



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!

Cavy Chat – May – June - 2019



Lovelocks

We came, we saw, we kicked butt! Good on you, you happy bunch of Cavy athletes. You ran your wee hearts out, did PBs and had the best fun and humour of all at the Lovelocks Relays, and I have so much pride in the individual members of our awesome club who were involved with our Lovelocks Campaign

A heartfelt and grateful thank you to **Kerry Rowley** for her incredible work in shaping the teams together and making it all happen. If you ever need a cat herder, Kerry's the one to call on!



Michelle Watt



Heather Clair Kerry Michelle

" Was such a privilege to get to race in a team/club with such talented runners in my first year with the club, it has been rewarded, and the Cavy Veteran Women's get their name on the Bruce Beath Trophy first! " Michelle Watt

Greetings from the " Youngs " in Canada

Hello everyone at Cavy !

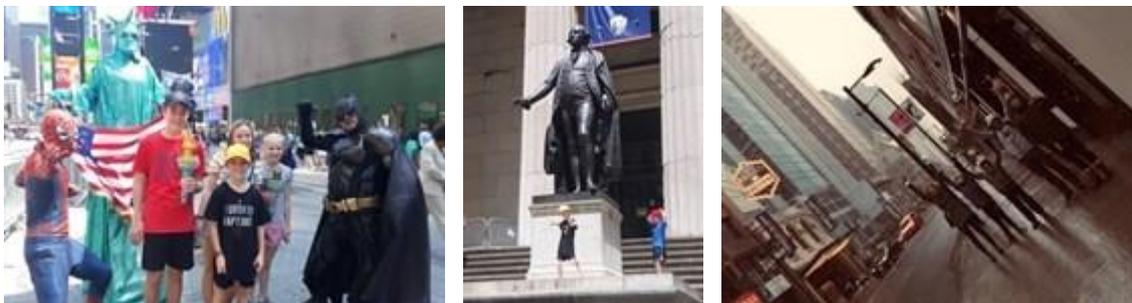
Just a little note from Canada to let you know the Young's are keeping up with all the Caversham news via Facebook and Stu's marvellous emails. Congrats to all on a great season so far! We really miss the regular routine of Saturday afternoon runs, races and of course the fabulous afternoon teas! I haven't had the heart to look for another running club here, as none could possibly match our Cavy family.

The family OE is three months in and already it feels like we've been away forever. Here the weather is hot and humid, the mozzies are rampant, and the running is flat! After our first few weeks we moved from Toronto to Richard's family home close to Niagara Falls. It's a beautiful, very green part of the country, lots of farming, orchards and wine. Who knew Canada made wine? Lucky for me, right? Ollie, Gracie, Emily-Rose and Leo have settled well into Canadian school. All spent their first few days having to say words like 'yes' and 'chips' over and over again as the kiwi accent is a bit a novelty. Emily said she felt like a celebrity. Gracie and Ollie made the school track team and represented the school at the regional champs in Guelph. Gracie has been doing well with her sprinting and Ollie had a great season setting PB's in steeplechase, 800m and 400m. We've been visiting with friends and spending time with family, and that's been such a treat. It's a novelty for the kids to have aunties and uncles around, and to have cuddies to hang out with.



School has just finished for the summer holidays - how lucky are we? Back to back summers! We spent a week in New York City with friends and had an incredible time seeing the sites and soaking up the beautiful chaos of the city in summer. Ollie, Leo and Richard were lucky enough to go to Montreal to watch the Formula One and Ollie is now determined to pass his driving test whilst we're here and begin training for a career in Motorsport.

In between times I'm busy finishing up a new novel and working on rewrites for the one currently in submission. Most days this writing malarkey is interspersed too often with trips to the donut shop. On a running front I ran my first park run in Toronto with Richard -although he pulled out after 100m with a calf tear! (Don't smile Stu McCormack - he's out to get you next Dunedin park run, I'm planning on running the Toronto waterfront marathon later in the year so will soon have to start putting in the miles and quit my donut habit.



Really looking forward to seeing you all again next year and being part of the Cavy whanau. Heaps of luck for the rest of the season, and congrats again on all you've achieved so far. Glen Sutton we're thinking of you as you head off to Badwater. Go show them what you're made of - now that you've a beer named after you could retire gracefully!



Take care, run hard, and happy Dunedin mid-winter from Niagara.

Hugs. Donna, Richard. Ollie, Gracie, Emily-Rose and Leo. xx

Stuart Hughes

Stuart Hughes should be pretty happy with his 2nd placing in the 2019 ANZ 100k Champs on 5th of May, only a minute behind the winner with a time of 8.35. Congratulations to Stuart, our Cavy member who lives in Victoria Australia.



