



CALLIOPE CAPERS

29 MAY 2019

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

SUGGESTED WEDNESDAY RUNS

29 May	Sylvan Ave - Coronation Road 6.29km, 7.93km, 9.28km, 11.29km	05 June	Eskdale Hill 7.63km, 9.11km, 10.94km, 12.72km
12 June	Park Hill - Balmain – Porritt 4.49km, 8.15km, 9.10km	19 June	Twin Views 10.49km, 12.28km, 13.67km
26 June	Twin Wharves 5.46km, 6.96km, 10.46km	03 July	Verbena – Park Hill (all hills) 6.72km, 9.46km
10 July	Triple Wharves 5.47km, 6.98km, 10.43km, 11.76km		

UPCOMING EVENTS

8 June	Athletics Auckland Grand Prix 3, Barry Curtis Park, East Tamaki
22 June	Athletics Auckland Grand Prix 4, Long Bay
20 July	Athletics Auckland Grand Prix 5, Barry Curtis Park, East Tamaki
25 August	Athletics Auckland Grand Prix 6, Bruce Pulman Park, Papakura
5 October	National Road Relay, Fielding

There is **no** Red Stag Relay in Rotorua this year. It has been put into recess for 2019.

ATHLETICS AUCKLAND GRAND PRIX SERIES

The committee has agreed that the Club will refund entry fees for the Athletics Auckland Grand Prix series. The member is to be a full registered member of Calliope competing in a club singlet and complete four of the six Grand Prix races (5 cross country and 1 road). Fees will be refunded at the end of the series.

ATHLETICS TRACK and FIELD PRIZEGIVING POSTPONED

The prizegiving for the summer season is postponed until the results are finalised. A new date will be advised as soon as results are known.

NATIONAL ROAD RELAY CHAMPS, 5 October 2019, FIELDING

The date for this event is Saturday 5th October and is in Fielding this year. It is a road relay that runs around the environs of Fielding. This is a fantastic event and always a FUN weekend. Members need to be a fully paid competitive member. The Club pays for the race entry, van and \$200 towards accommodation. Gary Carmichael is a starter. Please put your name on the notice board to join him to make up a team or email calliope.birkenhead@gmail.com

Second Whitianga Half Marathon for Sarah Murdin

I missed out last year as the event sold out.

We travelled down on Friday and stayed with friends in Cooks Beach and my friend Susan came up from Wellington and ran the 10km.

We crossed over by ferry to Whitianga at a very respectable 8am, and the start was a short walk. The course was a 2.5km out and back, followed by 2 laps of the town.

I quite like hills, but turns out I LOVE flat courses!! Looks like all the hill training around the Shore is paying off!

The only downside when you overestimate your time is that you get to the finish-line before your support crew!

I definitely recommend the Whitianga Half, and it's a great weekend away.

Time: 1.35.19 (PB)

Place: 25 of 393

Female: 4 of 235

35-44: 1 of 81

Susan came 4th in her age group

Sarah Murdin

RESULTS Grand Prix 2, 25 May 2019, Pakuranga

Natasha Gordon	28:14	2/3	W20	6000m
Greg Arnold	40:12	13/15	M50	8000m

FEES

The Club has set the following subs for the coming year (1 May 2019 to 30 April 2020). **These need to be paid by 31 May 2019 to be eligible for trophy or club trips away.**

Age as at 31 December 2019

Competitive

15 – 19 years Fees - Paid by Calliope

20 – 65 years Fees \$110.00

Over 65 Fees \$95.00

Non Competitive

Social Fees \$70.00

Volunteers Fees NIL

REGISTRATION AND FEES TO BE PAID ONLINE TO ATHLETICS NZ LTD

REGISTRATION PROCESS

- 1) Go to website www.athletics.org.nz
- 2) Select "SIGN IN" (second from right) then "member"
- 3) If current member "LOG IN" (on right).
 - a) Will require email address and password. (if you have forgotten the email address you used previously please email the treasurer, Murray Stevens murray7213@gmail.com and he can advise you of your current email address held in the data base.
 - b) Select "Renew" on top right of Member Home page
 - c) Select "Athletics Auckland" from drop down menu
 - d) Select "Calliope" from drop down menu
 - e) Select "Register"
 - f) Select appropriate subscription and proceed with "next"
 - g) Complete information etc and proceed through online payment.
- 4) New Member
 - a) Select "Registration"
 - b) proceed as from 3c above.