



CAVERSHAM
HARRIER & ATHLETIC CLUB

*We run
marathons!*



Jordan Evans-Tobata Alika Croot Katie Wong Petra Milne
Silver Medalist Girls 11 4 x 100 Meters Relay 2015 Colgate Games

2015 Colgate Games - January 16 - 18



The 2015 Colgate Games were held in Dunedin on the 16th -18th January. There were 27 Caversham Children taking part under the leadership of **Evelyn Armstrong** and **Ken McDonald**. There was sea of "black and white" and all the children did the club proud in what ever event they took part in spurred on by family, friends and other clubmembers. Outstanding performances from all, the highlights coming from **Alex Brown**, Gold Medal in the boys Walk and Silver Medals to **Jordan Evans-Tobata**, **Alika Croot**, **Katie Wong** and **Petra Milne** in the Girls 11 4 x 100 meters Relay.

Photo : Alex Brown Gold Medal 2,000 mtrs Walk

For further Photos Click the Colgate Logo



Joshua Baan in Australia

There was an appearance of "Caversham" in Australia in December when clubmember **Joshua Baan** took part in the Zatopek Athletic Meeting in Melbourne. This was by invitation, funding

was provide by the club and Joshua, wearing club inform, lined up with 24 others to contest the De Castella 3,000 Mens Under 20. **Joshua** adds " *Really good race for me I finished in 14th place in a time of 8m36.79s which is a good time for me, just like to thank the club for all the support "*



Joshua was in action recently in Wanganui. He was 3rd in the Cooks Classic Men's Mile and set a PB of 4min 14.90sec.

Believe it or Not ... 2015



It was a surprised and chance meeting for **Peter** and **Karen** during a summer run when they met up with **Koala Cav "Cavy Chat's Australian Correspondent "**. " *You got some very nice bush here in New Zealand, got any Gum trees ?" Koala said " And no need to worry about snakes ". Karen was impressed that he looked so cuddly and cute, " A bit hard to understand sometimes, he did talk funny "*.



This is true ... Almost ?



There was an item in the Otago Daily Times featuring our **Glenn Sutton**. Glenn was toying with the idea of giving "**Badwater/Death Valley**" another go. So what better way to get prepared than doing some training in our summer along with a few "black and white" mates. Glenn enjoyed the company. *"The two with me are part-time endurance runners at the Base Camp, I am told their names were "Bruce" and "Adam"., made me feel like I was at home".*

There were unconfirmed reports that clubmember **Mig Smith** was approached last year to hit the stage at Forsyth Barr Stadium along side **Rod Stewart**, and that rehearsals had taken place. Cavy Chat spoke to Mig recently about these rumours.

Cavy Chat : There are reports that you will be supporting Rod Stewart at Forsyth Barr Stadium.

Mig Smith : Oh sorry mate " I don't want to talk about it "!, because I got an agreement with a Women's magazine.



Summer Walks

It was time to work off those festive season treats. 19 Walkers took part in the first summer walk on the Otago Peninsula taking in the Chasm and Lovers Leap, **Ian Dick** reports, "As you can see the weather was great and we all enjoyed tremendous coastal views". Ian was handy with his camera and recorded the day for "Cavy Chat".

Photos by Ian Dick



Kerry Rowley

It can be said that the start of 2014 was not the what Kerry Rowley would have wanted. A troublesome foot injury that eventually required surgery was to reduce Kerry to a spectator for most of the winter harriers season, not a role the she would have enjoyed considering her competitive nature, but it is in her to give support to all fellow clubmembers.. So with her drive and determination it was not long before Kerry was back on her feet itching to make up for lost time, and a series of relaxing runs with fellow clubmembers at the end of the harrier season developed that itch to getting back to what she loves best... competing. At 12pm on Saturday 24th January Kerry started the Hamel's Haunts Enduro 24 Hour Rogaine. Kerry tells her story of the event. " *Phew ... what a 24 hrs. Climbing, climbing, hills ... and then more hills. Very hot !!! Getting lost !!!. Crawling through gorse ... lots of it !!!. Running around in the dark like lunatics squealing at man size spiders and beetles and moths. Slept a couple of hours from 1.30am. Back into it at 4.30am ... more climbing and even more gorse ... navigating ropes, blisters, cuts, scapes, pizza, water ... lots of it. I'm trashed and my feet are on fire but had a great time ... thanks to Matt and Ann Bixley. I am pretty sore but glad I did it !!! Thanks Peter Hughes and Katherine Boulton Boomer for coming with me. You guys were great. "*

April 2014

January 2015



Ben and the Boys ... Past and Present



Report from Ben Anderson

On the night of Friday 23rd of January Caversham had three representatives in the New Zealand Senior Men's 3000m event at the Capital Classic Event in Wellington. **Peter Meffan** finished 11th in 8:19:85, **Josh Baan** was 13th in 8:30:02 and **Allister Meffan** finished in 20th in a time of 9:19:20. All three recorded significant improvements on their personal bests and it is epic to see the "black and white" singlet being represented on the national stage. Former Caversham members **Daniel Balchin** and **Tony Payne** finished 6th and 15th respectively. Most importantly there was success in the Senior Men's 800m, **Ben Anderson** winning in a time of 1:52:55. Well done Ben well done lads.

Click [HERE](#) and follow Ben's instructions to view Ben's winning Run

How did you spend your Holidays ?



Well as you can see there were clubmembers out and about in what could be described as a wonderful summer, and to those who were fortunate enough to be on holiday, then it would have been an ideal time to relax and do as you pleased. So, would you like to share your holiday moments ?, if so send your favourite holiday photo, include a few words about it to **Cavy Chat**.

Send Holiday Snaps and Words to pcoakes@xtra.co.nz

This older clubmember was spotted at Circular Quay in Sydney busking (or busting), also selling a few club caps, to top up his NZ Pension (note club colours).



Walk - This Saturday 31 January



Join me for another summer walk, meet at the **Andersons Bay Countdown (Old Woolworths)** at 1.00pm. We will pool cars and head down to do the **Pyramids/Victory Beach Walk**. This will take about 1.75hrs but is mainly flat so not a hard walk. Please bring some money for coffee, tea etc, will will stop somewhere for a drink after our walk **Kieran**

Click [here](#) to unsubscribe.