



CALLIOPE CAPERS

15 AUGUST 2018

Sunday 19 August - Athletics Auckland Grand Prix 6, Auckland Road Champs, Calliope Road Champs

This Sunday is the **Auckland Road Championships** and the **Calliope Road Championships** at the Ardmore Rugby Club, Bruce Pulman Park, Papakura from 10:30, walking events, with running events from 1:00pm. It is also the final event of six for the Grand Prix series. Although Calliope has had less competitive runners this year than can ever be remembered of the three who have been competing through the GP series they are all doing well. The series, comprising six races, is determined by results from the best five races of each runner.

With the one race to go this Sunday Natasha is lying 9th and could improve a place as some runners ahead of her have to drop a result if on Sunday they gain another one.

In the MW55 grade Sarah lies second, by just the one point. She is likely to lose a couple of places if everyone turns up but on the other hand the runner ahead of Sarah has been beaten by Sarah twice this season so it will be a very close finish for the 3rd place in the Series before, if a tie, applying the countback.

In the MM60 grade Steve is 2nd also by only one point and in a position that he cannot lose. When the lowest placing is dropped Steve has theoretically a better chance of improving than the leader Gavin Stevens ahead of him but it is likely to come to a countback, counting the number of wins and seconds, to determine the Series winner of this grade.

Athletics Auckland require 2 marshalls to assist for the event, job can be shared. Meet at 12.00pm at the Rugby Club for race briefing. Please contact Robert Ward on - robert.ward@transdiesel.co.nz

WEDNESDAY NIGHT RUNS

Maps can be found here

<https://www.calliopeahc.org/running-routes-road.html>

August 15th
Road – Twin Peaks

August 15th
Road – Birkdale – Glenfield Mall

August 29th
Road – Twin Views (aka The Kiwi)

September 5th
Road – Sylvan – Oceanview - Coronation

DONUT RUN: Sunday August 26th

The route takes in part of the Devonport Half Marathon course and is great training for those who have entered this event. Meet at Little and Friday cafe, [43 Eversleigh road](#), at 7:30 am for a 15k run (plenty of shorter/longer options available) and coffee/donuts afterwards. See Sara D for more details.

It's not an official event, just a casual Sunday run, but this will be the third year we've done it as a training run for the Devonport half, so people might be interested.

Sara D

Map and link for the run: https://www.calliopeahc.org/uploads/4/6/3/2/4632467/donut_run.pdf

RESULTS OSBOURNE CUP, Saturday 11 August 2018

It was a hectic start to the sunny afternoon because the Northcote & Birkenhead Tigers were hosting a big league game which meant navigating an overflowing carpark. Runners were intercepted at the gate and ushered directly down to the Osborne Cup start/finish line on Hinemoa St near the Burgermaster takeaway shop (*Ed: burgers for lunch next time I reckon*).

Handicapping was completed en route so we had half an hour to kill before kick-off. A bunch meandered off for a reccy/warm-up lap, entitling them to be the first to see Gary C's and Michael J's handy chalk-work including words of encouragement and some fantastic art!

Everyone was ready, the timing was sorted and all were raring to go so we started a few minutes before 2pm. Bruce M and Bill F were off with Daniela R following closely behind; who was first around the 1.8km loop. The walkers (Murray W, Bruce & Bill) all came through within ~30 seconds of each other, it was gearing up for a good finish. A 3:42min/km pace was the quickest on the day from Steve G's first lap, one of the two runners completing 2 laps back-to-back, the other being Martin F who is always putting his hand up to run extra (are you nuts? haha). Martin was on his second lap when the young Benjamin O shot off, and by the back straight had chased Martin down. We were all looking up Hinemoa St, waiting to see who would appear first. It was Benjamin, he'd managed to pull away ... wait! A few seconds later a manic Martin skated around the bend, going wide out onto the road to give himself the room to sprint around Benjamin who was also at full stride – “make room!”, “look out!” we were all exclaiming as they both came hurtling towards us. Martin snuck through with only seconds separating them in the sprint finish. A fantastic first club run from Benjamin; he was only ***just*** pipped at the post by Martin who had popped a fufu valve in making the pass.

