



CAVERSHAM
HARRIER & ATHLETIC CLUB

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marathons!

Cavy Chat May – June 2018



Caversham winning team of the 1976 Lovelock Relays. Ross Dowland, Mason Stevens, Stuart Melville, Keith Dowland, Ross Thurlow and Geoff Anderson.

Ross Dowland - 2018

It's very hearting to know that " cavy singlets " travel the globe. One of them was on display recently at the Lovelock Relays, worn by former club member **Ross Dowland** on a short visit to Dunedin... Cavy Chat was able to catch up with Ross.

Cavy Chat : Can we go back to when you joined Caversham and the reasons ?.

Ross : " *I joined Caversham in 1968 as a 13 year old. Since Kings High had a strong association with Caversham it was a natural choice. "*

Cavy Chat : Must be some very fond memories from those early years ?

Ross : " *Oh yes, it was a hard core group of Cavy / Kings guys including the Thurlows, Dave Stinson, Mason Stevens and Geoff Anderson. Was coached by the legendary Alex Barr as were most guys during the seventies and earlier "*

Cavy Chat : Would have been a host of events to compete in, not only as an individual , but as part of a team ?

Ross : " *During my time with the club there were many Lovelocks, Peninsula Relays, the downhill legs, and several Akaroa's "*



2018 Lovelock Relays Master Men 3 Nick Heng Ross Dowland Ken Fahey and Gordon Wong

Cavy Chat : In 1979, you along with twin brother Keith departed New Zealand with your treasured " cavy singlet " and the running and racing continued ?.

Ross : " Somehow from my limited running skills I gained a track scholarship to Middle Tennessee State University and later Abilene Christian University where I graduated in 1984 with an accounting degree ".

Cavy Chat : Aside from your love of running, they is also the need to make a living ?

Ross : " The bulk of my working life I was a travelling field auditor with the Arizona taxing agency (corporate taxes). Retired in 2013 to mid-mountain town of Prescott, Arizona, and am loving it ".

Cavy Chat : It seems that " cavy " will always be a part of your life and visits " home " are extra special ?.

Ross : " 2018 was one of my rare visits back home and want to convey to the club my thanks for the welcoming attitude you showed me, and allowing me to dust off my track shoes for a couple of 1500's. I enjoyed it all immensely, everyone was most welcoming, not just the old gang I knew from yesteryear, or my cousin Grant. A special shout out to Stu McCormack; you got a keeper there ".



2018 Grant and Ross

1208 Geoff and Ross

2018 Lovelock Relays

Caversham were well represented at the 2018 Lovelock Relays. 19 teams in total, the most of any another club, made up from the Children, School Girls and Boys, Senior and Masters Men and Women. Honours on the day, well, went to everyone. Very special honours to Masters Women 1, 1st and High School Girls 1st. Well done to all, especially all the new club members



Suttons in South Africa

What better way for **Julia, Glenn, Emily, Ruby and Lucy** to spend the " school holidays " than an adventurous trip to South Africa, the girls checked out a lot of the wildlife, **Glenn** manage to fit in a "run" through some wild and challenging terrain - the story begins here.



" Ultra Trail Drakensberg 102 miles. I'm a little nervous of what this race will offer up and how I'll go, with the race almost entirely above 3000m and the high point being 3482m it does a circuitous route for the first 73km while entering Lesotho a country within South Africa (passport required) . The remaining kms are of big downs and ups ,so all in all it looks and sounds like my kind of fun ". Glenn

" Well, left a very nervous Glenn at the gate this morning waiting for his ride to the start line in Lesotho. Twenty two competitors for the 100 miler and only one women! It's a nerve wracking thought that he is on his own with none of his usual support crew until the 102km mark were we will meet him. Another nerve wracking is driving on the local roads at 2am to get there ". Julia

" Glenn just phoned: he is finding the altitude really hard, currently coming down the mountain but still doing amazing. We will go and meet him in a few hours at the 102km mark! Glenn has struggled like all the runners with the poor track marking. The track markers are not reflective and this has made it a real struggle during the night. A lot of the runners have been following each other so as to know where to go ". Julia

Here is Glenn's account of the race ... uncensored ... Click on " Run Team Sutton "



Nicole Bradley - Best still to Come

Four-time national hammer champion **Nicole Bradley** has just come off the back of the best season of her career and as the Auckland-based thrower believes her best is yet to come. So often in life it is during times of adversity when we find out the most about our resilience - a fact very true of Nicole Bradley.

It was during 2016, and set for a lengthy period away from the sport after suffering an annular disc tear of the lower back, the North Harbour Bays Athletics thrower faced some big decisions on her future.

In January, she hurled the hammer out to a lifetime best of 66.07m - within less than one-and-a-half metres of a Commonwealth Games nomination standard - to advance to number two on the all-time New Zealand rankings behind Commonwealth champion Julia Ratcliffe

"I would like to one day put on the Black Singlet," she insists. "Watching what Julia achieved in Gold Coast (winning the Commonwealth hammer title) was inspiring and that has made me believe it (representing her country) is possible and achievable."

Born and raised in Dunedin, Nicole's gift for athletics was first spotted by her school principal at Caversham Primary School. However, aged just eight at the time, it was not as a thrower she first identified but as a sprinter. "He noticed I could run really fast, so signed me up for the **Caversham Harrier and Athletics Club.**"



Nicole Bradley

Malcolm Giles

Nicole has set herself some ambitious goals in the future. She may have snared four national titles but none of those have been achieved with New Zealand record holder and Commonwealth champion Julia Ratcliffe in attendance - a particular statistic she would like to end in the coming years.

Meanwhile, her desire to represent her country on the biggest stage burns strongly.

"We have already started hard-core training to try and make, no, sorry, that should be when I make the next World Championships (in Doha 2019)," she says with a smile. "After that I hope to make the Tokyo 2020 Olympics."

Long-term her dream would be to coach - last season she dabbled with helping a couple of 12-year-old throwers out of her North Harbour Bays club - but whatever happens in the future her passion for hammer, she believes, will remain undimmed.

"I always feel good in the circle even if I have a bad day," she explains. "I know it sounds stupid,

but everyone has a place that they feel at home, and my place is the hammer circle." As Otago was known as a hotbed for hammer throwing, club coach, **Malcolm Giles**, introduced her to the discipline aged 14. Juggling all three throws and coached by Raylene Bates at the time, she achieved some success as a schoolgirl athlete winning hammer bronze as a Year 10 student and shot bronze in Year 13, but back then she was no superstar in the making.

This story has been edited from a media release from Athletics New Zealand

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