



# CALLIOPE CAPERS

14 February 2018

## TONIGHT Club Champs

6.30pm      100m      6.50pm      High Jump

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

## NEXT WEEK 21 February 2018

10000m

## WEDNESDAY NIGHT ALTERNATIVE RUNS

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

Road – Twin Wharfs

Bush – Eskdale (pre BB Check)

### February 21st

Road – Sylvan – Oceanview - Coronation

Bush – Chatswood – Bush to Sea

### February 28th

Road – Twin Views

Bush – Le Roys – Bush to Sea

## ALBANY LAKES

The next events are to be held:

Sunday 25<sup>th</sup> February and

Sunday 25<sup>th</sup> March

Why not come and join and see what it is all about.

## AUCKLAND MASTERS ATHLETICS CHAMPIONSHIPS

Last Sunday was the first day of the **Auckland Masters Athletics Championships** starting with wind and a bit of rain progressing to wind and a lot of rain and the last two races having to be cancelled. Calliope had Mike Parker and Bruce competing. Fields were overall fairly small although the 800m races did fill the lanes.

The 5000m had just four runners (1 W60, 1 M40, 2 M55) and four walkers (1 W30, 2 M60, 1 M75), the first male and female runners being 17:58 m and 21:14 f.

Mike won the walk in 29:12.27 winning by more than two minutes so effectively a solo effort which pleased him as it was slightly faster than his time at the Oceania competition last month. Bruce also had a solo effort as everyone else lapped him but he achieved 41:24.33 which he thinks is a post knee PB by about 90 secs.

In the discus Bruce had three throws within two cm of 8.57 and one of 8.92, which he thinks is a PB wearing a parka, for 2<sup>nd</sup> from 2.

## RESULTS 7 February 2018

The second night of our Athletics Championship resulted in some most interesting results with the Club Champs title for both women and men both obviously going to be closely contested. Mike could be a surprise contender if he competes enough events, with strong competition likely from Allan and Paul. Bill too could cause an upset. Imagine the first Octogenarian Champion! After strong performances in each event, Jill looms as a big threat to Chris and Daniela. Just turn up each week Jill and you could triumph but it will not be without a stern fight.

Club Championships – 7 Feb 2018							
Percentages are taken from the WMA age-factors for ages as at 31/1/2018, using the Grubb calculator. 10 points awarded for the highest percentage, 7 for second, 5 for third, 3 for fourth, 1 point for others.							
1500m				Shot Put			
Points			Age %	Points			Age %
10	Mike Parker (w)	8:29.23	80.10%	10	Bill Fell	6.31	48.99%
7	Allan Lamb	5:42.71	71.67%	10	Chris Barker	4.80	46.38%
10	Jill Peate-Hall	6:51.77	70.84%	7	Paul Rourke	7.37	43.53%
5	James Clendon	5:21.87	69.53%	5	Mike Parker	6.77	42.82%
3	Paul Rourke	6:06.67	68.62%	7	Jill Peate-Hall	6.29	41.49%
1	Bruce McLean (w)	11:59.87	66.33%	3	Allan Lamb	6.53	36.14%
7	Daniela Rourke	6:56.63	66.15%	1	Nick Hall	5.98	33.77%
1	Bill Fell (w)	13:18.34	62.27%	1	Bruce McLean	4.39	30.92%
1	Nick Hall	6:55.80	59.50%	5	Daniela Rourke	3.74	24.62%
5	Chris Barker	11:32.75	54.57%				
10	Natasha Gordon	5:55.78	66.95%				
Long Jump							
10	Jill Peate-Hall	3.26	57.70%				
10	Allan Lamb	3.83	57.59%				
7	James Clendon	4.08	52.85%				
5	Paul Rourke	3.10	48.51%				
7	Daniela Rourke	2.64	43.93%				
5	Chris Barker	1.78	42.18%				
3	Bill Fell	1.56	35.94%				
1	Bruce McLean	0.89	19.35%				
10	Natasha Gordon	3.76	54.57%				
<p>The under-age grade Calliope championships are not scored on age-graded percentages and the percentages shown for Natasha are for comparison purposes only. However the factors used while coming from the Grubb calculator are in most events derived by extrapolation as there are no official 'world standards' at all events for younger ages. In addition while some best times or distances for an age are available for some regions a number of these are allegedly 'unrealistic' and there is often no verification of the age recorded particularly with some African countries. However, the calculated percentages at the under-age grades are still reasonably valid for comparison purposes.</p> <p>After four events in our championships Chris leads the ladies with 30 points from Jill 27 and Daniela 26. Mike leads the guys on 25 from Bill 19 and Paul 18.</p>							

## **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 Second Workshop**

Peter attended the 2nd workshop on Saturday morning. The focus of this session was to take the experiences of people using the facilities today and the problem statements defined in the 1st workshop and start to think about what we wanted from the War Memorial grounds in the future. Key focus's that I took from the session were:

1. Better community awareness as to what is available within the park focusing on signage both into the parks and at the park
2. A greater multimedia presence that includes promotion of the clubs and activities and mapping the area and the points of interest including bush tracks and historical information such as the war memorial and the cemetery (I suggested an app that could be downloaded)
3. Open days at the park which give the community the opportunity to find out what is there
4. Better parking
5. Improved multi-use best in breed facilities which could include a new pool with things such as hydrosides, a significantly improved playground, all weather facilities including turfing areas such as our run-ups
6. Improving the trails and natural spaces and linking them as part of a broader network
7. Potential for a multi use pass if wanting to use more than one facility and/or more than one club
8. Better linkage between the different park areas
9. A Cafe
10. Development to reflect the multi-cultural and inter-generational nature of our community

Obviously none of this will happen without funding. The Mayors 10 year budget is to be opened for **submissions** between **28th Feb and 28th March 2018**. The War Memorial Redevelopment has been put forward as the number 1 item for the Kaipatiki board/region. We need to support this in the form of written submissions at both a Calliope level and as individuals. Although a submission in support from Calliope will carry weight (and we should do one) it is the support by way of submissions from individual community members that will have the best chance of a positive funding outcome. Calliope needs every member of the Club to make a written submission in

support of the Kaipatiki Boards redevelopment of the War Memorial facilities and grounds. The Birkenhead War Memorial Park is the most significant multi-use sporting and community facility in our region bare none and has been woefully under funded. We must take this opportunity to get in behind it.

The next workshop is this Saturday 24th February. This will begin to focus on actual outcomes working towards a final plan/design later in the year.

### **OREWA HALF MARATHON**

Saz and Sandra ran in the Orewa Half Marathon on Sunday. It was drizzly and humid conditions and the course took in the scenic Orewa Beach and Orewa estuary. Most runners found this a slow, but enjoyable, course.

Sarah Murdin	1:59:38	16/66 in division
Sandra Haynes	1:59:50	(in men's division)

### **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.