



### Thoughts on Winter Season



Having attended most of the 2011 Winter Events bar the National Championships I would like to air a few opinions on the season just concluded, from a Publicity Person's

viewpoint.

As one of the "Older Guys" referred to (nicely) by a winning team member following this year's Lovelock Relay I cannot recall enjoying a season more in terms of successful results and seeing the club spirit contributing hugely to these successes.

Much has already been said regarding the positive attitude displayed by all our young athletes this season, particularly in the major team events. I believe an important factor in their success is the obvious enjoyment gained from supporting each other so well and also their appreciation of the effort put in by the Caversham supporters. This is particularly noticeable in events such as the Lovelock and Ponydales Relays. The ongoing success will continue to boost the fortunes of Caversham as the publicity generated is the best available, the kind you do not have to pay for.

Remembering back a few years to when club successes were much harder to come by I find our current situation hugely enjoyable. The challenge now is to build further on the achievements of the last two years especially at national level. With the prospect of losing (hopefully temporarily) at least two of our top performers, this may not be an easy task - but who knows what may happen

next year.

It was excellent to have so many of the walking group on hand to support our runners in a number of important events. Hopefully they enjoyed being there seeing Caversham members doing so well. It is also great that a number of walkers have volunteered to assist with duties at the Long and Triple Jump during the upcoming Summer Season. I know they will find this an enjoyable mission for a few hours on a (sunny) Saturday afternoon. There should be a good number of Caversham athletes to cheer on as well.

Finally I would like to endorse the message emphasised by our Club President Colin Dick, to encourage everyone to come along to the Club AGM on Tuesday, November 15<sup>th</sup>. The numbers attending the AGM in recent years have been very disappointing and it would be nice to see a large turnout this time. After all there should be plenty of positive features to talk about. Have a great Summer whatever you decide to do.

**John Stinson**



Winning Lovelock Relay Team

October 2011

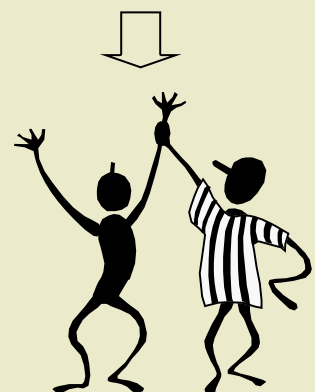
No 212

### In This Issue

John's Thoughts	1
President's Review	2
Fitness Research	3
Club Winter Cups & Trophies	4-10

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

**Everyone is welcome**



Remember the end-of-season social on 29th October.

# President's Annual Review



It is six months since I sat down to type a welcome to the 2011 winter season and now here we are winding the season up.

Congratulations to all who have made this year one of the most successful the Club has had in the last fifty years. It has been an exciting time to witness the performances put on by so many of our Club members, and I have no doubt that John will remind us of these in his write-up of the season in this newsletter.

In the background, however, there has been a band of people working solidly to ensure that the club has provided the support for these competitors. This has been my first year back on the committee in quite a long time and it has amazed me what a tremendous amount of time and effort is put in by a dedicated group of people. Since my last time on the main committee the workload seems to have increased by at least 100% and this has been made more difficult by the fact that four positions were not filled.

Sure, some mistakes have been made, caused possibly by a lack of continuity in the makeup of the committee and not knowing what things had to be done at certain events. We have, I am sure learned from these mistakes and an effort will be made to document these to avoid repeating them in the future.

Rules and regulations imposed on us make running a simple event like the Brighton to Green Island race quite a daunting process. A few years ago, competitors would line up at Brighton and be set off at their handicapped time, run to Green Island, their time would be recorded at the finish, and someone would be declared the winner. Simple. Today, approval has to be obtained from the DCC for a traffic management plan, notices placed in the newspaper, cones to be placed at the required posi-

tions, marshals to stand on corners, and a check made to ensure that the event is covered by insurance. This, all on top of the normal timekeeping, arranging for the Brighton Domain to be unlocked, and the Rugby Club to be opened for us, leaves you wondering how we can have anyone left to actually compete.

I am not saying that all this work is carried out solely by committee members. Caversham is very fortunate in having a willing band of people, some of whom have already spent many years on the committee, who are only too happy to carry on in their area of expertise.

One area that has caused one or two problems this year has been in race entries. Too often, especially in relay events, members have not written their names in the entry book or even bothered to notify Alison of their intention to compete. This has led to Alison chasing people up and in some cases others have missed out. It is very difficult to make up teams without knowing who is available.

During the year our Club Captains try to set interesting routes to run/walk on our normal Saturdays and eventually most areas have been covered. If, when you are out somewhere doing your training, you become aware of some interesting track or area that could be enjoyed by our members, let one of our Club Captains know. It may be that we assemble at different places and this has been done in the past. Runs and walks from Brighton, Hoopers Inlet, North Taieri, and other places have taken place over the years, so if you have any ideas let us know.

The Moro Marathon 2011 is over, and again it is thanks to a tremendously hardworking team of volunteers, many of whom have retired from the club but still love to be involved. To run this event in such a professional manner is a credit

## Review Continued

to all. One email from a competitor who had a small complaint, compared it to the Christchurch Marathon, but I don't think he realized that the Christchurch event probably involves twice as many on their organizing team.

Now, as we move into the summer season, no doubt many will take a break and perhaps catch up on all those chores that seem to build up.

