



CALLIOPE CAPERS

10 OCTOBER 2018

CLUB EVENTS

Wed 10 October **CLAYWORTH PAIRS** – Two person team cross country race. Club uniform. Mr Clayworth, a prominent English harrier, took interest in the club and presented a silver cup for this competition. For many years the pairs ran together with the stronger runner encouraging the other. Sometimes, the stronger runner followed the first runner. On many occasions the pairs ran in opposite directions, met, then turned and ran back to the start. This is how the race is run today. The pairs are handicapped and there is a staggered start. Both runners start outside the club on the sports field and run in opposite directions around the loop. When they meet, usually somewhere in Birkenhead Avenue, they return to the start. When they meet, one runner does an additional loop of the course. One loop is approximately 1.9km. Here is the link for the map of the race http://www.calliopeahc.org/uploads/4/6/3/2/4632467/clayworth_pairs.pdf
Volunteers: Allan Lamb and Sarah Murdin
Details below

Wed 17 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 race is handicapped and there is a staggered start. 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. Here is the link for the map of the race http://www.calliopeahc.org/uploads/4/6/3/2/4632467/king_queen_mountain.pdf
Volunteers: Naomi Pocock, James Clendon + 2 helpers at the finish.

Wednesday 24 October Summer Season Track and Field commences.

HALLOWEEN RUN, Wednesday 31 October. More details to follow.

NORTHCOTE TAVERN RUN/WALK has commenced

There were 65 people on Monday night. 33 Runners, 32 Walkers. Lots of new faces. People have seen the post on the Neighbourly Website, plus a lovely sunny afternoon. Mondays at 6.15pm for walkers and 6.30pm for runners. Gold coin donation and spot prizes. This is organised by Calliope and it would be good to see you all there.

CLAYWORTH PAIRS Wednesday 10 October 2018 at 6.30pm

Handicapping to be done BEFORE 6:40pm. Race kick-off 6:45pm

Teams (paired) consist of 2 athletes. Delayed handicapped starts.

Both athletes start outside the club on the sports field and run in opposite directions around the loop.

Athlete #1 will run clockwise: down past the lower cricket fields and skate park, along the path and up past the scouts hall, onto Recreation Dr, turn right onto Birkenhead Ave

Athlete #2 will run anti-clockwise: up Mahara Ave, turn left onto the by-pass, turn left onto Birkenhead Ave. When they meet, usually somewhere along Birkenhead Avenue, they HIGH5, turn around and return back to the start. When **both** are back at the start, Athlete #2 does an additional loop of the course (clockwise direction). One loop is approximately 2km.

Race Rules:

Club uniform & membership required to qualify for the cup.

Any late arrivals after 6:40pm will not be valid for competition - **Don't be late**

***Non-uniform, non-membership or late arrivals can only run as a guest runner.**

Any pair with a guest runner will not qualify for the cup.

Handicapping Times:

There are recorded times for some, these times will be used to apply the handicap.

For those who do not yet have a recorded time, please have an estimate for your 5km road race time, so handicapping can be done (while we are building up race data on members).

Your estimates need to be honest, if you're 10% faster, it **may** result in a team disqualification.

AUCKLAND MASTERS Meeting, Sunday 14 October

Next Sunday is the first Auckland Masters meeting of the coming track season – at Mt Smart from 9:45am and it has a reasonably full selection of events including 1500m, 3000m and all the usual field events. In days gone by Calliope had a representation of about half a dozen at all the Masters (over 35) meetings. Michael Parker and Bruce will be competing this Sunday, in the 3000m walk, and it would be good to see some others. Full Auckland Masters details on <http://ama.org.nz/calendar/> or ask Bruce

GRANDSTAND DEMOLITION

There will be temporary site fencing around the grandstand building while it is being demolished which will restrict parking. Demolition is still on track to start on Monday 15th October.

NATIONAL ROAD RELAY - Takahe to Akaroa.

Calliope were not able to field a team again so Steve and Sarah re-registered with the Auckland University Club so they could compete in this prestigious relay which has been in existence for over 80 years. Steve ran second lap on the short course in the University over 60 team, which included his two closest rivals in Auckland and they had high hopes of winning that Grade but ended 2nd, well beaten by Nelson who won the Grade for sixth time in its seven years of existence. Steve had 3rd fastest time on that lap in this Grade. Sarah ran for Auckland University in the Corporate/Social Grade on the fifth lap on the same course getting 5th fast lap time for the MW50 runners.

