



CAVERSHAM'S HISTORIC WIN

Lovelock Relay Triumph

The Lovelock Relays held on Saturday 7th May 2011 at the University Oval, saw the Caversham Men's Number One team score a comfortable win after overcoming a strong early challenge from the Ariki team.

Our congratulations go to Hayden Donnelly, Lyndon Brown, Peter Meffan, Tony Payne, Glen Bellam and Daniel Balchin on becoming the first Caversham team to achieve consecutive victories in the prestigious Lovelock Relay.

All team members ran with great purpose and their vocal support for each other illustrated the high level of team spirit within their ranks. It was exciting to see so many Caversham Club supporters encouraging the team. They included members of the walking group, some of whom were witnessing their first Lovelock Relay event. It is exciting for the future of the Club to have an established group of young runners performing so well.

The time and effort invested in this group is now being paid back in full measure. It was nice to read Team Captain Lyndon Brown stating in the *Otago Daily Times* on the following Monday that their win was "for all the older guys in the club who've been there for us throughout the grades". Thanks for that Lyndon, your performances are giving all of us "older guys" a great deal of pleasure. Keep up the great work for the rest of the season.

The Men's Number Two team of Bevan Stevens, Robert Brown, Glenn Sutton, Ewoud Noodeloos, Hamish Cooper and Geoff Anderson finished a creditable sixth in the A Grade race. Bevan Stevens ran an excellent first lap, highlighting the degree of competition for places in the Number One team. It is interesting to note that Hamish Cooper and Geoff Anderson, two of that team's runners are respectively a promising High School boy in his first Lovelock Relay and one of Otago's best Masters distance athletes. Great diversity there.

The Masters Women's team of Kerry Rowley, Claire Giles, Alison Newall and Maria Sleeman finished second in their grade. In the Social Mixed Grade the team of Olivia Robb, Ben Rowley, Esther Sibbald and Ken Fahey did really well to finish third of 17 teams. The Lovelock Relays provided a great start to the 2011 Winter Season for the Caversham Club. We anticipate plenty of exciting days ahead in the season's upcoming events.



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A Profile of Martin Hair...

Martin joined the Caversham Harrier Club following an initial association with the club in his early school days. "I remember running in the Caversham School race in 1941 and Alec Holloway and Jim Beatson from the Caversham Harrier Club presenting the medals afterwards at the College Street Gymnasium. In my second form year at Macandrew Intermediate, I came second in the Senior Road Race which included third formers. The Caversham Club gave out certificates entitling us to a one year free membership on leaving school".

"I joined Caversham in 1948 on leaving King Edward Technical College, the same year as Pat Sidon who had been strongly sought by the Anglican and Celtic United clubs to join them, as his ability was already widely known. I always enjoyed running although I also found rugby an enjoyable winter sport and played for the King Edward Technical First Fifteen. My family were disappointed with my decision, as they were hoping I would continue with rugby as my major sport. When I joined, Gilbert Hebbard was in charge of the junior runners and he did a marvellous job looking after us and encouraging us in all our races." Later on Martin came under the influence of the renowned club Coach Alex Barr, the man associated with so many top performing Caversham runners. "We used to do a lot of training round the outside of the old Caledonian Ground, and also in the mud and slush at Tahuna Park. These sessions were not just for Caversham members, people from other clubs were welcome to come along too."

Martin enjoyed road running best but experienced a lot of fun during the cross-country season as well. "We used to go across farmland a lot of the time and learnt how to do it without causing any damage to property" Martin says. "We had a good rapport with the farmers which unfortunately doesn't seem to apply today.

"...throwing cow pats was also a popular diversion" - Martin reflecting on his youthful cross country races.

