

Ramblings

Newsletter of Athletics Tauranga Incorporated



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Inside this Issue

Page

- 1** Athlete of the Month
All-weather Track
Winter Prizegiving
- 2** NZ XC Champs
Matamata Relay
- 3** Waikato Road Champs
- 4** Nelson Memorial Handicap
BOP Intermediates XC
- 5** BOP Times: Tga All-weather
Track article
Strength Training at Domain
- 6** Bits & Pieces
Coming Events



ATHLETE OF THE MONTH

August 2007



Murray Clarkson

Gold Medal in the M60 grade at the NZ Cross Country Champs , Dunedin.

Fantastic effort!

We wish Murray well at The World Masters T&F Championships, in Italy in early September.

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ALL-WEATHER TRACK UPDATE

This is top priority people. The Millennium Trust Committee have to find the remaining \$200,000 within the next month to enable track construction to commence late October, as soon as rugby finishes.

Check out the BOP Times article reprinted on Page 5 of this newsletter.

If anyone knows anybody who might be able help, then get onto it right now!

We are so close after 7- 8 years of planning. Donations can be handed to Garth Mathieson, Frank Vosper, Karen Smith or Murray Clarkson/ Fay Riley.

Winter Trophies

Please return these to Bev Smith in cleaned condition before 22/9/07 to enable engraving for prizegiving.

Winter Prizegiving & Dinner

Will be held at Tauranga Citizens Club, (13th Avenue) in the Artie Stewart Lounge on **13th October**, at 6.30pm.

Put this in your diaries now. Should be a good night out.

You can pick from a great range of bistro meals.... Everything from bowls of wedges, various salads, fish & chips, seafood platters, porterhouse steak & ham steak meals, grills, 8 different burgers, toasted sandwiches etc: all at very reasonable prices.

Prize-giving will follow the meal – Give Numbers coming to Bev Smith (phone or email) by 4th October, for bookings.

**NZ CROSS COUNTRY
CHAMPS
Wingatui, Dunedin, 4/8/07**

Apparently the course was in better shape than originally predicted after a rainy month. There were the obligatory mud bogs, sandpits & steeple hurdles to add some interest to an otherwise fairly flat course and a milder than anticipated day.

WBOP sent down only a skeleton team, due partly to the lateness of the reply from funding organisations.

The Senior Men's 12km event was won by Edwin Henshaw of Auckland in 39.15 from 31 runners.

Senior Women's 8km winner was Maria Akesson, also of Auckland in 29.24.5 from a field of 22 athletes.

Other winners included Dominic Channon (Tasman) in the M19 8km and Aaron Pulford (WBop) in the M16 6km. W19 winner was Ruth Croft & W16 winner Esther Keown. Fastest Masters Man around the course was Richard Bennett of Canterbury (M40) with his 26.34.8 for 8km, beating the M35 winner.

Classy run from Murray Clarkson taking out the M60 grade! Partner Fay Riley also medalled with a third placing in the MW65 grade.

Ramblers:

Jacob Martin	M16	6km	11 th /41	21.17.6
Reagan Bones	M16	6km	15 th /41	21.35.4
Tim Masters	M55	8km	6 th /7	36.43.0
Murray Clarkson	M60	8km	1 st /4	32.21.3

Jacob & Reagan received silver medals for assisting the WBOP team to second place in the M16 grade. Well done guys!

**MATAMATA ROAD RELAY
11/8/07**

A good day's racing. Fine, except for the shower that crossed for the last leg finishers & just before the tent needed dismantling!

42 teams took part all up. Laps 3.3km.



1st lap the Maccas are as close as twins and in perfect sync.



Craig Kirkwood & Mike Pugh 2nd lap and it's still tight



Emma Wright provides a closeup for mum Rosemary

Senior Women (4 teams)

Won by Hamilton Hawks in		47.46
Ramblers 2nd		
Philippa Durkin		11.47
Emma Wright		12.16
Lydia O'Donnell		13.07
Brittany Walker		<u>12.29</u> 49.39

Mike Powell sprints to a tied finish against Hawks rival Graham Clarkin>>>

Senior Men A grade (6 teams)

Tga Ramblers 1st	
Kyle MacDonald	9.42
Mike Pugh	9.39
John Caie	10.42
Iain MacDonald	9.46
Craig Kirkwood	<u>9.55</u> 49.44

Tga Ramblers 2nd

Iain MacDonald	9.39
Craig Kirkwood	9.48
Dan Smith	10.31
Kyle MacDonald	10.29
Mike Pugh	<u>9.48</u> 49.52

Senior Men B grade (5 teams)

Won by Matamata in 58.36

Tga Ramblers 2nd

Dale Bull	11.02
Mathew Smith	12.44
Braden Neal	11.25
Sam Hyndman	12.07
Sid Pavett	<u>14.51</u> 62.06

