



# CALLIOPE CAPERS

7 NOVEMBER 2018

## TONIGHT 7 November 2018

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

**Club uniform to be worn for Bill Taylor Trophy**

**OR** Bush Run – Onetaunga Rd to Chelsea Sugar Works

## NEXT WEEK Wednesday 14 November

3000m including Bill Taylor Trophy                      100m                      800m  
Long Jump    Shot Put

**OR** Bush at back of track to Park Hill

**Club uniform to be worn for Bill Taylor Trophy**

## NORTHCOTE TAVERN RUN/WALK

Monday night saw a record 82 people sign in for the run-walk. 37 Walkers and 45 Runners. It is great to see so many smiling faces turning out to have some fun.

A big thank you to the Northcote Point Tavern for all you provide to make this event possible.

See you all next Monday.

## 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.

## HELP to move Calliope records etc

Much to my parents delight the Calliope records, committee notes, historical references, old Capers, photo's, newspaper clippings, half marathon memorabilia, year books, jubilee records, Calliope embossed glasses, constitution booklets, financial records, interclub correspondence, Auckland centre correspondence, trophies, cups, shields, old certificates, party gear, Calliope banners, awards and race results that had been piled up in dirty old cardboard boxes in their front rooms have now been collated, documented, and put into 29 plastic storage containers. Never has Calliope's collective memories been so well protected.

As such these now need to be moved post haste to the Calliope storage unit. I am looking for a few volunteers, ideally with a van attached to help move them. If we can get enough transport and people this can be done in a single move.

I am targeting to do this on the afternoon of Saturday 10th November. Can you please get in touch with me if you are able to help. [pete\\_bron@hotmail.com](mailto:pete_bron@hotmail.com) or mobile 0212327975.

Peter

## **NEWS FROM NAPIER**

With the Te Mata Peak race on next month, I decided to enter an event on Wednesday, 24 October. This was a charity run or walk for Multiple Sclerosis. The choices were 5 km on the flat or either 5 or 10 km over the Napier, Hospital and Bluff Hills.

I decided to run the 10 km.

This would have to be the toughest event I have ever entered. Except for some 400 metres at the start, which was level, the rest was a series of climbs and falls, including 8 sets of steps, only one of which was down hill. If one joined Telephone Rd, the King & Queen of the Mountain course to Eskdale Hill and did this about 5 times, that would replicate the course.

I ran with a guy my age who lives on the hill so he knew what was coming up. Not that this was an advantage, as he would provide advice like "this bit is steep but save yourself as it gets steeper around the corner". As the run progressed we caught up to a young lady running solo, then a bit further on a second young one.. So as a team of four we soldiered on. During most of the run we battled 2 women, both of whom wore headphones and were oblivious as to what was going on. They would catch and pass us on the level or down hill and we would regain the lead on the uphill sections. Towards the end our little team was determined to beat them. Wearing headphones is dumb. The pair were running on the road with not a clue where the traffic was. The only advantage was when we passed one another, I could look at them say something like "You are so ugly !" and then give them a big smile and thumbs up. And the silly things would smile back, being virtually deaf.

We did beat them to the end, and by a reasonable margin.

For those still interested my statistics were. Time 1 hr 21min. Fastest km 6.26. Slowest km 9.24. Elevation 390 metres. Spot prize a bar of chocolate and child's pass to mini golf.

Would I enter again next year. I do not know. Legs were still sore on Saturday, but the event is for a good cause and now I know what to expect. If I entered again, I would do a few advance runs over the course.

## **BRUCE in Hospital**

Bruce collapsed on Friday afternoon and was ambulated to hospital where he is undergoing tests. A transoesophageal cardiogram and an electric shock to the heart were done yesterday. An angiogram is scheduled for today. Tomorrow he will get a pacemaker.

## **TANIWHA Half Marathon Walk**

Last Saturday, Murray Stevens competed in the Taniwha half marathon walk. This was a trail event on the Waikato River trails, starting at Mangakino, crossing the Whakamaru dam and finishing towards Atiamuri at the Whakamaru Christian Camp. This was a multi event, with 85km, 42km, 22km and 14km mountain bike categories plus 42km, 21km, 14km and 7km run/walks all finishing at the same place. This made some "interesting" passing situations.

Murray finished the half marathon in 3.10.59 (it was a trail course- though not too tough- and the GPS watch measured it at over 22km!) Placed 2<sup>nd</sup> outright and 1<sup>st</sup> male.

## **RUNNING OF THE BALLS - Sunday 11 November 2018 - Bungalo Café - 7.30am**

The annual Running of the Balls 5k charity run is **THIS** Sunday and we need you registered by Friday if possible so Bungalo can cater accordingly with their Bacon / Egg Butties!

Top time is around that 20min mark from memory... will double check but it'd be great to see you all there chasing a fast 5k finish.

\$45pp or \$100 for a team of three with proceeds to Prostate Cancer and Hospice and some great prizes up for grabs! Who's in this year?

Christie Houghton

## RANGITOTO TRIP

A great turnout for the Rangitoto trip last Saturday. We ran all around the volcano - up, down, around and through (the lava tunnels). Fun was had by all!!



## NYC MARATHON RUN REPORT - MICHAEL JENKINSON

Didn't quite manage to smash out a PB, but was close. The course was very tough on the quads and didn't help that I did 23km, 26km, 20km of walking the preceding three days. My feet were throbbing even before the event started.

There were so many runners ducking and diving in front, cutting you off at times, it made it hard to get into a groove and stick to a pace.

The crowds were phenomenal, thousands of people yelled my name in support and as I was wearing the Calliope singlet thousands more yelled out Calliope or canilopy .. lol ..

Wow what an event, had the most fun ever on a race despite the pain in my feet.

Come in at a time of 4 hours 32 minutes.



***"IT ALWAYS SEEMS IMPOSSIBLE  
UNTIL IT'S DONE"***