



CALLIOPE CAPERS

28 February 2018

TONIGHT Club Champs

It is an important night tonight with points in three events being up for grabs. Good performances on the night could significantly affect the final results.

Events are:

200m 6.30pm

Discus 6.50pm

800m 7.30pm

Club uniform to be worn and everything will start on time to enable correct timing of warmups.

NEXT WEEK 7 March 2018

Javelin

5000m Run

Full club uniform must be worn to score in all club championship events

GRAEME WELLS BUSH BASH, Saturday 24 March at 2pm

The Graeme Wells Bush Bash will be held on Saturday 24 March at 2pm from the Clubrooms. This race started in 2014 in memory of Graeme Wells, a keen bush runner and life member of Calliope. The course changes slightly each year but takes place in our local bush, Birkenhead War Memorial Park. Runners estimate their time over one or two laps and the runner home closest their estimated time wins. Timing devices cannot be worn and club singlets do not need to be worn.

WEDNESDAY NIGHT ALTERNATIVE RUNS

February 28th

Road – Twin Views

Bush – Le Roys – Bush to Sea

March 7th

Road – Twin Wharfs (reserve)

Bush – Kauri Glen – Onepoto – Le Roys

March 14th

Road - Eskdale Hill

Bush - Chatswood - Le Roys

March 21st

Road – Parkhill – Balmain - Porritt

Bush – Eskdale Bush

March 28th (last week of Day Light Savings)

Road - Coronation Oceanview

Bush - Onetaunga - Chatswood (w/Giant Kauri Tree)

April 4th

Road – Twin Peaks

April 11th

Road - Birkdale - Glenfield mall

April 18th

Road – Twin View (aka The Kiwi)

April 25th

Road - Sylvan - Oceanview - Coronation

BEACHHAVEN FUN RUN Sunday 11 March 2018

As we have done for the past three years Calliope has once again signed up to assist the Beachhaven Fun Run and Walk team.

We need Calliope members (and friends) to help with marshalling. We require 18 marshalls. Usually it's all done by midday.

People can email Jamie or Peter to confirm their availability and a sheet will be handed around for names. pjonkers@oss.co.nz jamie.wotherspoon@aon.com

It is a fun day and a really good promoter for the club. If we end up with more people than we need to marshal it would be great to see some of our runners running the course and trooping the colours.

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".

RESULTS 21 February 2018

There was a moment of high drama in the Athletic Champs on Wednesday when Bruce, having walked himself to exhaustion in the 10000m, collapsed within metres of the finishing line. Without assistance he made it to the finish and three hard won points was his reward. Mike won narrowly from Murray on percentage, both scoring very well. Malcolm Fisher also achieved a high percentage and should try running at Masters meetings where he would be very competitive. Jill prevailed in a stern battle over close rival Daniela and now has opened up a small gap over her and the ever threatening Chris. Allan had aimed to crack 50 minutes and did so by 12 seconds, afterwards taking as long to recover as his race had taken to run. Paul had damaged an achilles tendon while leaping prodigiously to glory in the High Jump the previous week and only managed two laps, his consolation being a precious point in the Club Champs battle.

10000m club champs 22 Feb 2018			
Points		Time	Percentage
10	Mike Parker (w)	65:23.75	74.01%
7	Murray Stevens (w)	77:49.00	72.63%
5	Malcolm Fisher	52:56.44	68.28%
3	Bruce McLean (w)	88:27.00	64.48%
10	Jill Peate-Hall	57:12.07	63.49%
1	Allan Lamb	49:48.13	63.08%
1	Werner Schmidt(w)	80:27.00	62.54%
1	Bill Fell (w)	99:06.00	60.09%
1	Malcolm Wade (w)	86:09.00	59.90%
1	Nick Hall	53:42.89	58.95%
7	Daniela Rourke	58:27.66	58.33%
1	Garth Barfoot	86:45.00	51.68%
1	Paul Rourke	DNF	00.00%

After seven events Jill with 54 points takes over the lead from Chris on 47 and Daniela on 43. With the guys Mike has 35 points from Paul with 33 and Allan 32. Both these orders could change over the next few weeks as of the 14 events just the best eight count and there must be a minimum of two field events, in other words two field events plus the next best six.

Age-Graded tables – a further explanation. Our Calliope Club Championships have been conducted using the WMA age-factors applied to ‘world standards’ (via the Grubb calculator) since 2004. The tables compare the performance to the world standard for the age (to the second decimal point i.e. to about three days of age and obviously using extrapolation to get to intermediate ages in months and days). For example, Michael Parker is age 64.78 on 31 Jan, the open standard for the 10000m walk is 37:11 and the World Masters age-factor for Mike is 0.7681. Dividing 37:11 (2331 seconds) by 0.7681 = 2904 seconds = 48:24 which becomes the 100% performance for age 64.78. Mike walked 65:23.75 last Wednesday so 48:24 divided by 65:23.75 gives an age-graded percentage for him of 74.01%, as is shown in our results. What other competitors might find interesting is what does your achievement mean in relation to times at a different (usually younger) age. The table below applies your percentage last Wednesday as if you were only age 25 meaning what time would be walked or run at that age that would give the same percentage. For example Mike’s time is equivalent to a 25 year-old male walking 50:14 for 10000m (on the soft and tight Calliope track).

