



# CALLIOPE CAPERS

14 MARCH 2018

## TONIGHT Club Champs

Last night of the Club Champs

Triple Jump

400m

**Club uniform to be worn.**

## NEXT WEEK 21 March 2018

The 600m Backwards Debacle followed by the Wobbly Boot Battle of the Ages followed by the 1500m Handicap Run/Walk. Backwards running, more appropriately known as retro running (for Calliope competitors it will be very retro) has a distinguished history which is unlikely to be enhanced on the night as none of our athletes feature in the list of famous backwards runners. The wobbly boot contest is courtesy of the Barkers. Rod will supply a large ugly gumboot straight from the pigpen and Chris an elegant pampered perfumed and tapered one specially for the Women. The 1500m Handicap is not an age-related event but will be based on performances to date this season. Early favourite Bill will be back to defend his title which he won by a mere one second over Chris. "That was easy" he was heard to mutter as he lay prostrate on the finish line.

All members are encouraged to enter the Fun Night above. There are no alternative runs. There will be pizzas in the clubrooms after the event.

## GRAEME WELLS BUSH BASH, Saturday 24 March at 2pm

The Graeme Wells Bush Bash will be held on Saturday 24 March at 2pm from the Clubrooms. This race 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.

## WEDNESDAY NIGHT ALTERNATIVE RUNS

### March 14<sup>th</sup>

Road – Eskdale Hill

Bush – Chatswood – Le Roys

### March 28<sup>th</sup> (last week of Day Light Savings)

Road – ParkHill – Balmain - Porritt

Bush – Eskdale Bush

### April 4<sup>th</sup>

Road – Twin Peaks

### April 11<sup>th</sup>

Road – Birkdale – Glenfield Mall

### April 18<sup>th</sup>

Road – Twin View (aka The Kiwi)

### April 25<sup>th</sup>

Road – Sylvan – Oceanview - Coronation

## **BIRKENHEAD WAR MEMORIAL PARK**

The War Memorial Redevelopment has been put forward as the number 1 item for the Kaipatiki board/region. The Mayors 10 year budget is now open for **submissions** until 28 March 2018. Here is the link to the AK Have your Say page, where you can make submission to the Auckland Council 2018-2028 Long-Term Plan.

<https://engage.ubiquity.co.nz/surveys/mom8LOQAZkiKnAjVaiCmfQ>

It is **important** that **each** and **every member** accesses this site and supports the Kaipatiki Board submission to the Auckland Council 10 year plan/budget.

As we have previously advised the greater the community support the greater the likelihood the Kaipatiki Board will receive the funding they need, and in turn Calliope will get the outcomes they are looking for.

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.

There is a **drop-in session** for members of park user groups for the Birkenhead War Memorial Park Master Plan on Thursday 22 March 2018, 4pm to 7pm at the Leisure Centre 'classroom'. Come and **provide feedback** on the work the park user group representatives have done over the last few weeks and share your ideas.

**PLEASE NOTE:** This is a drop in session, so you can come in when and for how long you like.

## **NATIONAL ROAD RELAY CHAMPS**

The date for this event is Saturday 6<sup>th</sup> October. It is a road relay that runs from Takahe to Akaroa. This is a fantastic event with wonderful views along the way. Start thinking about whether you want to be part of this event as we need to put a team or two together and people can start looking for cheap flights to Christchurch. This is always a FUN weekend! The Club pays for the race entry, van and \$100 towards accommodation.

## **TRESTLE TABLE**

Does anyone know where the club trestle table is? Please let a committee member know.

## **TV For Sale**

The club TV is for sale. Make an offer, a reasonable offer will be accepted. It can be viewed in the old clubrooms. Please contact a committee member to view and make an offer.

## **RESULTS 28 February 2018**

Malcolm Fisher turned in a great performance in the 5000m to score maximum points just ahead of Allan who in a strong solo run recorded a smart 21m 20s. Ever-young Garth was a triumphant third, crushing fellow 80 year old Bill who nevertheless meritoriously placed fourth. Allan after a maximum 10 in the Javelin and 7 in the 5000m is now in a strong overall position. Chris saved her best for the Javelin scoring the full 10 points, not surprising really since she had been training all week for the event. Jill won the 5000m quite comfortably from Daniela, and after second in the

Javelin is well placed to win the Championship title although that is not guaranteed as Chris could still pass her. Jill will not be aware that Chris won the Triple Jump last year by utilising her gymnastic skills and that she has adopted a strict training regime leading up to this week's event. Jill however is still quietly confident after she destroyed the long jump field on 7 February. Let the contest begin!

