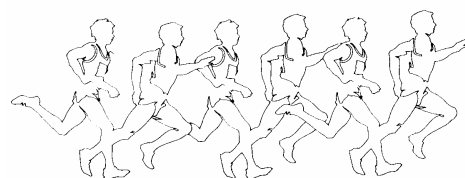


# Ramblings

Newsletter of Athletics Tauranga Incorporated



## March 2007

Volume 2007, Issue 3

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## ATHLETE OF THE MONTH

### MARCH

*There were so many winners this month, especially all our secondary school athletes, it's been almost impossible to choose! Added to that Masters Stephen Te Whaiti & Eric DeLautour excelled at Christchurch & Mark Williams at the Half Marathon & Moehau.*



### TRACEY HALE

*1<sup>st</sup> in the Senior Girls 100m, 100m Hurdles & Open 300m Hurdles at WBOP SS Champs & 1<sup>st</sup> in the 100m Hurdles & 300m Hurdles & 2<sup>nd</sup> in the 100m at North Island SS Champs. Also, 1<sup>st</sup> in the 300m Hurdles at Nationals, Inglewood. Tracey has made huge progress this year!!*

*(sorry about the picture quality)*

### 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

## Annual General Meeting of Athletics Tauranga Inc

The Club's AGM will be held on  
**Tuesday 17<sup>th</sup> April 2007**

**7.30pm**

**Waipuna Park Clubrooms**  
Kaitemako Rd, Welcome Bay

We need people to fill various positions on the committee, and in particular the position of secretary will be vacant. Please give some consideration to giving something back to your club, and have your say on how the club is run.

## ..... SUMMER PRIZEGIVING

Well done all those who received certificates & trophies:

**The Most Outstanding Athlete** of the Summer season trophy went to Mariah Ririnui. Mariah has had a stunning season, continually winning every sprint event & the long jump in her age group, and above, in the WBOP and at NZ level, as well as representing NZ in Australia & at the Oceania's in older age groups.

**The Most Improved Athlete** of the Season went to Tracey Hale, who has also excelled in sprints & hurdles, winning the 300m Hurdles at Nationals and competing in Samoa at the Oceania's & Sydney Youth competitions.

**Most points** trophy in the Age 14 years and under went to Jamie Regan. What can we say about Jamie- He's always there.!

**Most points** in the Age 16 & under went to multi events specialist Michael Cochrane and

**Fastest 400m** to Ruchira Seneviratne.



**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.

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 Email: info@victoryevents.co.nz

**EVERYONE'S RUN (5km)**

1st March 2007- 66 runners & 52 walkers turned out for the 4th event.

First place went to **Iain MacDonald** who set a new course record of 15.25. **Mark Williams** 2<sup>nd</sup> 15.43. **John Caie** 3<sup>rd</sup> 16.29. **Jacob Martin** 4<sup>th</sup> 16.37 (he'll be in the "A" relay team next!!).ex Paul Herlihy 5<sup>th</sup> 16.46. **Steven Langdon** 6<sup>th</sup> 16.59. **Dan Smith** 7<sup>th</sup> 17.18, **Stu Smith** 10<sup>th</sup> 18.13, Welcome home **Laurie Pugh** 1<sup>st</sup> woman & course record, 13<sup>th</sup> overall 18.37, **Josh Dyer** 14<sup>th</sup> 18.57, **Jamie Regan** 15<sup>th</sup> 18.58, **Cindy Taylor** 25<sup>th</sup> 21.26, **Anna Gould** 63<sup>rd</sup> 33.52, **Karen Smith** 26<sup>th</sup> walker 45.03,

8th March 2007- 59 runners & 54 walkers finished the 5km, with another 13 runners & 8 walkers in the 10km. (Runner numbers possibly affected by the forthcoming half marathon at Rotorua)

