



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!



New Zealand Masters Games



A great and rewarding turnout of club members in the **2016 New Zealand Masters Games**. Plenty of Gold, Silver and Bronze handed out from Track and Field, Road Running, Walking, Duathlon, Triathlon and Indoor Rowing events with some collecting more than just one.

Sophanna Parsons (3 Gold) : Roger Leslie (5 Gold 2 Silver 1 Bronze) : Lia Bezett (2 Gold) : Tom Cockerill (2 Gold) : Paula Cotter (3 Gold 2 Silver 2 Bronze) : Peter Fitzgerald (2 Gold) : Monique Elleboode (1 Gold) : Richard Wright (1 Gold) : Kirsty van Royen (2 Gold) : Mary Fahey (2 Silver 1 Bronze) : David McWhinnie (1 Silver 1 Bronze) : Audrey Phelan (1 Gold 1 Silver)

We certainly have some very talented people and among them taking part in the Duathlon as a team was **Barbara and Geoff Anderson**, there being just three team, they would have also been among the medals.

Click [HERE](#) for 2016 Masters Games Results

Click [HERE](#) for 2016 Masters Games Photos

Port Road Race - Result and Photos

Much could be said about the shifting of the Port Road Race from the traditional Winter Harrier season to summer , time will tell if it has been successful, or not. On the day Caversham was to provide over half of the field and then totally dominate the event.

Congratulations to **Jonah Smith** on taking out the 12K Port Road Race. Also a huge thank you to all the Caversham members who marshalled on the day. Photos from the day are by **Gordon Wong, John Stinson and Ian Dick**

Click [HERE](#) to view Photos Click [HERE](#) to view Results



Profile - Jonah Smith



Jonah Smith is not one to do things by half. There is a 100% effort put which has seen him win numerous Otago Titles from 3,000m to 10,000m on the track, to, Half Marathon and Marathon on the road, not forgetting, being a team member of the winning Lovelock and Ponydales Relays. "Cavy Chat" found time to have chat with Jonah.

Cavy Chat: In 2015 you picked up Otago Titles on both Track and Road, every distances from 3000m to 42.2k. Any one of these that stands out as a "highlight" ?

Jonah: That would have to be the marathon, even if just because it was the first time I'd run that far. The first half was actually really enjoyable, but after the 25km mark, it consisted almost solely of doubting my ability to make it to the end.



Cavy Chat: You have kick-started 2016 with a thrilling win in the Port Road race including your trademark finish of "leaving nothing left in the tank". Talk us through it ?

Jonah: That was a tough one. I'd just come off an ankle injury and wasn't sure how I'd pull up. Jason really worked the pace from the start and for most of the way I was just desperately hanging on. When we passed the stadium, I remember thinking "I've come all this way, I have to sprint now or it won't be worth it". From there, I just automatically gave it everything and managed to come away with the win.

Cavy Chat: Will you be competing in the New Zealand Track and Field Championships. If so, which events. ?

Jonah: I had intended to earlier this season, but the decision on that one has changed. I'm planning on running the New Zealand mountain running championships in May, which is now the priority. Trying to target both events would leave me with insufficient time to prepare for the mountain running champs, so I'll be attending the track and field champs as a spectator.

Cavy Chat: Can you give us an insight into the training you do. Is there a coach to guide you. ?

Jonah: At the moment I'm training twice a day most days, getting in a solid bit of mileage running and plenty of hills done in preparation for the mountain running champs. I'll be doing a lot of more intense hill training in a few weeks. Following mountain running champs, I plan to do another mileage block and then maybe get a marathon done later in the year. Towards the end of the harrier season, I'll start to work on my speed again for track. **Dave Stinson** has coached me for the last five years, without his input I'd never have made it this far.



Cavy Chat: You have a passion for music. What type of instruments do you play. ?

Jonah: That really just stems from a love of singing. I can play guitar, and I have a violin; but don't ask for a demonstration of my skills on that. I like to say that my drumming style is unique, just ask Zinzan about it if you want the details.

Cavy Chat: What is your music preference. ? Pink Floyd or Bing Crosby, ha ha ? (ask Mig who Bing is) ?

Jonah: I do actually know who Bing Crosby is, but if we're being truthful, I just googled him to refresh my memory. To answer the question though, definitely Pink Floyd. If I pick up a guitar and play something, it's more than likely to be one of their classics.

Cavy Chat: Away from running and music, what other interests do you have . ? What do you do "9 to 5" ?

Jonah: Uni and work both keep me relatively busy throughout the year, doing a double degree in Ecology and English; and washing dishes to fund my frequent trips to the cinema to see all the new movies. My flatmates then get regaled with my exclusive and highly detailed reviews.

