



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!



Children's Athletics

It's the start of the athletics for our Children's section for 2015/2016. **Evelyn Armstrong** reports on the start and what lies ahead.

We started up again in October on Tuesday evenings at Corstorphine and Saturday mornings at the Caledonian. Amazingly, this year I have twice not worn at jumper at Corstorphine and last Tuesday wished I'd worn shorts! We have also had some very cold evenings. There are about 45 - 50 kids coming along on and I always feel like it is semi-organised chaos. However, the kids all appear to enjoy themselves and we even had a comment from one parent about how good it was. We are running 3 events per week, normally a sprint, a jump and a throw and finish with a longer run.

On Saturdays we have had one half of the mini-multi competition (a bit like a decathlon where kids get points for times, distances or height) with the second half tomorrow. I hope this rain goes away. We also had the Paape Cup last weekend. Caversham came 5th but we won the parents relay as the other team was a composite one. Unfortunately it was very quiet as there was a touch tournament in Mosgiel and other things happening. In December we have the Otago Medley relay champs and then the Colgate Games are in Nelson in January. Although our team will be small, I am sure they will do us proud.

Carol Evan-Tobata said there were 48 kids there last Tuesday. She counted and thinking about it now I know there were some kids not there so we must have a pool of over 50. There are 27 kids registered for Saturdays

We would like to thank all the coaches (especially **Ken McDonald** who has got no kids so doesn't need to come at all; Malcolm has to bring Patrick, thank goodness **Paula Cotter** arranged that, and parents for their help on Tuesdays and Saturdays. It is very much appreciated.

To view the action including the Parents Relay Team Click [HERE](#)

Profile ... Andrew Glennie

A lot were left wondering as to who **Andrew Glennie** was when he came through the doors of the clubroom. By the end of the harrier season it was clear to all the he had found his "mojo" in being part of the club. Cavy Chat caught up with Andrew to chat about it all.

Cavy Chat : What made you join the Caversham Harriers ?

Andrew : After moving back to Dunedin about four years ago I got back into my tramping. That led me to realising how unfit I was so I started doing a bit of running. I remember my first run I managed a few km's and felt like dying. After that I thought I'd try and run a bit further before I felt like dying. After a while I stopped feeling like dying and began to really enjoy my running and it kind of took over my life. All my friends are slobes and don't run so I was spending far too much time by myself and thought joining a club would a good idea. Also I felt that if I was going to take my running seriously I would need to get some coaching and support. And it's been great, I've felt so inspired by what other club members are doing and have taken my running expectations beyond what I thought I was capable of.



Cavy Chat : You seem to be a very colourful character, willing to give anything a go ?

Andrew : I've always been the class clown and have no filter, I hope I haven't offended anybody! But yeah life should be full of experiences so I will give anything a go.

Cavy Chat : What would you rate as your running highlight this year ?

Andrew : There have been a few highlights but the one that really stands out for me is the Great Naseby Water Race where I finished 5th in the 50km. Unfortunately that was 2 weeks before the Dunedin marathon and I picked up a bit of an injury with my knee, I really shouldn't have run the marathon but I had my heart set on it being my first marathon, so I ran it and gave myself a really really good injury and haven't been able to do any significant running since. At least I got a sloppy kiss from Phil on the finish line in front of my mother.

Andrew 2015 Cadbury Dunedin Marathon

at 2km

at 42km



Cavy Chat : And now the injury has got you laying low . How's that progressing?

Andrew : I've never had to deal with an injury before so it's been fairly frustrating. it's an inflamed ITB and has taken ages to settle down. The physio gave me the all clear to start running again last week for 5mins at a time but there's still a bit of irritation going on. In the meantime I've been spending a lot of time at the gym or pool

Cavy Chat : Away from running. What keeps you occupied work wise ?

Andrew : I'm a community support worker at CBCT, working with kids with mental health and behaviour problems. The job probably keeps me too busy but its good karma.

Cavy Chat : Any hobbies or interests of note ?

Andrew : Ok I have a bit of trepidation about answering this question. Aside from the usual reading, gardening, tramping etc, I also dabble in music. Nothing too serious at the moment but I used to be in a punk band called The Anals.

Cavy Chat : You looking forward to next year, injury free and hopefully providing some competition to the " silver backs " ! ?.

Andrew : Yep one thing getting injured has taught me is to look after myself better and listen to my body. I've got a few lofty goals I wouldn't mind achieving so remaining injury free will be great.

Cavy Chat : Thank you Andrew. We wish you well in your recovery.

New Life Member - Colin Dick

Colin Dick first joined Caversham Harriers & Athletic Club in 1958 where he ran as a Colt in the 1958, 59 and 60 seasons.

Colin then found other activities to keep himself busy (you will have to ask him) and was lost to the Club until about 1980. During this period Colin did not lose his enjoyment for running and

competed in the first Dunedin Harbour Marathon.

Once he was back in the Caversham fold, Colin competed in many of the earlier harbour marathons and takes great pride to have been involved in nearly every Dunedin Harbour Marathon.

As a runner Colin competed admirably and although great success alluded him as an individual he found much enjoyment from the relays as a way of participating with clubmates. Colin enjoyed especially "The Great Dam Runs". For those that don't know this was a 100km relay event held around the Kurow area.

When running became problematic Colin wanting to remain active moved into the walking group. Colin has found success in the walking sections with admirable performance in the Papatowai Challenge, where he has been awarded a 10 year participation medal. Colin has been first male walker home in the Clyde to Alexandra Road race. Colin's running and walking prowess was displayed a few years back where on the same day he won the Walking event and the Ted Brown running race.