Sometimes we would organise a paper chase, while throwing cow pats was also a popular diversion to add in a bit of fun. We often ran from the church hall in Green Island. At that time we also had a couple of rooms available at the College Street School, plus the use of the gym on Saturdays. On our runs from College Street we usually returned via the old Cave Tunnel. We also used to run out to Wingatui and head through the Wingatui Tunnel to practice over the jumps for the Edmond Cup. The old members like Harold Emmerson, Charlie Heaton, and Jim Beatson used to play penny poker while they waited for us".

Martin was a consistently good runner during his years with Caversham, winning the Three Mile Vice Presidents Race in 1951 while recording a second-fastest time of 16 minutes, and being frequently placed in both road and cross-country events. He was also proud to be part of the strong Caversham teams that dominated the Edmond Cup and Otago Cross-Country events through the 1950s and early 1960s. "Our teams were so strong in those years, and the support network we had was great as well." The trips away to events like the Temuka to Timaru road race were always tremendous fun although some of the things we got up to would be frowned upon a lot more nowadays".

Martin has always thoroughly enjoyed life with the Caversham club and contributed fully as a club administrator. He was Club Captain in 1957-58, President in 1968-69, and elected a Life Member in 1972.

One of the “older guys”

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He served a period as club handicapper and was also involved with Caversham children's athletics. “We used to run it at the Surrey Street School and then Beverley Marr and I carried on running it at Corstorphine once we became established there” Martin says. “I used to take a whole car load of kids up there on practice nights”.

Martin was Club President at the time when the Corstorphine clubrooms first became a realistic goal for the club. “Through a tremendous fund raising effort, particularly with bottle drives and raffle selling, money had become available to look at establishing our own clubrooms. Our original idea was to build them behind Holland Hall near where Barnes Drive is today. We were trying to work in with the Caversham Soccer Club but the National Roads Board decided to redesign the motorway which changed all our plans. We continued looking around for a suitable site and discovered a Nissan Hut designed for the war right beside where the clubrooms are now. The site we looked at was Crown Land so we didn't have to pay for it, and Stan Hughes our Secretary sent in a plan to erect club rooms on the Corstorphine Reserve which was eventually approved. As President I worked hard to see it through, as I felt the club could only benefit from establishing a permanent home base. As you would expect there was some strong opposition to the idea of a clubrooms, but in the end it went through.”. The clubrooms were officially opened on September 5th 1970.

“Their performances have been terrific” - a comment on the present crop of young athletes.

Martin still takes an active interest in the fortunes of the Caversham club and is a regular attendee on important club days and Otago Centre events. “I like to keep up with how the club is going and it's great to see the good numbers we currently have in our ranks.” Like many older members Martin is thrilled with the results our young senior runners have achieved this season. “Their performances have been terrific and its been great to see how proud they all seem to be out there representing the club so well”.

John Stinson



Martin receiving the baton from George Campbell at the Peninsula Relay on 12th August, 1957. Also in the photo are Ron Cain (unwell with influenza so did not race) and Club Coach Alex Barr (in hat).

Malcolm and Claire's Tahitian Adventure...

Reading about Tahiti prior to leaving, the information said that what will hit you most on arrival will be the heat and the smell of flowers. It wasn't wrong!

We left NZ on Friday 1st July at 6.35pm and arrived in Tahiti at 1.35am July 1st. Crossing the date line caused a little bit of confusion for some but arriving in the small hours it was still HOT compared to what we left behind. After receiving our traditional Tahitian welcome flower, *Tiare*, and clearing Tahiti's relatively relaxed immigration and customs, we stumbled into our beds at 3.30am for a short sleep before our tour of the Island six hours later. Our sleep pattern soon emergedthe hotel, as with all other places in Tahiti, is not short of roosters, hens and many, many chickens. At 4.30am they started with their wake-up call and so it went on. I counted one morning and for a time they crowed every 5 seconds.

