



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!



Children's Inter - Provincials



The 4 Cavy kids (Katie, Alika, Ollie and Caitlin) who represented Otago at the 12-13 Inter-provincials. " We are very grateful for the support from the Club , we had a blast !, Thanks. And to see what we got up to take a look at the photos that were taken by Mrs Wong ... they are brilliant ! " Click ... [HERE](#)

Children's 2015/2016 Prize Giving

Brilliant time at the kids' 2015 - 2016 Prize Giving. Super kids, amazing Coaches and very tasty food.



Dan Boys 7 - 9



Charlotte Girls 7 - 9



Gracie Girls 10 - 11



Matthew Boys 12 -14

Donna Rutherford : " Brilliant, but honestly, what about that kid farting right in the middle of the presentation:) honestly!!- I mean what has his mother been feeding him!!!! "

Sophanna Parsons " Yeah yeah, blame the child... "

Gillian Wong " I told her EVERYONE knew it was her, you would not have this much fun at any other club ! "

Jill O'Brien " ooh lovely photo of Alika. And Ron of course! "



Alikha Croot Caitlin O'Brien Katie Wong Girls 12-14 Evelyn and her Girls

Sportmanship Most Improved

Gillian Wong "Ron is such a lovely man"

Jill O'Brien "He is. And all the kids whisper - 'see him - he's a legend y'know' and then the other kid nods wisely. And then they eat more cake, happy to be in the know"



The "Cavy Kids" Class of 2015 / 2016

Profile - Life Member - Neville Madigan



Neville Madigan joined the Club in 1954. He represented Otago in the New Zealand Junior Cross Country 1955 to 57 and won both the Otago and Southland Junior Cross Country in 1957. He won the Club Three Mile Vice President's race in 1971 and won the Prestigious Port Chalmers to Dunedin Road Race in 1997. He represented the Club in a number of Relay Events and always enjoyed the trips away and the social side of being a Caversham Harrier Club Member. Neville would be the recipient of the largest number of attendance badges acquired by a Caversham Member. As a Builder Neville was responsible for many building and maintenance improvements to the Clubrooms and played a major role in the initial building of the Clubrooms which were officially opened on September 5th 1970.



NZ Junior CC Champion 1957



Another (cavy cake)



Peninsula Relay early 90's

Cavy Chat : Neville, tell us about the occasion you, with the assistance of another distinguished Club Member **Jack Cain**, organised the deflating of the tyres on a Mercedes Benz owned by a prominent Athletics New Zealand Official as pay back for a stunt previously played on them by the same Official. ?

Neville : "We were in Palmerston North for the NZ Cross Country Championships and this fellow, who I learnt was Allen Stevenson, a high ranking Athletics New Zealand official, wet Jack Cain's bed, and I said to Jack, I'll teach him a lesson, he drives a "Mercedes" and is parked outside down stairs, so I was letting down his tyres and his offsider said "what are you doing Neville?" " I am letting down the bugger's tyres" He looked at me and said "good on you ". So I let down all the tyres and went back inside. In the morning we were all sitting in our car, Ron, Jack and myself, he came out and we all waved goodbye as we drove away, we stopped just down the road a bit and as he came by Jack pointed and said "look down below, four flat tyres", he called me a barstard, and after finding out who I was from Jack he vowed ... "I'll get that Madigan one day".

2016 Opening Day - 2nd April

Club Opening Day - 2nd April 2016 - and it was all about the - food and eating !



Biscuits they're wonderful, biscuits they are great.

Everybody rushes back, to eat up all the cake.

Here's a word of warning, you better not be slow.

It doesn't take long, for all the food to go.

But the saddest news, and no one better cry.

The promised " cinnamon oysters ", didn't bloody arrive.

If it weren't for the Tim Tams and the Ginger Crunch.

You'll be feeling empty, if you haven't had your lunch.

Still be lots of goodies, and yummy little treats.

But you must remember, to be quick upon your feet.

Don't forget the " sammies", or the savoury rolls.

The " afghan's are delicious, well, so I am told.

So if you are still hungry, here's a tip my mate.

Two dollars for the raffle, you may score yourself a " cake ".

Click ... [HERE](#) ... for the "eating action"

Ted Brown - McStay - Saturday 16th April



On Saturday 16th of April the Club held their Ted Brown Memorial and Associated 1500 metre races at Kaikorai Valley College in ideal conditions. Large fields assembled for each race with all competitors receiving plenty of vocal support. The winner of the Ted Brown Memorial was **Tessa Brownlie** who led the race throughout after starting off a Handicap of 35 seconds recording a time of 7.00

Click ... [HERE](#) ... For Photos



Con-cavy-lations Esther Sibbald and Hayden Bell

Baby James arrived on 1 April 2016 at 3:43pm, weighing 3.290kg. Big sister and brother are thrilled! Full name is **James John Reid Bell**.

Thanks to everyone for all their kind wishes and support. Looking forward to getting back into running!

Esther and Hayden



Marathon - Seminar



Organised by Caversham Physiotherapy for the Caversham Harriers



DUNEDIN MARATHON Seminar

An evening of preparation advice three months before the event (Sunday 11 September 2016)

**Wednesday 8 June
6.00pm**

Sargood Gallery

Otago Institute of Sport and Adventure
Sargood Centre, Logan Park, Dunedin

Guest Speakers

Tania Cassidy - Associate Professor, School of Physical Education, Sport & Exercise Sciences, University of Otago. Tania has been involved in many sports and physical activities, including being a member of the Caversham Harrier Club and running the Cadbury Dunedin half marathon previously. Her sporting interests, combined with her academic background and community involvement at grassroots and governance levels, provide Tania with insights into issues and benefits associated with participating in physical activity across the lifespan.

Blair Martin - Blair, a Physiotherapist with Caversham Physiotherapy, will discuss injury prevention. Blair's special interest is working with athletes from running, cycling, and triathlon, having had his own clinic in Sydney working with Australia's elite athletes over the past 14 years. Blair has represented New Zealand in running in the World Cross Country Championships in Morocco and in Belgium, the Ekiden Relay in Japan, and won the 2004 Australian Half Marathon Championships.

Dr Megan Gibbons - Nutritionist, Coach, and Head of School, Institute of Sport and Adventure, Otago Polytechnic.

Dave Stinson - Caversham Coach, Athletics NZ Level 2 Distance Coach.



Photo credit: Cadbury Dunedin Marathon

**All attendees go into a draw for a pair of Mizuno training shoes
- worth \$200! -**

Plus FREE follow-up weekly walk and run training groups start Wednesday 15 June, 5-30pm, from Caversham Physiotherapy, to help take you through to race day (which you are welcome to join even if you can't attend the seminar).

**Gold coin donation - all proceeds to the
Neurological Society (Parkinsons Research)**



**NEUROLOGICAL
FOUNDATION
OF NEW ZEALAND**

**For more information, please phone Geoff & Barbara Anderson 03 487 7323
Email: clinic@cavershamphysio.co.nz | Web: www.cavershamphysio.co.nz**

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