



CALLIOPE CAPERS

4 DECEMBER 2019

TONIGHT 4 December 2109

5000m 200m Javelin Triple Jump
+/-or Bush at back of track to Park Hill

NEXT WEEK Wednesday 11 December 2019

1 mile run and 1 mile walk.

HARRIERS PRIZEGIVING and end of year CHRISTMAS PARTY, Wednesday 11 December

1 mile run and 1 mile walk

Harriers Prizegiving and end of year Christmas Party

A light meal will be provided during Harrier Prizegiving. To celebrate the festive season please wear something with a Christmas theme.

As per last year, a **donation** will be made to the **Auckland City Mission**. Please bring a non perishable food item or an unwrapped gift for the donation. On their website they ask for non-perishable food items such as canned fish, canned vegetables (green beans, corn, tomatoes), canned fruit, spreads (marmite, peanut butter), rice, pasta. Over Christmas, the Mission like to give out a few extras – so donations of treats like packaged biscuits, chocolate, lollies and nuts are greatly appreciated.

Wednesday 18 December – Northcote Tavern

NORTHCOTE TAVERN RUN/WALK.

6.15pm for walkers and 6.30pm for runners. Gold coin donation and spot prizes.

60 People Signed In. Split was 33 Walkers and 27 Runners.

The last event for 2019 will be Monday 16 December. To celebrate the occasion it would be fun to take on a Christmas theme, so get your Christmas gear organised and lets add a little Christmas cheer to the streets of Northcote Point and the Garden of Northcote Tavern. There will be extra spot prizes along with food. We would love to see you all there.

KERIKERI HALF MARATHON, Saturday 23 November 2019

Martin Fey 1:30:51 55/836 overall 3/51 (50-54 age group)

OMAHA HALF MARATHON and 10k, Sunday 1 December 2019

Sunday was the Omaha Half Marathon and 10k, the course was mostly flat road, with few sections on dirt tracks, spongy grass, rolling foot paths through the sand dunes and 2.5k on Omaha beach. The weather was the usual, very hot and humid with little shade for the race, making it a tough race this time of year.

Calliope fielded 6 in the event.

21k

Mike S 1:59:31
 Sandra 2:18:10 (pacing for 2:20)
 Michael J 2:18:11 (pacing for 2:20)
 Christine W 2:31:59 (run/walk combo)

10k

Sophie 0:49:25 *(2 /101 age group, 6 /423 female)
 Bev 1:12:05

RESULTS 27 November 2019

Event /Place	Name	Time /distance	Event /Place	Name	Time /distance
3000m			800m Bill Taylor Trophy		
1 =	Christine Western	24:29	1	Martin Fey	2:48:78
1 =	Murray Stevens	24:29	2	Tyrell Jaggard	4:24:21
3	Garth Barfoot	28:17	3	Christine Western	5:06:94
4	Grant Simmonds	28:22	4	Murray Stevens	5:08:62
5	Chris Barker	29:39	5	Grant Simmonds	5:16:30
			6	Chris Barker	6:40:67
Discus			7	Bruce McLean	6:45:95
1	Grant Simmonds	24.48	8	Bill Fell	7:12:37
2	Werner Schmidt	15.10	Age Percentage for 800m		
3	Bill Fell	9.80	1	Murray Stevens	77.92%
4	Christine Western	9.43	2	Martin Fey	70.07%
5	Chris Barker	8.65	3	Christine Western	65.65%
6	Bruce McLean	8.43	4	Chris Barker	60.58%
			5	Bruce McLean	59.78%
Bill Taylor Trophy			6	Tyrell Jaggard	59.58%
1	Murray Stevens	77.92%	7	Bill Fell	58.76%
2	Martin Fey	71.86%	8	Grant Simmonds	54.30%
3	Christine Western	67.39%			
4	Chris Barker	62.27%			
5	Bill Fell	61.71%			
6	Bruce McLean	61.05%			

40th PUB RUN ANNIVERSARY

On 23 November the 40th anniversary of Nelson summer Pub Runs was celebrated in Prince Albert Hotel, after a 6.5km trot in the lower Maitai valley. There were 72 runners, including inaugural runner Mike Ward, who, even in the 1980's, was a "veteran". Fastest time was 25.57 for runners, and 45.11 for the fastest of the 11 walkers. I managed 32nd place at 35.46 and Mike was 56th at 46.38. The weather was great and the post-run beer and other refreshments went down well. Prior to cutting the cake Mike was asked to give a speech, with a reminder that, as a former Green MP, he wasn't in Parliament now! The Monday and Wednesday evening 5km Pub Runs are even more supported than Saturday's, with well over 100 participants every week through summer. The photos show me finishing the anniversary run and Mike Ward reminiscing prior to cutting the cake.

Best wishes, everyone Malcolm Fisher



Same race, different styles

President Martin Fey and Treasurer Murray Stevens both competed in the 800 metres. Martin's time was 2 min 48 secs, champion walker Murray did not want to know about his.

