



CAVERSHAM
HARRIER & ATHLETIC CLUB

Weru
maratho



Peninsula Relay



It was going to be one of those days that would have resulted in success for the vastly experience "silverbacks". We were to lead the way ... for the first 3k. It was not long after that the "shoes" started to fall off. In our keenest to assist a team mate, resulted in a real "off road journey " which in turn had our top runner needing to run with this trousers still on. That proved to be a blessing at the next change over, with no one ready to take the baton he was able to keep his legs warm. In the end we were able to bring it home, knowing that all the teams before us made it safely to the finish.

Pictures from the Peninsula Click [HERE](#)

The Open Brighton to Green Island

The 2015 Open Brighton to Green Island Road Races saw large fields of both runners and walkers taking part over the 10k course. It was a credit to the organising of the day by **Brian Watkins** and a big team of marshals. And not forgetting the challenge of using transponders for the first time on a handicapped event. The timing-results team of **Ray O'Brien, Barry Sleeman, Greg Walsh** and **John Harrison** were tested fully and in the end it was a great day all around. Also thanks to the social committee and the big feed at the Brighton Surf Life Saving Clubrooms. Photo : A Happy Brian Watkins



Click [HERE](#) for Photos by Gordon and Katie Wong from Brighton to Green Island



Ray, Barry, Ian and Greg

John Harrison

Clubmember Profile - Tara Bisset



Cavy Chat : Welcome to the Caversham Harriers. What are you enjoying the most ?.

Tara : " *I'm terrible at running on my own so the chance to run regularly with others is good for me. The social side is great and I'm making great new friends* ".

Cavy Chat : How long have you been running ?.

Tara : " *I went on an outward bound course about 7 years ago that started each day with a 3km run. It's was tough at the start but I really grew to love how easy it was just to chuck on a pair of shoes and start running. Much easier than riding a bike!* "

Cavy Chat : A first up win, the VP5000, did that come as a surprise ?

Tara : " *Very much so, I kinda feel I cheated someone more deserving. But the cup looks great on my mantelpiece and I'll see if I can win it legitimately next year* ".

Cavy Chat : You are also involved with the Physo Pool. What is your role there ?.

Tara : " *I work as a lifeguard and I have recently started teaching aqua aerobics classes on a Thursday night. It's a lot of fun and I have been spoilt by the warm water. I can't swim at Moana now as I freeze when I get in. I'm pleased to say we look like we will remain open at this stage so it would be great to see people come down and use this amazing resource* ".

Clyde to Alexandra

It was time to pack up and head to Central Otago for the annual Clyde to Alexandra Road Races. A bus load of happy go lucky club members , along with those in private vehicles would have seen over 60 looking forward to running and walking in what proved to be ideal conditions. Quite a few top results were achieved. First in the 6k Walk was **Alex Brown** in 43.20 and it was then **Julie Edmunds** 1st in the 10k Walk in a time of 57.44. **Josh Baan** was 2nd in the 10k Road Race, a time of 32m16s. **Stu McCormack** 1st in the 60 +, a time of 42m55s, and 3rd in the Women's 60+ was **Lesley McCormack** in 56m35s, keeping it all in the family. And not forgetting **Donna Young** 3rd in the Women's 35+ in 41m30s. And so on for a wonderful meal and eventually the ... Undies 500 !!! . And during the day it was nice to catch up with two "central cavy members" **Pauline Begg** and **John Sidon**.



Photo : " repeat after me Peter Hughes .. you Mr McCormack are the Otago 60+ 10k Champion "

Photos from Clyde / Alexandra click [HERE](#)

Marafun this Weekend



10km Run & 5km Walk

Where: Caledonian Sports Ground, Logan Park

When: Sunday 30th August 2015. 10am Start

Entry: Gold Coin Donation—proceeds to The Cancer Society

Cadbury Product & Uptown Art Spot Prizes!



Tune into Dunedin's 97.4 MORE FM and be one of 20 lucky ladies who will walk the track with Kellie and score a limited edition personalised t-shirt.

Further information visit www.dunedinmarathon.co.nz



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