

# RESULTS



## Ted Brown 2006

The day was fine with a cool breeze for the first event of the 2006 Winter Season.

Malcolm Giles recorded a PB in the Ted Brown by slashing 32 seconds of his 2005 race time. Well done

We also had some new runners in the Junior event Ben Rowley (following in Mum's footsteps) Emily Rades Hayley Sleeman (another following Mum) Emma Lomas

In the McStay Cup newcomer Jenny Hill ran well to win this event. Alan Toomer (walker) also tried his hand at running. There was also some new walkers which is good to see.

Place	Name	Time	Time	Place
1	Malcolm Giles	6.12		7
2	John Landreth	5.06		1
3	John Sidon	5.32		3=
4	Ivan Bell	6.26		9
5	Ian McDonald	5.08		2
6	Alison Newall	7.01		11
7	Marion Maxwell	5.32		3=
8	Karen Rowley	6.20		8
9	Neville Madigan	7.53		12
10	Kerry Rowley	5.54		5
11	Maria Sleeman	6.06		6
12	Paula Anstey	6.56		10

**Fastest Time** John Landreth

## Juniors 2006

1	Ben Rowley	6.55	6
2	Robert Brown	4.45	3
3	Lyndon Brown	4.37	1
4	Royce Madigan	5.01	4
5	Tony Payne	4.44	2
6	Emily Rades	8.08	7
7	Hayley Sleeman	8.09	8
8	Emma Lomas	5.52	5

**Fastest Time** Tony Payne

## McStay Cup

1	Jenny Hill	7.27	1
2	Alan Toomer	8.09	3
3	Marina Hanger	7.42	2
4	Pauline Begg	9.25	4

**Fastest Time** Jenny Hill

## Walkers

1	Gordon Cameron	10.09	1
2	Anne Watkins	11.21	2=
3	Kieran Columb	11.21	2=
4	Jane Tomkinson	11.36	4
5	Patsy Mason	11.42	5
6	Alli Maxwell	12.02	6
7	Peter Anstey	12.08	7
8	Rhonda Rowley	12.12	8
9	Len Martin	12.37	9
10	Mary Vincent	12.52	10
11	Linda Lapwood	12.58	11
12	Lody Madigan	14.37	12
13	Karen Bradley	15.16	13

## National Title

Caversham member Paula Anstey secured her first National title on April 23rd when winning the Women's 50-54 grade in 2hr 46min at the National Duathlon Championships held at Fielding.

While the numbers in her age group were not great Paula was pleased to finish ahead of a number of women in lower age group which gave added satisfaction to her win. "It was nice to perform well after all the travel involved getting to Fielding" Paula says. The Duathlon comprised a 10k run, a 40k cycle and a 5k run held on an undulating course with strong winds making conditions tough especially on the cycle stage. "I had trained very hard right through the summer with this event in mind and all the conditioning work paid off handsomely on the day" Paula says.

Paula was accompanied to fielding by husband Peter and says his support for her during the Championships played a big part in her success. Paula is now looking forward to the rest of the win-

ter season with Caversham and hopefully achieve some more success along the way. Since her win at Fielding Paula was a member of the Caversham Masters Women's team that won their Grade at the Annual Lovelock Relays.





# more RESULTS...

## Lovelock Relays 2006

Caversham a record number of teams in the Lovelock Relays this year. The day was just like a summers day warm, sunny and no wind to speak of. Some of the times recorded in the results made for interesting reading and hopefully don't affect handicaps in the future (yours truly for instance) Our Masters Women broke the long time hold on this grade by winning over the Leith team with Marion Maxwell getting fastest time Well done ladies. There was also a number of runners who ran this event for the first time especially the Mixed Primary School grade, again well done

## Masters Men

### Place 6th

Leg	Name	Time
1	Geoff Anderson	4.35
2	Ian McDonald	5.06
3	John Landreth	4.57
4	John Sidon	5.27
5	Malcolm Giles	6.05
6	Ivan Bell	6.17
Total		32.27

## High School Boys

### Place 1st

1	Lyndon Brown	4.30
2	Tony Payne	4.35
3	Robert Brown	4.35
4	Royce Madigan	4.50
5	Daniel Belchin	4.35
6	Bonar Robertson	5.19
Total		28.24

