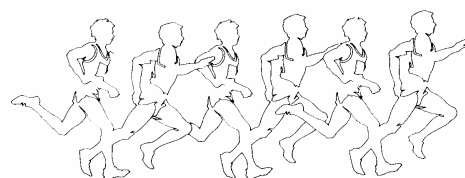


Ramblings

Newsletter of Athletics Tauranga Incorporated



January 2007

Volume 2007, Issue 1

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EDITORIAL:

We've had some exciting competition this month. A good turnout at the Twilight made for some excellent racing. Mariah Ririnui has been excelling again at the Twilight, Colgate's & the Australian Youth Olympics, and it was tough deciding an Athlete of the month again. Tracey Hale also represented NZ at the Youth Olympics. Samantha Dunick was selected in the team, but did not travel over. Iain MacDonald has been pushing Ben along, and also come up with some excellent times. We wish him well upon his move to Brisbane, in a few days time. Mark McKeown won another off-roader: the Tussock Traverse, whilst Gavin Smith took the veteran's trophy for the Pauanui race. **Ramblers are attempting to put a team together for the Cancer Society's 24 hour Relay for Life at Tauranga Race Course:** If you would like to have a go, contact Malcolm Taylor. Cost is \$15 per person. Normally my household would hog the whole 24hours, but we'll be away on holiday this time.

ATHLETE OF THE MONTH

January



BEN RUTHE

Wins in the 800m, Mile & 3000m at the Tauranga Twilight.
Winner of the "Dash For Cash" 5000m at the Cook's Classic, Wanganui.
Ben also ran a quick 30.08.05 at Porritt in the 10,000m!

Club Contacts:

President: Malcolm Taylor Ph 5760000
Secretary: Thelma Lindup Ph 5761204
Treasurer: Alex Whimster Ph 5765039
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Uniforms: Robyn Winter Ph 5525423wk

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Don't forget to send in your entries (on the official form out of the handbook) for the WBOP T&F Champs at Porritt ,as these close on 10th February. (unless you want to pay the late fee!)



PAUANUI MOUNTAIN RACE
3/1/07

A good turnout this year, but unusual that only one Rambler was amongst the bunch. The weather was fine but a coolish breeze stopped everyone overheating too much.

The winner, a junior, also won last year. His time was 43.58.

Gavin Smith was 1st Veteran 40plus home in 51.11, (2 minutes quicker than last year! He won a pair of Teva trail shoes for his efforts along with the trophy.



Gavin returning along the track at the base of the mountain



Trophy time

HAMISH MCKAIN TAKES
SEASON'S FIRST CLUB
CHAMPIONSHIP by Pat Sale

With the holiday season still here and very doubtful weather conditions, there was a low attendance at Club night on **January 16th**. Nevertheless the first club championships of the season were contested for the 1500m & long jump.

In a mixed grades race, Hamish McKain led all the way, shaded by Regan Bones for 1200m. He made a decisive break with 300m to go, to take the race and the M19 title. Bones finished 2nd and became the M14 champion, whilst Terry Furrage was the 1st Masters runner home in 3rd place overall.

Best long jump of the night was recorded by Mathew Smith who took the Senior Men's title. Jodi Furrage did well to record 3.2m and win the G12 championship.

In non-championship events, Johnathon Morton convincingly won the 200m, and Mark Williams won the 5000m, by the proverbial country mile, leading all the way and lapping the entire field.

200m

B14	1 Johnathon Morton	28.0
	2 Jamie Regan	31.7
	3 Maximo Mandl	34.2
G12	1 Emily McCormick	37.3
	2 Jodi Furrage	37.5
MW	1 Anna Gould	39.4
SM	1 Mathew Smith	27.0
MM	1 Terry Furrage	29.4
	2 Murray Clarkson	31.1
	3 Dave Whitehead	31.6
	4 Brendan Magill	32.9
	5 Les Dobson	33.9
	6 Gavin Smith	34.2
	7 Peter Kennedy	38.2

1500m CLUB CHAMPS

1. Hamish McKain	M19	4.34.6
2. Regan Bones	B14	4.42.8
3. Mathew Smith	SM	4.53.6
4. Terry Furrage	M45	4.56.3
5. Jamie Regan	B14	5.00.2
6. Maximo Mandl	B14	5.01.8
7. Les Dobson	M45	5.02.2
8. Gavin Smith	M50	5.02.5
9. Stu Smith	M50	5.11.3
10. Murray Clarkson	M55	5.20.8
11. Mike Powell	M55	5.45.7
12. Peter Kennedy	M50	6.03.3
13. Celeste Labuschagne	SW	6.08.5
14. Emily McCormick	NR	6.11.1

