



### President's Welcome

It is my privilege this year to welcome members old and new to the opening of the 2011 winter season. After a break over the summer it will be interesting to see how many have retained their fitness and how many have relaxed a bit.

Sympathy is extended to those who have lost family or friends in the recent tragedies or have been otherwise affected by these sad times. The summer has seen many Caversham members competing in events at the Caledonian Sports Ground and it has been good to see so many of their names appearing in the results.

A stand-out performer has been Daniel Balchin, who has burst on to the senior scene with a vengeance, taking out Otago titles in the 800, 1500, 3000, and 5000 metre events.

To all other athletes who have been competing regularly in all grades from children through junior, senior, and masters grades, congratulations to you all.

Many members will have taken part in the NZ Athletics Championships in Dunedin at the end of March.

Thanks to those members who have officiated.

A big thanks to Lyndon and Robert Brown, who stepped in at the start of the summer season to look after the children's section and who have done a great job which has resulted in some very fine performances.

Caversham Harriers is not just about running, and over the last few years the numbers of walkers has steadily increased, with last year over fifty members taking part. It is a credit to Kieran Columb who regularly organized interesting walks over the summer and relentlessly follows up prospects and encourages

walkers to join us.

To those who are with us for the first time, a special welcome, and I hope that you enjoy your time with us. Please feel free to ask questions and if you have any comments these would be appreciated.

A varied selection of runs and walks has been arranged and are listed in the syllabus, available on opening day. These include pack runs and walks from the clubrooms and various other venues as well as combining with other clubs.

Obviously many of you will have joined the club for competitive reasons, and you will be encouraged to take part in the many events run by either Athletics Otago or our own club. We have plenty of seasoned athletes and coaches to help you to achieve your goals, and it must be said that all successes rub off on to the Club.

Caversham Harriers has become well-known as the organizer of the Moro Marathon and there is a band of extremely hard-working members who work through the year to manage this event. One result of the success of this event is the ability of the club to offer the lowest subscriptions of any club in Dunedin.

Your help on the day of the Moro Marathon would be appreciated.

So, enough words, go and enjoy yourselves.

Colin Dick  
Club President



**APRIL 2011**

**No: 210**

**Opening Day : 2nd  
April 2011 at 1.45pm.**

**The Club Rooms are  
situated at the top of  
Middleton Road,  
Corstorphine,  
Dunedin**

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## Things You Should Know About Us...



**Our membership** includes a full range - from serious, competitive runners/walkers to those seeking recreational fitness and non-competitive activity.

**Our Saturday run/walks** are listed in the Club syllabus. They start from our Clubrooms or from other chosen venues. Please check the sports draw section of Thursday's Otago Daily Times each week. We can assist you if you need help with transport.

**Pack running and walking** involves packs with participants of similar ability and interest. The slowest pack has a slower and often shorter run/walk than the medium and faster packs.

**It's important you join a suitable pack.** Take care not to over-reach yourself at the beginning. It is not a racing or training time. You should be able to talk to those you are with. The pack leader's task is to ensure that everyone has a worthwhile outing. Pack running /walking involves staying together. On the return journey and when close to "home" the pack often stretches out.

**Race event entries are by choice.** The Club has a few trophy events in its winter programme. If you wish to enter the Athletics Otago races and relays, this is done through our entry steward. Plenty of reminders are given in notices, newsletters and the syllabus about forthcoming events and entry dates.

You will see in the syllabus that when these Athletics Otago events are held, a Saturday Club run/walk **is scheduled for those members not entered.**

**Afternoon tea** A small number of Club days are afternoon tea days when members contribute a plate. These days are identified in the syllabus.

**A child care creche** operates on most Saturdays at a nominal cost of \$2 per child. Please confirm in advance to Maria Sleeman – 03 454 3915.

**The Club uniform** is subsidised by the Club and may be purchased from The Frontrunner at 261 George Street. See Brian Watkins for our special 10% discount on all footwear. You might like to wait until you are part of the Club before purchasing your uniform.

**Subscriptions** are listed in the syllabus. Registered members are able to take part in Athletic Otago events. Members who are 'not registered' with Athletics Otago enjoy full membership of the Caversham Club. If you pay your subscription to the Club treasurer by 30<sup>th</sup> April 2011, the fee will be discounted by \$10.

**Incentive scheme** The Club has an incentive scheme involving a small number of training grants for Caversham athletes who are competing in both Club and Athletics Otago external events and who are performing at a good level.

**We will appoint a Club member to assist your early days of joining and getting to know us at Caversham.**



## More things You Should Know

### EXPLANATION OF SUBS AND RACE ENTRIES

#### SUBSCRIPTIONS:

On your syllabus you will see the amounts due for subscriptions, according to your activity and age.

