



CALLIOPE CAPERS

16 MAY 2018

Don't forget that now it's dark to wear high viz vests or lights.

UPCOMING EVENTS

26 May	Athletics Auckland Grand Prix 2, Lloyd Elsmore Park, Pakuranga
9 June	Athletics Auckland Grand Prix 3, Teams Race, Barry Curtis Park, East Tamaki
8 September	Red Stag Relay, Rotorua
6 October	National Road Relay, Christchurch

NATIONAL ROAD RELAY CHAMPS, 6 October 2018

The date for this event is Saturday 6th October. It is a road relay that runs from Takahe to Akaroa. This is a fantastic event with wonderful views along the way. This is always a FUN weekend! The Club pays for the race entry, van and \$200 towards accommodation. Please put your name on the notice.

WEDNESDAY NIGHT RUNS

Maps can be found here

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

May 16th

Road – Eskdale Hill

May 23rd

Road – Parkhill – Balmain - Porritt

May 30th

Road – Coronation Oceanview

June 6th

Road – Twin Peaks

OR FULL MOON RUN

Tuff Crater (starting at 6.15pm)

June 13th

Road – Birkdale – Glenfield Mall

June 20th

Road – Twin Views (aka The Kiwi)

June 27th

Road – Sylvan – Oceanview - Coronation

ATHLETICS TRACK and FIELD PRIZEGIVING Wednesday 30 May 2018

CALLIOPE AGM Saturday 14 July 2018 after the Ambler Shield Race

Details to follow at a later date.

FEES

The Club has set the following subs for the coming year (1 May 2018 to 30 April 2019)

20 to 65 years	\$100
Over 65 years	\$85
Social	\$60

All registrations and payments are to be done on line. Details below

ON LINE REGISTRATION 2018-2019 SEASON.

- Go to www.athletics.org.nz
- SIGN IN > Member > Log in
- Enter your email address. (this will be the one you used with your previous registration with Calliope) If changed please contact Murray Stevens Murray7213@gmail.com to arrange amendment in the data base.
- Click 'Forgotten Your Password'.
A new temporary password will be sent to your email.
- Once logged in on Member Home Page click on 'Renew'.
- Select 'Association/Club'.
Select Athletics Auckland Inc from "drop down list".
- Select 'Club'.
Select Calliope from "drop down list".
- This will bring up the Calliope registration page.
- Select your Subscription Category from the 4 available.
- Complete 'User Information'.
Region is 'Auckland'. Tick to agree to Athletics NZ terms and conditions.
- 'Questions'. Required to answer.
Medical Conditions
Emergency Contact Name
Emergency Contact Number
- 'PAY NOW' Proceed to pay by credit card.
- Please email Murray Stevens if you are having any difficulties.

ATHLETICS NEW ZEALAND 131st ANNUAL GENERAL MEETING

Saturday 4 August 2018 at 4.30pm at Quality Hotel, 223 Cuba Street Wellington

HAWKES BAY MARATHON AND HALF MARATHON

The event courses are flat, easy running. They each offer a unique mix of running terrain, with a combination of running on-road, bike trails and through vineyards. The courses take in the highlights of the Hawke's Bay region which overall include running along the waterfront in Napier, Hawke's Bay cycle trails and quiet country roads, with the last 10km of the courses running through private vineyards. The finish line for all events is set in the gorgeous surroundings of Sileni Estates Winery.

Half Marathon

Sandra Haynes 1:55:16 (7th in age group)

John Rhodes 2:41:50 (2nd in age group)

Full Marathon

Michael J (Associate) 4:28:43 (19th in age group)

Race report as told by John Rhodes

Friday, Sandra and Michael arrived in time for lunch, with alcohol then a carbo loaded dinner also with alcohol, the consumption of alcohol being fairly important - then followed an early night.

Saturday, marathon day, ideal conditions, warm and overcast with no wind. Sandra and John were entered in the half marathon, whilst Michael had signed up for the full distance.

The start was staggered with the half marathon commencing 8.15am from a park fairly close to home, and the full marathon leaving Napier city at 9am. Sandra started in the 1.5 hour to 2.00 time group and came in at a very creditable 1.55. I had planned to start in the same group but dropped back into a slower pack. This was to run with a woman I had met, not romantically, but through the park runs. She had never run a half before and I was aware she had done little training. So we went at a slowish pace but at around 12 km her legs packed up. I walked with her for a while in the hope she would fire up again but this was not to be. In the end she told me to run on. From that point I was determined no one would pass me.

At the finish Sandra and I received our medals, drank the complimentary wine and as Sandra had been so far ahead of me at the finish she also had time for ice-cream and coffee, plus take photos. Sandra then told me that I had come second in my age group, i.e. the over 70, old buggers group. So I ended up getting a bottle of wine. A real surprise.

Shortly after Michael appeared having run the marathon in a time that was a little over his anticipated time. Had to remind him he had run a half marathon the weekend before and the Hawkes Bay course is anything but running on the road.

Jan our trusty chauffeur had by now turned up so it was back home for more alcohol and a late lunch.

Sunday turned out wet, with an early start to drop Michael and Sandra at the airport for their flight home.

So at this stage we all plan to enter the event next year and mount a serious attempt to better our times.



RESULTS GRAND PRIX 1, PUKEKOHE 12 May

Sarah Fairley

2/3 MW55 Womens 6000m

39:50