



**CAVERSHAM**  
HARRIER & ATHLETIC CLUB

We run  
marathons!

## Cavy Chat – January – February 2019



### Run and Walk on the Government Track

It was a great track run & Walk up The Government Track, Waipori on Sunday 13<sup>th</sup> of January. An awesome turnout of 19. All of the runners made it to the top which is an impressive feat as it is about 8.5 kms of continual climbing. The rain started on the way down the hill, but that did not hinder the Fast Pack of **Dave, Ben, Nathan, Harjinder, Leon & Shona** to run at speed.



**Alistair and Steve** were on their tails, followed by the medium runners of me, **Jo Rowe, Gail & Vanessa**, behind us were **Jo Little** and **Dannette**. The Walkers had a good 12 km walk on some tough ground, well done to **Janice, Peter, Lynne & Trina**. There were a few obstacles along the way, fallen trees, rocks, creeks, sloppy mud and that darn stinging nettle. A few of us tripped, fell or almost did, some of us drew blood, but us Cavy Crew are tough, we just soldier on. The Government Track has lots of history and worth reading about it.



Report by Donna Tumaru - Photos by Lynne Kerr and Donna Tumaru

*( Foot Note ) During the 80's and 90's there was the " The Great Waipori Foot Race ", 29kms on tracks and trails, from Post Office Creek to the Old Woolshed, Berwick Forest. The event, along with the Three Peaks were organised by the Otago Hill Runners Association ( Editor )*

## A " Chat " with Lynne Kerr

One of the club's newest members is **Lynne Kerr**. **Cavy Chat** caught up with Lynne to reflect on her first 12 months and her continuing involvement with the club.

**Cavy Chat** : In what year did you join the club ?. And what were the reasons in choosing Caversham ?.

**Lynne** : " I joined in 2018 after a few months of doing the Monday night social runs and the pre-(half)marathon training in 2017. I get quite anxious so running on my own is hard. The club environment has been really supportive; Peter Hughes, Nic Heng and Donna Tumaru have been especially encouraging and stuck alongside me on numerous runs. Stu was also very insistent so couldn't say no could I? "

**Cavy Chat** : It wasn't long before you had your name on a club trophy, the Morris Cup, first home in the VP5k. Surprised ?.

**Lynne** : " More than surprised, I thought they were joking. I knew I had passed one person (that was my goal) but so many people had run past me - countless times - I had no idea I was in first place. I still don't believe I ran that time and haven't managed it since. It will be this tortoise's claim to fame for many years to come. "



2018 VP5k



2018 Club Cross Country

**Cavy Chat** : Cross Country, Road Races, Relay's, and, a weekend with club members at the NZ Road Relay Champs. How good was that?

**Lynne :** " *It's been pretty amazing being part of it all. I loved driving the van in Chch, first time in an automatic. I have done things and been places in the past couple of years that I would never have experienced without the Cavy group and walking/running.*"



**2018 Brighton -Green Island**



**2018 Peninsula Relay**

**Cavy Chat :** You have a willingness to help out when marshals are needed, have also put your hand to be part of the Marathon Committee. What is your role, and, are you looking forward to working with the team?

**Lynne :** " *I said I would give the secretary's job a go. I am pedantic about detail so the role should suit me ok. I am looking forward to seeing how everyone's input comes together to make a great event happen. Volunteering is an easy and reasonably stress free way to learn about how things work and what I am capable of and it gives back to the club for what it has done for me. "*



**Marshaling duties 2018 Otago Road Champs ... " keep the shirt on ... Nick ! "**

**Cavy Chat :** In terms of running /walking, what goals, if any, have you set for yourself in 2019 ?

**Lynne :** " *My big goal is to keep my feet moving in a fashion resembling running so that I can attend a three week Outward Bound course in June this year. I also plan to have achieved my 100*

*Parkrun t-shirt before then and my 25 volunteer one as well. After that, I think join in events or volunteer where I can and enjoy it all. "*

**Cavy Chat :** Athletics aside, what other hobbies / interests do you have ?.

**Lynne :** *" I belong to the Flagstaff Community Choir. I like gardening and DIY projects but my main interest is in crafting... using just about any medium. I'm very handy with a needle but happy to dabble in clay, paper, woodwork etc. And randomly, I like searching for feathers while walking (and, annoyingly, while running)."*

**Cavy Chat :** Which 3 famous people would you invite to dinner ?

**Lynne :** *" Mary Robinson - first woman elected President of Ireland. Bradley Walsh - English singer, actor, comedian and television presenter. Heston Blumenthal so that he can cook the dinner (because I don't possess the cooking gene); multi-sensory cooking - what could be better than that! "*



