



CALLIOPE CAPERS

22 APRIL 2020

A bit of a catch up

Hope you are all doing well in your isolation bubble, and managing your daily walk, bike or run in the fresh air. The more familiar I become with Zoom meetings the more I need to get out and away from my computer at least once a day.

We had a helpful committee meeting on Monday, working on a draft for a club survey to set directions and imagine the future for Calliope. We also remain committed to the relay trip in October, more details of which appear in this edition of the Capers. A slightly different approach to membership subs will apply this year, soon to be revealed.

It will be important for us to mark the 90th anniversary of Calliope in July, fingers crossed we will be up and running by then, well clear of the current alert levels. This week we also mark the passing of Ray Ambler, stalwart of the club and a dear friend to many of you. The Capers this week contains several tributes to Ray by those more qualified than me to bring them. I have no doubt we will honour Ray appropriately when we are able to meet properly again.

Athletics NZ issued more detailed guidelines for sports clubs at different alert levels this week. At level three there will be no change to what we are doing now, but level two will give us the ability to meet with social distancing etc. Those in a higher risk group will likely need to assess their own participation at this juncture. Committee is scheduled to meet the same day as government review of level three is made public (May 11), so we should have some clarity that week, which will be communicated ASAP. It's been heartening to see the participation in the two isolation challenges we have dreamed up in recent weeks, both #roundthebend and the recent #OUCH half marathon challenge (results attached). Keep an eye on the Calliope Facebook and Strava for the next thing which will be a relay challenge that fits within the level three alert guidelines. We love our relays ay?

Meantime, hoping you, your families and friends are well. Some will be struggling mentally, emotionally or financially at this time, so look out for one another, and make that phone call or send that text.

Kia Kaha,

Martin (pres)

SAD NEWS

Day 26 of Lockdown, news was received that Ray Ambler passed away peacefully on Monday 20 April. His family advised Ray rapidly declined over the weekend, refusing meds, food and H2o and his passing had absolutely NOTHING to do with Covid-19. They also said he is now free.....

Ray was a wonderful person who was extremely generous with his time and commitment to our Community. He was always available to do the timekeeping and mark out the Northcote Tavern course each week for over 19 years. Once we're out of this Lockdown and are allowed to gather for an event we will honour Ray with an a fun run/walk from Northcote Tavern. Ray was also involved with Calliope for many years.

Thank you Ray for all you have done and may you rest peacefully and fly free

RAY AMBLER

Ray Ambler passed away peacefully on Monday 20/04/2020. He was aged 88.

As many of you know Ray suffered a massive heart attack a year-and-a-bit previously while doing his daily cycle around Northcote Point (well into his 80s!). He was found and revived, but sadly had suffered brain damage and gradually deteriorated from there. This was sad to see, a once sharp and active man deteriorate to still being sharp, but muddled. He had all the information and memories in his head, but they were jumbled about. This is not how his last years should have been! He is now at peace.

I remember Ray from my early teens as he and my mother had a relationship, and we all lived together. Ray even "gave me away" when I got married. We all lived together for some ten years. Even after my mum and Ray split, I still remained in contact with Ray, as we both had a love for running. He had some stories to tell about the Lydiard years and indeed trained to those rules. He tried to get me to train to those rules but I just couldn't hack the mileage!

Ray was a truck driver for a lot of his working life and I remember going trucking with Ray in my school holidays. Ray would get up early in the morning to go for his run before a full day's work. Back in the day Ray ran many marathons, and I got into running doing community fun runs with him.

I loved to hear about the history of the North Shore, especially Beachhaven, from when Ray was a young boy. I'd often get him to retell the story of how he would walk the family cow up Rangatira Road to meet with the Bull up the road. I used to do a lot of bush walks with Ray and these stories would come out. He had heard of an old Maori settlement in Chelsea Park/Kauri Point walk. So one day we found the settlement, and I always show people where it is when we're out running or walking that way. Much exploring was done.

