



**CAVERSHAM**  
HARRIER & ATHLETIC CLUB

*We run  
marathons!*



## The First few Months

As a small number , including a new member Sam set off for the last "summer run", in 30c degree heat around Ross Creek, it's time to look back at and relive all the moments that made 2015 a memorable year. Pre 2015, **Josh Baan** had the "cavy singlet" on as he competed in the Zatopek Athletic meeting in Melbourne. The kid's kicked it off with the Colegate Games. It was then the pre season get together of running, walking and mountain biking at Naseby as guests of **Ann and Brian Watkins** , and **Lorraine and Peter Blackwood**. And for something completely different our **Mary Vincent** took on duties at the ICC Cricket World Cup.



Click [HERE](#) to look back at

Colegate Games - Naseby - Opening Day - Ted Brown

## Clubrooms Update

We're making progress with lots of aspects with the development, but overall it's taking a bit longer than we anticipated.

Thanks to **Amanda Phillips, Janelle Kennedy, Ken McDonald, Emerson Pratt and David McWhinnie** for their (ongoing) involvement with this project.

A brief update on the various aspects we've been engaged with:

#### **Lease renewal**

Lease documentation extending the lease through to 2041 has been signed by the Club and is with the Dunedin City Council for their signing.

#### **Land Use Resource Consent**

Has been granted by the Dunedin City Council. The land use resource consent remains valid until 2020 for this project (and validates previous occupation of the site, which was not consented).

#### **Design**

The Club's designer, Stevenson Design, obtained comprehensive component costing from Stevenson and Williams Ltd to undertake construction. We hope to have the building consent application lodged in December - subject to confirmation of funding - with construction from January / February 2015.

#### **Funding**

We are awaiting the outcome of the application currently with Otago Community Trust before proceeding with resource consent for the building. That funding will be confirmed early December 2015. Further applications to other trusts will be submitted once the OCT is confirmed (particularly for Stage 2 items).

#### **Transition**

The Clubrooms will need to be emptied and old redundant material and equipment will be disposed of. That will occur over a weekend yet to be decided.

Temporary storage of remaining equipment, and on-going operation of the Children's Club, will be provided by hiring a secure container for on-site storage, and /or temporary occupation of a local hall (to be confirmed).

#### **Fitout and Interior**

We have co-opted a Club member to assist with the décor and fitout. This is being developed and will be adopted by the Redevelopment Subcommittee once finalised.

All the best for a Merry Xmas and Happy New Year.

**Barry Sleeman**

On behalf of Clubrooms Redevelopment Subcommittee.



## Racing Begins

It was time to lace on the "spikes" . Lovelocks, VP500, Ponydales and the Barnes CC. Before it all got under way there was a matter of a "Book Sale" to kick start fundraising for the Club's redevelopment. On the track new club member **Tara Bisset** took out the VP5000 and around the same time **Gerry Quaid** was enjoying meeting the locals in China.



Click [HERE](#) Photos from

Lovelocks - VP5000 - Ponydales - Barnes CC

## Profile - Sophanna Parsons

**Cavy Chat:** This is your first year with the club. What made you join Caversham Harriers. ?

**Sophanna:** " I'd been wanting to join for awhile and I was asking questions on the Facebook page about it for a good couple of years before deciding to commit, as I was a little apprehensive about joining and not only that, I played club netball on Saturdays, so I couldn't anyway. But this year, I took a break from netball and decided to give running an honest go. I joined the club, because it was local and would make me get out the door every week and actually run! Now I have the dilemma of what to do about netball next year, because I love running so much! "

**Cavy Chat :**Were those early season club runs tough . ?

**Sophanna :** " Yes! I remember the very first run; I started off in the slow pack and didn't start off too badly. Some members even commented that I should be in the medium pack. But during that run, I gradually declined and felt so light headed like I was going to faint! (Maybe because I hadn't eaten) Especially heading back up the hill (the joys of having a club room at the top of the hill). Second run, I thought to myself "what the hell have I got myself into?!" But I stuck at it (because everyone at the club was so super friendly and welcoming) and after that, as I slowly got fitter, I actually started to really enjoy it and looked forward to Saturday runs."



**Cavy Chat** : Cross Country, Road Races, a Half Marathon and now Track and Field. You must be really enjoying the challenges . ?

