



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!



Edmond Cup Now 2016 ... And Then 1993



Caversham have a long association with the Edmond Cup. The domination of Pat Sidon is well documented. The 2016 results are a true reflection of the clubs strengths. On return to the club, Blair Martin continues to be a force, rich reward being awarded the prestige Pat Sidon Medal.

We turn the clock back to 19th June 1993 as reported by the Otago Daily Times.

Blair Martin came of age when he convincingly won the Edmond Cup Crosscountry at Wingatui on Saturday. Martin, an 18-year-old physiotherapy student was elated with his victory.

" I am totally stoked, I can't believe it, I m still in a bit of a daze. "

The pace in the 100 strong field was set by Ross Wilson (Hill City), following was **Geoff Anderson (Caversham)** , Martin, Brent Halley (Ariki) and Matt Wood (Hill City). In the third lap Martin made his move. " I'd been sitting on Geoff and felt a bit guilty so I decided to attach the hurdles more, when I found I had dropped Geoff I just concentrated on relaxing down the long back straight. With more than 2km left Martin was placed under considerable mental pressure and responded magnificently. " Once I got out in front it felt really good, I was still worried about the runners behind me, the last straight to the finish line was really scary, you see it from a long way out and seems to take forever for it to get any closer " .

Blair won in a time of 34.00, Geoff Anderson was 2nd in 34.12. Note : Until recently the Edmond Cup was over a distance of 10km (4 x 2.5km laps).



Pat Sidon and Ron Cain Edmond Cup 1954



Blair Martin and Ron Cain Edmond Cup 2016

Click [HERE](#) to view Photos from the 2016 Edmond Cup

Alison Guide to "Hurdling"

There is always a need for you to look the very best, and to match that with the correct technique to get you up and over a hurdle.

Hello, I am Alison Newall and I am here to pass on my experience in the art of "hurdling , your going to enjoy this ! "

Click ... [HERE](#) ... and I will show you how.



Otago Cross Country Championships



Strength in numbers equals "Cavy Champions" across all grades at the 2016 Otago Cross Country Championships at Waikouaiti on Saturday. Beautiful conditions in which to celebrate.

Click ... [HERE](#) ... Otago Cross Country Photos

Click ... [HERE](#) ... Otago Cross Country Results

Late News - Peninsular Relay

Just seemed like another day at the office. Caversham up there among the honors. Above all it was a credit to all club members who run, supported and marshaled at the 2016 Peninsula Relay. The day certainly had it's moments which had everyone on their toes.

Time to have a quick look at a few Photos

" Have a look at these Jake "... Join me ... [HERE](#)

Click ... [HERE](#) ... Peninsula Results

Click ... [HERE](#) ... Individual Lap Results



Clubrooms Update

The store area add-on is framed and if you're passing, you can now get an idea of how it will look. We've decided because of the drainage problems (and cost efficiency) that only one roller door will be installed, on the shop side of the building. On the other side, we will have a single door for access. We will upgrade the path on the shop side, but not on the Bruntsfield Place side.

The roof will shortly be replaced and renewed across the entire building, as the old roof was past its use-by date. I think most if not all of the internal framing is in place - you can now see how things will look once completed.

The gas califonts for water heating are in place on the side of the building, and the plumbing is proceeding, along with the electricity cabling. Once that's in place, the insulation and linings will go on.

The kitchen layout has been agreed, and the joiners should be working on that shortly.

Amanda and Janelle are still working feverishly to see if we can get some more grant funding to cover the cost of furnishings - so far overall we've raised about \$110,000 from grants, a wonderful effort. Phillipa and Amanda have also been working to finalise the décor, which is a much bigger job than first anticipated. It'll look good once it finished, that's for sure.

Dave McWhinnie has just about finalised the new heat pump (which will go on the west (shop-side) wall.

We're at about where I expected to be at this point, and aiming for a closing day opening - rather a contradiction; but one I'm sure everyone is keenly awaiting.

Barry Sleeman

Click ... [HERE](#) ... and take a view of the progress so far.



The remains of Ron's Bar

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