Pleased to cross the Finish Line



Pleased at the Result

" Very happy to run in the Caversham singlet for the first time. Although I was second in the mens race, I was fifth overall, the womens podium had the three fastest times, with overall winner also being a Melbourne based kiwi. Great event, great excuse to visit Christchurch (and Dunedin!). " Stuart Hughes

Ponydales ... in Pictures



Neville and David



Becky and Lehana



Neville and Ken



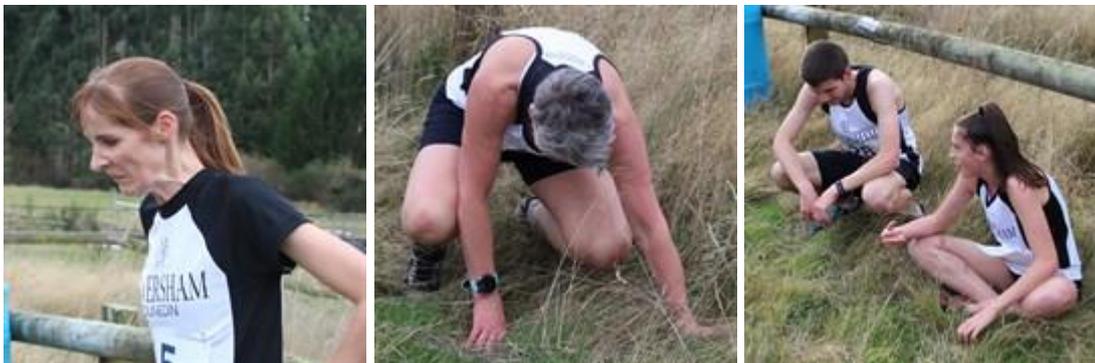
Gail and Caitlin



" need to keep your shirt on Nick " " make me look good and I'll see you right at the VP5k "



How not to tag a mate who is not expecting IT ! "



That look of relief and " glad that's over " feeling

Cook Island Athletes say ... Thank You



" As Malcolm and I have been to Rarotonga more than once it came to my attention that for the Cook Island athletes both junior and senior, there is no specialty shoe store for runners especially spikes unless they buy online. To see what these athletes were wearingor not. I thought it would be a good idea to send over some preloved shoes for them to at least try out. Then they would know what was suitable. We all have shoes tucked away that although they have been run to death by us they are still in good nick and you can only have so many gardening shoes. These shoes and spikes will be used not only in Rarotonga but also in the outer islands of the Cooks as well. So for 32 pairs of shoes and 8 pairs of spikes from 7-8 sources we have done pretty well. I am sure we could do it all again with the same result." Claire Giles

Barnes was no " dance " ... for Steve Stewart

Great results from the 2019 Barnes Cross Country, Alison Newall, Steve Stewart, Alex Brown, Henry Hodgson, Gail Sharp and Lesley McCormack. " Cavy Chat " caught up with Steve Stewart after the race which was, in spite of his " handicap " was not " all there for the taking "

Cavy Chat : What were your thoughts when you saw your handicap ?

Steve : " That can't be right, considering I did the Balclutha parkrun recently in 23 minutes. "

Cavy Chat : Must have set off alarms bells and a " how did I get this ? "

Steve : " Yes it did. I felt like I was cheating, but Athletics Otago said it was a mistake from their end and that not to feel bad. So gooo for it. So I did. Cool, I want to win. "

Cavy Chat : Handicap aside, what was the plans for the day ?

Steve : " *Just to treat it like another park run and go hard as possible* "

Cavy Chat : Must have encounter some ribbing from club mates ?

Steve : " *Yes a couple of the very competitive members in the club were having me on. Not that I was listening. They just like winning all the time, well I had news for them, as it is my turn, ha ha* "

Cavy Chat : Talk us through the race ?



" I'm ready "



" I'm steady "



" I'm off ... go "

Steve : " *I am not normally nervous before a race, but I was with this one ,considering all those hounds chasing me.First and second lap I set into my rhythm. It was like I was running by myself as no one was passing me.Getting into my third lap the legs started to burn as I started to speed up. I thought to myself that I am over halfway now so I might as well go hard as I can.The nerves were really going as the faster hounds started to pass me.Lots of them going past me now. Coming into the start of my last lap I was starting to struggle with my breathing as I had a bad cold. At that stage I had no idea if I had been passed. I just kept my pace up . Crossing the finish line I was surprised to be told I had won.* "

Cavy Chat : All over was there a " I knocked the bastard off " feeling ?

Steve : " *Even though I won, I still felt like I was a burglar. Us oldies don't win much, so it was nice.* "

Cavy Chat : Did you have to put up with further ribbing, or a case of " brilliant well done " , with a smile on your face ?

Steve : " *Everyone was shaking my hand saying well done.* "

Cavy Chat : You slept well with the " trophy " under your pillow ?

Steve : " *Yes, it was nice to have a trophy as I have never had one before.* "

As Steve ran off into the distance there was amazing and continuing support from fellow club members on marshalling duties, those running and doing the club proud, those sweet encouraging words were nothing short of magic



Steve



and his Fan Club

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