



CALLIOPE CAPERS

8 FEBRUARY 2017

TONIGHT 8 February - Club Champs

Full Club uniform to be worn.

6.30pm	Shot Put	6.50pm	1500m
7.15pm	Discus		

Start times are a little approximate as the Shot Put may take a bit longer than anticipated but no start will be earlier than the ones given.

The **Club Championships** started last week and the format above under-age grade may not be known to our newer members. There are no individual event champions but the complete series of events is scored on an age-graded percentage table (as per the Grubb calculator 2006 World Masters Association factors, with 2015 update) allocating performances against world standards for each age, i.e. (world standard)/(time achieved), or for field (distance achieved)/(world standard). The “world standard” is not necessarily the world record for the age as in their compilation some unrealistic performances needed to be excluded. The Grubb calculator is sensitive to about three days. Ages for the complete series are taken on the one date of 1st Feb 2017, for ease of calculation. Points are allocated at 10 for the best performance percentage, 7 for second, 5 for third, 3 for fourth, 1 for all others providing they are financial members and wearing Club uniform. The best eight events, of which at least two must be field events, are counted for the totals to determine the club champions (male and female).

NEXT WEEK

Club Champs: 100m High Jump

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

We ran this event on Waitangi Day. We had a reasonably good turnout considering that it was a long weekend. Very hot conditions, so well done to those that turned up and participated. We had our “regulars” who turn up every Monday, rain, hail or shine, and we had a few new people too.

We still 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. A big **THANK YOU** for those who have given up their own time to help out with this event - without you, this would not be possible. This is a fantastic community event and over the years we've gained new Calliope members from this run.

HUNTLY HALF MARATHON, Sunday 19 March 2017

MIKE PARKER

Mike is home but will need at least a month off work as his job involves driving.

RESULTS 1 February 2017

The first night of our Club Championships and a rather small and disappointing field for the first event, but so was 2016. Not showing any effects of his four and a half hour race on the weekend Murray cleared out, walked faster than last year and finished on a high 78% for a 10 point win. Valuable points, the men's championship was won last year with 52 points.				
Age for series		Time	Age%	Points
Club Championships 5000m Walk				
75.85	Murray Stevens	34.39.45	78.05%	10
75.16	Tyrell Jaggard	40.50.93	65.88%	7
70.11	Chris Barker	43.10.77	65.39%	10
79.19	Bill Fell	44.37.56	63.68%	5
76.45	Bruce McLean	42.58.48	63.49%	3
69.21	Malcom Wade	42.28.61	58.38%	1
48.71	Daniela Rourke	40.05.26	55.05%	7
57.04	Paul Rourke	40.30.90	53.81%	1
69.18	Malcolm Fisher *	36.03.71	68.77%	0
	*Does not qualify			

SATURDAY MORNING OFF ROAD CASUAL RUN

We've still got a group of keen runners who turn up on a Saturday morning for an off-road run. Milford Beach was at its best this Saturday and we started with the sun just coming up behind Rangitoto - makes it very worthwhile to get up early on a Saturday for the view alone, not to mention good company and good coffee afterwards. Please let Sandra know if you would like to be put on the email list for Saturday morning runs, if you are not already.

AUCKLAND HALF MARATHON CHAMPIONSHIPS – Age U20 and Above Age Grades

Also Including 8k run and walk, 4k Downhill Dash and the Kristin 2k Kids' Dash to match! (For a full description of events please check the website). Coatesville Auckland - Sunday 19th March 2017

The Auckland Half Marathon Championships will be held this year in partnership with Running Events at the Mizuno Coatesville Half Marathon held on Sunday 19th March.

Entries will be through their website <http://coatesvillehalfmarathon.co.nz/> and you will need to state the following number to identify yourself as a registered Athletics Auckland Athlete AA2017. Anyone who uses this code will get 25% off the entry fee for the Half Marathon. This number can have entries from the 8K and Kids Race etc added to it but these events will not be eligible for the discount which only applies to the Half Marathon Championships. The voucher can be used at any time up until online entries close the day before the event, (but not in person at registration or on Race Day). The success of using these events as Auckland Athletics Championship events depends on the support they get from members so it would be great to see as many as possible support the event.

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.