



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!

Cavy Chat – November – December 2018



" we are 5 years older now, we love Xmas and we wish everyone all the best and a great 2019 ... now a look back on the Year ... that Was

JANUARY

FEBRUARY

MARCH

Colgate Games, Timaru (12th Jan) proved to be very wet, Great efforts by our 6 Cavy athletes Katie, Alika, Jordan, Darcie, Shontel and Chev.



The 2018 Oceania Masters Track and Field Championships were held in Dunedin. Great performances from club members Claire Giles, Geoff Anderson, Alison Newall, Ken McDonald, Sophanna Parsons, Jim Kerse, Paula Cotter, Zeddrick Osten, Julie Edmunds, Jen Hodgson and Stu McCormack. Between them, the medal haul was, 26 Gold, 11 Silver and 10 Bronze.



Batman ? ... no ... Fatman from Fiordland

Club members turned out of the **New Zealand Masters Games**. those who took on the 7.5k Mountain Run. were able to catch up with former All Black Sir Byan Williams.



" A Chat " With Gail and Dave Sharp

Apart from Dave having a brief absence, Gail and Dave Sharp are well established club members dating back to 1996 . **Cavy Chat** caught up with both recently ... for a " Chat " .

Cavy Chat : Let's start by asking you both, Are you "Park Run Junkies" ? . How many have you run ?, and where ?

Gail : " Yes I guess we are, and have the tattoo to prove it !. I`ve ran 184 parkruns. 159 in Dunedin, 14 throughout NZ, 3 in the UK, 7 in Australia and 1 in San Francisco. Early next year we will be adding Cape Town and Johannesburg to the list. My two favourites would have to be Queenstown and Western Springs in Auckland....

Dave : " I've ran 131. 106 in Dunedin and all the others that my lovely wife has done. My favourite would be Porirua. When Gail and I were in London in 2016, we were lucky enough to do the Bushy

parkrun, where parkrun originated from, so that was pretty special



San Francisco



Adelaide



Wanaka

Cavy Chat : When did you both join the Caversham Club, can you recall that day ?.

Gail : " I joined Caversham in 1996. I don't remember that first day but I do remember my first walking race as a member. It was the Clyde-Alexandra 10km Walk which I won. "

Dave : " I was introduced to Caversham Harriers by the late John McDonald who I played football with. John invited me along to run the Brighton/Green Island road race and afterwards went back to the clubrooms for afternoon tea, which was great. I went home and told Gail and she joined the following week! haha "

Cavy Chat : Gail, seems that your first interest was to be a complete walker, is it now a matter of being a runner ?.

Gail : " I started running in 2005 but was still involved in some walking events. I class myself as a runner now, and enjoy cross country over road running."



2010 Marafun



2014 Ponydales



2014 Barnes



2018 Port Road Race

Cavy Chat : And Dave, a brief stint at another club !.

Dave : " Yes in 2008 I had one season with Leith Harriers, needless to say Gail was not impressed. There was a bit of peer pressure involved ". (rumour has it that he was asked to buy a " singlet " ! Ed)

Cavy Chat : Talking of " singlets " how old, and how many K's relate to the current one ?

Dave: " That singlet is 22 years old,not sure how many Ks it `s done but seen plenty of sweat,with more to come "



2016 Te Anau



2015 Lovelocks

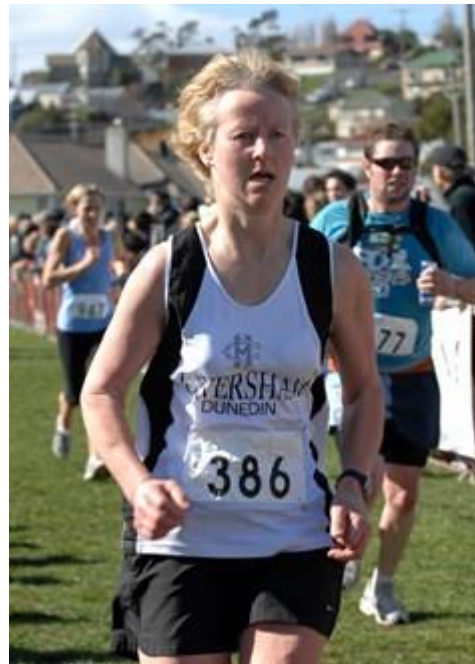


2018 Club Cross Country

Cavy Chat : What do you regard as a highlights of your athletic career ?.

