



# RESULTS



## Club Cross Country Champs

There was a mistake in the results in the August issue of the Newsletter. Missed from the results was the Masters grade. They are as follows.

### Masters Men

1	Ian McDonald	33.39
2	John Landreth	34.45
3	Ivan Bell	41.59

## Timaru Round the Gorges Relay

### July 29th 2006

#### Caversham 1

Place	Name	Time	Gr	O/I
			Pl	Pl
10	Tony McEntyre	34.02	4 SM	12
	Karen Rowley	38.00	3 SW	20
	Royce Madigan	30.11	2 M19	10
	John Landreth	44.57	9 MM	21
	Ivan Bell	30.06	3 M50	19
	Malcolm Giles	35.22	10M50	22
	Ian McDonald	31.09	5 MM	11
	Kerry Rowley	39.10	3=SW	23

Total 5.42.57

## Athletics NZ Cross Country Champs

### Stratford August 5th 2006

8 Geoff Anderson 29.14.90 7pt

Otago Team 3,6,7,12 28pts 2

## Port Chalmers Road Race

### 5th August 2006

#### Men Handicap Race

9	Colin Dick	1.03.29	MM60	13
29	Clinton Coker	47.17	SM	42
31	John Landreth	51.36	MM40	47
36	Malcolm Giles	1.02.53	MM50	56
37	Jim Cartwright	1.04.53	MM65	57
40	Ivan Bell	1.05.16	MM55	64

Caversham 9,29,31 69

#### Women Handicap Race

8	Christine Montgomery	55.43	MW35	32
19	Marion Maxwell	51.45	MW45	54
27	Paula Anstey	1.07.40	MW50	68

Caversham 13.19.27 59

#### Men 19&Under Handicap Race

6	Robert Brown	17.19	M16	7
9	Royce Madigan	18.51	M16	10
10	Tony Payne	16.40	M19	11
12	Lyndon Brown	16.51	M19	13

## Clyde to Alexandra Road Races

### August 19 2006

It was a very cool wind as the Walkers & Runners prepared to do their warm-ups but the rain managed to stay away. The bus ride up there went well and we all arrived on time which was good as everyone had plenty of time to prepare. We had 16 runners and 18 walkers competing in this years event which was good but may have been down or previous years. Once again our juniors runners did Caversham proud, in the walking section a Caversham our men represented half the field with Colin Dick 1st home. Our ladies also did well in the large field with Karen Thompson being 1st home. Clinton Coker was the first of our runners to make the homeward journey in the Open Grade with Ian McDonald in the Veteran Men, Kerry Rowley in the Open Women], Kirsten Mills Veteran Women, Malcolm Giles Masters Men, Maria Sleeman Masters Women, Robert Brown Boys U16, Tony Payne Men U18 well done to you all and also not forgetting all the others who got out their and gave their all.

### More FM 10k run Contact Energy Open Men

Place	Name	Cat	Place	Time
31	Clinton Coker	21		35.57
118	Murray Reynolds	39		47.46

### Budges Pharmacy Open Women

68	Kerry Rowley	8	40.33
99	Karen Rowley	16	45.30

### Redpaths Veteran Men

48=	Ian McDonald	10	38.23
63	John Landreth	12	39.22

### Fat Badger Veteran Women

151	Kirsten Mills	13	53.31
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### Peter Watt Machine Masters Men

116	Malcolm Giles	18	47.26
132	Ivan Bell	20	50.08
145	Brian Watkins	23	52.56
146	John Stinson	24	53.02
177	Neville Madigan	31	1.02.32

### SF Central Masters Women

77	Maria Sleeman	4	41.44
153	Alison Newall	13	53.35
155	Marina Hanger	14	53.45
157	Yvette Buttery	15	54.26

### Treadwell Tyres Boys U16

3	Robert Brown	3	13.34
6	Royce Madigan	5	14.30

### The Edge Men U18

1	Tony Payne	1	19.48
2	Lyndon Brown	2	21.35

### House of Travel 10km Walk Edge Liquor Open

# more RESULTS...

## Men

4	Colin Dick	2	1.05.23
6	Gordon Cameron	3	1.09.19
9	Jim Law	4	1.12.12
17	Ian Dick	7	1.15.50
18	Peter Anstey	8	1.17.25
19	Kieran Columb	9	1.17.56

DNI Jim Cartwright

## Alex Paper Plus Open Women

5	Karen Thompson	3	1.07.51
8	Esther Devaney	5	1.11.34
13	Emma Lomas	9	1.14.09
16	Anne Watkins	10	1.15.01
26	Marilyn Perry	17	1.19.27
29	Betty Murray	20	1.20.32
31	Kylie Osbourne	21	1.22.19
32	Rhondda Rowley	32	1.22.20
38	Patsy Mason	28	1.24.32
41	Lorraine McLeod	41	1.25.32
49	Margaret Cameron	38	1.30.24

## Peninsular Relay

### August 26th 2006

The day was fine with a slight cool wind especially for the runners doing the legs on the bottom road. We had a good response from those wishing to compete and were able to field 3 teams with minor changes from that originally picked. Geoff Anderson record fastest time for the 7th leg from Macandrew Bay to Teviot Street a distance of 8.4 kms. Robert Brown also showed his supporters that he can really push the pace when needed and sprint to the finish line.

