



CAVERSHAM
HARRIER & ATHLETIC CLUB

*We run
marathons!*



Te Anau Weekend - June 3rd - 6th

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 perfect and at the end of the 3 days it was a trip that had its moments and enjoyed by all as expressed by ... firstly our host ... Dwright.

Dwright : " *Fiordland were happy to have the Caversham boys and girls here, we enjoyed running with everyone, be welcome to come back next year.* "

Stu : " *What time next year ?. Well we loved you to, and we, I should say, loved running with you "*

Dwright : " *Despite you bring Andrew we will have you back "*

Andrew : " *If you ever come to Dunedin , Stu 's got a warm bed to put you up in.* "

Cavy Chat : Jan Dreier, How did you enjoy your trip to Te Anau ?

Jan : " *Was really nice actually, I did the Kepler track which was amazing and had a good time .* "

Cavy Chat : You put up with Andrew ?

Jan : " *Oh Andrew is really nice "* (lots of laughter)

Cavy Chat : Andrew, your thoughts ?

Andrew : " *I am really nice (more laughter) oh great weekend, good company. "*

Ken Fahey : " *Another great Caversham outing, always goes well. "*

Mary Fahey : " *Yes wonderful, was good to have the Walkers included in the Cross Country Relays, that was a lot of fun, great people, scenery and food. "*

Ken (again) : " *The organising of the relay was outstanding , mixing the kids with the oldies, the runners with the walkers , the club could do that to quite successfully. "*

Dave (fills in for Gail) : " *Just like to say it was a wonderful weekend , my run was great, people very hospitable "*

Claire : " *Stunning mornings, good company* "

Cavy Chat : Peter Blackwood, How did the weekend go ?

Peter : " *Wasn't long enough, my highlight was the last 2k's of my run and the speed that I did it in.* "

Brian : " *Amazing weekend, all Caversham members should have been there.* "

It is now just a matter of Clicking ... [HERE](#) ... to see all the Action

Vice Presidents 5000

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. The next day a number of club members set about the task of cleaning out the clubrooms. It was amazing what was unearthed. Take a look at the results of the **1983 and 1993 VP5000** and is interesting to see the number of club members that are still " active " in 2016



1983 and 1993 Results ... Click ... [HERE](#)

2016 Results ... Click ... [HERE](#)

And the 2016 VP5000 Trophy Winners



Neville



Leila



Jake



Janice



Donna

VP5000 Photos ... Click ... [HERE](#)

Clubrooms Redevelopment Update

Sunday 12th June and the start of the clubrooms redevelopment. phase one and the clean out under the leadership of **Barry Sleeman**.



"A surprising find was made by the intrepid kitchen clean out team of Maria, Katherine and Janelle on Saturday. No, it wasn't the stack of ashtrays in the back corner of the bottom cupboard or the sheer number of small plates carefully stored away in case, you know, one day we might have a really BIG afternoon tea...but as the photo shows it appears that Caversham Harriers may have doubled as an illicit Housie den some time in the past. Any members with memories of these undoubtedly excitement filled occasions please share them. Who knows, the redevelopment committee may call on you to recreate these magical times as a fundraising venture...watch this space !"

Janelle

Club Cross Country



Our 2016 Club Cross Country winners ... 2016 Results ... Click ... [HERE](#)

and Photos ... Click ... [HERE](#)

Contributing Cameramen and Women



They are here and there and everywhere, the "Cavy Cameramen and Women".

Gillion Wong, Donna Tumaru, Ken McDonald, John Stinson, Sophanna Parsons

2016 Barnes Cross Country

Conditions were on par with the Ponydales, with almost 50% of the entries filled by Caversham, success was inevitable.

Cavy Chat : Congratulations Luke a good day at the office, you must be pleased with the win.?

Luke : " *I'm pretty happy, I just did my fastest 5k. "*

Luke played down a favouritism tag placed on him by **Andrew Glennie**.

Luke : " *Andrew was just reminding me that I headed him home in the McStay 1500m, which was my first race with the club. "*

It became a golden day for the Caversham club as **Jake Jackson Grammer** shared equal-fastest time for the 5km open men's race with Hill City-University's Kirk Madgwick, each clocking 16min 22sec.

Lia Bezett continued the trophy grab for the Caversham club, with a strong run to win the 3.75km open women's title in 20min 2sec.



View the big turnout of club members in action ... Click ... [HERE](#)

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