



CALLIOPE CAPERS

4 MARCH 2020

TONIGHT 4 March 2020 Club Champs

5000m Run Javelin

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

NEXT WEEK Wednesday 11 March 2020 Club Champs

400m Triple Jump

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

RESULTS 26 February 2020

Event /Place	Name	Time /distance	%		Event /Place	Name	Time /distance	%
800m					200m			
1	Natasha Gordon	2:39:94	72.01		1	Jamieson Brown *	27:68	
2	Jamieson Brown *	2:43:74			2	Natasha Gordon	29:82	72.94
3	Allan Lamb	2:58:12	69.74		3	James Clendon	30:39	71.66
4	Cinnamon Gazzard	3:59:78	51.64		4	Martin Fey	31:14	73.48
5	Sinead Bowie	4:15:84	47.60		5	Allan Lamb	33:25	71.21
6	Christine Western	5:13:52	64.88		6	Cinnamon Gazzard	41:75	58.89
7	Grant Simmonds	5:16:48	54.72		7	Sinead Bowie	42:89	56.05
8	Murray Stevens	5:20:67	75.68		8	Christine Western	46:47	59.64
9	Werner Schmidt	6:17:09	59.24		9	Grant Simmonds	52:90	41.76
10	Cherie Carmichael	6:31:74	52.43		10	Murray Stevens	52:95	56.40
11	Chris Barker	6:54:25	59.45		11	Cherie Carmichael	1:05:52	42.74
12	Bill Fell	7:17:11	59.06		12	Chris Barker	1:06:59	48.46
					13	Bill Fell	1:06:93	48.51
Discus								
1	Grant Simmonds	22.76	34.19					
2	Allan Lamb	20.33	32.49					
3	Jamieson Brown *	18.46						
4	Cinnamon Gazzard	12.94	20.88					
5	Werner Schmidt	12.81	26.47					
6	Natasha Gordon	11.75	15.37					
7	Sinead Bowie	10.88	16.98					
8	Bill Fell	10.05	28.82					
9	Cherie Carmichael	9.81	19.90					
10	Christine Western	9.26	18.39					
11	Chris Barker	7.84	23.43					

* Not eligible for trophy

IMPORTANT BEACH HAVEN FUN RUN, Sunday 15 March 2020. MORE Marshalls needed

Once again Calliope is assisting with marshalling of the Beach Haven Fun Run on Sunday 15th March.

We currently have had 8 people volunteer to marshal, and urgently need another 10 to 12. This should only take 3 hours of your time between 9AM and 12PM

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 **Wednesday** night. If you marshalled last year and would like the same marshalling position please let us know.

CAPERS for next week Wednesday 11 March

Any items for Capers next week please email to Sandra Haynes. sandrahaynes99@gmail.com