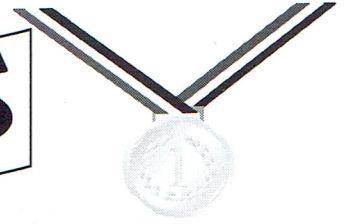




# RESULTS



## Vice Presidents 5000 Walk

There was a mistake in the time for Mary Vincent. It should be 42.21 not 5.50

## Cairnmuir Hill 10k Run 3 June 2006

This is a very challenging course which was held for the first time. There was a 15 & 10K Walk and 15 & 10k run. The 15k competitors climbed to 980 metres while the 10k went to approx 400 metres, it was very undulating and with not much flat at all. At times it was very steep and rough. The weather was fine but cool and the sun even came out to help us along. Afternoon tea was put on in the Alexandra Rowing club from where the race started. They hope to have the event again next year so if you need a challenge or change of scenery give it a go.

Place	Name	Time
2	Pauline Begg	1.22.00

## SBS Christchurch Half Marathon 4 June 2006

O/I PI	Name	Gr PI	Net Time
62	Clinton Coker	36	1.21.25
765	Karen Rowley	125	1.51.04

## Edmund Cup 17 June 2006

The day was fine but a very bitterly cold wind. The track was soft but along the back straight there was some firmer ground.

### Men 8800 m

15	Ian McDonald	MM45	42.00
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### Women

10	Kerry Rowley	SW	23.12
13	Christine Montgomery	MW35	23.54

### Masters Men 50+

15	Ivan Bell	MM55	26.33
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### 3 Person Relay

#### Caversham 1

3	Glen Sutton	10.52
	Malcolm Giles	11.39
	Tony McEntyre	10.15

#### Caversham 3

7	John Landreth	9.55
	Pauline Begg	16.18
	Maria Sleeman	11.04

#### Caversham 2

9	Gail Sharp	12.34
	Alison Newall	14.05
	Karen Rowley	12.06

### Masters Men 35+

2	Ian McDonald
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### Masters Women 35

5	Christine Montgomery
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## Masters Men 55

3	Ivan Bell
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## Balclutha Half Marathon 25 June 2006

Cool still conditions after very heavy frost.

Place	Name	O/I PI	Time
<u>Open Men</u>			
6	Clinton Coker	11	1.23.50
<u>Open Women</u>			
6	Kerry Rowley	34	1.34.34
<u>Masters Men</u>			
4	Ian McDonald	8	1.21.06
6	John Landreth	19	1.28.19
22	Malcolm Giles	59	1.47.45
23	Ivan Bell	60	1.47.51

## Men's Teams Race

### Caversham

3	Placings 8,11,19	38Pts
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### 10kWalk

3	Colin Dick	1.09.21
4	Karen Thompson	1.09.51
32	Colleen Eckhoff	1.28.02
33	Rhonda Rowley	1.28.03
40	Aroha Bolton	1.29.00

## Club Cross Country 1 July 2006

Cool but sunny no wind, ground was in good condition considering the frosts we had during the week.

Only soft & wet in places. Numbers were not as good as previous years but there was still a good turn out. This is a very challenging race as the terrain is very undulating. Sarah and Yvette Buttery new runners with the club enjoyed the experience and ran well to complete the 3 lap course for Open Women.

### Boys U16

1	Robert Brown	15.24
2	Royce Madigan	15.32

### Men U 20

1	Tony Payne	22.31
2	Lyndon Brown	23.47

### Open Women

1	Marion Maxwell	25.50
2	Maria Sleeman	27.26
3	Kerry Rowley	30.28
4	L. Perry	32.42
5	Sarah Gardiner	35.08
6	Yvette Buttery	38.21

### Open Men

1	Clinton Coker	31.24
2	Ian McDonald	33.39
3	John Landreth	34.45
4	Ivan Bell	41.59

# more RESULTS...

## Men 50+

1	Malcolm Giles	19.34
2	Jim Cartwright	21.05
3	Colin Dick	22.21
4	David Jackson	23.17
5	John Stinson	24.01

## Women 50+

1	Marina Hanger	23.15
2	Paula Anstey	24.10
3	Pauline Begg	26.28

## Walk

1	Gordon Cameron	28.59
2	Karen Thompson	29.28
3	Alan Toomer	30.55
4	Emma Lomas	31.27
5	Ann Watkins	34.57
6	Warren Tweedie	34.58
7	John Perry	35.34
8	Peter Anstey	35.44
9	Marilyn Perry	36.03
10	Lorraine McLeod	36.33
11	Rhonda Rowley	36.33
12	Kieran Columb	36.33
13	C Renwick	37.37
14	Dave Renwick	37.38

## Otago Cross-country Report 15 July 2006

The Otago Cross-country Championships were held at Waikouaiti Racecourse on a fine clear day with the course in excellent order for this time of year. It was a successful day for Caversham in terms of results and all competing club members acquitted themselves well.

In the Men Under 16 6000metres Robert Brown ran a well judged race to win by 9seconds in a time of 20.13 from Daniel Belchin of Civil Service who led the race from the start with Caversham's Will Buchanan 3rd in 21.31 and Jeff Notman also of Caversham 4th in 22.02. Royce Madigan was 7th in 23.17. Caversham was a clear winner of the Teams race competition. The Masters Women's 45 6000 metres provided one of the most exciting finishes of the day with Caversham's Marion Maxwell prevailing by 2 seconds over Julie Wilson of Ariki with the pair being locked together throughout the race. Marion's time was an impressive 22.21 against Julie's 22.23. The Masters Men's race run over 8000 metres also provided a great contest with Glen Ferguson of Leith winning in 28.19 followed by Geoff Anderson of Caversham in 28.27 and Lachie Cameron of Ariki 3rd in 28.33. Geoff was thrilled with his run and particularly pleased to beat Lachie Cameron who is always a formidable competitor over cross country and road races. Good runs back in the field from Ian McDonald and John Landreth saw Caversham take 3rd place in

the Teams competition in this grade.

