



CAVERSHAM
HARRIER & ATHLETIC CLUB

We run
marathons!



Ex Clubmember - Johnny Wells - 60 Years Ago

"Cavy Chat " is turning into an international publication. Former club member **John Wells** , now living in Australia is a regular visitor to the club Website. www.cavershamharriers.co.nz John remembers the club's opening day ... 60 years ago.

" I first ran with the Caversham Harriers 60 years ago, on the Season's Opening Run, 7 April 1956 as a 14 year old Colt, the youngest age for membership of the Club at that time, and males only. This run was from the Club Room beneath the Caversham Primary School buildings.

I think I was about the smallest runner that day, not even 5 foot tall on my tip toes, hence being referred to for many years as "Little Johnny Wells". There were probably about 20-25, 14-16 year olds in the Colts Pack led by Gilbert Hebbard and Alex Barr. What wonderful gentlemen these two men were. I was in awe of all the Club Members in uniform of white shorts and singlet with black edgings. I remember seeing the photo in the ODT on the Monday of the mass start of the opening run, a mass of white singlets and shorts, of all shapes and sizes. What a great photo. For the next 6 years I had a 100% attendance for the winter season. During this time, members of the Club had a great influence on me, not only at the time, but also for the rest of my life, and I still catch up with members from that era, whenever in Otago, Ron Cain, Jim Law, Max O'Leary and Peter Reeve being recent ones, at the end of 2015.

Caversham Openind Day Run 7th April 1956



I used to think, the 1950's and 60's were the good old days. But I have just logged onto the Cavy Harrier's web page. My, what a massive amount of information there. From anywhere in the world this can be accessed. 60 years ago, the time and place of the Saturday run or race appeared in the ODT, on the Thursday, with results the following Monday, and that was it. Also, how the female members of the Club have broadened and strengthened the range and depth of activities of the club. I think the main reason Cavy

Harriers has remained so strong, is you have moved with the times, but have also been able to cater for ages spanning over 80 years, hence Ron Cain, Neville Madigan, Laurie Hill, Martin Hair and others are still around from my era, when the club was well supported by many active "old members" who turned out week after week, no matter what the weather. I have noticed in recent years some events have been post-poned because of the weather. Can't remember that happening in my day.

I must congratulate your committee members and leaders and all involved in the many facets of the Club's activities.

I wish the Cavy Harriers all the best for the 2016 season, and although you may not have the depth of performance runners as in some previous eras, you are sure to be a force to be reckoned with, with a very large and active membership. I will continue to follow your activities with interest, via your webpage."

John Wells

Caloundra, Queensland.



2016 Lovelock Relays - Saturday 7th May

What a stunning day down at the Lovelock Relays and some stunning performances from the Caversham teams. Did you see all those "cavy kids" burning up the track, were so fast you may have missed them . There was success for our Masters Women of **Donna Young, Kirsty Fairbairn, Lia Bezett and Julie Edmunds** coming in 1st and our Masters Women 50+, 3rd. Our Senior Men were placed 2nd. Great to see some of our newer members **Tiffany McNutt-Milne, Luke Easterbrook, Jan Dre and Josh Redemeyer** out there putting in some fine efforts.

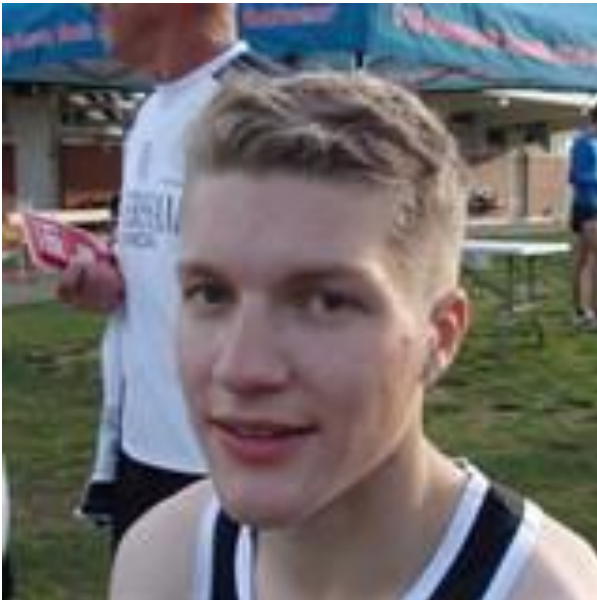
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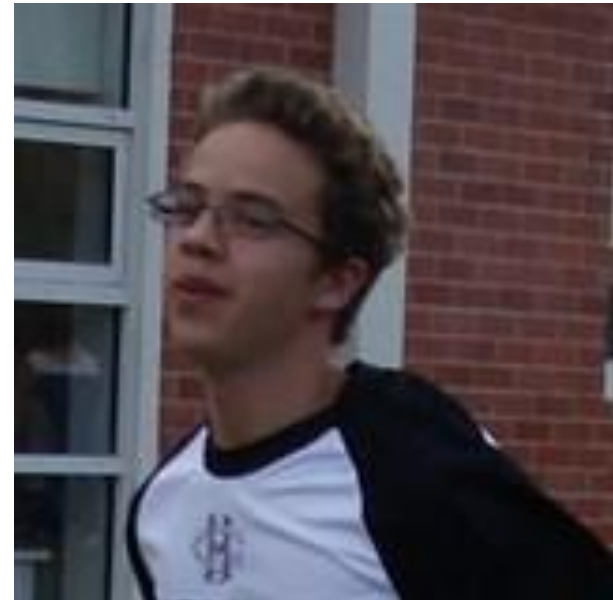
Tiffany



