



**CAVERSHAM**  
HARRIER & ATHLETIC CLUB

We run  
marathons!

## Cavy Chat – May – June 2020

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**Saturday 6th June 2020**  
club runners and walkers set out from  
different locations - redwoods-ross  
creek-woodhaugh-pidgeon flat-pineapple  
track-mornington-port chalmers, in this  
“ Cavy Chat “, they share their  
adventures and photos  
*enjoy the journeys*  
*plus*  
*catch-up chats with Audrey Phelan and*  
*Tony Payne*

## Medium and Slow Slow Runners with Neville Shanks and Amie Manning

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Neville Shanks Medium Run Pack Leader

*" Thank you for my pack who wanted to run with Nev really enjoyed the run and ur lockdown stories .was great to reconnect as a group and doing what we all enjoy not only the running but the laughs we have whilst doing it .once again thank u all "*



**Nev's Pack Janine Baker - Emily Phillips - Gavin Chin - Xavier Donnelly - Ross Gatenby - Alistair McAlevey - Gail Sharp - Sophie Stokes - Donna Tumaru - Gordon Wong**

*" Thanks Neville Shanks for a great run " Jannine Baker*

*" Well organised Neville. It was great that you had all the stops and photo ops sorted. Great to be with Cavy again ". Gordon Wong*

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#### **Amie Manning Slow Slow Pack Leader**

*" The slow slow pack left redwoods carpark and snaked our way up through redwoods tracks, up through mcgouans track, back down through Ross creek and home again. The sun came out after a dash of snow flurries earlier in the morning and we enjoyed a hot cup of tea in the car park afterwards. It was great to see another Caversham pack and some other harrier clubs out on their pack runs in the same area "*



*Amie's Pack - Malcolm Giles - Lauren Parker - Amie - Peter Blackwood*

## A " catchup chat " with Audrey Phelan

While club activities were on hold there was the chance to have a " catchup chat " with former club member **Audrey Phelan**, ... home now is ... Dublin Ireland.

*" First off Phil, thank you for contacting me re inputting to the Cavy newsletter. I love keeping an eye on the website and newsletters to see how the club is getting on and the various adventures. I watched the development of the new club house with interest and would have loved to have seen it. For those who don't know me I am Irish and lived in Dunedin from 2006 - 2016 and loved it there ".*

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



*Audrey : " Gosh, I think it must have been the 2012 club open day where members invited a friend along. **Kerry Rowley** very kindly invited me. She and I knew each other from the triathlon club and had done the Spring Challenge Methven Adventure Race together. Joining Cavy really opened up to me the huge range of options for runs around Dunedin ".*

**Cavy Chat : Let's revisit February 2016. A large gathering to bid you farewell, a wonderful day for a run/walk, out on the peninsula. What do you remember about that day, plenty of laughter?**

*Audrey : " That really was such a wonderful special day and I was so appreciative of the great send off. Everyone split up into various run/walk packs which is one of the things I loved about Cavy - you could turn up and depending on what you felt like on the day could get a walk/jog/run in with lovely people. The group I was in headed up the track behind my house (Mac bay up to Highfield Rd) and came down through farmland and along the waterfront to finish with the last wee pinch of an uphill to my place. Everyone brought a plate and we had great chats and laughs. "*



**Cavy Chat :** Other big club outings that you were part of, Akaroa 2015, Lovelock's, Coastal Classic, Park Runs, Peninsula Relays, Ponydales, it seems that it was a matter of being involved in everything ?.

*Audrey : " Yes, I took the opportunity to participate in most events that the club were involved in. The variety was endless. Akaroa 2015 (National Relay champs) was an amazing trip. The organisation was top notch and the course and inter team competition made it so exciting. I was doing a last or second last leg and I remember there was an uphill and the bus passed me shouting me on re catching or not getting caught by a fellow Cavy member and me busting my gut. The Peninsula relay was also great fun. What I really loved though was that each Saturday you never knew where the club run was going to take you and I ended up seeing the most wonderful places followed by sumptuous tea and cake in club house after. "*



**Akaroa 2015**

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

*Audrey: " Certainly no lowlights. Highlights? Plenty - usually around being out on a run and all of a sudden, turning a corner or reaching top of a hill and getting wonderful views of someplace new. "*

**Cavy Chat :** So where is " home " now? What keeps you busy, work wise ?. Do you still doing some running ? Any other interests, hobbies, or other sports ?

