



CALLIOPE CAPERS

4 SEPTEMBER 2019

Don't forget to wear high viz vests or lights.

SUGGESTED WEDNESDAY RUNS

4 September	Coronation/Ocean View 8.2km, 9km, 11.6km	11 September	Twin Wharves 5.5km, 7km, 10.5km
18 September	Birkdale/Kaipatiki (aka Mount McDonalds) Distance tbd		
26 September	Parkhill/Balmain/Porridd 4.5km, 8.15km, 9.1km, 13.3km		

UPCOMING EVENTS

2 October	Eyres Cup
9 October	Clayworth Pairs
16 October	King & Queen of the Mountain
23 October	Athletics Track & Field Season starts

CONGRATULATIONS Natasha Gordon

Natasha has been selected to represent Auckland for the National Road Champs.