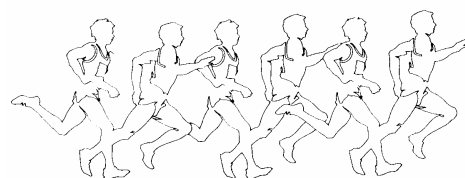


Ramblings

Newsletter of Athletics Tauranga Incorporated



February 2007

Volume 2007, Issue 2

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ATHLETE OF THE MONTH

February



Steven Langdon

*Winner of the Porritt Classic,
1500m, Secondary
Schools/Junior division in a
PB time of 4.15.01*

Club Contacts:

President: Malcolm Taylor Ph 5760000
Secretary: Thelma Lindup Ph 5761204
Treasurer: Alex Whimster Ph 5765039
Summer Club Captain: Murray Clarkson
Ph 5769575
Winter Club Captain: Ben Ruthe
Ph 5767611
Event Entries: Bev Smith Ph 5764469
Uniforms: Bev Smith Ph 5764469

Notices:

Telephone Directories: These have arrived and we are required to have them delivered by next weekend 11th March. Malcolm has been working overtime co-ordinating groups to do each area. Thankyou to those who have already done their share delivering, and those who have helped with bagging at the Garners. A particular thankyou to Tanya & Gary Garner for providing their garage as a depot and keeping tabs on how many books have gone out. Also for the cups of tea & bikkies Tanya provides to those returning to refill their vehicles.



This is a great little fundraiser for the club. Those that help benefit, as the funds go towards helping Club members with travel etc to National events.

Club night results: Apologies for the abbreviated results for the 20th Feb & 27th Feb, as the full sets havent been sent through to me.

Summer Trophies:

Please get these back in clean condition to Bev Smith to be engraved ready for the forthcoming prizegiving.

News from Stateside: Andrea Smith was part of the winning Distance medley relay team (over 4km) which took out the indoor Southland Conference title in Houston. Unfortunately she face-planted on the track in her 800m final in the last 50m while sprinting out for 2nd or 3rd place, having earlier qualified 2nd fastest. She finished 7th/10 covered in grazes.

**AGE JUST PIPS YOUTH
OVER 3000 METRES** by Pat Sale

Club Championships for 3000m and triple jump were held at Club Night on **February 6**. In the 3000m it was a classic youth versus age contest, with the high performing seniors away at the Porritt Classic in Hamilton. Several veterans competing for the Masters title were taken on by 14 year old Maximo Mandl, some 30 to 40 years younger than his rivals. The pace was set by Gavin Smith and he did not slacken but young Mandl made several spirited bursts throughout the race that took him into the lead at times. At the commencement of the final lap he opened a 10metre gap and maintained a good pace only to be run down by Terry Furmage in the last 50metres, the extra strength of the older runner allowing him to maintain his form and speed right to the finish. Les Dobson also finished strongly to grab third place from Smith by 0.5sec.

Amy Christophers, W16, had the best triple jump of the night of 9.90m with Mariah Ririnui also W16 recording 9.35m.

In non championship events Samantha Dunick, W16, ran well to record 8.3sec in the 60m, and Johnno Morton, M14, was best over 200m with 27.7sec. The Masters 200m was a very close race in which Rob McGregor looked to have it won, but he eased before the line being pipped by both Brendon Magill and Murray Clarkson with Dave Whitehead a close up fourth.

**Results
Club Championships**

- 3000m:**
W12: 1 A Robinson 14-13.7
2 K Furmage 14-14.2,
3 J Furmage 14-14.5;
W14: 1 N Furmage 13-02.2;
SW: 1 C Labuschagne 13-45.9;
MW: 1 G Mandl 10-19.3;
M12: 1 A Carter 14-13.3;
M14: 1 M Mandl 10-45.2;
SM: 1 M Smith 12-09.9;
MM: 1 T Furmage 10-44.1,
2 L Dobson 10-51.0,
3 G Smith 10-51.5.

