



CALLIOPE CAPERS

25 JULY 2018

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

UPCOMING EVENTS

28 July	Kohn Cup
1st August	Heritage Run (18km)
11 August	Osborne Cup
12 August	Athletics Auckland Grand Prix 6, Auckland Road Champs, Calliope Road Champs
8 September	Red Stag Relay, Rotorua. Ambassador Motel has been booked.
6 October	National Road Relay, Christchurch

WEDNESDAY NIGHT RUNS

Maps can be found here

<https://www.calliopeahc.org/running-routes-road.html>

July 18 th Road – Twin Wharfs (reserve)	July 25 th Road – Eskdale Hill
August 1 st The Heritage Run (18km)	August 8 th Road – Coronation Oceanview
August 15 th Road – Twin Peaks	August 22 nd Road – Birkdale – Glenfield Mall
August 29 th Road – Twin Views (aka The Kiwi)	September 5 th Road – Sylvan – Oceanview - Coronation

CALLIOPE AGM Saturday 28 July 2018, 3pm, Cricket Clubrooms

The AGM is on Saturday 28 July at 3pm at the Cricket Clubrooms after the Kohn Cup. Bar will be open.

Nominations for the officer positions are now closed, however, ordinary committee positions can be accepted on the day.

KOHN CUP, Saturday 28 July 2018, 12 noon, Cricket Clubrooms

Please be at the clubrooms at 12 noon to pick teams to start at 12.30 in order to finish by 2.30. Club uniform is to be worn.

First run in 1931 as a relay race from Auckland to Papakura, at a distance of 20 miles. Each

member carried a message from the mayor of Auckland to the Chairman of the Papakura Town Board. However, the route proved difficult to organise and from 1934 the race was run from Birkenhead to Beachhaven, twice. More recently, it is run in teams of two with each runner running one of the two legs. The run starts and finishes at the club. The first runner runs along Mokoia Road and down Birkdale Road with the change-over point in Beachhaven Road. The second runner runs back to the club via Rangatira and Mokoia Roads, which is a tougher leg as it is uphill. Each leg is approximately 5km.

RESULTS GRAND PRIX 5 and CALLIOPE CROSS COUNTRY CHAMPIONSHIPS, Saturday 21 July 2018

Saturday was Calliope's **Club Cross-Country Championships** held in conjunction with the Auckland Championships. Competed for at Barry Curtis Park, East Tamaki, on a reasonably dry for winter but soft surface with a cold stiff breeze.

Most of the competitors in the events were in the under-age and Masters grades and the senior grades had quite small fields. For example, just 17 senior men (under 35) and only five senior women. Times are certainly changing. Calliope had four runners in what just a few years ago was one of our traditional winter season races; 10 years ago we had 10 competitors in these Championships, eight of those still being club members today but two of them can't run now and the others don't want to.

Natasha, Sarah, James and Steve all ran well with Natasha, Sarah and Steve being our 2018 cross-country club champions in their grades and the highlight of those races for Calliope was Steve's performance where he ran four pretty consistently timed laps coming through on the last lap to overtake a tiring Gavin Stevens from University to win the Auckland M60 title by seven seconds.

This will also put Steve in first equal position in the Grand Prix Series for his age-group after dropping the lowest placing with the last event the road championships to come. Sarah is currently third in the GP Series and should hold that position.

14/17	U18 Women	4000m	Natasha Gordon	21:26
5/5	MW55	6000m	Sarah Fairley	38:49
5/7	MM40	10000m	James Clendon	35:30
1/5	MM60	10000m	Steve Fairley	36:40

Although James beat Steve in the Masters race he couldn't win the Calliope title as he had not met the Calliope requirements to be eligible to compete for it.

VOLUNTEERS for Calliope Events

There is a list circulating of the Calliope Run Events that volunteers are expected to assist set up. Would you please put your name down for one or more of these events. Don't leave it to the same ones as they also want to participate in the events.

RED STAG RELAY, ROTORUA. WEEKEND FRIDAY 7 SEPT TO SUNDAY 9 SEPT

This is being held on Saturday 8 September. This is always a great weekend away for Calliope. The club will partly subsidise the accommodation to the sum of \$100 per room regardless of how many club members and family occupy it. The club will pay for the entry for the relay and in addition the club will meet the costs of the post race drinks and nibbles at the race venue. Rooms have been booked at Ambassador Motel

Each club member will be responsible for paying their accommodation in full to the motel with the club then refunding the \$100 subsidy.

To assist in both arranging accommodation and race teams, if you are intending to participate would you please put your name on the notice on the whiteboard.

Osborne Cup

The Osborne Cup was first contested in 1936. It was donated by the Mayor of Birkenhead, E.J. Osborne. Initially this race was a relay of four legs. The course changed twice and in 1986 they introduced the course we know today, a loop around Hinemoa and Palmerston Roads. Teams of three runners are handicapped and there is a staggered start. Each runner runs one loop of approximately 1.8km. Club singlets must be worn.