15. Emily Gould	W40	6.35.6
16. Jodi Furrage	G12	6.36.9
17. Eric De Lautour	M85	7.38.5

5000m

1. Mark Williams	M35	16.23.03
2. Terry Furrage	M45	18.55.5
3. Jamie Regan	B14	18.58.0
4. Gavin Smith	M50	19.13.9
5. Stu Smith	M50	19.49.7
6. Maximo Mandl	B14	20.22.7
7. Mathew Smith	SM	21.08.8
8. Murray Clarkson	M55	21.17.5
9. Les Dobson	M45	21.24.2
10. Dave Whitehead	M50	21.38.5
11. Peter Kennedy	M50	22.50.1
12. Celeste Labuschagne	SW	23.34.5

Long Jump Club Champs

W12	1 st Jodi Furrage	3.20m
SW	1 st C Labuschagne	2.38m
MW	1 st R Labuschagne	3.06m
M14	1 st Regan Bones	4.42m
	2 nd Jamie Regan	3.91m
	3 rd Maximo Mandl	3.89m
SM	1 st Mathew Smith	4.86m
MM	1 st Brendan Magill	4.11m
	2 nd Les Dobson	3.76m

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OPEN MEET, PORRITT
STADIUM, 13/1/07

Not a huge turnout but the odd notable in attendance such as Beatrice Faumuina who chucked the discus out to 57.37m.

Samantha Dunick W16

100m	1 st /2	13.74
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Tracey Hale W19

300m	1 st /1	43.83
100mH	1 st /1	17.04
Long Jump	1 st /1	4.76m

Kyle MacDonald SM

5000m	2 nd	15.25.90
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Justin Carnaby SM

1500m	1 st	4.02.92
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Matthew Parsonage SM

1500m	3 rd	4.13.04
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Ben Ruthe SM

10000m	1 st	30.08.05
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Iain MacDonald SM

10000m	2 nd	30.32.29
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Australian Youth Olympics
Festival, Sydney

Mariah Ririnui placed 6th in the 100m with 12.46s and a fantastic 2nd in the Long Jump with 5.71m. **Tracey Hale** placed 6th in the 100mHurdles with 14.47s and 6th in the 4 x 400m relay for New Zealand (4m 0.38s).



**MICHAEL COCHRANE AND
GINGER MANDL SHINE IN
ATHLETIC CHAMPIONSHIPS**

By Pat sale

Club Championships for 400m and the javelin were held at Club Night on **January 23**. Michael Cochrane ran a great race to win the 400m and the M16 title, from older runners. Steven Langdon led up to the crown of the last bend and at this point Cochrane made his move, accelerating into the home straight to win comfortably in the sharp time of 54.7sec with Langdon second in 55.7sec and middle distance specialist Hamish McKain a very creditable third in 56.8sec.

In the javelin Ginger Mandl easily won the Masters Women title with a personal best throw of 32.05m. The best throw of the night was from Matthew Smith, 33.05m with his sixth and last throw, a very creditable performance passing the old landmark of yesteryear, the 100ft mark.

Michael Cochrane also won the non championship 60m dash in 7.7sec, the fastest of the night.

In another non championship event Regan Bones (M14) comfortably won the 3000m leading all the way from Adam Garner. Further back in the field another 14yr old, Jamie Regan, trailed and outsprinted a masters trio of Terry Furmage, Russell Lake and Gavin Smith.

**Results
Club Championships**

400m:
W12: 1 A Robinson 1-22.4,
2 J Furmage 1-28.4,
3 K Furmage 1-29.6;
4 A Furmage 1.45.4
W19: 1 S Yardley 1-10.7
SW: C Labuschagne 1-27.6;
MW: 1 G Mandl 1-15.5,
2 A Gould 1-24.4,
3 R Labuschagne 1-32.6;
M12 :1 L Carter 1.19.9
2. C Carter 1.37.1
M14: 1 R Bones 1-02.0,
2 J Morton 1-04.0,
3 A Carter 1.05.9
4 J Regan 1-08.3;
5 M Mandl 1.10.1
M16: 1 M Cochrane 54.7;
M19: 1 S Langdon 55.7,

