



CALLIOPE CAPERS

25 JANUARY 2017

TONIGHT 25 January

Graeme Wells Bush Bash

This race is a recent addition to the Calliope calendar. It started in 2014 in memory of Graeme Wells, a keen bush runner and life member of Calliope. The course changes slightly each year but takes place in our local bush, Birkenhead War Memorial Park. Runners estimate their time over one or two laps and the runner home closest their estimated time wins. Timing devices cannot be worn and club singlets do not need to be worn.

NEXT WEEK

Club Champs – 5000m Walk

Full Club uniform to be worn

AUCKLAND MASTERS, Sunday 22 January

Bruce competed in the **Auckland Masters** meeting on Sunday. Having got under 8 min km pace for the first time in the 1500m at Calliope last Wednesday, even if only by about four seconds, he thought that on a good track he should comfortably get under 25 minutes for the first time in the 3000m walk in the age-graded series. He did break 25 minutes but not by much. Just by five seconds. He also had two throws measured in the Shot (3.69m) and Discus (8.49m) a long way last in each. Field events had good participation at the meeting but the distance track events were quite small. In the 1500m only nine competitors across all grades. The 3000m had only three runners but eight walkers (if you can count Bruce as a walker the others were all proper walkers from Auckland Race-walking).

MIKE PARKER

When lining up for the 3000m Bruce commented to one of the others that with all the walkers there he would have expected **Mike Parker** to be competing to be told that he was in hospital having just had a stroke. Bruce went into North Shore to see him that afternoon. Mike is comfortable but was still having tests done and was likely to be kept in hospital for a day or two while these were completed and any causes investigated. As he has two major championships coming up we think he will be wanting to be able to be back in hard training pretty quickly! We may know more tonight.

Martin Fey ran Waiheke Wharf to Wharf 25km, Saturday 21 Jan 2017.

This was run in excellent conditions, thankfully before the storm hit in the evening. This is an extremely hilly road course from Orapiu to Matiatia, but well worth the effort even just for the scenery. Hydration and nutrition are very important in this race, particularly as it tends to get hot towards the end. Other options are 12km from Onetangi, or 5km from Surfdale. Very happy with my day finishing 15th overall and 2nd in age category, having received a free entry due to Facebook competition. Thanks to those who helped with that.

RESULTS 18 January 2017

Event /Place	Name	Time /distance		Event /Place	Name	Time /distance
100m				400m		
1	Bevan Lynch	13.68		1	Bevan Lynch	1.06.89
2	Martin Fey	14.01		2	Martin Fey	1.08.95
3	Natasha Gordon	14.41		3	Natasha Gordon	1.12.42
4	Mariko Santa	14.70		4	Mike Shaddick	1.14.95
5	Mike Shaddick	15.72		5	Mariko Santa	1.16.95
6	Tyrell Jaggard	19.26		6	Dale Pearson	1.21.42
7	Dale Pearson	20.28		7	Paul Rourke	1.32.85
				8	Daniela Rourke	1.37.00
1500m	Tim Hutchings Trophy			9	Tyrell Jaggard	1.37.90
1	Martin Fey	5.29.68		10	John Rhodes	1.49.93
2	Bevan Lynch	5.49.29				
3	Mike Shaddick	5.56.55		Discus		
4	Natasha Gordon **	6.09.42		1	Paul Rourke	21.58
5	Paul Rourke	6.29.12		2	Martin Fey	17.52
6	Dale Pearson	7.03.36		3	Tyrell Jaggard	16.39
7	Daniela Rourke	7.04.19		4	John Rhodes	15.60
8	Tyrell Jaggard	7.38.29		5	Mike Shaddick	14.73
9	John Rhodes **	8.23.71		6	Bill Fell	12.39
10	Murray Stevens (W)	10.11.17		7	Natasha Gordon	12.00
11	Bruce McLean (W)	11.52.47		8	Mariko Santa	9.92
12	Chris Barker (W)	12.33.35		9	Daniela Rourke	8.73
13	Bill Fell (W)	13.01.81		10	Bruce McLean	8.70
	** Do not qualify					

BUSH BASH

15th December 2016 we had 50 entries, weather was again awful with rain and high winds, and although it was not easy for us organisers, the runners and walkers enjoyed their time in the bush and praised the marshals and felt they had a good time. We were a bit worried that Kaipatiki Reps were not going to arrive, but eventually got there just about 5.50pm. It was a bit of a rush doing the prizegiving too, to avoid heavy downpours, however, all went well. As far as registrations we have come up with some more ideas to improve smoother flow at the end of the race. Total takings were \$175.00

19th January 2017 we had 67 entries, improving all the time. The weather was so much better, still very windy so we could not put gazebo, but managed despite this. We have streamlined the registrations more and found this went well, thanks to Megan who is brilliant with helping at registrations and we feel confident of our system. At the end of the race, it was made much easier with Murray Stevens directing the finishers over to our table to sign back in and onto the sausage sizzle, this goes down very well and is very organised with the help of Gaye who knows what to do. There was two helpers from the Kaipatiki Trust which was very beneficial. We understood there was confusion in the bush and some runners went wrong, thanks to our own Natasha she put them right and the cone will need to maybe have a marshal directing there also. The prizegiving went well and winners were able to choose their own prize, a good idea by Bevan who also did a great job in introducing the runners to the rules and regulations, and everyone commented how the event was most enjoyable. It was great to see some Calliope Juniors participate who seemed to have a great time. Total taking \$200.00.

Free To A Good Home. At last Sunday's Auckland Masters Meeting Bruce got a spot prize a new Kambook 10 piece hair grooming kit retail value apparently \$50. Still in sealed packet. He does not want to keep it so let him know if you would like it, providing though that it would be used by you or in your family.

HUNTLY HALF MARATHON, Sunday 19 March 2017

The Early Bird Special Price ends on the 31st Jan

NORTHCOTE TAVERN 5k WALK and RUN

The event is planned to be run on Auckland Anniversary Day Monday 30 January and Waitangi Day Monday 6 February.