

NEW ZEALAND CROSS COUNTRY CHAMPIONSHIPS

On 13 August, the National Cross Country Championships saw eight of our club members representing Otago at Palmerston North. In the senior event placings were:

	Junior Race	Veteran Race
M. Fleming (23)	R. Gray (16)	M40 N. Madigan (72)
N. Gaudin (87)	A. Simpson (22)	M50 R. Cain (2)
G. Sherwood (96)	Team Place (2)	M55 J. Cain (8)
Team Place (6)		

Accommodation and the race venue were both of a good standard. The course itself was a flat one with two very steep hills. The height of the hurdles (3ft. 9inches) proved to be a real problem to many of the competitors. These days, hurdles are not usually quite so high. With five of these hurdles per lap, the juniors completed two laps, the veterans three laps, and the seniors four laps. Congratulations to these Club members for representing their province and their club with distinction.

PORT CHALMERS-DUNEDIN ROAD RACES (20 AUGUST)

This handicap event was held on an overcast day with a wind that helped some, but to others proved to be something of a mixed benefit. The Senior Men's event was won by Danny Knudson (Leith) who, running off a 9 minute handicap, was first man home in a time of 52.29. Fastest time went to Kelvin Broad (Leith) in 39.41. The Senior Women's event was won by Sue O'Sullivan (Hill City).

Perhaps the best Caversham performance on the day was Neil Gaudin's second fastest time (40.00) in the Senior Men's event. Others to run personal bests and finish near the front were Alan Copping, Colin Geary and Owen Wilson. The latter being the first Caversham runner home. It was pleasing to note that Julie Seear looks as though she is getting back to top form. She took out second fastest time and Sue Cameron posted third fastest. Jenny Hughes was placed second in the overall Women's event. The best team placing on the day was third, by the Senior Women. Full results are as follows:

SENIOR MEN

4	O. Wilson	46.03
11	A. Copping	44.25
25	C. Geary	41.58
36	C. Dick	48.06
37	E. Jones	47.54
39	K. Fahey	45.56
60	N. Gaudin	40.00 (2)
64	P. Burns	46.20
66	R. Cain	44.10
70	J. Stinson	49.46
74	S. Melville	43.51
79	P. Tutty	47.41
83	J. Cain	57.29
108	I. Hutchens	45.18
110	L. Hill	48.57
115	P. Blackwood	52.17
116	N. Maddigan	53.34
120	D. Bloxham	44.55
123	J. Cartwright	50.45
130	A. Sidon	47.19
136	W. Tyrie	60.10
145	L. Greene	54.08
148	J. Harrison	62.26
150	G. Mitchell	63.15
151	B. Goodville	62.22
152	L. Fortune	55.02
158	R. Murphy	60.27

Team 5th

SENIOR WOMEN

6	J. Seear	51.42
15	A. Jones	58.30
18	S. Cameron	50.51 (3)
21	F. Green	52.32
24	J. Hughes	49.55 (2)
26	H. Brown	55.41
29	M. Geary	65.56
30	S. Neroj	64.11

Team 3rd

JUNIOR & UNDER 16 WOMEN

6	G. Christie	23.07
11	F. Tyrie	23.28
18	F. Brown	20.28 (3)

UNDER 14 GIRLS

10	N. Hollands	11.24
11	C. Mears	11.24

UNDER 18 COLTS

8	M. Bain	34.48
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UNDER 16 BOYS

7	A. Christie	19.29
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ANNUAL GENERAL MEETING

This is set down for Tuesday 11 October in the Club Rooms. At a guess the starting time is 7.30 pm, but this will be confirmed. Come along and support the life of your club.

PENINSULA RELAY (3 SEPT.)

Five teams from the Club ran this relay in rather cold blushtery conditions.

The Mens No. 1 team had a battle with Ariki for fastest time. There was not much in it for a good part of the race but at the end they were down by 55 seconds. The Women's No. 1 team took out third fastest time in their section. In both these teams a good many members gained major places in the fastest lap times.

A feature of the day was Caversham's entry of two women's teams for the first time. In contrast, only three men's teams faced the starter compared with five teams last year.

