



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!

Cavy Chat – July – August 2019



" go and get lost "

There was movement in the clubrooms, everyone was there

Where will we be going, they asked, St Kilda or St Clair.

Now listen everybody, a message from the boss.

" Your run and walk, for you today, ... go and get lost. "



A sheet from Kerry Rowley, a list of things to do.

To find a lot of places, from all the given clues.

Where's that church ?, what's its name ? where's that hidden track ?

Was that the one we passed, a little further back ?

Feeling a little hungry, as most of us just might.



Don't worry, lets all stop at delicious Danish Delights

Great idea, yum, yum, yum.

But keep in mind, there could be, Cheese Cake, yet to come

Be no chance of anyone getting any fatter

We can all work it off running up Jacob's Ladder



Others went back to their childhood, playing on a slide.

On swings and things and monkey rings, right before your eyes.



A chosen few lived their dream and packed down in a scum.

Briefly being an All Black while dressed in " black n white ".



All back in the clubrooms, and everyone safe and sound.

And boy, we all enjoyed it, and covered a lot of ground.

A " selfie " from the walkers, a smile from everyone, and all agreed ... it was



FUNFUNFUN

Cross Country Wrap - Up

Edmond Cup - Saturday 29th June 2019



The winner of the **Pat Sidon** medal in the Edmond Cup for 2019 was **Jonah Smith**. A very tight race and an accolade well deserved. **Jonah** was 3rd overall, 2nd Senior Men; **Geoff Anderson** 2nd 50+ Men; **Leon Miyahara** 2nd U20 Men; **Alex Brown** 3rd U20 Men; **Michelle Watt** 1st 35-49 Women and **Gail Sharp** 3rd 50+ Women.



Otago Cross Country Championships Saturday 20th July

A lot of very impressive performances at the 2019 Otago X Country Champs.



Ruby Martin 2nd Girls U/10. Dan O'Brien 3rd Boys U/14. Becky de la Harpe 2nd Womens U/16. Caitlin O'Brien 3rd Womens U/18.



Kristy Eyles a wonderful 2nd placing Senior Womens. Heather Martin won the Masters Womens 35-49 race with Michelle Watt close behind. Gail Sharp 2nd Masters Woman's 50+



Donna Tumaru 3rd Masters Womens 50+ Geoff Anderson 2nd Masters Mens 50+ Ken Fahey 1st Masters Mens 65+ David Stott 2nd

An Insight to Badwater 2019

Another successful "Badwater" for "Sutts", supported by family and a very strong support team. What goes into preparing for "Badwater"? , to find out "Cavy Chat" caught up with team leader Bruce Adams.

Cavy Chat : For all of Glenn's successful "Badwaters" there has been a very strong support team. How many of those have you been involved in?, and, who will make up the rest of the 2019 team.?

Bruce : " Glenn did this race in 2014 and then I was lucky enough to go with him in the crew in 2015. The crew for 2019 is Greg Yee (New Zealand current 24-hour champ) Steve Barton and Emily Sutton who is Glenn's eldest daughter. We also took Derek Morrison who is putting together a documentary on this. "



Greg Yee - Emily Sutton - " Sutt's " - Bruce Adams - Steve Barton

Cavy Chat : Lets go back to February when Glenn was accepted to run Badwater 2019. A lot of planning required, putting the support team together, gaining sponsors, fundraising, promotion, booking flights and accommodation. ?

Bruce : " Yes a lot of planning and time required to even get into Badwater 135. "The world's toughest foot race" only selects 100 runners each year from a VERY rigorous selection process. They usually have over 3000 applicants and from this take 50 veterans and 50 rookies. (of those veterans at least 1/2 of them seem to get in year on year for various reasons). This makes even getting selected quite a challenge and the athlete has to put a lot of time into the application and really stand out and be of a very high standard. Yes, the logistics of Badwater are huge.... Booking flights, Vehicles, Accommodation at various places and coordinating all these plus all the list of things you just can't take but have to buy over there with things like... Chilly bins, food containers, large storage containers which may double as an ice bath, scales to weigh Glenn, Towels, sprayers to spray him with ice water, deck chairs, ice, water etc the gear you buy and just leave over there is huge. The sponsors who came on board were amazing with their support and this certainly helped with a lot of the expenses over in the States. "



Cavy Chat : There was the need to organise those ' extraordinary ' training runs, plenty of support from the, " pub runners ", and times spent in the " heatbox ". Did all go to plan?.

