



Calliope Capers

2nd August 2023



Congratulations to those members who completed Dry July. If this Wednesday is your first alcoholic drink since the 30th June, savour it well. Even more so if you have just completed the Heritage Run. Look out for *Get to Know Your Clubmate* next week.

Suggested Wednesday Runs:

With the Osbourne Cup looming a reminder to send any recent 5K times to the calliope email, so they can be included in the official ~~race-burglar~~ handicapping calculations.

Aug 2 - Heritage run: 6pm start for 18k

Aug 9 - The Dales: down Birkdale / up Eskdale

Aug 16: Osborne Cup: Team event with 1 or 2 laps of 1.8k.

Aug 23: Beach Haven return (Kohn Cup route with spot PRIZES)

Aug 30: Coronation/Ocean View

If you have any other suggested routes, please email Calliope (see below)

Upcoming Events:

Aug 20: Ak Road and Race Walk Championships GP5

Sept 16: Auckland Road Relay Championships

Sept 16: Blue Lake Relay and/or

Sept 17: Redwoods Forest Relay

Sept 30: NZ Road Relay Championships, Christchurch

ROTORUA. [BLUE LAKE RELAY](#) and [REDWOODS FOREST RELAY](#), Saturday 16 and Sunday 17 September

The Ambassador and Aura motels are booked for the above weekend. Confirmation of names and numbers are needed by 9 August for allocation of rooms and teams.

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Calliope News:

A reminder that if you are competing, either seriously or for fun, or you know of something newsworthy or worth celebrating we want to hear about it, with photos if you have them. So, send your results, news and anecdotes to the Calliope email address below.

Results: New Zealand Cross Country Championships, Spa Thermal Park, Taupo Saturday 29th July 2023

It was a day of firsts with Anneke Arlidge and Cameron Avery taking their first National Women's and Men's Senior Cross-Country titles respectively. For Calliope interest was in the performances of Simon and Steve, who both acquitted themselves admirably.

Simon ran a great race but had to settle for 2nd in the Masters Men M45-49 race, finishing just 3s behind the winner Steve Rees-Jones. To put into perspective how well both ran they finished 2nd and 3rd overall in the Masters division, which is for over 35's.

Steve also ran well on a tough course finishing 8th in the Master's Men M65-69. If the author of these Capers is knocking-out 4:56s per kilometre over cross country when he's over 65, the IAAF will want to be handy with a bottle and a vacant cubical.

Congratulations to Simon and Steve on their runs.

Name	Distance	Division	Time	Club	Place
Simon Mace	8km	M45-49	27:10	Owairaka	2 nd
Steve Fairley	6km	M65-69	29:36	University	8 th

Parkrun Milestone

Recently Michael Jenkinson celebrated his 200th Parkrun. He would have done more if not for the fact that he has volunteered 195 times for Parkrun (Michael is the Event Director for Western Springs). Something well worth celebrating – and we did, with coffee and cake afterwards.

For those of you who don't know, Parkrun is a 5km run that takes place every Saturday morning worldwide. It's free, and all you have to do is download a barcode and head along. Your results will be emailed to you after the run. Suitable for all abilities – you can even take your furry friend along.

Well done Michael on that epic achievement.



Photo: Michael sporting a beautiful little Ralph Lauren number for tutu day (22nd)

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Kiwi Athletes in the News:

With all the excitement of not one but two Diamond League meetings last week, this week was a little more subdued. None the less there was one performance in particular that stood out...

30th July, CAS International Meeting, Schifflange, Luxembourg:

It was the Eliza McCartney show in Luxembourg as Eliza won the Pole Vault in 4.85m, her highest vault in 4.5 years, and the 2nd highest women's vault of 2023. With only one more competition before the World Champs, Eliza could not be better placed to add to her already sizeable medal cabinet. Imogen Ayris rounded out a good meet for our Kiwi ladies taking 3rd in the Pole Vault with 4.23m.