**Sophanna** : " Yes I've really enjoyed getting out of my comfort zone and seeing what I can achieve. I guess I've come a long way, considering I used to struggle running more than 15mins at a time! "

**Cavy Chat** :What do you rate as the highlights of 2015 in terms of your running. ?

**Sophanna** : " I have a few highlights, but the ones I've enjoyed the most were the trips away; Clyde to Alex Road Race, where I achieved a 10km PB and the Akaroa Road Relays were heaps of fun with a good bunch of people. I'm also loving Track and Field and gradually improving on my times and distances, but unfortunately I have developed a few niggles in my ankles and achilles at the moment. "

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

**Sophanna** : " I love arts and crafts - so drawing/sketching and painting, sewing, knitting and generally making cool stuff! Earlier this year, I did an oil painting for my very special friend, Irene van Dyk, of a photo she loves. It was of a silhouette against an African sunset. I also sewed a set of Caversham themed baby outfits as a gift for our youngest club members - twins, Amelia and Quinn. (See photos).



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

**Sophanna** : " *I don't watch much tv, although I have been a sucker for The Block NZ and The Bachelor NZ. Oh, and 7 Days - I like a good laugh! I do always watch netball games though and try to catch the news when I can. I like a wide variety of music, but prefer the upbeat stuff that makes you want to get up and sing and dance! I also, for some reason like sappy love songs that make me want to cry! Movies - anything with Bradley Cooper, Ryan Reynolds or Chris Hemsworth are always good! "*

**Cavy Chat** :You have taken on a role with the main club committee, along with helping on the Marathon Committee. You looking forward to flexing your organising skills ?.



**Sophanna** : "*I guess I will find out at the first meeting what my role is! Yes, being part of the Marathon Committee opened my eyes as to how much planning and time is involved behind the scenes to run such an event. So I'm definitely keen to get involved and help the club out more next year! "*

**Cavy Chat** :Also there is some talent in the family. Tell us about them ?

**Sophanna** : " I have a family? Oh yes, away from running I DO have a family! My daughter Mia (12yrs), is very talented at pretty much everything she does, especially sports. She was in the Yr7 Dunedin Rep Netball team this year and did very well at the Otago Primary Schools Athletics Champs, in long jump and sprints. She's a very fast runner! You may recall a 'Toyologist' on Campbell Live a few times, a few years ago? Well, that was her. Always in the spotlight! Hubby is a talented videographer and film maker. You may have seen some of his Otago Polytechnic ads on tv. He's also produced videos for Tourism NZ, Air NZ, Tourism Dunedin, NZ Masters Games and a few other high profile organisations. He was also once in the NZ Surf team (Bodyboarding) that competed at World Surfing Champs at Huntington Beach, California! "

**Cavy Chat** :Thank you Sophanna.

## Cross Country - Badwater

**Glenn Sutton** found Dunedin weather a little cold and headed for "Badwater" ( 40 - 50 degrees C ). **Stu McCormack** took on his first marathon in Christchurch A big turnout at the Kennington Taven for a well organised and attended Quiz Night. A must do run and walk for 2016 will be to return to the tracks in and around Waitati, one that was enjoyed by all.



Click [HERE](#) for

Club and Otago Cross Country - Badwater

## Final Walk

**Ian Dick** reports on the final club walk for 2015.

" We were at Port Chalmers and did a walk from the New World around to Carey's Bay then up through the Cemetery and then back to round Back Beach finishing back at the town a walk of a couple hours. Conditions were terrible with gale force winds and a sprinkling of rain. W all enjoyed a final coffee in Port and closed the 2015 season in good heart. According to Kieran the 2016 walks will commence in the middle of January. A Merry Xmas and New Year to everyone ". **Ian Dick**



## Road Running Races

The Edmond Cup saw **Jake Jackson Grammar** awarded the Pat Sidon Medal. Away in Singapore **Nick Heng** was clocking up a Half Marathon and **Matthew Moloney** was scaling the Great Wall of China. The club held the annual 5 year Open Brighton to Green Island.



Click [HERE](#) for views of

Edmond Cup - Peninsula Relays - Brighton to Green Island - Clyde Alexandra

## Aloha - Dave McWhinnie - Honolulu Marathon

On December 13th Dave McWhinnie lined on the start line of the 2015 Honolulu Marathon ...  
Dave takes us through the day.

