



CALLIOPE CAPERS

17 January 2018

TONIGHT 17 January

6.30pm 100m

6.45pm Tim Hutchings 1500m

7.15pm Discus

Club uniform will be required for the Trophy event.

NEXT WEEK 24 January 2018

The Graeme Wells Bush Bash was programmed for Wednesday 24 January. **This is now rescheduled for a later date.**

CLUB CHAMPS Start on 31 January 2018

5000m Walk

RESULTS 10 January 2018

Calliope had its second meeting for 2018 on Wednesday with the starring performances coming from Natasha and James. Natasha was 0.72 seconds faster in the 200m than the previous week and if she can attain the same rate of improvement in each of the next ten 200s she runs she will be approaching or ahead of the N.Z. record for the distance. Well done Natasha! James made a welcome appearance in the 5000m contested over 16 and two-third's laps. He left the rest of the large field well and truly in his wake to win in 20m 12s. Nick pleasantly surprised with his smart 24m 20s to prevail over Sandra. Jill had a great tussle with newcomer Tane Birch who in only his second race showed a lot of promise. Trained by an astute coach (none other than Garth) his future progress will be noted with interest as will Garth's training techniques. Mike continued his return to racing fitness and Chris finished a good 7th in the large field to head off three strong competitors.

5000m			200m		
1	James Clendon	20.12			
2	Nick Hall	24.20	1	Natasha Gordon	29.86
3	Sandra Haynes	24.42	2	Jill Hall	36.39
4	Jill Hall	25.10	3	Chris Barker	65.07
5	Tane Birch	25.12			
6	Mike Parker (W)	31.06			
7	Chris Barker (W)	42.31			
8	Bruce McLean (W)	43.11			
9	Bill Fell (W)	46.20			
10	Garth Barfoot	52.57			

WEDNESDAY NIGHT ALTERNATIVE RUNS

January 17th

Road-Parkhill Balmain Porritt

Bush Eskdale (**pre BB Check**)

January 31st

Road - Twin Peaks

Bush - Le Roys > Bush to Sea

January 24th

Road - Coronation > Oceanview

Bush – Kauri Glen Onepoto