Triple Jump:

- W16: 1 A Christophers 9.90,
2 M Ririnui 9.35;

- W19: 1 S Yardley 9.14;
MW: 1 G Mandl 7.45;
M14: 1 D Horan 8.75,
2 A Carter 8.50,
3 M Mandl 8.11;
M16: 1 R Horan 9.18;
MM: 1 B Magill 8.35

**Non Championship Events
60m:**

- W12 (A) 1 A Robinson 9.0,
2 B Somerfield 9.3
3 E Shanley-McDonald 9.5;
W12 (B): 1 K Elisaia 9.0,
2 H Shanley-McDonald 9.5,
3 F Bennett 9.9;
SW: 1 C Labuschagne 11.4;
M12: 1 L Carter 9.5,
M14: 1 J Morton 8.4;
MM: 1 D Whitehead 9.2,
2 G Smith 9.8,
3 E de Lautour 12.6

200m:

- W12: 1 J Furmage 35.1
2 K Furmage 36.1,
3 A Furmage 44.5;
M12: 1 L Carter 33.8,
2 C Carter 40.0;
W14: 1 N Furmage 32.2;
M14: 1 J Morton 27.7,
2 A Carter 30.9,
3 D Horan 32.5;
M16: 1 R Horan 31.1;
MM: 1 B Magill 30.2,
2 M Clarkson 30.5,
3 R McGregor 30.8

**TAURANGA ATHLETES
PERFORM WELL AT
PORRITT CLASSIC** by Pat Sale

A number of Tauranga athletes competed in the Porritt Classic Meeting at Hamilton on **February 6** with **Ben Ruthe** winning the 1500m in 3-49.8.

In a large 1500m field **Justin Carnaby** placed 14th in 3-59.1 and **Kyle McDonald** 21st in 4-07.5.

Steven Langdon won the secondary schools 1500m with a personal best time of 4-15.1, some 6 seconds faster than his previous best.

Jacob Martin also recorded a personal best of 4-28.3 in 10th place, whilst **Hamish McKain** followed in 12th place (4.30.70) and **Sam Walker** was 16th in 4.59.40.

Tracey Hale showed what a great all rounder she is, although only 16years old she came second in the division 2 100m (13.0sec) and 200m (26.8sec) and was third in both the 100m hurdles (15.7sec) and open women's long jump (5.08m).

Michael Cochrane placed 4th in the high jump with 1.75m & 5th in the 110m Hurdles (open Men) in 16.70

Jessica Ruthe, although not currently a Tauranga athlete won the Women's 1500m in 4-19.6.



Ben Ruthe leading the Porritt Classic 1500m



Steven Langdon winning the junior 1500m ahead of Mohamed Ali of Fairfield College



JOHN CAIE WINS 5000M CROWN *by Pat Sale*

Veteran John Caie making his first appearance on the track this season led all the way to win the 5000m club championship at Club Night on **February 13th**. Behind Caie, Terry Furmage opened a gap on the remainder of the chasing bunch, but Russell Lake running a very even paced race closed the gap and ran comfortably into second place with three laps to go. Furmage held on to third placing, with Gavin Smith and Les Dobson filling fourth and fifth spots.

In the shot put championships Michael Cochrane won the M16 title with 10.87m the best throw of the night. Other notable performances were Mariah Ririnui winning the W14 title with a personal best throw of 10.26m and Kharnum Elisaia winning the W12 grade with 10.14m.

In non championship events Tracey Hale W16 ran a smart 60m in 8.0sec, Andre Harris M19 a good 100m with 11.7sec and Sam Walker M16 won the 800m with a well judged race. Ryan Sowry recorded a 5.49m long jump to shade out Michael Cochrane 5.43m in the M16 grade.



John Caie

Results

Club Championships

5000m:

- SW: 1 C Labuschagne 25-10.8;
- M14: 1 M Mandl 19-01.5
2 J Regan 19-39.7;
- M16 1 J O'Rourke 21.14.7
- SM 1 M Smith 21-41.3
- MM: 1 J Caie 17-20.8.
2 R Lake 17.58.5
3 T Furmage 18.08.3
4 G Smith 18.23.4
5 L Dobson 18.33.3

- 6 S Smith 19.02.0
- 7 M Clarkson 19.53.1
- 8 M Powell 20.27.8
- 9 D Whitehead 20.42.1
- 10 Tim Masters 21.30.4
- 11 S Pavett 23.37.8
- Walk: A Whimster 36.?