Colin has not only been active in the Club as a runner/walker but has been involved in the administration of the Club for many years.

Colin has been Club Treasurer where he held two terms in the 1980's. Two terms as President, 1987-89 and most recently 2011-14. Colin is still involved in the administration of the Club holding the position as Past-President. Colin was involved in the Club's successful Centennial celebrations in 2005 as part of the Centennial Committee.

Colin was involved in the earlier years with fundraising activities like bottle drives (younger members may need to ask parents to what these were) and the selling of the rugby newspaper.

Colin's hawking skills have also played a role in procuring carpet and the forms in the mens changing rooms. Colin was instrumental in using his connections to get the honours boards made for the Club.

New Life Member - Brian Watkins

Brian Watkins joined the club in 1988 and then the Marathon Committee in 1992. His first role

involved being part of a "Promotions Subcommittee" which included former club members Andrew Green and Andrew Simpson. With Brian's valuable knowledge in "sport shoe" retail a Trade Display was organised. This involved a very large tent being setup on Watson Park on the day before the event, come Sunday morning it was down on the ground, thanks to the "local hoons" who paid a visit during the night. It was soon put back into place and served its purpose on the day



Brian was to assist in securing sponsors and at the same time become involved in helping in setting up the Finish Line area, a role that he now fulfils. 2015 marks 24 years of Brian's involvement with the Marathon.

He also served on the 2005 Centennial committee and has been a long time club committee member and delegate to Athletics Otago. Latterly he has fulfilled the role of Club Race Convenor.

Introducing "Cavy Camp Mother"



A lovely lady named Ann, has a clever plan.

To give the club helping hand.

Knows what she can do, and just what it takes

"I know, will make some yummy cakes"

Raffle them, have some socials, be like no other.

Time has come, for a "Cavy Camp Mother".

Lost Trophy

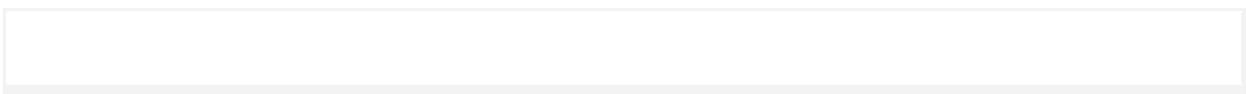
SENIOR WOMEN'S WINTER AGGREGATE TRAY

I'm keen to get my "grubby hands " on this important tray which seems to have gone "walkabout from the club " .. I was told by the last winner (2014) that it was returned to the club during this season but since then it has vanished . I have virtually taken the club rooms apart and no sign .. and can't see any reason for it not being there .. The tray was reinstated away back in 2005 and has all the winners names engraved on it and to lose such a record of achievements would be a shame. If anyone can shed any light on it's whereabouts I & the committee would be grateful ..

Ian (Trophy Steward)
dickibird15@vodafone.co.nz



Sue Kim - World Champion





Cavershams **Sue Kim** with a gold medal on the winners podium at The World Goju Ryu Karate Champs in Auckland. Bet you didn't know we had a black belt in our ranks? And a world beater at that! Congratulations **Sue Kim**

Oceania Masters T & F Championships - Reporter Claire Giles

Well the Island tan has faded but the memories linger on our trip to the Cook Islands. It is a very relaxed way of life and most time schedules are finished in ish!

We, Alison and Steve, Malcolm and I along with the Sandersons from Ariki, Barbara Patrick from Hill City and Noeline Burdon representing Otago Masters were the contingent from Otago of the 104 New Zealand athletes to Rarotonga. Leaving on a Saturday to arrive on Friday night we made sure we sampled the life to the fullest, by first visiting the local market on the Saturday morning where "everything "was for sale. The local cultural group regularly perform at this market and it gives a good insight into the customs etc. We came across them again at the athletes' dinner, so it was good to have knowledge of what was happening.

The weather was a mixed bag for the days we were there some days hot and another, (1st day of competition for us,) it persistently rained for 36 hrs. Malcolm was doing his bit at this stage and was wet right through...you know where! Alison and I had shot and 60m this day. The medal ceremonies for both events had us like drown rats (sorry no photos were supplied for this day!).

All events were keenly contested by both male and females, but at the end of the day the usual

banter always existed especially among the NZ and Australian male throwers. Testosterone was extremely evident on some days. The school pupils who assisted in the running of the champs were polite and keen to learn from the oldies that were competing.

Our accommodation was at The Edgewater complex approx 3kms from the track. Gene told Malcolm that a shortcut could be taken across the golf course. This was only a rough guide as to where and when. So Malcolm found where not to go, he had the bloodied scratches on his legs where the barbed wire got him to show for his trouble.

Our athlete's dinner was held in Avarua itself which meant a bus ride there and back. A coldish night and a dinner that had us wondering what everything was (apart from the salads and meat) saw us having to make our own entertainment on the way home. In true Cavy fashion we led the singing! From the back seat of course!

We did have some down time which saw Malcolm and I head out on a Safari tour into places off the beaten track. Even up on top of a very steep hill that only a 4WD can negotiate, there were the usual chickens that are part of island life. Steve took in a day fishing trip and managed to catch a big one. We also had the advantage of watching the rugby games at a very respectable time of the day.

Rarotonga is a holiday island with very friendly people to make you feel extremely welcome. The population of residents is about 3000, but they would have up to 100,000 visitors each year which is a great boost to their economy.. As Dunedin is to host the next Oceania Champs I would like to think that we would be as friendly and relaxed as these people are and can put on a great event to showcase our city.

Claire

Click [HERE](#) to view the "Rumble in Rarotonga"

Click [here](#) to unsubscribe.