**Fastest Times** Tony Payne, Robert Brown  
Daniel Bolchin

## Women's A Grade

### Place 4th

1	Kerry Rowley	5.53
2	Karen Rowley	6.03
3	Joanna Tokona	5.32
4	Maria Sleeman	5.56
Total		23.24

## Masters Women

### Place 1st

1	Marion Maxwell	5.26
2	Maria Sleeman	5.47
3	Paula Anstey	6.29
4	Christine Montgomery	5.45
Total		23.27

**Fastest Time** Marion Maxwell

## High School Girls

### Place 5th

1	Olivia Robb	5.58
---	-------------	------

2	Marise Smaill	6.32
3	Tegan Tokona	6.56
4	Kaye Edgar	6.28
Total		25.54

## Social/Mixed

### Place 5th

1	Tony Eaton	5.13
2	Glen Sutton	5.43
3	Pauline Begg	8.46
4	Julie McMahon	6.31
Total		26.13

## Caversham SW2

### Place 7th

1	Gail Sharp	6.44
2	Alison Newall	6.38
3	Jenny Hill	7.22
4	Sarah Segall	7.02
Total		27.46

## 12& Under (Primary School Mixed)

### Place 6th

1	Ben Rowley	1.30
2	Hayley Sleeman	1.36
3	Emily Rades	1.39
4	Ross Stinson	1.30
Total		6.15



*Maria with the Junior runners at Lovelock Relays*



*Ben Rowley who competed at the Lovelock Relays and Leith (Ponydales) Cross Country events*



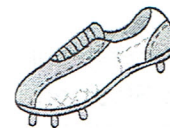
*Coach Dave and Juniors and of course Mascot Panda*

# Results Continued.

## Vice Presidents 5000 2006

The day was fine but cool for the race that everyone you talk to loves to hate. At least there was no wind so that made it a little easier. It was pleasing to our Moro Marathon Race Director (Phil Coakes) back on the track again. Once again our primary school members put up a great effort to get round the track, (it is a long way for those little legs.

Place	Name	Time	Time Place
1	Clinton Coker	17.53	4
2	Karen Rowley	21.57	15
3	Murray Reynolds	23.47	21
4	Tony Payne	16.51	2
5	Maria Sleeman	20.58	12
6	Ivan Bell	23.04	19
7	Lyndon Brown	17.11	3
8	Paula Anstey	24.12	23
9	Geoff Anderson	16.45	1
10	Olivia Robb	22.01	16
11	Colin Dick	22.48	18
12	Kerry Rowley	21.07	13
13	Gail Sharp	24.28	24
14	Royce Madigan	19.12	9
15	John Landreth	19.19	10
16	Pauline Begg	30.51	30
17	Robert Brown	18.22	6
18	Christine Montgomery	21.54	14
19	Ian McDonald	18.56	8
20	Will Buchanan	18.38	7
21	Glen McSkimming	18.22	5
22	Brian Watkins	26.26	25
23	John Stinson	27.30	28
24	Marina Hanger	26.32	26
25	John Sidon	22.11	17
26	Craig McKibbin	20.41	11
27	Neville Madigan	28.01	29
28	Sarah Segall	27.02	27
29	Emma Lomas	23.24	20
30	Phil Coakes	23.57	22
<u>Juniors</u>			
1	Ben Rowley	4.30	
2	Ross Stinson	4.46	
3	Brittaney Knowles	4.36	
4	Josh Knowles	5.03	
5	Emily Rades	5.34	
6	Hayley Sleeman	5.50	
<u>Walkers</u>			
1	Karen Thompson	34.58	
2	Katherine Van Der Vliet	40.35	
3	Lorraine McLeod	41.36	
4	Betty Murray	40.54	
5	Rhondda Rowley	40.54	
6	Aroha Bolton	33.25	
7	Barbara Anderson	38.46	
8	Alan Toomer	33.48	
9	Ann Watkins	38.00	





10	Jan Dick	38.56
11	Kieran Columb	39.05
12	Gordon Cameron	33.07
13	Mary Vincent	5.50

### Leith Club Cross Country Relay 20th May 2006

There were a good number of Caversham teams competing in the Cross Country Relays organized by the Leith Harrier Club on a new course at the Dunedin Pony Club grounds on Three Mile Hill Road. The course was similar to some of the cross country venues of previous decades with some steep and undulating terrain providing a good test of fitness for all competitors. The Course received positive reviews with the proviso that some alterations may be needed for the Senior Men's course which run over a very tough three lap circuit.