Shot Put:

- W12: 1 K Elisaia 10.14;
- W14: 1 A Christophers 9.18,
- W16: 1 M Ririnui 10.26;
- SW: 1 C Labuschagne 5.13;
- MW: 1 G Mandl 8.08;
- M12: 1 C Carter 7.13;
- M14: 1 A Carter 7.75;
- M16: 1 M Cochrane 10-87;
- MM: 1 A Cochrane 8.87.

Non Championship Events

60m:

- W12 1 A Robinson 9.4,
- W14: 1 A Christophers 8.4;
- W16: 1 T Hale 8.0;
2 B Angell 8.7
- W19: 1 S Yardley 8.2;
- M12:L Carter 9.9;
- M14:1 J Morton 8.1;
2 D Horan 9.1
3 J Regan 9.3
4 M Mandl 9.5
- M16: 1 M Cochrane 7.5;
2 R Sowry 7.9
3 R Horan 8.9
- MM:1 B Magill 9.4.
2 G Smith 9.7
3. D Whitehead 10.2

100m:

- W12: 1 A Robinson 14.8;
2 B Somerfield 15.2
3 R Millar 15.9
- W16:1 B Angell 14.1;
- W19: 1 S Douglas 14.6;
- SW: 1 C Labuschagne 18.6;
- MW:1 R Labuschagne 18.3;
- M14 1R Sowry 12.4
2 J Morton 12.9;
- 3 D Horan 14.4
4 J Regan 14.6
5 M Mandl 14.8
- M16:1 M Heberton 13.0
2 R Horan 14.0
- M19:1 A Harris 11.7;
- MM:1 B Magill 15.4.

800m:

- W12: 1 A Robinson 3-02.8;
- 2 A Bain 3.07.6

- 3 B Somerfield 3.14.5
- SW: 1 C Labuschagne 3-23.4;
- B12 1. L Carter 3.05.6
2 C Carter 4.?
- M14: 1 A Carter 2-28.0;
2 D Horan 2.29.8
3 M Mandl 2.38.9
4 J Regan 2.54.2
- M16: 1 S Walker 2-24.8;
2 R Horan 2.29.0
3 Michael C?/ H? 2.31.8
- M19:1 A Jackson 2-29.9;
- SM: 1 M Smith 2-35.4;
- MM: 1 M Clarkson 2-36.3.
2 G Smith 2.36.8
3 S Smith 2.47.5
4 D Whitehead 2.50.8
5. L Dobson 3.16.2
6 E De Lautour 3.46.3

Long jump:

- W12:1 A Robinson .22;
- M14:1 J Morton 4.68;
- M16:1 R Sowry 5.49;
- MM: 1B Magill 4.17.

MICHAEL COCHRANE AND LUKE WILLOUGHBY ONE ALL IN TRACK AND FIELD

CLASHES by Pat Sale

Club championships for 100m and the discus were held at Club night on **February 20th**.

In the M16 grade Luke Willoughby headed home, Michael Cochrane in the 100m with 11.9sec to 12.2sec. However the tables were turned in the discus where Cochrane recorded a throw of 38.16m to Willoughby 34.86m. Bronte Angell and Nikki Furmage ran well to win the W16 and W12 grades over 100m but unfortunately a stopwatch malfunction meant no times were recorded. Terry Furmage won the younger masters grades 100m with a time of 13.5sec and Rob McGregor took out the older grades in 15.0sec. 87 year old Eric De Lautour did 19.3sec and was not in last place. McGregor also won the masters discus title with a throw of 28.4m.

In non-championship events Terry Furmage won the 1200m with a very fast last lap after Mathew Smith had opened up a big lead with a fast start. John Caie won the 3000m leading all the way with Russell Lake in second place.

Results

Club Championships

100m:
 W12: 1 N Furmage;
 W16:1 B Angell;
 W19:1 S Douglas;
 SW:1 C Labuschagne;
 MW: 1R Labuschagne;
 M14:1 J Morton12.4;
 M16:1 L Willoughby11.9;
 M19:1 S Langdon13.1;
 MM(35-54) 1 T Furmage13.4;
 MM(55+) 1 R McGregor15.0.