Remember, however, that Caversham is not solely a harrier club and athletics is becoming again a very important part of its existence. More and more Caversham singlets are being seen at the Caledonian, so how about filling one of these singlets? You don't have to spend the whole day there, as each Saturday runs to a timetable and you can just arrive, compete in

your event, and head off again. Experience shows though that once you are there you tend to stay a bit longer. It is quite an enjoyable way to spend a nice summer's day. Why, you may even end up assisting at the pole vault, or the hammer throw. Or, even attempting these events.

On the walking side, Kieran arranges some very interesting walks over the summer and some of these take in various parts of the Otago Peninsula. Again, if there is some area that is a favourite with you, let Kieran know.

Whatever you do, enjoy yourselves.

**Colin Dick**

**President**

## Short, Sharp Benefits

Physical training, using short sharp, 30-second bouts of exercise is already known to bring benefits usually associated with endurance training. However, School of Physical Education researchers are examining whether other wide-ranging benefits of training can also be obtained through this approach.

Dr. Jim Cotter, physiologist Dr. Sam Lucas, research assistant Evelyn Parr and research students Matthew Graham and Monique Francois are trying to find out more about how the different forms of exercise actually drive the physical adaptations that help with performance, fitness and health.

They replicated the initial studies by having non-athletes do four 30-second bouts of exercise three days a week, versus typical health guidelines of 30-60 minutes a day at least five days a week. In a parallel study, a separate group of volunteers was monitored extensively for metabolic and cardiovascular function for 24-hour periods following sprint versus endurance exercise, including using the arms versus the legs.

“If you have a look at some of the definitive markers of endurance – such as how much carbohydrate you can store in your muscles and how easily can you use fat to fuel exercise – you come up with similar figures for 'anaerobic' training versus traditional endurance training”, says Cotter.

Article courtesy of University of Otago Magazine, June 2011

# WINNERS OF CLUB CUPS & TROPHIES

## V P 5000

**Morris Cup 5000m  
Handicap Run**

**Winner: Grant Dowland**



**Henderson Cup Run  
Fastest Man**

**Winner: Daniel Balchin**



**Trustees Tray Fastest Woman Run**

**Winner: Kerry Rowley**



**Walkers Cup 5000m Handicap  
Walk**

**Winner: Barry Sleeman**



**Pat Sidon Cup 1000m Handicap Run-Boy/Girl  
U16**

**Winner: Josh Thom**



# WINNERS OF CLUB CUPS & TROPHIES

## Otago Half Marathon Championships

**Bruce Dellow Memorial Cup Otago Half Marathon Championships.**

**First Club Masters Runner**

**Winner: Maria Sleeman**



## Otago Cross Country Championships (Club Awards)



**Golden Jubilee Trophy-1st Senior Man**

**Winner: Bevan Stevens**

**Jim Haleis Sealed Handicap - Senior Man**

**Winner: Peter Meffan**



**Woman CC Tray - Senior Woman**

**Winner: Esther Sibbald**

# WINNERS OF CLUB CUPS & TROPHIES

## Otago Cross Country Championships ( (continued)



**W L Hooper Shield—awarded to winning club team in Otago Cross Country Championships**

**Winner: Caversham. From left: Peter Meffan, Bevan Stevens, Daniel Balchin, Tony Payne**

**Social Cup– 1st Junior Man U/20**

**Winner: David White**



**Lucas Shield - 1st Junior U/16**

**Winner: Lorenz Kissling**

**Walkers Cup –1st Club Walker**

**Winner: Roger Leslie**



# WINNERS OF CLUB CUPS & TROPHIES

## Brighton-Green Island Race



**Butterfield Trophy. Handicap Winner**  
**Winner: Grant Dowland**

**Cuthbertson Cup - Fastest Man**  
**Winner: Daniel Balchin**



**Women's Trustees Tray- Fastest Woman**  
**Winner: Maria Sleeman**

**Walkers Cup - Handicap Winner**  
**Winner: Ian McDonald**



**McGlinchy Cup - Handicap Winner Boys**  
**U/16 4km**  
**Winner: Hamish Cooper**

**Upton Cup - Fastest Time Boys**  
**U/16 4km**  
**Winner: Hamish Cooper**



# WINNERS OF CLUB CUPS & TROPHIES

## Clyde-Alexandra 10km Race



**Andrew Sime Memorial Cup– 1st Club Runner**  
**Winner: Daniel Balchin**

**Warren Tweedie Memorial Cup 1st Club Walker**  
**Winner: Roger Leslie**



## Otago Road Championships



**Open Club Women 10km**  
**Winner: Karen Rowley**

# WINNERS OF CLUB CUPS & TROPHIES

## Port Chalmers Road Race

**Hebbard Rose Bowl - Fastest Club Man**

**Winner: Daniel Balchin**



**Port Road Race Trophy - Fastest Club Woman**

**Winner: Kerry Rowley**



**Stan Williams Cup - 1st Club Runner**

**Winner: Peter Hughes**

## Otago Marathon Championships (Moro)



**G L Austin Cup - 1st Club Runner**

**Winner: Glenn Sutton**

# WINNERS OF CUPS & TROPHIES

## Winter Aggregate Trophies

**Walkers Aggregate Cup - Man**

**Winner: Eric Callaghan**



**Walkers Aggregate Cup - Women**

**Winner: Donna Tumaru & Katherine van der Vliet**

**Senior Women's Aggregate Tray**

**Winner: Kerry Rowley**



**Bartlett Shield Aggregate Man**

**Winner: Peter Hughes**



**Cowie Cup - Most Improved Junior Man U/20**

**Winner: Hamish Cooper**



Editor's Note: I would like to thank Ian Dick for photographing the cups and trophies and recording the season's winners.