



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!

Cavy Chat – March 2015



2015 Opening Day Saturday 28 March

2015 NZMA National Track and Field Championships - Tauranga



Two of our very talented senior clubmembers headed to Tauranga last month to take on a variety of events at the 2015 NZMA National Track and Field Championships. **Clair Giles** , 9 events, and **Alison Newall**, also 9 events, were to come away with an impressive record. So a very big congratulations to both Clair and Alison, I am sure that there would have been a very enjoyable and relaxing evening after an exhausting day on the track and field.

For Clair's and Alison's Results

Click [HERE](#)

Children's Athletics - 2014 - 2015 - Season

As the "senior" clubmembers prepare for our Winter Harrier season we looked back on how the "Children" performed over the summer. Under the wonderful leadership of **Evelyn Armstrong** and **Ken McDonald**, assisted by "mum's and dad's", there were outstanding performances by all, resulting in a large number heading away for further competition. On the 22nd of March the 7 -11 year old team of **Lucy Sutton**, (Pictured) **Charlotte Fleming**, **Dan O'Brien**, **Darice Evans-Tobata**, **Gracie Young**, **Jordan Evans-Tobata**, **Piere Tapsell**, **Alika Croot**, **Katie Wong**, **Caitlin O'Brien**, **Petra Milne** and **Oliver Tily**, traveled to Invercargill and competed for Otago in the Tyson Challenge against Southland. At Easter **Pyper Johnson**, **Matthew Wong** and **Max Milne** will travel to Hamilton as part of the 12 and 13 year old interprovincial team representing Otago. The end of year Prize Giving took place on Tuesday 17 March Click [HERE](#) to view all the Trophy Winners

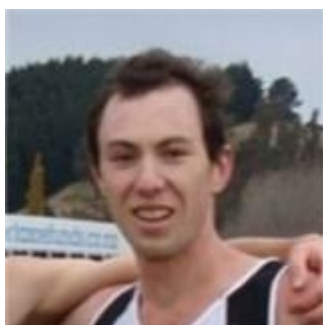


2015 New Zealand Track and Field Championships

There were a number of Caversham members who took part in the National Track and Field Championship in Wellington over the weekend of the 7th and 8th March. **Ben Anderson** was to gain Silver in the 800m finishing in a time of 1m51.35sec and 5th in the 1500m in 3m55.66sec In the 5000m **Peter Meffan** was 11th in 15m14.51sec and **Joshua Baan** 13th in 15m27.64sec. In the 3000 Steeplechase **Peter Meffan** was 6th in 9m47.05sec, the event was won by former Caversham member **Daniel Balchin** in 9m07.56sec.



Ben Anderson



Peter Meffan



Joshua Baan

Saturday - Sunday 7th and 8th March

Following on from the National T & F Championships the weekend was one of clubmembers out and about running, walking and biking and generally having a good time. Clubmembers **Kerry Rowely**, **Donna Young**, **Glenn Sutton** and **Roger Lesile** took on Motatapu. There were a number that were part of the thousands at the Relay for Life. It was a small group at the annual weekend in Naseby hosted by **Ann and Brian Watkins**, **Lorraine and Peter Blackwood**, a good time was had with a run and walk on the Saturday followed by some biking on the Sunday (no trees were damaged this year by one inexperienced mountain biker). It was left to those that headed down for the Papatowai Challenge to try and grab some headlines. Our **Julie Edmunds** headed off course only to find a crew from TV3 and one Samantha Hayes more than willing to get Julie back on course which still had her claiming 1st place in the Walk.



" take a look at the photos " Click [HERE](#) to view photos from Naseby

Successful Book Sale

An amazing effort by all clubmembers who donated, helped or brought books. A huge thanks to **Janelle Kennedy** who took on the task and organised a very successful Book Sale. **Janelle** tells us of the day.

*"The weather gods smiled for the (inaugural?) Caversham Harriers book sale on Saturday. We were able to set up in the car park, with our first customer arriving at 8.15 (well before we had all the boxes out) who then bought \$37.00 worth of books. A steady stream of club members and fellow bookworms followed in his path to rummage through the books, magazines and records on offer. Attendees were plied with cake and cajoled at the cashier to join us for opening day next week and find out more about what the club is about. A big thank you to everyone who helped make this a successful venture including **Sylvia, Amanda, Shona, Katherine** and **Rhonda** who all did a brilliant job collecting and sorting books in the lead up; and for being roving Cavy ambassadors on the day. Also special thanks to **Stu** for providing the flyers and his magical chair separating skills; and to **Brian** for providing Cavy T shirts for some of the team to wear. Oh - and we raised **\$600 - AWESOME!!!**"*





Late Mail - Post Card from China

I am absolutely amazed re China. The place just seems to work so well ! I guess it is that there are so many that it has to.

Am in Zhenzghou, a city 5 times the area of Auckland and 8 million. There are electric scooters everywhere [am getting about on the back of one] with traffic allowing others thru cos that makes it work. It is like being on a dodgem without any banging into each other..!!!

The people are soooo friendly and I am having some wonderful experiences. The food is a bit high volume so I am getting them to understand that I am a moderate eater. I eat like a local in the markets where a friendly...ni hao / hello...she she [cher cher] / thank you...bye bye [global] gets me local prices and service

We use translation apps via mobile fones [my hosts gave me one to use all topped up] so it is very easy to communicate.

There is wifi at cafes, restaurants or McDonalds so that is good...tho I have 24/7 wi-fi in the service desk/foyer area of the 17 storey apartment building I am renting so I use that.

Went for a run the other day and received cheers and encouragement from the locals...well, I think it was that ??? [photos attached]

Caio

GERRY



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