



CALLIOPE CAPERS

15 FEBRUARY 2017

TONIGHT 15 February - Club Champs

Full Club uniform to be worn.

6.30pm 100m 6.50pm High Jump

The **Club Championships** began on 1 February 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: 10,000m

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

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.

Auckland Masters Athletics had their first day of the **Auckland Championships** on Sunday at Mt Smart in good conditions. 87 entries across the two days a little better than the last couple of years. Sally and Bruce competed. Sally won the W50 800m but will not be able to hold the title, as she is a visitor from NSW. She was running against other older age group females and males and went out a little fast (77 secs) in the lead or up with the two fastest males and faded a bit from the 600m finishing in 2:51.25. Just 15 minutes later she had the 200m in which she came 3rd in 34.97. Sally returned home today. Bruce was the only M75 competitor in the 5000m race walk so without his original knees he was still able to score a winning certificate, something he thought would never happen again! On the My Smart track he expected to walk a minute faster than at Calliope but he was eight seconds slower in 43:06.88 perhaps the result of the next walker in front being half a lap in front and the one behind half a lap behind. Bruce also had all his throws measured in the Shot Put and he again won one of the spot prizes.

RESULTS 8 February 2017

Club Championships Day two. Unfortunately we are not getting reasonably large and highly competitive fields as was the case some years ago but nevertheless the 2017 series is still shaping up to produce a close finish with the maximum points being shared by several competitors. After four events Tyrell leads the guys on 27 points from Murray on 21 and Werner 16. Chris has 37 to Daniela's 31. Natasha's age-grade is not based on age-percentages but the one shown would be close for her time achieved. Sally visited us from NSW again but unfortunately as a result of her father's passing a couple of days earlier. Her exact age is not known but her percentage would probably be above 75%

Points			Age%		Points		Distance	Age%
Club Champs 1500m					Club Champs Shot Put			
10	Murray Stevens (W)	10.08.34	76.77%		10	Werner Schmidt	6.46m	47.43%
7	Martin Fey	5.30.47	67.72%		10	Chris Barker	4.69m	44.12%
5	Tyrell Jaggard	7.30.29	67.33%		7	Tyrell Jaggard	6.05m	39.57%
3	Bruce McLean (W)	12.02.38	65.19%		5	Bill Fell	5.28m	39.52%
1	Werner Schmidt(W)	11.01.42	64.85%		3	Grant Simmonds	7.59m	36.16%
1	Bill Fell (W)	12.46.53	63.90%		1	Murray Stevens	5.38m	35.96%
10	Daniela Rourke	7.10.56	63.23%		1	Bruce McLean	4.10m	27.95%
7	Chris Barker	11.18.95	54.73%		7	Daniela Rourke	4.22m	27.05%
1	Garth Barfoot	11.10.90	50.86%		1	Martin Fey	5.64m	26.53%
10	Natasha Gordon	6.05.00	66.00%					
0	Sally Hunt **	6.11.51	0					
	** Does not qualify							
Club Champs Discus								
10	Tyrell Jaggard	16.39m	36.05%					
7	Grant Simmonds	23.62m	33.27%					
5	Werner Schmidt	14.32m	26.74%					
10	Chris Barker	8.65m	23.02%					
3	Martin Fey	14.68m	20.52%					
1	Bruce McLean	8.75m	20.02%					
7	Daniela Rourke	10.31m	17.14%					
1	Bill Fell	12.27m	31.78*					

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.

COLLIERS COASTAL CHALLENGE TAWHARANUI

Martin and Sandra competed in the Tawharanui Coastal Challenge on Saturday. They entered the “Mini Monty” event which was a 15.5km run starting at Jones Bay and heading up over the Tawharanui Peninsula through a mixture of farmland and native bush then dropping down into Anchor Bay, taking in a bit of rock hopping and sand running to finish at Omaha Beach Surf Club. It was a beautiful sunny day and the scenery was absolutely stunning

The first 10km of the course was up and down the headland, up very, very steep tracks. This course differed from last year which was more coastal. However this year to keep the local population of penguins and other shore birds happy headed more inland.

Martin was in his element and took to the front of the pack straight away, battling it out with a much younger runner throughout the 15.5km, and finishing way ahead of the other runners. He was first runner over the line in of all the events (even gaining an interview), and first overall in the Mini Monty category.

Sandra bravely battled the many hills and realised that training on the flat for the last six weeks just wasn't going to cut it for this event. However, she was just glad to be running along the Peninsula in her “happy place”.

A **BIG** thank you to our awesome supporters Narna and Ray.

Results 15.5km Colliers Coastal Challenge Tawharanui 11 February 2017

	Time	Overall Place	Gender Place	Division Place
Martin	01:27:46	1	1	1
Sandra	01:58:05	37	14	1

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. 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.