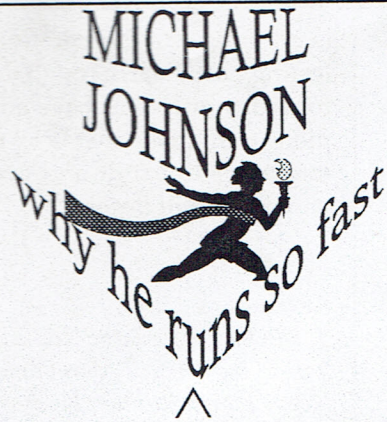
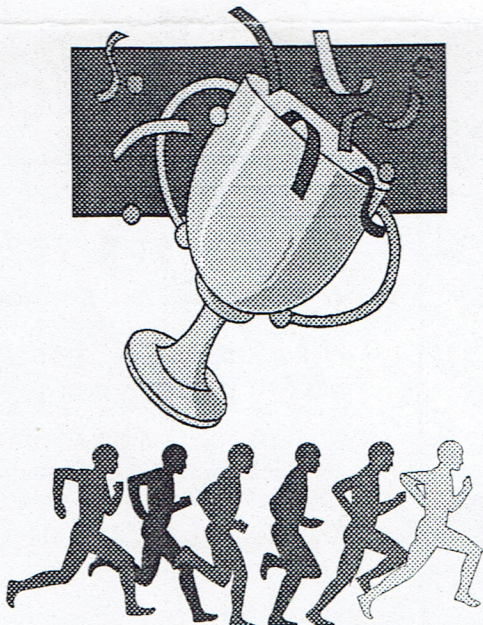


RESULTS

BRIGHTON - GREEN ISLAND ROAD RACE 3 AUGUST 1996

<u>Place</u>		<u>Time</u> (mins)	<u>Time Place</u> (mins)
1	D Miller	45.57	16
2	J Sidon	38.49	5
3	S Graham	38.26	3
4	P Braam	39.40	8
5	N Madigan	45.21	18
6	Karen Rowley	43.25	14
7	R Porter	39.33	7
8	J Stinson	44.45	18
9	M Sleeman	40.07	10
10	P Blackwood	47.14	21
11	D Jackson	43.17	13
12	R Dowland	42.30	12
13	G Dowland	44.38	17
14	K Gough	43.47	15
15	E Jones	46.20	20
16	P Coakes	38.30	4
17	A Horne	35.20	2
18	D Mowat	32.40	1
19	D Sharp	40.06	9
20	I McDonald	40.20	11
21	J McDonald	50.35	23
22	P Gillan	51.35	24
23	B Watkins	50.27	22
24	R George	39.07	6



HEAD

Amazing mental strength helps maintain relaxation, speed maintenance and endurance. A quick learner, according to his coach Clyde Hart, he is extraordinarily good at judging pace and distribution of effort.

ARMS

Johnson's gears. A much shorter, faster arm action, and narrower angle between forearm and upper arm than his opponents, helps him keep a very efficient technique under great fatigue

UPPER BODY

The relaxation Johnson maintains in his well-conditioned upper body is one of the keys to his success, leading to rhythm and economy of effort when others are suffering.

POSITION

Johnson quickly adopts a natural upright style with his back almost arched, which is energy efficient, aiding both his control and shortening his stride cycle.

LEGS

With his long torso Johnson's legs are shorter than many of his rivals but aided by his straight up-and-down technique and minimal knee lift, his rate of stride frequency is startling.

STRIDE

Though the stride looks choppy, it is deceptive. Johnson's foot contact is directly beneath the body and he still achieves full extension of his rear leg in classical fashion.

Unisex Hair Design

Loraine Blackwood

supporting Caversham Harriers for 96/97

*229 Middleton Road, Corstorphine *

Telephone 487 6699

try us for that "racing haircut"

MOSES LORNE

(Mosambique meaning "LAWNMOWING"?)

Club coach David Stinson, with the assistance of the Sanitarium Foreign Exchange Bank has acquired the sole rights to the amazing 'AirGel Marathon Mower'.

"The Moses Lorne AirGel Marathoner is the finest to come out of Mozambique, guaranteed to give lawns a PB everytime"

MOWERS WORLD MAGAZINE

David is offering to do club members' lawns 'FREE' from now until the end of October. "I want them to have as much free time to prepare for Track & Field"

INTERESTED

Contact David and find out the true meaning and benefits of

MOSES LORNE

**FREE LAWN
MOWING OFFERED ON
THIS PAGE -
READ ALL
ABOUT IT!**

Announcements

Election Night Bash
12 October, Clubrooms;
7.00 p.m.-ish

Bring a plate & a sense of anticipation

**CHANGE OF DATE -
CLOSING DAY NOW ON
SUNDAY 13 OCTOBER**
(Due to Track & Field opening on
12 October)
10.00 a.m. for a run followed by
prize giving

HURRING RELAYS
19 October -
BE THERE!!!

