



**CAVERSHAM**  
HARRIER & ATHLETIC CLUB

We run  
marathons!

## Cavy Chat September – October 2019



## Peninsula Relay Saturday 21st September 2019

The 2019 Peninsula Relay had a "handicap" in more ways than one, much has been said and has a lot divided on as to why it has left a lot of unanswered questions which in the end resulted in a number of teams "disqualified". All of this aside, there were those that were "buzzing" and those that found "the rules silly".

*"The general buzz and atmosphere was awesome and following your teammates in a vehicle and cheering them on and other club mates on the course has a different feel to it, hard to describe but everyone fizzes, whether it be cheering or the usual fun banter which is what's it all about, bit like road relays where it's a different kind of fun if that makes sense"*

*"Well, the reason I didn't run this year's relay is because of the 'silly' rules. It was my little protest to say it was crap. I'm not going to participate in an event run like this. There were other people that did the same.... It is such a shame"*



Cavy Dolphins



Karen

Meanwhile, out and around the course was one very happy **Karen Rowley**, the accuracy of her submitted race times were spot... or was it a hint of delight knowing an opposition team was experiencing a 10minute delay ???

**Cavy Dolphins 3<sup>rd</sup> 2h46m51, Sharks 5<sup>th</sup> 1h49m22s ( 3<sup>rd</sup> Fastest Time ). Seals 6<sup>th</sup> 2h20m41s, Albatross 8<sup>th</sup> 2h32m53 and the Barracudas 9<sup>th</sup> 2h09m.38**

## A " chat " with new members Jo - Ben - Michelle - Jono

---

There is always a big warm welcome to new members and it is interesting to find out their impressions of being apart of the club. The best way was to have a " chat " with.

**Joanne Rowe**



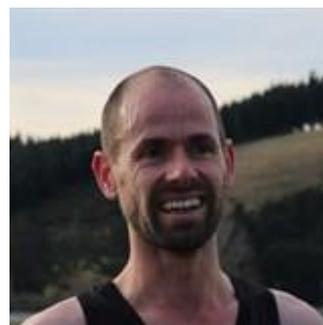
**Ben Pigou**



**Michelle Watt**



**Jono Ryan**



### **Cavy Chat : When did you join the Caversham Harriers , and why ?**

**Jo :** " I originally joined for a year in 2009 but fell pregnant so didn't continue with the club. I then rejoined last year (2018) and was determined to stay. I had put on a lot of weight after my fourth child and had periods of getting fit, then losing my fitness as family life took over. I didn't want to commit to a club then end up dropping out again so waited until I had a handle on my fitness and a running goal I could meet. I was running the Dunedin Marathon and knew the club would help me achieve that - and they did "

**Ben :** " I joined the Caversham Harriers in July 2018, My first day was the Brighton to Green Island road race, I was working with Murray at the time and he suggested that I come along and see what its all about "

**Michelle :** " I joined Caversham Harriers in April/May of this year, main reason was I decided to get back into competitive running after having a break doing other things. I meet Steve Stewart via the gym being his Personal Trainer and lets just say as soon as I mentioned thinking about joining a club I realized it wasn't a hard choice to which one I would join "

**Jono :** " I began attending club runs in 2018, and joined as a member this year. I was keen to run with others more regularly, and was curious to learn more about the club "



**L-R - Jono 2018 Brighton Green Island / Jo 2018 Dunedin Marathon / Ben 2018 Peninsula Relay / Michelle 2019 Edmond Cup**

**Cavy Chat : What are the things that you enjoy as a member of the club ?**

**Jo :** " I really wish I hadn't waited so long to come back to the club, the camaradery is fantastic and I really didn't need to worry about my fitness level, Cavy have a massive variety of people and fitness and everyone will fit in somewhere. I love the fact there is no judgement, at events you just do your best and it's about enjoying it and being a community of runners or walkers together. We don't tell each other off for not winning, we just celebrate with those who have and just love being in a competition with great people who are having fun ".