2 H McKain 56.8;
MM (35-49): 1 T Furmage 1-03.9,
2 L Dobson 1-06.2,
3 B Magill 1-09.2;
4 R Lake 1.11.7
MM (50+): 1 M Clarkson 1-08.4,
2 G Smith 1-10.7,
3 S Smith 1-13.7.
4 P Kennedy 1.26.2
5 S Pavett 1.42.7

Javelin:

W16: 1 S Dunick 12.69;
W19: S Yardley 19.60;
SW: 1 C Labuschagne 8.41;
MW: 1 G Mandl 32.05,
2 R Labuschagne 10.69;
M14: 1 J Regan 16.29,
2 M Mandl 8.33;
M16: 1 M Cochrane 26.32;
M19: 1 H McKain 21.95;
SM: 1 M Smith 33.05;
MM: B Magill 22.29,
2 M Clarkson 10.57.

Non Championship Events

60m:
W12: 1 K Elisaia 9.1,
2 F Bennett 9.4,
3 B Somerfield 9.8;
4. A Robinson 10.1
5 J Furmage 10.4
6 K Furmage 10.7
7 A Furmage 12.0
W 14: 1 M Bennett 9.0;
W16: 1 S Dunick 8.6;
SW: 1 C Labuschagne 11.7
MW: 1 R Labuschagne 11.2;
M12: 1 L Carter 9.8;
2 L Davison 10.0,
3 C Carter 10.8;
M14: 1 J Morton 8.1,
2 A Carter 9.0
3 J Regan 9.3,
4 M Mandl 9.8
M16: 1 M Cochrane 7.7;
MM: 1 T Furmage 8.9,
2 B Magill 9.9,
3 P Kennedy 10.7.

100m:

W12: 1 J Furmage 16.8,
2 K Furmage 17.8,
3 A Furmage 19.3;
SW: 1 C Labuschagne 18.8;
MW: 1 R Labuschagne 18.1;
M12 1 L Carter 15.7
M14: 1 J Morton 14.2,
2 J Regan 15.5;
MM: 1 L Dobson 14.6,
2 G Smith 16.6,
3 P Kennedy 17.3.

3000m:

W12: 1 K Furmage 14-53.8,
2 J Furmage 15-04.4,
SW: 1 C Labuschagne 14-11.3;
M12: 1 L Carter 14-05.6;
M14: 1 R Bones 10-08.9,
2 J Regan 10-46.0,
3 M Mandl 11-45.7;
4 A Carter 14.38.1
M19: 1 A Garner 10-25.8,
2 S Langdon 10-43.4,
3 H McKain 10-43.9;
SM: 1 M Smith 14-11.6;
MM: 1 T Furmage 10-47.4,
2 R Lake 10-48.6,
3 G Smith 10-57.7
4 S Smith 11.16.0
5 L Dobson 11.55.6
6 P Kennedy 13.17.7
7 S Pavett 14.41.5

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**MICHAEL COCHRANE
SHINES AGAIN** *by Pat Sale*

The 800m and high jump Club Championships were held on **January 30**.

Michael Cochrane won the M16 high jump clearing the bar at 1.75m, easily the best of the night. Others who achieved well were Sarah Yardley W19 who cleared 1.40m and Ginger Mandl WM 1.35m.

Yardley and Mandl also won their 800m titles for W19 and WM respectively. Steven Langdon trailed Adam Garner for 600m in the M19 grade before taking over to win comfortably with Steven Smith third. In the Masters division Terry Furmage had too much finishing pace for second and third placegetters Les Dobson and Gavin Smith.

In non-championship events Daniel Guler ran a sharp 11.7secs to win the 100m from Shane Warner and Joseph Millar. Millar came out later to win the 200m. Tracey Hale W16 had a good 100m/200m double recording 13.3secs and 28.1secs respectively. Veteran Dave Whitehead, a long distance specialist, showed a remarkable turn of speed to win the masters 200m from Gavin Smith and Les Dobson. Russell Lake comfortably won the 2000m steeplechase taking the hurdles and the opposition

comfortably in his long, easy stride.