The Circle Island tour took us in a clockwise direction round Tahiti; seeing places such as where Captain Cook had been on his first trip to Tahiti for the transit of Venus all those years ago. Strangely enough while we were there Tahiti again experienced an influx of people, this time for a solar eclipse. We saw a version of Tahiti that gave the impression that it was quite a poor island; unemployment was high and the normal infrastructure that we expected was lacking. We found later in the week that it is an island of contrasts - it depends on where you live, as with most places.

Lunch was at the Paul Gauguin restaurant followed by a tour of the museum that bears his name. Unfortunately there were no originals of his work there (no money to buy and the security would have to be seriously upgraded) but as he spent a great deal of time on these islands he still has descendants living there.

I had read that the Tahitians are closely related to and have similar customs to NZ Maori and this was quite evident when we were welcomed on to a local Marae. Even some of the language has similarities.

On the only day we had free we took a wander through the streets of Tahiti itself. Walking gives a good feel for a place. By chance we came upon their waka races. An amazing sight - the power of the 8 man rigs versus the harum scarum of the singles races. Tahitians are very passionate about their waka races. We then found the Papeete market where they sell everything! We had a good poke round for souvenirs but along with most of Tahiti, it is closed on Sundays and we did not have another chance to shop.

We experienced two severe thunderstorms before competition commenced, one at the opening ceremony which caused a hasty change of plan. After that, we competed in fine, hot and dry conditions. Tans were the order of the day to share with all the winter whites.

The all weather track was of the Mondo variety and has a habit of producing good times. My first event for the meet was the javelin and thanks to the winter training in the cold that I had put in, it was good enough to win a bronze medal with a personal best time of 3 metres! Thanks Fiona. Malcolm spent some of his days as an official, meeting other officials and as a bonus, learning a little French along the way.



Pentathlon event

I had success throughout the meet but personal highlights were the Javelin, the Pentathlon (Personal Bests improved on the Nationals, which included Personal Bests in both the 100 metres and 800 metres) and the Medley Relay, where all ages ran off together and our team (NZ 210+) had the satisfaction of beating everyone, especially the younger cocky Aussie ladies.

provided “a thoroughly enjoyable trip”

The half marathon was an interesting event. A course comprising 4.1 kilometres of the local motorway was blocked and we ran out and back three times, which included three rises. I'm sure they got steeper each time.

With the beach on our doorstep we swam most days (yes, even me). Malcolm had taken his snorkel and mask and was often seen diving down to see what was underneath. He lost count of the variety of fish he saw. He did score a 500 Franc note that was resting on the sea floor. Tahiti itself has black sand beaches but we could see white sand on our trip to Moorea. Unfortunately it was white coral sand, not the white sand we know - pretty hard on the feet.

The day trip to Moorea was part of the package set up by the organising committee. Moorea is one of the sparsely populated Islands of the Tahitian group and is basically an island resort. Malcolm again went snorkelling, this time seeing live coral under crystal clear water. Had we been given a little background information about this trip we may have been a little better prepared for the day. As it was we were taken to a beach and left to our own devices, not a problem for some, but with no access to food and water it wasn't good Half Marathon preparation.



NZ Women's Medley team that won gold

The end of competition dinner was held at The Captain Bligh restaurant, an idyllic spot on the waterfront a half hour drive from our hotel. It also had an aquarium which held tuna and sharks, amongst other fish species, with underwater viewing for a different perspective. The entertainment for the night was traditional Tahitian dancing. The men were in awe of the ladies and their movements but the blokes weren't bad on the eye either!

Cars on the island were everywhere and mostly of the French variety (Japanese imports were not to be seen). Parking wasn't a problem either, with no parking meters or wardens - you just used the footpath. Tahitian cars travel on the right hand

side of the road so it made walking to places interesting, especially when you didn't have a footpath. Power cuts also happen, so walking back to the hotel in pitch black had its moments. Our transportation to and from places was an open bus called “La Truck”. Tall people had to stoop when standing....It was fine for me. Travelling in a group a lot of fun and laughter was had during these trips.

