



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!



Walking in Warrington

Very hard to find any reason to not enjoy the glorious summer we have experienced. While some days have been some what "overly hot" to go running, it has been an ideal for Keiran to gather his walking group and take in some pleasant and relaxing scenic locations. One of "Cavy Chat's" staff photographers Donna Tumaru was on hand to capture all the moments of a recent outing in and around Warrington, including that all important "cuppa"



"was now time for that well earned "cuppa" ... were those that took it to the extreme"



Profile ... Donna Tumaru

So what else does our Donna do that we don't know about . Cavy Chat set out to find out .

Cavy Chat: When did you join the Caversham Harriers ? Was it as a runner or a walker ?.

Donna: "I came to the Harriers 'Open Day' after an invite from Kieran after I walked in the **Moro Marathon**. I think it was 2009, 7 years have flown by. I signed up on the day as a social walker to continue my walking and also wanting to meet some new people with the same interests. I love Walking, other than buying a pair of good shoes and it is a free sport, you get fit and enjoy the fresh air. I had been walking by myself for two or three years prior to that when I stopped running. I was a runner (a plodder) for around 8 years. I stopped as my knees were getting too sore from down hill running and I guess old age."

Cavy Chat : What have been your best achievements firstly as a runner. And as a walker ?.

Donna : "As a **RUNNER**, well it has to be running my first half marathon...I remember my work colleague at the time (ie YOU Phil Coakes) saying, 'go on, you can do it, enter'. It was my goal to run a half marathon before I turned 40. I remember clearly you calling my name out over the loud speaker when finishing at Port Chalmers, I felt like I had won a gold medal. I may have been slow, but I never stopped, not once. I was 38, loved it so much I went again the following year at 39 years and run it again. I also loved our time competing in the Akaroa Relay last year. My Team was the best."

" As a **WALKER**, to my surprise I won the 10 k walk in Cromwell 2 years ago, a few Masters medals over the years, but my longest and biggest achievement was the Off Road Marathon the other day - The Motatapu. That was my next goal - to walk a Marathon before I turned 50. I doubled my longest distance I have ever walked of 21kms, also walking an Off Road Event reaching 900 metres was way out of my comfort zone. I was determined to cross that finish line, and did in 6hrs, 29mins walking as fast as I could. It was hard and one of the best birthdays I have ever had (I turned 49 on the day). Absolutely the best scenery and walk ever. Again, did I tell you the distance? 42.2 lonnnnnnnng kms. :)"



Cavy Chat: I know that you love old cars, what vehicles do you own

Donna : "I have always been a Dubnut, owning a 1957 Kombi Hippy Wagon, a 1972 convertible/ modified Beetle and almost a restored 1972 Karmann Ghia. Learning to drive in my Father's Holden, they are such a beauty that you have to have own one! - We have a 1979 HZ Station Wagon."

Cavy Chat :You are a very creative person. Can you tell us of your hobbies ?.

Donna : "One of my hobbies is hoarding, I am a collector :...art glass, maori dolls, crown lynn pottery, designer chairs, vintage clothing (to wear), anodised knitting needles, you name it, I collect it. I am also an Otago Community Hospice Volunteer, I enjoy chatting to the patients, I have been volunteering for almost ten years there. I love music, have learnt the violin and are presenting learning the guitar. I enjoy knitting, sewing, pottery, screen printing and painting. I love making anything different. Dancing is also a passion. I learnt to Tap Dance as an adult, also learnt Irish Dancing, which I love. I gave Belly Dancing and Bollywood a go too but was useless. Oh yes, one of my hobbies is talking too much."

Cavy Chat :What about music, movies and TV, what do you enjoy ?.

Donna : " I mostly like listening to NZ Music, especially Dunedin Bands, my favourite overseas band is Live from USA. 'Lighting Crashes' is my favourite song. I have been to two of Live's concerts in Auckland and Brisbane. The Lead singer Ed Kowalczyk is 'the bees knees'. I seldom watch TV, the news and the weather and that is about it really. "

Cavy Chat :You have taken being part of the main Club Committee. You looking forward to flexing your organising skills ?.

Donna : " Yes, it will be an interesting time seeing how the club works from a different perspective, rather than just being a Walker. I have already noted lots of dedicated members that spend many, many hours making sure the Club continues to be the success it is. Also hoping I can assist Kieran in his role in the Club ".

Cavy Chat :It was a family affair at Akaroa. The club enjoyed Colin's input. We take it that he also enjoyed being a part of the weekend ?.



Donna / Colin : " Yes, I loved him coming for a fun filled weekend away. He said he wants to drive the Woman's Team again, as they are faster than the Old Men. (his words ;P) He volunteers already "

Cavy Chat :Thank you Donna. The very best to you and hope that 2016 will be a rewarding year for you.

New Zealand Track and Field Championships



Not every day you volunteer and get loads of Rio Olympians to sign your t shirt Andrea Hewitt, Tom Walsh, Eliza McCartney, Angie Petty to name a few!., as was the case for Caitlin O'Brien. For those "Cavy Kids" involved over the weekend of the National Track and Field Championships, it will be an experience they will remember and in years to come it maybe them in the spotlight. Katie and Matthew Wong "in their own words" recall their involvements.

Photo : Caitlin proudly displaying her treasured autographed " T ", (you can almost hear her instructions to her mum, don't wash it !)

Katie:

"on Saturday and Sunday, 5-6 March, I was a volunteer helper at New Zealand Track and Field National Championships. Mostly, I was a runner. The other runners and I had to take other people's gear to the finish line. I enjoyed this because it was awesome to watch all the athletes competing in different events. On Sunday, I also handled the scoreboard. I did the scoreboard for Valerie Adams and it was amazing to see her throw the shotput

I think it was a good experience for me, and the other volunteer helpers, to be on the other end of the stick. Officiating instead of competing. Overall, it was a fun experience and one I would like to have again".