Discus:

W12: 1 M Furmage 14.23;
 SW: 1 C Labuschagne 8.30;
 MW: 1R Labuschagne 11.46;
 M14:1 J Regan 14.37;
 M16: 1M Cochrane 38.16;
 SM: 1M Smith 19.39;
 MM: 1R McGregor 29.40.

Non Championship Events

1200m:
 W12:1N Furmage 4-51.9;
 SW: 1C Labuschagne 5.03,9;
 M14: 1J Regan 4-02.4;
 SM: 1M Smith 3.52.2;
 MM: 1 T Furmage 3.48.9;

3000m:

SW: 1C Labuschagne 13-43.9;
 M14 :1 J Regan 11.10.0;
 MM: 1 J Caie 10-04.6

**GREAT TUSSLE FOR
 MASTERS 200METRE
 CROWN** by Pat Sale

Club Championships for 200m &10,000m were held at Club night on **February 27th**. The race of the night was the masters 200m, five runners finishing with only 1.1sec covering the field. Rob McGregor (65-69) started fast and looked to be in the lead coming into the home straight but such was the nature of the competition he faded to last with Brendan Magill (40-45), and Bruce McGregor (55-59) getting up for first and second with Dave Whitehead (50-54) and Murray Clarkson (55-59) also coming past the early leader to fill third and fourth spots.

Jonno Morton ran well for the M14 title with a time of 26.5sec Michael Heberton

recorded 25.9sec in th M16 grade and Steven Langdon just held out Hamish McKain for the M19 title 25.8sec to 26.0sec. Ginger Mandl easily won the women’s masters title and also had a good throw in the non championship javelin.

In the 10 000m, Russell Lake ran smoothly through the 25 laps to win unpressed, however he could not take the title as he has not yet officially joined the club. A youth versus age contest developed behind him with 14 year old Jamie Regan trailing veteran Stu Smith and running away from him in the last half lap. Andy Cochrane had the best javelin throw of the night recording 42.9m.

Results

Club Championships

200m:
 SW: 1 C Labuschagne 37.5;
 MW: 1 G Mandl 32.8;
 M12:1 L Carter 34.0;
 M14 : 1 J Morton 26.5;
 M16:1 M Heberton 25.9;
 M19:1 S Langdon 25.8;
 MM: 1 B Magill 30.4.

10 000m:

M14: 1J Regan 39-40.4;
 MM: 1R Lake37-31guest
 1 Club Championships S Smith 39-47.5.

Non Championship Events

400m:
 SW: 1 C Labuschagne 1-24.7;
 M12:1 L Carter 1-22.0;
 M14: 1 S Horan 1-05.8;
 M16: 1 M Heberton 1-02.1;
 SM: 1 M Smith 59.7;
 MM:1 E De Lautour 1-40.5.

800m:

SW: 1C Labuschagne 3-08.4;
 SM:1 M Smith 2-22.5

2000m:

M14: 1 J Martin 6-41.9;
 M16:1 S Walker 7.27.8;
 M19:1 S Langdon 6-39.5

Javelin:

W14: 1 A Christophers 23.84;
 W19: 1 S Yardley 20.75;
 MW: 1G Mandl 31-06;
 M12: 1A Geddes-Cook 14.13;
 M14:1 D Horan 20.59;
 MM: 1 R McGregor 28.56.

KAWEKA CHALLENGE

By Wayne Smith (24th-25th February 2007)

For the second year running I took up the Kaweka Challenge and this year talked Mathew into joining me for the event as well as the long journey into the Wops. The Kaweka challenged us in more ways than just running:

Firstly it was a bit of a mission getting all the compulsory gear together, because these people take safety issues seriously. They not only inspect every competitors gear before the start, but also all of the category winners as soon as they have finished, and they have no hesitation in disqualifying people if they have even one thing missing- I’ve seen it happen! Our second challenge was getting our small camping LPG bottle filled. We stopped in Rotorua to do this but it took us to our 5th filling station before we got it done. Some reckoned they were out of gas, some said they didn’t have the right fittings and another said they had to have a special licence to fill small bottles. I do wonder whether they just can’t be bothered, given the high labour content of the sale.

