



CALLIOPE CAPERS

13 February 2019

TONIGHT 13 February 2019 Club Champs

100m

High Jump

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

NEXT WEEK 20 February 2019 Club Champs

10000m

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

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.

NORTHCOTE TAVERN RUN/WALK

68 People signed in on a really warm summers evening. Once again it was a 50/50 split. 34 walkers - 34 runners.

A massive thank you to Northcote Point Tavern for the refreshing cold water. It certainly is appreciated. It is great to see everyone staying for a drink and spot prizes.

HELPERS Wanted

Helpers are wanted, eg traffic wardens and other activities for Monday 11 March. In conjunction with the Pub Run there is a charity run/walk organised together with Rotary. Chefs for Compassion is the charity. Full details to follow. Please contact Greg Arnold if you are able to help.

COATESVILLE CLASSIC HALF MARATHON

Sunday was the Coatesville Classic, which had a range of different distances from the tough 21k course, 8k and a 4k downhill dash. The weather was very hot and sunny and the course does offer "some shade" and beautiful scenery. Calliope saw 6 of its team enter, and Freya entering her first ever and possible only New Zealand half marathon.

Janica had an exceptional day and placed 2nd on the podium in her age group and 2nd overall female in the 4k downhill dash. Garth had a fairly nasty fall along the 21k and finished the race with a badly cut, bruised face and broken glasses, he only had the glass left in the right side so must have completed the run half blind and beat up, but still powered on for a finish.

21k

Steve G - 01:35:54
Mike S - 02:05:35
Sandra - 02:18:48 (pacing @ 02:20)
Michael J - 02:18:50 (pacing @ 02:20)
Garth - 02:56:37 (Took a very nasty fall)

4k

Jenica - 0:19:20 2nd female /55, *podium finish*

Associates

Freya - 02:16:09 (first ever 21k - new PB)

GARTH BARFOOT

Old people trip more often than others but in fact nobody likes to trip, especially when they have just 300 metres left to go in a half marathon and they moving up a gear for their finish chute flourish : But it is better to damage your glasses than to damage your body:

So there was no reason to feel sorry for myself at the finish line of the Coatesville Half Marathon, especially as I came in in under my 3 hour target time (2h 56m), was only 14 minutes slower than my time on the same course in 2012 when I was a mere 75 year old, and was ahead of 136 other finishers all younger than me including one in my own age group (M70 plus) :

All things considered a good harbinger for my next two races, the Challenge Wanaka Half Ironman (16 Feb) and Taupo Ironman 70.3 (2 March)

Wish me luck



RESULTS 6 February 2019

1500m			Shot Put		
1	James Clendon	4:58	1	Grant Simmonds	7.30
2	Steve Geall	5:04	2	Steve Geall	6.72
3	Natasha Gordon	5:43	3	Mike Shaddick	6.57
4	Martin Fey	6:10	4	Leanne Bell*	5.93
5	Mike Shaddick	6:21	5	Paul Rourke	5.92
6	Paul Rourke	6:39	6	Bill Fell	5.78

7	Daniela Rourke	7:05		7	Murray Stevens	5.74
8	Christine Western (w)	10:20		8	Christine Western	5.60
9	Murray Stevens (w)	10:32		9	Martin Fey	5.46
10	Cherie Carmichael (w)	12:42		10	Cherie Carmichael	4.62
11	Grant Simmonds (w)	12:46		11	Daniela Rourke	4.00
12	Bill Fell (w)	13:39				
					Long Jump	
				1	Natasha Gordon	4.30
				2	Steve Geall	4.20
				3	Grant Simmonds	4.04
				4	Mike Shaddick	3.86
				5	Allan Lamb	3.35
				6	Martin Fey	2.00
				7	Christine Western	1.85
				8	Cherie Carmichael	1.78
				9	Bill Fell	1.25
					* Visitor	