Results

Club Championships

800m:

W12: 1 N Furmage 3-08.3,
2 A Robinson 3-09.7,
3 K Furmage 3-18.9;
4 J Furmage 3.25.4
5 A Furmage 4.07.7

W19: 1 S Yardley 2-49.6;
SW: 1 C Labuschagne 3-13.5;
MW: 1 G Mandl 3-00.9;
M12: 1 L Carter 3-07.1,
2 A Geddes-Cook 3-07.5;
3 C Carter 3.56.9
4 C Townsend 3.59.6

M14: 1 J Regan 2-32.4,
2 M Mandl 2-35.1,
3 A Carter 2.43.5
4 J Morton 2-52.6;

M16: 1 M Hebenton 2-28.5;
M19: 1 S Langdon 2-15.1,
2 A Garner 2-17.4,
3 S Smith 2-25.1;

MM: 1 T Furmage 2-26.4,
2 L Dobson 2-32.2,
3 G Smith 2-33.7
4 S Smith 2.40.2
5. R Lake 2.40.5
6 M Powell 2.45.1
7 D Whitehead 2.46.5
8 S Pavett 3.34.9

High Jump:

W12: 1 A Robinson 1.15;
W19: 1 S Yardley 1.40,
2 R Cochrane 1.25;
MW: 1 G Mandl 1.35;
M12: 1= C Carter & L Carter 1.00;
M14: 1 A Carter 1.30,
2 J Regan 1.15;
M16: 1 A Cochrane 1.75;
MM: 1 B Magill 1.25

Non Championship Events

100m:

W12: 1 K Elisaia 15.2,
2 N Furmage 16.0,
3 J Furmage 16.8;
4 K Furmage 17.2
5 A Furmage 19.3
W16: 1 T Hale 13.5;
W19: 1 R Cochrane 14.0,
2 S Douglas 15.7;
SW: 1 C Labuschagne 19.5;
M12: 1 L Carter 16.5,
2 C Carter 17.4,
3 C Townsend 19.3;
4 D Townsend 20.9
M14: 1 J Millar 12.3,

2 J Morton 13.0,
3 J Regan 14.8;
4 A Carter 15.1
5 M Mandl 15.8
M19: 1 D Guler 11.7,
2 S Warner 12.1
3 S Smith 12.3;
MM: 1 S Te Whaiti 13.0,
2 S Pavett 21.2

200m:

W12: 1 N Furmage 36.4,
2 J Furmage 38.0,
3 K Furmage 39.5;
W14: 1 T Andrews 29.7;
W16: 1 T Hale 28.1
SW: 1 C Labuschagne 39.4;

M12: 1 A Carter 33.6,
2 L Carter 39.3,
3 C Carter 41.8;
M14: 1 J Millar 27.4,
2 J Regan 31.6,
3 M Mandl 34.4;

MM: 1 D Whitehead 32.5,
2 G Smith 33.9,
3 L Dobson 34.2
4 S Pavett 45.4

2000m Steeplechase:

M12: 1 L Carter 9-03.1,
2 A Geddes-Cook 9-49.4;
M14: 1 J Regan 8-32.3,
2 M Mandl 8-44.9;
MM: 1 R Lake 7-25.0;
2 G Smith 8-02.4,
3 B Magill 8-13.9,
4 L Dobson 8-45.3



Celeste Labuschagne

TAURANGA TWILIGHT 1/1/07

Sponsored by Green Thistle Sporting Trust

Ramblers results

National Bank 400m

Women Heat 1

2nd Tracey Hale W16 62.0

Women Heat 2

4th Ginger Mandl W40 73.1
5th Celeste Labuschagne SW 73.5
6th Anna Gould W40 81.9

Men Heat 1

2nd Steven Langdon M19 55.0

NZ Windows 100m

Women Heat 1

1st Mariah Rinui W14 12.4
4th Tracey Hale W 16 13.4
5th Rebecca Cochrane W 19 13.6

Women Heat 2

3rd Ethney Barnaby W35 14.7
5th Ginger Mandl W40 15.5
6th Anna Gould W40 17.4

Men Heat 1

4th Michael Cochrane M16 12.1

Men Heat 2

5th Eric De Lautour M85 20.1

Green Thistle Sporting Trust 3000m

Women, M14&16 & Masters Men

50plus

1st Regan Bones M14 9.28.0
2nd Jess Ruthe (Cougars)1st SW 9.31.2
4th Jacob Martin M14 9.41.9
8th Jamie Regan M14 10.15.3
10th Gavin Smith M50 10.30.5
13th Sam Walker M16 11.20.3
14th Brynmore Davies M14 11.28.7
15th Murray Clarkson M55 11.33.6
16th Robert McPherson M60 12.25.6
17th Celeste Labuschagne SW 13.27.8

