



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!



Marathon Help Required



All the members of the Marathon committee have been working hard towards this year's event. Some have taken on extra duties and there is now a need to get the message out that help will be required as we gear up for the 14 September. Listed are the areas in which clubmembers can help and the person to contact.

Course Marshalls : If you have not yet been approached you soon will be, so, in the meantime if you are available to help on the day. Contact **Ian McDonald** for details email ianavis@clear.net.nz

Drink Stations Helpers : Another very important job on the day and as many hands make light work ?. Contact **Gerry Quaid** for details email gdq@slingshot.co.nz

Race Packs : **Thursday 11 September at Forsyth Barr Stadium**. This is a little hard work mixed with a bit of relaxation with other clubmembers. Contact **David Jackson** for details email dijackson@xtra.co.nz

Race Pack Pick Up : **Friday 12 Saturday 13 and Sunday 14 September at Forsyth Barr Stadium**. A very busy time, good team work required with the added bonus of meeting a lot of interesting people. Contact **Mary Vincent** for details email maryv@ihug.co.nz

It was 30 years ago that Caversham organised their first "Harbour Marathon". From 430 competitors to what it is today, a lot of hard work by the Caversham Harrier and Athletic Club and it's members and we will all do it again in 2014.

Moro Half Marathon "The girls from 2007"



Marion Maxwell

1:26:52



Kerry Rowley

1:38:24



Clair Giles

1:38:53



Sally van Rooyen

1:54:53



Gail Sharp

1:58:04

Edmond Cup ... Prepare for Take Off !



A hugely successful day for the Cavy Club at the **Edmond Cup** an event that is etched in our clubs history by the late **Pat Sidon** who dominate the race from 1954 to 1967. Great turnout of Juniors, Walkers and clubmembers contributing in one way or another.

For Race Reports and Results Click [HERE](#)



" Marshalling out here on the Taieri is two fold, let the runners through, while keeping the sheep in ! " Sheppard's Evelyn, Malcolm and Jim

... and some had their "wings clipped"

There were those that didn't dare take on the "water jump" and there were a number of devilish reasons !. The desire to beat **Peter Hughes** was eating at **Stu** and he knew that this was the day !. An attempt to steer him to the "water jump" failed so it was all down to a sprint finish, in the end Peter prevailed by 5sec,..... oh dear hang on it was only the "Leith version" of Peter Hughes next time Stu !, another day another race..... practice make perfect !!!



Clubrooms Update



Our Cromwell clubmember **Pauline Begg** was in London recently and took the opportunity to check out some of the local dwellings than would look nice as new clubrooms. Pauline noted, " *There are heaps of rooms, plenty of showers and toilets* ", Pauline was thinking " *The grounds are so big you could run around them a few times for the Ted Brown* ". The current owners, Liz and Philip are getting on, so is a bit of a hand full to maintain, and it already has security gates like our clubrooms. " *Just waiting to be let in to sample a cup of tea* "

Glenn Sutton

On the eve of **Glenn's** epic journey, here is an insight into his number one support team, **Julia, Emily, Ruby** and **Lucy, Glenn's** family.

Julia on the Girls. " *The girls have grown up with Glenn's running and every event that he does excites them, he is a great role model in that respect showing the girls that dreams do happen and if you truly want something, some times you have to work super hard and fight for it "*

Julia on Glenn. " *Glenn gives 100% to absolutely everything, running is an awesome time out for him and gives Glenn the chance to get some good head space, he comes home happy and ready for the family life ."*

Julia. " *I have always backed Glenn in every event he has wanted to do and can honestly say that I have never said no to anything. I am so grateful to the 3 amazing guys he has supporting him, best mates from his school days Scott and Mark, and fabulous boss Rob, what more could he want or need "*



Photo : Glenn Sutton Badwater 2014 135 miles in 36 h 30 m 28s Placing 33rd.

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