The Masters/Senior (registered) sub of \$95 includes a levy of \$60, which goes directly to Athletics Otago. The Athletics Otago portion allows you entry in any Athletics Otago event. It provides you with a race number for the winter and following summer season. The Club will pay for your race entries over the winter.

All Junior members' subscriptions are free. The Club will pay the Athletics Otago levy for entry to all Athletics Otago events and some of the other race entries as well.

Social members' (runners) subscriptions are for those who do not wish to participate in any competitive Athletics Otago events. The subscription does allow you to compete in our own Club races and those open events organised by other clubs, but **not** Athletics Otago events.

Social members (walkers) subscriptions are for all walkers. All our own Club races cater for both walkers and runners and it is your choice whether or not you participate in these races. The social subscription pays for general Club expenses and administration.

Athletics Otago has decided that beginning this winter season (2011), walkers as well as runners will be eligible to enter their season's races. An initial levy of \$10, payable to Athletics

Otago will be charged for each walker for the season, with a further \$2 entry fee for each event. The Club will initially pay these fees.

**Please Note:** Registration fees that are paid by **30<sup>th</sup> April 2011** will attract a \$10 discount.

The Club subscriptions are set at a very competitive level – they are in fact the cheapest subs in Dunedin. The Club is able to keep the subscriptions at this low level because it hosts the MORO Marathon event each year.

#### RACE ENTRIES:

John Landreth is our Race Entry Steward. Every week he will have with him the Race Entry Book to enter the names of those wishing to participate in a forthcoming event. The book will contain the details of upcoming running and walking events. Each Saturday at Club runs he will advise you of the events and by which date you need to have your name in the book. Club events will be included in this book. Most of the Club events are handicapped, so putting your name in the book will assist our Club handicappers in their task.

# Elected Officers for 2011

**Patrons:** R T Cain and P N Sidon

**President:** Colin Dick

**Life Members:** Messrs P Blackwood, R T Cain, G A Dumble, M S Hair, D I Jackson, L Hill, J A Law, A F McGregor, N G Madigan, P N Sidon, W Tweedie, J Stinson, M Giles, P Coakes and Mrs M Sleeman

**Honorary Vice Presidents:** Messrs W Deans, R A Harris, S J Hughes and M O'Leary

**Secretary:** April Anderson

**Treasurer:** Peter Hughes

**Club Captains:** Malcolm Giles, Alison Newall

**Winter Deputy:** Lyndon Brown

**Walker Deputy:** Kieran Columb

**Summer Deputy:** Dave Stinson

**Entry Steward:** John Landreth

**Delegate to Centre:** Malcolm Giles and Brian Watkins

**Masters Delegate:** David Jackson

**Publicity Officer:** John Stinson

**Trustees:** President & Treasurer (automatic), B Watkins,

**Handicapper:** Ian McDonald

**Asst Handicapper:** Kieran Columb

**Timekeeper:** Laurie Hill

**Starter:** Warren Deans

**Committee:** B Sleeman, J Landreth, B Stevens, B Watkins

**Selectors:** John Landreth, Ian McDonald, Alison Newall, Dave Stinson

**Historian:** John Stinson

**Club Room Supervisor:** David Jackson

**Race Convener:** B Watkins

**Equipment Officer:** Malcolm Giles

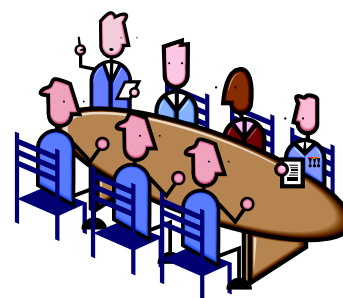
**Head Coach:** Dave Stinson

**Coaches:** Malcolm Giles (field) and Geoff Anderson (running)

**Social Committee:** Anne Watkins, Judith Hugh, Bevan Stevens

**Newsletter Editor:** April Anderson

**Trophy Steward:** Ian Dick



The Club syllabus is available on the website and some hard copies will be at the Club Rooms on opening day.

