



CAVERSHAM
HARRIER & ATHLETIC CLUB

*We run
marathons!*

Cavy Chat for March

It seems everyone is getting ready for the Harrier Season, "Opening Day" not to far away. Make sure you visit our Websites for all the details of the up coming season of running and walking.



Share "news and views". Join our Facebook Group "Caversham Harrier and Athletic Club"

Presidential Pratterings



I have just been traipsing over the Pineapple Track (great view) as a "wake up" to my Sunday morning and realised that the first issue of "Cavy Chat" is a far cry from years gone by. My early recollections of the Club Newsletters are of typewritten pages run off on a "gestetner" copying machine. These were mainly written and printed, I believe, by **Gilbert Hebbard**, our Club Historian and Statistician. These were followed by more elaborate efforts, with contributions from the President, Club Captains, Coach, Treasurer and others, including someone with the non-de-plume "Rolf Harrier". Then photos were able to be printed and advertising included to help pay for the printing of the newsletter.

Gradually the newsletter became quite a sophisticated publication under the editorship of **Pauline Begg** for several years and then **Debbie Foster**, and latterly, **April Anderson**. Now, we move into a era of communication via our website and emails, and we trust that this will develop into a more instant form of newsletter, with contributions from a varied number of members, rather than a boring weekly prattle from one person. Who knows, we may even hear from "Rolf Harrier". Cheers Colin

Opening Day

The "opening day" of the 2014 season is Saturday 5th April. Hope to see all members, new and old. The first up run or walk will be low key, and chance to catch up with old friends, make new friends, generally will be a most enjoyable afternoon which will be topped off by a few nibbles and drinks. From then on each Saturday will feature interesting runs, walks and a variety of club races for the serious or the not so serious which leads us to our Club Captain **Stu McCormack** and **Mary Vincent** seen doing some early practice at the Papatowai Challenge.



More Members in Action



With opening day not to far away we had clubmembers out there working on their fitness. The **Motatapu** on 8 March, a long journey over the past 12 months for **Ian McDonald** resulted in " a great day in the country " resulting in a 5h28m "Off Road Marathon", also in a time of 4h55m was **Carol Foote**. Taking on the 49km Adventure Run, **Evelyn Armstrong** teamed up with Donna Young and as the "Dicky Tickers" were the 3rd Women's Team in 10h07m.

Photo : Ian McDonald at Akaroa 2013

Stadium to Surf: 10km Walk Julie Edmunds 1h02m14s : Kirsty van Royen 1h15m45s : Wray Grimaldi 1h27m00s : Dave McWhinnie 1h16m15s : 10km Run Karen Rowley 53m59s : Lesley Field 1h03m55s : Peter Meffan 34m10s : Ben Rowley 48m05s : Nicholas Heng 56m15s : Stu McCormack 1h03m54s. Former clubmember **Daniel Balchin** was 1st runner home setting a new course record of 32m45s. Many thanks to all the club members who helped on the day.

The " 3 Must-need-a-Beer "

You might think that spending the weekend running 100 miles as being "crazy". Not so for **Glenn Sutton, Bruce Adams** and **Roger Leslie**. Taking on the Northburn 100 Miler (161km). It is stated that " you don't run it, you survive it " and survive it he did, Glenn was the 2nd one home in a time of 26 hours:09 minutes: 47 seconds. Bruce just kept on going and going and finished in 41 hours:56 minutes:04 seconds. The weather became the factor for almost 1/3 of the field of 120 among them, **Roger Leslie**, it was a mighty effort from Roger, but in the end it was the elements that had the final say. The hot conditions would have suited Glenn in preparing him for his next event..Badwater. "the world's toughest foot race" ,135 miles (217km) non-stop.Click [HERE](#) to read about it, careful you don't hit the wall, two years of club runs rolled into one.



Glenn Sutton



Bruce Adams (left)

Wonderful Weekend





Around 20 clubmembers enjoyed a great weekend in Naseby as guests of **Anne and Brian Watkins, Lorraine and Peter Blackwood**. Brilliant weather, food and entertainment not to mention a few walking/biking/running wounded. But all agreed it was fun, and taking note that Naseby doesn't have a hospital !!!, one, having his first real mountain biking experience, needs the thank **Peter** for his safe and incident free ride,..yeah right !!! "one off the bucket list" !!!

Click on the Facebook logo to view "**Cavy Choir Live in Concert Naseby 2014**"



Click [HERE](#) to visit Website Gallery Naseby 2014

Next Issue

Firstly many thanks to those who have contributed with items and photos. The next "Cavy Chat" will be out at the end of April, so have your bits and pieces to me on or before Monday 28th April. As we move into the winter season the final Track and Field meeting has ended the summer season, Helping to pack everything up is **John Landreth**, Cavy Boys do the lot !.

Contributions to pcoakes@xtra.co.nz



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