



CALLIOPE CAPERS

18 SEPTEMBER 2019

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

SUGGESTED WEDNESDAY RUNS

18 September Birkdale/Kaipatiki (aka Mount McDonalds)

Distance tbd

25 September Parkhill/Balmain/Porrirt

4.5km, 8.15km, 9.1km, 13.3km

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.

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

Natasha Gordon was in the Auckland WU20 team which came first place at NZ Road Champs 2019.

Dun Run, Nelson, 1 September - Malcolm Fisher

A visit to Nelson to catch up with family coincided with the annual 26 km Dun Run, organised by Nelson Events. The run starts at Maitai Dam about 10 km east of the city and follows a good track up the valley toward Coppermine Saddle. After 6 km the route leaves the bush and climbs with zig-zags through the scrub and tussock of the mineral belt to the 878m saddle, with Dun Mountain brooding in the background. The track then follows the alignment of New Zealand's first railway all the way down to Brook Valley in the outskirts of Nelson. Before the track re-enters the bush there are great views of nearby Richmond Range and distant Kahurangi peaks.

This year, because of a large slip near the site of Third House, the route diverted along a lovely undulating beech forest ridge to Fringed Hill where there was a stunning view of Nelson far below. From here a very steep descent took us back to the railway formation at Four Corners, followed by 6km of easy running (for those with good legs) to the finish.

It cost \$65 to enter and a great lunch of railway pie, mash and peas was included. Good value. For the same price about 40 runners opted for a new, longer 39 km course which began in the city, with an earlier start, and followed cycleway, road and track to the dam and then the traditional route. The fastest time for this category was 3h25m. People over 70 were not eligible for this option, luckily, or I might still be there!

190 entered the standard route. The fastest time was 2h08m and my son Brendon, who came up from Christchurch, came in 16th at 2h36m. Daughter Sarah, doing her first run since giving birth to twins 10 months ago, was 122nd at 3h37m, and I muddled along, mindful of insufficient training, to 162nd position at 4h09m, way behind in the 60+ category.

Next year will be the 25th Dun Run. Anyone tempted? Thinking of the good aspects, I might be!

Donna, Malcolm and Sarah at Coppermine Saddle

