



**CAVERSHAM**  
HARRIER & ATHLETIC CLUB

We run  
marathons!

## Cavy Chat – March – April - 2017



## " Cavy in the Catlins "



With around 30 club members and supporters, it was almost a case " we should have hired a bus ". It was a mixture of conditions for the **2017 Papatowī Challenge**, a few light showers, sunshine, a very strong southerly was welcomed to push competitors the 3.6k along Tahakopa Beach. It was then a demanding climb of 6k, a few k's down before the final few k's to the finish. At the end of the 15.5k Caversham were well among the honours. Overall winner **Jake-Jackson Grammer** 55m58s, **Julie Edmunds** 1st Masters Women 1h13m42s, **Lesley McCormack** 1st Legends Women 1h41m45s, **Kerry Rowley** 2nd Veteran Women 1h21m12s. **Dave Sharp** 2nd Masters Men 1h07m10s, **Gail Sharp** 3rd Masters Women. In the Open Walk, it was **Rodger Leslie** 1st 1h 27m 38s. Coming home in 3rd place, a very fine effort from **Alex Brown**, 1h44m19s.

Click ... [HERE](#) ... to view Photos

## Club Rooms Re -Opening

Past and present members, along with family and friends were greeted by sunny blue skies on Saturday 18<sup>th</sup> of March 2017 for the grand re-opening of the redeveloped clubrooms of the Caversham Harrier and Athletic Club. A welcome was extended to all by Athletics Otago president **Bruce Cowan** and club president **Murray Reynolds**. The official opening was conducted by Dunedin City councillor Aaron Hawkins. **Barry Sleeman** gave an overall picture of the redeveloped, gave thanks to his committee and the Community Groups that provided funding. **Cavy Chat** caught up with a few with their thoughts.



Click ... [HERE](#) ... To View the Day

**Colin Dick** " *Absolutely marvellous, a lot for room for tables for more cakes and food. It will be good for the kids and the young ones, they are the future of the club* ".

**Donna Young** " *Really lovely, lots of space and bright colours, and doesn't smell like old socks any more* ".

**Ron Cain QSM** " *It's a changing world with the youth of today and if we can keep encouraging people and families to the club, then it will be worth all the effort* ".

**Jake Jackson Grammer:** " *Really impressed by all the old photos, how strong the teams were and the times they ran* "

**Matthew Moloney** : " *It's going to put Caversham right out there not only for they running but also the afternoon teas* ".

**Brooke Swanley:** " *Amazing , really beautiful.*"

**Alan Moira ( Ariki ):** " *Very, very impressive, a credit to all who played a part in the re development .*"

**Marion Maxwell \*** : " *Really lovely, very impressed with the changes, plenty of space and the showers look very inviting.* "

**Margaret Knox \*** : " *Really nice and bright, the openness of them, like the positioning of the kitchen. A very big change from how I remember them when I was in the club.*"

*\* both Marion and Margaret are former clubmembers*

## Monica and Ross - Cavy in Canberra

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So sad to see the departure of two of our club members **Monica Lindemann** and **Ross Carter**, back to the land of "Oz", they will have treasured memories of their time in Dunedin and we will miss them on our club runs. "**Cavy Chat**" found them "among the gum leaves and a few roo's" on a "**Cavy in Canberra**" club run.

**Cav Chat** : It was just a few years in Dunedin. What were the reasons for being here ?

**Monica** : " *I came for the adventure and for a wonderful job with Presbyterian Support Otago* "

**Ross** : " *Adventure and change were the key for me too. My dad is a kiwi and I also had hankering to check out NZ in more depth than just a holiday.* "

**Cavy Chat** : Be a lot of fond memories of the time spent in Dunedin. Was there opportunities to travel around and see the country ?



**Naseby 2015**



**Akaroa 2015**



**Millennium Track 2016**

**Monica :** " We took the opportunity to travel quite a bit in the South Island, including a couple of great Cavy trips to Akaroa and Nasbey. We did some of the cycle trails - Central Otago Rail Trail, Alps to Ocean and the Clutha Gold Trail. Walked the Kepler and the Milford tracks, visited Stewart Island and Doubtful Sound and ran the Queenstown half marathon (in our Cavy uniforms of course!). And there were many trips exploring the Otago Peninsula and all its wonderful creatures. "

**Ross :** " The NZ bush gets under your skin. I spent a lot of time wandering around hunting, fishing and camping, in particular in the Blue Mountains near Beaumont and up and down the Taieri. "

**Cavy Chat :** The club was delighted to have you both as club members. How did it come about in choosing Caversham ?

**Monica :** " It was close to home, Mornington, and my colleague Maurice Burrowes, a club member, highly recommended the afternoon teas! "

**Ross :** " I find it best to do what I'm told. "

**Cavy Chat :** Bound to be a lot of highlights ? . Where would you start ? . Club runs, trips away, the afternoon teas ! ?