Masters Men & Mixed (9 teams)

Won by Lake City in 54.42

Tga Ramblers 2nd = with Hawks

Murray Clarkson	11.42
Gavin Smith	11.49
Stu Smith	11.58
Dave Whitehead	13.04
Mike Powell	<u>13.20</u> 61.53

Tga Ramblers 7th

Tim Masters	13.14
Mystique Blockley	15.46
Robyn Winter	17.46
Celeste Labuschagne	15.29
Brendan Magill	<u>11.14</u> 71.49



WAIKATO ROAD CHAMPS RUAKURA 18/08/07

A bit of a drizzly day but some excellent racing and good battles to be had.

Fantastic running from Mike Pugh to take the Senior Men's 10km title from Iain & Kyle MacDonald. Great to see 3 Ramblers battling it out at the front. A total of 20 medals were brought home by Ramblers!

In the Masters grade, Wayne Smith laid down the challenge to brother Gavin, but had to settle for a view of his back the entire race, when Gavin opted for the fast start thinking "I hope he gives up or I don't blow up!" Anyway, it worked.

In the Women's grade, Philippa Durkin looked well positioned for a first place until a side-stitch slowed her down and Lake City's Johanna Ottosson took advantage to open a slight lead, winning the 10km in 38.07.



Steven Langdon & Russell Lake



Dan Smith



Laurie Pugh



Mathew Smith & Barry Watson



10km start



John Addy



M19 8km start



Dale Bull



The MacDonalds & Mike Pugh

Results

G12 2km

Mystique Blockley 4th/7 8.24

BU15 4km

Declan Horan 3rd/6 14.26

M16 6km

Reilly Horan 8th/8 24.03

Masters Women 5km

Ethney Barnaby 3rd/3 W35 22.19

Robyn Winter 2nd/2 W55 27.30

M19 8km

Braden Neal 2nd/5 28.51

Steven Langdon 3rd/5 29.19

Dale Bull 4th/5 29.36

SM 10km

Mike Pugh 1st/16 31.17

Iain MacDonald 2nd/16 31.20

Kyle MacDonald 3rd/16 31.32

Dan Smith 9th/16 34.57

Mathew Smith 16th/16 43.16

SW 10km

Philippa Durkin 2nd/10 38.20

Laurie Pugh 3rd/10 38.43

Celeste Labuschagne 10th 49.04

Masters Men 10km

John Caie 2nd/5 M40 33.35

Russell Lake 3rd/5 M35 35.49

Terry Furmage 2nd/6 M45 37.06

Gavin Smith 1st/7 M50 37.37

Wayne Smith 1st/5 M55 37.59

Murray Clarkson 1st/1 M60 39.23

Stu Smith 3rd/7 M50 39.31

John Addy 2nd/5 M55 41.48

Barry Watson 6th/7 M50 42.04

Tim Masters 3rd/5 M55 42.44

Sid Pavett 1st/1 M70 46.44

NELSON MEMORIAL
HANDICAP
Waikareao Estuary Boardwalks
25/8/07

It must be the first time ever, but there were no youngsters competing in the 3km or 5km events. What happened to all our juniors? Trophies, donated by the family of the late Gladys Nelson, a stalwart of the club in earlier days, are awarded for each distance.

The day was fine. Due to the new overbridge construction on the corner of Chapel Street the long circuit course was obstructed, so we did an out and back variation.

Sid Pavett ran away with his 2nd Handicap Club trophy this season, not realising that people over 70 are meant to have slowed down!



Results 9.6km

1. Sid Pavett M70 56.59 (15.00) 41.59
2. Stu Smith M50 58.49 (22.00) 36.49
3. Murray C M60 59.02 (22.00) 37.02
4. Russell Lake M35 60.16 (25.30) 34.46
5. Les Dobson M45 60.24 (21.00) 39.24
6. Ken Keyte M40 60.31 (25.30) 35.01
7. Dan Smith SM 60.35 (26.30) 34.05
8. Raewyn Keyte W35 60.47(17.00) 43.47
9. Gavin Smith M50 61.21 (24.00) 37.21
10. Mike Powell M55 62.51 (20.00) 42.51
11. Megan Arthur SW 63.13 (15.00) 48.13
(non member)
12. Malcolm Taylor M55 65.13(18.0)47.13
13. Alex (walked) M55 73.29 (0.00) 73.29

5km

1. Celeste L. SW 25.59 (3.00) 22.57
2. Robyn Winter W55 26.54 (0.00) 26.54
3. Anna Gould W40 27.17 (3.00) 24.17
4. Maureen Lawson 50 27.43 (4.00) 23.43
5. Fay Smith (r/w)W50 34.13 (0.00) 34.13



