



CALLIOPE CAPERS

31 JULY 2019

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

SUGGESTED WEDNESDAY RUNS

31 July	Sylvan/Oceanview/Coronation 6.3km, 7.9km, 9.3km, 11.3km	7 August	Heritage Run (Change of date) 18km 6pm Start
14 August	Eskdale Hill 7.3km, 7.7km, 9.1km, 10.9km, 12.8km	21 August	Twin Views 5.5km, 10.5km, 12.3km, 13.7km
28 August	Balmain/Porritt 5.4km, 6.3k, 11.7km		

UPCOMING EVENTS

10 August	Osbourne Cup
17 August	Bathurst Cup
25 August	Athletics Auckland Grand Prix 6, Bruce Pulman Park, Papakura
5 October	National Road Relay, Feilding

VOLUNTEERS for Calliope Events

There is a list circulating of the Calliope Run Events that volunteers are expected to assist set up. Would you please put your name down for one or more of the events. Don't leave it to the same ones as they also want to participate in the events.

AUCKLAND COUNCIL CONSULTATION ON THE KAIPATIKI LOCAL PARK MANAGEMENT PLAN

The Kaipātiki Local Board are seeking feedback to help them write a management plan for Auckland Council parks in the area. This includes parks in Beach Haven, Birkenhead, Chatswood, Bayview, Birkdale, Northcote, Northcote Point, Glenfield, Hillcrest and Totara Vale.

They are very keen on getting your views on the future of your parks. Check out www.aucklandcouncil.govt.nz/haveyoursay for more information or to give feedback; or you can email at this Kaipatikilpmp@aucklandcouncil.govt.nz address.

COMMITTEE

At the AGM on Saturday members welcomed onto the committee are: Martin Fey (President), Allan Lamb, Bev Steward and James Clendon. Committee members: Gary Carmichael now Club Captain, Murray Stevens (Treasurer) and Gaye Green (Secretary).

Thank you to Greg Arnold, Paul Rourke and Mike Shaddick for their work on the committee. Also thanks to Peter Jonkers and Jamie Wotherspoon as remaining 'friends of the committee'.

RESULTS KOHN CUP, Saturday 27 July 2019

The Kohn Cup is competed by teams of two; the first competitor starts from Mahara Ave, down Birkdale Rd, along Beachhaven Rd to tag their teammate who gets the return uphill leg of Rangatira Rd back to Mahara Ave.

Down to Beachhaven (5.3km): Bruce McLean (Est. 49m); Garth Barfoot (Est. 40m); Murray Stevens (Est. 39m)

Back to Mahara Ave (5.1km): Alan Lamb (Est. 26m); Greg Arnold (Est. 23m); Simon Mace (Est. 20m)
Solo: Mike Shaddick: Est. 58m

Teams

Bruce & Simon Est. 1.09 Actual: 1.16 4th Overall: Bruce overestimated his ability +8m; Simon ran a blinder <1m

Garth & Greg Est. 1.03 Actual: 1.06 3rd Overall: Garth +1m; Greg +2m (more training required)

Mike Shaddick: Est. .58m Actual: .56.45m 2nd Overall; <1.15

Murray & Alan: Est. 1.05 Actual: 1.04 1st Overall: Sharpshooting handicapping Murray 39.30 ;

Alan @ 24.30 < 1.30

A 2 minute too fast (from estimated time) rule meant disqualification (any faster Alan &!!)

Big ups to Simon; most of us know what its like to run solo at the end of the field but that certainly didn't get you down; 19.07 for that leg hasn't been seen in years.

Although it was much more common in earlier years it would seem that the last time someone broke 20 minutes (on either lap) in the Kohn Cup was 17 years ago when four did. Roy Davis, Keith Kent, Paul Gallop and Edwin Henshaw. Edwin was still only 17 then and he ran 17:31.

And to Sara for timekeeping (with Bev) at Beachhaven, then bringing those tired, down to the Haven runners back in the car; many thanks.

And guess what, you get to do it all again next year.

OSBORNE CUP, Saturday 10 August

Background: The cup was donated by Mr E.J.Osborne, Mayor of Birkenhead between 1936 and 1953 & Patron of Calliope Harrier Club for almost as long, the Osborne Cup Road Relay event was first contested in 1936. The event has been held on the current Hinemoa based circuit we know as our time trial course since 1986.

Records: One lap (1750 metres): P.Jonkers 5m 42sec

Two laps (3.5 km) R.Jonkers 11m 03sec

Teams: Either two or three person teams: **handicapper** on the day to determine.

Competitors: To give their estimated times to the handicapper on the day; given there is no handicapping tool at present being utilised.

Criteria: Competitors cannot complete their race course faster than 15 seconds (from estimated time) ie; if teams of two, no faster than a total of 30 seconds from their combined time. If faster, **disqualified**.

Result: The last to finish competitors will finish within 30 seconds of each other.

Safety: Given the close finishing times of competitors in this instance, recommend a **Marshall** be placed at both ends of Rugby Road. Traffic can wait 30 seconds if all goes according to plan. Marshalls are to have a safety vest & flag.

Training: Less than two weeks to go. Enough time to run or walk the course at a competitive pace, to determine an accurate lap time. So train hard to break those lap records