



CALLIOPE CAPERS

19 FEBRUARY 2020

TONIGHT 19 February 2020 Club Champs
10,000m

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

NEXT WEEK Wednesday 26 February 2020 Club Champs
200m Discus 800m

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.

Another very warm muggy Monday evening saw 47 people sign in. Split was 21 Runners / 26 Walkers
It's great to see how many people times are improving. Really cool.

Gary will be signing you in next week and I will send out the spreadsheet next Thursday.

RESULTS 12 February 2020

Event /Place	Name	Time /distance	Event /Place	Name	Time /distance
High Jump			100m		
1	Natasha Gordon	1.2m	1	Natasha Gordon	14.70
2	Grant Simmonds	1.15m	2	James Clendon	14.94
3	Cinnamon Gazzard	0.95m	3	Cinnamon Gazzard	19.08
4	Sinead Bowie	0.90m	4	Sinead Bowie	20.05
5	Chris Barker	0.85m	5	Murray Stevens	23.94
6	Cherie Carmichael	0.8m	6	Chris Barker	28.28
7	Bruce McLean	0.64m	7	Cherie Carmichael	28.54
			8	Bill Fell	30.63
		1.55m	9	Grant Simmonds	31.34
			10	Bruce McLean	43.23
			*	Simon Mace	16.43

* Did not qualify as not wearing club uniform

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 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-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.

EXPRESSWAY CLASSIC

This was a one off event held on Saturday 15 February 2020 on the newest section of the Waikato Expressway between Taupiri and Ohinewai. It was an out and back event starting at the Taupiri end. There were two gruelling and endless hills on the course. 413 runners competed in the half marathon and 563 in the 10km race. James was happy to gain a half marathon PB 😊.

Next year there will be a similar event held on the Tamahere Expressway ... watch this space!

21km

James Clendon *	1:26:35	12 th overall	11 th male	2 nd in age group
Simon Mace	1:21:02	3 rd overall	2 nd male	2 nd in age group
Sandra Haynes *	2:03:16	204 overall	41 st female	5 th in age group
Michael Jenkinson	2:11:54	246 overall	187 th male	57 th in age group

10km

Bev Steward	1:03:37	166 overall	63 rd female	7 th in age group
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* Wearing club singlet

Running is the washing machine of the
mind! 