RESULTS**QUEENSTOWN HALF MARATHON**

7 April 1996

Overall

Placing	Name	Time
15	Paul King	1:14:20
128	Pat Sidon	1:30:52
199	Steven Gough	1:37:07
281	Kevin Gough	1:41:31
390	Kerry Rowley	1:48:27

BARNES CROSS COUNTRY

Monday 3 June 1996

Placing Place	Name	Time	
MEN			
5	Russell George	20.56	39
20	Ian Paulin	19.38	23
47	Paul Pearce	22.57	58
51	Ken Fahey	23.03	59
55	Ian McDonald	21.55	49
59	Grant Dowland	24.25	64
61	John Sidon	22.32	55
63	David Peacock	22.12	53
66	Andy Horne	20.14	29

WOMEN

5	Maria Sleeman	17.31	8
20	Kath McDonald	21.59	28
21	Roz Dowland	17.38	11

EDMOND CUP STEEPLECHASE

Saturday 22 June 1996

Place	Name	Time
15	Paul King	36.52
27	Ian Paulin	38.26
44	Russell George	43.17
45	David Peacock	43.25
47	John Sidon	44.11
49	Ian McDonald	45.23

FAULTY SPRINGS?

WE MANUFACTURE, RECONDITION AND
RESET LEAF SPRINGS
FOR ALL MAKES OF VEHICLES

BROWN & COPE LTD

MOTOR SPRING MANUFACTURERS

36 MacLaggan Street, Dunedin

P.O. Box 1138 - A/H 0-3-488 1436 - John

Phone: 0-3-477 8136



MORE RESULTS

OTAGO CROSS COUNTRY CHAMPIONSHIPS

Saturday 20 July 1996

Place	Name	Time
MEN (12000m)		
23	Ian Paulin	46.54
27	Andy Home	48.15
33	Ian McDonald	54.09
VETERAN MEN (8000m)		
1	Paul King	29.31
7	Russell George	34.14
30	Evan Jones	41.12
VETERAN WOMEN (6000m)		
3	Maria Sleeman	27.37
WOMEN UNDER 20 (4000m)		
3	Karen Rowley	19.18

OTAGO ROAD CHAMPIONSHIPS

Saturday 7 September 1996

Plc	Name	Time	
SENIOR MEN 10 000m			
18	Ian Paulin	34.53	
20	Owen Wilson	35.34	
VETERAN MEN 10000m			
17	Russell George	39.10	
VETERAN WOMEN 5000m			
3	Maria Sleeman	19.50	
8	Roz Dowland	21.20	
Plc	Name	Time	Time Place
MEN & WOMEN HANDICAP 10000m			
6	Peter Braam	42.11	12
12	Grant Dowland	45.58	25
21	John Stinson	47.57	34
24	Roanna Porter	43.00	16
26	Andy Home	38.13	4

WHEN Fred was given the bill for an overnight stay in a French hotel he thought the \$500 charge was a tad excessive and raised it with the manager.

"If you remember Sir," said the manager, "you and your wife had a room with a bath."

"But we didn't take a bath," complained Fred.

"I can't help zat," said the manager. "Eet was there if you wanted it."

Fred thought about this for a moment then scribbled some words on a piece of paper and slapped it down on the counter with a \$100 note.

"What eez this?" asked the manager.

Fred explained that the \$100 was fair tarriff for the room and that the piece of paper was an account for \$400 to the manager fro sleeping with Fred's wife.

"But I didn't sleep with your wife," protested the manager.

"I can't help that," said Fred, "she was there is you wanted

PENINSULA RELAY

Saturday 27 July 1996

Lap	Name	Race Place	Lap Time	Time Place
Caversham No 1				
1	Roanna Porter	20	18.29	12
2	Maria Sleeman	20	13.57	12
3	Andy Home	18	17.48	8
4	Ian Paulin	16	22.29	5
5	Shelley Graham	14	12.33	11
6	Owen Wilson	10	17.48	8
7	Dave Mowat	3	28.45	=6
8	Karen Rowley	4	15.10	22

Final Place 3 - Total Time 2:26.59 - Time Place 8

Caversham No 2

1	Kevin Gough	3	20.25	23
2	Evan Jones	3	15.31	24
3	Peter Braam	3	20.05	19
4	John Sidon	1	24.44	15
5	Neville Madigan	1	14.46	24
6	John Stinson	1	22.21	26
7	Brain Watkins	10	39.49	28
8	John McDonald	20	16.41	25

Final Place 18 - Total Time 2:54.22 - Time Place 24

Caversham Veteran Men

1	Colin Dick	21	20.02	=19
2	Paul Pearce	23	14.14	16
3	Greg Walsh	23	17.40	7
4	David Peacock	22	24.05	12
5	Peter Blackwood	25	14.18	19
6	Phil Coakes	26	19.18	14
7	Paul King	23	28.42	5
8	Ken Fahey	21	14.35	17

