

RESULTS 22 FEBRUARY 2017,

Club Championships Wed 22 Feb. Just the 10,000m last week. Although starters were small we ran it in two groups the estimated under 70 min runners (3) starting 30 minutes after the four walkers and Chris. Conditions were average with a little wind but the unmown grass undoubtedly slowed times a little. Murray gained another high percentage and easily won the event. To put it into perspective Malcolm would have needed to have run 39:22 to have headed off Murray. If Murray was still running he would need to run 51:39 to gain the same percentage as he did with his walk.

| Points | | Time | Age% |
|---------------------------|--------------------|-------|--------|
| Club Champs 10000m | | | |
| 10 | Murray Stevens (W) | 73:16 | 76.02% |
| 7 | Malcolm Fisher | 49:25 | 72.14% |
| 5 | Tyrell Jaggard | 59:17 | 65.42% |
| 3 | Werner Schmidt (W) | 78:30 | 64.90% |
| 1 | Bruce McLean (W) | 91:19 | 61.53% |
| 10 | Daniela Rourke | 56:12 | 59.91% |
| 7 | Chris Barker | 89:36 | 51.88% |
| 1 | Bill Fell (W) | DNF | 00.00% |

Points in the Club Championship series which is half-way through and with all seven events to date being counted are Tyrell leading with 49 points from Murray 38 and Bill 18. Daniela leads Chris 61 to 58.

WORLD MASTERS GAMES

The official close-off is still March 3rd. However some events have been capped and closed off entries. For some events they have created waiting lists. After the official close on March 3 they will review the situation and if they are able to take more entries these will be allocated from the waiting lists.

THE HILLARY 16KM - 25 FEBRUARY 2017

A Calliope mini-road trip to this event was well worth it. Grant revealed excellent driving skills along the way. The race goes from Bethells to Muriwai mostly along the stunningly scenic Te Henga walkway. Over three hundred entrants made for a busy day on the trail. There were also interactions with competitors in the 80km and 32km events, not to mention numerous tourists sporting Nordic walking poles. Conditions were very hot and steep and those in the longer events were clearly feeling it. On-board hydration and sun-protection a must. Martin placed 5th overall and 1st in the 40-49 age bracket, having had an enjoyable and uneventful race. Luisa Salis-Soglio (former German Calliopian) running in Calliope colours placed 80 overall out of 274.

Big kudos goes to the Calliope team of Grant, Sandra, Sam and Sid (the dog) for logistical and moral support, not to mention entertainment value in Sid's case.

| | Time | Overall Place | Gender Place | Division Place |
|--------|---------|---------------|--------------|----------------|
| Martin | 1:48:08 | 5 | 5 | 1 |
| Luisa | 2:42:52 | 80 | 33 | 17 |

If you are ever at a loss for a supporter for a running event, please contact one of the Calliope committee members and we will endeavour to help you out.

The Hillary Trail Run - Race Report through the eyes of Luisa

Sometime in September, back in Germany, I came across "The Hillary" when checking the NZ Running Calendar for exciting races. My friend Sandra told me to enter early. Being not fit enough I failed to do so and when I had finally decided that I could do it, the race was sold out. My plan was to just run along without a race number. Then, Monday last week, I got a text from Sandra saying that she was injured and if I wanted I could have her entry. Of course I wanted to! And it was a great adventure!

The weather was promising, 25 degrees with possible showers and partly cloudy. Support crew and athletes left the Calliope Clubrooms just after lunchtime. Grant was our driver, tour guide, life coach and bag shuttle. Sandra knew all the details and was super organized and motivated, so were Sam & Sid. Martin and I had the job of finishing the 16K.

We had a starter field of 300 Runners and Walkers on single track trails from Bethells Beach to Muriwai. I started in the middle of the field, Martin at the front. Maybe that's why he was almost an hour faster?! ;-) Maybe it was also my lack of training. I hadn't really done any 16 K runs in the past half year.

The first four kilometres were quite hard and it must have taken me ages to do, all I could see was walking athletes and tourists! So many walking tourists that were kindly sharing the track with us. Consequently, I had to walk, too. This made me a bit impatient, as running would have been much more energy saving uphill at times. But after the first couple of steep hills we were fried in the hot sun. It felt like way more than 30 degrees, I felt like having a fever and the thought crossed my mind that walking might not be such a bad idea after all - 14 Ks to go in this heat. Parts of the first 5K were black sand trails, 100% exposed to the sun (as it felt) and always going uphill. Then, we had some downhill bits and my mood was also going downhill. The shoes didn't grip at all, it was more of a sliding down on dust than anything else. Someone was enthusiastically shouting behind me: "Guys what comes after a downhill.....?? Wohooo!"

