



# CALLIOPE CAPERS

21 AUGUST 2019

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

## SUGGESTED WEDNESDAY RUNS

**21 August Twin Views**

5.5km, 10.5km, 12.3km, 13.7km

**28 August Balmain/Porritt**

5.4km, 6.3km, 11.7km

## UPCOMING EVENTS

25 August

Athletics Auckland Grand Prix 6, Bruce Pulman Park, Papakura

**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.

## RESULTS BATHURST, Saturday 17 August 2019

Place	Name	Est Time	Start Time	Finish Time	Net Time
1	Cherie Carmichael	52:22	00:00	49:05	49:05
2	Mike Shaddick	28:40	23:43	51:59	28:16
3	Greg Arnold	26:22	26:01	53:00	26:59
4	Sara Arnold	31:27	20:55	53:08	53:08
5	Bev Steward	33:51	18:31	55:20	36:49
6	Gary Carmichael	35:34	16:49	59:14	42:25

**Richie's Ringstinger 2019, Saturday 31 August, Takapuna Harrier Clubrooms, Akoranga Drive**

Time: Walkers, Joggers – 2.00pm; 2 Person Teams – 2.30pm; Ringstingers and 1 lappers – 2.30pm

Teams: Comprising 2 runners to run 1 lap each

Course: Road/Cross Country/Boardwalk/Concrete Track

Distance: 2 lap course – 12.8kms (Ringstingers only), 1 lap – 6kms (not eligible for merit prizes, Teams – 6kms each (eligible for merit prizes)

Registration: Free – from 1.30pm at the clubrooms on the day

BBQ: There is a free sausage sizzle, children's soft drinks etc.

Course starts in front of the club rooms and heads down to Warehouse Way, follow Tuff Crater to the end. Then turn and head back the way you came. Turn left and head up St Peters St (halfway back), turn right at the top, run/walk pass the school.

Then do it again if doing 2 laps. Otherwise head back to the club rooms.

**Birkenhead War Memorial Park masterplan: final stage of the project**

The Birkenhead War Memorial Park masterplan is finished. Kaipātiki Local Board will vote on it at their meeting today Wednesday, 21 August. If it is approved, it will be handed over to various Auckland Council teams for implementation.

Attached is a copy of the final masterplan. It is restructured to present information about each of the projects proposed as part of the masterplan, and to reflect the community feedback received during the consultation process.



**Garth Barfoot**

Yesterday at 10:16 PM · 🌐



PARADISE LOST: Birkenhead Pool was looking it's best when I arrived at 8 am this morning, no rain, no wind and the warmth of the water (27 degrees) evidenced by the steam rising into the chilly 12 degree dawn. I was a happy fellow as I started one of my last training swims before the Bintan 70.3 Ironman on 25 August, just 10 days time. Unusually for me I was completely injury free. This is fortunate for both me and the organisers, as they had featured me not just in a pre race poster but also as a speaker at the pre-race function.

Presumably because 83 year old competitors are "rare birds" In the world of Ironman. In this race in Indonesia I am the oldest competitor, there is no one in the 75/79 age group and just one in the 70/74 age group. If I do finish ( my last 4 Ironman races in the tropics have all been Did Not Finish) I will be the only competitor 81 or over to have finished an Ironman (full or 70.3) this year. And there have been 90 such races involving fifty thousand plus participants. The stuff of dreams.....but barely 3 laps into my swim I awoke from my dream. A firm hand was placed on my shoulder "Sorry sir you have to get out immediately" The voice invited no discussion. I obeyed. I presumed lightning was imminent. The reality was more prosaic, they were short of one lifeguard; the legislation does not allow any leeway, not even if all the swimmers in the pool have first aid certificates.

Of course I was disappointed but when I went back next day it was all smiles....waiting for me at reception were two complimentary swim passes.....Paradise Regained?



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Garth



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metasport\_sg Garth Barfoot is not your ordinary triathlete. Completing 15 IRONMAN races and collecting multiple World Champion titles is quite extraordinary. However, what really makes him stand out is that he is still racing at age 83! Let's find out what drives him. Be inspired & Register Now at [www.ironmanbintan.com](http://www.ironmanbintan.com) before prices increase in 1 week!

44 likes

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Nick Kearney We've been asking council for a long time to self lifeguard. But all we get in response are, "the rules are the rules".

1 d Like Reply



Garth Barfoot At least the staff at the pool were helpful, look at what they presented me with.



2 h Like Reply 1

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