



CALLIOPE CAPERS

1 FEBRUARY 2017

TONIGHT 1 February

Club Champs – 5000m Walk

Full Club uniform to be worn and for all subsequent championship events

NEXT WEEK

Club Champs – Shot Put

1500m

Discus

NORTHCOTE TAVERN 5k WALK and RUN** (VOLUNTEER HELP NEEDED) **

Calliope as a Club has now taken over the organisation of the Northcote Tavern Fun Run on a Monday night during daylight saving hours. As such, we need volunteers to help out from time to time on a Monday. If you are available to help please see Sandra. The following dates we need someone to help with prize giving: Monday 27 February, 6 March, 13 March, 20 March and 27 March.

We've been steadily getting around 50-60 people for this event. Last Monday numbers were down somewhat, due to the long weekend, and we had 25 participants. We intend to run this event on the Monday of Waitangi Weekend, so hope to see as many of you there as possible to support this event.

MURRAY STEVENS

The **Tussock Traverse** is a tough trail run/walk in the Tongariro region with some serious climbing. Murray Stevens competed in the 26km walk where he was 9th (of 40) and 3rd in the over 60 division in 4:29:52

The **Auckland Championships for Auckland Masters** are being held on 12th and 19th February at Mount Smart from 9:30am. But entries close tomorrow 2nd February at

http://ama.org.nz/event/ama-champs-day1/?instance_id=43

You can still compete even if not registered with Auckland Masters but will not be able to hold an Auckland title if you win. First event each day in that case is \$10 plus \$5 each additional event. You will get a better time running on the Mt Smart track than at Calliope, probably 5% about better. Day one includes 5000m run and walk day two 1500m. So enter tonight.

Last Sunday **Auckland Masters** had another meeting at Mt Smart, two weeks in a row because of a jammed schedule this year. Bruce just did the Ernie Haskell 3000m run/walk, part of a four race 3K series based upon age-graded percentages from which our Bill Taylor Trophy series was modelled. The week before in quite windy conditions Bruce had walked 24:55 and was expecting to better this in perfect conditions, no wind. He did but only by six seconds in 24:48.88 scoring 64.55%, for 10th out of 12 starters but he was pleased as the two he beat on percentage were also walkers but 'proper' racewalkers from the Auckland Racewalkers Club

RESULTS GRAEME WELLS BUSH BASH 2017:

The Graeme Wells Bush Bash was held last Wednesday. We had a reasonably good turnout considering the weather, which was a constant drizzle. The course ran through the bush at the back of Calliope. We ran it in the opposite direction this year which gave a rather nasty little hill near the end of the loop. And this year nobody got lost - which is a bonus!! Sarah Murdin came in first, just 19 seconds off her estimated time, followed closely by our former winner Toni and then Sara D. Martin took out the fastest time for two laps. Congratulations to all who participated.

Thank you to Rod, Paul, William and Grant for time keeping and marshalling, also those who set up the course, without support like this from club members these events could not happen.

Name	Laps	Estimated time	Actual time	Time difference	Adjusted time difference	Place
Sarah M	2	36.59	37.18	0.19	0.9	1
Toni Farmer	2	35.00	34.28	0.32	0.16	2
Sara Duggan	2	36.30	37.14	0.44	0.22	3
Martin Fey	2	28.00	28.46	0.46	0.23	4
Naomi Pocock	2	36.10	37.20	1.10	0.35	5
Christine Western *	2	49.26	48.08	1.18	0.39	6
Jane O'Connell *	2	49.26	48.06	1.20	0.40	7
Camille Lowe	1	21.45	20.56	1.11	1.11	8
Sandra Haynes	2	40.00	34.57	5.03	2.31	9
Chris Barker	1	29.00	31.56	2.56	2.56	10
Sara Arnold	2	34.00	40.11	6.11	3.05	11
Daniela Rourke	2	29.30	37.00	7.30	3.45	12
Bill Fell	1	29.15	33.06	3.51	3.51	13
Tyrell Jaggard	2	37.10	45.16	8.06	4.03	14
Bruce McLean	1	26.25	33.38	7.13	7.13	15

RESULTS ALBANY LAKE SERIES

Race #1 took place on Sunday 22nd Jan. The morning was very wet and over cast but luckily at the start of the race the skies turned blue, the rain stopped and 5 calliope members ran the race

10k

Mike S 00:48:14
Sara D 00:51:04
Dale 00:56:02
Camille 01:01:52

5k

Tyrell 00:29:39

Associates

Ethan Cordes 5k 00:31:30

HUNTLY HALF MARATHON, Sunday 19 March 2017

Beach Haven Community Fun Run and Walk - Sunday 5th March 2017

As we have done for the last two years Calliope has once again signed up to assist the Beach Haven Fun Run and Walk team by managing the marshalling and track settings.

All money raised goes to the development of the track network in the Birkdale / Beach Haven area. Most importantly the event is growing year after year and there are considerable resources allocated to it, so it is a great opportunity for our club to spend a day raising the profile of our club as the "local club". I have attached the marshalling plan to refresh your memories.

Peter Jonkers and Jamie Wotherspoon have previously been the liaison point for this and will be again this year; so all we require from the club is some assistance in the following areas:

18 marshals

2 people to be with the Calliope tent

1 marshal organiser and general dogs body who can help out whether they are needed

There is no need to put your name forward at this point, but if you could mark Sunday 5 March 2017 in your diaries it would be much appreciated.