



CALLIOPE CAPERS

18 APRIL 2018

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

WEDNESDAY NIGHT ALTERNATIVE RUNS

April 18th

Road – Twin View (aka The Kiwi)

April 25th

Road – Sylvan – Oceanview - Coronation

UPCOMING EVENTS

5 May	Rotorua Marathon
12 May	Athletics Auckland Grand Prix 1, A&P Showgrounds, Pukekohe
26 May	Athletics Auckland Grand Prix 2, Lloyd Elsmore Park, Pakuranga
8 September	Red Stag Relay, Rotorua
6 October	National Road Relay, Christchurch

NATIONAL ROAD RELAY CHAMPS

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. Start thinking about whether you want to be part of this event as we need to put a team or two together and people can start looking for cheap flights to Christchurch. This is always a FUN weekend! The Club pays for the race entry, van and \$200 towards accommodation.

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. The Calliope site needs to be set up before registrations can be accepted. Details will be advised when this is complete and instructions on how to process.

JAMES CLENDON – Ring of Fire 50km, 3rd place, 1st Master. Time 6:35:10.

Saturday 7th April 2018

Friday 6th April I skipped work and drove south with another North Shore runner Rhys Johnston for the inaugural race around Mt Ruapehu. For the last 14 years, two races have been run on sections of the Mt Ruapehu around-the-mountain track. This includes the infamous Goat in December and the Tussock Traverse in January (see previous Capers) joined together with another section nicknamed 'The Missing Link'. The Ring of Fire offers three race options - a solo 73km (full circuit), a solo 50km (from Turoa - Whakapapa), and a three-person team relay.

I decided some time ago that I wanted to run the Ring of Fire and the 50km event has been my main training goal for the last six months.

My race kicked off with a 6am start, dark, 7^o temp and a chilly wind. We started off down the Turoa access road from the ski field carpark. It was hard to hold back as the road is steep and it was very easy to let the pace pick up. I was really concerned about the distance so held right back and let a small group get ahead and settled into a 6-person chase pack. There were a number of spectators dotted on the first section of the track so I soon lost track of my position as it was hard to tell who we were passing (everyone was rugged up at this stage). Running in the dark for the first 45min or so with a great little group of trail runners was a lot of fun. We rotated the lead and kept the pace comfortable. As the sun came up our little group had dropped to 4 and after another couple of hours of stunning mountain early morning scenery it had fallen to two. Having never run the missing link it was hard to prepare. I had anticipated it would take about 3 hours at a conservative pace, but a good portion of the trail was very technical and the 400m climb to Rangipo was slower and harder than I think anyone anticipated. With a few km to the aid station at Tukino, I had run out of water and used all my food and gels. I was very glad to see the aid station, hear the cheering and see some of the supporters I knew. I fully stocked up for the Tussock Traverse leg and was surprised when I was told that I was sitting in third place (but dropped to 4th while putting on sunscreen!).

I was feeling good leaving the aid station and having just run the Tussock Traverse in January I was very confident about finishing and even being able to pick up the pace a bit. I soon moved back into 3rd and although I was not aware of it at the time I was closing on 2nd. The Tussock traverse trail is very 'run-able' is a fun trail with some nicely banked corners and rolling ups and downs. My only problem was the onset of a little cramp which hit hard when I squatted down to fill one of my drink bottles in a creek almost causing me to fall head first in! I settled on just half filling it and avoided any further squats!

The final 7km was dotted with spectators/supporters and day hikers all cheering encouragement. It was a very oddly emotional dash to the finish, the combination of exhaustion, knowing I was going to finish my first 50km and, shockingly, that I was in third place all made it a bit overwhelming. It was a great hour or two that I spent at the finish line cheering in Rhys for his 3rd place in the 72km, chatting with some of the big names in trail running and then cheering in my brother Nick, brother-in-law Al and various friends.

The rest of the day was spent relaxing and enjoying the afterparty. After dark, the finish line was moved into the chateau ballroom with a red carpet run through the afterparty for those finishing right up to the midnight cut-off.

I owe a great deal of thanks to Simon and Rhys for helping me stick to my Squadrunk training program which prepared me far better than I expected.

If you are thinking of signing up for next year check out <http://rof.co.nz/>. It will be a weekend that leaves a big mark!



WATERFRONT HALF MARATHON – Sunday 8 April 2018. Report by Sarah Murdin

This was the first Waterfront Half Marathon and the last event in the 2017-18 Auckland Half Marathon Series (more about this later).

It was billed as a fast, flat PB course and it did not disappoint! Starting & finishing at Mission Bay reserve it was an offset 2 lap course, the hardest part being running past the finishing chute on the 2nd lap to loop back and then a sneaky dog leg around the reserve to ensure the full 21.1km were completed. Timing mats, inflatable archways and music at every KM made the K's fly past. The double lap route was great for hearing the encouraging cheers from supporters (thanks Sandra!) and other competing Calliope runners (thanks Christine!)

