



**CAVERSHAM**  
HARRIER & ATHLETIC CLUB

*We run  
marathons!*

## Cavy Chat July – August - 2018

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**Our new " Life Members " Anne and Kieran - Clyde to Alex 2015**

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## Akaroa Re - Visited 2013 - 2014 - 2015

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The Takahe to Akaroa Relays are more than just your chance to be part of a team competing in the Athletic New Zealand Road Relay Championships. One of the regular outings for the club over the years.



2013 and these guys are now 5 years older, and we see Ian McDonald impersonating the

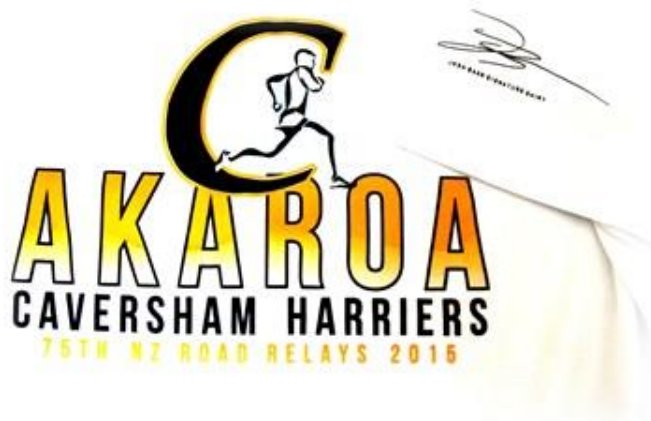
" peter hughes resting pose "



2014 Pete Blackwood is happy. And were are these guys now ? .

The year was 2015, the bus was full with more meeting up in Christchurch. Caversham had 3 teams of 8 and 2 teams of 6, plus non competing managers and supporters. It was " run run fun fun ", throw in a few drinks and eats, lollie and cookie shops treats ... and, ask **Kerry Rowley**, about the " duck that forgot to duck at 80k " during the dust storm ?.

2015 the full story is in pictures, click onto the " Josh Baan Signature T-Shirt " .



## Anne Watkins - Life Member

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**Cavy Chat** : Many congratulations on your Life Membership, in joining Brian, this most likely to be the first " wife / husband " the club has had.

**Anne** : " I am humbled to be given the honour of Life Membership. As well as being the first husband/wife team I think I might be the first walker. Given my contribution to the club is more on the social side rather than the administrative or competitive side, I am delighted to join the other Life Members "



1996 City of Dunedin Marathon, Anne with special guests Dick Quax and Nyla Carroll.

**Cavy Chat** : Lets go back to when you joined the club. Can you recall the day ?

**Anne** : " I can't recall the day, I just remember going to the club for a cuppa (afternoon tea being made by Beryl then) and meeting **Barbara McDonald**, **Rhonda Rowley** and others. As far as I can recall it was a casual conversation that prompted us to go for a walk while the runners were out - and so the Walkers Group grew from there. At first we only had 1 group, but it soon became obvious as more people joined, we needed to cater for their different abilities so began to split into two or more groups. "

**Cavy Chat** : The walkers achieved recognition in 2000 as an important organised group within the club and you took on the role of Walker's Captain in 2001. What did that position involve?.

**Anne**: " The role involved being prepared for where we would walk each week, and just being encouraging and supportive of the walkers. By this time we could have up to 30 walkers, and also some very competitive walkers, which meant we often had 4 groups. They were busy days, but also there was a great atmosphere and the walkers had become very much part of the club as a whole. "



**Social Times : Mad Hatters 2014. Portobello 2015**

**Cavy Chat** : You are currently part of a great Social Committee. How long have you been in that position?.

**Anne** : " I've got no idea how long I've been on the Social Committee and to be honest I think that position just happened along and evolved as I got involved with organising social activities. We had some great pot-luck meals being hosted by **Chrissie & Murray Bell** and **Pauline & Tom Begg**. I think it was Pauline and I who organised the first "Mystery bus trip". When **Pete Blackwood** was President he would often organise a raffle and I think I just picked up on that idea and started organising something each week. Once again the "Carrot Cakes" just evolved from me doing them a couple of times and they became so popular and people were ready and waiting with their money to buy a ticket. Thank you one and all for your support, we have a very strong family like atmosphere and people who care and support one another. "

**Cavy Chat** : In 2015 the Akaroa trip had some up's and down's, one of the highlights, you were crowned the " Cavy Camp Mother " .

