CALLIOPE CAPERS

9 JANUARY 2019

TONIGHT 9 January 2019

1000m Javelin 200m

NEXT WEEK 16 January 2019

5000m 200m Long Jump Shot Put

+/or Bush at back of track to Park Hill – Bush Run A

NORTHCOTE TAVERN RUN/WALK

Restarts 14 January

RAY AMBLER

Ray is recovering in hospital after suffering a heart attack. We wish him a speedy recovery.