



CALLIOPE CAPERS

3 JULY 2019

Don't forget to wear high viz vests or lights.

SUGGESTED WEDNESDAY RUNS

3 July	Akoranga Station Distance TBA	10 July	Pie & Jug 6.72km, 9.46km
17 July	Triple Wharves 5.47km, 6.98km, 10.43km, 11.76km	24 July	Verbena – Park (All Hills) 6.72km, 9.46km
31 July	Heritage Run		

UPCOMING EVENTS

13 July	Ambler Shield
20 July	Athletics Auckland Grand Prix 5, Barry Curtis Park, East Tamaki
27 July	Kohn Cup and AGM
10 August	Osbourne Cup
17 August	Bathurst Cup
25 August	Athletics Auckland Grand Prix 6, Bruce Pulman Park, Papakura
5 October	National Road Relay, Feilding

As there is no formal Red Stag Relay in Rotorua this year, the committee discussed asking members if they would be interested in going to Rotorua and doing the Red Stag relay track amongst members. This would be the annual club family weekend away as for previous years. It would be the weekend of 6/7 September. If you are interested please let a committee member know or email calliope.birkenhead@gmail.com

NATIONAL ROAD RELAY CHAMPS, 5 October 2019, FEILDING

The date for this event is Saturday 5th October and is in Feilding this year. It is a road relay that runs around the environs of Feilding. This is a fantastic event and always a FUN weekend. Members need to be a fully paid competitive member. The Club pays for the race entry, van and \$200 towards accommodation. Gary Carmichael is a starter. Please put your name on the notice board to join him to make up a team or email calliope.birkenhead@gmail.com

MID WINTER DINNER, Saturday 13 July at 7pm, RSA

The RSA are reserving some tables for Calliope at their mid-winter dinner on 13 July at 7pm. The cost is \$35 for a buffet meal, free drink on arrival, door prizes and a 60s band. Please email Gaye at greengaye48@gmail.com or calliope.birkenhead@gmail.com if you would like to reserve seats. It's a great night with good food.

PIE and JUG RUN, Wednesday 10 July

This run starts at the Clubrooms and run/walk to the Northcote Tavern. A pie and drink are available and then run/walk back to the clubrooms. Walkers start first, straight down Onewa Road and then along Queen Street. For catering purposes please indicate on the form by noticeboard or email Gaye at greengaye48@gmail.com or calliope.birkenhead@gmail.com if you would want a pie (or 2). No Name no pie.

AGM SATURDAY 27 JULY 2019 at 3pm at Clubrooms

The AGM is on the 27 July at 3pm at the Cricket Clubrooms after the Kohn Cup. Nominations for an officer position close on 17 July. Nomination forms are available. Complete, get a seconder and hand it to one of the current committee. President, Vice President and Club Captain positions are vacant and additional committee members.

FEES

Fees are now overdue. They needed to be paid by 31 May 2019 to be eligible for trophy or club trips away.

Fees to be paid online to Athletics NZ Ltd on their website: www.athletics.org.nz

ATHLETICS TRACK and FIELD PRIZEGIVING POSTPONED

The prizegiving for the summer season is postponed until the results are finalised. A new date will be advised as soon as results are known.

RUNNERS KNEES – Garth Barfoot

“You have got runners knees, you must have had a fall” was the comment made by the runner beside me at the start of the Wellington Marathon “I can tell that because you have a bandage on each knee”.

A week earlier I had been caught out by the early dusk of the shortest day of the year. It was just 5 30 pm when darkness, rain and rush hour traffic combined to make the crossing of Verrans Rd at the roundabout my downfall. If only I had waited for that stopped car to move forward instead of sneaking around the back of it, I would have seen the pedestrian gap in the curb and not tripped over the curb itself. But then some runners always want to do their best time even when they are out training!

“It's not the wounds that worry me” I responded “it's the bruising around the ribs. It makes it too painful for me to run; I am going to have a go at walking the whole thing and see what happens. At least the weather is perfect, last year my friend said it was awful ”

What time was I going to do? I knew It was going to be way longer than 4 hours, the time of my first

Wellington marathon 26 years ago. Two years ago I did it in 6h 51m but then I ran the majority of that. Better to think of the time of the slowest finisher in last years marathon. Entered as a walker she recorded a time of 7h 42m, I would have to finish by that time if I was not going to keep the officials waiting. Additionally I had a late afternoon flight back to Auckland to catch.

And finish I did, 7h 24m, 18 minutes ahead of my self imposed deadline. I missed the prize giving but race director Michael Jacques would come up to me later to congratulate me. No one older than my 83 years had ever finished the Wellington Marathon! And it has been going a good thirty years.

When I got home later that night Judy said "I'm glad you're safe, that is a long time to be out walking". Like a good husband I agreed with her.