Final Place 19 - Total Time 2:32.54 - Time Place 12

Ariki - Caversham

1	David Crewe	7	20.26	24
2	Kath McDonald	8	17.54	28
3	Ian McDonald	7	19.16	16
4	Carol Foote	4	26.47	19
5	Stephanie Jenkins	6	15.54	27
6	Sarah Toomey	5	20.37	19
7	Kerry Rowley	22	39.07	27
8	Kirsty Johnson	26	18.28	28

Final Place 24 - Total Time 2:58.29 - Time Place 25



Unisex Hair Design

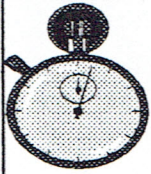
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supporting Caversham Harriers for 96/97

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AND MORE RESULTS

CLYDE DAM - ALEXANDRA ROAD RACE 24 AUGUST 1996

Overall Place	Name	Time (mins)	Category Place (mins)
WALKERS			
1	Gail Sharp	71.31	1
2	Jim Law	73.53	2
3	John Egan	77.07	3
4	Alison Jones	83.56	4
5	Elaine Gough	83.57	5
6	Anne Watkins	84.51	6
7	Barbara McDonald	84.52	7
10	Warren Tweedie	90.22	10
12	Rhonda Rowley	90.37	12
13	Kerry Rowley	90.38	13
14	Janine Pearce	92.59	14
15	Roz Pearce	93.00	15
16	Chrissy Pickford	111.10	16
SENIOR MEN			
39	Andy Horne	36.49	24
81	Dave Sharp	41.11	38
84	John Sidon	41.30	40
97	Ian McDonald	42.26	44
101	Barry Sleeman	42.42	45
VETERAN MEN			
110	Paul Pearce	44.00	13
126	Grant Dowland	46.01	32
135	John Stinson	47.11	34
140	Peter Blackwood	48.25	35
144	Brian Watkins	49.15	36
MASTERS MEN			
118	Kevin Gough	44.36	14
125	Doug Miller	45.51	17
127	David Jackson	46.06	18
130	Evan Jones	46.21	19
143	John McDonald	49.14	20
SENIOR WOMEN			
54	Shelley Graham	38.28	3
121	Karen Rowley	45.06	12
VETERAN WOMEN			
75	Maria Sleeman	40.24	6
154	Kath McDonald	55.34	19

PORT CHALMERS TO DUNEDIN RACES

Sunday 11 August 1996

Plc	Name	Ctgy	Time	Time Ovll Place	Ovll Place	Ovll Time
MEN						
5	Andy Horne	SM	46.39	7	5	7
15	Ian Paulin	SM	46.23	6	18	6
25	Russell George	VM	50.15	20	30	20
40	Colin Dick	VM	57.01	45	49	50
46	Grant Dowland	VM	60.47	55	55	63
50	Ian McDonald	SM	53.33	28	59	30
51	David Peacock	VM	53.40	30	60	32
56	Brian Watkins	VM	64.46	61	67	71
59	Peter Blackwood	VM	65.04	62	71	72
60	John McDonald	VM	65.05	63	72	73
Teams Race 4th						

WOMEN UNDER 20

4	Karen Rowley	W20	22.02	2	6	11
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BRIGHTON - GREEN ISLAND ROAD RACE

Saturday 3 August 1996

Plc	Name	Time	Time Place
1	Doug Miller	43.57	16
2	John Sidon	38.49	5
3	Shelley Graham	38.26	3
4	Peter Braam	39.40	8
5	Neville Madigan	45.21	18
6	Karen Rowley	43.25	14
7	Roanna Porter	39.33	7
8	John Stinson	44.45	18
9	M Sleeman	40.07	10
10	Peter Blackwood	47.14	21
11	David Jackson	43.17	13
12	Roz Dowland	42.30	12
13	Grant Dowland	44.38	17
14	Kevin Gough	43.47	15
15	Evan Jones	46.20	20
16	Phil Coakes	38.30	4
17	Andy Horne	35.20	2
18	Dave Mowat	32.40	1
19	David Sharp	40.06	9
20	Ian McDonald	40.20	11
21	John McDonald	50.35	23
22	Phil Gillan	51.35	24
23	B Watkins	50.27	22
24	Russell George	39.17	6

The **FRONTRUNNER**

FORMERLY BRIAN'S PLACE -- 324 GEORGE STREET, DUNEDIN

Top 4 Selling Running Shoes

	Retail Price	Club Price
<u>Nike Triax</u>	199 00	169 00
<u>Asics 125</u>	199 00	169 00
<u>Asics 2021</u>	250 00	212 00
<u>Avia 2045</u>	189 00	160 00

Brian Watkins 477 8869, 324 George Street, Dunedin