



CALLIOPE CAPERS

17 OCTOBER 2018

CLUB EVENTS

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_mount_ain.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

There was another great turnout for the Monday 15th. 78 people registered.

The split was 44 Runners and 34 Walkers. More new faces and the results spreadsheet now has 119 people on it.

Fantastic to see the community turning out to have some fun.

AUCKLAND MASTERS Meeting, Sunday 14 October

Auckland Masters had their opening athletic meeting for the 2018/2019 season at Mt Smart last Sunday. Coolish conditions with a stiff breeze. Calliope had two of the 45 competitors Mike Parker and Bruce McLean. Fields were generally small, for example only six in the 1500m and six (three runners, three walkers) in the 3000m which was part of the Ernie Haskell age percentage trophy series a trophy which has the name of Roy Davis an ex-President of Calliope on it. In this event Mike was a winner of the walk section by a long way in 16:50.63 (82.92%) Bruce did 25:11.18 for 65.18%. Bruce also competed in the Shot (3.74m) and Discus (8.34m).

RESULTS CLAYWORTH PAIRS, Wednesday 10 October 2018

Place	Name	Est Time	Handicap	Net Time	Actual Time
1	Werner Schmidt James Clendon	20:41	0:04:06	0:22:01	0:17:55
2	Gary Carmichael Steve Geall	17:11	0:07:36	0:23:52	0:16:16
3	Bruce McLean Jamie Wotherspoon	24:47	0:00:00	0:24:06	0:24:06
4	Christine Western Sara Arnold	23:23	0:01:24	0:24:18	0:22:54
5	Bill Fell Malcolm Fisher	23:15	0:01:32	0:24:42	0:23:10
6	Bev Steward Mike Shaddick	18:40	0:06:07	0:24:47	0:18:40
7	Murray Stevens Allan Lamb	19:36	0:05:11	0:25:30	0:20:19
8	Paul Rourke Daniela Rourke	20:14	0:04:33	0:25:53	0:21:20
Disq	Naomi Pocock Bevan Lynch	21:25	0:03:22	0:22:09	0:18:47
Disq	Guest 3 Guest 2	17:24	0:07:23	0:30:29	0:23:06

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