*Audrey : " Home now is Dublin, Ireland. I grew up in Tipperary but went to University and worked in Dublin until 2006 when I moved to Dunedin. I live in a village/suburb called Sandymount which is by the sea and only a 20 minute walk into Dublin city centre. I'm a consulting engineer so I manage delivery of infrastructure projects for clients. Since coming home, I joined the Piranha Triathlon Club and have been doing triathlons and a couple of marathons over the last few years. Last year was a milestone birthday for me so I set myself the challenge of doing my first Ironman (Vitoria Gasteiz) and seeing if I could break 4 hours in the marathon (Dublin City Marathon). Managed both and had a fantastic year chasing those goals. This year's event season has been all but cancelled so nothing on the horizon at the moment. "*



Cavy Chat : What is in the music collection?

Audrey : " On long runs I love George Ezra, Lumineers, Mumford & Sons and you can't beat the "The Greatest Showman" soundtrack - I thank my nieces for putting me onto that one ".

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

Audrey : WOW - tough one - but here goes

- Sean Finegan (one part of Irish sketch comedy group Foil Arms and Hog - look them up on Youtube)
- Dame Judy Dench - no introduction needed
- Andrew Scott - Northern Ireland actor - very talented - he played Moriarty in Sherlock.
- I would have to have a kiwi accent at the table so either Jacinda Ardern or Braden Currie.

They are all excellent at what they do. I love all their work and I think they would enjoy each other's company as well.



2015 a winning team Lovelock Relays



A Park Run with Ken



Coastal Classic



Ponydales



Lovelock Relays



Peninsula Relays

**Cavy Chat : Covid 19 had an effect on all of us. What has been the impact on you, family and life in general " in a bubble " ?**

*Audrey : " Thankfully, my family has not been impacted health wise with the virus. We started limiting activities on March 12<sup>th</sup>, e.g. St Patricks Day parade was cancelled along with 6 Nations rugby matches. We went into full shut down on March 27<sup>th</sup> - our Taoiseach (Prime Minister) made a televised announcement - it really was a "where were you when" moment. The start was stay indoors, only going out for food/emergencies/once a day exercise and not meeting up with anyone from outside your household. No one allowed more than 2km from home. We were like that for 6 weeks and are now working our way through recovery Phases. From Monday 8<sup>th</sup> June we can travel 20km from home, shops and construction sites are reopening and some people are going back to offices though remote working recommended if possible - that's really to prevent public transport being overwhelmed as it only has maybe 30% capacity by having to apply the 2m social distancing.*

*It has been a surreal experience. No one knows how the economic recovery will go. And of course, it has been so hard on some families and those who have lost loved ones.*

*I would have to say well done you Kiwis. You really have been an example to the rest of the world on how to handle this thing. Congratulations. "*

Foot Note :

## **Walkers Fast & Medium Slow with Keiran Columb and Shona McDonald**

**Keiran Columb Fast Walkers Pack Leader**

*" We meet at the Woodhaugh Gardens which we then walked through and headed up Leith Valley, turned off at Patmos Avenue walking uphill through the countryside until we reached the motorway over bridge, continued up Maxwelton Street until we reached Pine Hill Road which we followed back down Pine Hill to back to our starting point. We had a total of eight walkers and walked eight kms in cold but fine conditions. It was great to be back out with our club members again all enjoyed " .*



Rhonda Bazsika - Phil Bray - Janice Hughes - Rachel Judge - Jim Law - Trina Lewis - Dave McWhinne - Kirsty van Royen - Diane Bartlett

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#### Shona McDonald Medium Slow Walkers



Lara Findlater - Rhondaa Rowley - Wendy Shanks - Sandra Winton - Gillian Wong - Sean Wong

#### Another " catch up chat " this time ...Tony Payne

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It all started when he was recruited into to Kings High School Cross Country and Track team. " Cavy Chat " was able to " track down " former club member Tony Payne ... were he is today.



