



CALLIOPE CAPERS

15 JANUARY 2020

TONIGHT 15 January 2020

5000m 200m Long Jump Shot Put
+/-or Bush at back of track to Park Hill

NEXT WEEK Wednesday 22 January 2020

1500m including Tim Hutchings Trophy 400m 100m
High Jump Discus
+/-or Onetaunga to Chelsea Sugar Works

Full Club uniform to be worn to qualify for 1500m Tim Hutchings Trophy

Club Champs begin on Wednesday 29 January with 5000m walk

Happy New Year

Just before the Christmas break on December 12th, the remarkable New Zealand athlete Sir Peter Snell died aged 80. His brilliance in the early 1960s was unsurpassed by any other New Zealander, a testament to his own determination and physical attributes, combined with the revolutionary coaching of Arthur Lydiard. A number of world records and five gold medals at Commonwealth and Olympic level tell the irrefutable story.

Another runner I admired died that same day from cancer. She was a work colleague for a time and a mere three weeks older than me. Rosemary never won a medal that I know of, but she was a trail runner who loved the bush and the streams and the mountains. She backed it up with consistent conservation work in the bush with native wildlife as a volunteer. She also had a big family so I don't know how she found the time. Just a lovely person.

So I've taken thoughts of these two athletes into 2020 with me to cherish. One who achieved athletic excellence and went on to make a contribution to academic sports medicine, and one who loved her people and her planet beyond question. I don't know if it's greedy but I want some of each this year – athletic achievement, loving the forest and caring for the people. Is that ok?

So may you find the right balance in 2020. Be inspired by others, but look within to find something to strive for, or simply find recreation and enjoyment in the journey with like minded friends. Happy New year.

Martin

NORTHCOTE TAVERN RUN/WALK.

6.15pm for walkers and 6.30pm for runners. Gold coin donation and spot prizes.

56 people signed in - 30 Walkers 26 Runners

The interesting thing this week was so many new faces. Lots of new names to add to the spreadsheet. Great to see more of the community joining in on a really warm Summer evening.