



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!

Cavy Chat March – April 2020



Who was Ted Brown and J W McStay ? (Source - John Stinson)

Ted Brown joined Caversham Harriers in 1929, he won the Vice Presidents 3 mile race in 1930, was club captain in 1933. Did tremendous work as a coach of junior members around 1945. Club delegate to Otago Centre for many years. Became Club President 1948-50 and given Life Membership in 1955. The **Ted Brown Memorial Trophy** is awarded each year to the winner of the club 1 mile (now 1500m) handicap race.

Previous Winners



2014 Maria Sleeman



2015 Dave Sharp



2016 Tessa Brownlie



2017 Phil Coakes



2018 Claire Giles



2019 Stu McCormack

J W McStay joined Caversham Harrier Club in 1930 and in the same year he recorded his one and only win, the 1 mile (now 1500m) Maiden Race. The following year while a mountaineering holiday in the Mount Aspiring district McStay, who was a keen trumper, and one of the most popular members of the club, was drowned while trying to cross a flooded river. From 1931 on, the winner of the Club Maiden Race has been the recipient of the J W McStay Memorial Cup

Previous Winners



2014 Sam Hooper



2015 Ray O'Brien



2016 Neville Scott



2017 Luke Anderson



2018 Sophanna Parsons



2019 Sue Kim

2020 Virtual Ted Brown - McStay - Walk 1500m

Amid the cries from Karen " when are you going the mow the lawns ", our **Race Convenor Murray Reynolds**, with head down, kept focused on complying the Virtual Ted Brown, McStay, and Walkers 1500m handicaps ...



Firstly big thanks to **Mary and Evan** for putting the cones out !!!in the meantime, many were out there giving it their all, the bonus was the 2020 (one off special trophies)



Dave



Celica



Nathan



Lesley and Stu



Nick



Ken and Mary

... and the winners ... are ... with their prized trophies

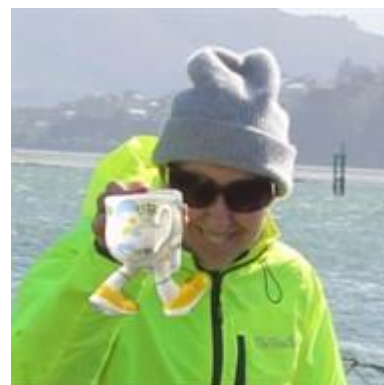
Claire with Brown Teddy



Paula with MacsTray



Wendy with a Walking Cup



For Full Results visit our Website

A " Big Chat " with Evelyn Armstrong



For Evelyn Armstrong, a 'highlight' has been the children's successes, 'lowlight' would be the weather on Tuesday evenings this summer, and then there was the challenge of returning home from Scotland as Covid-19 became a major issue. Cavy Chat caught up with Evelyn for a chat.

Cavy Chat : Can you recall your first day with the Caversham Harriers ? and when was it ?

Evelyn : " My first day with Caversham was when I took Alex along to children's athletics when he was 7, so around 2008. I first ran with the harriers in 2012. I remember being in a pack led by Malcolm. We finished by going through Concord School and then coming up Emerson St. That's some hill ".

Cavy Chat : What are the things that you enjoy as a member of the club ?

Evelyn : " I really enjoy club runs. I have learned so many new routes to take on other days. Sometimes I feel like we are running up someone's drive-way but at the last minute a wee path will appear off to the side that takes us up to another street. Of course there is always lots of fun and chat on a run so sometimes when I go back to try to find a path I realise I must have been paying more attention to the chat rather than where we were going. I also enjoy the afternoon teas, particularly on sunny afternoons when we can get the tables outside. It's great to see everyone, all ages, runners and walkers, having a lovely time together."

Cavy Chat : Do you have any thoughts or new ideas on any of the clubs activities ?

