



# CALLIOPE CAPERS

17 APRIL 2019

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

## SUGGESTED WEDNESDAY RUNS

|                 |  |                 |  |
|-----------------|--|-----------------|--|
| <b>17 April</b> | <b>Eskdale Hill</b><br>7.63km, 9.11km, 10.94km, 12.72km  | <b>24 April</b> | <b>Park Hill – Balmain - Porritt</b><br>4.49km, 8.15km, 9.10km |
| <b>01 May</b>   | <b>Twin Views</b><br>10.49km, 12.28km, 13.67km           | <b>08 May</b>   | <b>Twin Wharves</b><br>5.46km, 6.96km, 10.46km                 |
| <b>15 May</b>   | <b>Verbena – Park Hill (All Hills)</b><br>6.72km, 9.46km | <b>22 May</b>   | <b>Triple Wharves</b><br>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                                  |

### **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](http://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](mailto: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.

### Waterfront Half Marathon

Sunday was the 5th and last half marathon in the running event series, and this half marathon was held along the waterfront on Tamaki drive starting at Mission bay, with a few out and back loops between Judges Bay & St Heliers. The weather was perfect, sunny, no wind or rain.

5 Calliopeons took part, all competing in all 5 of the half marathons in the series.

Sandra and Michael pacing in their now famous fancy dress, and this race's theme was Hawaiian.

Steve has been using the previous races as build up training to get his main goal of a sub 90min half.

Good time was had by all. Mike S

#### 21km

Steve - 1:29:52 - new PB

Mike S - 1:53:01

Sandra - 2:18:46 (pacing @ 2:20)

Michael - 2:18:45 (pacing @ 2:20)

Garth - 3:04:51

Calliope singlets were limited to 2 of the 2019 finishers in this event. Steve Geall did a creditable 1h 29m for 129th place and Garth Barfoot took more than twice as long (3h 04m) but still managed to cross the line ahead of 156 others.....mainly walkers.  
And Garth, being Garth, managed to find a photo of himself that made him look like a winner.....it is just that those behind him in the photo were actually one lap ahead! Garth

