



CAVERSHAM
HARRIER & ATHLETIC CLUB

*We run
marathons!*



" look like a good year ahead Stu" " yes Pete, I can see it coming"

Plenty on Offer

We certainly hope that the festive season was an enjoyable time with family and friends and that we are all looking forward to a very exciting and action packed 2016. Over the next five weeks there will be plenty on offer and plenty of reasons to keeping up the fitness.

New Zealand Masters Games - 30th January - 7th February

www.nzmg.com

New Zealand Masters Track and Field Championships - 26th - 28th February

New Zealand Track and Field Championships - 4th - 6th March

www.athleticsotago.co.nz

It was the weekend before Xmas

Determined to end 2015 on a high, adventurist clubmembers **Kerry Rowley, Peter Hughes, Stu McCormack** and **Ian McDonald** took on the Hollyford Track in the Fiordland National Park ... Kerry takes up the story.

"T'was the weekend before Xmas. Stu, Pete , Ian, myself and the support crew consisting of Lloyd, Rhondda, Lachie and Ben set off for Gunn's camp in the Hollyford Valley.

After a brief night walk through the glow worm dell to test out the head lights we all got a good nights sleep, despite Stu glazing up at the AMAZING stars whilst going to the 'loo'.

At 9:30 am the next morning we jumped into the helicopter and took off for Martins Bay - not without some hideous moments. Here we are flying towards this huge ice capped rocky mountain while the pilot is twiddling around with the radio controls not looking where he is

going. I swear we were all going to die!! At the last second, he pulled up and over the mountain and swept down the valley towards Martins Bay.



I can't recall most of that as I closed my eyes in fear trying not to bring up my breakfast!

We started off with a steady jog through some nice tracks and galloped our way down the Martins Bay airport run way.

We shuffled along the lake front which was slow but awesome scenery!

13 km later we hit the Demon Trail. This section took us by surprise. What was meant to be about 15 km turned out to be the longest, hardest 25 + km of walking I have done in my life. There was no such track - just marker triangles on trees. Rocks, water falls, 3 wire bridges which took us 5 min per person to cross, rivers, fallen trees, more slippery rocks and more rocks to clamber over. It was extremely frustrating and lots of bad words were said.....well, from me anyway!!!



We hadn't even got to half way and Pete was fairly tired. We got to with 7 - 8 km of Alabaster Hut and he had had enough. With still approx. 25-30 km left to go, we decided to leave Pete with most of our food and emergency beacon at Alabaster Hut.

Stu, Ian and myself kept running/walking to the end. It got dark at about 10 pm so on with the headlights..well in Stu's case his cell phone. It was awesome in the dark. Glow worms, scary animal sounds and rustling in the bush. I think the animals were more scared of me cursing and swearing over my blisters and sore toes L At 11 pm we finally got to the end of the track. 13.5

hours and 68 km later with blisters, stubbed and so called broken toes we made it.



We drove back to Te Anau to get a few hours sleep, then headed off the next morning back to pick up Pete.

We were very surprised and grateful to see him just 1 km into the track..he must have nailed the run out of Alabaster Hut!!! Turns out he had a much better sleep and feed than the rest of us!!

We left the Hollyford Valley and headed back on a long, long, loooooong journey back to Dunedin J

Next big run is the Mavora-Greenstone 54 km track at Anniversary weekend, then looking at the Heaphy nearer Xmas.

Thanks to **Lloyd, Rhondda, Lachie and Ben** for being support crew"

Club Members in Action --- Here and Overseas

One of our newest champions is **Angus Fleming**. (Pictured)

Angus 1st discus grade 9 Colgate games 22.48m PB

Congratulations Angus Well done

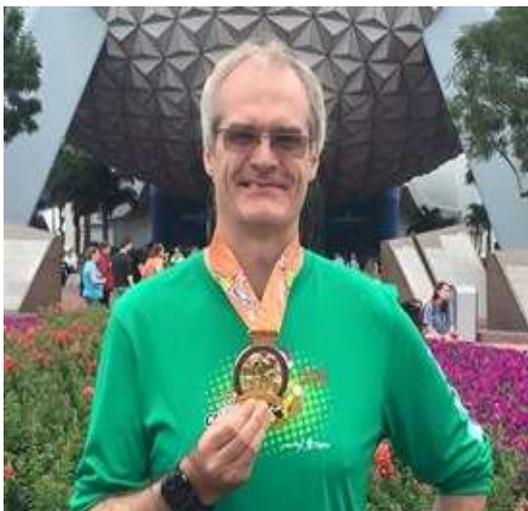


Ioan Fuller and **Jake Jackson-Grammer** are a couple of our runners who have been keeping busy over the holidays, regularly competing in Tri events and the Manawatu Striders Super 7 series. Jake has won one of these events while Ioan has had a couple of 4th placings (out of a field of 1600 competitors)! Nice that the Cavy colours are well represented far from home.



Emerson Platt and the Walt Disney World Marathon ... Plus

"Finished the WDW Marathon Weekend Half Marathon! Considering it has been a terrible year of injury and sickness & the legs already have 15k on them this weekend I'm pretty happy with 1:57:16. It's about 5 minutes slower than last year and about 20 slower than my PB but I'll take it and be very very happy. Sad thing is already having run 36.1k over the last 3 days I'm not even half way yet with another 42.2k to go tomorrow..... (Which I'm treating as my 'fun' race, run/walk and lots and lots of photos along the way... 6 hours here I come " to be continued.



... some went biking

It's seems that **Andrew Glennie's** pre Xmas bike ride would be a case " I am going everywhere man". Setting off from Dunedin in mid December what laid ahead, as he looked forward to catching up with family and friends along the way. In the end having passed through, Oamaru, Dunroon, Kurow, Otematata, Omarama, Tekapo, Geraldine, Ashburton, Christchurch and then back to Taieri Mouth, and was quick to tell the locals ... " I've been everywhere man, "



... and some went running

Under the disguise of a so called "Saturday night Party" **Andrew Glennie** was able to assemble a decent group to take on the Millennium Track from Taieri mouth to Henley. Having left a few cars at the Henley end for those only doing half of the 16k "one way" the group headed off around 9am. The "party" was carrot cake washed down with tea /coffee at Andrew's place after an enjoyable, scenic , and sometimes exhausting run.



A Weekend in Naseby

Once again the **Watkins** and **Blackwood** families are generously hosting the club for a preseason

weekend of running/walking/biking and good old country fun at their holiday homes in Naseby. If you haven't been to one of these weekends before, don't miss out on a chance to experience this beautiful part of the country. Mark down the 18th-20th March in your diary. You're certainly guaranteed a great time along with accommodation thrown in.

For more details contact **Brian** on 488 1000 anneandbrian@xtra.co.nz or **Peter** at 027 274 2366 sunsth@es.co.nz or just ask anyone who has been before!



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