

We run marathons!

# Cavy Chat - December - 2016

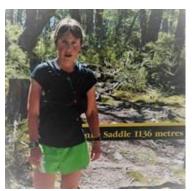


### Summer on the Track & Out in the Fields

Huge Congratulations to Alex Brown in the 3K Race Walk Open at the New Zealand Secondary Schools Champs in Waitakere. He came 2nd with a time of 15:54.64, taking a whopping 30 secs of his pb. Brilliant







# Ken McDonald - Taupo Ironman

"I'm glad that's over! That last 5km hurt. Since my training over the past month and a half wasn't great, I thought I'd be really lucky to go under 6 hours. So I didn't go nuts, tried to enjoy myself, and just snuck under with 5hrs 32mins. On to the next challenge! Hopefully with a better build-up so I can go faster again! Fun fact: I climbed 129 places on the run leg"

### Kerry Rowley took on the St James Walkway

"St James Walkway! Was a long, hot day. 69 km in 13:21. The track had awesome scenery but the conditions werent suitable for running...not me anyway. Along with my coughing and breathing problems from my chest infection, I decided to powerwalk the whole way with Roger who is an extreme powerhouse! I have a new respect for power walkers...my backside is so sore!!! It was an awesome way to spend my birthday and thanks for all the best wishes:) Thanks to mum, dad and Ben for amusing Lachie and to Roger and Luke for coming with me! Where to next year??"

#### 2016 ... The Year in Review



" thank you Aunty Evelyn and Uncle Ken and to all our mum's and dad's. we are now going to have a look at what everybody got up to during the year "

## January - February - March 2016

Club members were still out in force at the New Zealand Masters Track and Field Championships and were well rewarded with Gold, Silver and Bronze across all Track and field events, a mighty effort well rewarded.

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.



Janurary - February - March - Pictorial Click ... HERE

# April - May - June 2016

**Te Anau trip Friday 3rd - Monday 6th June 2016.** Two van loads of 23 club members set off from Dunedin to meet up with the Fiordland Harriers for a weekend social running, walking, eating and a few drinks and sightseeing. Weather was prefect and at the end of the 3 days it was a trip that had its moments and enjoyed by all.



Another fine winter's day, firm track, and on the starting line for the **2016 Vice President 5000 Races**, were, 38 runners, 15 walkers and 17 juniors. Plus a large number of club members on hand to assist **Race Convenor Brian Watkins** which resulted a very smooth running of the track meeting at the Forbury Park Raceway

### July - August - September 2016

Our Senior Women dominated the Open Women Teams, 1st Kerry Rowley, Gail Sharp, Brooke Swaney and Kirsty Fairburn. GailSharp also 1st in the Master Women 50+. 2nd in the Open Womens Teams were Jill O'Brien, Ina Kinski, Alison Newall and Claire Giles



In the Open Men Blair Martin was 3rd and 1st Master Mens 35-49 therefore winner of the Pat Sidon Medal. Blair was well supported by Alex Dodds, Jonah Smith, Sam Hopper, Ken McDonald and Ben Rowley which enable Caversham to take 2nd in the Teams.

July - August - September Pictorial Click ... HERE

### October - November - December 2016

A lot of club members are out there being very active. Saturdays will see the Children's Athletics taking place in the mornings, while in the afternoon it is the senior Track and Field. Elsewhere the Caversham Walking Group will be enjoying taking in the sights in and around Dunedin



Congratulations to Sophanna Parsons on winning the Ness Cup Handicap Mile one of the oldest Otago Centre Races at the Caledonian Ground.

October - November - December - Pictorial Click ... HERE

# Andrew and the "Kepler Anthem"

At every station I washed my feet

To my socks was such a treat

Everyone thought I smelt sweet

God I felt .... refreshed.

Far and terrific running star

From the start I went quite hard

Heard them cheering from afar

 $\textit{God my friend} \, \dots \, \textit{Ineed a drink} \, !$ 



# Our - " new " Clubrooms



Main Room



# Kitc hen



Hallway leading to Change Rooms and Toilets

# Time to have a REST



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