Team results were as follows:

<u>MEN</u>	<u>NO. 1</u>		<u>NO. 2</u>		<u>NO. 3</u>	
1	S. Melville	15.15	R. Cain	16.14	I. Hutchens	16.40
2	A. Shelling	10.47 (3)	L. Dey	11.46	J. Stinson	13.06
3	N. Gaudin	15.11 (3)	T. Fogarty	17.37	L. Greene	19.07
4	G. Sherwood	20.15 (3)	O. Wilson	21.57	L. Hill	22.56
5	R. Gray	10.06 (2)	K. Fahey	10.56	P. Tutty	11.17
6	P. Forster	16.35	A. Green	17.19	E. Jones	18.36
7	M. Fleming	24.45 (2)	D. Bloxham	27.37	L. Sleath	29.34
8	C. Geary	12.22	P. Burns	13.37	C. Dick	14.00
Team Time		125.16	137.03		145.16	
Team Place		12th	19th		27th	
Team Time Place		2nd	10th		20th	

<u>WOMEN</u>	<u>NO. 1</u>		<u>NO. 2</u>	
1	S. Cameron	18.31 (1)	D. Teasdale	23.08
2	J. Seear	13.10 (1)	G. Mitchell	18.19
3	F. Green	19.42 (2)	S. Neroj	21.05
4	A. Jones	27.30	F. Tyrie	30.09
5	D. Geary	13.51 (3)	C. Mears	15.19
6	H. Brown	20.42 (3)	C. Trainor	26.03
7	J. Hughes	31.06 (2)	M. Geary	37.20
8	M. Black	17.26	N. Hollands	16.53
Team Time		161.58	188.16	
Team Place		10th	39th	
Team Time Place		3rd (W)	6th (W)	

More recent events hopefully, will be reported on in a later newsletter. Sufficient for the moment to list briefly the highlights to hand.

WOMEN'S COAST RELAY (28 AUGUST)

Caversham No. 1 was placed first in 61.57 in the A. Grade, this being a full seventy three seconds ahead of the second placed Ariki. Our No. 2 team made the day complete by winning the B Grade, being three seconds ahead of the Eastern Districts team. Nicola Hollands ran an exciting last leg for the team. She picked up two runners and held off a spirited challenge to win by a small number of seconds. The Caversham No. 3 team was placed fifth. One of the highlights of the season! Well done girls!

TAKAHE - AKAROA RELAY (10 SEPT.)

LAP

MEN'S NO. 1

MEN'S NO. 2

WOMEN

1	N. Gaudin	30.19	(4)	A. Green	33.09	(16)	F. Brown	42.47	(88)
2	M. Fleming	33.20	(6)	L. Dey	38.45	(28)	H. Brown	48.35	(91)
3	A. Shelling	34.04	(10)	J. Sidon	38.58	(41)	D. Geary	46.56	(84)
4	A. Campbell	31.42	(11)	J. Law	35.20	(38)	M. Geary	41.49	(73)
5	P. Forster	38.13	(10)	L. Sleath	42.22	(42)	S. Neroj	48.47	(80)
6	R. Gray	28.22	(9)	P. Sidon	29.23	(14)	F. Green	36.36	(70)
7	S. Melville	28.36	(1)	O. Wilson	30.38	(15)	D. Teasdale	46.11	(95)
8	C. Geary	37.28	(7)	D. Bloxham	39.57	(25)	A. Jones	52.01	(84)

Cont'd.

Total Time	4.22.04	4.48.42	6.03.
Placing	7th A grade	12th B grade	5th A g

The race was run in damp conditions which was great for the runners but a bit of a nuisance to spectators. For the No. 1 team Stuart ran a great downhill leg to gain fastest time while Neil started the team's effort with a strong run. For the No. 2 team the youngsters Andrews and Owen, and oldster Pat all performed well. The women had their moments of excitement at changeover points but ran steadily to finish 7th overall.

Everyone gained valuable experience and enjoyed the trip. All must have looked after themselves on the Saturday night, as shown by the 100% turnout from those at the Motel for the 8.30 am run on Sunday morning.

OTAGO ROAD RACE CHAMPIONSHIPS (17 SEPTEMBER)

A cold overcast day and a strong south-westerly wind questioned the dedication of most competitors who took part in these races on the Mosgiel circuit. There were a number of very good individual performances. Full results were as follows.

