



CALLIOPE CAPERS

14 AUGUST 2019

Don't forget to wear high viz vests or lights.

SUGGESTED WEDNESDAY RUNS

14 August	Eskdale Hill 7.3km, 7.7km, 9.1km, 10.9km, 12.8km	21 August	Twin Views 5.5km, 10.5km, 12.3km, 13.7km
28 August	Balmain/Porritt 5.4km, 6.3km, 11.7km		

UPCOMING EVENTS

17 August	Bathurst Cup
25 August	Athletics Auckland Grand Prix 6, Bruce Pulman Park, Papakura

BATHURST CUP, Saturday 17 August, 10am

Meeting Point: 6 Paramu Avenue, Birkdale (Greg & Sara's House)

Race Volunteers: Allan Lamb, Bev Steward

Event Details:

10am meet at Greg & Sara's House - **Don't be late**

Handicapping to be done BEFORE 10:15am

Head down to the start 10:15am @ 215 Birkdale Rd, Birkdale

Race kick-off 10:30am

Race Type:

Individual. Each Athlete will complete 2 laps - 6km total distance

Race start: Delayed handicapped starts.

Race Map:

<https://www.calliopeahc.org/uploads/4/6/3/2/4632467/bathurst.pdf>

Race Rules: Club uniform & membership required to qualify for the cup.

Any late arrivals after 10:00am will not be valid for competition - **Don't be late**

*Non-uniform, non-membership or late arrivals can only run as a guest runner.

Handicapping Times:

We have recorded times for some, these times will be used to apply the handicap.

For those who do not yet have a recorded time, please have an estimate for your 5km or 10km road race time, so handicapping can be done (while we are building up race data on members).

Your estimates need to be honest, if you're 10% faster, it **may** result in a disqualification.

ANNUAL DONUT RUN: Sunday August 25; 7:30 am start from Little and Friday café, Eversleigh Rd, Belmont. Approximately 15 km with shorter and longer options available. Enjoy a well-earned donut in the cafe afterward.

RED STAG RELAY

The committee decided to not proceed with going to Rotorua and doing the Red Stag relay track amongst members. Instead a club family picnic/BBQ will be held in the summer at a venue and date to be arranged. Details will follow.

OSBORNE CUP 2019
Team Results

Team	Name	Team Estimate	Start Order	Start Time Handicap	Lap 1 Time	Lap 2 Time	Lap 3 Time (Finish)	Team Placing
1	Allan Lamb	0:29:04	1	0		0:20:11	0:28:03	1st
1	Christine Western				0:12:25			
2	Natasha Gordon	0:28:17	2	0:00:48	0:08:48	0:17:32		
2	Garth Barfoot						0:31:11	5th
3	Greg Arnold	0:27:32	3	0:01:32		0:21:32	0:29:31	3rd
3	Gary Carmickael				0:13:42			
4	Sally Hunt	0:25:16	4	0:03:48		0:23:04	0:31:21	6th
4	Bev Steward				0:14:39			
5	Mike Shaddick	0:25:06	5	0:03:59		0:20:52	0:29:19	2nd
5	Sara Arnold				0:13:08			
6	Simon Mace	0:18:12	6	0:10:52	0:17:25	0:24:03	0:30:29	4th

OSBORNE CUP 2019
Team Performance

Team	Name	Team Actual Time	Team Valance to Estimated	Team +/- Estimated Difference	Team % of Estimated Difference
1	Allan Lamb	0:28:03	0:01:01	Faster	-4%
1	Christine Western				
2	Natasha Gordon				
2	Garth Barfoot	0:30:23	0:02:06	Slower	7%
3	Greg Arnold	0:27:59	0:00:27	Slower	2%
3	Gary Carmickael				
4	Sally Hunt	0:27:33	0:02:17	Slower	8%
4	Bev Steward				
5	Mike Shaddick	0:25:20	0:00:14	Slower	1%
5	Sara Arnold				
6	Simon Mace	0:19:37	0:01:25	Slower	7%

OSBORNE CUP 2019
Individual Performance

Team	Name	Individual Estimated	Lap 1 Actual Time	Lap 2 Actual Time	Lap 3 Actual Time	Individual Actual	Individual Valance to Estimated	Individual +/- Estimated Difference	Individual % of Estimated Difference	Manual Predict
1	Allan Lamb	0:16:00		0:07:46	0:07:52	0:15:38	0:00:22	Faster	-2%	No
1	Christine Western	0:13:04	0:12:25			0:12:25	0:00:39	Faster	-5%	No
2	Natasha Gordon	0:15:30	0:08:00	0:08:44		0:16:44	0:01:14	Slower	7%	No
2	Garth Barfoot	0:12:46			0:13:39	0:13:39	0:00:52	Slower	6%	No
3	Greg Arnold	0:15:17		0:07:50	0:07:59	0:15:49	0:00:32	Slower	3%	No
3	Gary Carmickael	0:12:15	0:12:10			0:12:10	0:00:05	Faster	-1%	Yes
4	Sally Hunt	0:15:03		0:08:25	0:08:17	0:16:42	0:01:39	Slower	10%	Yes
4	Bev Steward	0:10:13	0:10:51			0:10:51	0:00:38	Slower	6%	No
5	Mike Shaddick	0:15:26		0:07:44	0:08:27	0:16:11	0:00:45	Slower	5%	No
5	Sara Arnold	0:09:39	0:09:09			0:09:09	0:00:30	Faster	-6%	No
6	Simon Mace	0:18:12	0:06:33	0:06:38	0:06:26	0:19:37	0:01:25	Slower	7%	Yes