



CALLIOPE CAPERS

16 OCTOBER 2019

UPCOMING EVENTS

- 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
- Wed 23 October Graeme Wells Bush Bash. BBQ at the club to follow.
Race Rules:
Type: Individual Event
Laps: Race course kept secret and altered each year, to be decided by race director at the time.
Race distance varies. Race distance to be announced on the night to allow for members to guess times.
*no watches, ipods, music, phones, gps or any method to track time allowed on the course
Winner: Finish time closest to estimate time
Volunteer: Greg Arnold, Daniel Nicolson
- Wed 30 October Athletics Track & Field Season starts. Theme: Halloween
- Wed 30 October 2018/2019 Athletic Prizegiving at the Club.
- 2 November **Cancelled** Club Picnic at Wenderholm due to lack of interest.

NORTHCOTE TAVERN RUN/WALK.

6.15pm for walkers and 6.30pm for runners. Gold coin donation and spot prizes.
39 People turned out to battle the wild weather conditions. 23 Runners, 16 Walkers
Well done to you all. Totally understood why few of our regulars only made it as far as the lounge bar and choose to support the Tavern.
Once again a big thank you to all involved to make this event a success. Especially Werner.

RESULTS CLAYWORTH PAIRS, Wednesday 9 October 2019

Place	Name	Est Time	Handicap	Net Time	Actual Time
1	Cherie Carmichael Mike Shaddick	20:40	0:01:06	0:21:49	0:20:43
2	Gary Carmichael James Clendon	16:46	0:04:59	0:22:10	0:17:11
3	Werner Schmidt Allan Lamb	19:29	0:02:16	0:22:29	0:20:13
4=	Murray Stevens Sara Duggan	20:35	0:01:11	0:22:58	0:21:47
4=	Sandra Haynes Greg Arnold	17:23	0:04:22	0:22:58	0:18:36
6	Bruce McLean Steve Geall	18:34	0:03:12	0:23:35	0:20:23
7	Christine Western Sara Arnold	21:45	0:00:00	0:24:10	0:24:10
*	Guest 1 Guest 2	17:04	0:04:41	0:22:15	0:17:34

*Not eligible for a trophy

LANCE SMITH

Southland-based coach Lance Smith is the inaugural winner of the Arthur Eustace Award for Coaching. Lance coaches distance, sprints and the jumps with consistent success. Lance first engaged in running at the age of 38 as a means of keeping fit and joined **Calliope Harriers**. He went to Calliope as a runner but developed a love and aptitude of all events, and jumping specifically. He now coaches sprints, distance and the long jump, triple jump and high jump. 'I don't coach athletes, I coach people' says Lance. Read the full article in the Athletics NZ email dated Tuesday 15 October 2019.