Westpac 800m Women

3rd Celeste Labuschagne SW 3.08.7

Smiths Sports Shoes 800m Men

1st Ben Ruthe SM 2.04.4
2nd Ruchira Seneviratne M19 2.05.0
3rd Steven Langdon M19 2.05.2
4th Mathew Smith SM 2.15.4
8th Jamie Regan M14 2.24.6
9th Maximo Mandl M14 2.26.2

Port of Tauranga 200m

Women Heat 1

2nd Tracey Hale W16 28.2

Women Heat 2

1st Rebecca Cochrane W19 29.1
2nd Anna Gould W40 37.4
3rd Celeste Labuschagne SW 40.6

Presidents Walk, open handicap

3000m

4th Malcolm Taylor M50 17.10.06

1500m

DQ Ginger Mandl W40 10.08.2

Victory Promotions 3000m

Senior men, M19, & MM35plus

1 st Ben Ruthe SM	8.21.3
2 nd Iain MacDonald SM	8.31.6
5 th Jason Cameron SM	8.40.5
7 th Kyle MacDonald SM	8.48.6
9 th Justin Carnaby SM	8.58.6
11 th Mark Williams M35	9.17.4
14 th Hamish McKain M19	9.31.2
16 th Kirk Brennan M35	9.49.4

Hose Supplies One Mile Men

1 st Ben Ruthe SM	4.25.3
7 th Jamie Regan M14	5.48.6
8 th Maximo Mandl M14	5.50.7
9 th Gavin Smith M50	5.51.6

Bay Engineers One Mile Women

1 st Jess Ruthe(Cougars)SW	5.00.1
5 th Kylie Tietjens W16	5.47.9
6 th Celeste Labuschagne SW	5.54.6

VegeGro Discus

Women

8 th Rebecca Cochrane W19	19.29
9 th Ginger Mandl W40	18.77
10 th Ethney Barnaby W35	18.15
11 th Kathryn Bluett W55	15.77

Men

3 rd Andy Cochrane M35	30.38
4 th Rob McGregor M65	28.76
6 th Michael Cochrane M16	27.50
11 th Brendan Magill M40	17.61

Bay Physiotherapy Long Jump

Women

1 st Tracey Hale W16	4.84
4 th Rebecca Cochrane W19	4.24

Men

1 st Michael Cochrane M16	5.53
2 nd Andy Cochrane M35	5.44
4 th Brendan Magill M40	4.03

VegeGro Shot Put

Women

3 rd Ethney Barnaby W35	8.10
4 th Samantha Dunick W16	7.70
6 th Ginger Mandl W40	7.23
7 th Kathryn Bluett W55	5.92

Men

4 th Andy Cochrane M35	9.49
5 th Rob McGregor M65	8.19

Farmlands High Jump

Women

2 nd Ginger Mandl W40	1.30
3 rd Ethney Barnaby W35	1.25

Men

1 st Michael Cochrane M16	1.75
2 nd Andy Cochrane M35	1.60

Port of Tauranga Javelin

Men

2 nd Andy Cochrane M35	40.55
5 th Rob McGregor M65	28.62
8 th Brendan Magill M40	20.23

Javelin Women

1 st Ginger Mandl W40	29.46
2 nd Ethney Barnaby W35	21.81

CHILDRENS POINTS

COMPETITION (5 events)

Mariah Ririnui G14 (4th)

Long Jump 1 st	4.62
Shot Put 1 st	10.15

Nikki Furmage G12 (5th)

100m 5 th	14.90
200m 5 th	31.30
Long Jump 5 th	3.06
Shot Put 6 th	5.11

Jodi Furmage G10 (7th)

100m 8 th	16.00
200m 10 th	35.30
Long Jump 7 th	3.31
Shot Put 3 rd	5.41

Kelly Furmage G10 (11th)

100m 11 th	16.70
200m 11 th	36.20
Long Jump 11 th	3.16
Shot Put 7 th	4.51

Abby Furmage G10 (9th)

100m 13 th	18.10
200m 12 th	36.50
High Jump 6 th	0.85
Long Jump 13 th	2.38
Shot Put 8 th	4.00

