

# Ramblings



Newsletter of Athletics Tauranga Incorporated

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### ATHLETES OF THE MONTH

JULY 2007

MIKE PUGH

&

BEN RUTHE



*Mike fought a hard battle with Iain MacDonald to win the 12km WBOP XC Champs in 40 min 25 sec!*

*Ben ran an awesome 2hours 20 min 45sec in his first ever marathon (Gold Coast) to take 2<sup>nd</sup> place against an international field, only seconds behind the winner!*

### NZ RECORDS

It's been a great few weeks for NZ women overseas. Kim Smith, who is based in Providence USA, smashed Anne Audain's 1982 NZ 3000m record & Benita Johnson's Oceania record with 8min 35.31 at Monaco & then the NZ 5000m record, running 14min 49.41 in Rome. Meantime, Nina Rillstone has also broken her own NZ half marathon record running 1 hour 10.35 in New York. Great articles on these ladies on the NZRun.com website. Though not a record, **Jess Ruthe** also placed 3<sup>rd</sup> in The Beach to Beacon 10km in Maine (32.39) collecting USD \$3000. Well done!

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**WILLACY MEMORIAL  
HANDICAP XC RACES,  
WAIPUNA 7/7/07**



Cool conditions, but at least it wasn't raining.

Sid Pavett raced away with the Senior Race trophy, having secured himself a favourable handicap due to having been away from the scene for several months with illness/injury. At 73 years old Sid can still bounce back and kick butt!

Brynmor Davies took line honours in the 4km event and Emma Shanley-McDonald romped home for first place in the 2km event. These two also receive trophies.

An afternoon tea was enjoyed in the Clubrooms afterwards.

<b>2km</b>	<b>Gun Time</b>	<b>(H/Cap)</b>	<b>Net</b>
Emma Shanley-McD	9.52	(0.30)	9.22
Kelly Furmage	10.14	(0.50)	9.24
Hannah Shanley-McD	10.17	(2.00)	8.17
Abby Furmage	10.23	(0.00)	10.23
Nikki Furmage	10.25	(1.00)	9.25
Jodi Furmage	10.37	(0.30)	10.07

<b>4km</b>	<b>Gun Time</b>	<b>(H/Cap)</b>	<b>Net</b>
Brynmor Davies	22.49	(6.20)	16.29
Andrea Smith	23.07	(6.00)	17.07
Robyn Winter	23.25	(0.00)	23.25
Anna Gould	23.29	(2.30)	20.59
Cindy Taylor	23.31	(5.00)	18.31
Celeste Labuschagne	23.56	(4.30)	19.26
Sue Furmage	24.39	(0.00)	24.39
Rowan Davies	26.26	(5.00)	21.36

<b>8km</b>	<b>Gun Time</b>	<b>(H/Cap)</b>	<b>Net</b>
Sid Pavett	46.05	(5.00)	41.05
Mathew Smith	49.16	(14.30)	34.46
Robert McPherson	49.24	(13.30)	34.54
Russell Lake	49.43	(19.00)	30.43
Tim Masters	49.51	(12.30)	37.21
Stu Smith	50.29	(16.50)	33.39
Braden Neal	50.41	(19.00)	31.41
Wayne Smith	51.18	(17.30)	33.48
Daniel Smith	51.21	(20.30)	30.51
Eric De Lautour	52.46	(0.00)	52.46
Murray Clarkson	52.47	(18.00)	34.47
Alex Whimster	64.07	(walk)	64.07

**Waikato-BOP Cross Country  
Champs, Waipuna Park, 14/7/07**

We put on a glorious fine day for the athletes, which was a nice change after a soggy week. Conditions were perfect.

Thankyou to those who turned out early to set up the course, take late entries, record & marshall etc.

Another big thanks to Wayne who made tons of sandwiches & a couple of pots of homemade vegetable soup to feed the hordes afterwards.

Exciting racing from Mike Pugh who stuck close to Iain MacDonald for most of the 12km race, then kicked away with 1500m to go, to take out the Senior Men's title. Slightly back Kyle & Craig diced for 3<sup>rd</sup> place with Kyle taking the honours. Craig showed us the blisters caused by his spikes afterwards!

In the Masters grades Mark Williams managed to hold off fellow Club mate John Caie to win the 8km race by 10seconds.

Braden Neal ran well to win the M19 title 2 minutes ahead of the 2<sup>nd</sup> placegetter.



Hannah takes off.



