



CALLIOPE CAPERS

26 FEBRUARY 2020

TONIGHT 26 February 2020 Club Champs

200m Discus 800m

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

NEXT WEEK Wednesday 5 March 2020 Club Champs

5000m Run Javelin

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

RESULTS 19 February 2020

Event /Place	Name	Time /distance	Percentage
10000m			
1	Simon Mace	40:46	69.91%
2	James Clendon	41:07	70.94%
3	Martin Fey	42:38	72.36%
4	Sandra Haynes	57:21	64.81%
5	Bev Steward	1:08:10	56.12%
6	Murray Stevens	1:15:33	77.32%
7	Grant Simmonds	1:15:41	54.80%
8	Garth Barfoot	1:32:51	68.49%
9	Bruce McLean	1:40:51	58.86%

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.

Race Report: Coastal Challenge 17km – 22nd Feb 2020

Those who know me well are aware of my weird fascination with this race. I now avoid the longer options due to their long swimming/groveling/rock impaling sections. This year the tide was really high so made for difficulties even in the 17km Brown's Bay – Devonport option. Rock hopping is more challenging when the rocks are underwater. Weather conditions were mercifully cooler than we have been getting, with the blessing of some rain at the end.

This was my best result so far with a 7th overall and not too far behind the leaders. The best feeling was burning off some flagging thirty-somethings in the final stretch. My enthusiasm for this race may have peaked so I might try something different next year. Interestingly, the results showed numbers were down overall. However, this lovely coastline remains a firm favourite for our more leisurely Saturday runs, especially with a decent sunrise and good company.

Martin