Brynmores Davies B14 (5th)

100m 2 nd	13.00
200m 3 rd	27.70

Maximo Mandl B13 (3rd)

200m 4 th	31.00
Long Jump 3 rd	3.13
Shot Put 3 rd	5.73



Brynmores Davies in action at the Twilight



Twilight, rain-soaked 800m: Ben Ruthe leads Ruchira Seneviratne & Steven Langdon

WANGANUI COOKS CLASSIC

27/1/07

Kylie Tietjens:

7 th 1500m Junior W	4.57.98
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Rebecca Cochrane:

3 rd 100m Hurdles Open Women	16.60
4 th Triple Jump Open Women	10.32m

Michael Cochrane:

5 th 110m Hurdles Open Men	16.69
5 th High Jump Open Men	1.75m

Iain MacDonald:

2 nd 3000m Dash for Cash	8.29.08
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Kyle MacDonald :

4 th 3000m Dash for Cash	8.32.05
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Ben Ruthe:

1 st 5000m Dash for Cash	14.29.87
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Michael Cochrane at The Cooks Classic

Club Development Workshop

I'm writing to let you know about the first of the 2007 Club Development Workshop series that is being held in February.

The workshop is 'Sport Bay of Plenty: Getting to know your lead agency for local sport' and is being held on the 12th February in the Terrace Rooms at Baycourt from 6:30-8:00pm. Members of the Sport Bay of Plenty team will discuss topics such as Club Development, Inclusion of Athletes with a Disability, Coaching, Communications, Sport Development in the local area and explain exactly how we can help you and your club develop.

The course costs \$10 and booking is essential. Please contact Awhina Dickson on (07) 578 0016 or awhinad@sportbop.co.nz to confirm your place by the **8th February**.

The full workshop calendar will be sent out in the next two weeks when all the speakers have been confirmed. However, I wanted to let you know about our first workshop as it is taking place in less than a month.

I look forward to seeing you there,
Kind regards,

Ruth Grainger
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Fax: +64 (07) 571 8463

Latest from Texas: Andrea Smith is currently ranked 3rd in the 800m in the Southland Conference. She is continuing to improve her indoor track times at every meet. There were 60 entries in her last individual race, from 26 teams. She also scored a 2nd Gold in the Medley Relay.

2006 - the year of Regional Championships

from info@world-masters-athletics.org

forwarded by Ray Young

2006 was the year of the six WMA regional championships, from Oceania in January to South America in November. Also this year the WMA World Masters Indoor Championships in Linz (AUT) and the WMRA/WMA World Masters Mountain Running in Saillon-Ovrannez (SUI) were held.

Some statistics on 2006

Championships:

- In total, some 6500 athletes participated in the six regional championships.
- There were about 450 masters in January at the Oceania Championships in Christchurch (NZL).
- In July, 3100 competed for European honours in Poznan (POL).
- In August 2006, about 500 North- and Central-Americans and Caribbean masters competed for titles in Guatemala, whereas the African Championships were held on La Réunion in September, where 500 athletes started.
- Asia's Championships had 1000 participants in Bangalore (IND) in November.
- Finally there were the South American Championships in Rio de Janeiro (BRA) in the same month with approximately 1250 masters.
- Around 4000 masters came to the two WMA world championships in 2006; namely 3300 in Linz (= new record) for the Indoor/Winter throwing/Cross, and about 700 in Switzerland for the Mountain Running Championships.

A bit of humour provided by an anonymous source:

You might like to note that a masters woman new to the club this year, who has an American accent and a 13 yr old son also as a member, participated in the race walk at the Twilight and when seeing the card with an arrow shaped symbol on it from one of the walks judges, assumed it was to guide the walkers in the right direction. The symbol in fact means the athlete is infringing because of a "bent knee".



!!!!PHONE DIRECTORIES CLUB FUND-RAISING!!!!

The club has been successful again in gaining delivery of the 2007 Telecom Phone Directories. As many volunteers as possible will be required possibly early March. Specific dates are not known yet. With plenty of willing hands this doesn't take long so let Malcolm or a committee member know if you and /or members of your family or friends can assist with a few hours work.



Hey dudes: please send me articles, funnies or photos of events you have done. It's nice to get a different perspective occasionally!! Saves me having to think it all up too! Cheers Ed.



