



Cavy Chat January – February - 2020



It was a busy day for Club Patron Ron Cain QSM and Alex Brown presenting Medals at the 2020 NZ Masters Games Track and Field

Summer ... but not as we know it !

It has been one of those summers that has kept us on our toes, and dodging the puddles. Hasn't stopped anyone from giving the shoes a good workout, both here and overseas ... photos of those in action in action.



Due to the risk of being charged with indecent exposure Nick kept his shirt on in Singapore and Malaysia Park Runs.

Neville made up for it along St Kilda beach, question is ... did he have his shorts on ?



January - Glenn Sutton - Ultra Easy 103.47k in 14h:53m - February - Ross, Nathan, Leon and Julie - Run the Rydge



There was no holding back Keiran in gathing in his walkers for regular summer walks, exploring Sandymount, Aramoana, and Victory Beach. Photos by Angela Hawthorne, Dave McWhinnie and Wendy Crawford.

A Chat with ... Paula Giles

Cavy Chat : How long have you been a member of the Caversham Club ?

Paula : " I joined Caversham in 1987 after a year with Greater Green Island. Green Island was closing and the previous year we had combined our practices with Caversham so it was an easy choice. Actually it was Mum and Dad's choice as they had to take me. But Caversham has always had a family link."



Cavy Chat : What are the things that you enjoy as a member of the club ?

Paula : " I enjoy variety that the club offers. Social runs, Competitive runs, Harriers and Track and Field, Road and Off Road (yeah not so much of the off road), Short Runs and Long Runs. There is something for everyone and it is all done with a great bunch of people ".

Cavy Chat : Do you have any thoughts or new ideas on any of the clubs activities ?

Paula : " Always keen for new and different runs throughout the city and beyond. Also to continue the Summer work and get more Caversham Track and Field events in somehow someway ".

Cavy Chat : Has there been highlights, that stands out ? or, maybe a " lowlight ", in the time you have been in the club ?



First Grade 9 Shot put Colgate Games 1989 - Silver Medal 800m Colgate Games 1992 Timaru



Bronze Medal Discus Colgate Games 1993 Invercargill - Caversham Team Colgate Games 1989 Invercargill (L - R Blair Martin - Paula - Dad Malcolm)

Paula : " Highlights from the younger years would have to be my South Island Colgate Games medals in 1992 (Silver in the 800m and Relay) and in 1993 (Bronze in Discus and Gold in Relay). Interprovincial trips as a 12 and 13 year old were a great memory. In more recent times a highlight would be a Bronze in the Peninsula Relay in 2019 (my first ever Harriers accolade). Lowlight would be the cheating debacle of 2018 but I love how as a club we rose above it ".

Cavy Chat : What would be the most , scary, unusual, or funniest thing you have encountered on a run ?

Paula : " Funniest: Face plant on the track in the 200m last year a metre before the line. It hurt at the time but you can only laugh about it. Scariest: First responder at Cyclist vs Car during a run last year. Definitely prefer to stay off the bike and on the footpath after that one. Unusual: Seeing my Garmin Stats jump way up after taking my brothers dog for a run this summer (well he took me for the run) ".



Funny ?



2018 Oceanian Games



Finished for the Day

Cavy Chat : Them being involve in athletics also, what's the best advice Mum, or Dad, given you ?

Paula : " *Pack the night before the competition, arrive early, leave last, and give it your all "*.

Cavy Chat : Away from running, what else keeps you busy, work wise ?. Any other interests or hobbies, other sports ?

Paula : " *I am a Business Analyst at the DCC, If there is any spare time between running, kids sport and Family activities then it would be more running or just falling asleep because of all of the above "*.

Cavy Chat : What is in the CD collection ?

Paula : " *Not many CDs lately, but Spotify playlist tends to be whatever concert is on, so Queen, Elton John and now Green Day and Fallout Boy. Weird mix but it is good to work to "*.



2019 Peninsula Relay - 2018 Track and Field - 2018 Brighton Green Island - 2020 Track and Field

Cavy Chat : There is a " Club Run/ Walk " and " Bring a Plate " What do you like to see on the " Menu " ?

Paula : " *Fruit Loaf of course, I was raised on that stuff "*

Cavy Chat : Which 3 famous people would you have as dinner guests ?

Paula : " *Val Adams to talk throwing, One of my Great Grandparents to fill in some Family Tree gaps and Elon Musk so Patrick will talk to some one else about Rockets "*.



Val Adams



Granddad Jock Harrison



For Patrick - Elon Musk

Cavy Chat ; The word is out, the excellent job you are doing as summer club captain. You must be very pleased with the support and the number of club members turning up and taking on Track and Field ?

Paula : " Yeah I am really happy with how the season has gone. I have really enjoyed being the Summer Club Captain. Track and Field has been fantastic this season for Caversham. Numbers are up at the Caledonian and it is great to see Caversham being known for Track and Field as well as Harriers. The opportunity is there for all, the membership is for a full season so it does pay to give it a go. Even if you don't consider yourself a sprinter or a middle distance runner, mixing up your races will only help your other favoured events. Some even found this year that they could be a sprinter. A highlight for the year was the 4x400m Relays. Caversham always does Relays well and on this occasion we managed to get 5 teams in (there was 3 teams total from all other clubs). Not only did we all participate competitively but we all supported each other as well " .

