



CALLIOPE CAPERS

27 February 2019

TONIGHT 27 February 2019 Club Champs

200m

Discus

800m

Full club uniform must be worn to score in all club championship events

NEXT WEEK 6 March 2019 Club Champs

Javelin

5000m Run

Full club uniform must be worn to score in all club championship events

SUGGESTIONS, CONCERNS, QUERIES FOR CALLIOPE

If you have suggestions, concerns, queries, observations and safety issues would you **please** address them to the Committee via calliope.birkenhead@gmail.com rather than overwhelming the individual volunteer or putting on facebook.

HELPERS WANTED

PUB RUN, Monday 11 March 2019

Helpers are wanted, eg traffic wardens and other activities for Monday 11 March. In conjunction with the Pub Run there is a charity run/walk organised together with Rotary. Chefs for Compassion is the charity. Full details to follow. Please contact Greg Arnold if you are able to help.

BEACH HAVEN FUN RUN - Sunday 24th March

Once again Calliope is assisting with marshalling of the Beach Haven Fun Run on Sunday 24th 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.co.nz) or Jamie (jamie.wotherspoon@aon.com). If you marshalled last year and would like the same marshalling position please let us know.

TSHIRTS

An order is to be placed for Tshirts. They are black with white on the sides, same as singlets. The price is \$35.00. If you would like to purchase one please let Gaye know greengaye48@gmail.com or calliope.birkenhead@gmail.com together with size.

RESULTS 20 February 2019

10000m Run			10000m Walk		
1	Harry Llewellyn *	39:57	1 =	Christine Western	1:15:26
2	James Clendon	41:14	1 =	Murray Stevens	1:15:26
3	Martin Fey	44:29	3	Cherie Carmichael	1:30:43
4	Steve Geall	44:40	4	Chris Barker	1:34:24
5	Alan Lamb	46:16	5	Bill Fell	DNF
6	Greg Arnold	46:29	6	Bruce McLean	DNF
7	Ben Overy	49:49			
8	Hayley Lamb *	53:37			
9	Mike Shaddick	54:00			
10	Sandra Haynes	55:30			
11	Michael Jenkinson	57:54			
12	Sara Arnold	59:05			
13	Simon Mace	DNF			
				* Visitor	

ALBANY LAKES SUMMER SERIES Race 2

The second race in the Albany Lakes Summer Series took place on Sunday, February 24. Threats of cyclonic force winds that saw the organisers hold back on putting up some of the tents and hoardings were not enough to deter hardy Calliopeans. Just as well, because the forecast amounted to nothing and the cooler temperature made for much more comfortable running conditions than the first race, with everyone from Calliope improving on their times from race 1. The third "Grand Finale" race takes place on March 24.

Sara Duggan	10k run	50:00
Mike Shaddick	10k run	50:42
Sandra Haynes	10k run	51:38
Michael Jenkinson	10k run	52:07
Dale Pearson	5k walk	45:40

NORTHCOTE TAVERN RUN/WALK

Another fantastic turn out. 69 People - 39 Walkers and 30 Runners.

It's great to see everyone coming along and enjoying themselves. See you all next week

TAKAPUNA HARRIERS 5km TRACK RACE

This race has been scheduled for Saturday 9th March at the Takapuna Harriers track at Akoranga Drive. Fun runners, walkers etc can start from 2.00pm with a mass start for serious contenders at 2.30pm. Trophies, merit and spot prizes will be awarded on the day.

In conjunction with the race there will be a "Gum-Boot" competition. Free sausage sizzle and free entry.

Looking forward to seeing our Calliope friends on the day.

Brendan Donoghue - Ph 4807335

Takapuna Harriers