Sue Furmage produced a unique hurdling style, while Sally barked encouragement



Rowan at the first hurdle



Jodi & Emma leap into action



Our newest member Jessica Bitcheno placed 3<sup>rd</sup> in the G10 race. Jessica has just moved here from Whangarei. She ran for Athletics Northland at the North Island champs in Taupo and placed 4<sup>th</sup>.







Iain MacDonald leads Mike Pugh, Kent Hodgson (Hawks) Craig Kirkwood & Kyle MacDonald up the stopper, in the early stages of the 12km race.



Murray & Wayne jive to the same tune.



John Caie, Mark Williams, Terry Furmage, Murray Clarkson & John Addy, waiting for the start of the 8km



Mike's final stretch through the walnut grove to the finish

**Results WBOP XC Champs**

**B10, 2km (3 finishers)**

Won by Tane Sweeney of Te Aroha in 8.36

**G10, 2km (11 finishers)**

Won by Serena Murrhly, Taumarunui 8.26

Jessica Bitcheno	3 <sup>rd</sup>	8.56
Mia Pugh	10 <sup>th</sup>	10.46
Abby Furmage	11 <sup>th</sup>	11.07

**B12, 2km (4 finishers)**

Won by David Nuika, Hawks, in 7.46

**G12, 2km (10 finishers)**

Won by Zara Murrhly, Taumarunui 7.59

Mystique Blockley	4 <sup>th</sup>	8.50
Emma Shanley-McDonald	7 <sup>th</sup>	9.26
Kelly Furmage	8 <sup>th</sup>	9.42
Jodi Furmage	10 <sup>th</sup>	10.28

**B14, 3km (8 finishers)**

Won by Mohamed Ali ,Hinemoa in 10.30

Sam Hyndman	4 <sup>th</sup>	11.09
Brynmor Davies	5 <sup>th</sup>	11.18
Rowan Davies	8 <sup>th</sup>	14.12

**G14, 3km (5 finishers)**

Won by Teagan Voykovich(Thames) 11.53

Hannah Shanley-McDonald	3 <sup>rd</sup>	13.01
Nikki Furmage	5 <sup>th</sup>	15.38

**W16, 4km (3 finishers)**

Won by Natasha Murrhly, Taum 16.23

Kylie Tietjens	3 <sup>rd</sup>	19.53
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**M16, 6km (8 finishers)**

Won by Aaron Pulford , Hawks in 20.42

Regan Bones	3 <sup>rd</sup>	22.30
Ollie Brown	7 <sup>th</sup>	24.38

**W19, 6km (4 finishers)**

Won by Rachel Kingsford , Hawks, 24.06

**MW, 6km (14 finishers)**

First overall was Marion Millward (W45) of Hawks in 25.08

Ethney Barnaby	2 <sup>nd</sup> W35	27.58
Cindy Taylor	1 <sup>st</sup> W50	29.12
Anna Gould	5 <sup>th</sup> W40	33.29
Robyn Winter	1 <sup>st</sup> W55	36.11

**M19, 8km (3 finishers)**

Braden Neal	1 <sup>st</sup>	32.10
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**SW, 8km (6 finishers)**

Won by Emily Gear of Hawks in 33.31

Laurie Pugh	2 <sup>nd</sup>	34.04
Andrea Smith	5 <sup>th</sup>	36.52
Celeste Labuschagne	6 <sup>th</sup>	41.31

**MM, 8km, (29 finishers)**

Mark Williams	1 <sup>st</sup> o/all, 1 <sup>st</sup> M35	28.48
Russell Lake	3 <sup>rd</sup> M35	30.21
John Caie	1 <sup>st</sup> M40	28.54
Ken Keyte	2 <sup>nd</sup> M40	30.36
Terry Furmage	1 <sup>st</sup> M45	31.43
Gavin Smith	2 <sup>nd</sup> M50	32.31
Stu Smith	3 <sup>rd</sup> M50	33.40
Dave Whitehead	7 <sup>th</sup> M50	36.37
Barry Watson	8 <sup>th</sup> M50	37.42
Wayne Smith	1 <sup>st</sup> M55	33.08

Tim Masters	4 <sup>th</sup> M55	37.04
Murray Clarkson	1 <sup>st</sup> M60	33.19
Robert McPherson	1 <sup>st</sup> M65	36.57
Sid Pavett	1 <sup>st</sup> M70	43.15