Cavy Chat: One to think about. If you could invite three famous people to dinner, who would they be ?

Jonah: I'm really not sure about that one, if I were to answer this again tomorrow, the answer might be completely different. I'm going to go with famous runners today, so that would be Haile Gebrselassie, because he's the greatest distance runner ever; Arthur Lydiard, for being the greatest coach ever; and John Landy, because he's the greatest Australian runner ever.

Otago Senior Masters and Children's Track and Field Championships

Both Saturday and Sunday 20th and 21st February saw the Club Children's Section competing in the Otago Children's Championships held in association with the Senior Championships. There were some great efforts displayed by the Children with a number of personal bests recorded.

In the Senior Otago Championships congratulations to **Lia Bezettand Julie Edmunds** who filled first and second placings in the Otago Masters Women 1500 metres. Lia also took out the Masters Women 800 metres title.

Click [HERE](#) for Senior Results Click [HERE](#) for Senior Photos



Click [HERE](#) for Children's Photos Click [HERE](#) for Children's Results

2016 Wanaka Challenge



"Lake Wanaka Half done and dusted! Swim and bike felt surprisingly good, passed quite a few in the last 20km. Suffered cramp halfway through the run, so that wasn't pleasant, but picked it up at the end to beat the rain. Next time I might do some training" Ken McDonald

"Well, the Challenge Wanaka Half was a mixed bag for me. For a few weeks before the race, I've been pretty tired and quite worn out. I didn't know what to expect on race day!

I started off with a good swim and transition. Onto the bike and it all went ugly from the first hill. Nothing in my legs. Together with the wind and the hills it destroyed me. I mentally gave up at about the 50 km mark, crawled up the airport hill and into transition with the aim of pulling the pin

The first marshal I met was Croydon Paton. I told him I wasn't going any further. He marched me over to my bike, racked my bike, gave me my running gear, gave me some positive comments, made sure I went into the right tent and I was off.

I'm glad he did that as I had a brilliant run. I passed heaps off people who went to hard on the bike. Any other volunteer would have probably taken my timing chip off me with out a word. So thanks Croydon you got me to that finish line!!!

Well done to all the other athletes who finished too..it was a tough day. And to Ben, who knocked a good 20 minutes of his time from last year !!!" Kerry Rowley

Results Wanaka Half Challenge

Alex Dodds: 3rd (18-24) 33rd Overall 5h:06m:07s

Ken McDonald 18th (25-29) 187th Overall 6h:14m:24s

Kerry Rowley 6th (40-44) 235th Overall 6h:29m:58s

Audrey Phelan 13th (45-49) 315th Overall 6h:59m:54

Half Marathon (Teams)

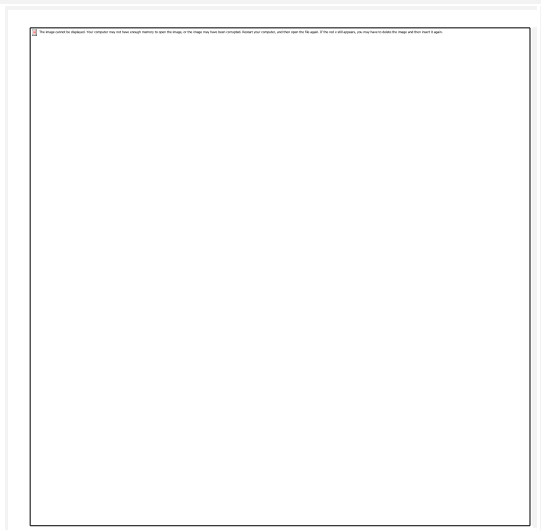
Ben Rowley 1h:36m: ??

