



# CALLIOPE CAPERS

11 MARCH 2020

## TONIGHT 11 March 2020 Club Champs

400m

Triple Jump

Full Club uniform to be worn to qualify for Club Champs events

## NEXT WEEK Wednesday 18 March 2020

Fun relays and gumboot throw

Road or Bush runs

## RESULTS 04 March 2020

Event /Place	Name	Time	%		Event /Place	Name	Distance	%
<b>5,000m Run</b>					<b>Javelin</b>			
1	Martin Fey	20.22				Jamieson Brown *	22.74	
2	Natasha Gordon	21.54			1	Allan Lamb	22.47	34.11
3	Jamieson Brown *	23.01			2	Tyrell Jaggard	11.86	27.53
4	Allan Lamb	24.44			3	Sara Arnold	11.45	21.40
5	Sandra Haynes	25.38			4	Grant Simmonds	11.30	14.89
6	Christine Western	28.48			5	Natasha Gordon	10.92	17.37
7	Sinead Bowie	32.01			6	Cinnamon Gazzard	10.35	18.65
8	Cinnamon Gazzard	32.02			7	Bill Fell	10.25	24.59
9	Grant Simmonds	33.18			8	Murray Stevens	10.01	23.24
10	Tyrell Jaggard	34.26			9	Christine Western	9.22	21.20
11	Murray Stevens	37.12			10	Chris Barker	8.41	28.75
12	Werner Schmidt	40.58			11	Bruce McLean	7.95	16.64
13	Garth Barfoot	41.49			12	Sinead Bowie	-	-
14	Cherie Carmichael	43.55						
15	Chris Barker	46.34						

\* Not eligible for trophy

## RACE REPORT – HALLERTAU RIVERHEAD RAMPAGE SATURDAY 7<sup>TH</sup> MARCH

Riverhead School is a great host venue for the rampage through the pine forest. A number of Calliope members (and friends) participated in the 10km event and the 21km, which is famously hilly. In contrast to last year, the conditions underfoot were hard, dry and fast.

Martin had a wedding to conduct in the afternoon, so sensibly opted for the 10km option to get away and fight the Devonport traffic and also head off the need for a nana-nap around the time the wedding was starting. It was good to catch up unexpectedly with friends from different places, some not seen for a good while. Weather conditions were excellent.

The 21km was tough! Although for the first time in seven years the conditions were dry for this race, it was still hard, with the redeeming feature of the 21km actually being a distance of 21km this year, instead of 23km, 24km in previous years - still, an enjoyable event - and, all proceeds of this race going to the local school.

Name	Place overall	Time
<b>10km</b>		
Martin Fey	7 <sup>th</sup>	49.26
Tracey Free	25 <sup>th</sup>	54.33
Rebecca Andrew	50 <sup>th</sup>	1.00.52
Michael Jenkinson	90 <sup>th</sup>	1.10.28
Bev Steward	116 <sup>th</sup>	1.21.44
<b>21km</b>		
Sandra Haynes	95 <sup>th</sup>	2.46.39

### ROUND THE BAYS - SUNDAY 8 MARCH 2020

A number of Calliopians took place in Round the Bays this year with fantastic results.

Simon Mace and James Clendon ran for KiwiRail whom they both work for. They provided a great lunch and spot prizes at their hospitality tent. Simon smashed it with a PB.

Garth and Malcolm also competed, Garth having not participated in Round the Bays since 2000, so he was curious about what changes had occurred over those 20 years. See Garth's report and photos attached.

Name	Time	Place
Simon Mace	28:20	2 <sup>nd</sup> M40-49 (2/1828) (10 <sup>th</sup> overall)
James Clendon	32:39	9 <sup>th</sup> M40-49 (9/1828) (86 <sup>th</sup> overall)
Garth Barfoot	1:15:00	4 <sup>th</sup> M80-99 (4/14)
Malcolm Wade	1:20:12	49 <sup>th</sup> M70-79 (49/112)

### NORTHCOTE TAVERN RUN

An evening with drizzling rain saw 43 people sign in. Split was 26 Walkers / 17 Runners

Fun Fact: We now have 161 people on our weekly results email and we continue to have new people joining us to have fun each week.