Bruce : " The hot box training was a fantastic way for us to get used to the types of heat that we would all be experiencing. The whole team had access to this which we all used. Death Valley heat is something else though, that you really can't describe. The training runs especially Glenn's run up to Middlemarch to see **Richard Emerson** were a lot of fun and well supported by the pub runners (beer at the end always seems to draw these guys out). The real issue for Glenn this time was the fact he has a fracture in his pelvis so the training was on a totally different level to what he normally might do. He saw every specialist he could and structured his training around this. Sutt's as you know will always get the job done whatever sort of pain he's in. "



Richard Emerson and Glenn



Wednesday 6.15 Pub Runners

Cavy Chat: A bigger than normal " Team Sutton " with Julia, Lucy, Ruby and Emily all being there, a huge amount of support for Glenn this time around ?.

Bruce : " Glenn always mentioned how special it would be to have his family at Badwater and to holiday with them afterwards. I think they have a new respect for him after witnessing the course and feeling that heat. It was really special to have Emily in the crew this year (camp mum) who was amazing in helping me in the van and doing pacing with Glenn at various stages during the race. Julia and the family were also fantastic during the race. They brought us supplies of food and ice when we had a bit of an ice crisis going on at one stage. "

Team Sutton



Coming Up ... Part Two ... " Into the Valley "

Clyde to Alex - Ben's Blog

It was " all aboard " for club members on Saturday 10th August as they headed to a some what chilly Alexandra, the annual Clyde to Alex run and walk, well done to everyone, ever wonder how one handles the 10k run. Young **Ben Rowley** gives us an insight of his run from start to finish, Ben's " blog " makes interesting reading.

BEN'S BLOG

the running nurse



Ben is in his final year of becoming a qualified nurse, has his final 8 week placement at Waikari hospital, we wish Ben all the very best, proud Mum says " he has done soooooo well. way, way beyond my expectations of him, his personality and confidence has skyrocketed too " Kerry.

Badwater and it's " Into the Valley "

The world's toughest way to earn a beer:
run 217 km through Death Valley.

Cavy Chat :When and where did " Team Sutton " all get together before heading " Into the Valley " ?.

Bruce : " The Sutton family was already in the States and so the team flew in to Los Angeles where we spent two nights. We then all drove out to Lone Pine which is close to the race end for two nights. This proved to be a great way for the whole crew to start to get used to the temperature ramping up. The crew drove down to Death Valley and stayed at Furnace Creek. This is 17 miles from the start line at Badwater basin. We stayed here for the night and race day. The race begins at night in 3 waves. Glenn was in the second wave 9:30pm. This is where the real heat is. The boys got excited when we watched the temperature get through the 40s and then 50s. We blew a thermometer up and cooked an egg on the road just for fun."



Cavy Chat :A lot of organising of supplies, transport, a chance to venture onto parts of the course. Was everything in place and ready for race day? Any last minutes worries or concerns?

Bruce : " We had all our gear already in place just had to buy water/ ice and fresh food for the race days. There is no water stations etc here so every ounce of water/ ice we were throwing over Glenn etc we'd bought. We spent \$160 USD at just one of the many stops on ice and water alone. Ice/water and food are lifelines for you all "

Cavy Chat :Would have met a few of the locals ? And then appeared a very well known New Zealand runner, Rod Dixon. ?

Bruce : " We had a meal out in Lone Pine one night. A waitress from the restaurant came running up to us when we were leaving and wanted to photograph the back of our 'Into the Valley' t shirts with the quote "The world's toughest way to earn a beer: run 217 km through Death Valley". We told her the story about the beer and were able to drop back a few cans for her and a work mate. I'm pretty sure we made her day. **Rod Dixon** came out to Lone Pine to meet Glenn and the crew. We had a lot of fun with him coming up to Whitney Portal (race finish area) with us. He was in awe of what Glenn was taking on. Rod has followed some of Glenn's other achievements like running from Haast to St Clair etc. Rod spent several hours with us and was a special guest of the race. He is a close friend of Chis Kostman the race director. We also had a drop-in appearance

from Vajin Armstrong a New Zealand ultra-running legend. He knew through social media that Glenn was running and so came and found us in Death Valley to say hi."



" Absolute thrill and pleasure to meet you Glenn and the Team. I'm overwhelmed with the challenge of the Badwater 135 Ultra Race you are challenged with on Monday. Go New Zealand " Rod Dixon

Cavy Chat :Give us a run down on the roles of each of Glenn's support team. Any set routines, was it eat, sleep and always there with Glenn every step of the way?

Bruce : " My main role was crew chief and driver. I did a couple of short stints pacing with Glenn. I ran I guess everything going on in the van and kept the supplies topped up as we went. Greg and Steve were pacers and ran back to the van all the time to get water/ ice food for Glenn. They were on the go the whole time and were constantly busy. Emily was in the front of the van with me. We had very detailed notes of where we were on the course, where it was safe to stop etc. Emily also kept very detailed notes on Glenn's water, electrolytes, food intake how often he took a pee etc. We took a sleep break when we could and someone else would slip into your role. The crew has to look after themselves in this very harsh environment. The number of crew who fail each year is high and this puts the runner out of the race."