**SM, 12km (12 finishers)**

Mike Pugh	1 <sup>st</sup>	40.25
Iain MacDonald	2 <sup>nd</sup>	40.42
Kyle MacDonald	3 <sup>rd</sup>	41.44
Craig Kirkwood	4 <sup>th</sup>	42.11
Daniel Smith	9 <sup>th</sup>	47.42
Mathew Smith	11 <sup>th</sup>	52.44



Colin & Euan did a spot of marshalling



Stu & Wayne lead Laurie & Andrea up the stopper in the first lap of the 8km

**Gold Coast Marathon 1/7/07**

Awesome run by Ben Ruthe in his first marathon. Ben placed 2<sup>nd</sup> in a fast 2.20.45 behind Japanese winner T. Yohimura who ran 2.20.07. Other kiwis included Matt Dravitzki 2.21.29, Chris Corney 2.36.39, Gavin Stevens 2.37.41, Justin Carnaby 2.41.43, Melanie Burke 2.46.10 & Tracey Clissold 2.49.13. Kyle dnf.

### Kawerau Mid-Winter Half Marathon, 1/7/07

Wet conditions. Won this year by Ross McIntyre (M35-44) of Taupo in 1.13.22, from 112 runners & 45 walkers. First woman home was Sarah Morgan of Matamata in 1.26.36 (11<sup>th</sup> overall).

Incidentally, John Caie still holds the course record of 72.25 and Tracy Crossley the Womens record of 82.33, both in 2002 for Ramblers. (Ran it that year for about the 3<sup>rd</sup> time myself. Shame it tends to clash with the same weekend as North Islands every year.)

Ben McHale of Rotorua won the 11km fun run/walk in 37min 55sec from 148 finishers.

- Philippa Durkin** 12<sup>th</sup> (2<sup>nd</sup> SW) 1.27.09
- Dave Whitehead** 41<sup>st</sup> (14<sup>th</sup> M45-54) 1.41.43
- Deirdre Lack** 45<sup>th</sup> (5<sup>th</sup> MW35-44) 1.42.42
- Cindy Taylor** 46<sup>th</sup> (2<sup>nd</sup> MW45-54) 1.43.11

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### **Auckland Secondary Schools Inter-Provincial Cross-Country Relays**

This inaugural event was held at Bruce Pulman Park, Papakura, on a flat, fast, circuit with much surface water from recent rains. It is hoped to grow this into a North Island CC relay champs, but four northern provinces - North Harbour, Auckland, Counties-Manukau and Waikato-Bay of Plenty (WBoP) participated over six grades. WBoP had teams in four out the six races, won three titles and finished third in the other, to be the dominant province. It was a brilliant effort from youngsters - asked to compete at very short notice - John Tylden had the challenge of coming up with teams in two days, and did a great job.

4-person teams raced over a 3000m circuit, to give a race distance of 12kms. National schools champion Mohamed Ali (Fairfield College) gave the WBoP junior boys' team a great start leading at the first change. Solid runs from the Tauranga contingent of

Matt Strange (Tauranga Boys'), Marek Church (Otumoetai College) and Julian Oakley (Tauranga Boys) extended their lead each lap to comfortably beat Auckland.

In the junior girls' race, Jenna Hansen (St Peter's School) led at the end of lap one, and strong runs from Hope Turner (Fairfield College) and Holly Patterson (Waikato Diocesan) kept the local team in touch with the leaders. Kate Loye (St Peter's School) ran an outstanding last lap to record the fastest team time, taking the lead just 500 metres out and sprinting home for a popular win.

The intermediate girls' team was third, while the Intermediate boys' Regan Bones (Tauranga Boys), Tom Hall (St Peter's School) and Jacob Martin (Tauranga Boys'), after trailing for three laps, was brought home into first after a very fast last lap from Aaron Pulford (Hauraki Plains College). His 11:37 was the fastest intermediate boys' lap on the day. The fast-finishing Pulford passed Auckland with a kilometre to run, and established a winning margin of 28 seconds, with a strong finish to give WBoP the win in 47.56 to Auckland's 48.24.

Barry Magee, Olympic marathon bronze medallist from Rome and now coach of many Auckland teenagers, was impressed by the team spirit and quality of the WBoP team, who with distance nuts Malcolm Taylor and Don Willoughby encouraging them vociferously, performed with great distinction.

