



# CALLIOPE CAPERS

8 APRIL 2020

## Rāhui Rev up / Purgatory pep-talk / Lockdown lecture

I think I like the word rāhui better than lock-down. What do you reckon?

‘to put in place a temporary ritual prohibition, closed season, ban, reserve - traditionally a rāhui was placed on an area, resource or stretch of water as a conservation measure or as a means of social and political control for a variety of reasons ... A rāhui is a device for separating people from tapu things. After an agreed lapse of time, the rāhui is lifted.’

<https://maoridictionary.co.nz/>

So when we can't run together, and we suffer a total absence of competitive races, what keeps us running? In this rāhui we will find out something about our running DNA. Already I'm pretty sure I primarily run for peace of mind / sanity / mental health. Call it what you will. The fitness is a welcome by-product. The racing is just icing on the cake, secondary to the bedrock meaning of running, at least for me. My miles have stayed the same or gone up a bit for that reason in the rāhui, alas in ever decreasing circles.

You find out what you value in the rāhui. One of the things I have come to value in recent years is running (and ummmm, *drinking*) with other like-minded folk who value the same things, enjoy the same jokes and moan about the same injuries. Calliope is one such tribe of nutters. I'm resigned to the probability it will be some time before we can meet safely in the manner to which we are accustomed. Some of us are in 'at risk' groups susceptible to the *virus*, and all of us must take care and be mindful of the others. Already I'm wondering what levels 3 and 2 mean for club nights..?

So, we must be innovative and think of ways to connect, ways to motivate one another to keep fit and keep training, and ways to encourage those who are struggling with all this lockdown business. Use this time to look within, but also to reach out. Some of you are already great at the caring phone call (Narna) and who knew how much fun 'Skype happy-hour' could be? Thank goodness for social media at this time.

We sit at the beginning of the decade that leads to the centenary of the club. Think about what you want Calliope to be in 2030. I'm sure it will be different from now. Some of the strong women of Calliope have running shirts that say 'dig deep' on the front. We may need to dig deep to hold things together. Think about it for a second – we have no clubrooms and we are forbidden from meeting. Yet I have a sense of optimism we will press on through this time and be a viable and healthy club in the future, in one form or another.

So, in the meantime, look after one another, keep in touch and run strong. May your families be safe and well.

Martin

## ATHLETICS CHAMPS RESULTS 2020

	Female Placing	Score			Male Placing	Score
Natasha Gordon	1	519.49		Murray Stevens	1	480.52
Chris Barker	2	461.22		Grant Simmonds	2	406.54
Cinnamon Gazzard	3	425.93		Bill Fell	3	337.40
Christine Western	4	413.32		Bruce McLean	4	331.01
Sinead Bowie	5	394.67		Allan Lamb	5	269.87
Cherie Carmichael	6	378.48		Martin Fey	6	218.42
Sandra Haynes	7	135.44		James Clendon	7	214.14
Bev Steward	8	56.12		Garth Barfoot	8	165.75
Sara Arnold	9	21.40		Tyrell Jaggard	9	153.36
				Werner Schmidt	10	85.72
				Simon Mace	11	69.91
				Malcolm Wade	12	63.88

## RESULTS 18 MARCH 2020

Event /Place	Name	Distance		Event /Place	Name	Distance
<b>Shot Put Petanque</b>				<b>Gumboot</b>		
1	Jamieson Brown	0.17		1	Jamieson Brown	27.01
2	Bruce McLean	0.24		2	Martin Fey	24.26
3	Christine Western	0.26		3	Gary Carmichael	21.06
4	Natasha Gordon	0.27		4	Sarah	15.65
5	Sinead Bowie	0.34		5	Sandra Haynes	15.40
6	Martin Fey	0.43		6	Vicky Still	14.60
7	Gary Carmichael	0.44		7	Cinnamon Gazzard	13.60
8 =	Cinnamon Gazzard	0.45		8	Sinead Bowie	12.25
8 =	Chris Barker	0.45		9	Cherie Carmichael	11.50
10	Rod Barker	0.49		10	Rod Barker	10.95
11	Cherie Carmichael	0.58		11	Natasha Gordon	9.90
12	Grant Simmonds	0.63		12	Chris Barker	9.84
				13	Bruce McLean	8.80
<b>600 Relay (2x Laps)</b>				14	Christine western	8.15
1	Natasha & Cherie			15	Megan Gordon	6.90
2	Jamieson & Bruce					
3	Sinead & Cinnamon			<b>Backwards Run</b>		
4	Martin & Chris			1	Jamieson Brown	
5	Grant & Christine			2	Natasha Gordon	
				3	Grant Simmonds	
				4	Martin Fey	
				5	Cinnamon Gazzard	
				6	Sinead Bowie	
				7	Christine Western	
				8	Cherie Carmichael	
				9	Chris Barker	

## 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.