**John Caie** took line honours in the 5km in 16.21. **Jacob Martin** 2<sup>nd</sup> 16.38, **Steven Langdon** 3<sup>rd</sup> 17.30, **Josh Dyer** 7<sup>th</sup> 18.38, **Jamie Regan** 18.41, **Laurie Pugh** 1<sup>st</sup> woman & 9<sup>th</sup> overall, 18.52, **Mike Powell** 12<sup>th</sup> 19.46, **Stu Smith** 13<sup>th</sup> 19.47, **Dan Smith** 14<sup>th</sup> 19.48, **Tim Masters** 15<sup>th</sup> 20.43, **Warren Taylor** 17<sup>th</sup> 21.27, **Cindy Taylor** 22<sup>nd</sup> 22.11, **Maximo Mandl** 23<sup>rd</sup> 22.21, **Ginger Mandl** 25<sup>th</sup> 22.51, **Anna Gould** 34<sup>th</sup> 25.45, **Eric De Lautour** 41<sup>st</sup> 29.06, **Karen Smith** 33<sup>rd</sup> walker 46.33, **Clive Reynolds** won the 10km in 38.20, with **Murray Clarkson** 3<sup>rd</sup> 42.26.

15th March 2007- 74 runners & 43 walkers.

**Mark Williams** made it another win in 16.34.. **John Caie** 2<sup>nd</sup> 16.50, **Dan Smith** 3<sup>rd</sup> 17.38, **Stu Smith** 6<sup>th</sup> 18.46, **Jamie Regan** 9<sup>th</sup> 18.59, **Laurie Pugh** 10<sup>th</sup> 19.05, **Murray Clarkson** 11<sup>th</sup> 19.22, **Josh Dyer** 12<sup>th</sup> 19.27, **Gavin Smith** 14<sup>th</sup> 19.50, **Mike Powell** 17<sup>th</sup> 20.02, **Warren Taylor** 24<sup>th</sup> 21.23, **Cindy Taylor** 26<sup>th</sup> 21.35, **Anna Gould** 44<sup>th</sup> 25.42, **Eric De Lautour** 57<sup>th</sup> 28.41, **Karen Smith** 58<sup>th</sup> 28.41.

22nd March 2007 - 90 runners & 65 walkers

Ramblers ruled: **Mark Williams** 1<sup>st</sup> 16.00, **John Caie** 2<sup>nd</sup> 16.15, **Ben Ruthe** 3<sup>rd</sup> 16.16, **Iain MacDonald** 4<sup>th</sup> 16.18, **Jacob Martin** 16.46, **Clive Reynolds** 13<sup>th</sup> 18.07, **Jamie Regan** 14<sup>th</sup> 18.15, **Stu Smith** 15<sup>th</sup> 18.16, **Gavin Smith** 17<sup>th</sup> 18.33, **Maximo Mandl** 19<sup>th</sup> 18.46, **Murray Clarkson** 21<sup>st</sup> 19.18, **Josh Dyer** 23<sup>rd</sup> 19.25, **Mike Powell** 26<sup>th</sup> 19.57, **Dan Smith** 29<sup>th</sup> 20.17, **Cindy Taylor** 38<sup>th</sup> 21.48, **Anna Gould** 57<sup>th</sup> 25.13, **Ray Young** 61<sup>st</sup> 25.53, **Eric De Lautour** 68<sup>th</sup> 28.50, **Fay Smith** 80<sup>th</sup> 31.16, **Karen Smith** 32<sup>nd</sup> walker 44.00.



**DOUBLE FOR MATHEW SMITH  
AND JAMIE REGAN IS A  
GLUTTON FOR PUNISHMENT**

*By Pat Sale*

Attendance was low at the Club Night on **March 6** due to the BOP Secondary Schools Championships being held earlier that day.

Mathew Smith romped home in the 300m in 43.3sec and also won the 1500m in 4-59.9. Jamie Regan who had contested the 1500m and 3000m at the secondary school meet turned out again in the evening competing in the 100m, 300m, 1500m, and 4000m and long jump and appeared quite composed at the end of what must have been a demanding day. As expected Russell Lake strode away from the field to take the 4000m with young Regan second and veteran Gavin Smith third.