RESULTS EYRES TEAMS RACE, Wednesday 3 October 2018

	Est Time	Actual Time	Net Time
Team 5			
Sara Arnold	20:38	19:19	
Peter Jonkers	19:08	16:22	
Malcolm Fisher	19:09	17:24	1:28:47
Team 6			
Greg Arnold	16:51	15:17	
Greg Arnold	16:51	15:17	
Jamie Wotherspoon	20:12	18:59	1:30:15
Team 2			
Peter Cordes	15:33	14:52	
Naomi Pocock	20:07	18:18	
Bev Steward	21:09	20:27	1:31:25
Team 1			
Murray Stevens (W)	25:33	25:15	
Mike Shaddick	16:25	15:26	
Christine Western (W)	27:53	29:48	1:31:36
Team 3			
Werner Schmidt (W)	28:14	27:21	
Martin Fey	15:16	14:48	
Steve Geall	14:32	13:27	1:32:10
Team 4			
Bruce McLean	31:32	32:53	
Natasha Gordon	16:20	15:30	
Allan Lamb	17:18	16:00	1:33:50
Team 7 (Guests)			
Freya	21:11	21:29	
Melanie	16:14	15:15	
Solomon Pocock	19:46	18:08	
Faith Silvester (W)	29:29	33:02	2:07:13

Full details attached

RESULTS BATHURST 1000, Sunday 7 October 2018

Place	Name	Est Time	Handicap	Net Time	Actual Time	Pace
1	Sara Arnold	34:39	00:00	31:41	31:41	5:17
2	Greg Arnold	28:06	06:33	32:56	26:23	4:24
3	Steve Geall	24:31	10:09	33:18	23:09	3:52
4	Bev Steward	34:18	00:21	33:46	33:25	5:34
5	Paul Rourke	29:08	05:31	38:28	32:57	5:29

Full details attached

CLUB TROPHIES - Winter Season

If you have competed in any recognised marathon or half-marathon over the winter season and **ran in club uniform**, it may therefore be taken into consideration for the club trophy, can you please inform the committee of the race and timed result by 30th November.

The responsibility is upon the athlete to submit the race/time for it to count.

Recognised races are **1st December 2017 - 30th November 2018** include full and half marathons, (local, national and international). Different distances (i.e. 10k, 5k) do not count.

NEWS FROM NAPIER.

Saturday, 29 September started out like most of my Saturdays. A cycle up to Anderson Park for the 8 am Park Run, followed by a coffee at the near by New World supermarket. Cycled home, had breakfast then pottered around in the garden

Still in my running gear, the aim was to cycle to the Taradale shops and watch the start of a road race. This is called the 24 Km Memorial Road Race and Relay. The running club I am involved with had a number of teams walking the event, entered as teams of 4 each covering 6 km.

As luck would have it, and similar to Calliope at the Red Stag, one of the walkers was going to double up and complete a 12 km leg. Suddenly I was under pressure to join in. So having driven up with Jan and the dog, I was by now frantically looking into the various shops to find Jan, hand over the dog, leave my jacket with her and tell her where I needed to be picked up after walking the first leg.

At the start I stayed with the back markers whilst 2 race walkers disappeared into the distance. Once warmed up I was soon chasing the third walker finally catching her at the Greenmeadows shops, around the 2 km mark. From there we continued side by side until the Poraiti Hill, which is a steady 3/4 km rise. Then the "fun" began. The woman started to pull away ever so slowly, but about a quarter of the way up she slowed. Great ! Then ever so slowly I pulled ahead and could see a road cone at the top of the hill where I thought the change over occurred. Behind me a guy had joined the woman and I could hear him urging her on. This gets more exciting.

Reached the top of the hill and no one there except some supporters. Where is the change over I cried, oh thats about a kilometre on. The word "Bugger" was repeated a number of times. Then Jan drove by and laughed !

Still kept at it and finally handed over to Liz Walls, a name many of you will remember. Honestly I could hardly stand, my legs felt like rubber.

So back home for a shower and late lunch then to prize giving. The team I was in titled "4some mix" did not win anything but I scored a spot prize. A small personal massage machine, which was packaged up in such a way I thought it was a sex toy. Anyway Jan loves it.

For the record the team I was part of took 3 hour 25 minutes and my leg was walked in 52 minutes 23 sec. The winner running the total distance, a young man took 1 hour 26 minutes and the fastest woman 30 minutes behind.

So thats all for this month. Next month the 12.8 km Te Mata Peak challenge. Up and down the peak on tracks, not the road. Will let you know how I got on.

John Rhodes

Taranaki Steelformers Around The Mountain Relay, 2/3 November 2018

Are there any teams out there up for the challenge, or just get a team together and have a fabulous weekend in the Naki with over 1600 other participants?

Kind regards

Sel Brown

M: 029-4445050

www.eventstaranaki.co.nz

Please note new email address: cyclechallenge@outlook.com