Age-graded table example – 10000m			
Percentage achieved Feb 2018		Actual time Feb 2018	Equivalent to time if age 25
Walkers			
74.01%	Mike Parker (w)	65:23.75	50:14
72.63%	Murray Stevens (w)	77:49.00	51:12
64.48%	Bruce McLean (w)	88:27.00	57:40
64.12%	Werner Schmidt(w)	80:27.00	57:59
60.09%	Bill Fell (w)	99:06.00	61:53
59.90%	Malcolm Wade (w)	86:09.00	62:05
Runners			
69.17%	Malcolm Fisher	52:56.44	38:04
63.49%	Jill Peate-Hall	57:12.07	47:17
63.08%	Allan Lamb	49:48.13	41:45
58.95%	Nick Hall	53:42.89	44:40
58.33%	Daniela Rourke	58:27.66	51:28
51.68%	Garth Barfoot	86:45.00	50:57

You can check various events and percentages for yourself on this site

<http://www.howardgrubb.co.uk/athletics/wmalookup15.html>

for example take your 10000m percentage and use that to see what an equivalent performance at the same age should be in the 5000m coming up soon. See ‘RESULT’ on the web-page.

RIVERHEAD RAMPAGE- Saturday 10th 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.

AUCKLAND MASTERS CHAMPIONSHIPS

Last Sunday was the second day of the **Auckland Masters Championships**. Again some fields were a little small, in the main race the 1500m there were 11 starters all grades. With no walking events we had just the one competitor, Bruce, who again tried to get to double figures in the Shot and Javelin but couldn't throwing just 4.48m and 8.03m for 2nd of 2. Bruce said he still has a go at these field events both for practice for Calliope ones and when he was in knee rehab and could neither run nor walk this was all there was if he still wanted to compete and the field events competitors always make him feel welcome. He was easily beaten in both events by Errol Lee and it may be of interest that in the Javelin Errol threw 14.90m. Errol said when he was younger he held the NZ Junior record at 207 feet (approx. 63 metres)

If you want to take the chance of getting a better time on a good track the final **Auckland Masters** meeting is at Mt Smart from 9:15am Sunday 18 March. Non-members can compete for \$10. There are a few field events plus a 200m, 800m and 3000m run or walk. It is a good opportunity to see what you may be capable of on a faster track.

Details on the Auckland Masters site 'ama.org.nz' plus entry details on this link: ama.org.nz/event/ama-meeting-3/

BIRKENHEAD WAR MEMORIAL PARK

The War Memorial Redevelopment has been put forward as the number 1 item for the Kaipatiki board/region. The Mayors 10 year budget is to be opened for **submissions** between **28th Feb and 28th March 2018**. We need to support this in the form of written submissions at both a Calliope level and as individuals. Although a submission in support from Calliope will carry weight (and we should do one) it is the support by way of submissions from individual community members that will have the best chance of a positive funding outcome. Calliope needs every member of the Club to make a written submission in support of the Kaipatiki Boards redevelopment of the War Memorial facilities and grounds. The Birkenhead War Memorial Park is the most significant multi-use sporting and community facility in our region bare none and has been woefully under funded. We must take this opportunity to get in behind it.

COASTAL CHALLENGE

After years of thinking about it, maybe a bit of procrastination and injury I finally made it to the Coastal Challenge. This is a race along the beaches of the North Shore and I chose the "Mid Monty" which was a 17km run/scramble/swim from Browns Bay to Devonport.

The tide wasn't low and there was a lot of water interaction with my first dip into the ocean at the southern end of Browns Bay. As our race had started just before midday, I was glad of the swim. Had a bit of a swift current through the Milford estuary, where I felt like I was getting swept out to sea, and eventually turned on my back and floated to the other side on my Camelbak. Sadly my Fitbit didn't quite survive this part of the race. I didn't realise that my feet wouldn't actually be touching the ground on this crossing.

Milford to Devonport was familiar ground to me, from our many Saturday morning beach runs. Managed a time of 1:57:18 (a personal best!!), was the 14th female home in my distance and first in my age group.

Why did I put this off for so long? I loved every bit of it. Thanks to my fabulous support crew (you know who you are) and all those that gave me their well wishes. Definitely will be in my race diary for next year.



Sandra in her happy place!

ALBANY LAKE SERIES

On Sunday Naomi was encouraged (coerced) by fellow Calliope members to give Albany Lakes Series 10km run a crack.

This was the second race of the series and the first time she had ever participated in the event. She won't lie, she was a little reluctant partly due to the 2 lap nature of the course and partly because she really does prefer a Sunday sleep-in!

Running is always better with friends though so it was awesome to be there with a great show from Calliope with 6 of us showing up along with 3 additional associates.

Now she had been advised that this event is really well organised and it really was! There were over 1000 participants with all the race options combined! The only point you truly notice the huge number of people is at the very beginning of the race where you are channelled through a narrow part of the course. Other than this the course was well marked and marshalled with plenty of encouragement being called out.

Naomi was also told the course is flat which was not entirely true with a nice steady hill towards the end of the lap. Good thing Calliope runners are well versed in hill running!

Naomi's race "plan" was to stick with Sara, who encouraged her to keep going and told her to stop talking or she would get stitch! Sara and Naomi crossed the finish line together with Naomi's best 10km time to date!

Pete Cordes ran with his son Ethan in his first ever 10km race! Naomi would like to point out though that Pete didn't allow him the victory, crossing the line 1 second faster than his own son. Look out Pete, he'll catch you next time!

The next event is to be held: Sunday 25th March
Why not come and join and see what it is all about

Official Results:

10K Run

Mike S - 00:46:32
Sandra - 00:51:11
Sara D - 00:53:07
Naomi - 00:53:07 (PB)
Camille - 00:57:58
Pete C - 01:02:23

Known Associates

10K Run

Michael J – 00:50:15 (aka The Bumble Bee)
Ethan C – 01:01:24 (first 10km race ever!)

5k

Tim M – 00:29:19 (first 5km race ever!)