*Mathew Smith winning the 1500m*

**Results**

**100m:**

- M12: 1 L Carter 15.8;
- M14: 1 J Regan 14.7;
- MM: 1 L Dobson 14.4
- 2 B Magill 15.0,
- 3 G Smith 16.2.
- 4 P Kennedy 17.2

**300m:**

- M12: 1L Carter 53.4;
- M14: 1 J Regan 51.8;
- SM: 1 M Smith 43.3;
- MM: 1 L Dobson 50.1
- 2 G Smith 53.7
- 3 P Kennedy 59.9
- 4 S Pavett 1.05.9
- 5 E De Lautour 1.06.8.

**1500m:**

- M12: 1 L Carter 6-49.2;
- M14: 1 J Regan 5.04.1
- SM: 1 M Smith 4-59.9;
- MM : 1 S Smith 5-05.4,
- 2 R Lake 5-08.5,
- 3 G Smith 5-10.9
- 4. L Dobson 5.30.3
- 5 P Kennedy 6.13.5
- 6 S Pavett 6.50.7
- 7 E De Lautour 7.35.7

**2000m:**

- M12: 1 L Carter 9-59.0.

**4000m:**

- M14: 1 J Regan 15-09.2;
- MM: 1 R Lake 14-19.3,
- 2 G Smith 15-18.7,
- 3 L Dobson 16-39.9.

**Long Jump:**

- M14 :1 J Regan 4-04;
- MM: 1 B Magill 4.30,
- 2 L Dobson 4-05.



*Jamie Regan*

**GOOD DOUBLE FOR REGAN  
BONES** *by Pat Sale*

At Club night on **13<sup>th</sup> March**, Regan Bones led all the way to smash the 3000m field and also scored a good win in the M14 60m showing both stamina and speed. Michael Hebenton M16 had the fastest 60m of the night but was pushed all the way by Brad Maisey M19 on his first competition since breaking his leg in an early season steeplechase. Nikki Furmage won the W14 60m and also the 200m, whilst father Terry Furmage won the masters 200m paced by his dog Sally who obeyed all the rules of competition keeping strictly to the same lane of the track. Terry Furmage also won the 800m. In the 3000m Regan Bones was chased by Jacob Martin but the gap widened each lap and was almost half a minute at the end.

Russell Lake ran his usual consistent race to finish third.

Veteran Rob McGregor had the best discus throw of the night with 30.15m. Khanum Elisaia recorded 26.48m and Ginger Mandl 19.31m.

**Results**

**60m:**

- W14: 1 N Furmage 9.3;
- SW: 1 C Labuschagne 11.4;
- WM: 1G Mandl 9.9;
- M14: 1 R Bones 8.6,
- 2 J Regan 9.0,
- 3 M Mandl 9.6;
- M16: 1 M Hebenton 7.8;
- M19: 1 B Maisey 7.9;
- MM: 1 R McGregor 9.1,
- 2 B Magill 9.4,
- 3 P Kennedy 10.8.

**200m:**

- W14: 1 N Furmage 33.5;
- SW: 1 C Labuschagne 42.9;
- WM: 1 G Mandl 34.3
- 2 A Gould 37.9;
- M14: 1 J Regan 34.1
- 2 M Mandl 37.2;
- M16: 1 M Hebenton 27.5;
- MM: 1 T Furmage 29.9
- 2 B Magill 31.1
- 3 R McGregor 31.8.
- 4 M Clarkson 32.7
- 5 G Smith 35.4
- 6 P Kennedy 38.4
- 7 E De Lautour 45.0

**800m:**

- W14: 1 N Furmage 3-21.7;
- SW: 1 C Labuschagne 3-30.1;
- M14: 1 M Mandl 2-30.1
- 2 J Regan 2-37.3;
- SM: 1 M Smith 2-25.3;
- MM: 1 T Furmage 2-22.8
- 2 M Clarkson 2-38.6
- 3 G Smith 2-44.6
- 4 M Powell 2.50.8
- 5 R McGregor 2.57.2
- 6 E De Lautour 3.56.2

**3000m:**

- SW: 1 C Labuschagne 14-41.6;
- M14: 1 R Bones 9-38.2
- 2 J Martin 10-07.9
- 3 M Mandl 10-57.4;
- 4 J Regan 11.07.7
- M16: 1 M Hebenton 11-43.2;
- M19: 1 B Maisley 11-07.2;
- SM: 1 M Smith 14-08.7;
- MM: 1 R Lake 10-25.3
- 2 T Furmage 11-08.5
- 3 S Smith 11-09.4

- 4. G Smith 11.10.4
- 5 M Powell 12.01.1
- 6 P Kennedy 12.57.5.

