



# CALLIOPE CAPERS

6 MARCH 2019

## TONIGHT 6 March 2019 Club Champs

Javelin                                  5000m Run

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

## NEXT WEEK 6 March 2019 Club Champs

Triple Jump                              400m

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

## SUGGESTIONS, CONCERNS, QUERIES FOR CALLIOPE

If you have suggestions, concerns, queries, observations and safety issues would you **please** address them to the Committee via [calliope.birkenhead@gmail.com](mailto:calliope.birkenhead@gmail.com) rather than overwhelming the individual volunteer or putting on facebook.

## HELPERS WANTED

### PUB RUN, Monday 11 March 2019

Helpers are wanted, eg traffic wardens and other activities for Monday 11 March. In conjunction with the Pub Run there is a charity run/walk organised together with Rotary. Chefs for Compassion is the charity. Full details to follow. Please contact Greg Arnold if you are able to help.

### BEACH HAVEN FUN RUN - Sunday 24th March

Once again Calliope is assisting with marshalling of the Beach Haven Fun Run on Sunday 24th March. We need approximately 20 people to ensure we have marshalls in key positions, and have people on hand at the Calliope tent during the event. Usually this will take about 4 hours of your time.

Further details will be provided closer to the day.

If you or your friends and family are able to help please email Peter ([pjonkers@oss.co.nz](mailto:pjonkers@oss.co.nz)) or Jamie ([jamie.wotherspoon@aon.com](mailto:jamie.wotherspoon@aon.com)). If you marshalled last year and would like the same marshalling position please let us know.

### NORTHCOTE TAVERN RUN/WALK

68 People Signed in. The split was 43 Walkers and 25 Runners.

Its great to see more new faces. Each week I am adding new names to our spreadsheet, which has grown to 306 names. Very good to see the community getting out and having some fun.

Thank you again to Northcote Point Tavern, Garry for the timing and course marking and Megan for the spot prizes. We all love those prizes.

## RESULTS 27 February 2019

200m			800m		
1	Jameson Brown *	27:16	1	Steve Geall	2:22:22
2	Steve Geall	27:70	2	James Clendon	2:23:07
3	Benjamin Overy	28:89	3	Greg Arnold	2:29:96
4	Natasha Gordon	29:50	4	Benjamin Overy	2:32:87
5	Martin Fey	30:08	5	Natasha Gordon	2:33:87
6	Allan Lamb	30:76	6	Jameson Brown *	2:45:38
7	Mike Shaddick	31:37	7	Martin Fey	2:49:37
8	Stefan *	33:48	8	Allan Lamb	2:49:60
9	Grant Simmonds	40:21	9	Mike Shaddick	3:03:19
10	Tyrell Jaggard	43:48	10	Paul Rourke	3:27:53
11	Christine Western	48:90	11	Hayley Lamb *	3:30:35
12	Murray Stevens	53:31	12	Tyrell Jaggard	4:27:63
13	Cherie Carmichael	1:00:82	13	Murray Stevens (w)	5:13:58
14	Chris Barker	1:07:65	14	Christine Western (w)	5:22:56
			15	Grant Simmonds (w)	5:25:01
	<b>Discus</b>		16	Cherie Carmichael (w)	6:26:20
1	Greg Arnold	25.60	17	Chris Barker (w)	6:52:47
2	Martin Fey	22.70	18	Bruce McLean (w)	6:55:10
3	Grant Simmonds	21.58			
4	Allan Lamb	20.64			
5	Jameson Brown *	19.40			
6	Paul Rourke	18.62			
7	Steve Geall	17.62			
8	Mike Shaddick	16.01			
9	Leanne Bell *	14.08			
10	Benjamin Overy	13.65			
11	Tyrell Jaggard	11.68			
12	Cherie Carmichael	10.72			
13	Natasha Gordon	10.27			
14	Daniela Rourke	10.06			
15	Christine Western	9.96			
16	Bruce McLean	8.20			
17	Chris Barker	8.12			
	* Visitor				

### TAKAPUNA HARRIERS 5km TRACK RACE

This race has been scheduled for Saturday 9th March at the Takapuna Harriers track at Akoranga Drive. Fun runners, walkers etc can start from 2.00pm with a mass start for serious contenders at 2.30pm. Trophies, merit and spot prizes will be awarded on the day.

In conjunction with the race there will be a "Gum-Boot" competition. Free sausage sizzle and free entry.

Looking forward to seeing our Calliope friends on the day.

Brendan Donoghue - Ph 4807335

Takapuna Harriers