The Tahitians are a friendly and courteous people. With our smattering of basic fifth form French, these people went out of their way to help us be understood. English is an uncommon language for the majority, but we managed. The young people who were assigned to help with the competition were outstanding. Whatever task they were given, it was done and completed with no questions asked.

We thoroughly enjoyed our trip and stay. It is a place that is relatively untouched commercially so it has a unique appeal. We would do it all again.



Another riveting performance

RECORDS & BODIES TUMBLE AT PONYDALES

Excerpt from the Otago Daily Times report dated Monday, May 23rd 2011

Reporter: Wayne Parsons (with help from John Stinson)

Soft and uneven ground was not enough to slow a disciplined Caversham No 1 team from a record-breaking performance in the Cross-Country Relays on Saturday.

With Dunedin enjoying late autumn sunshine, the Caversham No 1 men's team of Bevan Stevens, Tony Payne, Lyndon Brown, and Daniel Balchin established a course record at the Dunedin Pony Club for the 4 x 3000m event of 36min 27 sec, bettering the mark set by Ariki in 2007 by 32 secs.

Added to this was an impressive run from Balchin, flying solo on the final leg with his team clear of the opposition by just over 1 min, establishing an individual record for the 3000m course of 8 min 51 sec, bettering that set by Luke Hurring in 2008 by 2 sec.

It was a third consecutive victory in the event for the Caversham flyers, who are firmly stamping their authority over the other Otago clubs.

Stevens attacked from the start as lead-off runner, with 2009 Edmond Cup champion Callan Moody (Ariki), a member of the team which set the 2007 course record, the only runner able to hold on to his blistering pace. Both were clocked at 9 min 7 sec for the first leg.

Payne, despite getting the speed-wobbles at the top of the course and tumbling down a bank, recovered sufficiently to complete his leg and pass on a handy 30 sec lead to Brown, who was his ever-efficient self, stretching the advantage to 1 min 20 sec before handing over to Balchin.



Victorious Caversham Open Men's No 1 team with the patrons of the Club, Ron Cain (far left) and Pat Sidon (far right). Team members from left: Tony Payne, Bevan Stevens, Lyndon Brown & Daniel Balchin. Taken after the team's record-breaking win at the 2011 Ponydales.



Caversham Masters Women's team after its successful 2nd placing in its grade at the 2011 Ponydales. From left: Maria Sleeman, Alison Newall, Claire Giles & Kerry Rowley (holding baby Lachlan)

Balchin bolted home 2 min 45 sec clear of second-placed Ariki, while Ben Anderson broke the shackles in a three way battle with Otago University and Leith to help the Caversham No 2 team finish third in 40 min 4 sec.

Some Photos



Valerie Adams & niece at NZ Track & Field Championships



All washed up? No just hanging out for a bit. John Landreth taking a break at the Athletics NZ February 2011 Track & Field championships held in Dunedin



Ian Craven & Claire Giles—winners of the Sanderson Trophies for Otago Masters Sprint events. Presented at the Athletics Otago Awards night.



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DAVE IMMERSSES HIMSELF IN ANCIENT HISTORY...

Dave McWhinnie proves that age is just a number when he traverses the original Marathon to Athens route.

2010 it was the 2500th anniversary of the Greek Marathon. Legend has it that a Greek warrior named Pheidippides in 490BC ran from the town of Marathon to Athens through the countryside to announce that the Athenians had defeated the numerically greatly superior Persian army. Immediately upon announcing that "we have conquered", this long distance runner collapsed and died.

We were in Greece last year so it was the perfect opportunity for me to walk the original marathon course myself.

To get to the start of the route I caught a bus to Marathonas at 5.30am, the trip taking 75 minutes. The temperature was 19°C. I arrived in the dark and felt very isolated. I seemed to upset all the dogs as I scrambled to find the starting place. Once I found it I waited until it was light and set off around 7.20am.

