



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!

Legends Ron Cain QSM, Martin Hair, Neville Madigan and Laurie Hill



Ron Cain QSM - Retiring

Mr Ron Cain (QSM) surveys the track for the last time before "retirement" as an official at the Caledonian. Mr Cain has long been an integral part of the athletics and harriers scene in the south. Whether giving supporters a bollocking for cheering from inside the track fence, or offering sound advice on technique, Ron has always had something to offer to the users of the track. So Ron, for being a part of the Dunedin running community since before the abacus was invented, THANK YOU! It's probable that Ron won't be able to see this, as he still believes in smoke signals and messenger pigeons - if you see him around, say thanks. Reporter Ben Anderson



Opening Day - Saturday 28 March

What a successful start to our winter season today. We missed a few of the stalwarts from last year but no doubt they will be back over the next few weeks, right **Stacey Hebbard**? We had a great turnout of current members and a new bunch of runners and walkers to swell our ranks. Standing room only in the club rooms I tell you! The medium pack had a good run led out by **Kerry Rowley** who took us on a tiki tour of some interesting tracks and sights. Who knew there were two caversham tunnels? Nice to meet up with **Sophanna Parsons** finally, who enjoyed her first run with us and will be back for more.

"I really enjoyed my first run today. Thanks for making me feel so welcome!!!" Sophanna Parsons

"I ran with them today. I was rubbish, and they really looked out for me and encouraged me. A

great bunch" Ray O'Brien

Foot Note : That encouragement lead to Ray winning his first club event the McStay Cup ..Ed



Your Guide to 2015 Office Bearers

Having a look at the back of the Club Syllabus for 2015 you can see the names of 28 clubmembers that form your 2015 Office Bearers. They are responsible for the running of the club, committee meetings are held monthly and thought it is best that we put a face to the names. Should there be any matter that you would like the committee to look into or any suggestions you may have about the club, feel free to approach either our President, or Club Captains and their Deputies. So "click onto" → [President Murray Reynolds](#) and he will take you on a pictorial tour of the 2015 Office Bearers.



The "Cavy Carrot Cakes"



The most sort after item on club runs and walks from the Clubrooms would have to be **Anne Watkin's** yummy "Carrot Cakes". It is a fact that when clubmembers prepare themselves for an afternoon of running or walking the first thing they do is include ... \$2 !!! To **Anne** it is a "labour of love", " *I spend time on Saturday mornings baking, been doing the cakes for around 4 years now, a big credit goes to the clubmembers, the reason being that the money received, equals the tickets sold.*" So, it's over to those lucky, lucky winners and part-time "master chef" judges for the final word.

" *The cake my husband, Gordon won at the raffle yesterday is delicious. Our compliments to the baker. Yum* " **Gillian Wong**

" *I'm halfway through the one that I won yesterday. I can't stop eating it. Going to have to do a lot of running to compensate for the calorie intake* " **Stu McCormack.**

Foot Note : You are going have to double your mileage now that you have won ...another one !!!" **Ed**

Gerry in China - The Final Chapter

It is Spring here with temps about the same as parts of NZ so still need a jacket. Every day is a new experience with the ease of getting around very efficient. The subway is ultra modern and safe, sealed by glass from the tracks until glass doors open simultaneously with the train doors...jam packed, then off at speeds causing 4-6Gs !

There are aspects that have enlightened me with good similarities tho some ancient social beliefs still prevail, like just dropping rubbish, spitting [even the women] anywhere and so many also smoke everywhere so there are aspects that I am thankful about with our own country and culture.

Tech they are probably more advanced and just as addicted as everywhere...tho no Google or Facebook access due to security so I feel that without Google it is a bit like being a blindfolded judge in a lip reading contest !

I have been given a neat wee power pack [matchbox x 2 size and maybe we have them] which I plug my phone, camera or laptop into when they need recharging if I am out and about...great system !

Tried out an electric scooter...easy as and lots of fun. The skill levels of Chinese are very high where 100mm clearances driving between vehicles is normal, due to the massive volume of traffic, no signs everywhere to confuse and road rules based on common sense. The focus is on moving forward and giving way.

