



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!



Club Members - Holidays

While we all looked forward to festive season, it was going to be a little different for the residents of Kaikoura and the surrounding districts that were hit hard by the earthquakes prior to Xmas. Club member Ina Kinski has put her energy into creating "ShopKaikoura" which has ensured the "Kaikoura is Opened for Business"

" I moved to Kaikoura and (maybe for once in my life!) had a good idea, and got it off the ground ShopKaikoura. Has been lots of fun and rewarding to pour energy into helping people out.

On my recent visit to Otago (a week in Dunedin and then some work-fun at the Big Easy in Wanaka), I learned that the outside media hasn't reported a lot of the good stuff that has happened here. So in short: Kaikoura is open for business! The roads between Chch and Kaikoura are open, safe, and even fun to drive. There are hardly any international tourists about (which is a problem financially), but it means if you and your family have ever considered to come and see the whales, this year is the year to do it. Heaps of accommodation, easy to book activities, and the place is beautiful! Water and sewage are all go (and have been since Dec 16!), and there are maybe two very slight aftershocks a week that you only feel if you happen to be sprawled on the floor at the time they hit.

Good running, too: the peninsula walkway is a 12km loop and anyone who's visiting while I am still here gets a guided tour from me :) There are plans to organise a running event for a bit later in the season, will keep you posted.

Would be really grateful if you can all help spread the word that Kaikoura is a great place to visit ". Ina

Click below and go Shopping

<https://www.shopkaikoura.co.nz/welcome/index>



Ina



Kaikoura

Summer Track and Field Action

Very hard to put into words the amazing performance from our **Caversham Children** over the summer. From Timaru to Invercargill and here in Dunedin. Running, jumping, throwing, and enjoying every minute of it. So, through the lens of talented camera women **Gillian Wong**, let take a look at all those wonderful moments.

The Cavy Kids fundraiser rolls on. Help our team, **Katie, Petra, Jordan, Caitlin, Alika** and **Piere**. get to the 2017 Inter-Regionals in Masterton.

Click ... [HERE](#) ... to View Cavy Kid's in Action

Pies .. Pav's .. Paper

Selection of Pies from Marlow Pies

PIE ORDERS AND PAYMENT BY FRIDAY 24th February

A pack of 12 small mini pavlovas (seconds from Cowells) for \$12:)

Cottonsoft Toilet paper - \$20 for a 45 pack.

Please message gillian.wong7@gmail.com for further details.



Sorry Pav's Sold Out

Off Road Action

Ultra Easy 100km Relay

*"It was a dark and stormy night, at least that's how **Stu McCormack** described sharing a room with me the night before the race. Not much sleep was had (less by Stu) before we had to wake not long after 2am to head down to the Albert Town pub to see Team Ultra Cavy's first runner **Ben Rowley** start the race at 3am.*

The first leg is about 15km and goes from the pub, over Mt Iron, through Wanaka and along the shores of the lake to the Roys Peak carpark. Ben was in a

hurry to go back to bed and showed impressive speed early on. After running over Mt Iron Ben was sitting in fifth place. Ben doesn't like running down hills, luckily for Team Ultra cavy he didn't need to run down any more hills, so picked his pace up again. By the Ruby Island turnoff Ben was well in front of the rest of the field and held his lead to the first changeover.

Nathan White was running the second leg Up Mt Roy and Mt Alpha then down to Cardrona Valley; 23kms with 1700m of elevation. Nathan held a steady pace on the climb to Roys Peak. When he arrived at the next checkpoint he said that he wasn't feeling great and had started to cramp up around Mt Alpha. I doubt his story; I think he just spent too much time at the pie warmer, there's even photographic evidence floating around somewhere. Nathan's other great contribution to the team was supplying the transportation. This was because Stu refuses to drive his car on gravel roads.

Running the third leg was the 2016 Barnes cross country winner, Luke Easterbrook. At the race briefing the day before, race director Terry Davis said that the relay runners that were running the third leg drew the short straw (or words to that effect.) 21.5kms of mostly uphill, just when the day is starting to warm up. Luke did the team proud, making up several places, especially impressive considering he got lost for 10 minutes.