WBoP Teams and lap times:

- Junior Boys**
- 1 WBoP 51.44
- 2 Auckland 52.38
- 3 North Harbour 55.01

- Mohamed Ali 12.26
- Matt Strange 12.54
- Marek Church 13.12
- Julian Oakley 13.10

- Intermediate Boys**
- 1 WBoP 47.56
- 2 Auckland 48.24
- 3 North Harbour 49.04

- Regan Bones 12.03
- Tom Hall 11.52
- Jacob Martin 12.33
- Aaron Pulford 11.37

- Junior Girls**
- 1 WBoP 59.02
- 2 Auckland 60.37
- 3 North Harbour 60.27

- Jenna Hansen 14.26
- Hope Turner 15.25
- Holly Patterson 14.48
- Kate Loye 14.21

- Intermediate Girls**
- 1 Auckland 55.45
- 2 North Harbour 58.14
- 3 WBoP 60.38

- Kate McVerry 14.26
- Libby Oliver 15.36
- Xanthe Johnston 16.06
- Clare McVerry 15.57

Report by Don Willoughby  
Manager/Life Member WBoPSSAA

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### Wellington XC Champs, Waikanae Park, 14/7/07

Held the same day as our WBOP Champs, **Ben Ruthe** travelled down to take on the Wellingtonians on their home turf in the Senior Men's 12kms.

**Ben** placed third in 40.14 minutes, behind Dale Warrender (39.12) and Rees Buck (39.47). Great effort just 2 weeks after the Gold Coast marathon!





## FITNESS ON YOU FEET, 5km Run Walk Series

The series was hit by some nasty weather during July which kept numbers down, but the hardy turned out, maybe for the beers, prizes and socialising at Bureta Park after?

**5/7/07** 20 runners, 7 walkers

**Braden Neal** 1<sup>st</sup> 18.32, **Adam Garner** 2<sup>nd</sup> 19.06, **Gavin Smith** 3<sup>rd</sup> 19.17, **Murray Clarkson** 4<sup>th</sup> 19.45, **Lydia O'Donnell** 5<sup>th</sup> 19.51, **Amanda King** 6<sup>th</sup> 19.52, **Andrea Smith** 8<sup>th</sup> 21.06, **Barry Watson** 9<sup>th</sup> 22.47, Murray Chell 11<sup>th</sup> 23.01, **Nikki Furmage** 20<sup>th</sup> 26.18, **Anna Gould** 1<sup>st</sup> walk 31.58, **Kerry Smith** 2<sup>nd</sup> walk 34.24, **Alex Whimster** 4<sup>th</sup> walk 43.45.

**12/7/07** 12 runners, 12 walkers

Won by Rick Lowe in 16.50, **Ben Ruthe** 2<sup>nd</sup> also 16.50, **Adam Garner** 3<sup>rd</sup> 18.40, **Murray Clarkson** 4<sup>th</sup> 21.14, **Nikki Furmage** 9<sup>th</sup> 24.40, **Karen Smith** 11<sup>th</sup> 29.34, **Anna Gould** 1<sup>st</sup> walk 32.07, **Kerry Smith** 4<sup>th</sup> walk 39.06.

**19/7/07** 16 runners, 4 walkers

**Dan Smith** 1<sup>st</sup> 19.30, **Stu Smith** 2<sup>nd</sup> 19.44, **Laurie Pugh** 3<sup>rd</sup> 19.49, **Murray Clarkson** 4<sup>th</sup> 21.32, **Barry Watson** 7<sup>th</sup> 23.36, Murray Chell 8<sup>th</sup> 24.19, **Karen Smith** 10<sup>th</sup> 31.20, **Anna Gould** 1<sup>st</sup> walk 32.06.

**26/7/07** 19 runners, 6 walkers

**Terry Furmage** 1<sup>st</sup> 18.06, **Murray Clarkson** 2<sup>nd</sup> 20.11, **Barry Watson** 8<sup>th</sup> 24.24, **Karen Smith** 12<sup>th</sup> 28.07, Murray Chell 14<sup>th</sup> 30.07, **Anna Gould** 1<sup>st</sup> walk 38.20.

**2/8/07** 18 runners, 10 walkers final night

**Iain MacDonald** 1<sup>st</sup> 15.34, **Kyle MacDonald** 2<sup>nd</sup> 17.05, **Ben Ruthe** 3<sup>rd</sup> 17.11, **Dan Smith** 5<sup>th</sup> 19.10, **Andrea Smith** 7<sup>th</sup> 21.21, Murray Chell 9<sup>th</sup> 23.05, **Mike Powell** 10<sup>th</sup> 23.09, **Barry Watson** 13<sup>th</sup> 25.02, **Karen Smith** 14<sup>th</sup> 29.38, **Anna Gould** 1<sup>st</sup> walk 33.39.