Crossing the road I immediately implemented a "look left" maxim [tho one must also look around and behind as scooters go against the traffic and on footpaths], be decisive and step into a space knowing that any vehicle will give way or move around me...no time for ditherers and they let others know by tooting...sensible and it works ! All cars are under 2 years old, ordinary cars = NZ luxury class, no dents/scratches, no incidents due to absence of road rage and minimal traffic noise due to this and electric vehicles.

I now know why it must be so difficult for Chinese drivers to deal with our...over-regulated road signs/rules...aggressive, possessive driving mentality and lack of courtesy/common sense...left or

right is probably not a major factor...interesting food for thought ?

I find being here very easy and I am familiar with the area my apartment [NZD700.00 for the month] is in. It has given me a base, free time to learn at my own pace and most days my host family come to visit.

Eating out in the markets is a lot of fun, manage chopsticks ok, with veg, spices and other flavours that are different.

That's about it for now...each day is an adventure.

Take care...

GERRY



Ted Brown - McStay - Colts Challenge - Walkers

A wonderful autumn day for our annual Ted Brown Memorial Races held at Kaikorai Valley College, which doubles as the trials for the Lovelock Relays. It was a packed field for the Colts Challenge Cup handicap race over 800m. The field was lead away by **Lucy Sutton**. It was **Dan O'Brien** first across the line in 4m10sec followed by **Petra Milne** 4m11sec and **Catlin O'Brien** 4m12sec. **Matthew Wong** recorded the fastest time of 2m52sec. 18 Walkers took part in the 1500m Walkers Cup. First home was **Julie Edmunds** in 8m44sec, **Alex Brown** in second place, 8m47sec then **Dave McWhinnie** in 10m07sec. There were 9 starters for the McStay event, winning in a time of 6m30sec was **Ray O'Brien**, second in 6m22sec was **Gordon Wong** and **Jilly O'Brien** third in 6m43sec. Fastest time was 5m23 by **Zinzan Smith**. On to the Ted Brown, a small field of 9 was lead away by **Gail Sharp** and was finished by **Dave Sharp** in a time of 5m47sec, second was **Stu McCormack**, 6m05sec then **Gail Sharp**, 7m08sec. **Ben Anderson** wasted no time in covering the 1500m in 4m17sec to take the fastest time.

Click [HERE](#) to Visit the Ted Brown - McStay Photo Gallery

Click [HERE](#) for the Ted Brown - McStay - Colts - Walkers Results



Dan O'Brien

Julie Edmunds



Ray O'Brien

Dave Sharp

Club Run Saturday 4 April - 25k This Way !!!



Small "Chat"

- Glenn Sutton is away to "Badwater 2015" . He is one of the 135 selected to take on

"The World's Toughest Foot Race"

The Badwater 135 is the most demanding and extreme running race offered anywhere on the planet. Covering 135 miles (217km) non-stop from Death Valley to Mt. Whitney, CA, the Badwater 135 is the most demanding and extreme running race offered anywhere on the planet. The start line is at Badwater, Death Valley, which marks the lowest elevation in the North America at 280' (85m) below sea level. The race finishes at Mt. Whitney Portal at nearly 8,300' (2530m). The Badwater course covers three mountain ranges for a total of 13,000' (3962m) of cumulative vertical ascent and 4,700' (1433m) of cumulative descent. The Portals are the trailhead to the Mt. Whitney summit, the highest point in the contiguous United States. Competitors travel through places or landmarks with names like Mushroom Rock, Furnace Creek, Salt Creek, Devil's Cornfield, Devil's Golf Course, Stovepipe Wells, Keeler, and Lone Pine. Glenn has just completed a training run ... the Rail Trail 150k in 18 hours.

- Our Ben Anderson is away on his "big OE". Away to the UK for around 6 months ... safe travels Ben.
- Cavy Constable Donna Tumaru was on hand to rescue the club flags from the locals.

"I was coming home in the semi dark past the club and noticed some kids playing with the Cavy banner/flag still outside on the grass verge. I drove back to find them trying to dismantle it, they said it was theirs when I questioned them ... Anyhow I told them to buggar off "

Coming to your "Inbox" Next

A special "**Cadbury Dunedin Marathon Cavy Chat**". We are in need of new members to fill a few gaps in the Marathon Organising Committee. Please take the time to have a read and maybe become apart of this very important part of the Caversham Harrier and Athletic Club.



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