



CALLIOPE CAPERS

31 January 2018

TONIGHT Club Champs start

5000m Walk

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

Calliope Club Championships are competed across 14 events over seven weeks as detailed in the club programme. They are each scored on an age-graded percentage table (as per the Grubb calculator 2006 WMA factors, with 2015 update) allocating performances against official WMA world standards for each age, i.e. (world standard)/(time achieved), or for field (distance achieved)/(world standard). The age-graded percentage measures all competitors on a standard basis so, theoretically, an older slower runner depending upon actual performance on the night might be considered from the formula to be a superior performance to that of a younger but faster competitor and earn higher points for that event. Ages for each event are taken as at the day of the first event 31 January 2018. Points awarded are 10 for the best performance percentage, 7 for second, 5 for third, 3 for fourth, 1 for others. The best eight events on points awarded, of which at least two must be field events, are counted to determine the overall winner and therefore the club champion.

The current Masters **Club Champions** (no seniors competed) are Daniela who last year won with 77 points from Chris on 74 and it was close all the way through and with the men Tyrell on the maximum of 80 points from Murray 60 and Bill 38. Most competing did not do enough events to be really competitive although we did have 14 trying.

NEXT WEEK 7 February 2018

Club Champs – Shot Put 1500m Long Jump

RESULTS 17 January 2018 – Correct text and results

A relatively small but enthusiastic group of Calliope athletes braved windy conditions to contest two events on Wednesday night. Natasha again won the sprint event defeating Jill by a relatively small margin. Allan again did not compete and he is obviously deflated by Natasha's triumphant form. Bevan dominated the Tim Hutchings Trophy event to win in 5m 55.93s. Tim Hutchings was an English international runner who turned up with Bill Fell at a Calliope meeting in the 1970s. He did not race but did a training session of about 20 lots of 200m, each at a speed of around 23 seconds. It was a hot night and he obviously savoured a cold beer afterwards. Bill would not explain how he got Tim to come along but the general consensus was that Bill had kidnapped him. Second to Bevan was Natasha who ran very well to be well clear of Jill. Mike showed he is coming back to form by walking a smart 8m 24.32s. Chris was third woman runner despite being blown all over the place by the strong wind.

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			

RESULTS 24 January 2018

Event /Place	Name	Time /distance	Event /Place	Name	Time /distance
3000m			Discus		
1	Sarah Duggan	14.59.04	1	Hugh Jonkers	10.11m
2	Camille Lowe	17.36.91	2	Bruce McLean	8.11m
3	Bruce McLean	25.35.80			

WEDNESDAY NIGHT ALTERNATIVE RUNS

January 31st

Road - Twin Peaks

Bush – Le Roys Bush to Sea

February 7th

Road – Beachhaven – Glenfield Mall

Bush – Balmain – Kendals Bay – Sugar Works

February 14th

Road - Twin Wharfs

Bush - Eskdale (pre BB check)

February 21st

Road – Sylvan – Oceanview - Coronation

Bush – Chatswood – Bush to Sea

WESTERN SPRINGS PARKRUN

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 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.

TUSSOCK TRAVERSE 2018 (26km trail run)

James Clendon - 20th place, 4th Master. Time 2:30:10.

Last time I wrote a piece for the Capers I talked about how much I love “away” events so I won’t dwell on it here other than to say even if I hadn’t run the race it would have been an incredible weekend away!

I travelled down and camped near the Chateau with a few North Shore running locals many of you know (Rhys Johnston, Michael Jenkinson, and Shereen White). It was a bit of a restless night with the nerves and unfamiliar nature of the first night in a tent. Like the Goat, the Tussock Traverse is a very well run event as you would expect with 14 years of experience operating in a very challenging environment. Unfortunately, as the recent storms had washed out the Tukino access road, they had to slightly alter the course with a different start location (but the same total distance).

The 26km course is on a good quality track and much more ‘run-able’ than the Goat. It is of a similar quality to say, the trail around Tuff Crater with just a few short rough patches and stair sections; it is a great course for someone who is new to trail running. The views are absolutely stunning with a mix of open tussock tundra and alpine beech forest. There was a bit of soft sand at the start (mainly due to the altered course) so I took things easy not wanting to overload my recovering calf.

Fortunately, it was not too hot and after about 6km I was feeling great. I picked up the pace slowly moving up the pack. In hindsight I was going a bit too quick (a 4:12 split down a sandy riverbed!) but it is hard to hold back when on a runners’ high! I paid for it at the back end of the race with cramp in both calf and quads on the final climb with about 5km go. Having carried it for my last 4 events, I finally cracked out my emergency double espresso SIS gel in desperation, got running again and finished the last 5km only a bit slow. Rhys Johnston had an amazing well-paced run and took 3rd place.

Perhaps the greatest thing about the weekend was that our run/hike the following day might have trumped the event! A few of us set off up the trail from the Chateau that will be the start of the 72km Ring of Fire event in April and then proceeded up to the Ruapehu crater lake with others joining us at the Whakapapa car park. With spectacular views, ~2000m of climbing, and more km than the Tussock Traverse, I was completely exhausted by the time we crawled into the car for the trip home but I can’t remember feeling such a buzz.



OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS

Mike Parker completed his **Oceania Masters Athletics Championships** efforts with another win this time in the 3000m track race walk M60 in 17:01.37, enough to beat the other competitor in that age-group by 10 minutes with a 3rd competitor disqualified for loss of contact

AUCKLAND MASTERS ATHLETICS

Held their 3rd meeting of the season at Mt Smart on Sunday in fairly calm but quite warm conditions. Bruce competed in the 3000m walk a part of the Ernie Haskell 3000m series, in which there were five other competitors, coming 5th and the only one in the M75 grade. 24:19.65 which Bruce thinks is just a couple of seconds outside his post-knee PB; he scored 66.73%. The first male race-walker was 15:58.88 the only female was 26:19.95. There were only three competitors in the 3000m run part of the series won in 10:28.95. In this trophy series which is assessed on the average percentage across three of the four meetings and with one meeting to go Bruce is the only one qualified so far, but he does expect a number to get their third event required to qualify by competing on the fourth day and to be well ahead of him on average percentage! The 1500m had eight competitors with winning times 4:51.97 and 5:15.58.

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 plus a couple of people to be at the Calliope tent. 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.

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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".