NOTE\*\*\*\* Whilst the official club series has finished, Murray Clarkson & Fay Riley will be continuing to hold Thursday night 5km runs over the same course from Kulim Park to keep the momentum going, pending restart of the Victory Promotions "Everyone's Run" series again. Cost will be a donation to the All-Weather track fund. A worthy cause, so please support them.

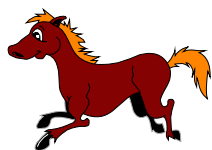
## RACECOURSE TIME TRIAL

28 July 2007

Athletes left at 30 second intervals and galloped around the hedge line and perimeter of the horse race track.

Actual times:

Braden Neal (M19)	6.23
Gavin Smith (M50-54)	6.43
Wayne Smith (M55-59)	6.48
Murray Clarkson (M60-64)	6.50
Les Dobson (M45-49)	7.20
John Addy (M55-59)	7.22
Celeste Labuschagne (SW)	7.54
Malcolm Taylor (M55-59)	7.56
Ian Bitcheno (non)	8.01
Sid Pavett (M70-74)	8.24
Jessica Bitcheno (G10)	8.48
Anna Gould (W40-44)	9.07
Robyn Winter (W55-59)	9.51
Alex Whimster (M55-59)	10.09
Samantha Bitcheno (non)	11.44



## ROCKY CUTTING CHALLENGE, WELCOME

BAY, 22/7/07

A very strong cold wind was blowing and there were a few spots of rain.

A fantastic effort by Murray Clarkson, Fay Riley, Linda, Clive & Glen Reynolds for their organisation and catering skills. Thanks guys & ladies. Thanks also to the marshalls who stood on the roadside in the cold and struggled to stay on their feet in the wind.

Winner this year was Iain MacDonald who broke the course record. Past records were held by Peter Handcock in the inaugural event, (original course which finished across the road from the shops 1.05.25) and Mike Pugh 1.05.52 over the slightly longer race to the tavern steps in 2003.

First woman was Philippa Durkin and first team the Oropi Highlanders (Mathew, Lea & Wayne Smith).

### Results

1st Iain McDonald (1 <sup>st</sup> SM)	1.03.29
2 <sup>nd</sup> Michael Pugh (2 <sup>nd</sup> SM)	1.03.44
3 <sup>rd</sup> John Caie (1 <sup>st</sup> M35)	1.08.17
4 <sup>th</sup> Mark Williams (2 <sup>nd</sup> M35)	1.08.28
5 <sup>th</sup> Daniel Smith (3 <sup>rd</sup> SM)	1.12.22
6 <sup>th</sup> Ben Ruthe (4 <sup>th</sup> SM)	1.12.24

7 <sup>th</sup> Adam Marshment (3 <sup>rd</sup> M35)	1.14.15
8 <sup>th</sup> Russell Lake (4 <sup>th</sup> M35)	1.18.57
9 <sup>th</sup> Gavin Smith (1 <sup>st</sup> M50)	1.19.23
10 <sup>th</sup> Philippa Durkin (1 <sup>st</sup> SW)	1.19.40
11 <sup>th</sup> Les Dobson (5 <sup>th</sup> M35)	1.25.06
12 <sup>th</sup> Braden Neal (1 <sup>st</sup> MU20)	1.25.19
13 <sup>th</sup> Clive Reynolds (6 <sup>th</sup> M35)	1.25.31
14 <sup>th</sup> Stu Smith (2 <sup>nd</sup> M50)	1.26.04
15 <sup>th</sup> Cath Donovan (2 <sup>nd</sup> SW)	1.26.30
16 <sup>th</sup> Mike Smith (3 <sup>rd</sup> M50)	1.27.02
17 <sup>th</sup> Hamish McKain (2 <sup>nd</sup> MU20)	1.27.40
18 <sup>th</sup> Dave Whitehead (4 <sup>th</sup> M50)	1.27.44
19 <sup>th</sup> Barry Watson (5 <sup>th</sup> M50)	1.28.00
20 <sup>th</sup> Peter Kennedy (6 <sup>th</sup> M50)	1.29.33
21 <sup>st</sup> Oropi Highlanders (1 <sup>st</sup> T)	1.30.26
22 <sup>nd</sup> Robert McPherson (7 <sup>th</sup> M50)	1.31.22
23 <sup>rd</sup> Cindy Taylor (1 <sup>st</sup> W50)	1.32.40
24 <sup>th</sup> Colin Burchill (8 <sup>th</sup> M50)	1.32.57
25 <sup>th</sup> Andrea Smith (3 <sup>rd</sup> SW)	1.33.28
26 <sup>th</sup> Sue Galpin (1 <sup>st</sup> W35)	1.34.32
27 <sup>th</sup> Rattle Your Dags/Anna Gould (2 <sup>nd</sup> T)	1.36.50
28 <sup>th</sup> Peter Hills (9 <sup>th</sup> M50)	1.37.47
29 <sup>th</sup> James Tyson (10 <sup>th</sup> M50)	1.40.37
30 <sup>th</sup> The Rocky Girls (3 <sup>rd</sup> T)	1.44.59
31 <sup>st</sup> Bruce Davies (11 <sup>th</sup> M50)	1.57.40
32 <sup>nd</sup> Evelyn King (2 <sup>nd</sup> W50)	1.58.00





