



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!

Cavy Chat – November – December – 2017



Jan – Feb Summer Runs @ Walks – Track and Field – Off Road Fun



Didn't take long for our "trail runners" to hit the bush to see in the New Year, while Alison and Steve adopted a more relaxed approach on two wheels in and around Central Otago.



Down at the track Petra, Alika and Caitlin were enjoying great form. Claire and Alison were relaxing between events.



The walking group, all keen to meet up go exploring. Meanwhile, somewhere up north, **Jake Jackson-Grammer** was found sleeping the night off ! at Hot Water Beach.



Nathan, Luke, Andrew, Stu and Ben made the "Big Easy", look easy, while **Kerry** was equally impressive.



Massive support from club members was instrumental in getting **Katie, Alika, Jordan, Caitlin and Petra** to the Inter-Provincials in Masterton. Walker come runner **Donna** was "Stumping the Hump" in grand style

Mar - Apr Children's Prizing Giving : Stadium to Surf : Opening Day



The "caretakers" of the "Cavy Kids" **Ken McDonald - Pip Jack - Malcolm Giles - Donna Young - Carol Evans-Tobata - Gillion Wong - Glenn Sutton and Evelyn Armstrong...** they feed them as well.



Claire, Dave, Graice and Janice all on there way from the Stadium to Surf.



When the word got out that they would be a "big cake" the boys gathered, Ken, Josh, Zinny, Jonah, Matthew and Jake



What we all look forward to, "Opening Day" of the Winter Harrier season. Wasn't long before we were sharing with our friends from Civil Service.

Barkley Marathon - " the race that eats it's young "



Northburn .. Kepler .. Badwater .. Coast to Coast, ... and then there is the **Barkley Marathon**, ... many start, but few finish, entries are limited to 40, in 2017, of those 40, only one person finished ! ... it's interesting to say the least !

Officially, it consists of five loops through Frozen Head State Park in Tennessee, totaling one hundred miles, but most participants believe it to be closer to 130. Runners must ascend and descend about 120,000 feet of elevation-the equivalent of climbing up and down Mount Everest twice. And all this must be done in just sixty hours.

It costs only \$1.60 to enter. An application must be sent to a closely guarded email address at precisely the right minute on precisely the right day. The email must include an essay titled "Why I Should Be Allowed to Run in the Barkley."

You must then complete a written exam that asks, for instance, "Explain the excess positrons in the flux of cosmic rays" and "How much butter should you use to cook a pound of liver (with onions)?" New runners, known as "virgins," must bring a license plate from their state or country.



"Veterans"- returning runners who did not finish-must bring an item of clothing. One year it was a flannel shirt. Another year it was a white dress shirt. This year it's a pack of white socks. The few who have finished the course and are crazy enough to return, known as "alumni," need only bring a pack of Camel cigarettes.

[CLICK HERE](#) ... PHOTOS FROM THE TENNESSEE MOUNTAINS AND BARKLEY'S

May - June Lovelock Relays : Club Cross Country



Always plenty of happy, smiling club members, either before, or after their Lovelock Relay run.



We were blessed with a guest appearance of Josh Baan, but not many words can be said about our Lovelock Relays "lap scorers" !!!

" make it 5, ...no, 2 to go !!! "



Ben

Karen

Glen



Jen

Ken

Sue

High flying at the Club Cross Country

Jul – Aug Edmond Cup : Brighton Green Island : Ron's Team at Work



No problems for our "cavy kids" at the Edmond Cup ... where as Donna puts in a request to lower the hurdle !



Steve and Ken on their way to Green Island ... a great afternoon with our friends from Fiordland Harriers.



" Ron has done what ? "



" come on Stu, hurry up with the tractor "



" no no, put it in neutral, release hand brake ... better put your seatbelt on "

Alex Brown - Successful Race Walker

Caversham Member **Alex Brown** has been making a real impression in the early months of the 2017-18 Athletics Otago Track and Field Season setting a high standard in the difficult art of Race Walking. On November 11th at the Caledonian Ground Alex set a new Otago Men 16 3K record by 40 seconds recording a time of 15.04.18.

Alex joined the Caversham Children's Section as a 7 year old unfortunately classed as a Grade 8 Athlete being born at the end of the calendar year. He competed regularly on Saturdays except

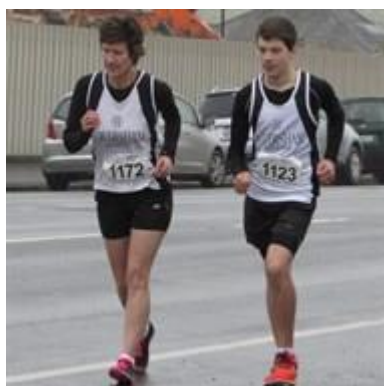
when he was a Grade 9 Athlete. Alex first started Race Walking as a 10 year old in 2011 and competed at the Colgate Games held that year in Dunedin. His mother Evelyn says there was no particular reason why Alex took up Race Walking he just decided this was something he would like to do and went ahead with it. Alex was initially fortunate to be seen by **Julie Myers** wife of former Distance Running Coach **Jim Baird** who taught Alex about the need to have locked knees and other technical aspects of Race Walking. Julie was a big help to Alex in his first year. Alex won at the Colgate Games that year and successfully defended his title the following year in Nelson. Alex missed defending his title again in 2013 as the family were living in Canada at that time.