Evelyn : " Sadly, I can't think of any new ideas at this minute. No doubt as soon as this interview is finished one will pop into my head. I do like the connection between the children and adults in the club, both in winter and summer. It's great for the summer children to see that running/athletics is an activity for all ages when Claire's group is at the park on a Tuesday evening. Our current group of children are quite young but hopefully as they get older they will run in the winter too. The latest initiative to attract the 14 to 19 year olds to the club is great. Sport seems to be getting increasingly expensive, possibly prohibitively in some cases, so I think providing this opportunity for teenagers is commendable. I also think it is great to provide an activity for people of that age that does not necessarily have to be competitive but is done with a group. Of course, hopefully, some speedy superstars are tempted to come along ".



2012 Brighton/Green Island



2014 Barnes Cross Country



2017 Edmond Cup

Cavy Chat : Has there been highlights, that stands out ? or, maybe a " lowlight ", in the time you have been in the club ?.

Evelyn : " I think a 'highlight' for me would be the children's successes. There is nothing better than seeing the kids enjoying themselves and doing well. They look so happy and excited and they don't always need to win to be like that. However, winning the Paape Cup this season was a really nice surprise. I never thought it would happen but we had a great wee team this year who all did well on the day. Other highlights would be relay events like Akaroa and the Peninsula relay; definitely not the part where I have to run, but the time when we are in the car or the van cheering on our team mates and then racing off to the next change point is great fun. My 'lowlight' would be the weather on Tuesday evenings this summer. It has been atrocious. Fingers crossed for better next year."

Cavy Chat : It hasn't gone unnoticed that " mile wide smile " during your club runs and races, can only mean that you completely enjoy your running ?

Evelyn : " Yes, I do enjoy my running, especially on those days when nothing hurts! Lately, I seem to lurch from injury to injury so I have become much less competitive and more out to enjoy myself - being able to run the next day is very important to me. I had a lovely time last year at the cross country with Karen Rowley, doing synchronised wheely bin jumps, although I was told by someone who will remain nameless (Stu), that I wasn't taking it seriously enough. A few years ago I read somewhere that runners must be really miserable people because the author never saw any runners smiling. After that I started smiling at everyone who looks my way when I am running. When we lived in Calgary for a few months a few years ago I noticed other walkers and runners didn't smile like some did here in NZ so I started being extra smiley and saying hello to see if I could guilt them into a response. It worked, most of the time."



Always willing to give a helping hand



Happy Landings

Cavy Chat : What would be the most , scary, unusual, or funniest thing you have encountered on a run ?

Evelyn : " Before I start this wee story, I have to say 'Sorry, Donna' but I have to tell it because it is definitely the funniest thing I have ever seen on a run. A number of years ago Donna and I did the Motatapu adventure run. It was a really hot day and we just had one more downhill to go before we got to the next aid station and some much needed water, food and sunscreen. I went down the hill first and assumed Donna was just behind me. However, when I turned round Donna was still half-way up the hill, coming down backwards, bent over, with her arms swinging at her sides. Think of a gorilla and you've got it. It was hilarious. "

Cavy Chat : You have been very heavily involved in Children's Athletics in both administration, coaching, organising and generally being there when needed. How long have you been apart of Children's Athletics, and what current roles do you hold?

Evelyn : " I'm not sure when I started doing things other than just being a parent, but a few years ago. Currently, I am still involved in organising Caversham Children, I help on a Saturday morning at the Caledonian and I go to the Athletics Otago Board Meetings as a representative of the Otago Children's Committee."



Very well appreciated - a lot of fun - hugs from Donna

Cavy Chat : Away from running, what else keeps you busy, work wise ?. Any other interests or hobbies, other sports ?