Team Ultra Cavy : Nathan : Luke : Andrew : Stu : Ben

Running the 4th leg was myself. AS the ranking committee member in Team Ultra Cavy I knew I had to set a great example. As Luke ran towards me at the changeover at Bob Lee Hut (Snow Farm) I encouraged him to start sprinting so I could begin my heroic dash over the top of the Pisa Range and down to Luggate 30kms away. The leg started with about a 10km climb towards Mt Pisa before it started to drop again. At about 12km into my run, I was busy thinking about how the rocky trail I was hurtling down would be a terrible place to fall. I then fell and banged my knee into a rock. As I stood up it felt like the race would be over, but I knew Stu would be eager to see me so I carried on running on my bung knee for the remaining 18km of downhill, not stopping until just before the finish line to don a Mexican wrestling mask.

Running the 5th and final leg was Stu McCormack. It was an important leg because if someone didn't run it, we wouldn't finish. Stu was determined. So determined was he that he didn't carry water bottles to weigh him down. Nor did he waste time to sufficiently hydrate at the only water station. Stu was now running through the hottest part of the day. As he approached the finish line his face was looking redder than my wrestling mask. As valiant as Stu's effort was, he was also cruelly passed in sight of the finish line too.

It didn't matter though because Team Ultra Cavy still finished 3rd out of eleven teams, a stunning result. We'll be back to win it next year.



Kerry



Rodger



Brooke



Glenn

There were also several other Caversham members competing in the event. Where there is one Rowley, there will always be another nearby. Kerry Rowley was running for one of the Shoe Clinic girls teams. Brooke Swaney was also floating around but I can't remember who she was running for. Competing in the 100k solo event was Glenn Sutton and Roger Leslie. Glenn finished first in his age group and 7th overall. Roger finished 33rd overall and 6th in his age group, not bad for a walker! "

Donna "Stump the Hump"

" I had an hard but awesome weekend in Tuatapere with Colin. I completed the 'Stump the Hump' event, proving a couple of people wrong that said I would never do it. :P Not a race, but they tell me I was 31st to finish out of 113 entrants. Thanks so much to Peter Hughes who gave me lots of advice and the free entry that he won. Also to Roger Leslie, the machine who told me a couple of years ago, to one day do it. Roger was the winner again, bloody impressive time and effort. This event was probably the hardest event I have done, I'm pretty happy with myself, it was friggin hard up that massive hill. What a beautiful part of NZ. Awesome event, no blisters, only bruised toes and black toe nails. Don't think I could do that bloody hill again. "



Donna



all done

Children's Marathon Challenge

The Children's Marathon Challenge is designed to help children become physically fit through the sport of running. The event fits in with the National Administration Guideline 1.



Each student will be required to complete a combined total of 40 kilometres from week three (or earlier) of the third school term in July to the day prior to the running of the Cadbury Dunedin Marathon on that day the final 2.2 kilometres will be run to complete the "Children's Marathon Challenge" . = 42.2 km .

Race Director Dave McWhinnie is seeking an assistant to work with him in 2017 event and plans to step down from his role in 2018. Those interested can contact Dave at davidmcwnz@gmail.com

Marathon - Looking at the Early Years

As we look ahead to the 2017 Cadbury Dunedin Marathon, we will be looking back on the early years as we build up to this year's event on Sunday 10th September. It will be the events 39th year, the 33rd year for the Caversham Harrier and Athletic Club, and we celebrate 30 years of Cadbury's sponsorship. We look back to 1979, the first ' Harbour Marathon ' organised by the Otago Branch of the New Zealand Federation of Sports Medicine. Among the results you will find current club members David Jackson , Colin Dick and Jim Cartwright in the Marathon and Jim Law and Ron Cain in the Half (15 miler).



Photo : In the top left-hand corner - David Jackson (in white)

Click ... [HERE](#) ... to view the 1979 Harbour Marathon

Running and Walking ... Over the Summer ?



The walking group of 11 keen participants walked the Huriawa Peninsula Walk at Karitane for the first 2017 summer walk.



Jonah

Lesley

Ken

Port Road Race 29th January 2017



On Saturday 4th February the Caversham Walking group walked around Fairfield including a surprise afternoon tea in Estuary Crescent hosted by Dave McWhinnie

Lachie Rowley Reporting



" When mum told me we were going to Wanaka for the weekend I thought "yea Puzzle World". When got there we drove past it, mum said we were running late and she had to put her bike in "a rack". I then knew that the "puzzle" was falling into place !, swim, bike and run. That's my "super mum" and these are her results." Lachie Rowley Reporting

Click ... [HERE](#) ... Kerry's Challenge Wanaka

Senior and Masters Track and Field



Geoff Anderson



Claire Giles



Matthew Wong



Alex Brown



Wong and Wong



Claire and Alison

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