



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!

Cavy Chat March – April 2018



Compulsory under the Clubs Health and Safety " no kidding, who would want to be a "Walker" or in the Slow Pack "!"

2018 Otago Secondary School Championships

The 2018 Otago Secondary School Champs held on March 2nd and 3rd Caversham athletes had some outstanding results, all under the watchful eye of our very own Laurie Hill and captured by Gillian Wong. Jordan Evans-Tobata (U14) 1st 400m, 800m. Matthew Wong 2nd Senior Boys 4x400m relay. Katie Wong U15 Girls 80m hurdles. Petra Milne (U15) 2nd 3000m. Katie Wong (U15) 2nd Hammer. Laurie Hill



Jordan



Matthew



Katie



Jordan



Petra



Katie

Big Events

It's totally amazing that we have club members that can excel from ... 100 meters to 100 miles, more or less. Track and Field becomes ... **BIG TRACKS** and **BIG FIELDS**.

Club members Nathan White, Steve Stewart and Donna Tumaru



Share their adventures, highs, lows and achievements of ... Godzone and Motatapu

Nathan White --- Godzone

Chapter 7 of the Godzone Adventure Race was this year based in Fiordland. The race is arguably the toughest adventure race in the world and sees teams navigate their way around the approx 450 to 550km course non stop by bike, trek, pack raft and kayak.

For this years race, I was lucky enough to be part of the Kiwican team, named after the charity of the same name, which is part of the Graham Inglis Foundation. I raced with Paul Cartlidge and Dan Burke of Oamaru and Dom Papoutsou of Timaru. I had only joined the team late after one of their existing members pulled out with an injury. This was my third Godzone but for the remainder of the team it was their first.

We lost a member to an injury very early on in the race, and after fleecing him of any decent food, we were able to continue unranked as a three person team.



Dom Dan Paul Nathan



Snacks Snacks and more Snacks

During our race encountered some pretty hair raising moments shimmying down near vertical cliffs, a 120m abseil in the middle of the night in pouring rain that saw us ascend nearly upside down due to the weight of our packs and we navigated our way through about 2km of an underground cave network.

In some sections of the course, we battled on for days coming close to running out of food as we bashed our way at about 1km/h through the thick, unrelenting Fiordland bush which shredded our arms, legs, faces and clothing as we moved forward. This can only be described as the real New Zealand.



Nathan Mid Course



Surprise visit from daughters Charlotte and Neve

Despite this, as a team we gelled really well and team spirit ran deep! I was super impressed how given they had virtually no adventure racing experience, everybody dug deep and we were literally laughing, burping and farting our way through.

We crossed the finish line smellier than a hindu's gym shoe on the 10th and final day of the race. This race was a massive undertaking and we were 100% knackered. I am happy to label this race as by far the toughest Godzone I have completed! Yet in my own warped and deluded way I absolutely loved it!

Nathan White

Donna Tumarū and Steve Stewart - Motatapu

Steve and Donna's training paid off , and they knocked the bitch (The Motatapu 42.2km Mountain Marathon) off her perch !.

This is their story.

" Well, what a day. We travelled up on the Friday and stayed at Clyde. With a good night's sleep and carb loading all week we were ready to go. Checking our gear and food (we are both Coeliacs) we left at 7am to go through to register in Wanaka. It was cold and overcast...ideal conditions. or so we thought! We got it wrong, it became stinking hot, rapidly - 25-30 degrees.

We then all hopped on the bus to make our way to Glendu Bay. We all received the race briefing and then we were off. Starting off running on a hill was a bit daunting as Steven did not know the route. Donna had walked the marathon two years earlier so had a rough idea. Pre-race we had decided to run the first half together, but Donna told Steve to go ahead at the 5km mark as it was too fast a pace for her. Donna said that Steve was faster than him as he emptied half of his gear at the start therefore she was carrying extra weight (ie he emptied his bladder). Steve is a camel and does not need much water.



10kms in and Steve came across a guy that collapsed on his mountain bike. Steve offered help , but the chopper was just about to land. Unfortunately, we learnt on the Monday morning in the newspaper that he had died there on the track. The helicopter was busy all day carrying 8 or so people out. Some of which had heat exhaustion, a broken leg and arms and the chap that died.

We both persevered running with our own strategies to get to the next part of our journey on the race. We both drank lots and were being mindful of running on the different types of terrain - gravel, grass, dirt, the Arrow River crossings and lots of uphill and downhill rocks to dodge. Some were so bad that you had to walk down them in places. Donna's strategy was to pick up a stone to keep at every 10kms as a motivation tool to get to the finish line.. She did this when she walked the event also. Steve's strategy was to 'pepper spray' whoever past him



It felt like we were constantly running up hills...into the clouds at the highest peak. Many athletes were struggling with the heat.