Jason Cameron is running this event:
Ph 5755 478 or 021 465 274 if you have questions

FOOT MECHANICS™

EVERYONE'S RUN and walk

Every Thursday evening from the 8th February 2007 to 12th April 2007

EXERCISE

SOCIALISE

REVITALISE

PICTURESQUE OUT AND BACK COURSE ON THE TAURANGA WATERFRONT

- Walkers start 5.45pm
- Runners start 6pm
- Registration from 5.15pm (Maxwell Road grass area opposite Ngatai Road)
- We run and walk - rain, hail or shine!
- 5km and 10km options*

In excess of \$750 in prizes and giveaways each week

\$5 Individual entry fee. Every entrant receives a recorded time, refreshments (at the conclusion of the event), discounted drinks to be redeemed on the night at the official prize giving venue - The Trust Bar and Cafe, Otumoetai and the opportunity to win in excess of \$750 in prizes each week. Weekly results published in Bay of Plenty Times each Friday

*Please note: 10km option in 5th and 10th weeks of series only.

victory PROMOTIONS LTD
Web: www.victoryevents.co.nz
Email: info@victoryevents.co.nz

N.I. COLGATES, 5th-7th /1/07
Newtown Park Wellington

MARIAH RIRINUI (G14) continued to prove her outstanding ability at this meet with 1st placings in the 100m, 200m & Long Jump.

100m heat	1 st /18	12.48
100m final	1 st /8	12.37
200m heat	2 nd /16	26.35
200m final	1 st /8	25.97
Long Jump	1 st /17	5.01m

MAXIMO MANDL (B13)

800m heats	10 th /26	2.26.17
800m final	11 th /16	2.24.29
1500m heat	1 st /21	4.54.59
1500m final	9 th /16	4.46.89
Long Jump	34 th	3.44m
Shot Put	17 th	6.01m

NIKKI FURMAGE (G12)

100m heats	15 th /29	14.59
100m semi	16 th	14.61
200m heats	12 th /29	29.95
200m semi	12 th	29.77
400m heats	16 th /27	1.10.58

JODI FURMAGE (G10)

100m heats	12 th /52	15.15
100m semi	14 th	15.44
200m heats	25 th /46	33.16
400m heats	25 th /42	1.18.92
Discus	24 th /32	10.81m

KELLY FURMAGE (G10)

100m heats	39 th /52	16.41
400m heats	40 th /42	1.23.24
800m heats	16 th /27	3.04.90
800m final	16 th	3.05.50
Discus	32 nd	8.18m

#####

TUSSOCK TRAVERSE
27 km Offroad, 21/1/07,
Somewhere in the wops near
Ruapehu

Looks as if Mark's hooked on off-road now!

1 st Mark McKeown	2.06.08
2 nd Jason Cameron	2.21.59
4 th Clive Reynolds	2.27.49
6 th Wayne Smith	2.30.07
30 th Murray Clarkson	2.54.54



COMING EVENTS

6 February

200m, 3000m (CC), 60m, Triple Jump (CC)

Also 6 February

Porritt Classic, Hamilton (black singlet series). See www.athletics.org.nz
For programme & entry forms

Also 6 February

Community Sport UCAN2 Triathlon, Duathlon, & Fun Runs, Coronation Park, Mt Maunganui start 8am

8 February

5km & 10km Fun Runs starting from Maxwells Rd : see advert in this newsletter

10 February

Capital Classic (Black singlet series) Wellington

10 February

Open Meet, Porritt Stadium 6pm

13 February

100m, 800m, 5000m (CC), 60m, Shotput (CC), Long Jump

15 February

5 & 10km Fun Runs from Maxwells Rd

17-18 February

WBOP T&F Champs, Porritt Stadium, entry forms in handbook & Programme on ANZ website.

Also 17-18 February

NZ Combined Events Champs, Dunedin

Also 17-18 February

Great Lakes Relay, Taupo, incorporating NZ 100km Champs

20 February

100m (CC), 1200m, 3000m, Discus (CC), Triple Jump

23 February

Open Meet, Porritt Stadium, 6pm

24-25 February

Cancer Society, Relay for Life, Tauranga Race Course 12noon-12 noon.
Get a Ramblers team together \$15 per person, or try it solo.

25 February

Masters Meet, Porritt, 12pm

27 February

10000m (CC), 200m, 110mH & 100mH, 400m, High Jump, Javelin

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

11 March

Watties Forest Half Marathon, Rotorua

