



CALLIOPE CAPERS

13 MARCH 2019

TONIGHT 13 March 2019 Club Champs

Triple Jump

400m

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

NEXT WEEK 20 March 2019 Club Champs

Reserve Night

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 rather than overwhelming the individual volunteer or putting on Facebook.

***** HELPERS WANTED *****

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 marshals 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) or Jamie (jamie.wotherspoon@aon.com). If you marshalled last year and would like the same marshalling position please let us know.

NORTHCOTE TAVERN RUN/WALK - News from the Walk for Compassion

We had 84 People sign in to do this event. The course was the usual only in reverse order.

59 Walkers and 25 Runners. 51 of these people were our regulars, making an additional 33 people coming along for the first time in support of the Walk for Compassion.

There is a give a little page which to date has raised \$680.00 from 30 Donors. Last night's event raised an additional \$300. Taking the total funds raised to \$960.00

A massive thank you to all the Calliope Athletic & Harriers Club members who marshalled and the whole community for supporting this event.

Next week we are back to the usual format with spot prizes and gold coin donations.

See you all next Monday and have a great week.

RESULTS 06 March 2019

5000m

Name	Result	Place
James Clendon	18.51	1
Steve G	19.42	2
Darryl King *	20.38	3
Martin Fey	21.33	4
Benjamin Ovary	22.21	5
Alan Lamb	22.22	6
Sally Hunt *	22.33	7
Connor O'Malony	23.30	8
Paul O'Rourke	23.46	9
Mike Shaddick	24.41	10
Sara Arnold	27.17	11
Grant Simmons	28.40	12
Murray Stevens W	35.51	13
Christine W	35.51	14
Garth Barford	36.30	15
Alan Moore W	37.17	16
Cherie Carmichael W	44.27	17
Chris Barker W	45.49	18
Bruce McLean W	51.24	19
Greg Arnold		DNF
Bill Fell		DNF

Javelin

Name	Result	Place
Benjamin Ovary	14.95	Men U15 - 1
Steve G	27.38	Men -1
Allan Lamb	23.65	Men - 2
Greg Arnold	22.15	Men - 3
Paul Rourke	19.23	Men - 4
Martin Fey	18.22	Men - 5
Mike Shaddick	15.90	Men - 6
Darryl King	14.43	Men - 7
Grant Simmons	13.74	Men - 8
Murray Stevens	11.76	Men - 9
Bill Fell	9.94	Men - 10
Bruce McLean	4.32	Men - 11
Sara Arnold	12.48	Women - 1
Cherie Carmichael	11.57	Women - 2
Chris Barker	9.11	Women - 3
Sally Hunt *	8.85	Women

W = Walker

** Not club member*

RIVERHEAD RAMPAGE

Fewer Calliopeans braved the heavy showers for the Hallertau Riverhead Rampage this year, but it was still a good day out...

Martin enjoyed the 10km course, his first genuine off road bush race since the Red Stag last year! His mind was kept on the job by an age-group dogfight the whole way with Craig, a Scottish tourist and mountain runner who was alarmingly speedy on the downhill sections. This battle contributed to a respectable time under the hour and 12th place overall. Both were a bit cranky not to have a 50+ category and having to be lumped in with the lithe and youthful, but each glad to make a new friend. A bonus was that the after-race massages were free, and the sponsor's product was available at the prize-giving. Martin is developing a liking for the Schwarzbier...

Sandra and Michael took on the gruelling 21km course, which was actually 24kms – this course is always much longer than 21km!! Due to the rain the day before and on the day the tracks were slippery and tricky underfoot. Some parts of this course you couldn't walk, let alone run, and some participants were reduced to crawling on all fours to ascend the slippery clay firebreaks. However, it was great fun. All proceeds from this event (\$75,000) went to the local Riverhead Primary School – so a good cause. Hope to see more Calliopeans there next year.

GOOD LUCK FOR THOSE COMPETING IN THE INAUGRAL MARAETAI HALF MARATHON THIS COMING WEEKEND.



**“You’re off to Great Places!
Today is your day!
Your mountain is waiting,
So ... get on your way!
*(Dr Seuss)***