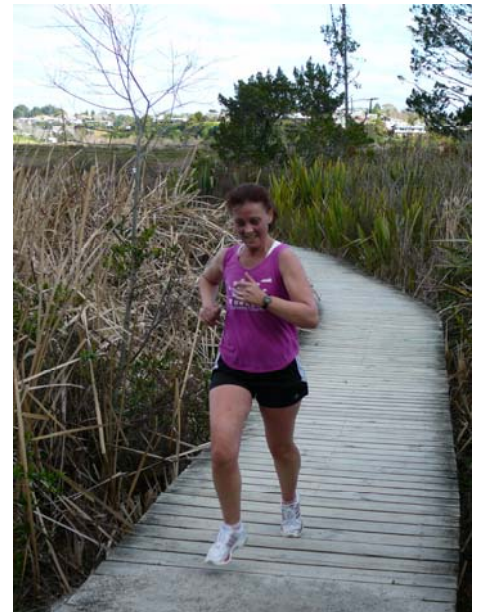
Ken cycled back to Te Puke afterwards, in training for the Half Iron Man later this year.



Malcolm –looking for a late spot in a Timaru relay team maybe?



Gavin popped in a 2hour kayak before his run, keeping in shape for several multisport & offroad races on the agenda in November.



Raewyn took on the guys in the longer event

BOP/Poverty Bay Intermediate School's Cross Country

Well done to **Sam Hyndman** who placed 2nd in the Year 8 Boys 3km event out of around 58 athletes (I don't have a set of results, so from what I recall being told.)

We look forward so seeing him run at the AIMS (NZ) XC event to be held at Waipuna on 3rd September.

Also performing extremely well at the Bays was Malcolm Taylor's daughter Danni, who came 3rd in her race from about 58 runners.

Crisis hits Tauranga's all-weather athletics track

09.08.2007

By JOHN COUSINS BOP TIMES

A CRISIS point has been reached in efforts to build a \$1.5 million all-weather athletics track at Tauranga's Domain.

The Millennium Track Trust has fallen \$200,000 short of funds it needs to start construction of a track which top Bay coach Mike Corboy says was absolutely essential for the future of athletics.

Without it, promising young athletes would either continue to drop out or leave the Bay for cities able to offer all-weather tracks needed to achieve their full potential.

Years of setbacks by the trust have arrived at the point where the project appears doomed if the community cannot dig deep to find the last \$200,000.

Trust chairman, lawyer Garth Mathieson, said construction must start by October/November to achieve completion by the start of the rugby season next March.

The Mondo Super Flex vulcanised natural rubber track would ring the domain's main rugby ground and become the first all-weather track in the Bay.

It was the key to Tauranga hosting a major regional championship or national championship every year and would be available to all Bay schools and athletic clubs and the public.

But pledges worth at least \$500,000 from major community funding organisations will expire next year if construction cannot start.

Mr Mathieson has appealed for community support to raise the final \$200,000. The six unpaid trustees have secured \$1.215 million, with a further \$85,000 virtually assured.

"We are desperate - it would be a huge pity if this project cannot proceed."

Also at risk was a bold plan to establish a Bay of Plenty Academy for Athletics centred on the new track. Young athletes would be invited into the academy, which would also offer physiotherapists, podiatrists and other sports medicine specialists, along with specialist coaches coming into the Bay for training sessions.

"The all-weather track is the open sesame to all of that," Mr Corboy said.

Academy expertise would be available to other sports where players needed to develop speed, such as rugby and soccer - with an obvious kick-back for athletics in the summer.

"There are huge possibilities to develop athletics in the Bay and get it back to being a major sport."

He contrasted this with the current situation in which there was not a single track marked out anywhere in the Bay for winter training. They were just slushy winter sports grounds.

Athletes must train all year round to reach their potential and should never be more than three to four weeks off their peak, Mr Corboy said.

Internationally ranked decathlete Brent Newdick, 22, would love to return to his hometown if it had an all-weather track.

A confidence-inspiring fifth place in a French competition featuring some top names in the world of decathlon meant he was now a real prospect to qualify for the Olympics in Beijing.

"I'd definitely be down there training on the track," the Auckland-based athlete said.

Mr Newdick said the majority of people who were good at athletics had been forced to leave the Bay: "It has certainly affected people's lives."

Tauranga Ramblers' stalwart Malcolm

Taylor said 1500m runner and former 800m national champion Gareth Hyett of Wellington would move to Tauranga if it had an all-weather track.

Any person or organisation prepared to assist can contact Garth Mathieson on 575 8166.

Running Drills and Core Strength Sessions - Monday Nights 6pm, Tauranga Domain

Mike Gilbert and Andy Bedford of www.enduranceathlete.co.nz (check out their great website) have started up a Running Drills and Core Strength Session on Monday Nights, start time 6pm, at the Tauranga Domain. Meeting beside the tennis club on the old soccer ground the session starts with a 10 minute jog warm up and some stretching followed by 30 minutes of core strength work.