## Caversham Women

7	Karen Rowley	20.41
	Paula Anstey	17.07
	Christine Montgomery	20.38
	Joanna Tokona	27.33
	Julie McMahon	15.14
	Maria Sleeman	20.30
	Kerry Rowley	34.08
	Olivia Robb	16.54
	Total	2.52.45

## Caversham Mixed

9	Ivan Bell	22.15
	Gail Sharp	17.54
	Royce Madigan	18.55
	Jim Cartwright	30.57
	Pauline Begg	19.11
	Malcolm Giles	22.43
	John Landreth	32.27
	Colin Dick	16.39
	Total	3.1.01

## Caversham Men

17	Ian McDonald	18.57
	Marion Maxwell	13.51
	Clinton Coker	17.15
	Lyndon Brown	24.52
	Will Buchanan	12.22
	Tony Payne	16.45
	Geoff Anderson	27.41
	Robert Brown	12.55
	Total	2.24.38

## Marafun

### August 27th 2006

Despite a cold wind 172 competitors crossed the finish line. This is the most entries to date so far which is good for the future of the event. It was good to see so many runners from our club entered after having run the Peninsular Relay the previous day.

## 10km Run

2	Clinton Coker	38.01
11	John Landreth	42.29
14	Alison Newall	44.07
18	Karen Rowley	47.14
23	Murray Reynolds	48.22
29	Kerry Rowley	50.56
34	Phil Coakes	51.24
41	Ivan Bell	52.45
44	Gail Sharp	53.44

## National Road Champs

### September 2nd 2006

## Women 45-49 5000m Run

3	Marion Maxwell	19.17.8
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## Men 8km Run

11	Tony Payne	28.05.4
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## Moro Marathon

### September 10th 2006

The order for the day was fine but cool head wind for the first part of the Full Marathon and a tail wind for the remainder of the race from Kitchener Street to Watson Park. Once again the numbers increased with 118 entered in the Full over 700 in the Half and over 600 in the Walk.

## Marathon

O/all Place	Gr PI		
90	Ivan Bell	MM 45	4.32.56

## Half Marathon Run

6	Geoff Anderson	MM1	1.15.50
52	Clinton Coker	OM 36	1.27.56
61	Marion Maxwell	MW 3	1.28.40
96	Royce Madigan	OM 67	1.33.41

# more RESULTS...

512	Yvette Buttery	MW 51	2.04.29
<u>Half Marathon Walk</u>			
5	Aroha Bolton	(35)1	2.29.29
13	Carmel Jolly	(35-39)3	2.38.37
334	Margaret Cameron	(45-49)46	3.19.54

## Coast Road Relay

### Warrington September 17th 2006

The day dawned cold, very windy and rain showers. There was a very disappointing turn out compared with other years and it is a shame that this year's event may have been the last on this challenging but picturesque course. Our Masters Ladies team did the Club proud by winning this grade in a record time and the Number 2 team a hard earned 3rd. In the Teams of Three Kerry Rowley gained fastest lap on 1st Leg. Junior Men came in 2nd.

#### Masters Women

1	Christine Montgomery	10.06
	Roanna Porter	12.44
	Paula Anstey	8.33
	Julie McMahon	11.32
	Marion Maxwell	12.48
	Maria Sleeman	14.11
	Total	1.09.54
3	Pauline Begg	14.26
	Kirsten Mills	15.30
	Alison Newall	9.32
	Yvette Buttery	13.24
	Gail Sharp	15.40
	Marina Hanger	18.12
	Total	1.26.44

#### Teams of Three Women

2	Kerry Rowley	22.32
	Karen Rowley	19.43
	Joanna Tokona	29.38
	Total	1.11.53

#### Teams of Three Men

2	Lyndon Brown	18.38
	Tony Payne	14.14
	Robert Brown	24.31
	Total	57.23

#### Exelite 16km Road Race

5	Clinton Coker	1.03.23
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## Otago Road Champs

### Dunedin 23rd September 2006

The 2006 Otago Road Championships held around the Wharf Circuit on Saturday September 23rd in warm calm conditions saw a number of Caversham members performing well in the last Otago Center event of the Winter season.

In the Men 16 and under 600 metres Robert Brown was first in a time of 20min 43 seconds. This adds to the title Robert has already won this year at the

Otago Crosscountry Championships and points towards a successful 2006/07 track season ahead of him.

In the 10,000 metres Open Handicap Ivan Bell capped a season of consistent performances by scoring a comfortable win in 48min 29seconds. Ivan along with Kerry Rowley and Jim Cartwright were the main contributors to taking out the teams section of this event with 14 points. Ivan also received the Ray Geddes Memorial Cup for this event while Caversham secured the Nickells Cup for the best aggregate for the Port Chalmers and Otago Road Championships events.

