



CALLIOPE CAPERS

4 JULY 2018

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

UPCOMING EVENTS

11 July	Pie & Jug Run
14 July	Ambler Shield
21 July	Athletics Auckland Grand Prix 5, Auckland Cross Country Champs, Barry Curtis Park, East Tamaki
28 July	Kohn Cup
1st August	Heritage Run (18km)
12 August	Athletics Auckland Grand Prix 6, Auckland Road Champs, Calliope Road Champs
8 September	Red Stag Relay, Rotorua. Ambassador Motel has been booked.
6 October	National Road Relay, Christchurch

WEDNESDAY NIGHT RUNS

Maps can be found here

<https://www.calliopeahc.org/running-routes-road.html>

July 4th Road - Twin Views	July 11th Pie and Jug
July 18th Road - Twin Wharfs (reserve)	July 25th Road – Eskdale Hill
August 1 st The Heritage Run (18km)	August 8th Road – Coronation Oceanview
August 15 th Road - Twin Peaks	August 22nd Road – Birkdale - Glenfield Mall
August 29 th Road - Twin Views (aka The Kiwi)	September 5th Road – Sylvan – Oceanview - Coronation

PIE and JUG RUN, Wednesday 11 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.

VOLUNTEERS for Calliope Events

There is a list circulating of the Calliope Run Events that volunteers are expected to assist set up. Would you please put your name down for one or more of these events. Don't leave it to the same ones as they also want to participate in the events.

CALLIOPE AGM Saturday 28 July 2018 (please note change of date)

The clubrooms are not available on 14 July. The AGM is on the 28 July at 3pm at the Cricket Clubrooms after the Kohn Cup. Nominations for an officer position close on 18 July. Nomination forms are available. Complete, get a seconder and hand it to one of the current committee.

CALLIOPE CLUB CHAMPS

The Calliope Club Champs are not far away with the Auckland Cross Country Champs being held at Barry Curtis Park on the 21st of July and the Athletics Auckland Road Champs being held on 12 August.

Please note that the rules are that to be eligible to take part in the Club Champs the club member must have competed three times previously as a Calliope member in the current season and competed in Club uniform. If you have not met the criteria you may need to look at some upcoming events e.g the Ambler Shield on 14 July.

Please let us know if you have any questions.

MID WINTER DINNER, Saturday 14 July at 7pm, RSA

The RSA are reserving some tables for Calliope at their mid-winter dinner on 14 July at 7pm. The cost is \$25 for a buffet meal and a 60s band. Please email Gaye at greengaye48@gmail.com if you would like to reserve seats. It's a great night with good food.

RED STAG RELAY, ROTORUA. WEEKEND FRIDAY 7 SEPT TO SUNDAY 9 SEPT

This is being held on Saturday 8 September. This is always a great weekend away for Calliope. The club will partly subsidise the accommodation to the sum of \$100 per room regardless of how many club members and family occupy it. The club will pay for the entry for the relay and in addition the club will meet the costs of the post race drinks and nibbles at the race venue. Rooms have been booked at Ambassador Motel

Each club member will be responsible for paying their accommodation in full to the motel with the club then refunding the \$100 subsidy.

To assist in both arranging accommodation and race teams, if you are intending to participate would you please put your name on the notice on the whiteboard.

MURRAY STEVENS

Murray competed in the first of the Taupo Half marathon series on Sunday 1st July. A trail run/walk held at Mount Tauhara.

Results in half marathon walk - Time of 3hr 29 min - 8th out of 68 - 1st in age group

Wellington Marathon, Sunday 1 July 2018

Sunday 1st July was Anton Overy 's first marathon, he managed a PB 05:15:36.

The weather was not Wellingtons best. Rain with growing winds throughout the day. Was going strong until the 30km mark then blisters on my soles slowed me down along with the cold wind and rain reduced me down. Glad I finished it. The medics said I was hypothermic. Hence why I looked top notch.

I learnt a lot from the race and will take that onto the next one.

Anton



WOMEN'S HALF MARATHON, Sunday 1 July 2018

On Sunday July 1st, Sara D and Sarah M ran the inaugural women's half marathon, which supports the Look Good Feel Better charity. It is a two-lap course along the waterfront and viaduct with the start, middle, and finish inside The Cloud. The atmosphere and support was fantastic, especially at the finishing chute, and it was a very well organised event.

Sarah Murdin 1:49:36, 18th in 30-39 group

Sara Duggan 1:55:40, 17th in 40-49 group

Ambler Shield

This race was first held in 1947 and has been run over a variety of courses since then. It is a handicapped cross country race. The Shield was sponsored by Harry Ambler whose sons, Norm and Ray, have both run for the club. Currently, the race is run in the Onepoto Reserve and has three laps. As the basin is very low lying and wet, the course is often very muddy. Club singlets must be worn.

Kohn Cup

First run in 1931 as a relay race from Auckland to Papakura, at a distance of 20 miles. Each member carried a message from the mayor of Auckland to the Chairman of the Papakura Town Board. However, the route proved difficult to organise and from 1934 the race was run from Birkenhead to Beachhaven, twice. More recently, it is run in teams of two with each runner running one of the two legs. The run starts and finishes at the club. The first runner runs along Mokoia Road and down Birkdale Road with the change-over point in Beachhaven Road. The second runner runs back to the club via Rangatira and Mokoia Roads, which is a tougher leg as it is uphill. Each leg is approximately 5km.