Our third challenge was discovered at the event centre an hour or so after we arrived - two flat tyres on the car! I decided to put that problem in the “too hard basket” and worry about it after my race the next morning. Easier said than done, thinking throughout the night: “How the hell are we going to get out of this place”- it was still crossing my mind as I was racing. Anyhow, a kind guy lent us his footpump and I discovered that one of the tyres would stay inflated for about an hour. So after driving 5 hours (the return journey) on a skinny little space-saver tyre on one side and regular stops to pump up the other, we made it home safe & sound. As for the running: that seemed easy compared to all these other challenges. Clive Reynolds came 2nd overall in the big one- 41kms, which included 3060m of climbing. First in this event was George Christieson of Coast to Coast fame, who set a new record & came in a whopping one hour plus ahead of Clive. Glen Reynolds did the 30km event over two days (2160m climb)- he had to carry all his overnight camping gear, food etc. Glen had a boomer, finishing a close 2nd overall and 1st Vet.



Mathew & I chose the easiest option: 13kms with 950m of climbing. Out of the 80 or so competitors in this event I came in 7th and Mathew 12th overall. We were both more than pleased with those results!

Results:

41kms (Course 1): Clive Reynolds 2nd

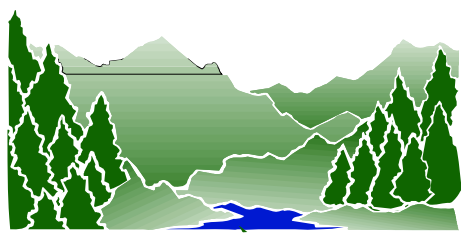
30kms (Course 4:2days): Glen Reynolds 2nd overall – 1st Vet time 4.53.50

13kms (Course 6): Wayne Smith 7th, 1st Snr Vet time: 1.39.26

Mathew Smith 12th.

(only 1st placegetters time available)

P.S. Thanks heaps to Murray Clarkson who once again lent me some of the compulsory gear.



EVERYONE'S RUN (5km)

8th Feb 2007- 41 runners & 27 walkers turned out for the 1st event.

1st home was **Mark Williams** in 15.51, with **Steven Langdon** 2nd 17.48. **Gavin Smith** 3rd 18.49. 1st Woman **Jess Ruthe** 5th overall 19.28. **Ben Ruthe** 6th 19.29. **Maximo Mandl** 7th 19.31, **Murray Clarkson** 8th 19.51, **Cindy Taylor** 11th 22.32, **Fay Smith** 36th 34.14, **Anna Gould** 8th in walk 45.02.

15th Feb 2007- 60 runners & 45 walkers.

Mark Williams won again in 17.07, with **Ben Ruthe** 2nd in same time 17.07. **John Caie** 3rd 17.11, **Paul Herlihy** 4th 17.26, **Hamish McKain** 5th 17.48, **Clive Reynolds** 7th 18.36, **Dan Smith** 8th 18.47, **Gavin Smith** 9th 18.51, **Stu Smith** 10th 18.56, First woman **Emma Wright** 13th 19.35, **Maximo Mandl** 14th 19.54, **Murray Clarkson** 15th 20.28, **Mike Powell** 16th 21.09, **Cindy Taylor** 19th 22.59, **Anna Gould** 31st 26.05, **Fay Smith** 56th 34.01, **Ginger Mandl** 1st in walk 38.18.

22nd Feb 2007- 64 runners & 35 walkers.

Mark Williams makes it a hat-trick with another win in 15.49. **Ben Ruthe** his shadow again in 2nd –same time 15.49. **John Caie** 3rd 16.52, **Paul Herlihy** 4th 17.27, **Dan Smith** 5th 18.34, **Stu Smith** 6th 18.39, **Jamie Regan** 7th 19.00, 1st woman **Johanna Ottosson** 10th 19.54, **Murray Clarkson** 12th 20.39, **Mike Powell** 13th 20.50, **Cindy Taylor** 20th 22.14, **Ginger Mandl** 23rd 22.24, **Karen Smith** 44th 28.41, **Anna Gould** 1st in walk 36.58.

