Calliope Capers
30th September 2026

Our last Wednesday night before daylight savings!!

Suggested Wednesday Runs:

Sep 30: Eskdale bush (first run of daylight savings) – Yeah!

Oct 7th: Wednesday Wind Up (King & Queen of the Mountain will be rescheduled)

Oct 14th: Bathurst Cup

Oct 21st: King and Queen of the Mountain, and Club Meeting with Mike Halliday from Auckland Athletics

Upcoming Events:

If you have entered or are thinking about entering an event that other members may be interested in, please drop a note to the Calliope email address below so we can include it in the Upcoming Events schedule.

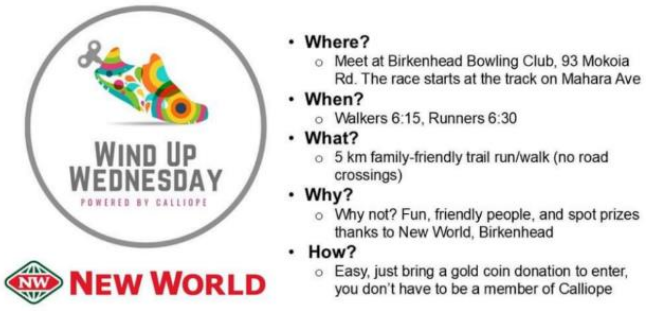
With some new events added we have consolidated the list. For information on these events please visit the event website.

A list of upcoming New Zealand Athletics events can be found here…

https://athletics.org.nz/competition/events/

Wed 7th Oct: Wednesday Wind Up

Our summer community run and walk is NEXT WEEK! Meet at the Birkenhead Bowling Club to register, with the run and walk starting at the Birkenhead War Memorial Track in Mahara Ave. As always, thanks to all the work Vicki puts into this each year.



Wed 14th Oct: Bathurst Cup

Our own version of Bathurst, thankfully our doesn't attempt to cover 1000km! We do need to make a final decision on this year's course which we will advise of.

We may need a hand with timing if anyone is available to do that.

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Calliope Capers
30th September 2026

Wed 21st Oct 2026: King and Queen of the Mountain and Club Meeting with Mike Halliday from Auckland Athletics

With daylight savings starting at the end of September, we have a full month in October of Wednesday night events. To ensure we can fit everything in we are moving the King and Queen of the Mountain to Wednesday 21st.

As with previous years meet at the club at 6:30. We will then make our way down to the start by the bridge before the Sugar Works. For those who have not competed in this event before. We go from the bridge to the top of Colonial Road at 5 second intervals with fastest time wins.

The King and Queen of the Mountain will be followed at 7:30, or as close to 7:30 as we are able, by Mike Haliday from Auckland Athletics. Mike is coming to talk to the club about his role and to share with us what Auckland Athletics goals are for the future, particularly in relation to club development, and to get input from us.

Mike is keen to get an understanding of what members would like to hear about so if you have anything of particular interest please email it to calliope.birkenhead@gmail .com and we will ensure it is forwarded on to Mike.

Wed 28th Oct: Graeme Wells Bush Bash

Our annual running of the Graham Wells Bush Bash during which we remember life member Graham, his love of our local bush tracks and his contribution to Calliope.

Graeme was one of those people that every club needs and makes every club stronger. Never flashy, not often at the front of the pack, but always there and always contributing. Graeme's love of running was born from the global jogging boom of the 1970's which saw many businesses participating in business house runs. He joined Calliope loving the comradery of the Club, and in particular participating in club and interclub relay races. As is noted in In Black and White Graeme would run himself to exhaustion and could often be found face down in the ditch at the end of his relay leg. To be sure, he was not alone in that. A particular joy of Graeme's was running the various bush tracks in and around the Kaipatiki area. It is this love of bush running and Calliope which have combined for our annual Graeme Wells Bush Bash, a run in which we don't honour the fastest, but rather the joy of the contest and of simply getting out there and taking part…. and getting closest to your estimated time of course.

Graeme was Calliope Club Secretary in 1982 and 1983, and Treasurer for eleven years from 1987 to 1997. He was awarded the Roger Weatherly Cup, an award presented by the club for meritorious work behind the scenes in 1981, 1988 and 1992.

Graeme was ultimately made a Life Member for his contributions to the club as a competitor, and for his many years of service as an administrator.

Sadly, in his later years Graeme suffered from Parkinson's Disease and was able to participate less and less. He continued to attend club nights as often as he could, for as long as he could until he went into care. We remember Graeme for his unique running style - it's fair to say you could always tell it was Graeme emerging over the horizon, his gentleness, his smile and his laugh, and for being a wonderful and supportive club member.

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30th September 2026

Photo: Graeme Wells - always in our thoughts and hearts

Sun 8th Nov 2026: Arataki Trail Run

Bryn and Mum Niki have signed up to do the Arataki Trail Run. I'm sure they'd love to see others from Calliope there.

Note that if this is something you'd like to do it'd be worth pooling with others. The event starts at the Arataki Centre which has car parking limited to the first 40 vehicles.

