



# CALLIOPE CAPERS

8 AUGUST 2018

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

## UPCOMING EVENTS

11 August	Osborne Cup
19 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>

August 8 <sup>th</sup> Road – Coronation Oceanview	August 15 <sup>th</sup> Road – Twin Peaks
August 22 <sup>nd</sup> Road – Birkdale – Glenfield Mall	August 29 <sup>th</sup> Road – Twin Views (aka The Kiwi)
September 5 <sup>th</sup> Road – Sylvan – Oceanview - Coronation	

## **OSBOURNE CUP, Saturday 11 August 1pm at Cricket Clubrooms**

Meet at clubrooms at 1pm so handicapping can be finished **BEFORE** 1.20pm  
Head down to start 1.30pm. Race starts at 2pm

Club uniform & membership required to qualify for the cup. Any late arrivals after 1.20pm will not be valid for competition.

No uniform, membership or late arrival can run as a guest runner. Any team with a guest runner will not qualify for the cup.

Please have an estimate for your 5km road race time, so handicapping can be done (using the Peter S. Riegel race time predictor formula), while we are building up race data on members. Your estimates need to be honest, if more than 10% over, it may result in a team disqualification.

## **Osborne Cup**

The Osborne Cup was first contested in 1936. It was donated by the Mayor of Birkenhead, E.J. Osborne. Initially this race was a relay of four legs. The course changed twice and in 1986 they introduced the course we know today, a loop around Hinemoa and Palmerston Roads. Teams of three runners are handicapped and there is a staggered start. Each runner runs one loop of approximately 1.8km. Club singlets must be worn.

## **DONUT RUN: Sunday August 26<sup>th</sup>**

The route takes in part of the Devonport Half Marathon course and is great training for those who have entered this event. Meet at Little and Friday cafe, [43 Eversleigh road](#), at 7:30 am for a 15k run (plenty of shorter/longer options available) and coffee/donuts afterwards. See Sara D for more details.

It's not an official event, just a casual Sunday run, but this will be the third year we've done it as a training run for the Devonport half, so people might be interested.

Sara D

Map and link for the run: [https://www.calliopeahc.org/uploads/4/6/3/2/4632467/donut\\_run.pdf](https://www.calliopeahc.org/uploads/4/6/3/2/4632467/donut_run.pdf)

## **TAUPO HALF MARATHON.**(from John Rhodes)

Saturday 4 August, Taupo, about 10 degrees and ready for a 9 o'clock start. I ran into Murray before the start, I think he recognised the Calliope T-Shirt before he was aware of who was wearing it. Then to the start where Sandra and Michael caught up with me. We were all entered in the half marathon and the event blurb stated that the runners were to start before the walkers. This did not appear to be the case as I spent some time trying to get past people. Sandra and Michael slowly disappeared ahead and it took me about 5km to get into my stride..

The next 10 km ticked along steadily seeing both Sandra then Michael coming back from the turn round point. Sandra was ahead of Michael, not by much, as I was informed they had stopped for a kiss. A somewhat unusual occurrence to take part during an event, and to be honest I felt left out!

For me the last 5km was a struggle. I had only run two 9km and a 4km run in the preceding two weeks. The lack of fitness and trying to get past runners and walkers on the narrow lake walkway slowed me to a seven minute per km pace. Still to the shouts of Michael and Sandra, crossed the line for water, then free beer, a chocolate fish and finally buns and hot soup.

Unfortunately did not meet up with Murray again who did exceedingly well. A time of 2:42:41 and first in his age group (70+ and there were 5 others).

Sandra recorded 1:52:51 being 7th within her age group, whilst Michael was 18th in age with a time of 1:57:30. I recorded 2:17:27 being fourth in age group and only 57 seconds behind the third place getter. That will teach me for stopping for a pee.

Luckily it was after the finish that light rain started, but the event was run in very good conditions although slightly cold.

Michael won a glass water bottle in the race pack.

### **'WE RUN THE FOREST', ROTORUA – Martin Fey**

The inaugural 'We Run the Forest' in the Redwoods at Rotorua caught my eye a while back but I was dismayed to find entries for the 1/2 marathon capped and closed off at 200 competitors. However, Naomi kindly transferred her entry to me as she was unable to attend. The reason for limiting the numbers became obvious as the faster 1/2 runners dropped down the hill into a melee of 5.5km and 11km walkers and runners. Greater numbers would have meant chaos. 'Passing on your right' became my mantra and I tried not to batter too many of them out of my way...

The three lap 1/2 marathon included firm singletrack and 4wd trail, with steep bush ascent and descent out the back (behind where the Red Stag goes). Yes I had to walk. When the mist had lifted on lap 3 we got a pleasant lake view.

For me it was a 'comeback' race after a three month injury layoff from Feb - April, so my plan was to get through it in a dignified and steady manner without breaking down, which thankfully was achieved, along with the bonus of 3rd in age-group.

I would recommend this to all Calliope trail runners and walkers for next year as I observed excellent organisation, a friendly atmosphere and great food and drink options for after. The organisers acknowledge athletes in each age group and gender with medals and a legit podium, and the prizegiving was slick and on time. Of course, it's in a forest many of us enjoy and are familiar with, and there are options for all abilities.



### **MADDREN HOMES TRADIE OF THE MONTH – Sara Arnold**

She's mysterious, can inspire people to work on Saturdays at short notice and is an expert at getting clients out of a pickle. While she's not Spiderman, Sara from Safety Nets is as close to a superhero as you can get, and also Madden Homes Tradie of the Month. When an install date comes in at short notice, she moves heaven and earth to make it happen using her calm and unflappable communication skills. And it's this can-do attitude that deserves recognition. Well done Sara, you've earned yourself a little something from Western ITM. Well done from Calliope.