**Ben :** " I enjoy competing in all/ if not most of the events during the season, and the competition is so good! Also the support from all other club members is great! especially as such things as Parkrun or races "

**Michelle :** " The people! Everyone is so welcoming, supportive and friendly I instantly felt part of something awesome "

**Jono :** " Great people! As a new member, I have appreciated the warm welcome and encouragement I've received. I enjoy participating with such a broad range of people: younger and older, first-timers and experienced members, track sprinters and trail sloggers, social runners and serious athletes. It's good to be part of a club with a significant history, and to benefit from all the wisdom that comes from that. And Stu and Dave's banter on weeknight runs always puts a smile on my face.... "



L-R Michelle 2019 Ponydales / Jono 2019 Barnes CC / Jo 2018 Club CC / Ben 2018 Clyde-Alex

**Cavy Chat :** Do you have any thoughts or new ideas on any of the clubs activities ?

**Jo :** " I think starting a creche this year has been fantastic and I tell all my friends about it, I think once the news gets out there new mums will realise they can be part of such an amazing club and have their child/ren well cared for whilst they have fun. I love the activities that we have and the increasing number of photos taken each week is great so that everyone can see what the other groups get up to. Activities where we have to look for something or run from point to point and take snaps are great fun, I love those events."

**Ben :** " Some more coaching support for newer members could be really beneficial to help keep people injury free and enjoying their running even more "

**Michelle :** " Not right now I enjoy all club events "

**Jono :** " One idea that came up in conversation recently was having occasional workshops on topics relevant to running (training, nutrition etc.), and I reckon that would be really interesting ".

Coming up ... More Chat with Jo - Ben - Michelle - Jono

## Closing Day

As we look ahead to " Track and Field " and " Children's Athletics " here is the wrap-up of the past Harrier season at the clubrooms on Saturday 28<sup>th</sup> September 2019. An enjoyable afternoon and the time to reward many successful members who gave it their all over the past 6 months, or more. Was also the time to give a big thank you **Maria Sleeman** and **Charlotte Meiklejohn** and the Marathon Committee on another very successful Dunedin Marathon.



**Winter Aggregate Points Trophy Winners and Others**



**Bartlett Shield Nathan / Harrison Cup Katherine / Festival Cup Leon / Cowie Cup Ezekiel**



**Junior Women's Aggregate Tray Caitlin / Male Walkers Aggregate Cup Jim / Women's Aggregate Tray Lesley / Pat Sidon Medal Jonah**

heard from over in the corner ...



" were looking at a trophy for " boot camp mother of the year " , but couldn't come up with one, sorry Claire ! " ... " you can have my cup, sis "

## More Chat with Jo - Ben - Michelle - Jono

---

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

**Jo :** " Like a typical runner, I berate myself when I don't think I've done my best, or I'm the slowest on the field at events, but then I remember it's better to be there and enjoy it than be home on the couch! Highlights are the weekly runs, the chats to everyone, and managing to continue to run marathons. A low light for me this year has been an IT band rupture and Labral tear I sustained in the Chch marathon, I'm on the mend but certainly not back to my best and it's frustrating. Typical runner :-)"

**Ben :** " The Highlight for me: Would be meeting so many great like minded people and making some friends and connecting with people on all different levels. A low light would be not winning a trophy this Season (but it is my first ) "

**Michelle :** " It's all been a highlight so far! "

**Jono :** " The Brighton - Green Island club race has been one of my favourites in the club calendar so far. And I enjoyed the Dunedin half-marathon this year it was such a beautiful, crisp spring morning - Dunedin at its finest! "



L - R Ben 2019 Ponydales / Michelle 2019 Port Road Race / Jono 2019 Edmond Cup / Jo 2019 Lovelock Relays

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

**Jo :** " I'm a CEO in a fantastic social sector organisation and mother to 4 so life is pretty busy. I love to paint but don't get as much time as I would like on it. Reading is a massive hobby for me, I love to learn and usually have at least one academic book and a good thriller on the go. Church on a Sunday is an important part of my week, I have much to be thankful for in life. "