More details on this event can be found here… https://www.trailruns.org/arataki

Sat 21st Nov 2026: Rage Against Riverhead

Fiona is keen for a Calliope team to participate in the Rage Against Riverhead event, an event her and Martin have enjoyed in the past. If you are keen to be involved let us know, either by speaking with Fiona or emailing us at calliope.birkenhead@gmail.com.

https://www.runningcalendar.co.nz/event/rage-against-riverhead/

Eyres Teams

As this clashed both with the Run Nation Film Festival which many of our members went to, and a rather inclement night we will reschedule this. Watch out for announcements on a new date likely in November.

When: 6:30M at the Bowling Club

Where: Birkenhead Point Course

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30th September 2026

Calliope News:

My half marathon, by Bryn:

Bryn took the time to write this fantastic report about his training towards, and race, at the recent Millwater Half Marathon. Thanks, Bryn, for taking the time to do this. We're super proud of what you've achieved.

Training

For my training I was running an average of 20km a week, 5km at Monday Underground and parkrun then on average 10km at Calliope. But the hardest part of the training was the taper and recovery run. Running slow is not my thing neither is not running at all.

The run

During the run my shoelace came undone so i had to stop to tie them this happened twice i also had to vomit. I had 2 pacers with me, and they were aiming for a 1 hour 40 minutes half marathon. I stuck with them till about 1.3km out then I ran as fast as I could to the finish line. In the end I ran a 1 hour 38 minutes and 45 second half marathon.

Rewards

The run ended with me getting two medals: my season finisher medal and my medal for running a half marathon (I think the season medal looks cooler). I also got the winner for my age group in the men's long course runs. The runs were at least 5 10km runs and if you wanted to you could on your 6th do a half marathon instead of another 10km (my age group was 12-14). It gave me a big sense of accomplishment, and I am a lot fitter than I was 2 years ago.

What next

Next year the blue lakes relay and do another half marathon but faster. Next month i am doing Trail Trilogy with my family and the Hitchcock's My ultimate goal is to win the marathon at the Olympics.

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30th September 2026

27th Sep 2026: Devonport Half Marathon:

What a turn out from our Calliopean's at last Sundays Devon Half Marathon with 10 Calliopeans and friends taking part! Thanks to El Capitan for the write-up. As Sara says an extra early start due to day light savings and a podium and age group victory for Brigid, and an age group victory and PB for Christine who's adapted to this running, well, like a fish to water!

Sunday, September 27 saw a wet and windy start for the Devonport half marathon. Throw in getting up an extra hour early due to daylight savings and we felt like we'd already been through the wringer before the 7:30 am start. However, the rain eased right on cue and it was a mostly dry race, as long as you were fast enough to finish before the next downpour, which we all were.

This is not an easy course, with a double ascent of North Head, but it was no match for Calliope runners conditioned on the hills of Birkenhead. The organisers are top notch, with special mention to the marshal positioned at the end of the Devonport pier who must've been wearing concrete boots to avoid being blown into the Waitemata harbour.

Congratulations to Brigid, who nabbed a podium finish with 3rd female overall, and to everyone else who smashed out some strong performances, with a flurry of Calliope finishers around the 1:45 mark. Mansel bravely dragged himself around the 5k course with the flu because you have to complete all events at any distance to earn the series medal.

Athlete	Distance	Time	Overall	Age Group	Gender
Cam Burt	Half Marathon	1:32:52	51	9	49
Brigid du Burgess	Half Marathon	1:35:20	57	1	3
Liam Gaffney	Half Marathon	1:44:27	138	42	126
Carl Roberts	Half Marathon	1:47:21	165	21	150
Pete Cordes	Half Marathon	1:47:45	176	23	159
Sumia Wang	Half Marathon	1:48:31	187	4	21
Chris Maffey	Half Marathon	1:48:40	190	25	166
Sara Duggan	Half Marathon	2:00:18	345	23	60
Christine Nazer	Half Marathon	2:01:26	354	1	65
Mansel Jeffares	5K	0:31:11	64	5	35

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30th September 2026

Mud Monkeys:

Ever ones for an adventure, Chris M and Lionel have started a club called Mud Monkeys aimed at providing more adventurous running experiences. This is an opportunity to explore tracks and trails near to home and further afield that you might not otherwise do or would prefer to do as part of a group.

For more information on this visit their website, https://mudmonkeys.nz/.

Special Interest Talks:

We'll have to come up with a name for these. Wednesday Waffle doesn't seem right. Vicki has proposed that once a month we have a member or invited guest talk to the club about an event or topic of interest. This need only be 10 – 15 minutes depending on the content with suggested topics being:

- Running overseas;
- Training experiences;
- Equipment;
- Lessons learned;
- Memorable or humorous running experiences; or
- Specialist knowledge relevant to runners.

Pete C has put his hand-up to be the first volunteer. I know there are many others who have interesting experiences and stories the rest of the club would be keen to hear. We will publish a list of upcoming talks once we have dates confirmed and reach out for other volunteers.

