



CALLIOPE CAPERS

15 MAY 2019

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

SUGGESTED WEDNESDAY RUNS

15 May Verbenia Park Hill (All Hills)
6.72km, 9.47km

22 May Triple Wharves
4.7km, 6.98km, 10.43km, 11.76km

UPCOMING EVENTS

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| 25 May | Athletics Auckland Grand Prix 2, Lloyd Elsmore Park, Pakuranga |
| 8 June | Athletics Auckland Grand Prix 3, Barry Curtis Park, East Tamaki |
| 22 June | Athletics Auckland Grand Prix 4, Long Bay |
| 20 July | Athletics Auckland Grand Prix 5, Barry Curtis Park, East Tamaki |
| 25 August | Athletics Auckland Grand Prix 6, Bruce Pulman Park, Papakura |
| 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.

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

NATIONAL ROAD RELAY CHAMPS, 5 October 2019, FIELDING

The date for this event is Saturday 5th October and is in Fielding this year. It is a road relay that runs around the environs of Fielding. This is a fantastic event and always a FUN weekend. Members need to be a fully paid competitive member. The Club pays for the race entry, van and \$200 towards accommodation. Gary Carmichael is a starter. Please put your name on the notice board to join him to make up a team or email calliope.birkenhead@gmail.com

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.

RESULTS GP1, Saturday 11 May, Pukekohe

8000m

| | Time | Place | |
|---------------|-------------|--------------|------|
| Simon Mace * | 31:02 | 3/7 | MM40 |
| James Clendon | 33:12 | 4/7 | MM40 |
| Greg Arnold | 44:47 | 16/17 | MM50 |

* Simon ran for Owairaka

Just 10 years ago Calliope had 26 runners in this event, this year just 2 but even Takapuna had only 4. Bays had 24 but mostly in the under-age grades.

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FEES

The Club has set the following subs for the coming year (1 May 2019 to 30 April 2020). **These need to be paid by 31 May 2019 to be eligible for trophy or club trips away.**

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.