**Ben :** " Away from running, I work for BOC Gas as their delivery driver which I am enjoying! and when I'm not at work or with the Harriers I can be found catching up with my friends and family and finding the best Caramel slice and coffee around Dunedin "

**Michelle :** " I am currently studying a BSc Major in Psychology at the University of Otago and work part time as a Personal Trainer. My main interests are running, and sport and Exercise Psychology. "

**Jono :** " As far as work goes, I'm a Presbyterian minister, and I currently lead a community in South Dunedin called "The Seedling. We're involved in South Dunedin at a neighbourly level, and work closely with Presbyterian Support Otago. Alongside that, life with two young boys keeps me fairly busy, but we do enjoy getting into the outdoors as a family, either tramping or cycling."

**Cavy Chat :** There is a " Club Run/ Walk " and " Bring a Plate " What do you like to see on the " Menu " ?

**Jo :** " *Gluten free stuff! So many people have food allergies these days we all need be aware. That said, just healthy food would be great, although I think being able to have cake and scones is probably why many people run lol* "

**Ben :** " *I think the Club runs are great! but my favourite would be getting up into the flagstaff areas or the Otago Peninsula, for the 'Bring a plate' anything sweet! As I have a chronic "sweet tooth" "*

**Michelle :** " *I always crave something sweet after a big run so I have to say pretty much cake of any kind* "

**Jono :** " *The famous Cavy afternoon teas never disappoint. My appetite is normally for savoury rather than sweet, but after a long pack run, I'm not picky!* "

## Craig Currie

---

At the closing of the Harrier season the club were honoured to receive the **Craig Currie Memorial Cup**. The trophy has been donated by Neale and Kathleen Currie. It is to be awarded to the first Masters 50+ Walker in the Brighton to Green Island event.



**Dave McWhinnie** on behalf of the club accepts the " **Craig Currie Memorial Cup** " , **Craig 2011 Brighton to Green Island** .

" *We donated the cup because the Caversham Harrier club was so much of Craig's life, he got a lot out of the walking and the friendships and he loved marshalling so much, and also, when others did it for him, we thank you for all your support* ". **Kathleen Currie**

## Track and Field

---

With the Harrier season behind us, it is time to look to " **Track and Field** " and " **Children's Athletics** " The season got under way on 12<sup>th</sup> October, everything you need to know is on our Website. [Click Here](#)



**Paula**

**Oliver**

**Julie**

**Andrew**

**Katie**

**Alex**



**Caitlin**



**Ezekiel**



**Jordan**



**Hadlee**



**Becky**



**David**



Zeddrick



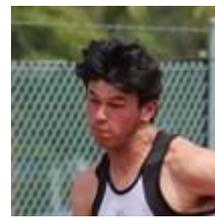
Alison



Gordon



Claire



Matthew



Neil



Laurie



Evelyn and Gillian



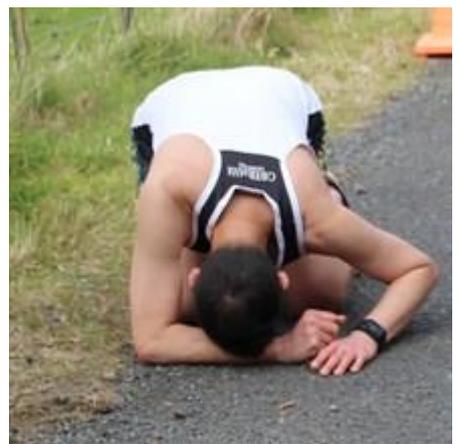
Malcolm

There will also be regular emails from Summer Club Captain **Paula Cotter**.



It is rumoured that " track and field " is preferred by a chosen few who don't like getting their shoes dirty !!!

### Nick Heng's - Painless Post Peninsula Positions



*" put left leg down right leg up ... into position and a few push-ups ... what's next ? let me think ! "*



" oh yes, grab the legs lift the shoes ... now ... enjoy the view !!!

Click [here](#) to unsubscribe.