



# CALLIOPE CAPERS

18 MARCH 2020

## TONIGHT 18 March 2020

Fun relays and gumboot throw

Road or Bush runs

## COVID-19 CORONAVIRUS

Calliope members and regular attenders are encouraged to be especially aware of precautions around the current global outbreak of Covid-19 Coronavirus. The committee are mindful that a number of our regulars may be particularly vulnerable due to age or health issues.

Vigilance in hand-washing and coughing or sneezing in a contained way are the starting point. If you are feeling unwell or that you might be coming down with something, please refrain from attending club events for the time being.

If you have recently returned from overseas or are subject to self-isolation, the guidelines also apply to club attendance. For more information consult the ministry of health. <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>.

Warm regards and stay safe,

Martin (president)

## SPEAKER: Dr Claire Badenhorst. Next Wednesday 25 March

*Next Wednesday, the 25th March, the amazing Dr Claire Badenhorst will be coming to the club to talk to us about iron deficiency and training as a female athlete. Claire completed her PhD in Exercise Physiology in 2017. Her PhD focused on iron status and metabolism in endurance athletes, with a particular focus on dietary changes and hormones that would affect iron stores. As well as her work at SportsLab, Claire also lectures and supervises students in the BSc in Sport and Exercise Science, Nutrition and Dietetics, at Massey University. Claire's special interests lie in causes of iron status in active individuals and females. Her research career had largely focused on this area and she likes to address the larger picture of an athlete's health. Claire is also an outstanding triathlete and runner.*

Bring along your friends and family that are interested. The talk will kick off after the usual runs at 8pm.



## RESULTS 11 MARCH 2020

| Event /Place | Name              | Time    | %     |  | Event /Place       | Name              | Distance | %     |
|--------------|-------------------|---------|-------|--|--------------------|-------------------|----------|-------|
| <b>400m</b>  |                   |         |       |  | <b>Triple Jump</b> |                   |          |       |
| 1            | Natasha Gordon    | 1:10:87 | 68.93 |  | 1                  | Natasha Gordon    | 7.73     | 51.16 |
| 2            | Grant Simmonds    | 1:29:18 | 54.77 |  | 2                  | Grant Simmonds    | 7.26     | 46.96 |
| 3            | Christine Western | 1:48:39 | 57.80 |  | 3                  | Christine Western | 3.41     | 31.96 |
| 4            | Tyrell Jaggard    | 1:50:88 | 62.87 |  | 4                  | Chris Barker      | 3.18     | 39.65 |
| 5            | Murray Stevens    | 2:08:45 | 54.72 |  | 5                  | Bruce McLean      | 1.91     | 21.10 |
| 6            | Chris Barker      | 2:50:55 | 46.33 |  |                    |                   |          |       |
| 7            | Bill Fell         | 2:58:74 | 43.20 |  |                    |                   |          |       |
| 8            | Bruce McLean      | 3:22:20 | 35.11 |  |                    |                   |          |       |

### 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.

### THANK YOU FOR SUPPORTING ANOTHER SUCCESSFUL BEACH HAVE FUN RUN

Thank you to all Calliope members and family who helped to support the Beach Haven Fun Run on Sunday, whether as a marshall, as part of the highly organised and efficient Calliope registration team, or helping at the Calliope tent.

We were blessed with a beautiful day and great attendance with 471 registered participants and \$770 raised. The event is now firmly established in the community calendar with increasing support from our local schools.

Jamie's idea to have a Calliope BBQ after the event was a stroke of genius and enjoyed by all. We have no doubt the people who saw us standing around drinking cold beer at 12:30PM on a sunny Sunday afternoon will soon be signing up to join the club.

Special thanks to Greg for dragging himself out of bed at 8AM on Sunday following his daughters 21st the night before, so we could collect the Calliope tent; to Narna and Cherie for the loan of their table; and to Grant for the use of his van to lug the gear back to the container, and for his jokes.

We hope to see you all again next year!

Peter, Jamie and Chris

## MARAETAI HALF MARATHON

Sunday was the 4th out of 5 half marathons of the series and it was held at Maraetai. Starting point was at Te Puru Park and continued along the coast road past Maraetai beach before heading up to the trig point at Duder Regional Park (a climb of about 2km and elevation gain of about 300m) before heading back along the coast road to Te Puru Park. The weather was very sunny and hot, making the race a bit tougher for the return leg of the 21km.

Calliope fielded the usual bunch all competing in the 21k. And calliope associate Vicki getting a 1st place in her age group, that also included a pit stop mid race.

### 21km

Sophie - 01:51:00

Mike S - 01:51:06

Sandra - 02:16:29 (pacing @02:20)

Michael J - 02:16:34 (pacing @ 02:20)

Chris W - 02:27:42 (run/walk combo)

### Calliope Associates

Vicki - 01:48:11 (1st /81 in age group)