Having run a decent time at the hilly Coatsville ½ 3 weeks earlier the voices in my head were whispering to go for a PB. I voiced my thoughts to Simon at the club run the Wednesday before & before I knew it he had suggested he run with me to pace a sub 1'50 race. The race started well for me & by 10km I was feeling strong and was well ahead of the 1'50 pace, at 18km I was exhausted, the doubts started creeping in, I had nothing left in the tank and I thought the PB time was sprinting away from me faster than I could put 1 foot in front of the other. Simon calmly told me to just keep running, we had time in the bank. Slightly dizzy, absolutely drained and under 1'50 we crossed the finish line. I was totally elated, and absolutely could not have done it without the support from my Calliope friends, from those there on the day, and those I get the pleasure of pounding the streets and bush tracks of the Shore with every week with. THANK YOU! :-)

RESULTS Half Marathon

Simon Mace -	01:49:10	Overall: 408/1371, Male: 329/751, age group: 91/213
Sarah Murdin -	01:49:14 (PB)	Overall 411/1371, Female: 80/620, Age Group: 28/161
Christine Nazer -	02:38:54	Overall: 1196/1371, Female: 475/620, Age Group: 54/84
Michael Jenkinson (associate)	01:54:44 (PB)	Overall 549/1371, Male: 420/751, Ae group 57/115

10KM

Dale Pearson	00:52:25	Overall: 91/568, Male: 63/196, Age group 14/41
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Auckland Half Marathon Series Sept 2017 – April 2018

I had not intended to do the series. In fact after running a PB at Auckland ½ Marathon in 2015 I had not intended to do another ½ Marathon! I really do not like getting up early.

Everything changed in September when my good Calliope friends bullied me into doing the Devonport ½. I do not use the word bullied lightly, and I tried to come up with as many excuses as

I could think of (mainly it was my birthday) not to do it, but they (1 in particular) were persistent! Imagine my utter horror when after finally registering for the race, they confessed to me that race day was actually on day light savings and I would lose another hour of my precious sleep! I lined up on the start with Sara D, Camille, Pete C, and Mike S. Apart from the lack of sleep, the event was enjoyable (even North head at 18km) and shortly after the end of the race Camille & I started talking about the series (the medal did look particularly awesome!)

Baby steps, and before too long Camille & I had signed up to Omaha ½ in December. Our Club Captain was also enthusiastic about this one, and did indeed sign up but unfortunately due to illness was unable to compete so transferred her number to Sandra. Dylan Carmichael also made his ½ marathon debut (& brought a long a great support crew of Narna & Cherie). It was HOT, but a reasonably flat course, some beach, some road, some gravel track.

RACE 2 COMPLETED

Back in the UK over Christmas I finally bit the bullet and signed up to the remaining 3 events, I was committed.

Orewa Feb 18- a new course to previous years (so I was told), start & finish at the reserve with the aim of less congestion on the beach, and less traffic through the Kauri forest. It was a dreich (Scottish word, really sums up the weather this day) day & humid. Once again Sandra subbed in. I started out close to the 1'50 pace runners. I had a bad day, it was hard at 3km, by 12km I had headache and the voices in my head started with a whisper that quickly became much louder were saying the quit word, then I remembered the series medal. I wanted to stop and walk, then at around 20km, close behind me I saw the 2hour pace runner the voices in my head screamed at my legs to keep going & not let him past, he did not get past.

RACE 3 COMPLETED

Coatsville March 18 – a popular event with Calliope runners, although not one I had done before, and one I had been warned about- hills!

A strong contingent of Calliopians (Mike S, Steve G, Sandra H + Michael & myself) lined up on the start line, I was nervous after the disaster of Orewa & had had dreams of not being able to finish the night before. The first 10km was pleasant, a little undulating but mainly downhill, then at almost the ½ way point you turn around and run back up all those hills. Surprisingly the uphill were not as bad as I was expecting, although my quads were definitely talking to me in the final 3km downhill to the finish line, but the finish line appeared in good time.

RACE 4 COMPLETED, and just 21km away from THE MEDAL

Waterfront April 18 – see above

6.5 months, 105.5kms raced, 1 new PB. I could not have done it without my many friends at Calliope who get me out of bed early at the weekends (sometimes), run next to me every week, and encourage (“bully!”) me to keep challenging myself, when my own doubts creep in.

THANK YOU!

Auckland Half Marathon Series Results

Sarah Murdin Female: 13 OF 1,229, 30-39: 5 OF 306

Auckland Classic Series (10km)

Dale Pearson Male: 10 OF 524,