Gail : " Highlights to me came as a walker with numerous wins. I received letters of congratulations from Caversham Harriers when I won the Dunedin Half Marathon walk in 1997, then in 2002 from Sukhi Turner (Mayor of Dunedin) when I won the King of the Mountain 10km walk, and Arika Harriers on setting the walkers record for the Karetai Challenge (along with \$50 to recognise that achievement). I am most proud of completing the Papatowai Challenge for 20 consecutive years (and counting). I walked 12 (winning the first 6) and have ran 8. "

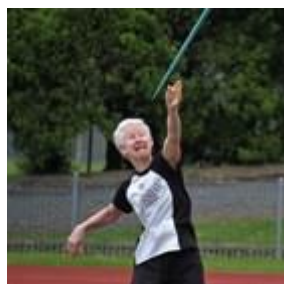
Dave : " Every time I put my running shoes on is a highlight."



2002 Dunedin Half Marathon, Dave along side the late Andrew Sime, Dave's time 1h25m29s. Gail finishing the 2007 Dunedin Half Marathon in 1h58m04s.

Cavy Chat : There was a recent appearance at a Track and Field meeting. Sprinting, Javelin, Discs, Shotput, Long Jump !. A " senior moment ", or a showing of " hidden talent " ?. Was it enjoyable ?.

Gail : " Definitely a senior moment. Not so good on the field, but enjoyed running on the track. "



Dave : " Would probably be hidden talent - really enjoyed the javelin and doing something different. Thinking about giving up work and doing javelin full time! "



Cavy Chat : Athletics aside, what other hobbies / interested do you have ?.

Gail : " Hanging out with the grandchildren, reading, and the odd travel " .

Dave : " Steampunk, and Gail's To Do List. "

Cavy Chat : Which 3 famous people would each of you invite to dinner ?.

Gail : " Prince Harry, Adele and Ed Sheeran. "



Dave : " Sir David Attenborough, Andrea Bocelli and Kilian Jornet. "



Cavy Chat : What are you hoping to find under the Xmas tree?.

Gail : " Our eldest daughter and 3 grandchildren are coming over from Australia for Christmas, so that's the best present I could ask for. "

Dave : " Happy with whatever Santa brings. "

Cross Country ... a lot of fun .. for some ... X Club Member Tony Payne



A good day at the office with the annual running of the **Ted Brown** and the **McStay** races. Congratulations to **Sophanna Parsons**, this years winner of the McStay cup and to **Claire Giles** winner of the Ted Brown.



" sorry Colin maybe next year for you "

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



Ponydales



" steady "



" careful "



" oh no "



" down "



" and out "



" I am ok ! "

can happen to the best of us ... Tony Payne Ponydales 2014



Tony is currently knocking over marathons in Asia and Europe, he served his apprenticeship making up Race Packs in our clubrooms around 6 years ago for the Dunedin Marathon.



2009 Race Packs



2010 Half Marathon



2018 Asian Games Thailand

Great day for Caversham at the **Edmond Cup** Well done to all our trophy and medal winners and take a bow to all who took part. Cavy you were brilliant!. One **Claire Anderton** had her eyes on it, but, it was **Blair Martin** who won the Pat Sidon medal, for the third time.