And 'wohoo' - there it was: A big mud puddle uphill. I could hear people moan and complain but as soon as I could feel my feet sink in the mud, dirt splashing onto my calves, I felt human again. Water and mud in the "desert"! What a joy. And my shoes had good grip too. I started running and overtaking a few walking people (who were actually all runners) and the next downhill was super easy. From my winter runs back in Germany, I knew that these shoes wouldn't disappoint me on muddy terrain. After 5Ks the water station came. I felt good. People were now (finally!) running. And I managed to get a gap before and behind me, so I could easily stop to take some photos of the stunning view. Beautiful beaches, a perfect coastline and at some point I was even able to see Muriwai beach around a lot of corners. I was so excited to get there. I started smiling and slipped. One foot off the track, caught my balance. After a couple of dreamy slips, I realized that I had to fully concentrate. The trail was safe but a from exhaustion dizzy feeling person could have easily fallen off the track down the bank. I drank lots of water and had my "Magic Beans". And then there were another couple of super-steep, long hills. On top of one of those we were greeted by an orange dinosaur. All the athletes cried: "Oh you must be sooo hot in that costume!" But the dinosaur-man just kept high-fiving us, cheering the 10K aid station was only 2 kilometres away and only two more hills.

The community spirit on the trail was great. As soon as someone sat down in the shade to take a break, at least 10 people asked whether the person was alright, wanted some water or some lollies.

As great as the atmosphere was, it didn't help my cramping legs; also, I was feeling really cold suddenly and my stomach was starting to play up. At this point, walking was quite a task and I started to feel a little dizzy. The hill wouldn't stop. I made use of the time and got out Steve's raspberry gel (expired in 2013) and my PowerAde. And then we could hear music and cheering and I saw a lined grass track with pennants towards the 'beach bar' - the 10 K aid station. They had soo much food there: crisps, bananas, oranges, lollies, chocolate, biscuits sandwiches, electrolytes, coca cola and water. I had one cup of each drink, half a banana, some orange, a few chippies and after a good 10 min(?) stop I

continued. Only 6Ks to go! I felt fresh and energized not dizzy at all. I started talking to an older guy who was doing the 34Km. According to him I looked 'as fresh as a daisy'. The last 6km took me just about 40min and I honestly don't know how that could have been so slow. I ran fast on that bit of road, collecting runner after runner, heard one guy say "Look at her, that was about the pace that I was imagining to be doing", always with a big smile on my face. Then we left the road into a nice bush trail down towards the beach, past a wedding ceremony, up again past the gannet colony and then there it was: the final kilometre along the beach to the finish! Grant was already waiting for me at the beach, making sure I didn't miss my last turn-off. And when I ran past the surf lifesaving tent, where music was playing and two young girls were excitedly cheering and jumping up and down, I once again got goose bumps and tears of joy and accomplishment shot into my eyes as I ran my last 300m and then across the finish line. Overall place 80th, gender place 33rd and division place 17th :-). The time I did it in was a bit of a shocker though! :-)

Sandra, thank you so much for pretty much sponsoring me - I wore my Calliope singlet with pride! You have a really special running club. Now you know what happened in those 2h:42min52sec - I didn't fall off a cliff, as some suspected waiting for me to finish. I had such a great time and I enjoyed every minute of my weekend in Auckland.

Also big thanks to the rest of the Calliope support crew and 80K - runners Dougie and Jake for letting me drive up with them - and all those interesting conversations on the way.

RESULTS ALBANY LAKES SERIES

Each race had perfect conditions, sunny little to no breeze. Another Albany season enjoyed by all.

Albany Race #2

10k
Mike Shaddick - 46:58
Sara Duggan - 48:57
Dale Pearson - 55:20
Camille Lowe - 56:46

5k
Tyrell Jaggard - 27:00

Associates
5k Run - Paul Davies - 23:42

Albany Race #3

10k
Mike Shaddick - 47:56
Sara Duggan - 49:29 7th in age group
Camille Lowe - 58:21
Dale Pearson - 59:06

5k
Tyrell Jaggard - 27:44 2nd age group

Associates
10k Run - Paul Davies - 52:46
5k Run - Ethan Cordes - 31:37
5k walk - Tanya Lowe - 52:13
2k Kids Dash - Liam Duggan - 12:13
2k Kids Dash - Rory Duggan - 13:22

