



CALLIOPE CAPERS

8 MAY 2019

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

SUGGESTED WEDNESDAY RUNS

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**
47km, 6.98km, 10.43km, 11.76km

UPCOMING EVENTS

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.

ATHLETICS TRACK and FIELD PRIZEGIVING POSTPONED

The prizegiving for the summer season is postponed until the results are finalised. A new date will be advised as soon as results are known.

GEOFF SHAW

I always enjoy the read. I try and get along to the old buggers when I can on a Saturday although busy or away in recent weekends. Just letting you know that my Auckland U20 record was broken by Theo Quax. When I set the record 43 yrs ago(1976) Frank Smedley was my coach and I ran 3m44.1 which was a NZ record at the time. Its great to see Theo run 3m39.8 and also set a NZ and Auckland record. Theo is the son of the late Dick Quax.

nga mihi

Geoff Shaw

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.

Irrespective of whether you know Keith it's a good opportunity for the Club to get together.

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

RESULTS ROTORUA MARATHON, Saturday 4 May 2019

Marathon	
Daniel Nicolson	4:46:46 (Daniel's 15 th Rotorua marathon)
Verna Cook-Jackson	5:35:23
Don Nicolson (Daniel's father)	5:48:32 (Don's 25 th Rotorua marathon)
Shona Myers	6:15:29 (Shona's 14 th Rotorua marathon)
Half Marathon	
Martin Fey	1:42:09
Pete Cordes	1:47:08
10k Run	
Ethan Cordes	52:09
10k Walk	
Andrea Fey	1:48:17
Amy Fey	1:49:36

The marathon weekend is always busy in Rotorua, so staying at the Ambassador within walking distance of the start line was a good move. It was a family show with Andrea and Amy completing the 10k walk in zippy form and me doing the 1/2 in 1:42 which I was happy with given that most of it is up in the redwoods. I also had cuzzies doing the marathon and the 1/2. I was 4th in my age group which is a strangely frequent position for me (May the 4th be with you). The thermal pool at the motel was really good afterwards. We completed the Rotovegas experience with a blat on the luge. **Martin Fey**

Shona Myers ran Rotorua on Saturday. Official time 6.15.29. A bit slow but I got there! My 14th Rotorua marathon – hoping for #15 next year.

T42

The T42 took place this weekend at Central Plateau. This part of NZ put on brilliant conditions for the race with sunny blue skies, which in turn reduced the amount of survival equipment competitors had to carry with them. The race started at Owhango Domain and took in some fantastic scenery.

Sandra, Michael and Vicki raced in the 24km event, which consisted of over 600m elevation, the first 6km being a constant climb.

Results:

Sandra Haynes - 2.45.30 (10th female and 1st in age group)

Michael Jenkinson - 2.56.10 (20th male and 3rd in age group) - with a crook stomach!

Vicki Skill - 2.29.10 (7th female and 4th in age group)

Pretty good results from the Calliopians!

Spotted too was Mike Duckett who competed in the 42km event.

WAIHEKE HALF MARATHON

On Saturday, May 4th, Sarah M, Sara D, and Bev participated in the Waiheke Island half marathon/10k events. We took the ferry over on Friday night, prehydrated with a couple of the island's finest wines, and were up for a civilised 8:30 am start on Saturday. The weather was stunning and the event seemed to be popular for "girls' weekends" (the density of vineyards on the island purely coincidental). The course consisted of one or two laps for the 10 or 21 km events, respectively, and took in a combination of road, beach, and coastal track with beautiful scenery and a couple of challenging hills thrown in for good measure. Sarah M pulled another PB out of the bag - clearly, Waiheke red wine is the optimum half marathon preparation strategy! On that note, the rest of the day was spent sampling the island's gin and craft beer, with George lending her support for the latter part of the weekend.

Half marathon	
Sarah Murdin	1:45:59 (new PB)
Sara Duggan	2:03:26
10 km	
Bev Steward	1:07:26

TAKAPUNA HARRIERS QUEEN AND KING OF THE MOUNTAIN, Saturday 25 May 2019, 2.30pm

What is it? Race to the top of the 3 old volcanoes in Devonport - North Head, Mt Cambria and Mt Victoria.

Starts and finishes at Balmain Reserve, Cheltenham Beach. Bring your GPS watch as there is a prize for the shortest distance. Trophies for the winners.

Distance: up to you but under the 5km (someone recorded 3.5km last year).

Full debrief prior to the event. Drinks and drink BBQ provided post run. Under 15s need to run with someone older. Plan your arrival time as Lake Road can be bad traffic.