Luke



Jan



Josh

Sutts and the Hippy

While club members were either walking or running in and around Outram fellow club members "Sutts" (Glenn Sutton) and "Hippy"

(Andrew Glennie) were upping the k's between Mount Cook and Oamaru, 301k (Sutts) and Hagley Park Christchurch, 100k.

Cavy Chat : 45 hours and 29 minutes running 301km from Mt Cook to Friendly Bay, that's a long time to be running Sutts ?

Sutts : "As strange as it seems, it went pretty quick; it was a bit of a blur "

Cavy Chat : While back in Christchurch "Hippy" was taking on the 2016 Athletics NZ 100k Road Championships. Tell us about the event.

Hippy : It was put on by the Sri Chinmoy marathon team. It was a very big field, 4 in the men's 100k, and 3 in the women's. I finished third of the men , but seeing that the guy who got second was an Aussie, I was named runner up for the championship.

Cavy Chat : It was the Alps2Ocean Cycle Trail, the first known attempt at a continuous run of the length of the trail. What was the feeling in reaching the end Sutts. ?

Sutts : "I had ran it ..., but I also relied on a lot of friends and family to give me a hand. If it wasn't for them, it wouldn't have been possible. It was really cool to suck in those people and get them to experience what I like, what I am so passionate about."

Cavy Chat : Unlike Sutts, Hippy, you were still a long time on your feet. What was your time ?. And Sutts had a part to play ?

Hippy : I finished in 10:30:28, so I saw a lot of Hagley Park. Yes, I had found out about this race originally from Sutts when I was asking him about training advice for Naseby. And then funny he goes and decides 300km the same weekend!



Sutts and crew ... start of 301k



Hippy ... finish of 100k



An insight to another one of " Sutt's " passions when not running

" A Working Class Man "

Welcome back ... Blair Martin



Blair Martin, will be known to many of you from his time at King's High School, Otago athletics, where he still holds records for middle distance events, and also the Caversham Harriers and Athletics Club, who, was the clubs top junior runner in the mid 80's. Blair graduated from Otago with a BPhys in 1996, and after working in New Zealand for 3 years headed over to Australia to further his running career under a Sydney coach, having already represented NZ in middle distance. He won the Australian Half Marathon champs, achieved various NSW titles, and has silvers in NZ 10k, 5k and cross country.

Blair started his "Body Mechanic" business in Sydney to assist others overcome injury, using various programmes to analyse gait, function and form to achieve optimum bike set up, running technique and recovery. He will now join Barbara and Geoff at Caversham Physiotherapy



Blair arrive in Dunedin on 25 January, with Heather and their two children Ruby and Alexander, just in time for Ruby to start at St Clair School. Heather is also an elite athlete, representing and coming 4th for NZ in Triathlon at the 2002 Commonwealth Games in Manchester, and only 35secs behind the winner.

