



CALLIOPE CAPERS

1 MAY 2019

Don't forget now that it's dark to wear high viz vests or lights.

SUGGESTED WEDNESDAY RUNS

01 May – Twin Views

10.49km, 12.28km, 13.67km

08 May

Twin Wharves

5.46km, 6.96km, 10.46km

15 May – Verbena – Park Hill (All Hills)

6.72km, 9.47km

22 May

Triple Wharves

5.47km, 6.98km, 10.43km, 11.76km

UPCOMING EVENTS

4 May

Rotorua Marathon

11 May

Athletics Auckland Grand Prix 1, A&P Showgrounds, Pukekohe

25 May

Athletics Auckland Grand Prix 2, Lloyd Elsmore Park, Pakuranga

5 October

National Road Relay, Fielding

ATHLETICS AUCKLAND GRAND PRIX SERIES

The committee has agreed that the Club will refund entry fees for the Athletics Auckland Grand Prix series. The member is to be a full registered member of Calliope competing in a club singlet and complete four of the six Grand Prix races (5 cross country and 1 road). Fees will be refunded at the end of the series.

PRESENTATION FROM CHARITY RUN TONIGHT Wednesday 1 May 2019

Members from Rotary and Chefs for Compassion will present the cheque of funds raised at the Pub Run Charity race on 11 March, to Womens Refuge tonight at 8pm at the cricket club room.

ATHLETICS TRACK and FIELD PRIZEGIVING Wednesday 22 May 2019

ROTORUA MARATHON, Saturday 4 May 2019

All the best for those who have entered this race. Please email your results to calliope.birkenhead@gmail.com for trophy record purposes and to put in Capers.

Lock in the date - Saturday 18th May and come and help us bid a fond farewell to our fellow Calliopean Keith Kent

As we noted recently in the Capers, Calliope Old Boy Keith Kent will shortly depart for a gentrified retirement in sunny Kerikeri.

With the house sold, the coconut oil rubbed in, and the mankini packed, Keith has turned his steely gaze towards the horizon and the loving age appropriate embrace of the winterless north.

In his many years with Calliope Keith contributed hundreds of hours as an athlete, administrator and volunteer. To this day Keith has remained a friend ready to put his hand up and help out when required.

On Saturday 18 May Calliope members past and present are invited to join Keith and the Old Buggers at 3PM at the Northcote Tavern for a run/walk, and afterwards in the bar from 4PM.

This is an opportunity to catch-up with Keith, reminisce once again about how great we all truly were, and wish Keith well in his retirement.

Lock in the date:

When: Saturday 18th May

Where: The Northcote Tavern

What Time: 3PM for a run/walk or from 4PM for a drink and catch-up

ATHLETICS TRACK and FIELD PRIZEGIVING Wednesday 22 May 2019

FEES

The Club has set the following subs for the coming year (1 May 2019 to 30 April 2020)

Age as at 31 December 2019

Competitive

15 – 19 years Fees - Paid by Calliope

20 – 65 years Fees \$110.00

Over 65 Fees \$95.00

Non Competitive

Social Fees \$70.00

Volunteers Fees NIL

REGISTRATION AND FEES TO BE PAID ONLINE TO ATHLETICS NZ LTD

REGISTRATION PROCESS

1) Go to website www.athletics.org.nz

2) Select "SIGN IN" (second from right) then "member"

3) If current member "LOG IN" (on right).

a) Will require email address and password. (if you have forgotten the email address you used previously please email the treasurer, Murray Stevens murray7213@gmail.com and he can advise you of your current email address held in the data base.

b) Select "Renew" on top right of Member Home page

c) Select "Athletics Auckland" from drop down menu

d) Select "Calliope" from drop down menu

e) Select "Register"

f) Select appropriate subscription and proceed with "next"

g) Complete information etc and proceed through online payment.

4) New Member

a) Select "Registration"

b) proceed as from 3c above.

Loop The Lake, 18 April.

On a clear frosty morning 364 runners took off on the annual 24km circuit of Lake Rotoiti, Nelson Lakes National Park, organised by Nelson Events. The first few kilometers was on path and road, the rest track, sometimes rough with mud, roots and rock. There were also streams and a river to cross. At Lake Head Hut I lost some time messing round with my broken bladder but I enjoyed the event, finishing 3hr5min. in place number 228. The fastest time was 1hr.44min. After the run a lovely lunch was provided at the Alpine Lodge, where prize-giving took place.

Last week I had a challenging six-day tramping trip with my son in the Westland-Arthur's Pass area which included Toaroha valley, Mungo Pass, Wilberforce headwaters and White Col. My legs are still recovering from tough scrub-bashing amongst various bluffs! I have joined Waimea Harriers which, combined with Nelson Striders, provide run-walk opportunities throughout the year. I also enjoy doing voluntary work with a track-making team at Brook Sanctuary.

If anyone is visiting Nelson and would like a trip in the hills my phone number is 027 353 8423.

Malcolm Fisher