Evelyn : " I have a varying (depending on how much grant money I manage to bring in) part-time job at the University as a research scientist. Most of my work is associated with the effects of climate change on marine phytoplankton; microscopic, single-celled 'plants' that are at the bottom of the ocean food chain, a bit like plants on land. Amazingly, marine phytoplankton make almost 50% of the oxygen we breathe in when we are running, so how/if they will survive in the future is important to us. I saw this quote when I was writing my PhD thesis and, while not strictly about phytoplankton, I think it sums up their importance quite well: 'The microscopic organisms are very inferior in individual energy to lions and elephants, but in their united influences they are far more important than all of these animals.'C. G. Ehrenberg 1862. A suitable statement for current times too? Other things that keep me busy are gardening, reading, occasional cycling usually when I'm injured, and nagging Alex and Neil. "

Cavy Chat : What is in the music collection ?

Evelyn : " The rest of my family think I'm weird because I still buy the odd CD but I do also like a lot of what is on my husband's Spotify list which is probably as varied as you could get. Some CDs I've played lately, George Ezra, Moby and Robbie Williams. Robbie Williams' concert at the stadium was fantastic. "

Cavy Chat : There is a " Club Run/ Walk " and " Bring a Plate " What do you like to see on the " Menu " ?

Evelyn : " Yipppeeee, a club run AND bring a plate! I really hope Claire's going. I hope she brings her fruit loaf on the special tray that I can easily spot." I love Claire's fruit loaf, it tastes exactly like my Mum's. I always bring Swiss Roll because Alex can eat it, he could eat the whole thing on his own, but I think occasionally other people manage to get some, that sound like me and Claire's Fruit Loaf ! "

Cavy Chat : Which 3 famous people would you have as dinner guests ?

Evelyn : " This is the hardest question. It's tough to just pick three. **Jacinda Ardern**, I think she has done a great job as Prime Minister, **Graham Norton**, he'll have plenty of good stories about all the people I couldn't invite and, just because, **Daniel Craig**. If I could invite dead people too I would add **Alexander Fleming** (he discovered penicillin). He wouldn't eat much."



Jacinda



Graham



Daniel



Alexander

Cavy Chat : You were in Scotland when Covid-19 started to take hold, must have been a very stressful time and all you wanted to do was to ... get home. How did you get through it ? Was it a nightmare ?. Happy to be home ?

Evelyn : " I went to Scotland supposedly to take my Mum to Athens and Rome. Before I left I knew we weren't going to be seeing much in Rome but by the time I got to Scotland Italy had completely shut down and things were changing very quickly so we didn't go to Athens either. However, it was lovely to see all of my family. As I was travelling via the US, when Trump shut the border to people travelling from the UK as well as Europe I did begin to wonder how I would get home. I decided to come back early but had to change airline because of all the flights, Air NZ could not sort the one from Edinburgh to London. So I made it on one of the last flights from Dubai. The only point where I became slightly concerned was in Dubai when the departure gate for Auckland kept changing, our departure time had passed and no-one from Emirates was saying anything. There were hundreds of us though, so I thought there was some safety in numbers. I figured if worst came to worst I'd go back to the UK. Although I'm glad I made home, I was in the lucky situation of having family at either end. It certainly was nothing like what many other travellers we see on the news have been experiencing. "

Lockdown Walkers

The " lockdown " hasn't slowed down the club walkers, many out there going solo keeping out of trouble in their bubble.

" We put on our Cavy gear for our Saturday afternoon stroll. Several people we didn't know shouted out "Go Cavy" which was nice. Our walk was 87 mins, through the Town Belt to Prospect Park and then back home via Highgate. Besides walking, Marg is spending lots of time in the garden and has rediscovered her love of jigsaws. I am testing my 73 year old brain to its limits by trying to teach myself to play the piano. Be grateful you are not in earshot! We miss you all and look forward to the day when we can all set out from the clubrooms again " . **John and Marg McDermott**



" I put my club gear on and did a loop up the hill past the clubrooms Struggled up the hill though. Saw a total of 52 walking, 12 on bikes, 5 on scooter and only 2 running and they were both in the last 500 metres." **Peter Hughes**