Andrew Green, Bruce Dellow, Blair, Geoff Anderson, Nina Rillstone

1993 Winning Team Otago Cross Country Waikouaiti



Blair with Alex Dodds 2016 Ponydales

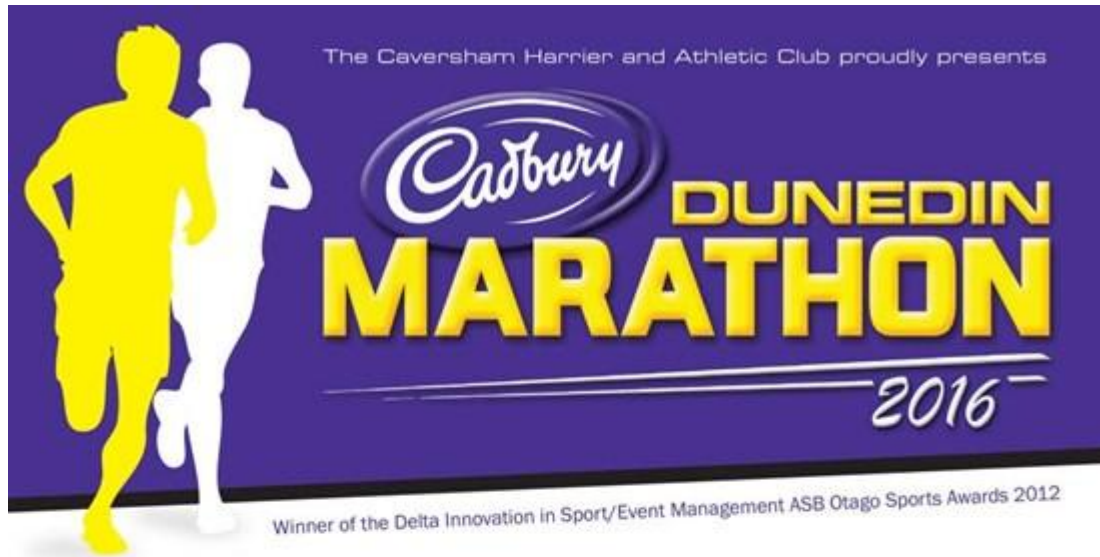


Cadbury Dunedin Marathon ... Update

A few of us got the planning for the **Cadbury Dunedin Marathon** underway as early as February it was then all hands on deck in March. 2016 will be the 32nd year of organising by the Caversham Harrier and Athletic Club, and 29 years of continuous sponsorship by Cadburys. With Forsyth Barr Stadium being unavailable, all our operations will take place at the Sargood Center Logan Park Drive, which will give us more available space to work with. Working on the way we do Race Packs, a more "streamlined self serve" by the competitors. A room will be used for issuing Race Packs, another room where sponsor displays will allow competitors to complete their Race Pack and view visual displays. New starting points for the Half and Quarter Marathon events in Butts Road. Children's Challenge Marathon will take place in and around the Caledonian Ground. Extra car parking has been secured on adjoining sports grounds through the DCC. Prize Giving will take place at "The Hub" Forth Street. We are pleased to have new sponsors Otago Polytechnic and The Fronrunner, and

the support of Caversham Physiotherapy.

The Marathon Committee has gained Sophanna Parsons, Wendy Crawford and Stu McCormack. Gordon Wong will be working with Ray O'Brien with the Timing System. There are a number of very, very long serving committee members with "one leg" out the door, have been for a number of years, and the "other leg" will not be too far behind, they would like to think that if they were to leave their shoes at the door there will be someone to "fill" them. May this be ... U.



Sunday, 11 September 2016

TO ENTER GO TO
www.dunedinmarathon.co.nz

Entries close Monday, 22 August

SPONSORS:



Clubrooms Redevelopment Update

The building consent has at last been granted and we are negotiating the required insurance before signing the contract for construction. In the meantime, the Clubrooms cleanout now needs to be done. Stuff that doesn't need to be kept will either be left for the builder to dispose of along with the rubble etc, or we can get rid of it ourselves. Any comments and suggestions should be sent to me as soon as possible (barrysleeman@gmail.com) We will be vacating and having the cleanout on **Sunday morning, 12th June, 9.00am**, and it would be good if some of the members can help with that. The Community Hall near the Clubrooms will be used when we run from the Clubrooms over the season, and we will use it 3 or 4 times. The Redevelopment Committee is working on interior design - colour/fittings/fixtures etc, with a feature wall being considered. Special thanks to Amanda and Philippa for the work involved with that. Amanda has also submitted a couple of small applications for funding, so we hope for a good outcome. Alternative venue(s) for committee meetings will be required and should be issued this week.

Club Captains will keep club members up to date in their weekly emails.

One of the huge tasks required is the need to secure funding to meet the cost of the redevelopment. "Johnny Wells" has enlightened us of his time with the club 60 years ago, Johnny recalls methods of "fundraising" ... 60 years ago.

"I can remember the first fund-raising activity the Club held to raise funds for the building of the Club Rooms, was a "bottle drive", covering the Caversham-Corstorphine areas.

It was held on a winter Saturday in the late 1950's, a very large number of members were involved, it started about 8 o'clock and finished about 3 o'clock, when a short Club Run was held for members to qualify for their Attendance badge.

For those days, we were ecstatic at the result, just over 100 pounds were raised, thus the club was on the way to building the Club Rooms. Ron Cain could probably fill in more details.

I think we got 3 pence for a dozen beer bottles (tallies) in those days, stubbies were not invented, so there was a huge number of bottles to be sorted and bagged." Johnny Wells

Ponydales 2016

Nothing like good old fashion cross country running. As were the 2016 Ponydales. Even with the withdrawal of one team, Caversham still topped the number of teams with 13 and resulted in some great results. Further competition between **Dave Sharp** and **Geoff Anderson** was to wear the oldest club singlet they could find.

To view all the action : Photos by Gillion Wong : Sophanna Parsons : Ken McDonald

Click ... [HERE](#)



Results of 2016 Ponydale Relays were Provisional when "Cavy Chat" went to print

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