**Mary Robinson**

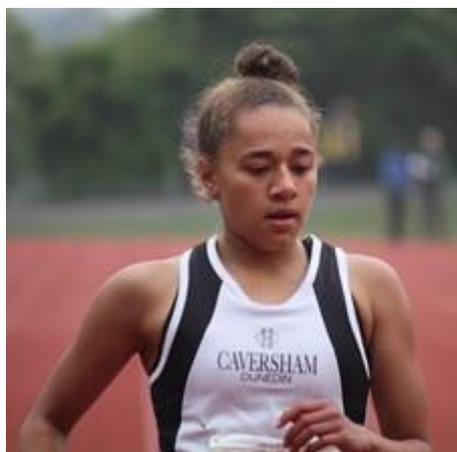


**Bradley Walsh**



**Heston**

## January - February Track and Field



One of the Track and Field highlights this year, has been the performance of our very, talented club member **Jordan Evans-Tobata**. **Club Captain Stu ... reports.**

*" It was such good news to learn that **Jordan Evans Tobata** was honoured with a Nick Willis Scholarship at the finish of the Colgate Games. Jordan won a bunch of Colgate product and \$700 in gear. Jordan is not only a fine and promising athlete but this shows what a positive influence the backing of an encouraging parent and family can achieve. Well done Jordan, and Mum Carol, take a bow! "*



**2014 Barnes CC**



**2016 Ted Brown Races**



**2018 Track**

Looking for all the " action " from this years Track and Field ↓



" as Laurie is "

## Carol Foote - " no barriers to my running "

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Once a clubmember ... always a clubmember , such is the case with **Carol Foote**, very much part of the club in the 80's and 90's. Carol was featured in an article in the " Abbott World Marathon Mayors " website after completing the Chicago Marathon. ... this is her story.

There were over 44,000 finishers of the 2018 Bank of America Chicago Marathon, but perhaps few who had defied odds quite as large as those stacked against **Carol Foote**. Carol - a newly-turned 60-year-old from Dunedin, New Zealand, spends her days working in her local cardiology unit, but her entire life is spent dealing with her own heart problems. Diagnosed with CPVT (Catecholaminergic Polymorphic Ventricular Tachycardia), after losing her twin sister and sister to the same condition in their 20s, she had an implantable defibrillator inserted aged 50. Determined to make the most out of life she continually challenges herself in the great outdoors and has more than 30 marathons to her name (with a few ultras thrown in). A list that grew when she crossed the finish line in Grant Park in October in a time of 4:08. A few hours after she finished in the Windy City she said: ***"The event was very well organized. There was an amazing number of aid stations and I loved all the support. This was the biggest event I've ever been part of. I do most of my running on the mountains and trails of New Zealand, but me and my two friends have qualified for Boston so maybe I will be adding to my one-star success after all..."*** Carol could be described as a walking miracle.



Winners of the 1995 Peninsula Relay



( L-R Top ) Carol Foote, Kerry Rowley, Maria Sleeman, Karen Rowley, Joanna Tokona

( L-R Bottom ) Roanna Porter, Shelly Graham, Ros Dowland

The defibrillator has saved her life nine times. Nine adventures in the great outdoors where excitement and adrenaline almost turned into tragedy. Nine chances to keep living that her sisters weren't so fortunate to get. Nine realizations that she is not invincible and to treasure every day that she has. Europe, South America, Nepal and now Chicago. Carole has explored the highlands and lowlands of many amazing places around the world, taking every challenge in her stride with the support of her good friends along the way. After losing her sisters (she is one of six siblings) she set herself the goal of visiting four or five new places every year and to visit Everest Base Camp and follow in the footsteps of her fellow Kiwi Sir Edmund Hillary. Two of her friends joined her for the Bank of America Chicago Marathon and followed it up with a visit Lake Michigan, onto Niagara Falls then down to New York to end their 60th celebrations. *"I ran my first marathon in 1987 (Christchurch, New Zealand), and have been running ever since. The hardest thing about running is putting your shoes on! I've learnt to value every day and every opportunity handed to you. My running mates have become my best friends and age is no barrier to friendship, therefore I see it as no barrier to my running."*

## What we did in the Summer Holidays - The Rowleys

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On the 21<sup>st</sup> of December 2018 the Rowley family, **Rhonda, Lloyd, Kerry, Ben and Lachie**, touched down in San Francisco, USA. It was a very long flight which some of us handled better than others. Some of us managed to sleep right through while some were reaching for the sick bags!