Ray was very determined and always more than ready to help out. I remember him (in his 80s) coming around to my place to help me get rid of a dead tree. We ended up putting a rope around it and pulling it down (much to my horror thinking uh oh this isn't a good idea). He also was determined to help us put our new BBQ together and to mount a swing seat from the roof of our deck amongst a lot of other things.

Ray will be (and has been) sorely missed at the Northcote Tavern run where he spent many years marking out the course on a Monday afternoon and then coming back to take our times for the run. He also helped out with other community events such as "running of the balls" doing his timekeeping. Anything to do with running, Ray would be there. Ray came from a family of runners.

Ray was like a father to me and will be sorely missed. But I have a lot of good memories of him and am chuckling as I am typing this! RIP Ray.

Sandra.



OUR BUDDY RAY AMBLER

Did he know that his time was up or maybe the man at the Pearly Gates hey buddy time to make that final run.

Perhaps after this pandemic has settled a bit we Calliope should hold a memorial service to honour Ambler Family contribution to our Club in particular Ray and his brother Norm.

In Maoridom we say;

Haere, Haere, Haere

Haere e hoa ki te maunga rongo mo te moenga roa

Farewell, farewell, farewell

Farewell my friend

Go to the mountain of peace for the long sleep

Arohanui

Ray Broughton

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

The committee are committed to doing the Ekiden relay as a social event for the club. Families are included and can enter in the team for the event.

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 a team, ranging from 3.24km to 9.27km.

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

The Ambassador Motel is booked for Calliope for Friday and Saturday nights. Do you wish to participate in this team relay and/or be a support please email Bev Steward beverley.steward@gmail.com with name(s), wish to be part of a team, run or walk.

NINETY NOT OUT

Come July, Calliope will be 90 years young, one of the oldest harriers and athletics clubs in the land. Let's hope we get to have a proper face to face party before the end of 2020! In the meantime, we would appreciate any brief reminiscences, anecdotes, incriminating photos or notable memories of the club to be shared with the club email, calliope.birkenhead@gmail.com by way of leading us into a time of remembering and celebration. Committee will edit contributions as needed. We will compile them and do a special edition of the Capers at an appropriate time. This will be particularly helpful for relative newbies such as myself. None of us were around in 1930, but we can appreciate the history and anticipate a good future for Calliope in the coming years.

How I made Lockdown Level 4 lucky – Garth Barfoot

I often say that triathletes are lucky; if they are injured in one or even two disciplines there is still another left to work on. Level 4 of the lockdown knocked out 2 of my disciplines early on. Who wants to go cycling when you are forbidden to stop for coffee and you haven't enough motivation for solo spinning? Who wants to go swimming when your local swimming pool is closed and your local beach (Island Bay) is cordoned off? And how could I go running when my cardiologist says that whilst I am waiting for my heart valve replacement procedure I must not do anything that unduly strains my heart.

The answer came not from my coach but from the lips of a completely non-sportsperson, our very own Prime Minister Jacinda Ardern.

“Provided you keep within 5 km of you home, exercise walking once a day by yourself or with someone within your own bubble is perfectly OK”

The walk to Birkenhead Wharf from home seemed to fit the bill exactly, a smidgeon over 5 km away, wide footpaths for social distancing without endangering yourself by going out onto the road to pass, as few hills as you could find in our area (to assuage my cardiologist) and a view at the turn around point that changes every hour with the mood of the harbour. But after doing that walk each day for 7 days the novelty wore off. There was nothing I could do but turn it into a race. Each day I would try to walk faster (no running, heel must touch the ground first) than the day before. I haven now done 9 such walks since my first timed walk and have achieved personal bests in 6 of them.

At a 17% increase in speed accomplished in 13 days seems unbelievable. Soon Old Father Time will wake up and put a stop to my personal bests. But I will still have my Garmin (albeit stuck in cycle mode) to remind me of my lucky Level 4 lockdown.