The first thing I noticed was the cobblestone footpath for the first six kilometres. There were no other people on the footpath apart from locals waiting for the bus at the various stops. I walked along Marathonas Avenue for thirty kilometres and it was virtually impossible to get lost. The only deviation I took was at four kilometres when I detoured to walk around the "Tomb of the Marathon Warrior". The fenced tomb has a circular path around its perimeter and is approximately one kilometre in circumference. The tomb stood out and has 192 Athenian warriors buried there from the Marathon battle.

An hour later I entered the town of Nea Makri (population 15,000). The road was virtually flat for the first ten kilometres.

As I headed towards the Rafina Junction that heads to the port I ascended a hill between the 11th and 17th kilometre marks. This long steady climb must be challenging for the marathon runners.

The most difficult ascent is at the 20km mark as I headed into the town of Pikermi (population 13,000). I was managing 5kms per hour and decided to have my first long stop at the nearest eatery which I calculated to be halfway. The owner of this establishment was the first person I had spoken to since starting the walk. A blister was making its presence felt and the soles of my feet were tender.

After the fifth hour I had almost completed 25kms and Pallini (population 9,000) was not too far away. There were no visible toilets so I had to be creative on a couple of occasions. Olive trees proved useful.

The walk had gone without a hitch but just past the 30km mark I came across my first overpass. I had been walking along the footpath beside the double lane avenue when it became four lanes. The two inside lanes went to Athens and the two lanes beside the footpath turned at right angles to a different des-



The crown of laurel awaits...Dave is pictured entering the Athens Stadium to complete the last 100 metres of his walk.

WALKING THE ORIGINAL GREEK MARATHON COURSE

My dilemma was, to walk along the footpath did not guarantee I would go to Athens. I decided to cross the double lanes and walk along a concrete lip beside the lanes that headed towards Athens. I had to go under the E94 highway and hoped the lanes would merge into Mesogeoin Avenue. What a relief to see this street sign on one of the buildings.

It was noticeable that I was now in built up areas and the businesses appeared to be upmarket. There was a lot of traffic in the six lanes and many pedestrians. I crossed dozens of pedestrian crossings. The number of car sales seemed to increase as I strolled through the suburbs of Chalandi (population 72,000) and Cholargos (population 32,000). Both heels had blisters and my soles were sore.

Apart from the Tomb of the Marathon Warrior there were few standout features on the walk until I noticed a bridge with what looked like a giant harp. I was fascinated by this structure and have since researched and discovered the “harp bridge” was constructed prior to the 2004 Olympic Games.

My next objective was to find my second last street Leoforas Vassilissis Sofia at the 39km mark. The traffic was heavy but passing the Hilton Hotel which took up an entire block, was an indication I was on the correct road.

The last street I walked along was Irodou Attikou and it was 650 metres long. Because it had the Presidential Palace, the street is often blocked off to vehicles. The palace has Evzones (ceremonial guards) outside its gates.



At the end of Irodou Attikou Street, Denise, my wife was waiting with a camera and a cool orange juice for me. The time was 5:10pm. My feet had had enough and it was encouraging to see the stunning Panathenaic Stadium where the Athens marathon ends. Denise had purchased two admission tickets so I could complete the final 100 metres. This horse shoe shaped stadium was truly magnificent with its marble seating. It must be a real buzz running or walking into this stadium having completed a marathon. My final act was to sit in the “king’s throne” with elevated legs reflecting on my own personal triumph.

I was lucky that the temperature peaked at 23°C as during our three weeks in Athens and the Greek Islands the temperature often reached 30°C. I had to walk another couple of kilometres to get back to our accommodation.

My next challenge – to walk the Niagara Falls Marathon course starting in Buffalo, New York to Niagara Falls in Canada.

Congratulations!

To Mary Vincent who became a grandmother again, and to April Anderson who is a first time grandmother. Both babies are girls.

