



CALLIOPE CAPERS

23 JANUARY 2019

TONIGHT 23 January 2019

1500m 400m 100m High Jump Discus
Including Tim Hutchings Trophy 1500m. Full club uniform to be worn to qualify.
+/-or Onetaunga to Chelsea Sugar Works – Bush Run

NEXT WEEK 30 January 2019 Club Champs start

5000m Walk

Full club uniform must be worn to score in all club championship events

NORTHCOTE TAVERN RUN/WALK

So good to see everyone back and the course back to its usual format!! We had 73 people come along. 43 Walkers and 30 Runners.

Due to next Monday being Auckland Anniversary weekend the event will not be run in the normal manner with spot prizes, timekeeping and the course marked out. However, you are most welcome to still meet up at the usual time in the Northcote Point garden bar as there will be some of us here to do the usual course and have some fun.

News on Ray. He is progressing slowly.

Wishing you all a good week. See you all officially on the 4th February

SUGGESTIONS, CONCERNS, QUERIES FOR CALLIOPE

If you have suggestions, concerns, queries, observations would you **please** address them to the Committee via calliope.birkenhead@gmail.com rather than overwhelming the individual volunteer or putting on facebook.

Birkenhead War Memorial Park

Auckland Council held a drop-in consultation for BWM park stakeholders on Tuesday. A draft plan was presented. This plan, with any stakeholder amendments, will be presented to Kaipatiki Local Board next week for approval before it is given out for public consultation in April. Time frame to be presented to Council is July 2019.

ALBANY LAKES Race

Sunday, January 19 saw the first of the Albany Lakes 2019 Summer Series races. This is a three-race series with 5k and 10k events consisting of one or two laps of road running around the Albany mall/North Harbour stadium complex. Conditions were typical for Auckland in January: overcast, humid, and blustery. Six athletes from Calliope competed admirably and then sat around in the drizzle hoping to pick up one of the coveted spot prizes on offer. The running and walking was excellent as always, but luck was not on our side for the spot prizes. There are two more events on Feb 24 and March 24 - why not join us?

Sara Duggan	10k run	50:16
Sandra Haynes	10k run	53:32
Mike Shaddick	10k run	54:38
Michael Jenkinson	10k run	55:52
Jenica Ilagan	5k run	25:31
Dale Pearson	5k walk	50:35

RESULTS 16 January 2019

5000m			Shot Put		
1	Natasha Gordon	22:13	1	Greg Arnold	8.75
2	Jamieson Brown *	24:07	2	Grant Simmonds	7.81
3	Mike Shaddick	25:51	3	Allan Lamb	7.61
4	Sara Arnold	26:36	4	Jamieson Brown *	7.34
5	Cathy Breed *	33:16	5	Martin Fey	6.37
6	Tyrell Jaggard	34:05	6	Cathy Breed *	6.35
7	Martin Fey (w)	38:11	7	Gary Carmichael	6.21
8	Grant Simmonds (w)	38:55	8	Mike Shaddick	5.95
9	Alan Moore (w)	38:56	9	Sara Arnold	5.90
10	Werner Schmidt (w)	40:15	10	Werner Schmidt	5.68
11	Christine Western (w)	44:02	11	Christine Western	5.67
12	Cherie Carmichael (w)	47:17	12	Bruce McLean	4.14
13	Bill Fell (w)	49:30			
14	Bruce McLean	DNF		200m	
			1	Jamieson Brown *	25''53
			2	Natasha Gordon	27:71
			3	Mike Shaddick	32:00
			4	Cathy Breed *	36:30
			5	Grant Simmonds	48:96
			6	Christine Western	56:22
	* Visitor				