In Senior Men's 12000 metres Clinton Coker ran another fine race continuing an excellent winter season for him and promising a good summer track season later in the year. Our two Senior Women's competitors Joanna Tokona and Kerry Rowley were both satisfied with their runs against tough opposition. Overall the Otago Crosscountry results were encouraging for the Club with a number of major winter events still to come.

## Senior Men 12000m

13	Clinton Coker	46.32
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## Senior Women 8000m

8	Joanna Tokona	36.00
9	Kerry Rowley	37.39

## Men 19 & Under 8000m

6	Lyndon Brown	29.29
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## Masters Men 35+ 8000m

2	Geoff Anderson	MM45	28.27
11	Ian McDonald	MM45	32.05
13	John Landreth	MM40	33.09

## Teams Race

3	Caversham	2,11,13	26pts.
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## Masters Women 45+ 6000m

1	Marion Maxwell	MW 45	22.21
8	Paula Anstey	MW50	30.02

## Men 16 & Under 6000m

1	Robert Brown	20.13
3	Will Buchanan	21.31
4	Jeff Notman	22.02
7	Royce Madigan	23.17

## Teams Race

1	Caversham	1,3,4	8pts
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## Open 4000m

6	Ivan Bell	MM55	20.28
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Geoff Anderson at Otago Cross Country Champs

# more RESULTS...

## Brighton-Green Island 22 July 2006

The weather was fine and sunny but there was a stiff south west wind. The first few hundred metres was tough straight into the wind but once rounding the corner it was better. The occasional gust of wind from behind helped achieve some good times. David Jackson and his bunch of merry helpers once again did a good job with marshalling and traffic management. This made for an incident free event. As happens every year most of us would like to pass on our thanks to the Handicappers who do not have an enviable job.

### Open Handicap

F/O	Name	Time	F/Tim
1	Jim Cartwright	48.07	11
2	Lyndon Brown	33.14	2
3	Marion Maxwell	38.04	5
4	Tony Payne	33.53	3
5	Geoff Anderson	33.08	1
6	Clinton Coker	35.16	4
7	Pauline Begg	59.30	18
8	Brian Watkins	51.31	16
9	Murray Reynolds	46.08	9
10	John Landreth	38.50	6
11	Neville Madigan	55.43	17
12	Kerry Rowley	41.48	7
13	Malcolm Giles	46.24	10
14	Christine Montgomery	43.04	8
15	Paula Anstey	48.44	13
16	Karen Rowley	48.14	12
17	Phil Coakes	49.22	14
18	Grant Dowland	49.56	15

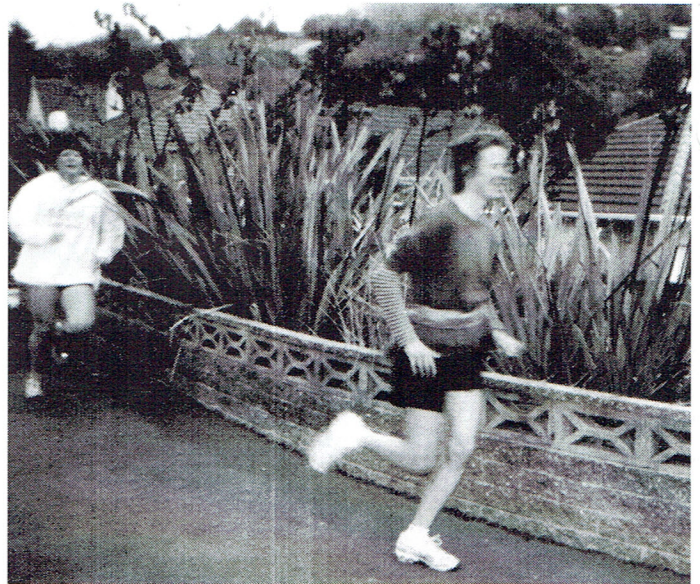
### Juniors

1	Maria Sleeman	13.10	2
2	Robert Brown	13.20	1

### Walk

1*	Pam Sutherland	1.14.22	9
2*	Sharon Hughes	1.16.57	12
3	Carmel Jolly	1.08.20	4
4	Anne Watkins	1.12.42	6
5	Emma Lomas	1.21.49	7
6	Kieran Columb	1.15.02	10
7	Ian Dick	1.15.40	11
8	Karen Thompson	1.08.47	5
9	Aroha Bolton	1.05.01	1
10	Colin Dick	1.05.05	2
11	Patsy Mason	1.23.53	15
12	Lorraine McLeod	1.24.12	17
13	Phil Gillon	1.21.48	13
14	Rhondda Rowley	1.21.48	14
15	Warren Tweedie	1.14.11	8
16	Gordon Cameron	1.06.27	3
17	Annette Tackney	1.24.11	16
18	Janet McPherson	1.24.24	18

19	Michelle McKinley	1.27.24	20
20	Karen Duncan	1.24.43	19
21	Margaret Cameron	1.28.37	21



*"Maria why did John take off like that?"*

*"He's heard Jim Law brought sandwiches along for us to eat"*



*"I can taste them already." "My favourite Ham and Egg!"*