**Discus:**

- W12: 1 K Elisaia 26.48:
- WM: 1 G Mandl 19.31;
- MM: 1 R McGregor 30.15
- 2 B Magill 17.53. #

**Watties Forest Half Marathon,  
11 March 2007, Rotorua**

This was the second time this event has been run on forest roads, and while it's a bit of a toughy, most agree it's an excellent course. This year there were 600 entries & 571 finishers recorded. Prize-giving took place under a canopy in the redwoods.

**Mark Williams** (1<sup>st</sup> M35-44) was also 1<sup>st</sup> overall in 1.15.42 (just missing the record set by Colin Earwaker last year of 1.15.26). Colin (Lake City) placed 3<sup>rd</sup> overall this year & was 1<sup>st</sup> M45-54 in 1.17.57.

Second place went to Kent Hodgson of Hamilton Hawks (1<sup>st</sup> SM) 1.16.27.

Women's winner was Sarah Devoy (Hawks) in 1.28.11. Second woman and 1<sup>st</sup> in the W35 category was Bridget Deverall of Cambridge in 1.29.21, with 3<sup>rd</sup> woman Rambler & Mount College teacher, **Philippa Durkin** running her 1<sup>st</sup> event after recovering from a broken ankle 8 months ago. She placed 17<sup>th</sup> overall & 2<sup>nd</sup>/113 SW in 1.30.54.

- Wayne Smith** 14<sup>th</sup> (2<sup>nd</sup>/72 M55+) 1.29.38
- Gavin Smith** 16<sup>th</sup> (3<sup>rd</sup>/80 M45+) 1.29.46
- Les Dobson** 28<sup>th</sup> (7<sup>th</sup>/80 M45) 1.34.07
- Stu Smith** 29<sup>th</sup> (8<sup>th</sup>/80 M45) 1.34.17
- Robert McPherson** 71<sup>st</sup> (7<sup>th</sup>/72 M55) 1.42.26
- Pete Kennedy** 79<sup>th</sup> (16<sup>th</sup>/80 M45) 1.43.50
- Sid Pavett** 137<sup>th</sup> (17<sup>th</sup> /72 M55+) 1.51.47
- Keith Still** 350<sup>th</sup> (49<sup>th</sup>/72 M55+) 2.28.36 (also 1<sup>st</sup> Masters walker & 2<sup>nd</sup> in walk)
- Karen Smith** 383<sup>rd</sup> (29<sup>th</sup>/71) 2.36.51



Oscar Curry  
Bayfair Tri



Half Marathon Winner: Mark Williams



Philippa Durkin 2<sup>nd</sup> Senior Woman

**Bayfair Triathlon: 11/3/07**

Won by Bryan Rhodes in 55.42. Rambler **Gerry Meyer** was in the 1<sup>st</sup> placed team (Ministry of Surf): 1.01.00.

**Terry Furnage** 9<sup>th</sup>/66 in the M40-49 & 46<sup>th</sup> individual in 1.08.28

**Oscar Curry** 5<sup>th</sup>/8 M13-16, 88<sup>th</sup> individual in 1.12.28

**Anna Gould** 25<sup>th</sup>/54 F40-49, 275<sup>th</sup> individual in 1.25.34

**Lea Smith** 3<sup>rd</sup>/11 F50-59, 319<sup>th</sup> individual in 1.29.34

401 individuals & 103 teams finished.

**BOP Secondary Schools T&F  
Champs, Tauranga Domain,  
6/3/07**

Note: only 1<sup>st</sup>- 4<sup>th</sup> placings were recorded in each event, so some Ramblers placings may be missing. Ramblers certainly dominated most events.

