



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!

Cavy Chat September – October 2017

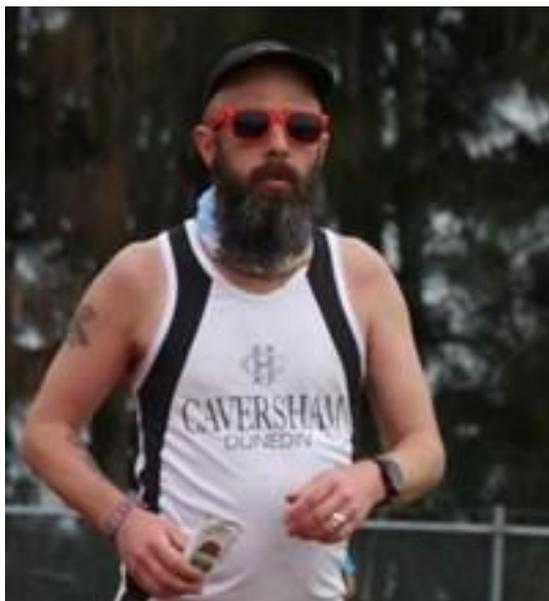


Andrew Glennie New Zealand Champion

While most of us would find a more relaxing way to spend 24 hours, club member **Andrew Glennie** chose to take on the Sri Chinmoy 24 Hour event. 184. 451 km later Andrew claimed the National 24 Hour title. Andrew takes us through his remarkable achievement.

" First off I have to thank the club again for the grant I received, which assisted me in entering the 24 hr champs. Entering this event, I knew running for 24 hours wouldn't be an issue; at Northburn back in March, I was on my feet for 37 hours. But running trails and running on the track are two different things. In the lead up to my race, I made a point of doing some of my training down at the Caledonian, one day down there I ran a 50k training run, it sucked. I arrived in Auckland two days before my race so I would have time to settle in, it was a great opportunity to catch up with some old friends that I haven't seen in a few years. The race itself was run by Sri Chinmoy and held at the AUT Millennium track in Mairangi Bay. I arrived about 90 minutes before the start of the race so I had time to set up my support crew tent and familiarise myself with the surrounds. Competitors were tracked two ways; we had a transponder and a personal lap counter. Before the race kicked off I introduced myself to my lap counter and told him of my strategy to run 4 laps, walking every fifth. I asked if he would be able to let me know when my walking lap was. I find it very hard to count laps, I usually lose count after one. It was also good

to see some familiar faces of other competitors that I have run against at other ultras this last couple of years. It was also great to meet legends such as Wayne Botha; who has the world record for running the furthest distance barefoot in 24 hours. Luckily for me he was entered in the 12 hour event! Then shortly after 9am the race was off, oddly enough I wasn't overly nervous."



Andrew clocking up the laps, NZ champions, Dawn Tuffery and Andrew Glennie

"I did make a point of winning the first lap, then I fell into my strategy. Prior to the race starting, I had stocked up on all the usual food I eat in my long races. I shouldn't have bothered, the Sri Chinmoy crowd provided great food throughout the event and I didn't touch mine. My support crew didn't have much work to do except for asking whether I had eaten or not. Early on I started to have issues with cramping. I had remembered to bring anti-cramp spray and it worked a treat, although I was doubling the recommended dosage. After about 4 hours I feel into a 3/1 strategy. Shortly after this the lap counters changed shift. My new lap counter wasn't aware I had reverted to the 3/1 strategy and I got a little grumpy thinking it was taking too long to run three laps. Anyway my strategy worked, by each milestone I was picking up placings. At the marathon mark I was in 5th place, at 100km I was 3rd. The race was led and eventually won by a Slovakian, but the leading New Zealander' Brian McCorkindale was well ahead of my, reaching 100km 2 hours before me. But it's a long race and anything can happen, and it did happen. Brian picked up an injury and slowed dramatically. He only reached the 100 mile mark 30 minutes before myself. I continued to gain on him, eventually passing and finishing 4kms ahead. By the time I actually overtook him he was walking like a zombie. Passing Brian meant I was the leading New Zealander. I had a lot of thoughts running through my head, but I didn't expect I could hold the lead. But as the clock ticked towards 24 hours I realised I would have a big enough lead that I could walk out the rest of the time and still finish ahead. This was great because I was in a world of pain, I also wanted to try save myself a little for my next race, Taranaki Round the Mountain. Anyway, the race finished and I was the leading New Zealand male, picking up my first NZ title. I was a little emotional and a little battered. I've found the recovery harder than Northburn so far, being a race on the track, there is no variation and the same muscles are being pummelled over and over for the 24 hours. As a result I was pretty useless helping my support crew pack our gear up. When I competed at the 100km champs last year, at the prizegiving I had to climb on top of the podium. I was glad to see at this prizegiving there was no podium, it would have been agony climbing on top "