In the Masters Women's 45 race over 5000 metres Marion Maxwell ran an excellent race for 2nd in 19min 10sec. While Club mate Maria Sleeman placed third in 20min 46sec. Caversham took out the teams section with Marion, Maria and Paula Anstey the contributing team members. Christine Montgomery took third placing in the Masters Women 35 over 5000 metres in 21 min 19sec. As in other years the Otago Road Championships results have seen Caversham finish the Winter season on a strong note which augers well for the upcoming track season and for 2007.

#### Senior Men 10000m

18	Clinton Coker	36.53
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#### Masters Men 10000m

10	John Landreth	40.48
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#### Masters Women 5000m

3	Christine Montgomery	21.19
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#### Masters Women over 45 5000m

2	Marion Maxwell	19.10
3	Maria Sleeman	20.47
8	Paula Anstey	25.02

#### Teams Race

1	Caversham	2,3,8	13pts
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#### Open 10000m Handicap

1	Ivan Bell	MM55	48.29
5	Jim Cartwright	MM65	49.08
8	Kerry Rowley	SW	42.21
9	Karen Rowley	SW	45.47
12	John Stinson	MM55	56.47

#### Teams Race

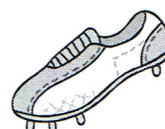
1	Caversham	1,5,8	14pts
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#### Open 5000m Scratch

9	Murray Reynolds	MM	23.13
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#### Nickells Cup ( Men's aggregate in Port and Road Champs Handicap

1	Caversham	69 + 14	83
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# More Results

## Hill Free Half Marathon

### Outram October 1st 2006

#### Half Marathon Masters Men 50+

56 Ivan Bell MM50 4 1.57.15

#### Half Marathon Open Men

5 Clinton Coker OM 4 1.19.37

47 Royce Madigan OM 21 1.52.49

#### Otago Half Marathon Champion

2 Clinton Coker

#### Hill Free 10k Run Masters Men 35+

50 Murray Reynolds MM35 10 47.42

#### Masters Men 50+

86 John Stinson MM50 4 55.04

#### Masters Women 45+

61 Gail Sharp MW45 3 49.04

#### Open Men

1 Tony Payne OM 1 33.23

#### Open Women

35 Karen Rowley OW 5 44.25

81 Aroha Bolton OW 26 53.46

## Hill Free 10K Walk

71 Colleen Eckhoff 1.25.32

79 Sarah Segal 1.26.55

136 Michael Segal 1.33.00

## National Road Relay Champs

### Fielding October 7th 2006

#### Masters Women

5 Leg 1 34.33

Leg 2 32.17

Leg 3 29.08

Leg 4 29.30

Leg 5 29.19

Leg 6 19.08

Total 2.53.55

#### Senior Men D Grade

4 Leg 1 38.45

Leg 2 49.16

Leg 3 37.52

Leg 4 44.14

Leg 5 38.21

Leg 6 42.42

Leg 7 43.05

Total 4.54.15

Provisional Results Names not available

## Some More THOUGHTS ON WALKING

Last week while my wee dog was taking me on one of our regular 6km walks around the Town Belt I got to thinking about arms, (that's those limbs that hang down from our shoulders with an elbow and a wrist attached ) they are wonderful pieces of genetic engineering and we would be in deep trouble if we didn't have them. During the day they work hard doing all sorts of vital duties and, from time to time, they deserve a rest and one of those times is when we are out walking with the Club's walking group!! Let me enlarge on this bold statement and how I came to be thinking of our arms. As I said at the start we were out doing our exercise thing when I spotted coming toward me five or six "young mums" these ladies were really pushing the pace and had a fair head of steam up as they approached me (hopefully training for the MORO 21k walk) all walking well and smoothly except for one thing, four were very obviously finding the pace getting to them and little wonder they were waving their arms around as though imitating a windmill. (Don Quixote would love to have a tilt at them with his lance) I thought, all that wasted energy if they had their arms tucked in like their other two mates

who were coping well, they would be better balanced and so travel a lot easier. Anyway, top marks to them they had a programme to follow and were really tackling it with gusto. The arms should be bent at the elbow at a 90 degree angle, tucked into the side of the body and should follow the cadence of the feet and swing fore and aft in time with the corresponding leg, as well, the hands should be slightly cupped (a wise sage in our club told me to imagine I was pulling on a rope each time one arm came forward) This controls the wild thrashing around that is often seen in some walkers, and so save the energy that is wasted on these wayward limbs. (energy that is better directed to the legs as they really are the main source of motivation when walking) As I said at the beginning, give your arms a rest, they deserve it, at least when you are out with the club walkers, keep them tucked in and in cruise mode, moving easily back and forward in time with your legs and don't use up energy by imitating that windmill. It really works, till the next time .great walking

Oxygen Debt.