#OUCH – Official Unofficial Calliope Half 17th – 21st April 2020 - Results

Place	Name	Area of run	Exact km distance	Pace (per km)	Elevation (m)	Elapsed time	Special fun awards or comments
Women							
1	Vicki Skill	Glenfield etc	21.41	5.10	305	1.50.46	It was Vicki's idea so she gets the <i>bright spark</i> award as well as first place. A gutsy run on a tough course!
2	Anne-Sophie Carlon	Birkdale	21.1	5.35	321	2.00.20	A solid effort for second place. French flair award just because we can...
3	Debrah Breedt	Glenfield Hillcrest	21.12	5.33	366	2.03.20	<i>Mountain goat</i> award for most elevation in the event. Also ' <i>smashed it</i> ' award for doing a PB purely on self-motivation.
4	Sara Duggan	Birkhavendale	21.14	6.10	325	2.09.47	A strong run on another hilly course. Recently appointed semi-official club science adviser.
5	Bex (Mountain Cheetah)	Queenstown	21.11	6.19	263	2.13.14	Speediest nickname and Calliope wannabe award but lives on the wrong bloody island xx
6	Sandra Haynes	Birkhavendale	21.21	6.15 ish	300	2.29.04	' <i>Outside the square</i> ' award for managing to convince me it was ok to complete this over several days!!
7	Ina Maria Chalmers	Queenstown	21.14	8.00	231	3.02.59	Friend of a friend award for two degrees of separation. And respect for hauling a toddler along for the ride (I think)?

Men							
1	Simon Mace	The Haven	21.21	3.44	204	1.19.11	The Muhammad Ali award for floating like a butterfly and stinging like a bee. What is this 'floating' you speak of? I must try it...(aaargh, thud)
2	James Clendon	Hillcrest - Taka	21.16	4.18	107	1.33.08	Efficiency award for best organised support crew. Respectable speedy time for a clear second.
3	Martin Fey	Milford - Taka	21.1	4.45	125	1.40.07	Special award for not coming fourth in this. In 'outside of club' events I come fourth in my age group with <i>monotonous</i> regularity. May the 4 th be with you...(or not)
4	Dylan Carmichael	London England (!)	22.01	5.05	27	1.52.35	Calliope Roving ambassador award for the most distant and cosmopolitan location. 'Extra mile' award for popping in a bonus km in a solid, nippy run.
5	Chris Ellson	Beachhaven	21.1	5.29	299	1.55.45	Good job Chris Another solid hilly half. Come to club more, even though we are strange...but not yet, because no one is there...
6	Mike Shaddick	Birkdale	21.18	5.47	324	2.02.33	The building momentum award for running a lot more this year than last year....? IT nerd award for coming to zoom drinks dressed as a potato
7	Pete Cordes	Birkenhead	21.16	5.36	354	2.04.02	Comeback kid award for running a half after falling down and needing surgery. Prize should be high tech Kevlar body armour
8	Steve Geall	Birkenhead	21.2	5.38	226	2.04.04	Random award for managing to get a rugby league reference into his run title...?!
9	Graeme Fletcher	Kauri Glen	21.14	5.21	333	2.07.31	Tornado award for doing a bewilderingly bonkers number of laps
10	Michael Jenkinson	Hillcrest	21.13	6.23 ish	301	2.29.19	'Three scoop' ice-cream award for managing to lick three virtual running challenges in the same session. Impressive!

Some notes – thanks to those who participated in the #OUCH Half marathon challenge. Personally, I find motivating myself to run fast unaided by the usual sights and sounds of *race day* particularly challenging. Well done to all, we put in a fine effort.

I included the elevations from people's Strava records just to remind us this was not a level playing field and that some folks were dealing with some pretty steep terrain in terms of a 'normal' half marathon. We look at these and realise how hilly it is around Birkenhead.

From Strava I took the *elapsed* time rather than the *moving* time for the result, which is what would obviously happen in a proper half. So, all that time standing about chatting, drinking, gasping on the ground or whatever, all counted! Interestingly, only in two cases were both of these times the same – mine and Simon's, indicating we never stopped at all. Vicki apparently only stopped for 4 seconds. This also puts the pace per km in perspective, because some were running at a quicker pace, but clearly stationary for longer periods. Great to see the variety of approaches and that people signed up, took it seriously and got stuck in. Roll on the next challenge! Martin

