain age have to talk about and because he doesn't watch Coronation St there was a huge gap to try and fill. I think I bored him."*

Cavy Chat : Was there any time that you felt it was getting a little tough ?.

Stu : *" I enjoyed the race which surprised me especially when I didn't go there to have fun. I went there to endure it. The wheels began to fall off in the last 5 or so k's. That's when it became a mental game. I was starting to feel a little sorry for myself by that stage too. I wanted my mum."*

Cavy Chat : What was the feeling crossing the Finish Line ?

Stu : *"I had plenty of time to prepare for and imagine what it would be like crossing the line so was a little disappointed that relief and not elation was the predominant emotion. Elation came later."*

Cavy Chat : Was it a relaxing Sunday evening . How was the body next morning. ?

Stu : *" Relaxing...! Not on your life. Lesley took me shopping as soon as I had showered and changed. I spent the rest of the day hobbling around Ballentines Department store looking at frocks. Marriage is a cruel institution."*

Cavy Chat: Future plans ? another Marathon ?

Stu : *" I had always thought that if all went to plan the Christchurch marathon was going to be a stepping stone to our own Cadbury Dunedin Marathon. Now that is an iconic marathon I really want to knock off. I can't wait! Anyone want to train with me? You'll have to do the talking!"*

Cavy Chat : There has been a some criticism aimed at the amount of traffic congestion that was caused. As a competitor did you find that the event was very well organized. ?

Stu : *"I thought the event was well organized, although the stopping of competitors to allow traffic to flow was frustrating, and something which would not be acceptable in our own Cadbury Dunedin Marathon. "*

Cavy Chat : Anything further you would like to add ?

Stu : *" I'm very pleased to have run my first marathon. It's given me a confidence in myself and my running I didn't have before and to have had so many heartfelt messages of support from our own club members prior to the race helped make the event just that bit more special to me."*

Barnes Cross Country

The 2015 Barnes Cross Country was held in beautiful weather, it was **Andrew Glennie** flying the

flag with a classic win , Andrew's pre race preparation was to do three 10km runs with Glenn Sutton around the Anderson Bay Inlet during the weekend. **Darcie Evans-Tobata**, was first in the Female Under 13, **Oliver Young** first in the Male Under 13, **Ben Rowley** 3rd in the Youth and **Donna Young** 2nd in the Open Women. **Katherine Van Der Vliet** was 2nd in the Walk and also posted the fastest time.



Andrew



Donna



Katherine

Click [HERE](#) to view Photos from the Barnes Cross Country

Glenn Sutton - Badwater 2015



Having completed the Baywater 24 hours run Cavy Chat put a few questions to **Glenn Sutton**.

Cavy Chat : Badwater is about a month away, you happy with your preparations so far ?

Glenn : " *Yeah, real happy after knocking off the Rail Trail and Baywater 24hours. Feeling alot fresher this year* ".

Cavy Chat : The "Baywater Inlet Challenge" seemed to go very well, you happy with it and the support you received ?

Glenn : " *The support was outstanding! The whole idea was to do that run to come out of it with no injuries or illnesses. I was overwhelmed with the*

support that I received. "

Cavy Chat : The distance you covered (209.55k) is close to Badwater (217k). The big facture will be the difference in temperature. Dunedin 10c Badwater 40c plus ?

Glenn : " *That's right. I will be heading to Darwin for a week to warm up before landing in LA five days before race day* ".

Cavy Chat : There were lessons learnt from your first Badwater. What have you gained from that and how will you approach your second Badwater ?.

Glenn : " *The heat is the biggest factor, I was really happy with the way it went last year. However this year I will be having slushies' and using more ice in keys spots to cool my body temp down ie: wrists and around my neck* "

Cavy Chat : Will you be looking at improving your time, or just a matter of finishing ?

Glenn : " *Yes absolutely wanting to improve my time and placing. "*

Cavy Chat : Some would say "why do this", is this your Everest ?

Glenn : " *I was looking for a challenge and was lucky enough to be accepted a second time. Looking forward to the experience and challenge of running the original course taking me right down into the Death Valley this year. "*

Cavy Chat : All the very best for Badwater. Will be a lot behind you (runners in the race, and supporters at home)



2015 Club Cross Country

It was great to see another good turnout of Children and Junior Competitors for the 2015 Club Cross Country, all giving of their best and receiving plenty of encouragement from the seniors all round the course. **Josh Baan** looked really good powering around the course in the Open Men race while runner up **Jonah Smith** turned in probably his best run of the season so far picking up the Sealed Handicap Prize. In the Open Woman race **Donna Young** continued with her winning form while **Jilly O'Brien** shows on going improvement with every race. Jilly is enjoying an excellent first season with Caversham. It was also good to see **Ian McDonald** running with determination to take out the Men 50t race. Still life in the old body yet eh Ian. Was very pleasing to see 21 Walkers out on the course braving the elements. **Report by John Stinson. Photo : Matthew Moloney**



Click [HERE](#) to view Photos from the Club Cross Country

Primary and Intermediate Schools Cross Country



On the Sunday Caversham hosted the 2nd of the Children's Cross Country series out at Kettle Park. In spite of the very cold weather we had a good turnout of kids who had a great old time. Our own Caversham kids ran very well as you would expect and finished well up in the field: **Dan O'Brien** won Year 3 boys. **Jordan Evans -Tobata** won Year 6 girls. **Oliver Young** Year 7 boys. **Caitlin O'Brien** Year 7 girls.

Photo :It is evident in all sports, excited sideline parents, Jill and Donna ... and why not.

John Stinson

John Stinson was club captain when the Caversham Harriers took over the Dunedin Marathon in 1985. Since then John has served as Publicity Officer and continued in that role until last year when he decided that 30 years was a good time to put down both pen and paper. John recalls the early years when there were around 600 competitors, "In 2009 we had a final tally of 2,369, a figure we would only have dreamed about ". The pen and paper will resurface as John will focus on researching and writing the Caledonian Society of Otago official history. In recognition, the club presented John with a specially embroidered club jacket.



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