



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!

Greetings "fellow clubmembers" from the "Black and (White House)



Civil Service - An Insight on being Hosted

Always enjoyable for the second oldest Harrier club to host the "oldest". Such was the case on Saturday 22nd of April. Having the company of Civil Service, it was a pleasure to receive their impressions of the afternoon

*" As you know, we were the guests of Caversham. Because our **President Robert Homan** was off to Auckland for the Masters Games, it was agreed he would make a quick speech before the outings, rather than after. But before he could start, the opening was hijacked by several of Caversham masters athletes. One, said they had a presentation to make. And they did. Robert, they said, was a great athlete. How did they know? Because he kept telling everyone."*



" A lovely woman got up wearing a tee shirt which had special meaning. The image for the shirt had been taken from a television programme on preparations for the Masters Games. In the photo, the athletes were practicing their starts on the track. But not our president. Oh no. If you look at the (above center) photo, you will see his hands firmly down the front of his track pants. But not only was the Caversham woman wearing the tee shirt, but so were five others and it was Team Homan. Great stuff and congratulations Robert on keeping Civil Service to the forefront of national coverage "

" The walk seemed to go well for those who attended. It was remarked on there were lots of photos of one of our former star athletes Daniel Balchin adorning the new Cavy club rooms, which turned out to be rather noisy. Civil Service won the race for afternoon tea, according to Jocelyn. The Cavy president made sure we all knew the importance of wearing club uniforms. Fifteen minutes later, when he finally stopped talking, it was good to see our members in their club jackets or tops and not bringing the club into disrepute. The funniest line was one of the members selling uniforms out of the back of his car. Only in Caversham."

Dean Mackenize for Civil Service

Geoff Anderson - World Masters Champion

We have a world champion in the club. **Geoff Anderson** won gold resoundingly in the World Masters Games 1500m (4:52:78), to top off the silver he had won earlier in the 5000m race (17:52:82). Geoff added to his medal collection with further gold in the 8km Cross Country in a time of 31m44s. Well done Geoff, your club mates are very proud of you. We await your return and your shout at a bar of your choosing. Here are some photos courtesy of **Charlotte Meiklejohn**



Congratulations from, and medal presented by Sir John Walker

Ted Brown and McStay

With just on 73 entries for the 2017 Ted Brown, McStay, Children's and Walkers races on Saturday, it was going to be a very busy and enjoyable day. The weather was brilliant and a beautifully laid out course by **Brian Watkins** and his team. A show case for a lot of our new members, of which two were to taste success on the day. **Scott McRodden** winning the McStay Memorial 1500m in a time of 4m23s, in the 1500m Walk, **Jamie Shaw** in a time of 6m56s. **Darcie Evans-Tobata** took out the Colts Challenge in a time of 3m 01s.

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Darcie Evans-Tobata



Jamie Shaw



Scott McRodden

Glenn Sutton " his own coast 2 coast "

*" Not sure if this was Glenn's best idea yet but nevertheless he has done it. And quite frankly if he didn't have a mad mate **Bruce Adams** who is encourage-able and enables his running madness he may just not do these extraordinary runs. Because Glenn has nothing better to do this weekend, along with a support team of five other runners he is going to run from Hasst on the West Coast along the road to St Clair Beach Dunedin on the East Coast a 400+km run ". Julia Glenn Zewald Sutton*



"Having settled down these last couple of days , caught up on some sleep, eating lots of food , dealing to my very sore legs and feet , and being a dad and husband again67 hours 25 minutes some 427km of running I'm pretty fricken happy . To all of you that have helped, supported me along the way , holy shit it's been incredible and I hope you got something out of it as I know I loved every bit (well maybe just a couple of bits were I was battling 🍷🍷🍷🍷) Until next time and there will be something, take care and go live life ". Cheers All - Glenn " Sutts "



"In order to make dreams come into reality, it takes a awful lot of determination, dedication, self discipline and effort. Not to mention a fabulous support team that is with you each and every step of the way" Julia Glenn Zewald Sutton

Lovelocks

A great day out for the club at the 2017 Lovelock Relays. Well done to all for your sportsmanship and great attitude. We have a way of making it fun while not losing sight of the competition. Congratulations to all 15 teams from the children to seniors, everyone a winner.

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Congratulations to Vicki Evans in smashing out a PB of 9.18 & also Jamie Shaw for an impressive run of 4.53 in both their 1st Lovelocks

Champion Caversham Walkers

Well done to our Caversham race walkers, taking out the Ekiden walking relay race yesterday in Wellington as part of Team South Island. **Alex Brown, Estelle Schuler and Jamie Shaw**, along with Rozie Robinson and Peter Hague. The team won by over 17mins. We are all very proud of your efforts!



Peter Hague, Alex Brown, Rozie Robinson, Estelle Schuler, Jamie Shaw

Race Report

The 9.00 am B and 10.00 am A divisions resulted in 18 teams in total. The lead changed hands among the A and B divisions a few times. **Alex Brown** from Dunedin for the Composite South Island Team lead from the start in the A division and his 43:08 (6.00/km for 7.195 km) in the rain was not enough to hold off Eric Kemsley of Taranaki on lap two. Rozie Robinson did 50:20 to overtake Peter Fox. She was 2:12 faster than Laura Langley on this lap. Then Graeme Jones of Hawkes Bay/Manawatu/Wanganui did 38:52 (7.5 km) to give them the lead. But then the South Island finished off with **Jamie Shaw**, now at Otago University, doing the last two 5 km legs as a 10 km in 48:54 completed a big victory in 4:01.06 over Taranaki in 4:18.57 and the fast finishing Racewalking



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