



CALLIOPE CAPERS

27 JUNE 2018

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

UPCOMING EVENTS

11 July	Pie & Jug Run
14 July	Ambler Shield
21 July	Athletics Auckland Grand Prix 5, Auckland Cross Country Champs, Barry Curtis Park, East Tamaki
28 July	Kohn 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>

June 27th

Road – Sylvan – Oceanview- Coronation

PIE and JUG RUN, Wednesday 11 July

This run starts at the Clubrooms and run/walk to the Northcote Tavern. A pie and drink are available and then run/walk back to the clubrooms. Walkers start first, straight down Onewa Road and then along Queen Street. For catering purposes please indicate on the form by noticeboard or email Gaye at greengaye48@gmail.com if you would want a pie (or 2).

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.

CALLIOPE AGM Saturday 28 July 2018 (please note change of date)

The clubrooms are not available on 14 July. The AGM is on the 28 July at 3pm at the Cricket Clubrooms after the Kohn Cup. Nominations for an officer position close on 18 July. Nomination forms are available. Complete, get a seconder and hand it to one of the current committee.

CALLIOPE CLUB CHAMPS

The Calliope Club Champs are not far away with the Auckland Cross Country Champs being held at Barry Curtis Park on the 21st of July and the Athletics Auckland Road Champs being held on 12 August.

Please note that the rules are that to be eligible to take part in the Club Champs the club member must have competed three times previously as a Calliope member in the current season and competed in Club uniform. If you have not met the criteria you may need to look at some upcoming events e.g the Ambler Shield on 14 July.

Please let us know if you have any questions.

MID WINTER DINNER, Saturday 14 July at 7pm, RSA

The RSA are reserving some tables for Calliope at their mid-winter dinner on 14 July at 7pm. The cost is \$25 for a buffet meal and a 60s band. Please email Gaye at greengaye48@gmail.com if you would like to reserve seats. It's a great night with good food.

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.

Ambler Shield

This race was first held in 1947 and has been run over a variety of courses since then. It is a handicapped cross country race. The Shield was sponsored by Harry Ambler whose sons, Norm and Ray, have both run for the club. Currently, the race is run in the Onepoto Reserve and has three laps. As the basin is very low lying and wet, the course is often very muddy. Club singlets must be worn.

Kohn Cup

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.

MIKE LEA

Last Saturday our Northcote Tavern group had a visit from **Mike Lea** who was in town for a few days, he did a 60 minute walk with Werner and Bruce and had a drink afterwards also with Hugh and Murray. Mike was a strong Calliope member a few years ago before relocating to Nelson. He had marathons around 2:40 to his credit a half around 75 minutes and 10K in the mid-30s. At age 56 in 2005 he was assessed on the Calliope Ranking List at 42:55 for 10K. He is not running now and has put on a couple of stone since stopping and, like some of our members, takes the usual round of medications. Fortunately he had come across Murray during the week so was told not to go to the club rooms on Saturday but to Northcote and it was good catching up with him. He asked after most of our members that he knew from earlier days.

RESULTS GRAND PRIX 4 LONG BAY CROSS COUNTRY, Saturday 23 June 2018

Soft but firm underfoot on the sand-based Long Bay course in calm conditions. Calliope had just three competitors (plus three spectators Bruce, Megan and Tyrell). Steve ran a very good race again for second place only three seconds behind his grade winner Gavin Stevens, which preserves Steve's overall second place so far in the GP series, with just one of the next two championship races needing him to complete. Sarah is probably a provisional second equal overall in her grade after last Saturdays points are added in.

U18 Women 2000m		
19/21	Natasha Gordon	8:58
Masters Women 55 4000m		
8/8	Sarah Fairley	24:32
Masters Men 60 4000m		
2/6	Steve Fairley	16:59

GRANDSTAND

Council, at a meeting late last month, requested that funding is made available to demolish the grandstand in the 2018/19 financial year due to health and safety reasons.

The initial timeline is that Council are aiming to have demolition completed by the end of September. The Council representative will endeavour to give the Rifle and Athletics Clubs as much notice as possible of when their stored equipment will need to be removed.

A storage unit has been reserved at Storage4you and the trophies, records and pictures have been removed from the grandstand clubrooms.