The first Caversham team to perform with credit were the Boys U.16 team of Robert Brown, Jeff Notman, Ben Anderson and Royce Madigan who finished 2nd in their grade behind Hill City. Robert recorded the fastest time in this grade of 8.09 minutes.

The Caversham Master's Women's team finished a close second to Leith in their grade a reversal of the placings in the Lovelock Relays and an indication of the close rivalry that should be repeated in other races later in the season. Marion Maxwell recorded fastest time of 9.10 and Gail, Maria and Christine all gained top marks for their efforts. The Caversham Senior Women's team competed in the same grade as the Masters team finished a short distance behind them. Kerry was fastest time with 9.55

Our U.12 team finished 6th out of 11 teams. They all enjoyed their run and the encouragement they received around the course. It's great that there are more children of this age taking part in these events and enjoying the experience without being pressured in any way.

The Senior Men's team with first year member Will Buchanan engaged in their own battle back in the field with Civil Service which they narrowly failed to win but which probably helped to encourage them along the way

The post event prize giving and afternoon tea went well with a comment overheard that the food provided was almost up to the standard set by Caversham. Club Captain John Landreth was a winner of one of the major spot prizes which will be in evidence for future mid winter training on dark nights.

#### Boys 16&U

2	Robert Brown	8.09		
	Jeff Nottman	9.26		
	Ben Anderson	8.37		
	Royce Madigan	8.17	Total	34.29

#### Composite

6	Nick Harper	10.13		
	Josh Nichols	10.51		
	Murray Reynolds	10.38		
	Ivan Bell	11.23	Total	43.05

#### Open Women

7	Emma Lomas	10.15		
	Kerry Rowley	9.55		
	Karen Rowley	10.32		
	Olivia Robb	10.06	Total	40.48

#### Masters Women

2	Marion Maxwell	9.10		
	Gail Sharp	11.08		
	Maria Sleeman	9.50		
	Christine Montgomery	10.10	Total	40.18

#### Mixed 12& U

6	Brittany Knowles	2.28		
	Ben Rowley	2.43		
	Ross Stinson	2.36		
	Josh Knowles	2.49	Total	10.36





### Barnes Cross Country Kettle Park 28th May 2006

The day was fine & mild which is a pleasant change from some of the past weather for this event. Approximately 120 competitors made for some excellent racing. Once again Caversham members had a good presents and performances. Lyndon, Tony & Robert had a few days earlier in the week performed well over this course with the Secondary Schools Cross Country Champs. The handicapping left a bit to be questioned when it came to the Men's 16&U handicaps Robert Brown was severally challenged by a handicap of 6minutes over the rest of the field but showed his strength to come home and record the second fastest time over a field of 18. Marion Maxwell once again recorded the fastest Masters Women's time.

#### Men

Place	Name	Time	Time Place
16	Ivan Bell	25.42	51
21	Clinton Coker	19.23	14
25	Ian McDonald	20.28	25
26	John Landreth	21.14	31
33	Tony Payne	19.16	12
53	Lyndon Brown	21.29	35
54	Colin Dick	30.41	54

#### Teams Race

Caversham  
16,21,25,26,33,53                      5th      174pts

#### Women

8	Christine Montgomery	17.30	16
12	Maria Sleeman	17.00	10
13	Marion Maxwell	15.50	2
18	Kerry Rowley	17.27	14
21	Gail Sharp	19.45	27
32	Alison Newall	20.57	28
33	Pauline Begg	25.21	33

#### Teams Race

Caversham  
8,12,13                                      3rd      33pts

#### Men 16&Under

18              Robert Brown                      9.37              2

#### Women 16& Under

9                Olivia Robb                              11.22              2



*Marion Maxwell  
Fastest Masters Women  
Barnes Cross-Country*

## **SECONDARY SCHOOLS ROAD RELAYS**

### **THANKS – A – LOT**

A big thank you to all those Club members who made themselves available to help out at the Secondary Schools Road Relay on Tuesday 16 May 2006. All corners and alley-ways around the block were covered and the results went well.

Kings High had three teams of International Students competing for the first time. Unfortunately the last team member of one team decided it was all too much and half way round the block decided to go home! Just goes to show you can have all the contingencies in place but there's no accounting for some people.

Once again thanks very much for your time, it is most appreciated.