26th July, BMC Regional Meeting, Tooting Bec, South London, England:

Not in the 3:31's he has run of late, still you can only beat those who line up against you, and that is exactly what Sam Tanner did in winning the 1500m at the BMC meet in London in 3:35.15. Rebekah Greene flew the flag for our middle-distance ladies taking 3rd in the women's 1500m in 4:13.92s.

Athlete Spotlight

I have had one suggestion for an athlete profile, however, as that is for a man and the last profile was for Gunder Hagg and Arne Andersen, I felt this profile should be of a lady. I have already mentioned this individual in the Capers *Today in History* due to her exploits at the 6th British Empire and Commonwealth Games in Cardiff, Wales in 1958. The Athlete in the Spotlight this time is the peerless **Val Young (nee Sloper)**.



Photo: The remarkable Val doing what Val did best - competing

Val Young, or Sloper as she was then, was born in Ashburton in 1937. A prodigious sporting talent Val's competitive record over 3 decades of athletic competition across multiple events, is one of the greatest in New Zealand athletics. Val gave the first hint of what was to come when at the tender age of 19 she finished 5th in the 1956 Olympic Shot put in Melbourne, behind 3 Soviet throwers, and an East German thrower. Sadly, for our Val this was to set the tone for all her subsequent Olympic competitions. At Rome in 1960 Val was pipped for Shot put bronze by a mere 3cm, in the last round, to finish 4th behind a Soviet, East German and American. In 1964 in

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Tokyo, Val's final Olympics, she again had to settle for 4th behind 2 Soviets and an East German. In an age when drug testing was in its infancy and state sponsored drug programs went almost unpunished, you can't help but wonder what could have been for Val.

It was at the British Empire and Commonwealth Games where Val truly shone. At her inaugural games in Cardiff, Wales in 1958 Val finished 3rd in the Discus, and took Shot put gold by over 1 metre. New Zealand's greatest Commonwealth Games Track and Field athlete was underway. At Perth in 1956 Val stepped it up taking gold in the Discus by almost 4m, and retaining her Shot-put gold by $\frac{3}{4}$ metre. Not done Val returned in 1966, this time in Kingston, Jamaica where she retained her Discus gold and won her third straight Shot put gold, defeating Britain's Mary Peters (Lady Mary Peters), who would go on to win the 1972 Olympic Pentathlon Gold medal. Val retired after the 1966 games to start a family so did not contest the 1970 games. With the games in Christchurch in 1974 Val could not stay away. Now 36 and raising 3 daughters Val returned to competitive athletics taking a final British Empire and Commonwealth Games medal by capturing Shot put silver. All-in-all Val won 5 golds, 1 silver and 1 bronze medal to go with two 4th places and one 5th place in Olympic competition.

At a national level Val won 37 national titles between 1956 and 1982 (18 Discus titles, including 8 in a row between 1975 and 1982, 17 Shot put titles, including 11 in a row between 1956 and 1966, and 2 Pentathlon titles). Val was rightly an inaugural inductee into the Sports Hall of Fame in 1990, and was awarded an OBE in 1987.

Today in History: August 2nd

338 BC: Macedonian army led by Philip II defeats combined forces of Athens and Thebes in the Battle of Chaeronea, securing Macedonian hegemony in Greece and the Aegean

1776: Formal signing of the US Declaration of Independence by 56 people (date most accepted by modern historians)

1790: 1st US census conducted; the population was 3,939,214 including 697,624 slaves

1791: Samuel Briggs and his son granted US patent for a nail-making machine

1798: Battle of the Nile: British Royal Navy under Admiral Horatio Nelson further decimates the French fleet

1858: Government of India transferred from East India Company to the British Crown

1865: Lewis Carroll publishes "Alice's Adventures in Wonderland"

1870: Tower Subway, the world's first underground tube railway, opens in London

1880: British Parliament officially adopts Greenwich Mean Time (GMT)

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1892: George A. Wheeler is granted a US patent for a prototype of the escalator. The patent was eventually bought by inventor Charles Seeberger and transformed into a prototype built by Otis Elevator Company in 1899 – the world's first commercial escalator, so beginning the challenge of every child to get to the top of the stairs before their parents could get to the top in the elevator

1932: Carl David Anderson discovered and photographed a positron, the first known antiparticle

1934: The Lustig Skytrain, 1st airplane-train took off demonstrating the use of gliders to deliver mail. A conventional plane towed 3 mail gliders behind it on a route between Philadelphia, Baltimore and Washington DC, releasing one glider over each city carrying mail intended for that city. Makes sense, doesn't it?