Katie with Val Adams



Matthew on Duty

Matthew:

On the weekend of the 5th of March, I was rostered on to help supervise the national Athletics competition for New Zealand held at the Caledonian track. I was part of the Runners and my main jobs were to help in the call room -escorting athletes to their events and taking any equipment they weren't allowed on the track to the post-event tent- and retrieve javelins and hammers at the throwing events. During this weekend I got the chance to watch and be a part of many amazing athletic feats and meet a lot of talented and famous athletes like **Valerie Adams** (She is MASSIVE in person). It was also quite enjoyable watching all the athletes get their bags searched and having all the weird and random stuff confiscated. How could a tennis ball possibly be used as 'outside assistance'? All of the athletes had a good attitude, however, so most of them (except for someone's dad) allowed almost all of their possessions to be confiscated. I thoroughly enjoyed my time helping this weekend and it was an honour to be a part of such a big and important athletic event. My favourite part was retrieving the hammers and adjusting the net for left and right handers. I will be looking forward to doing the same thing again at the Interprovincial's in Dunedin this year.

Profile - Roger Leslie

It was a case of not knowing how many medals **Roger Leslie** won in the 2016 Masters Games , so "Cavy Chat" put this to him ...

Cavy Chat : How many medals you have collected over the years ?

Roger : 32 in the NZ Masters (2 bronze - 4 silver - 26 gold) and 22 in South Island Masters (all gold)



Cavy Chat : What are the different events you have competed in ?

Roger : Normally walking and indoor rowing but this year I branched out and did some track and field

Cavy Chat : When did this all start ?

Roger : 2010 was my first Masters Games - Since then I've done all the Dunedin events and went once to Wanganui - for South Island Masters 2010-2012-2013-2014 (once in Nelson) - Marathon and Ultra (since starting in 2010) 5 Keplers, 6 Motatapus, 1 Routeburn, 1 Dunedin, 2 Stump the Hump, 2 Naseby Water, 3 Big Easy, 1 Northburn and 1 Bendigo Rogaine. Looking at this list I wonder how many hours Joy has waited at finish lines for me to show up, sweaty, smelly, broken, bleeding, cramping, and just plain unpleasant? Good wives are hard to find. Only at Papatowai do I wait for her.

Cavy Chat : Has it only been Walking event , or were you a "runner" at some stage ?

Roger : No - since doing cross country at school I haven't run until doing the Hill Run twice in NZMGs - I have twice run a half marathon in the last year (trying to branch out) and both times did not beat my best two walking half marathons. I like the endurance walking races but they are few and far between. Most of my life has been wrapped around shearing sheep and this hasn't leant itself well to sporting endeavour in the weekends. Now that I'm mostly in prison it works better (and I need the exercise)



Cavy Chat : What are all the over sports that you compete in ?

Roger : I love hill events and mostly just enter running hill races and walk them.

Cavy Chat : Any humorous moments in your Walking /running career / sporting career ?

Roger : While walking in Stump the Hump last year I discovered something you don't often encounter in day races (StH starts at midnight) while brushing past some ferns in the dark I felt a large piece of fern stick to the back of my calf. I looked down to see what it was and there was a large spider clinging there - when I say large, I mean it was bigger than my spread fingers. I would like to report that I remained calm and quietly asked it to hop off, but honesty forbids me. I very much doubt I remained in contact with the ground at that particular moment, so don't tell anyone. We both left the scene in haste. I think I heard him scream too. I have joined Peter Hughes' School of Falling Over and am working my way up through the grades. If all goes well I may even be able to teach this discipline. During the Motatapu 2016 a runner fell in front of me and did a flawless commando roll and bounced back onto her feet without missing a beat - I suspect she even gained a metre or two - everyone applauded but she declined several requests for an encore - it's that kind of stuff that keeps me out on the trails.

Cavy Chat : Any final words you would like to add ?

Roger : I have enjoyed Cavy and am proud to wear the colours. You are a supportive club and should be proud too

"slan abhaile" - Audrey

There has been countless, wonderful moments over the summer, plenty of opportunities for club members to gather together to run and walk. On Saturday 5th March close to 40 club members headed to Macandrew Bay to sadly bid farewell to our lovely, lovely Irish lass Audrey Phelan.



"Thanks so much for a lovely afternoon yesterday - great day with great company!! The flowers were so lovely and Phil, the gift bag that just kept on giving, just wonderful and hilarious - thank you!. I will miss getting out and about with ye on various adventures and have really loved being part of the club. I can't believe I'm going to miss the Fjordland trip - that looks like such a brilliant weekend - have a blast".



kindest Regards and Slan go Foill

Audrey

Naseby - 19th - 20th March

It was a weekend of running, walking, talking, laughing, singing, eating, and a little drinking and ... almost curling ... courtesy of hosts Anne and Brian Watkins and, Lorraine and Peter Blackwood.

" Curly Lindemann " " Ice Watkins " and " Whiskey Walsh "

but wait there's more ... click ... [HERE](#) ... to view more photos



2016 - Opening Day - Saturday 2nd April



It's time to "kick off" the 2016 (dare we say it) Winter Harrier season. It promises to be an exciting one, a little disruptive with re devolvement of our clubrooms, but their will be new and exciting runs and walks ... plus ... CARROT CAKE ... need I say more. See you all at 1.30pm, at the clubrooms on Saturday 2nd April ... bring your friends.



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