



# CALLIOPE CAPERS

## 22 JANUARY 2020

### TONIGHT 22 January 2020

1500m including Tim Hutchings Trophy                      400m                      100m  
High Jump                      Discus

Full Club uniform to be worn to qualify for Tim Hutchings Trophy

### NEXT WEEK Wednesday 29 January 2020 Club Champs begin

5000m Walk

Full Club uniform to be worn to qualify for Club Champs events

### NORTHCOTE TAVERN RUN/WALK.

6.15pm for walkers and 6.30pm for runners. Gold coin donation and spot prizes.

61 signed in, 38 Walkers, 23 Runners

It really was a fantastic turnout given in was so hot. Well done everyone

The event will be running on Anniversary Monday, 27 January 2020. A vote was taken and the community have spoken and due to popular request the event will take place next Monday.

North Shore's Monthly Magazine Channel had an article on the Pub Run. This is the link  
<https://www.channelmag.co.nz/channel/shore-people/tavtalk-with-christine-western/>

TavTalk with Christine Western

Calliope Running Club, organisers of Northcote Tavern Monday night Run/Walk

### RESULTS 15 January 2020

Event /Place	Name	Time /distance	Event /Place	Name	Time /distance
<b>5000m</b>			<b>Shot Put</b>		
1	Jason Stokes	21:28	1	Grant Simmonds	7.55
2	Natasha Gordon	22:58	2	Cinnamon Gazzard	5.78
3	Sandra Haynes	25:50	3	Sinead Bowie	5.02
4	Bev Steward	32:23	4	Bill Fell	4.59
5	Cinnamon Gazzard	32:24	5	Christine Western	4.47
6	Tyrell Jaggard	34:21	6	Chris Barker	4.36
7	Sinead Bowie	34:34	7	Bruce McLean	3.43
8	Christine Western (w)	36:59			
9	Murray Stevens (w)	37:00			
10	Grant Simmonds (w)	37:03			
11	Cherie Carmichael (w)	45:00			
12	Chris Barker (w)	47:16			
13	Bruce McLean (w)	47:52			
14 =	Bill Fell (w)	50:11			
14 =	Garth Barfoot (w)	50:11			

**AUCKLAND MASTERS** had a few competitors last Saturday at Mt Smart as part of the senior meeting. Masters can no longer hold their own meetings because of difficulties getting officials; for instance both the Discus and Javelin which Bruce competed in required five officials. He threw in these events 8.23m and 5.63m for 5<sup>th</sup> out of 5 and 4<sup>th</sup> out of 4. The only competitor in his age group but in each case a very long way behind the Masters competitor ahead, and all the senior athletes of course.