**Tony helps with Marathon Race Packs 2009 - Otago X Country 2011 - Asian Games 2018**

**Cavy Chat :** Lets get started, bring us up to date, your move to the UK and, at times, Thailand ?.

**Tony :** " I moved from New Zealand to the UK in 2016 and worked as a lawyer in London for a couple of years. I have always thought about pursuing competing for Thailand, and after running a big marathon PB in 2017 (2:19:39 at Berlin) that qualified me for the Asian Games in 2018. Leading into the games I decided to give it a real go and quit my job to pursue running full time. Since then I finished 8<sup>th</sup> at the Asian Games marathon (Jakarta, 2018), National Thai marathon record 2:16:56 (Frankfurt 2018). I qualified for the 2019 World Athletic Champs, but unfortunately for the second half of last year I was plagued by injury and DNFed the World Champs and the South East Asian Games. I am also proud of my 19<sup>th</sup> place finish in the 2018 London marathon which I think I would struggle to beat going forward. In London, I run for the Serpentine running club, where the club system is pretty similar to New Zealand. In Thailand there isn't a club system, you either run for the Thailand national team or you are a recreational runner. I try to race in Thailand when I can - although it is very difficult to run in extremely hot and humid weather. "



**2018 Asian Games**



**Finishing 2018 London Marathon**



**2018 Doha Marathon**

**Cavy Chat :** What goals have you set for 2020 ?

**Tony :** " My number 1 goal is still to try to qualify for the Tokyo Olympics marathon. Unfortunately for me I need to improve my marathon PB to 2:11:30 - which is a massive improvement. I'll see how I go - but any PB would be great. "

**Cavy Chat :** Can you recall when you joined Caversham Harriers, and the number of years you were a member of the club ?

**Tony :** " I joined Caversham when I was 14 as Lyndon Brown and I were friends at school. I stayed with the club for the next seven years until I moved to Auckland in 2012. "





**2009 Lovelock Relays, Robert Brown, Daniel Balchin, Lyndon Brown, Bevan Stevens, Tony Payne, Peter Meffan.**

**Cavy Chat :** When did your interest in athletics start ?

**Tony :** " At the Kings High School XC, when I was fourth form, I decided to "try" for the first time at a cross country race. First place was cavy member Lyndon Brown - by a long way, then I managed to finish in second place. From there I was recruited into the Kings XC and track team and haven't looked back. "

**Cavy Chat :** What has been the " highlights ", that stands out ? or, maybe " lowlights " for you as a runner ?

**Tony :** " Winning the NZ marathon title in 2012 was a big highlight for me. Also breaking 2:20 for the first time in 2017 for the marathon was a big moment as it was a life-time goal to crack that barrier. My best international performance was definitely the Asian Games. I was running against most runners with PB's from 2:04 to 2:12 - and I was still able to be with the lead pack 30km into the race. Plenty of lowlights too! Probably most notably was DNFing at the world champs at only 16km last October Then following this up with another DNF at the South East Asian Games at 25km in December. I was seriously hampered by an achilles injury and I shouldn't have tried running to be honest. But these failures will keep the fire going as I won't be satisfied until I can make amends on both of those stages again. My first NZ secondary school XC race when I was 14, I finished in 158<sup>th</sup>. At that point there would have been very long odds that I would qualify for a World Championships! "



**2009 and 2010 Dunedin Half - 2011 Dunedin Half with Daniel Balchin, Mitch Hopping and Hayden Donnelly**

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

**Tony :** " Not quite answering your question, but on the way back from Christchurch to Dunedin after NZXC a snow storm hit when the vans were at Waitati. The road was undrivable and the Otago team of 20 or so was stuck. This was the year that the Otago men's senior team won the gold for the first time in 50 odd years. Facing a night in the Watati community hall, Peter

*Meffan, Callan Moody, Bevan Stevens and I (quite selfishly I must add) told the team managers that we would run home from Waitati in the snow. We were home by dinner time, whilst the rest of the team got home at about lunch time the next day. Weird way to cap off a successful weekend! "*