## Contacts

Colin Dick Club President	03 466 7116
Dave Stinson Head Coach	03 455 3274
Malcolm Giles Club Captain	03 488 1917
Lyndon Brown Winter Deputy (Runners)	03 467 5125
Kieran Columb Winter Deputy (Walkers)	03 489 4027
John Landreth Entry Steward	03 466 7337



Email: [info@cavershamharriers.co.nz](mailto:info@cavershamharriers.co.nz)

Website: [www.cavershamharriers.co.nz](http://www.cavershamharriers.co.nz)

## Subscriptions 2011

*Our fees remain the same as last year.*

Senior/Masters	Registered	\$95 with discount \$85
Male/Female 19 & Under	Registered	Free
Male/Female 16 & under	Registered	Free
Male/Female 14 & under	Registered	Free
Social runners & walkers	Not registered	\$40 with discount \$30



*All subscriptions paid by **30<sup>th</sup> April 2011** will attract a \$10 discount. Receipts will be issued for all subs paid. Subscriptions may be paid online at [www.cavershamharriers.co.nz](http://www.cavershamharriers.co.nz), posted to Peter Hughes, P.O.Box 5378, Moray Place, Dunedin 9058, or given to Peter at the Clubrooms.*

## Stellar Summer Season

Caversham athletes had a very successful summer season that saw a good number of Caversham athletes performing on the track most Saturdays. Caversham was represented in all age ranges from 13 year-olds to those 50 and beyond. All of them seemed to enjoy their events as well as performing to a high level.

Daniel Balchin attracted great credit on both himself and the Club when he won the Otago Men's 800 metres, 1500 metres, 3000 metres and 5000 metres titles, reducing his personal-best times in all those events.

Claire Giles was an outstanding performer in the women's section, winning age-group titles in the Otago Championships 100 metres, 200 metres and 400 metres events. Claire set a Masters age group record in the 400 metres. She was placed in the 800 metres events. Claire also competed with distinction in field events at both Provincial and National level.

Other Caversham athletes who competed with

**By Alistair McMurrin Otago Daily Times 7<sup>th</sup> March 2011**

**Photo: Jane Dawber**

Four from four. Daniel Balchin (Caversham) emerged as the king of middle distance running at the Otago Championships.

In his first year as a senior athlete, Balchin (20) won the 800m, 1500m and 5000m titles.

"I'm happy with that," he said. "They have all been tough races".

He added the 5000m at the Caledonian Ground on Saturday with a personal-best time of 14min 47.36sec from Dougal Thorburn (Ariki) 14min 51.87sec, and Callan Moody (Ariki), 14min 54.69sec.

It was 9 sec faster than he had run before, which was remarkable in the strong southerly wind blasting the back straight. Moody also ran a personal best by 4 seconds.

There were still six runners in the front bunch when six laps were completed in 7 mins 9 sec.

They were lapping between 72sec and 74sec at this stage. Two runners were dropped on the seventh lap and Tony Payne (Caversham) fell off the pace in the ninth lap.

"I just tried to stick with the leading bunch," Balchin said. "We took turns taking laps into the strong back straight wind."

The pace slowed to 75sec on the 10<sup>th</sup> lap when Thorburn gingered up the pace and ran 70sec. He was still leading at the bell and maintained that lead until passed

distinction include Hamish Cooper in his first full track season. He won the Under 16 years 1500 and 3000 metres titles and broke an Otago schools record when he won the 3000 metres race at the Otago Secondary Schools Championships.

Maria Sleeman showed her versatility when she won age group titles in the 800 metres and 5000 metres events and achieved a placing in the 10,000 metres event.

Alison Newall and Peter Hughes competed in numerous events each Saturday, with Alison always providing Claire with real competition.

Ken Fahey ran his fastest 800metres and 5000 metre times in many a long day, finding some previously hidden speed.

All-in all, it has been an excellent summer season. Well done to all who competed throughout the season.

### Dave Stinson

by Balchin with 260m to go. He had been developing his speed at the end of races and it showed in the last 400m, which he ran in 60 seconds.



## A Slightly Different Perspective

The 2010/11 Track and Field Season saw Caversham members participate in good numbers and feature well in all forms of competition. The days of Caversham being largely considered a Winter Club only now appear well behind us.

The standout competitor was easily Daniel Balchin who, in his first Senior year, secured four Otago titles in the 800metres to 5000 metres events. Nicole Bradley, now based in Auckland, has also been in dominant form in the Junior Women Shot Put, Hammer and Discus competitions. During the Otago Championships Nicole won both the Women 17-19 and Women 20-34 4kg Hammer and Shot Put competition.

One of the features of the season was the continuing rivalry between Claire Giles and Alison Newall. both on the Track and in Throwing and Pentathlon Events for Women 50+ While Claire was usually the victor, Alison was never far behind, with both achieving a number of personal best times during the season. Another athlete who reduced his times considerably during the season was Ken Fahey, a relative newcomer to the Track arena. Ken has benefited from a number of weekly training sessions with Club Coach Dave Stinson, Ken performed so well in one particular race that his identity became a mystery to a top-performing Caversham athlete who was watching the race.