**Capital Classic, Newtown Park,
Wellington (Black Singlet series),
10/2/07**

Ben Ruthe won the 3000m in 8.10.03 ahead of Rees Buck (Scottish) 8.11.81. **Justin Carnaby** placed 22nd in 8.42.94 out of 26 starters.

Ben Ruthe SM		
1500m	3 rd / 1 st WBOP	3.56.30
Stephen Te Whaiti M40		
100m	1 st /2	12.56
400m	1 st /2	58.20
Long Jump	1 st /3	5.48m
Javelin	1 st /3	43.78m
Gavin Smith M50		
800m	1 st /1	2.31.96
5000m	1 st /1	17.59.59

Murray Clarkson M55		
400m	1 st /1	1.05.89
800m	1 st /1	2.24.66
1500m	2 nd /2	5.12.47
Rob McGregor M65		
100m	2 nd /2	15.04
400m	1 st /1	1.10.65
Discus	1 st /1	32.40m
Javelin	1 st /2	29.19m

#####

WBOP T&F Champs, Porritt Stadium, 17th & 18th February

Amy Christophers W14		
100m	5 th /8	13.80
High Jump	1 st /5	1.55m
Long Jump	2 nd /6	4.79m
Triple Jump	1 st /2	10.53m
Kylie Tietjens W16		
1500m	3 rd /3	4.58.33
Mariah Ririnui W14 & W16		
W16 100m	1 st /8	12.76
W16 200m	1 st /8	25.78
W16 Long Jump	1 st /3	5.47m
W14 ShotPut	1 st /6	9.79m
Tracey Hale W16		
100m	2 nd /8	13.11
200m	2 nd /8	26.62
100m Hurdles	1 st /1	14.85
Long Jump	2 nd /3	4.31m
Samantha Dunick W16		
100m	4 th /8	13.65
200m	6 th /8	28.87
Rebecca Cochrane W19		
100m Hurdles	1 st /1	18.30
Long Jump	2 nd /2	4.61m
Triple Jump	2 nd /2	10.77m
Celeste Labuschagne SW		
100m	3 rd	18.70
200m	3 rd	37.38
400m	2 nd	1.20.03
800m	2 nd	3.03.32
1500m	1 st	5.58.89
Michael Cochrane M16		
110m Hurdles	1 st /2	15.91
High Jump	2 nd /2	1.70m
Triple Jump	1 st /1	11.39m
Shot Put	1 st /2	10.95m
Discus	1 st /2	38.99m
Steven Langdon M19		
400m	2 nd /2	54.21
800m	3 rd /5	2.01.86
1500m	4 th /5	4.19.41
Kyle MacDonald SM		
1500m	7 th / 2 nd WBOP	4.03.33
Matthew Parsonage SM		
800m	2 nd /4	1.59.51
1500m	10 th / 3 rd WBOP	4.06.45

COMING EVENTS

2-4 March

NZ T & F Champs, Inglewood. Check ANZ website for programme & entry forms. Entries close 18th February.

Also 2-4 March

NZ Masters T & F Champs, Christchurch

3 March

Mountain to Surf Marathon, New Plymouth, incl. NZ Marathon Champs

6 March

100m, 1500m, 300m, 4000m, Long Jump, Shotput

7 March

BOP Secondary Schools T & F Zone champs. Tauranga Domain. See your school for details

9-11 March

Australian T & F Champs, Brisbane

11 March

Watties Forest Half Marathon, Rotorua

13 March

200m, 800m, 60m, 3000m, High Jump, Discus

17 March

Waikato BOP Secondary Schools Champs, Porritt Stadium 9.30 am. Enter through schools

20 March

Mile Race (Club Champs), Prizegiving. Bring plates, cutlery & salad. BBQ & sausages provided.

24 March

John Walker Night of Miles & Relays , Ericsson Stadium.

24 & 25 March

Northern Region Combined Events, Porritt Stadium

31 March & 1 April

North Island Secondary Schools Champs, Ericsson Stadium (Mt Smart) Auckland. Enter through schools.

1 April

Solid Energy 10km, Weavers Park, Huntly

7 April

Happy Easter , eat chocolate!

14 April

Winter Cross Country season commences: Meet at Waipuna Park, Welcome Bay 1.45pm, for our opening Club XC Run. All ages & abilities welcome. Spot prizes.