**Anne** " Thanks for the reminder Phil!. Yes the down side was I woke on the Saturday morning and the moment I lifted my head I started vomiting which continued on all day. When Brian finally got back late in the afternoon we headed for a Medical Centre - where I lay down in the waiting room - and then I remember being in a wheelchair (how embarrassing) . I ended up in hospital and was diagnosed as suffering from Vertigo. After very reluctantly spending the night in the hospital they discharged me the following morning, with medication on board, in time to get on the bus to come home. Thankfully I have never had another episode. My "Cavy Camp Mothers" T Shirt has been well worn and will be one I keep. Kieran and I have had some great times as Camp Mother and Father. "



Anne with her Framed Picture presented on retirement from her Teacher Aide position at Kaikorai Valley College. Akaroa 2015 " Cavy Camp Mother "

**Cavy Chat :** Recently retired from a position of Teacher Aide at Kaikorai Valley College. Has teaching been a big part of your life?.

**Anne :** " A lot of things in my life have just happened along. 26 years ago I was teaching Scottish Country Dancing at Kenmure Intermediate School on a voluntary basis, when the principal approached me about teacher aiding. The role was with a young girl with cerebral palsy. 10 hours a week and for the last term of the year. Phew! Talk about being thrown in the deep end, it was certainly a challenge and at the end of the term I thought, 'that was that'. But, no such luck, early in the new year the principal offered me more hours, politely my response was thank you but no thank you. Long story cut short, yes, I did go back and have loved my role as a teacher aide. A role with great variety, as I was based in the Home Ec dept but also assisted in Yr 7/8 maths, and general teacher aiding across the school. I continued teaching Scottish Country Dancing as a lunchtime activity in the winter terms as well as craft and as I said at my retirement afternoon tea - "You never know when you're making memories - thank you for so many awesome memories".

**Cavy Chat :** Your famous " carrot cake " is well sort after. I guess more so when the " Life Member's " shout comes around ? Extra " jumbo size " maybe ?.



**Life Members shout ... " bring it on "**

**Anne :** " Exactly my thoughts but "Oh no!" When Brian came home from a meeting telling me we were to make sandwiches for the Life Members Afternoon Tea my first response was "Sandwiches, that's not my forte, I'd rather make carrot cakes, baking or cream cakes" but sandwiches it was. I might have to change that for next year! "

## Otago X Country

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They all gathered, some seeking an Otago X Country title, others happy for a leisurely outing in and around Waikouaiti.

meanwhile, at the track. *" how many years you been timekeeping , Laurie "*



time for some to head to the hills. *" come on ... ease up you girls "*



meanwhile ... back at the track. *" let go boys "*



More than ideal conditions for the **2018 Otago Cross Country Championships**. Caversham was well in the mixed with four coming away with Otago titles, and backed up very well by fellow club members. Young **Becky de la Harpe** kicked the afternoon off in winning the Women U15 in a time of 13:25 over 3km. Other winners, **Heather Evans**, Masters Women 35-49, 28:20:05 ( 6km ). **Geoff Anderson** Masters Men 50+ in 34:15:03 ( 8km ) and in the Masters Men 65+, it was **David Stott** in a time of 37:04:02 over 6km.

## our 2018 Otago X Country Champions

Becky



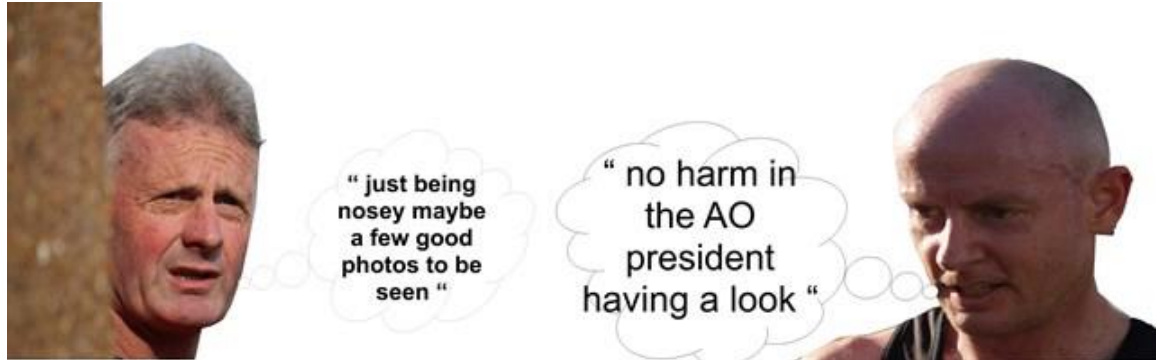
Heather



Geoff



David



CLICK ... [HERE](#) ... ACTION FROM OTAGO CC

## Kieran Columb - Life Member

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**Cavy Chat** : Many congratulations on your Life Membership, a very well deserving honor, reward for all the work you put into work over the years ? When did you join the Caversham Club ?