2014 Lovelock Relays

2014 Barnes Cross Country

The Colgate Games were back in Dunedin in 2015 which was Alex's last year in the Children's Section. Alex was particularly keen to win the 2K for the final time and was quite anxious in his build up to the event. Club Member and fellow Race Walker Julie Edmunds helped a lot with pre race preparation and Alex came through to win which was very exciting for everyone involved with him. Alex won Otago titles each year except the first one following a scooter accident in Bedford Street for which he still bears the scars.



2015 : (L - R) Ted Brown - Athletics Otago Age Group Championships with Julie Edmunds - 2015 Brighton Green Island

On becoming a pupil at Kings High School Alex found there was no Race Walk scheduled for the Kings Annual Athletics Sports. Evelyn discussed the problem with Geoff Anderson who advised they should approach Grant Koedyk the teacher in charge of athletics and advise him that Alex was a Race Walker and would like to compete for the school, resulting from this Alex won Otago and Otago Southland Secondary School titles and went on to the South Island Championships where he finished third to Jamie Shaw (who came along to Caversham this year). Alex went to the National Championships in December 2015 and finished 3rd by 0.11 of a second. In 2016 Alex won Otago, Otago Southland and South Island Secondary Schools Titles and finished 2nd at the Nationals in Auckland in a PB of 15.54. In 2017 Alex has again won Otago, Otago Southland and South Island titles and will be competing at the National Championships in Hastings held over the first weekend in December. Alex has won Otago Championship titles each year since leaving the Children's Section at the end of the 2015 season. Alex aims to Walk 3K in under 15 Minutes and 5K in under

25 Minutes while he also intends competing at the National Track and Field Championships held in Hamilton next year.



2016 : Otago/Southland/South Island Championships - VP5000 Walk - Showing form at Club Cross Country

More regular quality coaching has played a big part in Alex's latest run of successes. Bart Jones in Wellington has given plenty of technical advice and also requested Jamie Shaw to help Alex with his Race Walking Technique. Caversham Club Coach Dave Stinson has also played a big part in providing Alex with a training schedule designed to greatly improve his fitness and stamina levels. Alex went to the National Road Races this year and won Under 18s 5K, while he also won the 10K U18 race at the National Long Distance Championships held in Timaru in September.



2017 : Ted Brown 1500, Alex with Jamie Shaw - Athletics Otago Road Champs

According to Evelyn Alex is still not the most enthusiastic trainer away from the track but is definitely improving in that regard and enjoys their combined early Evening training outings apart from the occasional encounter with abusive motorists. Aside from Race Walking Alex enjoys rowing for Kings in the Summer and like most of his age group enjoys computer games with a particular fondness for Star Wars and Star Trek.



2017 : On the Track - Peninsula Relay - National Champion

On Sunday 3rd December 2017 Alex won the 3K Track Walk at the National Secondary Schools Championships in Hastings

Alex is proud to be a Caversham Club Member and is grateful for all the support the club has given him in furthering his Race Walking ambitions. Having already accomplished so much in this technically demanding event Alex can confidently look forward to achieving many higher honours as he continues his path towards Senior Race Walking status.

Sept - Oct Closing Day Run ; A Few Cavy Champs



A great way to wind down the 2017 Winter Season. Nick feels out of place, he forgot his "cavy top". Later, back at the clubrooms it was time to reward a few members for their achievements throughout the year.



Blair



Brooke



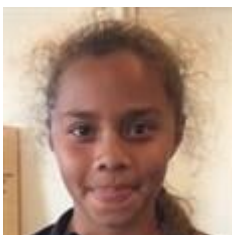
Colin



Claire



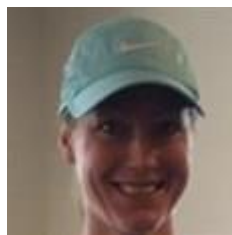
Dave



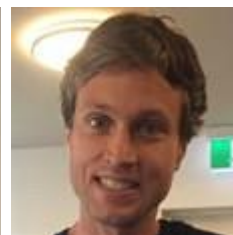
Darcie



Leon



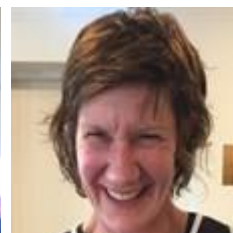
Jen



Luke



Laura



Nathan

Paula

Scott

Julie

John



Leila

Kerry

Karen

Kerain

Katie

Nov – Dec Very fine Form at the Track : Cavy Members World Wide



Not really out of the training manual, but for **Zeddric Osten**, there was a "PB" to be had among these efforts. Mean while **Ken McDonald** had done enough for the day.



The O'Briens in the Himalayas

" There are many races I think I could probably do if I trained hard enough and made a bit if effort. The Everest marathon is not one of them " Jill O'Brien



Caitlin is waiting at an altitude of 5000 while Mum Jilly is leading the "Yak Pack" to the Base Camp.

The Youngs in Canada



Donna and the kids stay warm by the fire, when Richard heard of the "hot Dunedin weather" he took on what he would normal do under those conditions ... "sunbathing" ... it's snow nice "

Merry Merry Xmas --- Happy Happy New Year

