



CAVERSHAM
HARRIER & ATHLETIC CLUB

*We run
marathons!*



Brighton to Green Island - August 6th 2016

It seemed that the weather was a threat, but conditions were to favour both runners and walkers, and course marshals. A little cool with little wind so it was all on to Green Island and the finish line. Club was delighted to have a few guest runners who would enjoy the day



Click ... [HERE](#) ... for Photos

Click ... [HERE](#) ... Open Results

Click ... [HERE](#) ... Walkers and Children's

Claire Giles - and my Dad

The Butterfield Trophy for the Brighton to Green Island race is one of the more elusive trophies for the members of the Caversham Club. It is only for the lucky or the good. No amount of training can prepare you for a handicap race of this proportion. My Dad, **Jock Harrison**, was testament to that.

Dad retired in 1979 at the age of 60. He was always active in his employment and at home with his family gardening. So to keep fit in retirement, and out of Mum's hair! he went walking...then announcing to Mum that he was walking so fast that he could almost run. Dad was not a natural runner so it took a bit of time to get up to speed. But for the next decade, run he did.

When he joined Caversham in the early '80s he was the most senior member of the family to do so, following on from 7 of his children and a number of the grandchildren. My 3 sisters were part of the 1st females to join the club.(I was the last of the family to join). Dad would run almost every day during this time firstly for fun and then the bug of the marathons took over.

Jock always considered the Brighton toGreenIslandhis race as it was on his patch being a local Green Islander. To get him race ready I would have to drop him inBrightonand he would run home weeks out from the race. But winning this was never to be part of the dream no matter how hard he tried.

During his running years he competed in most of the marathons and half marathons from Christchurch to Invercargill with his best time being 3hrs 37min 50 sec for the Winstone marathon in Invercargill at the age of 63. For most marathons, his times would be averaging the 4 hr mark. His half marathon average times were 2hrs. He didn't really like the halves, he would rather attempt he full marathons. Looking back though, he was pretty consistant in all his times.



Jock Harrison (front row 2nd left)

Dad was also a member of the NZ Veterans association (now NZ Masters) and competed locally and nationally. He always entered 1500m, 5000m and 10 km road races. He was placed most times, with times averaging 7min, 24mins and 50 mins respectively, showing that he was no slouch for having come into running late.

His biggest claim to fame was, along with 9 other runners of similar outlooks, forming a group called the 60+ runners. These gentlemen took it on themselves to run a relay around the North Island to raise money for the Heart Foundation. They had to run 10kms each per day for the duration over 3-4 weeks. Dr Norrie Jefferson (who later became Patron of Athletics Otago) was their medical staff and he used this as part of researching the effects of this type of activity in the more mature. Remembering that this was the early 1980's when people in their 60s did not participate as they do now. The oldest of this team was Dale Fincham at 74 and John Holland was the youngest at 61.Following on from this fun they completed the South Island relay the next year.

When winding up the group, the left over funds were given to Otago Masters. The 2 trophies they purchased are now competed for annually as the 5km self handicap.

Sadly Dad's running days were slowly coming to an end after almost 10 years, when a hip replacement was needed. He continued to walk but as we all know it is not quite the same if you've experienced the running bug. That Butterfield trophy was proving to be as elusive as ever.

Dad died in 2005. My 1st Brighton toGreen Island was in 2007. It has taken nearly10 years for me to achieve his goal. You can Rest in Peace Dad...we've got this!

Claire Giles

Kieran Columb

Human Nutrition Laboratory Supervising Technician **Kieran Columb** was one of the winners of this years University of Otago General Staff Awards.