**Monica :** " Cinnamon Oysters. The best in the world! Also, hills. I'm telling myself I love them! "

**Ross :** " I forget the exact route but it was out towards tunnel beach, howling wind and horizontal rain stinging the face. The general consensus back at the club house, as we all recovered from hypothermia, was that it was a "good Dunedin run". Great attitude! "

**Cavy Chat :** If there was one single moment above all the others. What would it be ?



**Monica and Ross - Cadbury Dunedin Half Marathon - 2016**

**Monica :** " Tough one. I think finishing my first Dunedin Half Marathon and celebrating that achievement with others in the Half training group. I really enjoyed and valued Peter and Stu's running tips and encouragement, and the comradery of the group. We all did really well and it was great to share that achievement with such a

nice group of people. "

Ross : " My first Dunedin half as well - after a long break with a problem knee it was great fun to run with almost all the marshals being Cavy clubbers! "

Cavy Chat . Rumours are of a "Cavy in Canberra club" being formed, what's the gossip ?

Monica : " There's great cool climate running over here and the hills are a few and far between! The Cavy Canberra chapter is up and running! I suggest a club trip in 2018 for the Canberra Running Festival in April (10k, half marathon, marathon and ultra distances)"

Ross : " I find it best to do what I'm told! "



Cavy in Canberra out running with a few " roo's "

Monica : " ..... I miss you guys ..... ! "

## Children's Prize Giving 2017

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It was a night of celebrating a very, very successful end to the 2016 / 2017 Children's athletics, what an amazing bunch of talented, dedicated and full of fun children under the leadership of **Evelyn Armstrong** and **Ken McDonald**, ably assisted throughout the season by mum's, dad's and experienced club members, only too willing to pass on very helpful advice.



Ken and Evelyn

The children were thrilled to receive their awards from " Saint Stu "



Highlights from the Prize Giving ... Click ... [HERE](#)

**2017 Opening Day**

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The opening day of the Caversham Harriers winter season took place on Saturday 1<sup>st</sup> April having officially opened the redeveloped clubrooms two weeks before. Such an amazing turnout some were left wondering if the extensions were going to cope, but cope we did. Wonderful to see some returning members, equally wonderful to new runners and walkers. Will look forward to yet another full and action packed season.

The season was official opened by Club Patron Ron Cain QSM.