Hamish McKain grabs a drink from his mum at the first drink station



Wayne brings his team home



Russell Lake finishing the Rocky

**Beach Run , Mt Maunganui 21/7/07**

Despite a fine morning the rain came just in time for the run. I wasn't there, so I don't have full details, but I understand that not many turned out .

**NZ Mountain Running Champs, Marlborough 7/7/07**

No Ramblers ran. Angus Bell won the mens race and Sarah Chisnall the Women's.

**Levene Half Marathon, Taupo 5/8/07**

2963 finishers. Won by Scott Winton in 1.10.58. Matt Parsonage bowled in at 4<sup>th</sup> place in 1.15.38, and Les Dobson 66<sup>th</sup> in 1.30.46.

**4 August**

NZ XC Champs, Wingatui Race Course, Otago. Reports indicate swimmers may do well as there has been plenty of rain. Good luck to those entered.

**also 4 August**

A pack run from the Greerton Athletic Clubrooms on Fraser St, for those not going to Dunedin. Meet 1.45pm

**11 August**

Matamata Road Relay. Bus trip. A 3km road relay over a flat fast course with all grades catered for. Prizegiving afterwards. Enter through Club/Bev Smith. Bus time to be advised.

**18 August**

Waikato-BOP Road Champs, around Ruakura Research Centre campus, Hamilton. Enter through Club (Bev Smith). Bus time to be advised, for those travelling separately the walks start 11am & runs from 12.15pm. Grades 10 & 12 =2km, G14 =4km, M16 = 6km, W16, 19 & MW =5km, M19=8km & SM, SW & MM =10km. Late entries extra \$3 after 15/8/07. See [www.athletics.org.nz](http://www.athletics.org.nz) for course map & full details.

**25 August**

Nelson Memorial Handicap Races. Boardwalks- a 9km loop around the Waikareao Estuary starting from the Carpark & reserve off Coach Drive (off Grange Road). Also shorter distances for Women & younger ages. Meet 1.45pm. Trophies awarded, donated by the family of the late Gladys Nelson.

**26 August**

UCAN2 Winter series Offroad duathlon. Summerhill Farm, Reid Rd, Welcome Bay. Long & short Course options (run/Mountainbike/run), plus 5km & 10km fun runs & walks. Entry forms in sports shops or [www.enduranceathlete.co.nz](http://www.enduranceathlete.co.nz) .Register on day from 7am. Races start 8am.

**1 September**

No club run.

**NZ Road Champs**, UNITEC Institution of Technology Campus, Mt Albert, Auckland. Open to all registered runners & walkers age 11 & over. Grades 12 & 14 contest individual races. Others may be eligible for selection in WBOP teams. Check with Malcolm/Bev **before 19<sup>th</sup> August** (entry closure date, so please allow time for post or enteronline), if you wish to be considered for a team. Entry forms downloadable from [www.athletics.org.nz](http://www.athletics.org.nz) website. Late entry additional \$200! Masters grades must wear their grade colour ribbons. Full instructions & directions to the start are also on the website.

**3 September**

AIMS Games Cross Country, Waipuna for Intermediate Schools.

**4 September**

World Masters Championship, Riccione Italy. Good luck to our athletes competing.

**8 September**

Whangamata Half Marathon plus 10.2km & 5.7km. see [www.coolrunning.co.nz](http://www.coolrunning.co.nz)

**8 September**

Club Road Run from Band Hall, Yatton St, Greerton. Meet 1.45pm. Choice of distances.