Another goal apart from us both dreaming to run and complete a Marathon was to enjoy the beautiful scenery along the way. And we did. "

Both Donna and Steve recall their " highs " and " lows "

the Highs

Steve: *" Coming down from the highest peak and no more hills and finishing. The highest peak was 875 metres ".*

Donna: *" Finishing, the scenery and no blisters & carrying my 4th rock, the biggest for the last 2 kms. "*

Steve: *" Also finding enough energy to sprint at the finish line to pass a guy he had been hunting down all day. "*

the Lows

Steve: *" Crossing the ice cold Arrow River 7 or 8 times and you couldn't feel your feet ".*

Donna: *" Hearing on Monday that the competitor had died while competing ".*

Steve: *" The next Marshall that Steven came across that said 'there's only 2 kms to go' he was going to kill, as his legs were shot."*

Donna: *" The heat while running was very hard ".*

How far was the Race

42.2 kms, an off road Mountain Marathon running from the start in Wanaka and running to the Arrowtown domain.

Results : Steve 5 hrs 43 mins : Donna 6 hrs 6 mins

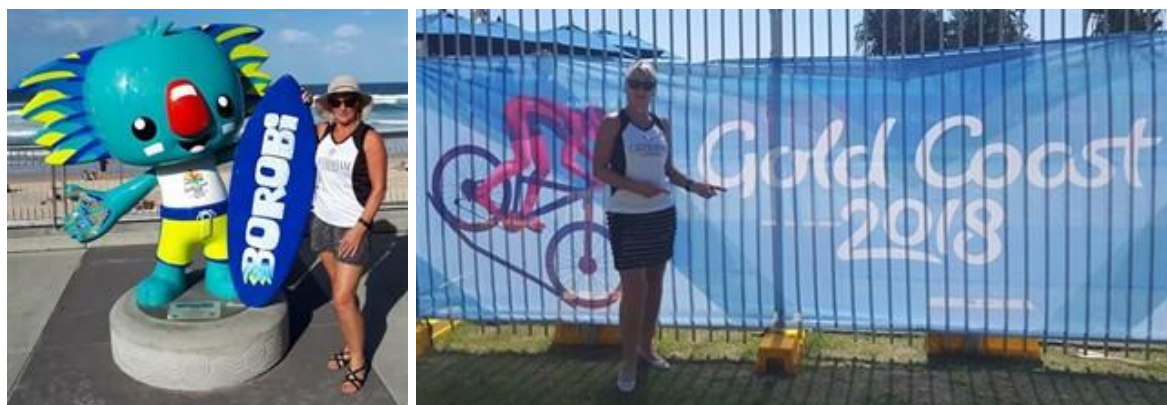
Ted Brown

A good day at the office with the annual running of the Ted Brown and the McStay races. Congratulations to **Sophanna Parsons**, this years winner of the McStay cup and to **Claire Giles** winner of the Ted Brown. **Alex Brown** lead home a small field of Walkers, and it was **Hendry Hodgson** a worthing winner of the Colts 800m. Some nice running times out there today in spite of the soft conditions under foot. So proud of us all. We are such a happy and friendly bunch and it shows

Fastest Times Click [HERE](#) Finishing Order Click [HERE](#)



Our very own Alison at the ... Cavyweath Games



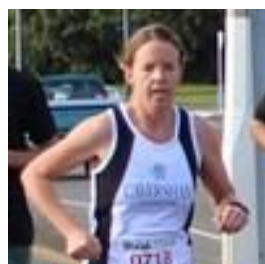
Surf to Stadium

Some great times posted from Caversham members in the Surf to Stadium. **Nathan Shanks**, **Leon Miyahara**, **Heather Martin**, **Kristy Eyles** (in her first outing for the club for quite some time) ran blinders as did **Ben Rowley**, **Laura McRodden**, **Nick Heng**, **Gail Sharp** and **Ian McDonald**. Spotted in the 10k Walk were **Dave McWhinnie**, **Wendy Shanks** **Janice Hughes** and **Lara Findlater**. PB's all round! My very good training partner **Lesley McCormack** shaved 10 minutes off her previous time. Great effort from our 6 marshals too, with **Vicki Evans** winning our marshal of the day award amongst our Caversham voters for her spirited enthusiasm and encouragement.

Report by **Stu McCormack**.



Leon



Kristy



Ben



Laura



Ian



Gail



Nick



Lesley



Nathan



Wendy



Dave



Janice

" I know a good Physo if you need one ... Brent ! "



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