" Like others I have been making an effort everyday to walk, jotting down the distance. I've even biked on a couple of occasions. Must say it's enjoyable riding with less cars on the road. Most of all I'll miss the company of others and the afternoon tea." **Janice Hughes**

" It has been interesting walking everyday seeing so many people exercising with family and their dogs. I have met people I have never come across before and it has been fun conversing across the road." **Dave McWhinnie**

" A good hill walk around St Claire in a brisk breeze taking in Second Beach, not a surfer in sight, then via a activity course in Bayview Road " **Wendy Crawford**



Lets not forget those group Walks ... returning soon !

Report and Photos by Angela Hawthorne

" One of the last Summer walks. We walked from the hill by the Albatross centre to Otakau and had a lovely cuppa (and maybe the last of the summer wine ?), at the Albatross Centre cafe "



Before Lockdown



During Lockdown

The 1st and maybe the last " Cavy Chat Centerfold "



Lining up for the " 2011 Undie 500 ", Hayden Donnelly, Robert Brown, Lyndon Brown and Daniel Balchin, at least they have the club shorts ... undies on ?, good to see an addition to the club uniform in 2020 being applied.

A few " loonies " in Lockdown

" It has been good to hear what other's have been up to as it's a bit quite in my neck of the woods. I haven't been out walking too much as yet other than some short walks around the neighbourhood to window talk with some of the older people I know. My main distraction, other than the gardening, has been the new man in my life. His name is Hamish and he moved in a couple of weeks before the start of lock-down, is a bit of a character and a total time-waster but best company ever in times like this ". Lynne Kerr



Donna Tumaru " I took on 112 times around my house, I bumped my watch and turned it off on the 12th lap, that's why I had to do the extra 12 laps to make it official. I ran probably another km, not recorded. The hardest bit was throwing my stones with my left hand into the bucket to count my laps. That was fun with a few obstacles and dogs following part of the way " .



Chasing the Easter Bunny



" who let you dogs out ? "

Nathan Shanks " 170 laps! Luckily I had some good tunes, 2 faves were " life in the fast lane " and " rollin " by Limp Bizkit, those 2 songs felt appropriate. Should of gone a bit slower but had some decent tunes to run to, felt it by 8k, legs a wee bit sore but not too bad, feet hurt more than anything Cheers to the old man for handing me my bottle every 3km bloody needed it! "



The 3km Drink Station



" Dad got me the mask from Mitre10 "

Gavin Chin First ever Half Marathon 21.11km 2h36m47s. " Absolutely rapt about this, felt good after 12km so decided to push on to see if I could get 21.1km. Getting home up Stafford st was a killer and still had about 2km to go, so plodded with weak legs around the unity park and the outside of the house to finish it off!! "

A busy man " by George "

" I have not been idle "



" It has been interesting reading everyone's activities,my walking has been mainly going from the lounge to the pantry to the fridge and back again, for variety I stroll up the path to get the newspaper. For more robust exercise I like to surf the net but I'm told you're not allowed to go fishing ,so I went looking for a hard drive but supposedly you're not allowed to drive out of your local area. I've lost weight with all this exercise together with jumping to conclusions. For stimulation,my wife and I like to do crosswords.I say a few words to her and she gets cross !!!, music has been great, I've been playing "Staying Alive" by the Bee Gees, " I'm Still Standing " by Elton John and "Help" by the Beatles.

But there's a silver lining to every cloud and the 2 metre social distancing has bought me and my wife closer."

Kia Kaha Martin George

From the " Canberra Chapter of Cavy "

Also in lock down over the ditch, the two member strong Australian Cavy Chapter, **Monica Lindemann** and **Ross Carter** ... Cavy Chat caught up with them to get the insight into the " aussie lockdown "

" The Australian Cavy Chapter, based in Canberra with membership of two, is enduring the Covid Lockdown along with millions of people across the world. Unlike NZ, the lockdown rules in Australia vary depending on which state you live in (it's cause we're a federation). However, the overall message from Prime Minister Scott Morrison is: Stay home. Unless you are exercising, travelling to work or school, visiting a doctor, or getting a haircut. Apparently having well-coiffed hair is important in a crisis!