### Club Championships – day six 7 March 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.

Points	5000 Run		Age %	Points	Javelin		Age %
10	Malcolm Fisher	24:31.93	71.47%	10	Chris Barker	9.65	39.12%
7	Allan Lamb	21:20.52	70.52%	10	Allan Lamb	23.59	33.82%
10	Jill Peate-Hall	24:47.22	70.33%	7	Bill Fell	12.40	26.17%
7	Daniela Rourke	25:56.59	64.18%	7	Jill Peate-Hall	11.97	24.20%
5	Chris Barker	41:39.59	54.93%	5	Bruce McLean	8.61	18.97%
5	Garth Barfoot	39:52.75	53.37%	5	Daniela	7.30	14.25%
3	Bill Fell	45:26.66	45.44%	1	Malcolm	NTR	00.00%
1	Malcolm Wade	42:44.60	40.44%				
1	Bruce McLean	DNF	00.00%				

We have now conducted all but two events in the championship series. Leaders scoring on their best eight events including the minimum two field events are Jill on 74 points from Chris 69 and Daniela 52. In the men .Allan leads with 66 points from Mike 51 Bill 35 and Paul 33. The order could well change after the last two events. Next week

To give good perspective to the achievements in the 5000m with the highest percentage of 71.47% above it is perhaps instructive to see what our non-competitors and bush jogger would need to run on our track for 5000m to gain the same percentage as Malcolm. The tables show this: Bevan 17:57; Dale 19:20; Grant 19:27; Greg 20:06; James 19:12; Jamie 19:52; Mike 19:19; Peter C 19:37; Peter J 20:03; Simon 18:46; Tyrell 26:29; Bev 25:10; Camille 21:24; Sandra 24:29; Sara 22:50.

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

The Riverhead Rampage had its 5th annual race on Saturday the 10<sup>th</sup> March. Quite a few foolhardy Calliopians took part, fool being the correct word, as the race is very tough and muddy and extremely hilly. The Race runs, crawls and slides through the Riverhead Forest over very muddy hills that add up to a 700m total climb. That also includes some death defying mud slides down and only the skilful remain upright - avoiding a muddy face plant.

Good fun was had by all. The post-race prizing-giving being held at the Hallertau Brewery - with a free beer for the runners, which was truly earned.

This is a great little event in support of the local Riverhead Primary School - of which all proceeds from the race go to the school.

#### 21k (was actually 23k)

Mike S 02:49:06  
 Sandra 02:54:00  
 Malcolm F 03:07:19  
 Malcolm W 03:20:29  
 Garth took a cab to the finish line

#### 10K

Christine N 01:42:11  
 Kaye C 02:03:36  
 Michael J 01:14:14  
 (known associate – aka the Bumble)  
 Christina Trinnaman 01:46:55

(actually got a car ride for a section of the run)

(Christina was the club membership winner from the Bush Bash)

**5K**

Martin F

00:34:14



### **MIKE PARKER -**

Although Mike came 2<sup>nd</sup> in the race the other two competitors are not registered in New Zealand therefore Mike won the NZ Championship title.

What is very interesting to all of us is that when spoken to Mike soon after his stroke last year he said that it was a big regret that it was then unlikely he would be able to compete in the NZ Champs this month and it was significant and a target for him as it would be 50 years after his first NZ competition or first NZ title I forget which, so the recovery from his stroke and his heart issues will be especially rewarding for him.

It was Mike's 12th NZ title and 37th National Championship medal this includes his junior title (1970) and two second placings in 1969 and 71. His first Nationals was the New Zealand junior championships held in Auckland in 1967, he was 13 and finished 6th in the 10kms walk in a field of 16. His first Senior Track and Field champs was 1973 in Wellington where he finished a frustrating 4th in the 20 kms.

Last year's championships would have brought up 50 years, not unbroken years, Mike has missed a few along the way but still a milestone he very much wanted to achieve. Unfortunately his Stroke came along and he was out of action for a time. Previously Mike had said that once he reached the 50 year mark that he would call it a day as far as competing at the National Track and Field Championships. Unable to achieve this target last year Mike decided to do one more championships, 2018 brings up 51 years and his last Track and Field Champs.

To avoid any future confusion and all going well he does intend to compete in at least one maybe two National Road Championships.

The 3000 metres was held at 3pm, peak time on a very hot day. The conditions made the race very tough and despite again lowering Mike's seasons best time he made the decision to scratch from the 20 kms.

**Event 65 Men 3000 Meter Race Walk Senior**

Name	Age	Team	Finals
1 Scott Nelson	49	International	14:44:59
2 Mike Parker	65	Auckland	14:49:80
3 David Smyth	49	International	16:47:25

His time on the age-graded (daily) tables is equivalent to a high 87.60%.

**TSHIRTS**

The club is going to put an order in for tshirts. The price, as per this sample is \$35.00. Womens and mens sizes available.

More details to follow.