Cavy Chat :In your own words " what goes on in the Valley - stays in the Valley ". Would have been moments that deserve to be shared. What comes to mind?

Bruce : " We had an incident where we were all out of the van on the first night. Glenn was running towards us about mile 40. We had these flashing sunglasses on and were playing silly buggers to cheer him on. I unfortunately had not put the van into park. The van started to roll away towards the sand dunes..... a major oh shit moment. I luckily managed to jump in and stop it. We were very lucky with a lot of heaving swearing and extra sweating we were back on the road and awayPhew We were on the first 17 mile climb just above the 2000ft mark in the heat of the day and another crew pulled up. They were heading back down with their runner in

a very bad state. They stopped because our vehicle looked, I guess like an ambulance and they thought we were medics. Their runner Joshua was overheating and in a really bad state. We grabbed bags of some of our precious ice and stabilised him and sent them down to where there was medical staff. I thought that no way was this guy coming back from that in a hurry. We met Joshua at the prize giving where he recognised my accent and voice. Apparently, I'd told him my name and he thinking I was Australian associated me with Bruce the shark from Nemo. He was able to recover after a 2 hour rest and re start from where his incident happened (which is legal at Badwater called staking out). Joshua went on to finish in 17th position which was remarkable. We've since become friends through Facebook and he hopes to come out to New Zealand and race at Tarawera. "

Cavy Chat :All over, another prized " belt buckle " for Glenn. After a catch up of sleep, time to relax and celebrate before heading home. A job well done by all, how was it celebrated?.

Bruce : " We were all shattered after the race and slept like babies. We went to the prize giving/ pizza party afterwards. A few quiet beers back at the house and then off to bed again. The following day after cleaning out the van (you've never seen such a tip) we drove back though Death Valley to Las Vegas. We had two night in Las Vegas with a few quiet well-deserved refreshments involved. "

As they say in running ... " Good Job " ...

" Holy cow it's been one hell of a ride these last few days , well to be honest these last 7 months once I applied and then being accepted back in February to run Badwater. I had times of "why" am I doing this through injury issues and other sacrifices I had to make to achieve this goal. To everyone who has followed, helped and supported me , my crew of Bruce Adams, Steve Barton , Greg Yee , Derek Morrison , Emily Sutton , also my two youngest daughters Lucy and Ruby and to Julia my wife in being supportive and encouraging in what makes me happy - running. As they say in running "Good Job " thankyou everyone it's been such an adventure and lucky I've been able to share this with family and mates . The picture below represents the finishers belt buckle and the family & crews finger of each - this is very much their buckle also , I couldn't have achieved it without them . Placed 52 nd from 95 starters . Total time 39.54.44 " Glenn " Sutt's ' Sutton (as a point of interest Glenn's time in 2015 ... 39.52.17)



Photos by Bruce Adams, Steve Barton and Derek Morrison of Adventure Media Group.

Cook Islands say " thank you - thank you "

Kia Orana Claire and Malcolm

" A very big Meitaki Maata (Thank you very much) for the wonderful donation of shoes you sent to Rarotonga recently. They were very well received and fought for by our juniors and youth athletes. The variety of sizes, colours and brands presented the athletes with a 'christmas morning' experience, There was a lot of trading and trying on and the junior boys were very keen to get into the spikes, and run. We had a fun afternoon trying on the shoes and then trying them out on the track. It certainly took many of them time to get used to as they feel heavier and

bulkier than running bare feet. Everyone went home with a pair of shoes and a smiling face. Our youth athletes were thrilled with the spikes and we had a training session in them the next day. It took some getting used to but they were happy and comfortable in them by the end of days training.



On behalf of the club TFC and ACI we wish to extend our greatest gratitude to you both for the sending of the shoes, we never get the variety of brands here and it was great to put our athletes into asics ready for our cross country series starting this week. Appreciate all the effort you have made and hope you enjoy our little photo shoot to share with your friends and athletes who contributed to make this happen. We will be sending some of our Youth athletes down to NZ for the Secondary School Champs in December, if you are there please do come find us and say hello.

Meitaki Maata - Ruth Mave - ACI Secretary

Luca the Dog

The name is " **Luca Rowley** ", and I'm just little a dog.

They take me out for walkies, but not for very long.

When I get home I'm hungry, I look for things to eat.

I'm not really into doggy biscuits, or yucky fatty meat.

I look around - " oh that looks nice ", just waiting there for me.



A helmet, and those funny things, that operate the TV.

Yuk yuk, don't taste that great, what's a dog to do

Next time we get back from walkies, here's my advice to you.

Listen very carefully, that walk was just too far.

When I go " woof woof woof " , just bring me ... " my lolly jar " !!!



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