Monica with Sue Kim Akaroa 2015 - Having a " Cavy Cupa " - Naseby 2016

Swimming pools and gyms are among the many services, activities and businesses that are closed. So, here in Canberra we are lucky to be able to either step out the door and run, or drive a short distance (without venturing into the neighbouring state of NSW) to enjoy some exercise. There's plenty of bushland in and around Canberra (we're known as the Bush Capital), so accessing nature trails and parkland is very easy.

During this crisis, the Cavy Australia team is observing both lockdown and club rules by maintaining a reasonable standard of fitness, not too far from home. This means we are running locally each Saturday, in uniform, and following up with copious slices of cake and cups of tea at home. Sadly, no-one here can match the Cavy Clubhouse chocolate eclairs, so we're making do with sub-standard baked goods. We are lucky in that working from home is possible for our two Club members, but this is a very difficult time for lots of people in our community. Family members, friends and neighbours have lost their jobs, are on reduced hours, or are facing losing their jobs/businesses in the coming weeks or months.



Cavy Australia Chapter members preparing to run at local bush-land park, Black Mountain Reserve
Proud club member running with Black Mountain Tower in the background
Plenty of trails to choose from (map board)

While this lockdown business is really tough, both in NZ and Australia, we are grateful that we seem to be getting on top of the virus spread and sick people are getting the healthcare they need.

Stay well Cavy and see you on the other side of Covid-19! "

Monica and Ross

A Ground breaking Committee Meeting and Message from the President

A ground breaking club committee meeting had us all " working from home " as we " Zoomed " for our monthly meeting. A big thank you to **Paula Cotter** for making this happen and we will continue to " zoom " while at Level 3.



From Our President

" Have you like myself on the Saturdays since late March visualised yourself at the clubrooms with our 'Cavy Family' as our club captain likes to call us, doing all the things we expected to be doing? We are missing our club life, our gathering together to run and walk, our friendships and our afternoon teas.

Covid 19 has changed our lives dramatically and I am extremely proud of the way New Zealand has responded to the excellent leadership that has made the hard calls which have saved lives. Hardships aplenty lie ahead of us but belonging to a club like Caversham will help us focus on each other. It has started already.

I would like to acknowledge the efforts of our captains who have kept the communication channels open with relevant club news, anecdotes and information. Individual members have responded with their own stories and news. Cavy Chat and our Club Website are promoting and communicating as well. Thank you to all who have been keeping up the informal chatter and contact so vital to keeping our Club together in these strange, unfamiliar and unexpected times.

At the time of writing, here in Sawyers Bay Mary and I have our 1500 metres measured and ready for our participation in the Ted Brown Challenge. It involves nearly two full circuits of our block and it's not completely flat! We will be wearing our Caversham uniform inspired by reports of other members doing the same during past weekends. We will submit our times to the race director and look forward to seeing that list of names and outcomes in the new week.

And that is how it will be in the coming period. Our Club Committee will be looking carefully at the 2020 syllabus and finding ways to have other virtual events and activities like the Ted Brown Challenge. So keep looking, listening and communicating as we seek to keep our club connections and activity during these Corona Virus Disease times. Stay safe, be kind and let us stay active " .

Ken Fahey

No " Wally's " in this club ... so lets play ... " where's Stu " ?



Have you heard about the Athletics NZ Virtual Series

Have you heard about the Athletics NZ virtual series? Its easy to enter and is a bunch of fun.
Currently the 5k competition is under way

With a week to go (closes 3rd May) Cavy are in a threeway tie for 1st place, out of 70 teams

Go Cavy! Details on the Home Page of the Club Website

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