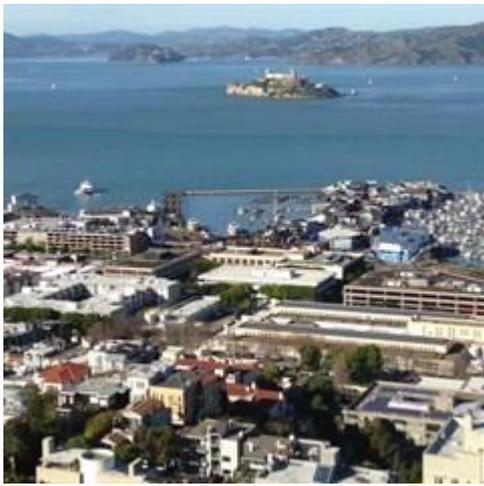
Our hotel was nice. It had a gym and a rooftop bar however we were located in an area where there were homeless people lining the streets. To get to the shopping areas we had to dodge through these people as well as trying to avoid being stuck by any used needles lying on the ground. This was the sad but honest reality of this city and made us very grateful for how it was back home in New Zealand. Once we dodged them there were plenty of high end shopping areas including a 6-level Nike shop which Ben thoroughly enjoyed.



We visited Yosemite National Park which involved a rather anxious bus trip there and back as we went speeding around winding roads which looped through the mountains of this gorgeous area of America. We just had to trust that our German driver would get us there in one piece. We also went to Alcatraz on a misty, grey day which made for a great atmosphere as we explored the island and learnt about its history. Lachie really enjoyed this day. He couldn't believe he was walking in an area where some of America's most infamous prisoners had been held. Other activities included a trip over the iconic Golden Gate Bridge and visits to Coit Tower, the zoo on Christmas day and the Aquarium.



We found the city extremely busy and very fast paced. There were lots of queues and most of us agreed that we're not a big fan of the hustle and bustle of big cities like this and once again it really made us appreciate how fantastic Dunedin is. It was finally time to head back home. We only spent a week in San Francisco but that gave us plenty of time to explore the main attractions. Unfortunately, we were unable to make it to the San Francisco Parkrun and the only running we did was on the treadmill in the gym which is unfortunate, but we simply did not feel comfortable running in the area we were in.



We all enjoyed this trip very much and would recommend San Francisco to anyone, however it did feel good to be back home in Dunedin. **Report by Ben**

## Summer Walks

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The summer has brought some very hot days and a few cooler days. It hasn't stopped Keiran and up to 20 walkers enjoying hours of walking at lot of interesting places in and around the city, and topped off with coffee and cake. all captured on film by **Lynne Kerr** and **Wendy Crawford**.



## The Wong's in England and Scotland

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Our family, all 5 of whom are registered at Caversham Harriers spent more than 4 weeks visiting Gillian's Mum in the Northeast of England , her brother's family in Scotland as well as the kid's birth town, Manchester and a tourist visit to London. Sadly Matthew misunderstood me and didn't take his running shoes on the Scottish leg. I ran alone at first light in Crieff, Perthshire on New Year's Eve and New Year's Day as a tourist, visiting Morrison's Academy (Evelyn Armstrong is a former pupil) and Crieff's highest point "The Knock" which was a relatively easy climb compared to hills in Dunedin.



While Gillian attended a hospital appointment with her Mum in Middlesbrough, Matthew, Katie, Sean and I visited the nearby Middlesbrough Sports Village that included a very nice all weather track. It was the middle of winter so no-one took any notice of us. Katie had great fun teaching

Matthew the finer points of hammer throw using a broom while I jogged around the track with Sean and also tried a couple of hurdles that were conveniently left on the side of the track.



Back in Sunderland, we visited the Sunderland Harriers track at Silksworth on 5 occasions, just to do a bit of sprinting to keep the legs going. The track is a little worse for wear - 6 lanes, a bit of moss growing and it was a little chilly (3 degrees, feels like minus 1) - but our one encounter with the club on a Sunday was very friendly. When Andy, the guy in charge asked if we belonged to the Harriers, I said "we're visiting from New Zealand" to which he replied "Gillian Wong, is she here?" and "come in". There were a couple of groups of kids training - one contained a girl and boy probably about 10 or 11 doing impressive repetitions of 200m. They were training for the indoor athletics season.



Meanwhile Matthew diligently did 400 and 200 reps, while I did a 400 and 200. Katie did a few shorter intervals. It was cold every day, but still nice to get out and there's nothing more exhilarating than running flat out.

## " Cavy " and the " Cows " on " Karetai "