Don't forget: Every Monday 6.15pm walkers and 6.30pm runners with a gold coin donation!

### IMPORTANT BEACH HAVEN FUN RUN, Sunday 15 March 2020.

**\*\*\* MORE Marshalls needed \*\*\***

Once again Calliope is assisting with marshalling of the Beach Haven Fun Run on Sunday 15th March.

**We currently have had 8 people volunteer to marshal, and urgently need another 10 to 12. This should only take 3 hours of your time between 9AM and 12PM**

If you or your friends and family are able to help please email Peter (pjonkers@oss-group.co.nz) or Jamie (jamie.wotherspoon@aon.com) or come and see us on Wednesday night. If you marshalled last year and would like the same marshalling position please let us know.

## UPCOMING CLUB EVENT - Rotorua EKIDEN Relay - Saturday 17 October 2020

The committee are looking at a replacement for the Red Stag Relay

The Rotorua Ekiden is a fun team relay run or walk around beautiful Lake Rotorua.

Rotorua Ekiden welcomes people of all fitness levels and abilities to sign up for this marathon distance event. Rotorua Ekiden is broken down into six achievable legs for your team, ranging from 3.24km to 9.27km. Get your friends and workmates together and register for the 16th anniversary of Rotorua's most fun dress-up team relay event because you're gonna love it.

Check out: <https://ekiden.co.nz/>

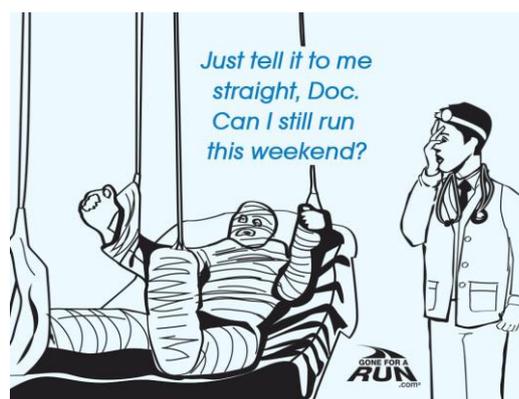
A list will be circulating shortly for you to put your name down if you are interested in this event.

### The Mustard: an occasional column

Amby Burfoot, winner of the 1968 Boston marathon, wrote: 'We should throw out our watches when we run and count words instead. The more words exchanged, the better. Let the simple effort loosen you're your lips as well as your limbs. You don't need more electricity or battery power to get better connected. It's the opposite. Let human connection provide you with the electricity you need to be happy.'

Most of us come to Calliope for the human connection, I think. Good results and Strava crowns are a bonus to be celebrated, but are in the end quite optional. I think we all grieved the demise of the Red Stag Relays last year, and the absence of the camaraderie and human connection generated by the weekend away. We were in shock.

Committee met on Monday night, and bounced around some replacement events that might serve our purposes instead of the Red Stag. There is something about relays and the (ahem) *friendly* rivalry generated that is special within any club culture. So, watch this space for what we came up with and remember when you train to run slow enough to share lots of words. Cheers, Martin.



## ROUND THE BAYS - Report by Garth



One thing that had not changed was the course, exactly the same at 8.4 km, except they no longer have two finish chutes, one for people who have numbers and the other for “free loaders”. People must be more honest these days.

It took just 400m to see the first change, enormous signs on both sides of the road proclaiming “8 km to go”, counting down at 1km intervals till the finish. Perhaps one day marathon organisers will copy this innovation, no more extra 200 metres to cope with after you have done your 42 km.



The second change was live music at regular intervals



The third change was street artists to distract you from the pain



The fourth change was an aid station supplying ice cream popsicles as you climbed over the hill to Madills Farm after the race



The fifth change was the near complete disappearance of runners wearing their club singlets. Good to see Malcolm Wade wearing his Calliope singlet, no wonder he attracted the attention of the TV3 interviewer.



The sixth change was the increase in runners wearing the T shirts of charities; it was reported that \$270,000 was raised for good causes.