



CALLIOPE CAPERS

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

AMBLER SHIELD, Saturday 14 July 2018, Onepoto Domain, Sylvan Avenue. 2pm Start

Please be there at **1:30pm to register** for handicaps so that it can be determined what position participants will start. The race will start at 2pm.

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, next week. Nomination forms are available. Complete, get a seconder and hand it to one of the current committee. Club Captain position is vacant.

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.

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.

GRANT FROM KAIPATIKI LOCAL BOARD

Calliope has secured a grant of \$750 from the Kaipatiki Local Board. Thanks to Chris Barker for completing and lodging the appropriate form (15 pages). The project is *'to enable our junior and senior members to participate ion NZ athletic meetings held around the country.'*

The committee will discuss the allocation and keep the club updated.

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.

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.