



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!



Otago Cross Country-A Great Team Effort

A wonderful club effort right across all grades at the Otago Cross Country Championship at the Waikouaiti Race Course on the 26 July.

Congratulations to **Darcie Evans-Tobata** (Girls U10) **Rafe Johnson** (Boys U10) **Joshua Baan** (Men U20) **Maria Sleeman** (Masters Women 50+) **Geoff Anderson** (Masters Men 50+) and **Peter Meffan** (Open Men)
Photos by Donna Tumaru



Peter Meffan and Joshua Baan



Maria Sleeman



Geoff Anderson

And then it was onto the NZ Cross Country



Joshua Baan Men U20

Geoff Anderson Men 50+

Maria Sleeman Women 50+

Brighton-Green Island

What a bonus it was to have blue sky, sunshine, and a slight if not a little chilly tail wind. Congratulations to all the winners on the day. Nick Heng, Donna Tumaru, Jordan Evans-Tobata and Alex Brown. The fastest times were posted by, Peter Meffan (run) 32m16s and Julie Edmunds (walk) 56m57s.



Visit the Brighton to Green Island Gallery Click [HERE](#)

Pat Sidon Medal

The late **Pat Sidon** loved encouraging others to do their best and enjoy themselves at all times. It was fitting that the first recipient of the **Pat Sidon Medal** would be one who learnt about Pat at a very early age, this years Edmond Cup winner **Peter Meffan**, this is his story. " *I grew up hearing stories from my dad about running in Otago, stories of the legendary **Pat Sidon** were always told and re-told. Going to Otago a connection with Pat not only as a runner, but a fellow Caversham member. When I won my first Otago Cross-Country title, I was naturally elated. When I went back to the club the next week I received a message from Pat congratulating me and it really meant a lot to me that he took the time. Receiving the Pat Sidon memorial medal is a really nice way to commemorate Pat and all he did for Otago running. He inspired me to try and perform to the best of my abilities, and will continue to through the rest of my running career.* "



Photo : Peter Meffan receiving the Pat Sidon Medal from club Patron Ron Cain and Club President Colin Dick. Photo by John Stinson.

Clyde - Alexandra Trip

It was a very successful and seems a very enjoyable trip to Alexandra. With 31 Walkers Kieran thinks it's the largest field the club has had at the event. Notable "walkers " were **Allison Newall**, **Malcolm Giles** and **Neville Shanks**. There were 17 runners by all accounts among them **Tony Payne** who will return in September to defend his Cadbury Dunedin Marathon title.



Words and Photos by Ian Dick

Very Important - Special General Meeting

Here is the opportunity for all clubmembers to have their say in the redevelopment of the clubrooms. A subcommittee of **Barry Sleeman, Emmerson Pratt, Amanda Phillips, Janelle Kennedy, Ken McDonald and Lyndon Marfell** was formed. Firstly a Special General Meeting will take place and this is the place for you to have your say, prior to that meeting you have the chance to look over the reports relating to the club redevelopment.



Notice of Special General Meeting Click [HERE](#)

Clubrooms Redevelopment Submission [Click HERE](#)

Clubrooms Option Two Click [HERE](#)

Come to the meeting ask questions. These are your Clubrooms

And on the way back from Alexandra !!!



When looking for a feed , no one was more thrilled than Stu to find McDonald's in Roxburgh

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