Kieran has worked in labs at the University for more than 46 years; starting as a Lab Assistant in Biochemistry, followed by becoming a Senior Lab Assistant at the Dunedin School of Medicine, then Orthodontics at the School of Dentistry, before becoming a Senior Technician in the former Department of Nutrition and Textile Science, then Supervising Technician. He supervises a full-time technician and a part-time laboratory assistant, coordinates the use of all lab space (including commercial consultancy work and training), and is responsible for budget planning, equipment purchasing, equipment maintenance, applications for building alterations and liaising with Property Services about the Science I lab. He is also the Departmental Health and Safety Officer. Kieran is renowned for his meticulous forward-planning, preparation, orderliness and attention to detail. Equipment is kept in excellent condition, and he unhesitatingly helps staff acquire and set up equipment needed outside the regular classes he organises. "The degree of thoroughness that Kieran applies to every facet of his job makes his job performance above and beyond 'doing a good job'. Yet this level of performance is the norm for Kieran - sustained, exceptional performance." Kieran also performs the "challenging but vital" task of ensuring the Department fulfils the legal and ethical obligations that surround research records, and organises transport, food and equipment for students going to marae to learn about how the Treaty of Waitangi and tikanga Maori apply to food and nutrition. As Health and Safety Officer, he makes sure projects meet health and safety requirements, and all students are familiar with the protocols. Those responsibilities also include being a fire warden, first aider and a member of the spill kit team. He is responsible for hazardous waste, disposal of dangerous chemicals and solvents, and regular audits of the laboratories, and also organised the Human Nutrition walking group for the business house fun runs for many years. Mr Columb's nominators say he is an invaluable member of staff and his nomination has the unanimous support of every member of the Department of Human Nutrition. "He is highly respected by all of his colleagues, not just because he is so good at what he does, but also because of who he is."

2016 Otago Road Championships

It was a change of course for the 2016 Athletics Otago Road Champs. An 1800 meter course around the roads surrounding Forbury Park. A string of top performances from club members. One that deserves special mention is that of first year club member Judah Kelly. Judah took out the Women's Under 18 Otago Title covering the 5k in 23 : 02.2 mins. Cavy Chat spoke to her after the race.

Cavy Chat : A very impressive run in the Otago Road Champs. How did you feel ?

Judah : *Tied but good, I started off to fast but back to my normal pace I could run it and felt good about it .*

Cavy Chat : You took out the Otago Title for the Women's Under 18 age group. How does that feel ?

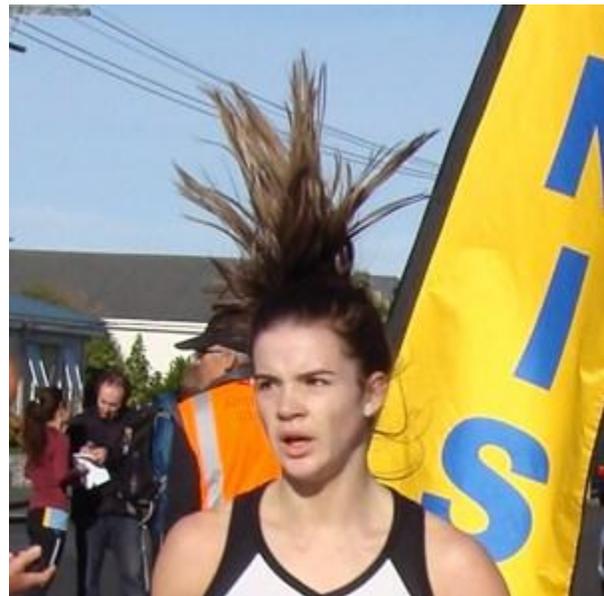
Judah : *Pretty cool, quiet exciting as I am just getting into it, so it's awesome.*

Cavy Chat : And this is your first year with the club ?

Judah : *Yes, so this has been a very good start .*

Cavy Chat : Really enjoyable, so you will be back again ?

Judah : *Defiantly, defiantly, enjoyed everything.*



Otago Road Championships Photos ... [HERE](#)

Otago Road Championships Results ... [HERE](#)

A Brief Clubrooms Update



Will have a new roof over our heads



Funding is tight ... so we are only in the "pink"

No more "Chat" ... Just a few "Snaps" ... from

Clyde Alexandra Road Races. Photos by Malcolm Giles and Donna Tumaru



Claire Giles



Edwin Nieman



Angella and John Sidon



Paula Cotter



Ioan Fuller



Donna Tumaru



Jake Jackson Grammer