



CALLIOPE CAPERS

9 OCTOBER 2019

UPCOMING EVENTS

- 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
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 event is held with a staggered start in random order to simulate time-trial conditions with 5 or 10 seconds margins between each runner/walker. Trophies are awarded on fastest times. 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: Sandra Haynes, Jamie Wotherspoon, Gaye Green, Sarah Murdin?
- 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.

6.15pm for walkers and 6.30pm for runners. Gold coin donation and spot prizes. We had 63 people. 43 walkers and 20 runners. Fantastic turnout and so good to see you all. Thanks to Northcote Tavern and all involved to make this event a success. See you all next week.

Steve Fairley achieved a recent ambition by sharing in a NZ Road Relay title at Feilding last Saturday when the Auckland University team he again got clearance to run for, with no Calliope team participating, won the Masters Over 60 grade, by just 25 seconds, from old foe Nelson. Steve ran the 5th leg of 7.255km in 31:12 for 5th fastest time in the grade, of 14. The fastest time in the grade for lap 5 was 27:30.

RESULTS EYRES TEAMS RACE, Wednesday 2 October 2019

	Est Time	Actual Time	Team Time
Team 2			
Allan Lamb	16:01	16:07	
Christine Western	26:47	25:16	
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Cherie Carmichael	29:21	29:33	2:17:51
Team 1			
Bruce McLean	35:09	35:00	
Mike Shaddick	17:13	16:13	
Natasha Gordon	16:25	16:24	
Martin Fey	15:12	15:32	2:19:47

CLAYWORTH PAIRS Wednesday 9 October 2019 at 6.30pm

Handicapping to be done BEFORE 6:40pm. Race kick-off 6:45pm

Teams (paired) consist of 2 athletes. Delayed handicapped starts.

Both athletes start outside the club on the sports field and run in opposite directions around the loop.

Athlete #1 will run clockwise: down past the lower cricket fields and skate park, along the path and up past the scouts hall, onto Recreation Dr, turn right onto Birkenhead Ave

Athlete #2 will run anti-clockwise: up Mahara Ave, turn left onto the by-pass, turn left onto Birkenhead Ave. When they meet, usually somewhere along Birkenhead Avenue, they HIGH5, turn around and return back to the start. When **both** are back at the start, Athlete #2 does an additional loop of the course (clockwise direction). One loop is approximately 2km.

Race Rules:

Club uniform & membership required to qualify for the cup.

Any late arrivals after 6:40pm will not be valid for competition - **Don't be late**

***Non-uniform, non-membership or late arrivals can only run as a guest runner.**

Any pair 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 we are building up race data on members).

Your estimates need to be honest, if you're 10% faster, it **may** result in a team disqualification.