



# CALLIOPE CAPERS

24 January 2018

## TONIGHT 24 January

6.30pm 100m

6.45pm 3000m

7.15pm Discus

The Graeme Wells Bush Bash was programmed for Wednesday 24 January. **This is now rescheduled for a later date.**

## CLUB CHAMPS Start on 31 January 2018

5000m Walk

## RESULTS 17 January 2018

Calliope had its second meeting for 2018 on Wednesday with the starring performances coming from Natasha and James. Natasha was 0.72 seconds faster in the 200m than the previous week and if she can attain the same rate of improvement in each of the next ten 200s she runs she will be approaching or ahead of the N.Z. record for the distance. Well done Natasha! James made a welcome appearance in the 5000m contested over 16 and two-third's laps. He left the rest of the large field well and truly in his wake to win in 20m 12s. Nick pleasantly surprised with his smart 24m 20s to prevail over Sandra. Jill had a great tussle with newcomer Tane Birch who in only his second race showed a lot of promise. Trained by an astute coach (none other than Garth) his future progress will be noted with interest as will Garth's training techniques. Mike continued his return to racing fitness and Chris finished a good 7th in the large field to head off three strong competitors.

1500m			100m		
1	Bevan Lynch	5.55.93			
2	Natasha Gordon	6.08.98	1	Natasha Gordon	15.57
3	Jill Hall	7.04.29	2	Jill Hall	17.96
4	Mike Parker (W)	8.24.32			
5	Murray Stevens (W)	11.21.93			
6	Chris Barker	11.34.17			
7	Bruce McLean (W)	11.44.01			
8	Malcolm Wade (W)	12.41.44			
9	Garth Barfoot	13.29.34			

## WEDNESDAY NIGHT ALTERNATIVE RUNS

### January 24<sup>th</sup>

Road - Coronation > Oceanview

Bush – Kauri Glen Onepoto

### January 31st

Road - Twin Peaks

Bush – Le Roys Bush to Sea

### February 7th

Road - Beachhaven > Glenfield Mall

Bush - Balmain > Kendals Bay > Sugar works

## ALBANY LAKES RESULTS

### Results

	Official Time	Overall/337	Age Group Placing
<b>10kms</b>			
Mike Shaddick	48.28	64	13
Sandra Haynes	53.23	112	4
Dale Pearson	54.39	122	18
<b>5kms</b>			
Sara Duggan	25.27	63/323	5

This is a very well organised event which has a 10km, 5km and 2km kids' dash. This has been regularly attended by Calliopians for a number of years now.

Sara D had to downsize to the 5km due to a knee injury and looking at the bigger picture of her next marathon. This was Sandra's first Albany Lake race after being pestered by other Calliopians for a number of years to race it - and she enjoyed it very much. Very hot humid conditions made for a good, hard run.

**The next events are to be held:** Sunday 25<sup>th</sup> February and Sunday 25<sup>th</sup> March

Why not come and join and see what it is all about.

## WESTERN SPRINGS PARKRUN

Mike, Sara A, Steve G, Dylan and Sandra headed across the bridge to Western Springs for the 5km Parkrun on Saturday, while Sean Duggan decided to do the Cornwall Park Parkrun instead.

Parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. These events take place in pleasant parkland surroundings and people of every ability can take part. Your results are uploaded and emailed to you the same day. There are four Parkruns currently in Auckland: Cornwall Park, Western Springs, Barry Curtis and Millwater.

If you are interested in the Parkrun, check out <https://www.parkrun.co.nz/register/> to register.

And there's always good coffee available after the runs.

## RIVERHEAD RAMPAGE- Saturday 10<sup>th</sup> March

This exciting off road trail running and walking event starts at Riverhead Primary school and goes through the beautiful Riverhead forest in North-West Auckland. All money raised goes to Riverhead Primary School to promote healthy and active lifestyles.

The distances are 5km, 10km walk or run or 21km run either by yourself or as a team with your favourite walking/running buddies. The 21km event starts at 0900 and the 5 and 10km events start at 0930 with pre-event registration on the Friday afternoon before the event or on race day. Prize giving will be held at 1330 at Hallertau Brewbar and Restaurant.

So far Sandra and Mike have entered this event - this will be a lovely day out in the Riverhead forest.

## **TUSSOCK TRAVERSE**

Good luck to those who are heading down to Tussock Traverse this weekend.

## **OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS**

Mike Parker doesn't let a stroke and a heart procedure stop him competing seriously as we have seen recently at Calliope. In addition he has also competed in these Masters Games in Dunedin last week and in his first event the M60 10000m race walk he did 60:29 placing first (by a long way from two other competitors in that grade) but it looks as though he would have had quite a few tussles with other competitors assuming they held all grades together.

In a further race on Monday Mike won the M60 grade 5000m track walk in 29:29.45, beating an Australian competitor who was disqualified for loss of contact with the ground. Mike's time was just 15 seconds slower than the winner of the M55 grade so presumably they had a good race against each other.

## **8<sup>th</sup> CONTINENT MARATHON - Peter Cordes**



Great run today at the 8th Continent Marathon. Really enjoyable pace to finish in a sedate 4:14. This was not the day for a PB though, really just so inspirational to run with the team attempting 8 marathons, on 8 continents, in 8 days! Well done to the Y for hosting a wonderful event.

## **GARTH BARFOOT**

No running but TV3 was interviewing Garth at St Heliers last Thursday (the stormy day) as well as filming him swimming in the ocean. Great effort, especially since it was blowing 30+ knots out there! Retirement is not in this man's dictionary!