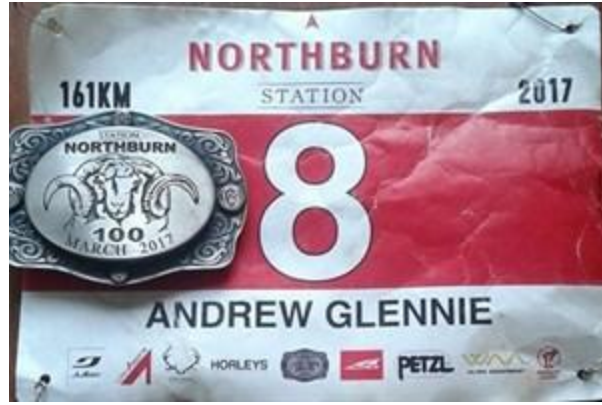


### Glenn - Nathan and Andrew - Northburn 100

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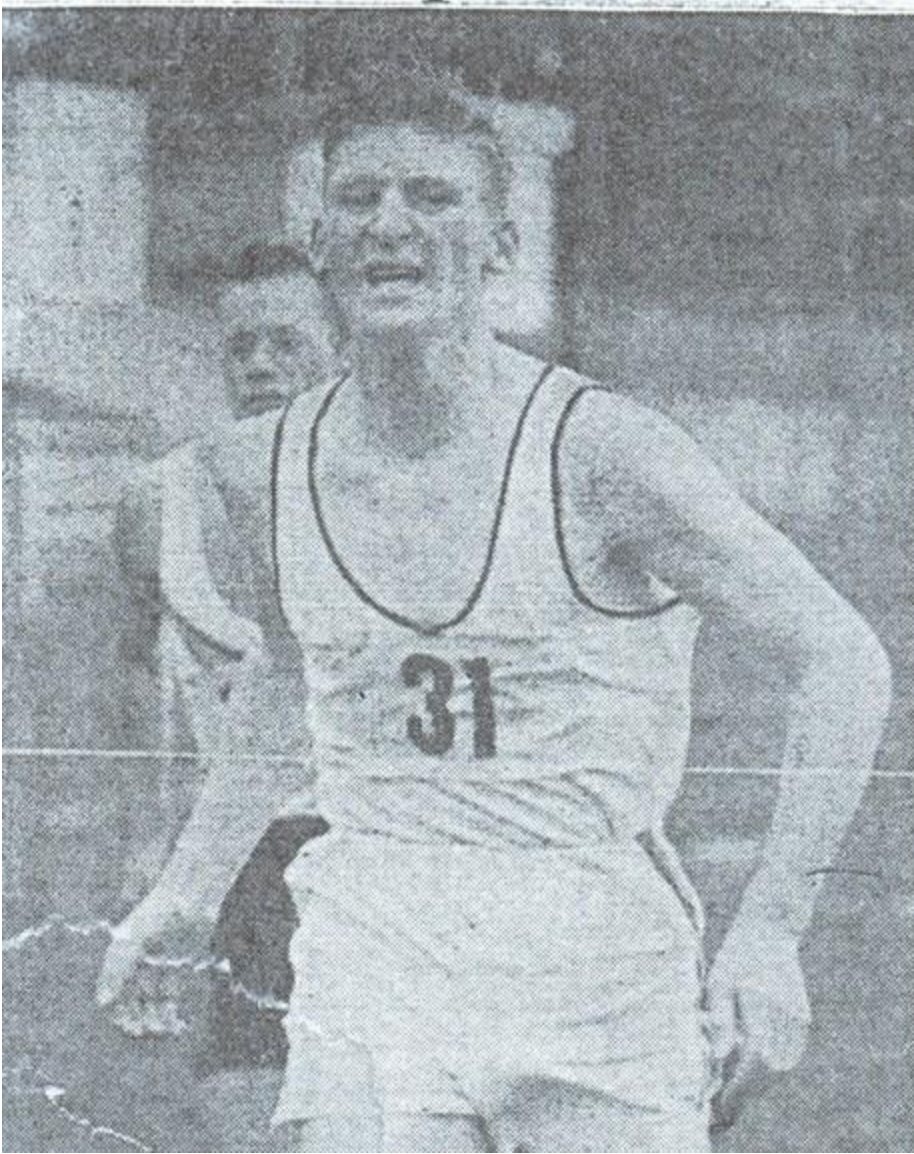
*" Thanks to everyone who has trained with and supported me. Honestly the hardest most brutal thing I have completed. I had some pretty dark moments on the way to getting that belt buckle and I wouldn't have been able to do it without the encouragement and support I received! "* Andrew Glennie



## Jim Law Profile

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**Jim Law** joined the Caversham Harrier Club in February 1956. His initial contact was made on a visit to the old Caledonian Ground in South Dunedin with **John Wells** to inquire about the procedure for joining a Harrier and Athletic Club. They were approached by Caversham Harrier Club Secretary **George Campbell** who suggested Caversham would be the right Club for both of them to join. Sixty Years on Jim still regards this decision as one of the best things to happen in his lifetime.



**1958 : Jim winning Ness Cup ( 1 Mile Handicap Race ) in a time of 4m20.6s**

Jim has been with the Caversham Club every year since his introduction apart from time spent overseas in 1962/63 and spending 18 Months with the Invercargill Club in 1967/68 while working down there. Once established with Caversham Jim developed into a consistent well performed runner who enjoyed plenty of success in various formats. Jim was a Caversham Number 1 team member for Relay and Cross Country Races from a Junior in 1958 to Veteran Grades in 1983. A personal highlight came in 1977 as a member of the Caversham team who achieved second place in the A Grade Race at the National Road Relays from Christchurch to Akaroa.

In addition to his successes in competition Jim has also been a dedicated long serving Administrator both at Club and Centre Level giving back to the Sport that has played such a major role in his lifetime. Positions held include Caversham Club President, Secretary, Club Captain, Deputy Club Captain, Handicapper and Race Convenor. Jim also served a period as Treasurer for the Cadbury Dunedin Marathon. For his long standing services to the Caversham Club Jim was rewarded with Life Membership in 1983.





**2017 : Jim is acknowledged on 60 years with the Caversham Harrier and Athletic Club**

Today Jim still enjoys an active association with the Caversham Harrier and Athletic Club as a regular member of the Walking Section where he is usually to be found near the front of the Fast Group on any Saturday Afternoon.

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