Blair



the prize



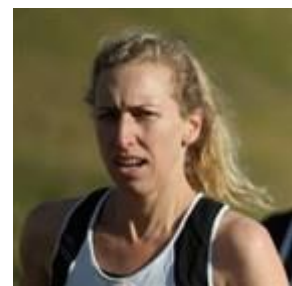
the eyes

Otago CC Champions - Brighton to Green Island - Taming the Peninsula



2018 Otago Cross Country Championships - Saturday 21st July

2018 Otago Cross Country Championships. Caversham was well in the mixed with four coming away with Otago titles, and backed up very well by fellow club members. Young **Becky de la Harpe** kicked the afternoon off in winning the Women U15 in a time of 13:25 over 3km. Other winners, **Heather Evans**, Masters Women 35-49, 28:20:05 (6km). **Geoff Anderson** took out the Masters Men 50+ in 34:15:03 (8km) and in the Masters Men 65+, it was **David Stott** in a time of 37:04:02 over 6km.



David Stott

Heather Evans

Geoff Anderson

Becky de la Harpe

2018 Brighton to Green Island

A good spread of both runners and walkers. Big congratulations to **Jo Rowe**, first one into Green Island in 54. 57 and winner of the Butterfield Trophy. **Nathan Shanks** was the fastest male in 37.13 and takes home the Cuthbertson Cup. The Women's Trustee Tray for the fastest women went to **Julie Edmunds**, a time of 41.40.



Jo Rowe

Nathan Shanks

Julie Edmunds

2018 Peninsula Relay - Cavy - Cavy - Cavy - 1st - 2nd - 3rd - 4th and 6th



1st Karen, Jen, Caitlin, Jilly, Alison

2nd Evelyn, Jo, Gail, Stu, Lynn



3rd Ken, Dave, Nathan, Gordon, Ben

4th Paul, Matthew, Donna, Paula, Neville



6th Ben, Nick, Steve, Sophie, Claire

A well earned rest

Mad (maybe) Masters

One would think that as you get older, you get a little wiser, but it seems that there are some that go to lengths to try and be a little smarter, or so they think



" Want you to keep an eye on Stu and Neville, " Let's keep this all nice and in the spirit of David, they could be up to something "

things, Stu, no funny stuff ... ok "



" You all ready Nev, you bet Stu, this will be a peace of cake ... mate " *" hell, this is easy, eat my dust ladies "*



" Neville Scott, don't go any where I want to speak to you " *" hope you have had plenty to drink Neville come with me to the " boys room " we need a few samlpes from you "*

Peggy Calder - Summer Walks - Catlins - A Wedding



Peggy Calder Track and Field

It was a great day down at the track for the Peggy Calder meeting. A whole heap of fun and athletics with good people from Leith, Ariki, Hill City, Taieri and **Caversham**. Inter club rivalry the way it should be. **Caversham** retained the trophy for another year.



Dave and Stu

Alison

Neville

John



Claire

Lesley

Zeddric

Paula

Summer Walk Saturday

Keiran has his Summer Walks underway latest was a walk around the streets of the Brighton township for thirty minutes and then headed down onto the Brighton Beach, walked South on the Brighton Beach for about 30 Minutes before turning back and walking around the Brighton Domain followed by cup Tea/ Coffee at the Brighton Cafe.



Photo by Diane Bartlett

Cavy in the Catlins Saturday 9th December

A great run and walk in the deep south of the Catlins on Sunday 9th December. Great people and amazing scenery. Lunch in Owaka afterwards wasn't too bad either, will do it or similar runs/walks like that again in the New Year.



Photos by Lynne Kerr - Sophie Stokes : Donna Tumaru

Sue Kim and Ken Pullar Wedding Saturday 15th December

" It was an exceptional day for us all and we were charmed and delighted to be part of Sue and Kens wedding celebrations. What a lovely day. Nice to see so many club members turning out in their uniforms to honour the bride and groom." Stu



It has been said, and it is true, can have your cake and eat it too

Have it looking like a shoe, colour it, green, pink and blue.

A piece for Ken, and one for Sue, plenty left, for all of you.

Merry Xmas Everyone.