Greg A and Gary had been keeping lap times for each runner and team which we threw into the handicapping spreadsheet to spit out the results. There are a few runners who underestimate their speed! You can see from the table that Team #3 came in first on the day – however after some post-race deliberation between club President and club Captain it was decided to DQ that team due to the percentage difference between the estimate and actual result being so far out. Team #5 had run as a guest team as they were not wearing the required club uniform. This meant that the final awarded results were:

1st = Team #4 (Murray Stevens and Martin Fey)

2nd = Team #2 (Bill Fell, Mike Shaddick and Benjamin Overy)

3rd = Team #1 (Bruce McLean, Sandra Haynes, Natasha Gordon)

The handicapping worked well, and is only becoming better as more actual results are entered into the database. This is evident from the close finishes we saw on the day. From knowing the percentage differences between estimates and actual results we can begin to tweak the handicaps and soon enough not have to ask you to provide your estimated time.

Thanks to all the 13 runners, 2 timekeepers (Greg and Gary) and Michael looking after traffic management – it was a brilliant day!

Osborne Cup - 11/08/2018

| Team | Lap | Member | Lap time (1.8km) | Lap pace (mins/km) | % diff. to indiv h/cap | +/- | Finish time (incl. h/cap) | Event time | % diff. to team h/cap | +/- | Finish order | Awarded order |
|------|-----|--|---------------------|-----------------------|---------------------------|--------|------------------------------|---------------|--------------------------|--------|-----------------|------------------|
| 1 | 1 | Bruce McLean | 00:16:02 | 00:08:54 | 14.10% | slower | | | | | | |
| 1 | 2 | Sandra Haynes | 00:08:09 | 00:04:32 | 1.75% | faster | 00:31:27 | 00:31:27 | 3.10% | slower | 5 | 3 🏆 |
| | 3 | Natasha Gordon | 00:07:16 | 00:04:02 | 10.58% | faster | | | | | | |
| 1 | 1 | Bill Fell | 00:15:28 | 00:08:36 | 10.08% | slower | | | | | | |
| 2 | 2 | Mike Shaddick | 00:06:59 | 00:03:53 | 10.33% | faster | 00:30:35 | 00:29:34 | 0.37% | slower | 4 | 2 🏆 |
| | 3 | Benjamin Overy | 00:07:07 | 00:03:57 | 6.59% | faster | | | | | | |
| 1 | 1 | Daniela Rourke | 00:08:51 | 00:04:55 | 9.92% | faster | | | | | | |
| 3 | 2 | Paul Rourke | 00:08:08 | 00:04:31 | 11.03% | faster | 00:27:03 | 00:25:42 | 11.76% | faster | 1 | DQ |
| | 3 | Malcolm Fisher | 00:08:43 | 00:04:51 | 14.19% | faster | | | | | | |
| | | <i>DQ due to % diff. from submitted estimate</i> | | | | | | | | | | |
| 1 | 1 | Murray Stevens | 00:12:33 | 00:06:58 | 2.94% | slower | | | | | | |
| 4 | 2 | Martin Fey | 00:07:22 | 00:04:06 | 1.11% | faster | 00:30:31 | 00:27:08 | 0.16% | slower | 3 | 1 🏆 |
| | 3 | Martin Fey | 00:07:13 | 00:04:01 | 3.12% | faster | | | | | | |
| 1 | 1 | Bev Steward | 00:10:01 | 00:05:34 | 7.56% | faster | | | | | | |
| 5 | 2 | Steve Geall | 00:06:40 | 00:03:42 | 6.24% | faster | 00:29:49 | 00:24:24 | 2.62% | faster | 2 | DQ |
| | 3 | Steve Geall | 00:07:43 | 00:04:17 | 8.53% | slower | | | | | | |
| | | <i>DQ due to no club tops</i> | | | | | | | | | | |

DYLAN CARMICHAEL

As you can see Dylan is having a great trip. Currently in Croatia on a boat trip having a great time BUTT....missing the calliope family

