



CALLIOPE CAPERS

31 OCTOBER 2018

TONIGHT 31 October 2018

No athletic programme tonight.

HALLOWEEN RUN

Run down Onewa Rd on left hand side. Back up right side. Into Le Roys bush, up and out at the library. Back to the club through the Birkenhead shops.

Costumes required!

Bring your kids....treats will be provided.



NEXT WEEK Wednesday 7 November – Athletic Programme

1500m including Bill Taylor Trophy 100m 400m
Javelin Triple Jump

Club uniform to be worn for Bill Taylor Trophy

OR Bush Run – Onetaunga Road to Chelsea Sugar Works

NORTHCOTE TAVERN RUN/WALK

63 people signed in. 28 Walkers and 35 Runners.

Absolutely fantastic given the weather wasn't the best. Excellent to see everyone coming out to have some fun. Again more new people registered and great to see families joining us.

We now have 148 names on our results spreadsheet.

Don't forget: Every Monday night, 6.15pm walkers, 6.30pm runners, gold coin donation.

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.

AUCKLAND ASB MARATHON, Sunday 28 October 2018

The 2018 Auckland marathon was held on Sunday, October 28. There was a bit of rain for the early 6 am start but it soon cleared to reveal perfect conditions - cloudy with light winds, a marathoner's dream. Calliope had a field of 4 for the full marathon this year with Sarah M competing in

her 2nd marathon (first in NZ), Sara D attempting her 2nd marathon in 2 weeks, Mike S his 2nd in 2 months, and Garth lost count of how many he has done. There were 2 new PB's, for Sarah M and Pete C (competing for the Y), and Sara D and Mike S both pushed through to complete consecutive marathons - all of us in awe of Garth! Luckily Sara D was in the right place at the right time as Mike got a bit wobbly with cramp around the 34k mark and was able to catch him before he hit the road. Michael J was pacing the half marathon at 2:20. The marathon is there to test our limits and we all conquered the 42.2 on the day - a day that proved tough for some, with 6 runners hospitalised, 1 in critical condition and 2 in serious condition, but we can gladly report no Calliopeans were among them.

After 28 years of doing marathons this is the first time Garth Barfoot have ever won gold, even though he had to create his own division (80 plus) to achieve it. Gary Regtien of Takapuna was second in that division.

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| Marathon | |  |
| Sarah Murdin | 3:58 (new PB) | |
| Sara Duggan | 4:30 | |
| Mike Shaddick | 4:37 | |
| Garth Barfoot | 6:44 | |
| Pete Cordes (YMCA) | 3:30 (new PB) | |
| Half Marathon | | |
| Michael Jenkinson | 2:20 (pacing) | |

Saz plans to **NEVER** run another marathon - although this decision may be overruled!

RANGITOTO

Another Rangitoto run is going ahead this Saturday (3 November). If you want to join in please meet at the Auckland City ferry terminal for the 7.30am early bird ferry to Rangitoto. Return ferry at 12.45pm (or 2.30pm) and then coffee somewhere at the Viaduct afterwards. Please indicate to Narna (aka Gary Carmichael) if you think you will be there.

NEW YORK

Good luck to Michael Jenkinson who is off to New York tonight to run in the New York City Marathon this weekend.

For those who would like to track Michael live while he is running in NY Marathon there is an app: <https://www.tcsnycmarathon.org/race.../app-and-runner-tracking>

Install, click tracking and search for 48048 Bib No.

Race is early Monday 5th Nov NZ time.

Michael's wave starts 3:30am NZ time and he expects to cross the start line at about 3:40am NZ time and finish about 7:55am.

"No matter how slow you go, you are still lapping everybody on the couch"