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

*Tony : " At the moment, I am exploring getting back into some lawyering - especially as there won't be any races in Europe for a while I think. Running is an all-encompassing hobby, but I am trying to rediscover golf at the moment. I bought my first new golf club since 2003 this week! (a new driver of course). I've also bought my first new bike to get out for some long rides to complement my running. These definitely sound like the purchases of someone who is becoming middle aged....Of course, I still religiously watch the Highlanders from the UK. "*

**Cavy Chat : What is in the CD/Music collection ?**

*Tony : " I listen to a lot of random indie, alternative music that Spotify will throw at me via some random playlist. But I always find myself going back to the Beatles and Rolling Stones if I am picking my music. "*

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

*Tony : " Difficult question. Let's say Barrack Obama, Stephen Fry and Carl Sagan. Politics, the arts and science - yes, I am that boring."*

**Cavy Chat : Not that you need a reminder ... Ponydales 2011, it can happen to any one !!! You were part of a great winning team. Have you stayed in contact with any of those from your time with Caversham ?**



**2011 Ponydales ... down but never out. 1st Senior Men with Club Patrons Ron Cain and Pat Sidon**

*Tony : " I think I have Jason Palmer to thank for that wonderful footage. Despite leaving Dunedin, some of my closest friends are my old Cavy team mates. In fact, on my recent trip to NZ, I caught up with Peter Meffan and Bevan Stevens from that Ponydales team. The other member, Lyndon - we played golf together last week! I'm also currently flatting with former Cavy member Ben Anderson and former Arika member (boo) Callan Moody. So those connections you make during your teenage years and early 20s stick for life."*

**Cavy Chat : Finally, Covid 19 has had an effect on all of us. What has been the impact on you as an athlete in regards to training, and what future events are you aiming for ?**

*Tony : " As you may have seen in the news, the UK hasn't been too strict on the lock down front regarding training...but all events are cancelled or postponed for the foreseeable future. I will try to run a marathon late this year in Europe or America if there are any races on. But at this stage it is all very uncertain! So I am just trying to maintain my fitness at a reasonable level and*

*actually using the time to experiment with my training a bit, as now is the perfect time to do it without any competitions. "*

always great to " catch-up " with " mates "



old club mates Akaroa 2015 - Lyndon Brown & Ben Anderson World XC Champs Denmark



## **Evelyn ' Bear Grylls ' Armstrong Slow and Leon Miyahara Fast Runners**

**Evelyn's Slow Runners Pack.**

*" Chilly start, run, walk, slip, slide, trees, bush, clouds, mud, snow, smiles, babbling brook, steep climb, jet planes, new track, wonderful views, cheers, bigger stream, laughs, photos, run, M&Ms, big smiles. What an adventure! "*

**Foot Note :** *there was an exchange of worried looks when Evelyn ( bear grylls ) Armstrong, suggested that if we found any dead animals it would make a good afternoon tea !!!*



**Evelyn Armstrong - Lesley McCormack - Stu McCormack - Jo Rowe - Celia Lie - Phil Coakes**

*" It was fantastic absolutely loved it thanks Evelyn "* **Joanne Rowe**

*" Thanks Evelyn for the great adventure today, it had a bit of everything and I loved it."* **Lesley McCormack**

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### **Leon Miyahara Fast Running Pack**

*" Cavy Fast Pack's first run post-lockdown. Big thank you to Leon for facilitating a great run while also ensuring we do our part to stamp out the virus. Weather held off while we crossed the top of the Pineapple track. Slices and hot drinks afterwards. Great afternoon out, looking forward to Nathan leading us out next week "* **Ben Rowley**



**Leon Miyahara - Ben Rowley - Jono Ryan - Nathan Shanks - Dave Sharp**

### **Mary Vincent Medium Walkers and Ken Fahey Slow Runners**

#### **Mary Vincent Medium Walkers Pack**

*" Had a group of 10 in our medium pack. We managed to set a good pace for the walk to stone st and though mornington and back down to burnside and back.good to see everyone had been keeping up their fitness over the lockdown "*



Jenny McLeary - John Stinson - Anne Watkins - Brian Watkins - Wendy Crawford - Mary Fahey - Angela Hawthorn

absent Eric Callaghan and Angela Campbell, who took the photo.