" she's a jolly good " captain " and so say all of ... us

" She's awesome very quick to respond to any info asked if she knows the answer or not! Lol Seems very organised so that's a huge bonus to our club "... Jody Robinson

" Paula has a passion about track and field...it is her blood. She is a well organised person so taking on Summer deputy has given her a chance to promote a sport she loves. She has done an excellent job and its great to see the Cavy numbers out in force every Saturday. Great Deputy Captain " ... Claire and Malcolm (mum and dad)



" What a fantastic job Paula has done all summer of keeping us organised and knowing what we are doing. I also really like our new T-shirts. Thank you Paula " ... Evelyn Armstrong

" Paula is doing a 'sterling' job as Summer Club Captain, her emails are regular & informative with updates on the latest happenings. Paula has such a positive, uplifting attitude towards track & field which in turn has filtered thru the club, a good example of this is the increase in the number of relay teams we had for the Otago 4x100m & the 4x 400m Champs "... Alison Newall

" A HUGE thank you to you Paula for organising everything :) It's been brilliant being so well informed this season. I know how busy you are so it makes it all the more amazing that you can do all this. I think it was brill having so many relay teams including athletes of all ages and abilities " ... Gillian Wong

A Chat with ... Nathan Shanks

There is Wendy and Neville, Aunty Alison, Aunty Gail and throw in Uncle Dave !!! Do they really know everything about Nathan?. Cavy Chat caught up with Nathan Shanks for him to reveal all.



Cavy Chat : When did you join the Caversham Harriers , and why ?

Nathan : " I finally joined in 2017. As a lot of my family were at Cavy it made sense to add another Shanks to the mix haha "

Cavy Chat : What are the things that you enjoy as a member of the club ?

Nathan : " The competition, range of events, the friendliness of the people and the great camaraderie within the club "

Cavy Chat : Do you have any thoughts or new ideas on any of the clubs activities ?

Nathan : " I think all runners could benefit from more coaching sessions throughout the year. It would help them better to prepare for events within the club and outside "

Cavy Chat : Has there been highlights, that stands out ? or, maybe a " lowlight ", in the time you have been in the club ?.

Nathan : " Finally breaking 80 minutes at last year's Dunedin half marathon on a pretty tough course, the lovelock, Ponydales and peninsula relays are always good and provide a different but fun atmosphere cheering on ya team mates, the Clyde to Alex bus trip is always a goodie and hasn't disappointed yet, it was a bit cold for me last year so I decided to skip the infamous undie 500 run haha "



2017 - Barnes Cross Country - Edmond Cup - Club Cross Country

Cavy Chat : You do, road, cross country, trails, park runs, track and field. What about a " marathon " ? . Is that on the " bucket list " ?

Nathan : " *Yup, eventually, although I recall myself saying that last year haha, hopefully in the next 2 years though, it's the commitment/dedication to training that puts me off as the time I run can vary due to travelling for work* "

Cavy Chat : What would be the most , scary, unusual, or funniest thing you have encountered on a run ?

Nathan : " *I encountered a grumpy old farmer on spiers rd track after taking a wrong turn! Getting lost in Halifax visiting my sister and niece on my first run over there, a 5km run turned into 17km after listening to some locals who sent me on a long loop haha well I needed a mid long run anyway haha, deserved those few pints afterwards! "*



2018 - Club Cross Country - VP5k - Otago Road Champs

Cavy Chat : Them being involve in athletics also, what's the best advice Mum, or Dad, given you ?

Nathan : " *You get out of it what you put into it, but whatever you do make sure you enjoy it! "*

Cavy Chat : Away from running, what else keeps you busy, work wise ?. Any other interests or hobbies, other sports ?

Nathan : " *I work for Commercial Ducting and Hood Services, keeps me busy as we travel the lower half of the South Island, get to run in some cool places. I like all sports, definitely cricket which I played from 5 to 29! I put the cricket gear aside this season to shift my focus to track but I love the game and enjoy watching. Despite never doing one I enjoy watching triathlon and ironman, those athletes are super fit! "*



2019 - Bartlett Shield - Dunedin Half Marathon - Ponydales

Cavy Chat : What is in the CD collection ?

Nathan : " *Haha CD's are ancient now Phil, your showing your age mate! I frequently use Spotify and listen to liquid drum & bass and house music, band wise I like Red Hot Chilli Peppers, Kings of Leon, Seether, the Black Seeds and Salmonella Dub. "*

Cavy Chat : There is a " Club Run/ Walk " and " Bring a Plate " What do you like to see on the " Menu " ?

Nathan : " Well as I have a sweet tooth, chocolate, and from last season I really liked the bowls of lollies, actually too much lol, also Belgium biscuits. I do like cream cakes but you have to be in quick to beat my Aunty Alison and Aunty Gail haha, I think we'll have to shorten the fast pack run this season! "



2020 - Track and Field

Cavy Chat : Which 3 famous people would you have as dinner guests ?

Nathan : " *Ben Stiller, Jessica Alba and Roger Federer.* "

Ben



Jessica



Roger



2020 Masters Games

While club members gather either gold, silver and bronze, many club members were on duty during the Masters Games, big turn out of club members for the Half Marathon, organised by the Caversham Harriers. Happen to be a few that we haven't seen at the club for awhile ... maybe time to return ... but for now a big, big thank you.



[Click Here to view our Masters Members in Action](#)

But ... while all of this was going on, what do you think our sporting club captain was up to ?.

" you need to do better than that Lesley to win the " gold "



2020 Opening Day ... Saturday 28th March ... " be there "

Zero Fees + Free Uniform for 15 - 19 year olds



Click [here](#) to unsubscribe.