



# CALLIOPE CAPERS

11 SEPTEMBER 2019

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

## SUGGESTED WEDNESDAY RUNS

**11 September Twin Wharves**  
5.5km, 7km, 10.5km

**26 September Parkhill/Balmain/Porritt**  
4.5km, 8.15km, 9.1km, 13.3km

**18 September Birkdale/Kaipatiki (aka Mount  
McDonalds) Distance tbd**

## **NEXT WEEK, Wednesday 18 September Dinner at Jose's Cantina, Birkenhead Avenue**

Jose's is booked for dinner next Wednesday. Please let Bev Stewart on [beverley.steward@gmail.com](mailto:beverley.steward@gmail.com) know if you will be going.

## UPCOMING EVENTS

2 October Eyres Cup  
9 October Clayworth Pairs  
16 October King & Queen of the Mountain  
23 October Athletics Track & Field Season starts

2 November Club Picnic at Wenderholm. Run/walk, BBQ. More details later.

## **WHANGMATA HALF MARATHON, Saturday 7 September**

**Sarah Murdin's** first trip to Whangamata was on Saturday for the 24th GJ Gardner 1/2 marathon. The course was a 5km flat loop around the town, before heading off along SH25 towards Tairua. This was an undulating section with lovely bush. After a small detour towards Onemana (to make up the distance) we turned back into the town at the marina end to complete another flat loop around the town.

Given the recent weather we were extremely lucky, warm sun mostly, with a few decent headwinds every few turns at the end!

It was an interesting field, I was too slow to keep up with the lead pack, but quicker than the majority, so consequently I ran most of the course in solitude, and therefore felt more like a training run than a race in most parts!

It is a very well organised event, in a beautiful part of the country so if you haven't run this one yet I recommend you add it to the list!

Official time: 1:40:05

## **XTERRA AUCKLAND TRAIL SERIES**

**Murray Stevens** once again won his age group for the Xterra Auckland Trail series

This was for the mid distance walk in the 60+ male age group. (At age 78)

More by consistency than outright performance by completing the required 5 out of 6 events.

## **COMMUNITY COACH**

Athletics NZ is offering complimentary membership for up to four people from a club for the above role. It is not as involved as being an accredited coach, but still recognizes someone with skills in coaching. It would be good to re-develop, recognize or identify coaching talent within the club, as a way to 'add value' for the future. See <http://www.athletics.org.nz/communitycoach> for details and have a conversation with a committee member if this is an area of interest, or something you want to develop in yourself.

## **RESULTS/HANDICAPPING**

Any expressions of interest from someone with IT or data skills to be trained in entering data for results and handicapping to Martin please. Probably 1 or 2 more needed to cover all events, including summer programme. Happy to discuss. Martin

## **THE MUSTARD**

Some days my running does not 'cut the mustard' as the saying goes. I appreciate those days when everything seems to be in alignment - weather, body parts, energy and mind happily coincide for a worthwhile training run or race. Someone shared one of those Facebook *memes* with me the other day; 'Your body can withstand so much more than your brain gives it credit for.' I think rather my take on this would be round the other way; my brain says "Yeah let's do this!" and my body says; "Really? Pfffft, yeah right!" So my search is for balance in life that includes enough running to satisfy and maintain mental and physical health, with hopefully enough good races to be happy with. May you also find the right balance.

Oh, BTW this is an *occasional* column named after the *mustard* coloured 1971 Triumph 2000 my Dad recently donated to me, because it reminds me of how a lot of 50-ish people like me run; a bit dodgy, held together with tape and takes about 2km to warm up to the task. It's only purpose is to encourage you and maybe make you think or laugh occasionally. Martin.