



CALLIOPE CAPERS

15 MARCH 2017

TONIGHT 15 March - Club Champs

| | | | |
|--|-------------|------|------|
| 6:30 | Triple Jump | 7:10 | 400m |
| Meeting will start on time and Club uniform necessary. | | | |

NEXT WEEK 22 March

| | | |
|------|-----------|------|
| 200m | Long Jump | 800m |
|------|-----------|------|

This is the programme for 1 March that was cancelled due to an unsatisfactory surface.

OKURA END OF SUMMER RUN - SATURDAY 01 APRIL

An end of summer-daylight savings run is organised for Saturday 01 April at 1.00pm - with a barbecue afterwards at Stillwater. This is a hilly run starting at Haigh Access Road in Okura, taking in the historic Dacre Cottage and carrying on to Stillwater. Please let Narna or Sandra know if you are interested in participating.

RED STAG RELAY

This is taking place on **Saturday 9th September**. This is a wee way off, but accommodation seems to be at a premium that weekend. Can you please indicate to Sandra if you are thinking of going and how many family members? You will not have to commit to this at this stage, but we just need to know approximately how many rooms to book. At this stage have rooms booked in at Cleveland Thermal Motel. Unfortunately our regular motels (the Ambassador and Alpin) are fully booked that weekend.

NATIONAL ROAD RELAYS

Please diarise **Saturday 30th September**. This will also be in Rotorua - same course as last year. This was a fun weekend away.

Please let a committee member know if you are interested in putting a team or teams together.

CLUB CHAMPIONSHIPS, Day 6, March 8.

Events 8 and 9 (of 14) were completed on soft ground. We are now past half-way and no new competitors can now compete with a chance of winning, until now that was still possible as seven wins were available when we started these events last Wednesday. But maximum points now left are 50.

| | | Distance/Time | Age% |
|----------------------------|----------------|---------------|--------|
| Club Champs Javelin | | | |
| 10 | Chris Barker | 8.56m | 26.15% |
| 10 | Tyrell Jaggard | 12.19m | 25.00% |
| 7 | Murray Stevens | 11.87m | 24.86% |
| 7 | Daniela Rourke | 6.53m | 12.37% |
| 5 | Bruce McLean | 5.34m | 11.40% |
| | | | |
| Club Champs 5000m | | | |
| 10 | Tyrell Jaggard | 28:53 | 64.34% |
| 10 | Daniela Rourke | 26:57 | 61.04% |
| 7 | Garth Barfoot | 35:34 | 58.81% |
| 7 | Chris Barker | 41:03 | 54.81% |
| 5 | Murray Stevens | 35:16 | 53.36% |
| 3 | Bruce McLean | 46:31 | 40.92% |

Leaders to date, counting just a maximum of eight events but with no field events qualification applied yet, are Tyrell on 64 points including four wins from Murray three wins and 48 points and Bruce 20 points. Daniela leads Chris 71 to 68 which is effectively five wins to four. Participation is really pretty disappointing compared with earlier years. Do we need to establish a second championship division for those who do not hold a gold card?

AUCKLAND MASTERS ATHLETICS

There was a meeting at Mt Smart on Sunday 12 March with two Calliope competitors. Mike Parker (having his first competition since his recent stroke) and Bruce. It started off fairly calm and dry and Bruce got in a Shot Put throw before having to go to the start of the 3000m run and walk. While waiting for the start the torrential rain started, they couldn't get the gun to go off as the caps were wet and this event was held with water pooling on the track. Mike said he was probably at just 90%+ but he won the walking division and his age group by 11 seconds in 16:14.30 for 84.47%. Bruce walked 24:39.60 (65.02%). This was the last event of the Ernie Haskell trophy series which used to attract a number of very competitive calliope members. Scores are the average age-group percentages from the best three of four races. Bruce was overall 7th of 17 competitors nine of whom did enough races to qualify.

During the season prize giving **Mike Parker** was presented with the New Zealand Masters Association colours award for the best walking performance over 95% during 2016. He gained this from his performance at the senior athletics champs.

COLLIERS COASTAL CHALLENGE NORTH SHORE

Sam entered the Mini Monty which was a 17km run along the shoreline from Browns Bay to Devonport. The day started off with torrential rain and the race was delayed for one hour to allow for lower tides. However, the rain held off for the entire race and prize giving. Although Sam had done very little training, she managed to do a fantastic time and enjoyed her race - despite vanishing almost out of sight during the Milford estuary crossing.

Martin entered the 22km Mid Monty from Long Bay, in which the stretch from Long Bay to Browns Bay had many water encounters. The state of his legs after the race was a testament to the many times he fell down, at times being totally submerged beneath the sea.

Well done to both Sam and Martin for partaking in this race despite extreme weather conditions leading up to the event.

| | Time | Overall | Gender | Division |
|--|-------------|----------------|---------------|-----------------|
| Sam - Mini Monty 17km (Browns Bay to Devonport) | 1:56:39 | 56 | 12 | 2 |
| Martin - 22km Mid Monty (Long Bay to Devonport) | 2:06:44 | 8 | 8 | 5 |