



# CALLIOPE CAPERS

7 February 2018

## TONIGHT Club Champs

6.30pm Shot Put 7.00pm 1500m

7.20pm Long Jump

**Full club uniform must be worn to score in all club championship events**

## NEXT WEEK 14 February 2018

100m

High Jump

## RESULTS 31 January 2018

The Club Championship commenced last Wednesday with the 5000m Walk. Convincing winner of the actual event was Mike with Paul a determined second, just 50 seconds ahead of Daniela who was easily first woman. Sara produced a great effort to be second woman in fourth place. Garth Barfoot attempted to fool the rest by starting 200m behind but only fooled himself by progressively getting further and further behind. However as usual he finished with an impressive but rather short 10m closing burst. Mike and Daniela are probably early leaders in the Championship contest but there is still a long way to go.

<b>5000m Walk Club Champs 31 Jan 2018</b>			
Points			Age %
10	Mike Parker	30:44.16	76.67%
10	Chris Barker	43:52.29	65.30%
7	Bruce McLean	43:08.70	64.16%
5	Bill Fell	47:00.00	61.38%
3	Paul Rourke	36:53.07	59.69%
7	Daniela Rourke	37:43.95	58.97%
5	Sara Arnold	39:24.72	55.65%
3	Sandra Haynes	42:54.63	53.75%
1	Garth Barfoot	55:22.00	53.37%
1	Allan Lamb	42:54.63	49.99%

## WEDNESDAY NIGHT ALTERNATIVE RUNS

### February 7<sup>th</sup>

Road – Beachhaven – Glenfield Mall

Bush – Balmain – Kendals Bay – Sugar Works

### February 14<sup>th</sup>

Road – Twin Wharfs

Bush – Eskdale (pre BB Check)

### February 21<sup>st</sup>

Road – Sylvan – Oceanview - Coronation

Bush – Chatswood – Bush to Sea

### February 28<sup>th</sup>

Road – Twin Views

Bush – Le Roys – Bush to Sea

### **RIVERHEAD RAMPAGE- Saturday 10<sup>th</sup> March**

This exciting off road trail running and walking event starts at Riverhead Primary school and goes through the beautiful Riverhead forest in North-West Auckland. All money raised goes to Riverhead Primary School to promote healthy and active lifestyles.

The distances are 5km, 10km walk or run or 21km run either by yourself or as a team with your favourite walking/running buddies. The 21km event starts at 0900 and the 5 and 10km events start at 0930 with pre-event registration on the Friday afternoon before the event or on race day. Prize giving will be held at 1330 at Hallertau Brewbar and Restaurant.

So far Sandra and Mike have entered this event - this will be a lovely day out in the Riverhead forest.

### **BEACHHAVEN FUN RUN Sunday 11 March 2018**

As we have done for the past three years Calliope has once again signed up to assist the Beachhaven Fun Run and Walk team.

We need Calliope members (and friends) to help with marshalling. We require 18 marshalls plus a couple of people to be at the Calliope tent. Usually it's all done by midday.

People can email Jamie or Peter to confirm their availability and a sheet will be handed around for names.

[pjonkers@oss.co.nz](mailto:pjonkers@oss.co.nz)

[jamie.wotherspoon@aon.com](mailto:jamie.wotherspoon@aon.com)

It is a fun day and a really good promoter for the club. If we end up with more people than we need to marshal it would be great to see some of our runners running the course and trooping the colours.

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".

### **BIRKENHEAD WAR MEMORIAL PARK**

Last week Greg, Gaye and Peter attended the first of the workshops to begin the process of planning for the future of the Birkenhead War Memorial Park. This first workshop was focused on documenting stakeholders existing experiences with using the park, rather than on the desired outcomes of the various stakeholder groups. This was a great opportunity to hear from the council and to be heard by them, and to meet other community groups who use the park, many of whom we have had no engagement with previously.

Key messages coming from the first workshop on existing experiences were:

- A general lack of investment in many of the facilities
- A lack of awareness within the community of the opportunities the park provides (the lack of signage was a common theme as we ourselves have experienced)
- Parking
- The disconnect between the Mahara Ave and Recreational Drive sides of the park

**The next workshop is to be held on Saturday 10th February and will begin to focus more on what stakeholders are looking for from the redevelopment.**

**In preparation for this we have been given homework; to gather feedback on what experiences people want from the redevelopment. Can I ask therefore that you have a think about this and reply with your thoughts. Email to [calliope.birkenhead@gmail.com](mailto:calliope.birkenhead@gmail.com) There is no scope within which you should work so feel free to think beyond just what you want for Calliope (without**

**forgetting about us) and consider as an individual or family the sorts of experiences you might like to get from the park.**

We are under no illusions that this process is going to take some time however we believe the approach the council is taking with a high level of engagement with stakeholders is the right one, and gives Calliope the best chance of getting the outcomes we are looking for.

In their list of priorities advised to the Auckland Council the Kaipatiki Board confirmed the War Memorial Park redevelopment to be their number one priority.

There was an article in the North Shore Times Advertiser on Tuesday

<https://www.stuff.co.nz/auckland/local-news/north-shore-times/101038983/sports-kicked-out-of-birkenhead-club-rooms-still-waiting-for-solution>

### **Invitation to free inspirational talk by Harita Davies - first Kiwi woman to finish world's longest foot race 3100 Miles (~ 5000km)**

There is an invitation to members to a talk by ultra-marathoner Harita Davies, a member of the Sri Chinmoy Marathon Team. Harita made history last August by becoming the first ever Kiwi woman to attempt and finish the longest certified footrace in history, the gruelling multi-day 3,100 mile Sri Chinmoy Ultra Race, described by the New York Times as “The Mount Everest of Ultramarathons.” Averaging 96.82km per day, Harita placed 4th overall, finishing in 51 days 12 hours and 48 minutes - and setting a record fastest time for a Kiwi over that distance.

Harita will be sharing nutrition and body care tips, training and racing strategies and the role of meditation in improving performances. Her stories and running tips are entertaining and inspiring.

**When:** February 12, 7.30 – 9.00pm

**Where:** The Sri Chinmoy Marathon Team, [24 Cross St., CBD](#)

**Registration:** Free admission but please register to ensure seating; text 0272 000 604 or call (09) 309 1136.

Related articles:

[http://www.nzherald.co.nz/sport/news/article.cfm?c\\_id=4&objectid=11900897](http://www.nzherald.co.nz/sport/news/article.cfm?c_id=4&objectid=11900897)

<https://www.stuff.co.nz/auckland/local-news/central-leader/95361716/aucklander-set-to-become-first-kiwi-woman-to-finish-worlds-longest-footrace>

<https://www.odt.co.nz/sport/athletics/kiwi-conquers-everest-ultramarathons>

<http://www.newstalkzb.co.nz/on-air/larry-williams-drive/audio/kiwi-runs-96km-a-day-in-ultra-marathon>

<https://www.tvnz.co.nz/one-news/sport/other/focus-living-in-moment-christchurch-woman-completes-5000km-ultra-run-us>