Following the core strength set, Andy takes over and runs a 45 minute running drills session. The session caters for athletes of all abilities from novice through to elite and you can push yourself as hard as you want. This is a must do for all triathletes, cyclists and runners looking to improve for next summer.

Cost for the sessions are \$5 casual, or you can buy a 10 session concession ticket for \$45. For all Endurance Athlete Coaching Services athletes the sessions are \$3 each or a 10 session ticket can be brought for \$27.



Other Bits & Pieces:

Thankyou to Wayne & Lea

Fay Riley has pointed out the big part Wayne & Lea Smith played in helping organise the Rocky Cutting Challenge. Also Big Hugs to Lea for her delicious pinwheel scones at the after-function at the Welcome Bay Tavern. ... I admit I didn't actually try the scones!

Malcolm's Monday night Golf Course

Training: this has been relocated to Waipuna Park for the time being, following a protest by golfers that the group is getting too big & distracting their play.

Anna Gould was omitted from my results in the last newsletter of the Levene half marathon in Taupo in on 5/8/07... she says I probably didn't look far enough down the list.... Oops...!

Anna placed 1097 overall & 63rd F40-44, in 2.09.33. There were 2963 finishers. That's quite a tough half too from memory, so well done Anna!

Brad Smith, ex Rambler, placed 2nd in the tough two day Coromandel Classic Multisport race on 25th/26th August, about 8mins behind the leader and an hour in front of the next soloist.

Absolutely fantastic for his first two day event. Brad lead by 2minutes after the first day, but two gruelling, long road cycles on the 2nd day took their toll & the winner, Phil Wood proved a much stronger cyclist.

Only two teams beat the lead two solos!
A Tauranga Boys College 4 person team also placed 1st in their grade from 11.

World Champs in Osaka

Valerie Vili is the Golden Girl, winning the Shotput & setting new Oceania & NZ records with a throw of 20.54m

Kim Smith placed an awesome 5th in the 10000m in 32.06.

Nick Willis (3.36) finished 10th in the 1500m final, whilst **Gareth Hyett** (3.43) missed out qualifying in a slow heat.

James Dolphin (200m) failed to qualify for semis after a 20.80 quarter & 20.65 1st round.

Beatrice Faumuina failed to throw a qualifying discus & finished 13th in the first round.

Michael Aish finished 18th in his 10000m.

1 September

No club run.

NZ Road Champs, UNITEC Institution of Technology Campus, Mt Albert, Auckland. Entries now closed. Masters grades must wear their grade colour ribbons. Full instructions & directions to the start are also on the www.athletics.org.nz website.

3 September

AIMS Games Cross Country, Waipuna for Intermediate Schools.

4 September

World Masters T&F Championships, Riccione Italy. Good luck to our athletes competing: Murray Clarkson, Eric De Lautour, Robert McPherson & Brendan Magill.

8 September

Whangamata Half Marathon plus 10.2km & 5.7km. see www.coolrunning.co.nz

8 September

Club Road Run from Pemberton Park Hall, Fraser St, Greerton. Meet 1.45pm. Choice of distances. (Note the change of venue-we are **Not** using the Band Hall this time)

15 September

Red Stag Redwoods Forest Relay, Rotorua . A great off-road relay with teams from many parts of the Nth Island. Laps 5km, younger grades 3.2km. Enter through Club (Bev) by 9th Sept . Secondary school age members please check whether you are running for your school first. Own transport arrangements necessary, check with others to car pool. 10am start. Details on www.lakecity.co.nz

22 September

Club Road Champs, Greerton. Meet 1.45pm at Pemberton Park Hall, Fraser St. Full distance races for all grades, exclusive to our own members, around a 2km block. **Please bring a plate for afternoon tea**

23 September

Paeroa to Thames Road Race, (32 km) plus school teams.

30 September

Road Run from Orpoi Hot Pools. Meet 1.45pm. Last Club day of season. Sausage sizzle provided. Entry cost to swimming pool.

6 October

NZ Road Relay Championships, Timaru. The highlight of most club's season. A huge event, with some very hotly contested races between clubs, but also some social grades. A great weekend away. Some funding has been received to help with airfares etc. Check with Malcolm if you wish to be considered for a team. Course maps & full details on www.athletics.org.nz website

13 October

Reebok Ekiden Rotorua Relay

13 October

Prize-giving evening & very reasonably priced Bistro meals from 6.30pm at Tauranga Citizens Club, names of those attending to Bev Smith, Ph /fax 5764469 or email klbjsmith@clear.net.nz , all ages very welcome. Make it a great night!