



# CALLIOPE CAPERS

25 SEPTEMBER 2019

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

## SUGGESTED WEDNESDAY RUN

25 September Parkhill/Balmain/Porritt

4.5km, 8.15km, 9.1km, 13.3km

## UPCOMING EVENTS

Wed 2 October

**EYRES TEAM RACE** – This is a handicapped mass start race. It is run around Hinemoa and Palmerston Roads loop. Club singlets must be worn.

**Volunteers:** Sara Duggan, Murray Stevens, Pete Cordes

Meet at Cricket Club rooms **at 6.30pm**. Handicapping to be done BEFORE 6.40pm. Head down to start at 80 Hinemoa Street, Birkenhead to start at 7pm.

Teams consist of 3 or 4 people. Each team member will complete 2 laps, total 3.6km (each lap is 1.8km). Depending on the number of athletes at the time, this will determine if teams consist of 3 or 4. Due to the number of athletes on the day, a team may not have a full complement of athletes. In this scenario the team shall nominate a member before the race, whose result shall be used twice, the athlete does not run/walk twice.

Mass start with handicapping applied at the end to give team final result.

Club uniform and membership required to qualify for the cup. Any late arrivals after 6.40pm will not be valid for competition. Non uniform, non-membership or late arrivals can only run as a guest runner. Any team 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 a race data on members is building up). Your estimates need to be honest, if you are 10% faster, it may result in a team disqualification.

Wed 9 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](http://www.calliopeahc.org/uploads/4/6/3/2/4632467/clayworth_pairs.pdf)

**Volunteers:** Martin Fey, Bev Steward

- Wed 16 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  
**Volunteers:** Sara Duggan
- Wed 23 October      Graeme Wells Bush Bash
- Wed 30 October      Athletics Track & Field Season starts
- 2 November          **Club Picnic at Wenderholm.** Run/walk, BBQ. More details later.

### **NORTHCOTE TAVERN RUN/WALK commences on Monday 30 September**

This kicks off 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.

### **Race report - Garmin Tauranga Marathon Saturday 21 September. Martin Fey**

Weather conditions were perfect for running with mild, fine conditions and a little breeze. Having not run a marathon for 18 years I was a little apprehensive but still confident my preparation was adequate. The course was very mixed, a straight run into the Mount from Papamoa, then round the base track and on towards Tauranga via busy urban roads, quiet suburbs and estuary trails, finishing at the Strand. If I had a gripe, it would be too many out-and-back turnarounds with indistinct cone placement. However, the marshals did an excellent job on busy roads. I dropped off a bit from 34km, but pleasantly surprised to come 3rd in the age group.

Time: 3:38.15, 44/320 overall, 37/199 male, 3/37 male 50-59

### **Correct Version of Dun Run and Waimea Harrier Events - Malcolm Fisher**

The 25th annual Dun Run, Nelson, took place on 31 August in beautiful weather, but with a chilly start in the frosty Maitai valley. We soon warmed up, though, ascending the valley and zig-zaging through the mineral belt to 875m Coppermine Saddle. Then followed the long descent on the route of N Z's first railway through some beautiful bush to Brook valley. Recovering from a nasty cold, I took it easy, finishing near the back of the pack in 3.39.37. The fastest time was 1.48.39. My son Brendon came up from Christchurch and came in 12th at 2.06.23. Daughter Sarah took 3.14.56 in spite of little training due to sick children. My wife's niece Donna McBride, who has done a number of Northcote Pub Runs, also took part, finishing place 202 in 3.33.54.

The weather and scenery was superb and I recommend you consider putting this activity on next year's calendar. Airfares to Nelson are a good price if booked well ahead.

During the year I have enjoyed pub runs, cross-country and longer runs with Waimea Harriers.

Belonging to this group also enables members to participate in Nelson Striders events. In winter some of us travelled "over the hill" to join events run by Marlborough Harriers. One was the 18km Mt Vernon

Traverse, a very scenic undulating run/walk loop involving 950m of ascent, a good outing for anyone who visits Blenheim.

Presently, relay events are taking place and I took part in one last Saturday, along the Great Taste Cycle Trail between Motueka and Mapua. This 26km route was divided into four 6.5km relay points, giving walkers and runners the opportunity of going into teams of two or four. Four people, including me, chose to do the whole thing solo. Having done the Dun Run a week earlier, I hoped my legs would see me through, but in the last 4km I had to resort to some walking, finishing 2.49.45. But at least I trotted beyond the 1/2 marathon distance. The fastest relay team (of four) came in at 2.01.27.

### **COMMUNITY COACH**

Athletics NZ is offering complimentary membership for up to four people from a club for the above role. It is not as involved as being an accredited coach, but still recognizes someone with skills in coaching. It would be good to re-develop, recognize or identify coaching talent within the club, as a way to 'add value' for the future. See <http://www.athletics.org.nz/communitycoach> for details and have a conversation with a committee member if this is an area of interest, or something you want to develop in yourself.

### **RESULTS/HANDICAPPING**

Any expressions of interest from someone with IT or data skills to be trained in entering data for results and handicapping to Martin please. Probably 1 or 2 more needed to cover all events, including summer programme. Happy to discuss. Martin