Thanks Vicki for the fantastic initiative, and thanks Pete C for volunteering to lead us off.

Eyres Teams

As this clashed both with the Run Nation Film Festival which many of our members went to, and a rather inclement night we will reschedule this. Watch out for announcements on a new date likely in November.

When: 6:30M at the Bowling Club

Where: Birkenhead Point Course

Fees:

Note: If you are not a paid-up member you cannot vote at the AGM or be nominated for a committee position (the author of the Capers has been known to pay on his mobile during the AGM). We will shortly start chasing people for these.

The Club has set the following subs for the coming year (1 June 2026 to 30 May 2027).

Age as of 31 December 2026

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30th September 2026

New members will need to fill in the Calliope Membership form to ensure we get all required information.

All fees include Birkenhead Bowling Club membership.

Competitive:

Registration and Fees to be paid online to Athletics NZ Ltd – Sign In, Athletes, Registration.

https://regoform.mygameday.app/#/wNpaU5vHOThsTC7D0D/3SJmoUW2oEMsIu5FIl

This link goes straight to the Gameday website for registering with Calliope. We have only set up details for one category at this stage. Active (Competitive) Member 20-years and over. If we have any 15- to 19-year-olds wanting to register, we will set that age group up then. Any under 20's will have to pay Athletics organisation fees which Calliope will then reimburse, as Under 20's membership is free for Calliope.

Grade	Fees
Under 20s	Nil (paid by Calliope)
20 and over	$160.00

Non-competitive:

Please pay fees directly to Calliope's bank account:

Payee: Calliope Athletic and Harrier Club Incorporated

A/C No.: 12 3011 0801739 00

Ref: Your Surname, Code: Sub

Please be aware, changes to banking anti-fraud rules now require that the Payee name you enter, matches that held for the recipient account. We have found however, that depending on your bank and the rules imposed during transfer you may get a message that the Payee name does not match. You should get an option to continue (or not) with the payment. So long as you have confirmed the account number is correct, it is ok to proceed.

If you have concerns, please speak to Murray on Wednesday or email Calliope at: calliope.birkenhead@gmail.com.

Grade	Fees
Social	$95.00
Under 20s	Nil
Volunteers	Nil

5K Time for Handicapping

Although we are now in summer don't forget to keep track of your 5K times for next season. Please email an estimated 5km time to the Calliope email address so we can ensure handicapping is up-to-date and does not delay us on the day as it has in the past.

Please send 5km times to calliope.birkenhead@gmail.com

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Calliope Capers
30th September 2026

Calliope Calendar

May
- Sat 2 — Rotorua Marathon
- Sat 16 — Hawkes Bay Marathon
- Sun 17 — Huntly Half Marathon
- Sun 17 — Auckland Trail Series – Tawharanui
- Sun 24 — Run Auckland – Ambury Park

June
- Sun 7 — Auckland Trail Series – Hunua
- Sun 14 — Run Auckland - Onepoto
- Sun 28 — Auckland Trail Series – Shakespeare Regional Park
- Sun 28 — Wellington Marathon

July
- **Sat 4 — AMBLER SHIELD**
- Sat 4 — North Island Cross Country Champs - Taupo
- Sun 5 — Run Auckland – Te Atatu North
- **Wed 8 — PIE & JUG**
- Sun 19 — Auckland Trail Series – Totara Park
- Sun 26 — Run Auckland – Western Springs
- **Wed 29 — HERITAGE 18kms**

August
- Sat 1 — NZ Cross Country Champs – Christchurch
- Sat 1 — Taupo Marathon
- Sun 9 — Auckland Trail Series - Riverhead
- **Wed 12 — EYRES Teams Race**
- Sun 16 — Run Auckland – Farm Cove Pakuranga
- **Wed 19 — AGM**
- Sun 30 — Auckland Trail Series – Waitawa Regional Park

September
- Sun 6 — North Shore Marathon/Half Marathon
- **Sat 12 — Calliope Blue Lakes Relay**
- Sun 13 — Run Auckland – Millwater Half Marathon
- Sat ?? — Auckland Road Relay Champs
- Sun 27 — Daylight Savings begins
- Mon 28 — Northcote Tavern Pub Run Summer Course begins

October
- Sun 4 — Devonport Half Marathon
- TBC — NZ Road Relay Champs
- **Wed 7 — WEDNESDAY WINDUP**
- **Wed 14 — BATHHURST CUP**
- Sat 17 — Taupo Ultra/Relay
- Sun 18 — NSRS – Orewa
- **Wed 21 — KING/QUEEN of the MOUNTAIN**
- **Wed 28 — Graeme Wells Bush Bash**
- Mon 26 — Labour Day

November
- Sun 1 — Auckland Marathon/Half Marathon
- **Wed 4 — WEDNESDAY WINDUP**
- **Wed 11 — CLAYWORTH PAIRS**
- Sat 14 — Queenstown Marathon/Half Marathon
- Sat 21 — Kerikeri Half Marathon
- Sun 22 — NSRS – Hobsonville Point
- Sun 29 — Omaha Half Marathon
- **Prizegiving**

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