New Zealand Masters Track and Field Championships

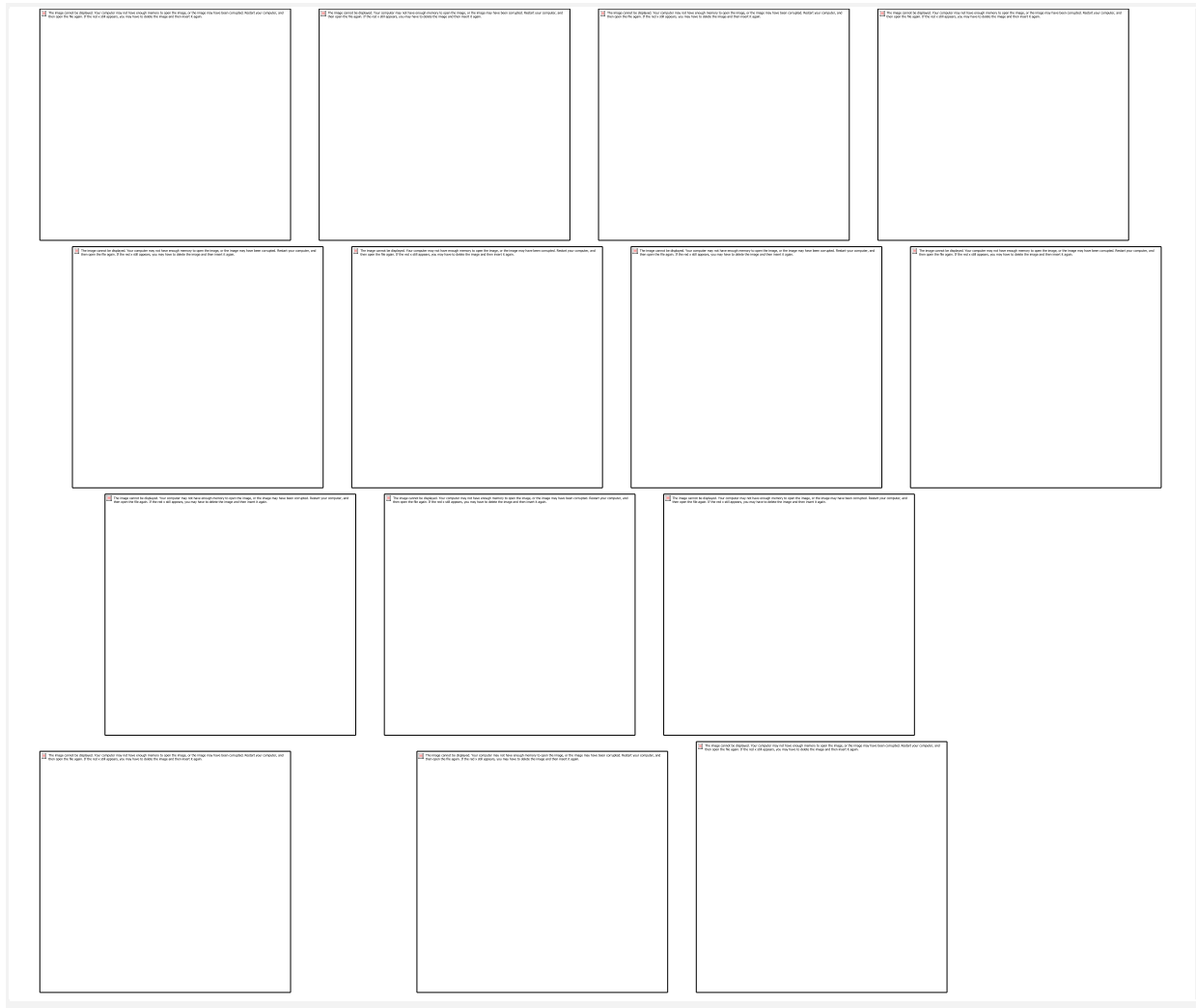
Caversham Athletes competing at NZMA Champs in Dunedin. They all competed with distinction and came away with a medal haul

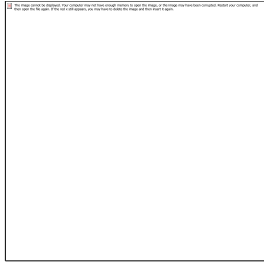
Click [HERE](#) for the results of those club members

Click [HERE](#) to view photos of them in action.



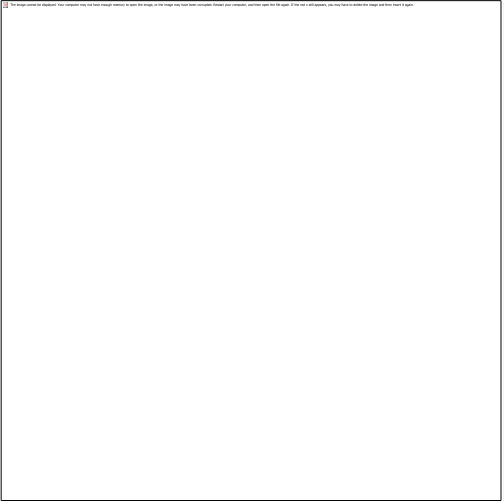
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Club and Marathon Promotion

On Thursday 25th February a promotion of the **Cadbury Dunedin Marathon** and the **Caversham Harrier and Athletic Club** was held at thr OUSA Tent Expo in the ground of the Otago Museum. Those that entered the event on the day received a "free Training T " from **Uptown Art** and all entries went in the draw to win a \$250 Thermatech Prize Pack. In spite of the wet weather the day turned out to be very successful. We covered our outlay and came away with some extra dollars and quite a list of names interested in joining the club. Need to give **BIG THANKS** to those "young " clubmembers who were there during the day promoting the club.



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