



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!

Cavy Chat – September-October- 2018



A few words with Becky de la Harpe



In Becky own words " *I had done a little bit of research into harriers and it sounded like something i'd enjoy* ". And enjoy she did, including taking part in the New Zealand Cross Country Championships. Cavy Chat caught up with **Becky de la Harpe**.

Cavy Chat : One of our new members in 2018. What made you join the Caversham Club ?

Becky : " *I asked a friend who does harriers when the season was starting, as I had done a little bit of research into harriers and it sounded like something I'd enjoy. She suggested I come along to one of the club runs, which I did, and I really enjoyed it. I saw some familiar faces, the vibe was really good, and there was a friendly atmosphere. The upcoming cross country races looked great and seemed like something I'd be really into* ".

Cavy Chat : Some impressive results in Club and Centre cross-country. Is cross-country your preferred events ?.

Becky : " *I definitely prefer cross country over athletics. In the past few years, I've been a bit on and off with athletics, I just don't find it as interesting and enjoyable as cross country running. The cross country courses are always different and varied, and they're more fun to race. However I'm going to try get more involved in athletics this year, as I think I could do pretty well and I haven't really given it a good go before* ".



Cavy Chat : It was then onto the NZ Cross country Championships in Wellington, finishing 13th in the Women's U15, a time of 14m33s. What were your expectations going into the race ? Did the race go to plan ?.

Becky : " I went into the cross country knowing that there would be a lot of tough competition therefore I tried not to set my expectations too high, although I did want to aim for top 10/15. The race course was like nothing I have ever raced on and nothing like I imagined it to be. It was just mud galore, which did not at all suit my big loping-strided running style. I was satisfied with my result considering it was my first national event, and it gives me something to build on for future competitions.

I was also hoping to chat to one of my team mates who was sitting next to me on the flight but he wasn't interested in talking to me at all so that was disappointing. lol "



2018 New Zealand Cross Country Championships

Cavy Chat : What other, if any, sports, besides athletics, do you take part in ?.

Becky : " I swim with a squad around 3 times a week for a couple of hours per session, as well as cycling with a group a couple of times a week. I also participate in triathlons in the summer season. I used to be big into my team sports, but now I'm flying solo ".

Cavy Chat : Any hobbies, or, other interests that keep you busy ?

Becky : " Something I really enjoy is mountain biking with my dad in the weekends. I also like baking, but I prefer eating. I eat when I'm bored, hungry, full and during class. However, one of my favourite things to do is talk. I never stop, I think I'm interesting, and I am (sometimes). Also, my family and I are really into tramping and traveling, which are two of my favourite things to do ".

Cavy Chat : Currently at Otago Girls. Where to from there after 2018 ?.

Becky : " Next year I will be a year 11 at OGs', this means it's my first year of NCEA, and school will actually matter ".

Cavy Chat : Just to end this " chat ", something different. If you could invite 3 famous people to dinner, who would they be?

Becky : " Taylor Swift, Ellen DeGeneres and David Dobrik "

Closing Day of the Harrier Season

The closing of the Winter season on Saturday 29th September was one of " fun and adventure ", for young and old, the traditional afternoon tea, prize giving, followed by a BBQ. **Club Patron Ron Cain QSM** was called upon to " officially " close the Winter Season. " *It has been so pleasing to see so many club members taking part during the year, and being successful, thanks to all the committees, who work hard and contribute to smooth running of the club "*. **Ron Cain QSM**



On to the Prize Giving and it was a case of " *shanks for the trophies "*



" *which got Neville all excited !!! "*

To view 2018 Award Winners



Interview with Club President Ken Fahey



Cavy Chat: Lets go back to the day you joined the Caversham Harriers. When was that, and what do you recall of that day?

Ken : " *I well remember the day I joined the Club. It was in 1980 and we were living in the school house attached to St Joseph's School Port Chalmers. Club captain Fr. John Harrison had arranged to use the school as the venue for the club day pack runs and I, at some stage, accepted the invitation to join one of the packs. It wasn't the slow pack! I would have had general fitness but not the running fitness to go a fair distance down the Aramoana Road and return. I recall working very hard indeed to keep up, so much so, my wife Mary maintains with pretty good reason that afterwards it looked like I was about to have a heart attack. I imagine that there were sore legs in the days following but I was*

hooked and while I have had a couple of breaks in my association of nearly forty years, I have always been proud to be a member of the Club."