Among the Junior competitors, Ben Anderson raced in both 800 and 1500 metres events with renewed enthusiasm since returning from Nelson, while 14 year old Otago Boys' High School pupil Hamish Cooper recorded a number of wins along with impressive times over 800 1500 and 3000 metres.

As always a vote of thanks should be recorded to our hard working officials; in particular Meeting Manager Ron Cain, Senior Throwing Official Malcolm Giles and High Jump Official Graham Williams, for their efforts during a long season.

**John Stinson**

## Walkers Report by Kieran Columb

Hi Everyone

A very special welcome to all who are joining us for the first time this winter season and also to those regular members.

I encourage new members and returning members to stay for a cup of tea and biscuits after your walk. The club has a bar if you would like to have an alcoholic or non alcoholic beverage. It is just another way of getting to know the other people in the club.

The summer months' walks were very well attended up to Christmas. However the walks on the Otago Peninsula in the new year have not been well attended. It's a bit of a shame (perhaps it is the hills) as the Otago Peninsula scenery and wildlife is something to behold and you just realise what a great asset the Otago Peninsula is to Dunedin.

Congratulations to Tom Cockerill and Colin Dick who finished 2<sup>nd</sup> and 3<sup>rd</sup> respectively in the Coastal Series comprising the Papatowai and Karetai challenge events. Gail Sharp was also second female to finish in the Papatowai challenge.

Others who competed well in these two events were Dave McWhinnie, Alan Toomer, Kieran Columb, Sandra Winton, Patsy Mason and Rhonda Rowley. To all those who competed well done. It is also a good advertisement for the club.

To really enjoy your weekly walks with the club, some regular exercising during the week will add to your overall fitness and means that you can start and finish in good heart.

Last of all, it's up to everyone to exercise caution on all walks. Pack leaders are there to lead, but safety is paramount and everyone's concern.

## Children's Section News



The 2010-2011 athletics season has been one of change for both Lyndon and I as well as the for the members of the club. With Paula's tour of duty complete, we took over the reins of Caversham's junior athletics section and thoroughly enjoyed coaching its younger members.

The season was successful from the start with an immediate influx of members. Numbers that hovered around 15 to 20 last season improved to exactly 40 this season, with 23 children opting to compete on Saturdays.

With Saturday competitions came the PAAPE Cup, Mini Multis, Colgate Games and the Otago Championships. All these competitions saw Caversham represented well throughout and we even found enough athletes to muster up relay teams! A few of the stand-out performances were Sydney Evans-Tobata who won too many 400 and 800metre races to mention; Alex Brown who won the 10 year Boys Race Walk at the Colgate Games and our Sevens relay team who won the Otago Championships.

These major successes did not exclude minor achievements - like that of four-year-old Darcy learning to stay inside her lane.

The Club Championships capped off the season, with half a dozen records broken and which segued to prize giving; as always a hit with too much food to be eaten and a lolly scramble that amused me just as much as the children.

Now Lyndon and I have learned the ropes, we are eager to progress next season with the improvements we have in mind. Thanks to the parents without whom we would have been lost, thanks to Mr Williams for commandeering high jump duties every Saturday and many thanks to Paula for her years of coaching and management of Caversham Children's Athletics.

Robert Brown



End of season lolly scramble outside the Club Rooms



Celebration of a very successful season—  
2010/2011 children's section prizegiving.

**CAVERSHAM HARRIER & ATHLETIC CLUB INC**  
**2011 MEMBERSHIP FORM**

<b>Name</b>	<u>First</u>	<u>Surname</u>
<b>Street</b>		<b>Phone: Home</b>
<b>Suburb</b>		<b>Cell</b>
<b>City/Town</b>		<b>Work</b>
<b>Postcode</b>		
<b>E-mail</b>		
<b>Date of Birth</b>		

**Membership Type:** If e-mailing, delete what does not apply. If mailing circle what does apply.

Runner

Walker

Social

Life

Registered

Fees: Social \$40 discount \$10 if paid by 30<sup>th</sup> April 2011  
Registered \$95 discount \$10 if paid by 30<sup>th</sup> April 2011  
19 yrs or under  
on 31<sup>st</sup> December 2011 Free

**The newsletter will be available online this year**

If you need to receive it by post, please indicate here:

I AUTHORISE that any information provided by me on this form may be used by Caversham Harrier and Athletic Club Inc for club purposes and to provide information to Athletics Otago and Athletics New Zealand.

Signed:

Date:

**Payment may be made direct to the Club's bank account: 03 0903 0383903 at Westpac Bank, Moray Place Dunedin. Receipts will be forwarded for all internet payments.**

Or post to: The Treasurer, Caversham Harrier & Athletic Club Inc., P.O. Box 5378, Dunedin 9058.