



CALLIOPE CAPERS

5 FEBRUARY 2020

TONIGHT 5 February 2020 Club Champs

1500m

Shot Put

Long Jump

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

NEXT WEEK Wednesday 12 February 2020 Club Champs

100m

High Jump

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.

A super warm evening saw 65 people sign in. Split was 36 Walkers / 29 Runners

It's great to see everyone coming along and enjoying the challenge of getting around the course plus staying and supporting the Tavern.

RESULTS 29 January 2020

Event /Place	Name	Time /distance	Event /Place	Name	Time /distance
5000m Walk			Age Percentage for 5000m Walk		
1	Natasha Gordon	35:42	1	Murray Stevens	72.51%
2	Christine Western	36:50	2	Tyrell Jaggard	67.53%
3	Grant Simmonds	36:51	3	Christine Western	67.44%
4	Murray Stevens	39:04	4	Chris Barker	65.05%
5	Tyrell Jaggard	41:57	5	Malcolm Wade	63.88%
6	Sinead Bowie	42:54	6	Bruce McLean	62.03%
7	Cinnamon Gazzard	42:55	7	Natasha Gordon	55.42%
8	Malcolm Wade	43:41	8	Cherie Carmichael	55.22%
9	Cherie Carmichael	44:15	9	Grant Simmonds	54.72%
10	Chris Barker	46:08	10	Cinnamon Gazzard	50.66%
11	Bruce McLean	46:22	11	Sinead Bowie	49.85%
12	Garth Barfoot	DNF			

Last weekend was the first two days of the **Auckland Athletics Track and Field Championships at Mt Smart** for ages 12 to 80 something. So a really big meeting. Only one Calliope singlet. Bruce's. He couldn't enter the 10K walk as apart from facing technical disqualification again they had an 80 minute cut-off time. But he did compete in the 4kg Shot Put in his MM75 grade. There were just 12 Masters athletes all ages in total for this event and most like Bruce were the only ones in their age-group. So he has an Auckland Title and was pleased to get in six legal throws his best being just 3.84 metres. The certificate won't show that other competitors achieved twice that distance.

BEACH HAVEN FUN RUN, Sunday 15 March 2020

Once again Calliope is assisting with marshalling of the Beach Haven Fun Run on Sunday 15th 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-group.co.nz) or Jamie (jamie.wotherspoon@aon.com) or come and see us on a Wednesday night. If you marshalled last year and would like the same marshalling position please let us know.

TUSSOCK TRAVERSE, Saturday 25 January 2020

Several members and associates competed in the Tussock Traverse in Tongariro National Park on Saturday 25th January. The perfect weather made it a cracker of a day, preceded by meticulous gear checks on the Friday night at Chateau Tongariro. It was good to breathe the fresh mountain air and anticipate the challenge the next morning would present.

The half marathon began in a dust cloud as all the feet kicked up soil in the dry conditions. The adventure started *before* that for some (Sandra) with the second wave bus breaking down before reaching the start line on the way from the Chateau to Waihohonu!

Conditions on the day became quite hot, with the half marathon field catching up with the strugglers in the 32km option, some of whom were clearly feeling the effects. The good weather made sure the views of all three mountains were outstanding throughout, and the unique terrain was able to be fully enjoyed. The small forested sections provided variety and some welcome shade along the way.

It was great to see the organisers recognising the age group placings with Sandra getting on the podium with a prize and trophy. For Martin, the confronting post-race massage was *almost* more challenging than the race. Altogether a fantastic party atmosphere on the lawn at the Chateau.

Dinner was enjoyed with John and Jan Rhodes and other friends at the Park Hotel, National Park that evening. The following day Sandra and Michael climbed Ruapehu from the chairlift, while Martin opted for an afternoon bike ride to the Hapuawhenua viaduct which had to have a beer stop because it was so fine and hot.

This race is recommended and others should give it a go sometime.

21km Run

Martin Fey	2:11:06	14 th overall, 12 th male, 4 th in age group
Sandra Haynes	2:38:12	59 th overall, 14 th female, 2 nd in age group
Michael Jenkinson	3:01:49	114 th overall, 72 nd male, 16 th in age group

10km Run

Rebecca	1:12:28	19 th overall, 4 th female, 1 st in age group.
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