**Kieran** : " Yes, I joined the Caversham Club in 1987 with a friend *Peter Braam* who worked at the *Otago Daily Times* with *John Stinson* "

**Cavy Chat** : Can you recall that day you joined the club ?

**Kieran** : " I joined as a runner until 2002. I did many half marathons and participated in the majority of events run around the Otago region during this time " *Note : Kieran ran the 1988 Dunedin Half Marathon in 1h 52m 09s.*



**Clyde to Alexandra 2015**



**Brighton to Green Island 2016**

**Cavy Chat :** You have been very heavily involved with the club's Walking Group. Has your interest always been in walking, or was it always running ?.

**Kieran :** " I was having back problems and it was recommended that I give up the running, so I did due to the narrow disc spacing in my vertebrae. I joined the walking group in 2002 and found the first year very hard adjusting going from a runner to a walker. However by 2003 I realised you only get out what you put in so I decided to push myself and have a good workout each Saturday and have not looked back since. In those days before Health & Safety Regulations came in the walkers could compete in a number of races in Otago area e.g. Pulpit Rock 25km, King of The Mountain 15km, Karetai Challenge 16.5km and Papatowai Challenge. Sadly today the Papatowai Challenge is the only one still going ".

**Cavy Chat :** You are currently the Walkers Club Captain. How long have you been in that position?.

**Kieran :** " I have been the Walkers Club Captain since 2003 having taken over from Gordon Cameron ".



**VP5000m 2014**



**Club Cross Country 2015**

**Cavy Chat :** Is there a " competitive side " to your walking, or is it just " social " ?

**Kieran :** " There has always been a competitive side to me in everything I do I try and always give my best. I don't like to think I could have done much better after I finish whatever sport I have

participated in. That competitiveness is one of the things I enjoy about all sports that I have participated in."

**Cavy Chat** : Recently retired from your position at University of Otago. What other interests will keep you busy apart from long walks ?.

**Kieran** : " Yes, I retired in December last year having worked my entire working life at the University of Otago 46 years in total. I worked in the Biochemistry, Medicine and Human Nutrition Departments as well as the Dental School. Majority of this time i ran the Undergraduate Teaching Laboratories in Human Nutrition and Food Science working with the students. I was very fortunate as the University paid my fees to study a NZSC Biology at the Otago Polytechnic and my BSc University Studies. It was work i loved and feel very fortunate to have had such an interesting and fulfilled working career. My hobbies are travel especially visiting our homestay students who we have hosted. We have been having homestay students since 1995 and have hosted about 80 students in this time. The countries I have enjoyed visiting the most are China, Japan and Ireland. Other interests are Horse Racing, Rugby, Rugby League and I also take an interest in most sports. "

## Brighton to Green Island

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Ideal conditions. A good spread of both runners and walkers. Big congratulations to **Jo Rowe**, first one into Green Island in 54. 57 and winner of the Butterfield Trophy. **Nathan Shanks** was the fastest male in 37.13 and takes home the Cuthbertson Cup. The Women's Trustee Tray for the fastest women went to **Julie Edmunds**, a time of 41.40. **Katherine van der Vliet** grab two trophies, Walkers Cup and the 50<sup>th</sup> Anniversary Cup. **Patrick Cotter**, the McGlinchy Cup, and **Dan O'Brien** a few " goodies " being the first home in the U12 in 7.14. **Prize Giving Photos by Gillian Wong**



**Jo Rowe**



**Nathan Shanks**



**Katherine van der Vliet**



**Patrick Cotter**



**Julie Edmunds**



**Dan O'Brien**

Further winners on the day ... all the course marshals ... the ever reliable **Craig** and **Alison** with her version of a " drink station ? " .





Click ↓ for Photos



## 2018 New Zealand Cross Country - A Pictorial - Becky and Geoff

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Becky de la Harpe 13th Women's Under 15 3k ... 14m33s



Geoff Anderson 1st Masters Men 60 8k ... 36m13s