1934: Adolf Hitler became commander-in-chief of German armed forces, hmm...

1934: William Franks twirled an indian club over his head 17,280 times in 1 hour. For the record, that's 5x per second, or 288x per minute for an hour.

1936: A Finnish trifecta in the 10,000m final at the Berlin Olympics; Ilmari Salminen beat his teammates Arvo Askola and Volmari Iso-Hollo. Of course that means New Zealand were but days away from our their first ever Men's 1,500m title when on the 6th August 1936 Jack Lovelock won in a new world record 3:47.8s

1936: Also, on this day in Berlin, Americans Cornelius Johnson, Dave Albritton and Delos Thurber sweep the high jump medals.

1948: Legendry Dutch athlete Fanny Blankers-Koen won the 100m in 11.9 at the London Olympics; the 1st of unprecedented 3 individual track & field gold medals

1948: Italians Adolfo Consolini and Giuseppe Tosi went 1-2 in the men's discus final at the London Olympics

1952: 17-year-old future world champion Floyd Patterson won the gold medal in the middleweight division at the Helsinki Olympic Games with a 1st round KO of Romanian Vasile Tita

1958: American pilots Jim Heth and Bill Burkhart took off from Dallas, Texas in "The Old Scotchman", their modified Cessna 172, in an attempt to break the airplane flight endurance record. They flew for slightly over 50 days, eclipsing the existing record by more than 3 days. During this time, they remained in-flight, refuelling from a moving truck driving beneath them as they continued to fly.

1961: The Beatles played their 1st gig as house band at Liverpool's Cavern Club

1986: American athlete Jackie Joyner-Kersey beats her own world heptathlon record by 13 points (7,161) in Houston

1987: Don Brown set a flight record for an arrow released from a hand bow of 1,222m, yes you read that right, 1.2km

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1990: From the *"It seemed like a good idea at the time"* files, Iraq invaded and occupied Kuwait. The Emir of Kuwait fled departed for Saudi Arabia

1992: American Jacki Joyner-Kersey became first athlete to win consecutive gold medals in the gruelling heptathlon with a 199-point win over Irina Belova (Soviet Union) at the Barcelona Olympics

1992: Also in Barcelona, Vitaly Scherbo of Belarus became the first gymnast to win 6 gold medals at a single Olympics. She also became the first person to win 4 gold in one day of competition (pommel, vault, rings & parallel bars)

1994: Algerian legend Noureddine Morceli set the 3000m world record running 7:25.11s. He would go on to also break world records for the 1,500, and the Mile and win 3 1,500m World Championships and the 1996 1,500m Olympic Gold.

2017: First successful gene editing in human embryos to repair disease-causing mutation reported was by scientists in "Nature"

2017: Great Britain's Prince Philip aged 96 made his final solo public appearance before retiring from public engagements

2018: Apple becomes the first American public listed company to reach USD \$1 trillion in value

2018: The Fields Medal considered the Nobel of mathematics was awarded to Caucher Birkar, sadly stolen minutes later, (for the proof of the boundedness of Fano varieties and for contributions to the minimal model program), Alessio Figalli (For contributions to the theory of optimal transport and its applications in partial differential equations, metric geometry and probability), Peter Scholze (For having transformed arithmetic algebraic geometry over p-adic fields) and Akshay Venkatesh (For his synthesis of analytic number theory, homogeneous dynamics, topology, and representation theory, which has resolved long-standing problems in areas such as the equidistribution of arithmetic objects). They certainly would have got my vote!

2019: A seven-year-old boy was operated on to remove 526 teeth-like growths from inside his mouth in Chennai, India

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