



# CALLIOPE CAPERS

24 OCTOBER 2018

**TONIGHT 24 October 2108 Summer Season. Track and Field begins including a Bush Run**

300m            800m            100m  
High Jump    Discus    **OR**    Bush Run (Le Roys to Little Shoal Bay)

**NEXT WEEK Wednesday 31 October**

## **Halloween Run**

Run down Onewa Rd on left hand side. Back up right side. Into LeRoys bush, up and and out at the library. Back to the club through the Birkenhead shops.

Costumes required!

Bring your kids....treats will be provided.

## **NORTHCOTE TAVERN RUN/WALK**

Was great to see such a big turn out for a holiday weekend.

50 People signed in. 21 Walkers and 29 Runners. Spot Prizes saw lots of cheers and smiles. Congratulations to all at the lucky table!!!! We will be wanting to sit there next week. See you all next Monday.

## **CLUB TROPHIES - Winter Season**

If you have competed in any recognised marathon or half-marathon over the winter season and **ran in club uniform**, it may therefore be taken into consideration for the club trophy, can you please inform the committee of the race and timed result by 30th November.

**The responsibility is upon the athlete to submit the race/time for it to count.**

Recognised races are **1st December 2017 - 30th November 2018** include full and half marathons, (local, national and international). Different distances (i.e. 10k, 5k) do not count.

## **AUCKLAND ASB MARATHON, Sunday 28 October 2018**

All the best to members who are doing this event. Please let Sandra know your time to put in the Capers [sandrahaynes99@gmail.com](mailto:sandrahaynes99@gmail.com)

## **Capers for 31 October**

I am out of Auckland next week, Sandra will do the Capers for Wednesday 31 October, email address above.

**RESULTS KING, QUEEN, SULTAN, SULTANA of the MOUNTAIN, 17 October 2018**

<b>Place</b>	<b>Name</b>	<b>Handicap</b>	<b>Net Time</b>	<b>Actual Time</b>	<b>Pace</b>	
1	Simon Mace	01:10	05:46	0:04:36	03:41	King – 1
2	Steve Geall	04:00	09:02	05:02	04:02	King – 2
3	Martin Fey	02:20	08:25	06:05	04:52	King - 3
4	Georgina O’Sullivan	00:40	06:51	06:11	04:57	Queen - 1
5	Benjamin Overy	01:20	07:32	06:12	04:58	Prince
6	Mike Shaddick	03:30	09:43	06:13	04:58	King – 4
7	Natasha Gordon	01:50	08:11	06:21	05:05	Queen – 2
8	Melanie (Visitor)	03:10	09:34	06:24	05:07	
9	Allan Lamb	00:30	07:13	06:42	05:22	King - 5
10	Daniel Nicolson	00:10	07:14	07:14	05:39	King – 6
11	Sandra Haynes	03:20	10:34	07:34	05:47	Queen - 3
12	Paul Rourke	01:40	09:14	07:34	06:03	King – 7
13	Sara Arnold	02:40	11:03	08:23	06:42	Queen - 4
14	Solomon (Visitor)	03:00	11:48	08:48	07:02	
15	Freya (Visitor)	00:50	09:42	08:52	07:06	
16	Christine Western (W)	00:20	09:35	09:15	07:24	Sultana – 1
17	Murray Stevens (W)	03:50	13:29	09:39	07:43	Sultan - 1
18	Bev Steward (W)	02:10	12:09	09:59	07:59	Sultana – 2
19	Grant Simmonds (W)	04:10	14:17	10:07	08:06	
20	Werner Schmidt (W)	01:30	11:58	10:28	08:22	Sultan – 2
21	Garth Barfoot	00:00	10:53	10:53	08:42	King_ 8
22	Bruce McLean (W)	02:50	14:33	11:43	09:22	Sultan – 3
23	Rod Barker (W)	02:30	14:20	11:50	09:28	Sultan – 4
24	Bill Fell (W)	01:00	13:48	12:48	10:14	Sultan – 5
25	Faith Silvester (W)	02:00	14:50	12:50	10:16	Sultana – 3
26	Chris Barker (W)	03:40	17:20	13:40	10:56	Sultana - 4