SENIOR MEN

<u>A GRADE</u>			<u>B GRADE</u>			<u>C GRADE</u>			
5	N. Gaudin	52.51	1	S. Melville	56.00	9	P. Tutty	60.27	
12	P. Forster	53.58	13	I. Hutchens	58.23	10	L. Sleath	60.37	
13	C. Geary	54.04	15	P. Burns	58.38	12	K. Fahey	61.17	
			19	A. Sidon	59.36	24	J. Stinson	64.43	
			22	A. Copping	59.45				
			25	D. Bloxham	60.33				
						<u>D GRADE</u>			
						8	P. Blackwood	68.38	
Team :	3rd equal.						17	B. Goodwillie	79.45

SENIOR WOMEN

<u>A GRADE</u>			<u>B GRADE</u>		<u>VETERAN MEN</u>				
8	J. Hughes	24.07	1	S. Neroj	26.12	2	P. Sidon	41.21	
9	J. Seear	24.19	5	A. Jones	26.56	6	R. Cain	43.11	
10	S. Brown	24.25				9	L. Hill	44.54	
						11	C. Dick	45.54	
						17	E. Jones	46.39	
						24	D. Jackson	48.35	
						25	R. Murphy	48.42	
Team :	2nd						29	N. Maddigan	49.20

JUNIOR MEN

1	R. Gray	26.23
3	A. Campbell	27.13
4	J. Sidon	30.03

Team : 1st

JUNIOR WOMEN

2	F. Brown	16.14
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Team 2nd

UNDER 18 COLTS

4	A. Green	28.01
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UNDER 16 BOYS

1	W. Edgeler	13.18
9	A. Christie	14.49

UNDER 14 GIRLS

5	N. Hollands	12.16
8	C. Mears	13.06

WOMEN'S COAST RELAY (28 AUGUST)

<u>LAP</u>	<u>A GRADE</u>		<u>B GRADE</u>		<u>B GRADE</u>	
	<u>TEAM 1</u>		<u>TEAM 2</u>		<u>TEAM 3</u>	
1	J. Hughes	7.43 (1)	M. Geary	9.03	D. Jenkins	10.08
2	S. Cameron	11.17 (1)	D. Teasdale	14.43	A. Olsen	15.12
3	F. Green	7.08 (3)	D. Geary	7.44	C. Trainor	9.09
4	J. Seear	10.03 (2)	J. Downes	11.13	M. Ashton	11.29
5	H. Brown	13.09 (3)	A. Jones	13.48	C. Mears	15.08
6	M. Gammie	12.37 (3)	N. Hollands	13.18	F. Tyrrie	14.49
Total Time		61.57	69.49		75.55	
Time Placing		1st	1st		5th	

Jenny Hughes, for the second year running, set a new lap record. The strength of the Number One Team is shown by the fact that this year their time was 1.29 faster than last year.

ANNUAL GENERAL MEETING

This will be held on Tuesday 11 October in the Club Rooms, beginning at 7.30 pm. Come along and support the future life of your club.

THE DAY THAT CHANGED LONDON

The London Marathon is a World Class Sporting event for both men and women.

Eighteen thousand, nine hundred and eighty one runners went swinging along in the rain on the 17th April to turn this famous marathon into a day of triumph. There was triumph for Britain, as Mike Gratton squelched home in first place in a time of 2.09.43 and for Norway when the first woman Grete Waitz made it in 2.25.29. There was triumph too for the competitors who raised thousands of pounds for charity.

One million spectators braved the April showers and cheered and clapped along the 26 mile route from Greenwich to Westminster. There was a real carnival atmosphere as the runners warmed up for the start. Apart from the seasoned racers, the line-up included everyone from Buckingham Palace servants, celebrities and housewives to pensioners, wheel chair competitors and blind men. Submerged in the tidal wave of runners were three past or present members of the Caversham Club, Lindsay Fortune, Roslyn Dowland and Gordon Mitchell.

The whole of the Marathon was one of sheer exhilaration, the children holding out sweets, the various bands playing along the route, marching girls lined up with placards which had written "Keep running there's dancing at the end." Then there were the decorated flats and houses. All this was part of the experience, something never to be forgotten.

For the runners who had the time and energy to look around, the first famous landmark was the Cutty Sark, a nineteenth century British Merchant Ship which now stands high and dry on the banks of the Thames at Greenwich. Then came the Tower Bridge, an unmistakable Buckingham Palace behind the competitors, the race finished on Westminster Bridge under the shadow of Big Ben. Excitement indeed!!!

Some finished in a sprint, some staggered, some held their hands aloft for their photo finish, while others plodded home zombie-like from exhaustion. It took half an hour to proceed through the finish system after receiving the magnificent gold medal, foil blanket, then a cup of hot Bovril and dairy-crunch chocolate.