*" I knocked the bastard off in 6:56:14, having my first beer in a week ... feeling stroked !! "*

33,000 registrations. 21,546 finishers. 14,374<sup>th</sup> place. The Honolulu Marathon is the fourth biggest marathon, run in the United States and I was fortunate to be part of this amazing event. Although it is winter in Hawaii it is still very hot with 28 degrees the norm for the week leading up to the big day.

The 5am start began with a five minute fireworks display that was awe inspiring as we headed towards the starting line. 19 minutes later I was off. I had no choice to run for the first 500 metres until I reached an open space. We headed towards Chinatown and did a 180 degrees turn back through Downtown. Here the businesses went all out with their Christmas displays. As it was still dark, the Japanese loved taking photos as we proceeded toward Waikiki.

As we hit Waikiki (7km mark) large crowds of people cheered us on. This was a feature of the race with organised cheer groups strategically placed around the course. The first toilet stop was near the zoo (10km) and the queues were long. Luckily I knew where the public convenience was on the beach so hardly anyone was there.

Drinks stations were in abundance with no queuing. Apart from water, Gatorade was on offer and I found this gave me a "pick-me-up" because it was sweet, refreshing and cold. Sponges were also available. Sometimes independent groups offered sweets, nuts and a type of ice-cream.

We approached the first of two hills on the road that went around Diamond Head Crater. As we were starting to ascend (12km mark), the first runner and winner, Filex Kiprotich was at around the 40.5kms. His time was 2:11:43. We all clapped as he passed us knowing I had around five hours to go. We also applauded when the first woman, Joyce Chepkirui also of Kenya raced past us. Her winning time was 2:28:34. A lot was made of the two "terrible" hills but I felt they were

*not as bad as the Roseneath hill in the Dunedin Marathon.*

*I was feeling good as I reached the halfway mark at 3:24:02 and the sun was very hot just before 9am. At this stage we were walking along Highway 1. As we were heading east towards the coast, the returning runners were on the other side heading west. We all shared one side of the motorway with cones separating us. Security at the event was a priority because of what happened in Boston and more recently in Paris. At every intersection at least one police officer patrolled as opposed to volunteers.*

*For a major part of the marathon I walked with a young Japanese couple who recently married. They wore their wedding outfits throughout the race. Another person carried a tuba and played Christmas songs along the way. An energetic man carried a weightlifting bar with weights as he walked along. I also recall on the start of the westward leg (28kms) a Zumba type class performed as we went by and a number of marathoners joined in.*

*I was still feeling great. As I was walking along westward, the slower walkers had just reached halfway. Many were not looking in good shape.*

*My aim was to finish the race before 2pm when the finishing gantry was to be taken down. I wanted a picture of myself going through the finish. The race promoted the fact that there would be someone to meet the final participant. Although I indicated on my entry form that I hoped to finish between 7-8hrs I was doing some mental arithmetic along the way and realised I could finish under 7 hours. As we went down the final hill I decided to run between the 40-41km marks just to make sure I would go under the 7 hour mark.*

*Going through the finish was such a buzz. I knew I had gone under the 7 hour mark but was not sure of the exact time. Not until I got home I had received a congratulatory email from a friend who watched my progress with results online. He told me I had done 6:56:14. The final person did the course in 14:33:12.*

*Once I posed for a photo I was given a wonderful finisher's medal. Denise was there and she led me to get my finisher's t-shirt as stiffness was evident but not one blister.*

*I am so grateful to David Stinson for his advice and counsel as I did an intensive 25 week training programme. He made me understand that my training should be about time on my feet as opposed to distance.*

Click [HERE](#) to view Dave at the Honolulu Marathon

## **Not done with Yet**

The club had another very successful Cadbury Dunedin Marathon. **Geoff Anderson** and a few mates headed to China for the World Track and Field Champions and just happen to meet up with globe trotting **Ben Anderson**. We had a blast at Akaroa and finished the year at the Portobello Hotel





Click [HERE](#) To wrap up the Year

Age Group Road Champs - Marathon - Closing Day - Akaroa

**A very Merry Xmas and a Great New Year to Everyone**



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