



**CAVERSHAM**  
HARRIER & ATHLETIC CLUB

*We run  
marathons!*

## Cavy Chat - July 2017

" not much in it, but Ken got the jump on them ! "



## Edmond Cup - Hurdling - Part 1

Challenging conditions greeted club members for the 2017 Edmond. One of the most unusual feature of the event would be a number of club members hell bent on laying claims of being " hurdler of the day " It can now be revealed that one Neville Scott has had a few secret training camps with one Alison Newall. It all came down to how he performed on the day ... Lets have a look ... Click ... [HERE](#)

## Hurdling - Part 2 - Evelyn's Effort





*" and that's all there is to it "*

### Profile - Vicki Evans - Hurdling - Part 3

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One of our newest club member is **Vicki Evans**. After the Edmond Cup, Vicki was very happy to have a "cavy chat".

**Cavy Chat:** Being one of the clubs new members, how are you finding the club environment ?

**Vicki :** *" I am loving it. The people are friendly and helpful. There has always been someone checking I'm okay when running and there are always supportive comments. You can see the members have a good sense of fun and camaraderie. "*

**Cavy Chat :** You don't live in Dunedin, so there is quite a bit of travelling to be done ?

**Vicki :** *" I don't get away from Timaru much, and although it is a quick trip down to Dunedin and back, it always feels like I have had a wee break away and I feel refreshed. The fact that I am enjoying pack running with the club and the events that have been on makes the travel a non-issue. I also haven't got a circle of people who run and I really struggle to get up and run on my own in the cold. "*

**Cavy Chat :** I believe there is a family connection which resulted in you joining the Caversham Harriers. ?

**Vicki :** *" Carol is my sister. She looks after the children not running in the club while we are out and about. Darcie, Jordan, and Sydney are my nieces and they have been part of the club for years. Sometimes Sydney will run with me, if she fancies a cruisy afternoon. Otherwise she runs with her own group speed. "*

**Cavy Chat :** Apart from running, what other interest do you have ?

**Vicki :** *" Hiking on day trips, kayaking, mountain biking, road biking, glamping, gaming "*

**Cavy Chat :** Seems that your times are improving, a PB at the Lovelocks. ?

**Vicki :** *" I really haven't given any thought to PB's and time. I only want to make sure I am not so far behind people that they have gone home by the time I have finished a run. "*

**Cavy Chat :** Have you got a special event that you are aiming for, or is matter of getting involved with just about everything. ?

**Vicki :** *" For a start I just wanted to get involved with everything. Having said that, there have been little goals that I would like to achieve. Firstly, I would like to be fast enough to keep up with the slow pack. Secondly, the first run this season was down to St Clair and around some streets and back up the hill. I had to tell the leader of the pack that I was struggling, so he organised for a few fellas to get me back up the hill. It nearly killed me. So I would like to be able to run from sea level to the clubrooms without stopping. And finally, at the last cross country they had packed away the hurdles and some marshalls were coming in when they spotted me still running. So my final goal is to be a bit faster so the marshalls know someone is still coming. "*

**Cavy Chat :** Was your run at the Edmond Cup the toughest you have ever done, ? yet when crossing the finish line you made the statement " I love crosscountry ". Talk us through the race. ?

**Vicki :** *" I found the club cross country harder than the Edmond cup I think. That last hill before the mud on the grass was hard going. I really did love both races though. For the Edmond cup I kept looking for the best places to run, but had to be aware that runners were coming behind me and I needed to keep a straight path. My legs were tired by the end, but I was buzzing about the run. I like that while the cross country is perhaps a shorter distance, it really takes it out of you and therefore you get a bigger buzz at the end. Having said that, I haven't done a road race yet "*

**Cavy Chat :** Anything further you would like to add ?

**Vicki :** *" I would just like to thank the people who have made my welcome into the club a warm and friendly one. To those who have hung back with me to make sure I am okay, and those who have offered advice and encouragement, I*

appreciate the kind words and assistance and one day I hope to pass on to others that friendliness and welcome that you have generously offered me. "

" click ... [HERE](#) ... to see me hurdling "



## John McDonald



Buller Gorge Half Marathon

Former club member and marathon committee member **John MacDonald** passed away recently after a long illness. John was a great asset to the club for many years and was a wonderful character who won a number of trophies and accolades in his time. Unbeknown was John's generosity, many were to benefit, as he was to see that they were provided with what was required to enable to take part in the sport of athletics. Our heartfelt sympathy to Barbara (who was in the Walkers Group) and family.



Marshalling



Race Packs

## 2017 Otago Cross Country

The conditions were pretty tough underfoot but great results from everyone at Caversham. Boys Under 11 2km - **Dan O'Brien 0:08:54** Boys Under 15 3km **Oliver Young 0:11:54** Girls Under 15 3km **Jordan Evans-Tobata 0:13:52** Masters Women 50+ 6km **Gail Sharp 0:34:18** Masters Women 35-49 6km **Claire Anderton 0:27:41**. Caversham were to take out the - Joe Gough Memorial Trophy - Club gaining most points in teams' races over all grades. Points to be awarded as follows: Winning team 5 points; Second placed team 3 points; Third placed team 1 point.



2<sup>nd</sup> Open Men (Blair Martin, Jonah Smith, Ken McDonald, Nathan Shanks)



1<sup>st</sup> 50+ Men (Peter Fitzgerald, Dave Sharp, Gordon Wong)



1<sup>st</sup> Girls U15 (Jordan Evans-Tobata, Caitlin O'Brien, Katie Wong)



1<sup>st</sup> Masters Women 35-49 (Claire Anderton, Heather Evans, Donna Young)



A small bunch of non competing members went on a 17 k run round Mt Baldy and Waikouaiti.

" you ok Neville " - " sweet as Neville "

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