



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!

Cavy Chat - December – 2016



Summer on the Track & Out in the Fields

Huge Congratulations to **Alex Brown** in the 3K Race Walk Open at the New Zealand Secondary Schools Champs in Waitakere. He came 2nd with a time of 15:54.64, taking a whopping 30 secs of his pb. Brilliant



Ken McDonald - Taupo Ironman

"I'm glad that's over! That last 5km hurt. Since my training over the past month and a half wasn't great, I thought I'd be really lucky to go under 6 hours. So I didn't go nuts, tried to enjoy myself, and just snuck under with 5hrs 32mins. On to the next challenge! Hopefully with a better build-up so I can go faster again! Fun fact: I climbed 129 places on the run leg"

Kerry Rowley took on the St James Walkway

"St James Walkway! Was a long, hot day. 69 km in 13:21. The track had awesome scenery but the conditions weren't suitable for running...not me anyway. Along with my coughing and breathing problems from my chest infection, I decided to powerwalk the whole way with Roger who is an extreme powerhouse! I have a new respect for power walkers...my backside is so sore!!! It was an awesome way to spend my birthday and thanks for all the best wishes :) Thanks to mum, dad and Ben for amusing Lachie and to Roger and Luke for coming with me! Where to next year??"

2016 ... The Year in Review



" thank you Aunty Evelyn and Uncle Ken and to all our mum's and dad's. we are now going to have a look at what everybody got up to during the year "

January - February - March 2016

Club members were still out in force at the New Zealand Masters Track and Field Championships and were well rewarded with Gold, Silver and Bronze across all Track and field events, a mighty effort well rewarded.

It was a weekend of running, walking, talking, laughing, singing, eating, and a little drinking and ... almost curling ... courtesy of hosts Anne and Brian Watkins and, Lorraine and Peter Blackwood.



January - February - March - Pictorial Click ... [HERE](#)

April - May - June 2016

Te Anau trip Friday 3rd - Monday 6th June 2016. Two van loads of 23 club members set off from Dunedin to meet up with the Fjordland Harriers for a weekend social running, walking, eating and a few drinks and sightseeing. Weather was perfect and at the end of the 3 days it was a trip that had its moments and enjoyed by all.



Another fine winter's day, firm track, and on the starting line for the 2016 Vice President 5000 Races, were, 38 runners, 15 walkers and 17 juniors. Plus a large number of club members on hand to assist Race Convenor Brian Watkins which resulted a very smooth running of the track meeting at the Forbury Park Raceway

April - May - June - Pictorial Click ... [HERE](#)

July - August - September 2016

Our Senior Women dominated the Open Women Teams, 1st **Kerry Rowley**, **Gail Sharp**, **Brooke Swaney** and **Kirsty Fairburn**. **GailSharp** also 1st in the Master Women 50+. 2nd in the Open Womens Teams were **Jill O'Brien**, **Ina Kinski**, **Alison Newall** and **Claire Giles**



In the Open Men **Blair Martin** was 3rd and 1st Master Mens 35-49 therefore winner of the **Pat Sidon Medal**. Blair was well supported by **Alex Dodds**, **Jonah Smith**, **Sam Hopper**, **Ken McDonald** and **Ben Rowley** which enable Caversham to take 2nd in the Teams.

July - August - September Pictorial Click ... [HERE](#)

October - November - December 2016

A lot of club members are out there being very active. Saturdays will see the Children's Athletics taking place in the mornings, while in the afternoon it is the senior Track and Field. Elsewhere the Caversham Walking Group will be enjoying taking in the sights in and around Dunedin



Congratulations to **Sophanna Parsons** on winning the Ness Cup Handicap Mile one of the oldest Otago Centre Races at the Caledonian Ground.

October - November - December - Pictorial Click ... [HERE](#)

Andrew and the "Kepler Anthem"

At every station I washed my feet

To my socks was such a treat

Everyone thought I smelt sweet

God I felt refreshed.

Far and terrific running star

From the start I went quite hard

Heard them cheering from afar

God my friend ... I need a drink !



Our - " new " Clubrooms



Main Room



Kitchen



Hallway leading to Change Rooms and Toilets

Time to have a REST



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