" another one off the bucket list Andrew ? " ... " oh Dawn, I think I need a bucket "

" I was in fairly bad shape and during the prizegiving I had to disappear to the toilet for a vomit. Again I'd like to thank the club for the assistance in getting to the champs and I was super stoked I was able to pick another national title up for the club. Stu has said there will be a big photo of me going up on the wall, so all the pain was worth it! " Andrew

Closing Day and Prize Presentations



Not sure if those in the above photo are sad, or disappointed this it being the closing day of the "Harrier Season", or eagerly awaiting their rewards for their efforts throughout the Winter season. Here are those who were there to receive their rewards. **Photos by Stu McCormack**





Hill Free Half Marathon and 10k

Wonderful turnout of Caversham members at the Hill Free Half Marathon and 10k. Notable performance from Luke Anderson the Mens 50+ section of the Hill Free Half Marathon. Luke Anderson was second in Masters 35 to 49 but won the Otago title because he was the first registered masters athlete home. He was also the first Cavy masters athlete and therefore also wins the Bruce Dellow Cup that was last won by Donna Young in 2015. (I was second Cavy masters finisher in 2015 and 2017 - that makes me a bridesmaid for two successive races but I'm delighted to have won a title albeit not a Cavy title :) **Reporter Gordon Wong**
 Click ... [HERE](#) ... to view Photos

New Member - Luke Anderson

One of the clubs new member this year was **Luke Anderson**. Cavy Chat caught up with Luke to tell us about his first year with the club.

Cavy Chat : What made you join Caversham ?

Luke : " *Having just moved to Dunedin from London, I wanted to join a club to improve my running times and to meet some locals. I joined Caversham after seeing the Park Run results and seeing the club had a large presence of serious runners.* "

Cavy Chat :What were your expectations at the start of the season ?

Luke : " I didn't know what to expect really. I had only just learned that Harriers is a winter sport and I thought it would be great if joining the club helped me keep my running up through those cold and dark days ".



McStay 1500m 5m14s



VP5k 18m39s

Cavy Chat : Did you take part in all club runs and compete in all Crosscountry and Road Races ?

Luke : " I entered most of them unless they were too far out of Dunedin. I found myself regretting the ones I didn't do though, especially when I'd next run with the club and hear all about them."

Cavy Chat : What were the highlights of the season for you ?

Luke : " Getting a 5km PB at Forbury Park and a half marathon PB at the Hills Free in Outram. Also just meeting other people to talk about running with. "



Club Cross Country 37m27s



Hillfree Half Marathon 1h29m34s

Cavy Chat : Any disappointments ?

Luke : " No disappointments, I'm just a bit nervous I've set my PB's too fast so won't be able to break them next year."

Cavy Chat : Your overall impressions of being part of the club ?

Luke : " I've really enjoyed the club. I've been pushed really hard by some fast runners and also being new to Dunedin I've learnt a lot of great running tracks - some of which I never would have found myself. I've also really enjoyed the Monday and Wednesday runs both in the city over the winter and at Ross Creek - I think I already know Dunedin better than my wife who is from here. I've really enjoyed the club and I'm definitely looking forward to next season."

Southland (NZ) to Stirling (UK)



Great effort by **Glenn Sutton** in the Southland Marathon, took it to the locals early on with a slim 1 minute lead with 10km to go with third another 30 seconds back, but by the finish the other two come through and Glenn had to settle for third - still a top effort and another sub 3 marathon for Glenn in his Caversham singlet

Reporter Dwight Grieve



The "O'Brien's" kick started their "UK OE" and scored a good feed. **Caitlin** and **Jilly** took part in the Stirling 10km race (**Dan** photo bombed). Was very nice with lovely people and Caitlin won her age group. And then we had quite a nice tea!



Neville Madigan

Club Life Member **Neville Madigan** passed away peacefully on 6th October 2017. Neville joined the Caversham Harrier and Athletic Club in 1954, he represented in the New Zealand Junior Crosscountry 1955-57. Won Otago and Southland Junior Cross Country 1957. Won the club's "3 Mile" Vice President's in 1971. Neville was awarded many "attendance" badges over the winter season and was responsible for many building and maintenance improvements to the clubrooms. Made a Life Member in 1985 and won the Port Road Race in 1997. Sincere condolences to Lody, Byron, Royce and family.



November - December Cavy Chat - Year in Review

The "November - December Cavy Chat" will look back on "2017", a review of the season. Cavy Chat would like you to be part of it. If you would like to share your highlights, your impressions, or, what you have enjoyed in 2017. It is also a chance to pass on "seasons greeting" to fellow club members. Send your items to coakesphil@gmail.com on or before 15th December. Don't forget Track and Field, the summer runs and walks

Oh dear ... you will be surprised who you may run into.



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