



**CAVERSHAM**  
HARRIER & ATHLETIC CLUB

We run  
marathons!



## Children's Athletics

We must not forget that the "black and white" singlet is out in force. Through out the summer the "Cavy Kids" are under the guidance of Evelyn Armstrong and Ken McDonald. Cavy Chat spoke to Evelyn

**Cavy Chat :** How many children are there in the Children Section this year ?

**Evelyn :** There are 42 kids in total, 24 are registered to compete on Saturdays and the rest just come on the Tuesdays.

**Cavy Chat :** What is the mix of girls and boys ?

**Evelyn :** We have 25 girls and 17 boys.

**Cavy Chat :** What are the types of events they take part in ?

**Evelyn :** The 7-9 year old do 60m, 100m, 200m, long jump, discus, shot put and turbo throw. They also do various activities using the IAAF kit. The 10-14 year old do 100m, 200m, 400m, 800m, 1500m, long jump, high jump, discus, shot put. They do hurdles, the length of the race depends on their age and the same for track walk. Strangely the maximum they run is 1500m but the longest walk is 2000m.

**Cavy Chat :** What meetings are coming up for them this summer ?

**Evelyn :** The big athletics meeting this summer is the South Island Colgate Games these will be held in Dunedin from January 16th-18th. There are 941 athletes entered ( 23 from Caversham ). The 7-9 kids compete in groups of 8 with pennants for 1st, 2nd and 3rd being awarded. For the 10-14 kids there are heats and finals and medals are awarded to 1st, 2nd and 3rd.

Help is required at the games, if you can help in anyway please send email to [bswattnow@gmail.com](mailto:bswattnow@gmail.com)

Thanks to **Ken McDonald** he has captured the "Cavy Kids" in action. Click [HERE](#) to view some amazing performances, some very enthusiastic children who really know how to enjoy themselves.



## Summer Runs - Walks and Masters Track and Field

You could argue that spring and summer have not been the greatest, but that hasn't stopped clubmembers from getting out and about. Running, Walking and Track and Field



Runners **Kerry, Karen, Ben, Stu, Peter, Rex** and **Bronwyn** taking on the Silverstream/Swampy. View further of our runners in action . Click [HERE](#) Photos by **Peter** and **Rex** via Facebook





A very large group of Walkers taking in the sights in and around Roslyn lead by **Dave McWhinnie**. The last of the summer walks took place at the Historic Farm at Matakana, **Donna** spoke for the group " *Many thanks Kieran for all our great summer walks*". **Donna** was also busy with her camera, Click [HERE](#) to view some wonderful photos of their day "down on the farm".



At the Track and Field **Alison, Stacy, David, Ron** and **Zeddric**. Cavy members always out in force either competing or as officials. View further action. Click [HERE](#) Photos by **Ken McDonald**

## Peter Hughes

You can not but admire those who take on the enormous task of seeking a more healthy lifestyle. In 2007 clubmember **Peter Hughes** tipped the scales at 130kg, Peter applied a self-imposed weight-loss programme which lead him to taking on the 2007 Cadbury Dunedin Half Marathon, completing it in 3h07m24s, he joined the Caversham Harriers the following year. "I was sick of running by myself and the clubrooms were handy to where I lived". Peter had shed over 45kg and in his first marathon recorded a time of 3h43m00s in 2008 and has since taken on the likes of the 50km Northburn and likes the thought of doing a sub-4 hour marathon at the age of 60 and true to his word Peter ran that marathon at Queenstown last month in a time of 3h56m57s. Quiet an amazing journey by a very determined man and he topped it off by just completing what he says is his "first and maybe last Kepler Challenge" ... find this very hard to believe ?

**2007 Half Marathon**

**2012 Marathon**

**2014 Kepler Challenge**



## Kepler Challenge 2014

Roger Leslie 1,000mtrs up on his way to a 9h16m39s finish.

Ahead

Glenn Sutton 6h19m52s

Bruce Adams 9h07m50s

Behind

Peter Hughes 9h54m57s



Profile - Donna Young as "Ruthie Morgan"

One of the clubs regular performers during the winter has been **Donna Young**, but, did you know that there is another much cooler,clever and faster version by the name of author **Ruthie Morgan** ?. Donna enlightens us, *"I've been writing as long as I've been running, and for those of you that know me, that's quite a long time. I write under the pen name of Ruthie Morgan, "Skylark" is my first work of fiction and I'm thrilled to say it's available on Amazon and most other online book retailer sites. "Skylark" is a contemporary love story, a story about obsession and addiction, about the pull and power of negative forces and about being a parent and a partner and the challenges of these dualistic roles."* Donna adds *" If you are easily offended it's not for you"* - but if it sounds interesting click [HERE](#) for the Amazon link, ( type **"Skylark a Novel"** in the **"Search Box"**. It has a 5 star rating and is available for purchase straight to your Kindle or in paperback.



## Jonah Smith Otago 10,000 Champion



Congratulations to **Jonah Smith** on another Otago title. Taking out the 10,000 meters on Saturday in a time of 36m49.28s. Jonah has twice been the Otago Junior 3,000 meter Steeplechase champion. It's been very successful year for Jonah, he was runner-up in the Otago Half Marathon Championships and the Peninsula Challenge. Well done Jonah a great 2014.

## MERRY "FITNESS" AND A VERY "CAVY" NEW YEAR

Ever since the last club run from the Clubrooms there has been reports of activities within the building. Was the redevelopment already underway ?, or was it this clubmember getting ready for his club run ? . Last Saturday he was seen leaving the building heading to a place near you ! ho...ho...ho



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