Cavy Chat : So, you had an interest in athletics and running. At that time, was there other sports that you were taking part in ?.

Ken : *" I was not a participant in any other sport at that time. My background was in rugby and cricket but being a participant in these sports was not compatible with a growing family and a busy teacher life. Harriers fitted in nicely. Over my working years I enjoyed going for training runs as a solitary activity best in the early morning before work. I am not as keen on dark early mornings any more ".*

Cavy Chat: In 2011 you won the Barnes Cross Country, a highlight for you. What other achievements has there been over the years that stand out?.

Ken : *" The Barnes is a good handicapped event and it was my first individual Otago Centre win. I have won a number of Club trophies over the years. One that stands out was the Vice Presidents 5k when it was held in the North Taieri. But the achievements that stick most in my memory are my two Peninsula Relay wins. Team relays are great and I have been in winning teams in the mid 1980s and again I think in 2012 or thereabouts, when the event first finished in Macandrew Bay. National road relays in Akaroa and in Nelson have been great club times and highlights for me ".*



L -R Ken 2014 Lovelock Relays : VP5000 : 2016 Otago X CC 1st 65+ : 2018 Clyde-Alex

Cavy Chat: Our newly elected President, you also held that position in 2004-05. What other club positions have you held over the years ?.

Ken : *" I did a two year stint of being club captain, have served on the club committee and was a member of the Centennial Committee for our celebrations in 2005."*

Cavy Chat: In your role as President, what are your visions for the future of the club ? .

Ken : *" Becoming president for a second time was not something that initially I saw coming but I am happy to take on the leadership position because I am working with and for good people. We have a tangible Caversham spirit of friendliness, hospitality, support, participation and fair competitiveness that is obvious to those who see us in our 'black and white'. I want do my bit to maintain these good ingredients. And we have a marathon to run. I have made moves already to make sure that our 'rank and file' Membership becomes more conversant with what the marathon committee has done and will continue too, in this club endeavor. "*



2016 Masters Games 5k



Naseby 2016

Cavy Chat : Away from athletics, what other interests, or hobbies, keep you busy?.

Ken : " *Family, gardening, volunteer work, church, a capella singing, reading* "

Cavy Chat: If you could invite 3 famous people to dinner, who would they be?

Ken : " *Celia Lashlie, Jean Vanier, Billy Connolly (and my wife Mary to do the cooking)* "

The final question of Ken's choice

Cavy Chat: If you were to face the guillotine in the morning, what would you choose as your last meal?

Ken: " *A full roast meal, a bottle of red and apple sponge with cream/ice cream* "

Presidential perks include a very nice " house " and of course, a very fashionable dressed " first lady ".



The " missing " Tea Pot

The case of the missing Tea Pot is still open although the trail has become lukewarm if not tepid!, don't want to spout on about this though. It's a difficult one to handle, but it would be nice to put a lid on this mystery. There are rumors and theories a plenty.



" you got some news on the missing teapot Ken " " just a rumor at the moment Colin, the number of teapots in Taieri Mouth have doubled " " the pot thickens " " yes Neville "



" I know nothing !, I am not a teapot short or stout, don't have a handle or spout "

" Please Stu can I have some more "



" Emily Rose ... are you telling me you haven't had enough ? "



" come on Mary Vincent, Emily a growing girl, you already are !. "



Akaroa 2018

*" The Akaroa expedition to the National Road Relays was very successful weekend. Lots of fun and laughter and serious racing made for a great time by all who climbed on the magic bus to Christchurch. Our mens team gained 4th place in the C grade competition as did our Masters Womens team. Thanks to our valiant Social Committee of **Mary Fahey** and **Anne Watkins** who looked after the feeding of the troops and to all those who contributed their time and energy to take the club to the Nationals "*

Club Captain Stu McCormack

The Akaroa expedition was captured by Paula Cotter -
Sophanna Blakie - Julie Edmunds and Alice Perry. The

Photo Gallery can be found on the Website www.cavershamharriers.co.nz



Coming soon - Track and Field - or - Search and Rescue



.... to be continued ...

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