#### Ken Fahey Slow Runners Pack

*Ken's slow pack enjoyed an invigorating run around Port Chalmers.*



Paula Cotter - Claire Giles - Nick Heng - Sue Kim - Ken Pullar - Karen Rowley - Neville Scott

### 2019-2020 Summer Track and Field

As we, as a club start to get back to a normal "harrier season" we take the time to look back on the 2019/ 2020 Track and Field season. **Summer Club Captain Paula Cotter** was delighted, every Saturday as more and more club members turned out to test themselves against each other, and the clock, forming teams, and taking on other competitors, and being successful. Congratulations to those that will have their names engraved on the club's Summer Trophies for 2019/2020

[click here to view  
caversham track and field results 2019/2020](#)

The Virtual Trophy Presentation ... and the Winners ... are

Zeddrick Osten

Alison Newall

Hadlee Edmunds

Julie Edmunds

Emmerson Cup

Rae Deans Trophy

Beatson Cup

L G Gerrie Cup



Zeddrick Osten

Claire Giles

Xavier Donnelly

Alison Newall

Milton Cup

L K Donovan Cup

Leo Madigan Cup

Trustees Trophy



## Robbie Burns ... the Caversham Connection

You maybe wondering what the connection is with Robbie Burns, Caledonian Ground and Cavy. Current club Members **Ian McDonald**, **Keiran Columb** and **John Stinson** are all Life Directors of the Caledonian Society of Otago. The following is an extract from *Cabers and Ceilidhs the 150 Year History of the Caledonian Society of Otago* published in 2012



Ian McDonald with Pat Sidon

Keiran Columb

John Stinson

In 1879 the idea of a Statue of Robert Burns for Dunedin was first mooted. It was widely expected that the Caledonian Society would take the lead in the movement, but no-one approached the Society and the Society didn't volunteer. The Caledonian Ground however was involved with one of the fund-raising efforts. This was a Grand Fete by Electric Light

which took place in the Evening of Friday September 25th 1885. It turned out to be a total fiasco. For a start the weather was atrocious with a cold wind howling across the ground. Then it was found that the new-fangled Electric Light wasn't the success that had been anticipated. The first item on the programme was a Highland Fling which, according to the Otago Daily Times was not watched with any great amount of interest for the all sufficient reason that it was Danced in the Dark. Next came a Bicycle Race of which the Spectators saw about as much as they did of the Dancing. After the Race the Light burned brightly for a while and the Footballers who were to play in the Match English vs Scotch entered the arena. The Light then went out. The game itself was shrouded in darkness and the result is shrouded in mystery. The crowd swarmed over the ground and everything was disorder. A number of young folk danced on the green to the inspiring strains of the Bagpipes while other more frolicsome spirits secured a long rope and chased one of our worthy City Fathers in the vain attempt to entangle him in its coils The rope used for the tug of war was then seized by the crowd but the Committee interfered. After some rough pulling about the Police were called to their assistance and the crowd gradually dispersed,

The Statute Committee later wrote to the Caledonian Society enclosing a statement of the proceeds of the Fete which, in fact, resulted in a loss. The Society gave a 10 Pound donation.

And the Caledonian Ground, ... the original was in Anderson Bay Road, were The Warehouse now stands. Club social runs were held in the 80's on Wednesday evenings at 6.00pm, up to 15 took part, heading north to the Gardens, up the gruelling " bullock track " through the " town belt " and back to the Caledonian.

## We remember ... Alice Olsen

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Former Caversham club member **Alice Olsen**, passed away peacefully on 27<sup>th</sup> of May 2020 at the age of 94. In 1977 and 1978 Alice won a string New Zealand Veteran Titles, these included track titles, 100m, 200m, 400m, 800m, 1,500m, 3,000m, Road and Cross Country events. Alice was Club Secretary in 1984, and was an initial organizer of Women's Age Group Running in 1977, which was a major breakthrough at that time, and was a passionate advocate for the rights of Women Runners to compete in any event they chose to do. When she was no longer directly involved with the Club she was an interested spectator for many years at the Brighton Green Island Road Race, she lived in Waldronville and liked to come out on that day, sit on the fence and encourage everyone along as they went past which was always much appreciated.

## Annual General Meeting ... be a part of it !

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