



CALLIOPE CAPERS

23 OCTOBER 2019

UPCOMING EVENTS

- Wed 23 October Graeme Wells Bush Bash. BBQ at the club to follow.
Race Rules:
Type: Individual Event
Laps: Race course kept secret and altered each year, to be decided by race director at the time.
Race distance varies. Race distance to be announced on the night to allow for members to guess times.
*no watches, ipods, music, phones, gps or any method to track time allowed on the course
Winner: Finish time closest to estimate time
Volunteer: Greg Arnold, Daniel Nicolson
- Wed 30 October Athletics Track & Field Season starts. Theme: Halloween
- Wed 30 October 2018/2019 Athletic Prizegiving at the Club.
- 2 November **Cancelled** Club Picnic at Wenderholm due to lack of interest.

NORTHCOTE TAVERN RUN/WALK.

6.15pm for walkers and 6.30pm for runners. Gold coin donation and spot prizes.
Another great turnout. 58 people joined the fun. The split was 26 runners and 32 walkers.
More new faces this week and people improving on their times.
Just a reminder that next Monday 28 October we will not be running this event. You are most welcome to still do the course, but no timing, course marking, prizes will be happening.
Once again a big thank you to Northcote Tavern for making us so welcome.
See you on Monday 4th November.

PORTRAIT of BEV STEWARD

Visit the Lake House Cafe and Arts Centre, Fred Thomas Drive, Takapuna for a coffee and see a portrait of Bev painted by her mother, Lib Steward. There are also other exhibits done by Lib on display. She works in a variety of mediums and is very talented.

RESULTS KING and QUEEN of the MOUNTAIN, Wednesday 16 October 2019

Place	Name	Handicap	Actual	
1	James Clendon	3:10	5:17	King
2	Simon Mace	3:00	5:28	King
3	Martin Fey	2:40	6:14	King
4	Mike Shaddick	1:40	6:26	King
5	Allan Lamb	2:20	6:38	King
6	Daniel Nicolson	2:00	7:40	King
7 *	Peter Jonkers	2:50	7:07	King
1	Sara Arnold	2:30	8:04	Queen
2	Bev Steward	1:30	9:21	Queen
1	Gary Carmichael	0:50	9:18	Sultan
2	Murray Stevens	0:20	9:51	Sultan
3	Werner Schmidt	0:40	11:06	Sultan
4	Bruce McLean	0:10	13:36	Sultan
1	Christine Western	0:30	9:07	Sultana
2	Chris Barker	0:00	13:41	Sultana
3 *	Faith Silvester	1:10	13:56	Sultana
1 *	Sophie Carlon	2:10	6:35	Guest Runner
2 *	Mandy	1:40	9:47	Guest Runner
3 *	Rocky	1:20	12:35	Guest Walker
4 *	Susanne	1:00	14:06	Guest Walker

* Not eligible for a trophy

AUCKLAND MASTERS ATHLETICS

Last Saturday at Mt Smart was the first meeting of the new season for **Auckland Masters Athletics**. A new format, as because of a shortage of officials the Masters are now merged in with the Senior section athletes. Bruce had entered the 3000m walk and the Shot Put. In the walk he was shown warning cards every lap and by half-way was disqualified and had to withdraw, so he appears in the results as: McLean, Bruce Calliope DQ Rule 230.7(a)

This rule refers to the number of warnings which cause disqualification. With his walking he believes there was no loss of contact with the ground but as it was a Senior meeting with four judges using International Rules they also applied the requirement for the knees to be locked when the heel first touches the ground until the leg is in the vertical position. Bruce was told he doesn't meet this requirement which might simply be poor technique but he thinks it might not be helped much by both his knees having been replaced. He said he remembers the pain when he was in hospital with his knee up on a stool and heavy weights placed across the knee to make sure it healed straight not bent. Maybe they are a little bent? Auckland Masters when they previously ran their own separate meetings did not judge on this part of the Rule.

In the Shot he had one modest, but legal, throw of 3.3 metres then pulled out of the competition and went to the Northcote Tavern for a drink with his Calliope friends.