



# CALLIOPE CAPERS

2 OCTOBER 2019

## UPCOMING EVENTS

Wed 2 October

**EYRES TEAM RACE** – This is a handicapped mass start race. It is run around Hinemoa and Palmerston Roads loop. Club singlets must be worn.

**Volunteers:** Sara Duggan, Murray Stevens, Pete Cordes

Meet at Cricket Club rooms **at 6.30pm**. Handicapping to be done BEFORE 6.40pm.

Head down to start at 80 Hinemoa Street, Birkenhead to start at 7pm.

Teams consist of 3 or 4 people. Each team member will complete 2 laps, total 3.6km (each lap is 1.8km). Depending on the number of athletes at the time, this will determine if teams consist of 3 or 4. Due to the number of athletes on the day, a team may not have a full complement of athletes. In this scenario the team shall nominate a member before the race, whose result shall be used twice, the athlete does not run/walk twice.

Mass start with handicapping applied at the end to give team final result.

Club uniform and membership required to qualify for the cup. Any late arrivals after 6.40pm will not be valid for competition. Non uniform, non-membership or late arrivals can only run as a guest runner. Any team with a guest runner will not qualify for the cup.

**Handicapping Times:** There are recorded times for some, these times will be used to apply the handicap. For those who do not yet have a recorded time please have an estimate for your 5km road race time, so handicapping can be done (while a race data on members is building up). Your estimates need to be honest, if you are 10% faster, it may result in a team disqualification.

Wed 9 October

**CLAYWORTH PAIRS** – Two person team cross country race. Club uniform.

Mr Clayworth, a prominent English harrier, took interest in the club and presented a silver cup for this competition. For many years the pairs ran together with the stronger runner encouraging the other. Sometimes, the stronger runner followed the first runner. On many occasions the pairs ran in opposite directions, met, then turned and ran back to the start. This is how the race is run today. The pairs are handicapped and there is a staggered start. Both runners start outside the club on the sports field and run in opposite directions around the loop. When they meet, usually somewhere in Birkenhead Avenue, they return to the start. When they meet, one runner does an additional loop of the course. One loop is approximately 1.9km. Here is the link for the map of the race

[http://www.calliopeahc.org/uploads/4/6/3/2/4632467/clayworth\\_pairs.pdf](http://www.calliopeahc.org/uploads/4/6/3/2/4632467/clayworth_pairs.pdf)

**Volunteers:** Martin Fey, Bev Steward

Wed 16 October

**KING and QUEEN of the MOUNTAIN** (Under 16 Prince and Princess)

This was introduced in 1994. The race is the culmination of the winter season and it is a steep climb from the Chelsea Sugar Works at the bottom of Colonial Road to the top. The race is handicapped and there is a staggered start. Recently, the title of Prince and Princess has been included for junior male and female competitors

and the title of Sultan and Sultana for the first male and female walkers.

**Volunteers:** Sara Duggan

- Wed 23 October      Graeme Wells Bush Bash
- Wed 30 October      Athletics Track & Field Season starts. Theme: Halloween
- 2 November          **Club Picnic at Wenderholm.** Run/walk, BBQ. More details later.

**NORTHCOTE TAVERN RUN/WALK commenced on Monday 30 September.** 6.15pm for walkers and 6.30pm for runners. Gold coin donation and spot prizes.

There was a great start to the season with 27 people joining in. Which was fantastic considering the changeable weather conditions. We managed to get around the course with no rain.

20 Walkers and 7 Runners

The most interesting thing to report this week was a Seal which had beached itself just to the right of the stairs at the bottom of Queen Street, just before the wharf. Poor thing looked very unwell. On the positive side, an environment person was present and had the situation in hand with help coming to access the Seal.

A big thank you to Delanie and Jeanne for photos of this event. More pics of Jeanne's are able to be viewed on the Calliope Birkenhead Running Club Facebook Page.

### **DAN LANIGAN ex member died 27 September 2019**

Bruce remembers him being with the club for a few seasons around 2005. He was on Bruce's 2005 Ranking list assessed at 43:32 for 10k but he only raced twice that year and not in inter club. Dan competed in the Eyres Teams race during the 2005 season running as a 43 year old the 4<sup>th</sup> fastest time in 15:10. The fastest time that year was Paul Rourke in 12:57.

### **DESERT RUNNING, Ray Broughton**

Desert running differs greatly from Hinemoa Street Circuit or Round the Lake.

The only similarity is at the start line where the surface is bitumen.

I would like to circumnavigate the Arabian Desert by road running parallel to the Arabian Gulf, Oman Gulf, Indian Ocean and Red Sea.

I have travelled across the desert in small parts, Oman, Qatar, Saudi & Bahrain.

My other dream is Silk Route from Istanbul to Xian.

If you wish to read more of the story and see the corresponding pictures please let me know and I will forward the email. [greengaye48@gmail.co.nz](mailto:greengaye48@gmail.co.nz)

### **THANKS FROM BIRKENHEAD CRICKET CLUB for donation.**

Thank you very much for the contribution towards the running costs. It's very generous.

We love having Calliope sharing our facilities, it's a win win for both of us. We see it as the start of a long and successful relationship working together that gets the multi sport facility built in the War Memorial redevelopment. Andrew Gale.

### **THE MUSTARD: An Occasional Column**

I went to have a beer with my uncle on Sunday arvo and we had a good chat about marathons and running generally. As someone with a 2.19 PB and formerly coached by Barry Magee and occasionally Lydiard, his advice is absolutely legit. As a bonus we sorted out the family dysfunctions as well. Nah, we didn't have long enough for that....

So now I'm trying to find the balance in my mind of how to incorporate his training suggestions into my already busy schedule. Is it going to be life enhancing or destructive? My uncle warned me against taking up ultra-distance, which seems to be a growth sport. He paid the price with injuries, in spite of holding the 90-mile beach record for a while.

I told him frankly I was not in the least tempted, meaning no disrespect to those who embrace the longer races. Each to their own. I would rather do a decent 1/2 then sit in the sun for a while. Roll on Kerikeri. That's my place of balance - where is yours?

Martin