**Tracey Hale SG (Otum)**

- 100m 1<sup>st</sup> 12.8
- 100m Hurdles 2<sup>nd</sup> NT
- Long Jump 2<sup>nd</sup> 5.00

**Sarah Yardley SG (Otum)**

- 100m 2<sup>nd</sup> 13.3
- Long Jump 1<sup>st</sup> 5.38
- Triple Jump 1<sup>st</sup> 10.02

**Mariah Ririnui IG (TGC)**

- 100m 1<sup>st</sup> 12.5
- 200m 1<sup>st</sup> 25.9
- Long Jump 1<sup>st</sup> record 5.67
- Shot Put 3<sup>rd</sup> 10.19

**Kylie Tietjens IG (Otum)**

- 800m 1<sup>st</sup> 2.28.91
- 1500m 1<sup>st</sup> 5.08.83

**Gillian Dean IG (TePuke)**

- 3000m 4<sup>th</sup> 12.33.06

**Bronte Angell IG (TGC)**

- 80mHurdles 2<sup>nd</sup> 14.00

**Amy Christophers IG (Otum)**

- High Jump 1<sup>st</sup> 1.50
- Triple Jump 1<sup>st</sup> 10.30
- Javelin 1<sup>st</sup> 31.71

**Shelby Goddard JG (TGC)**

- 800m 4<sup>th</sup> 2.46.69

**Brynmor Davies JB (TBC)**

- 1500m 4<sup>th</sup> 4.57.0

**Maximo Mandl JB (Otum)**

- 3000m 3<sup>rd</sup> 10.21.33

**Michael Heberton IB (MtM)**

- 400m 2<sup>nd</sup> 59.30

**Sam Walker IB (TBC)**

- 800m 3<sup>rd</sup> 2.15.0

**Regan Bones IB (TBC)**

- 1500m 1<sup>st</sup> 4.24.76

- 3000m 1<sup>st</sup> 9.30.30

**Jacob Martin IB (TBC)**

- 1500m 2<sup>nd</sup> 4.30.22

- 3000m 2<sup>nd</sup> 9.36.95

**Jamie Regan IB (Aquin)**

- 3000m 4<sup>th</sup> 10.18.94

**Michael Cochrane IB (Beth)**

- 100m Hurdles 1<sup>st</sup> 19.36

- High Jump 2<sup>nd</sup> 1.75

- Discus 2<sup>nd</sup> 38.30

**Ryan Sowry IB (TBC)**

- Long Jump 4<sup>th</sup> 5.75

**Alex Bilgin SB (TBC)**

- 100m 4<sup>th</sup> 11.7 continued

<b>Andre Harris SB (TBC)</b>		
200m	2 <sup>nd</sup>	23.9
Long Jump	2 <sup>nd</sup>	6.20
Triple Jump	3 <sup>rd</sup>	11.73
<b>Steven Langdon SB (TBC)</b>		
800m	1 <sup>st</sup>	2.07
1500m	2 <sup>nd</sup>	4.41.68
<b>Hamish McKain SB (TBC)</b>		
1500m	1 <sup>st</sup>	4.38.31
3000m	1 <sup>st</sup>	9.45.91
<b>Alec Jackson SB (TBC)</b>		
1500m	4 <sup>th</sup>	4.46.24

**Waikato BOP Secondary Schools  
T&F Champs, Porritt, Stadium  
17/3/07**

<b>Kylie Tietjens IG (Otum)</b>		
1500m	1 <sup>st</sup> /9	4.57.52
<b>Amy Christophers IG (Otum)</b>		
High Jump	1 <sup>st</sup> /12	1.51
Triple Jump	1 <sup>st</sup> /8	10.67
Javelin	4 <sup>th</sup> /8	25.49
<b>Mariah Ririnui IG (TGC)</b>		
100m heat 1	1 <sup>st</sup>	12.94Q
100m final	1 <sup>st</sup>	12.38
200m heat 1	1 <sup>st</sup>	26.14Q
200m final	1 <sup>st</sup>	25.43
Long Jump	1 <sup>st</sup> /12	5.43
Shot Put	4 <sup>th</sup>	10.41
<b>Bronte Angell IG (TGC)</b>		
80m Hurdles heat 3 <sup>rd</sup>		13.81q
80m Hurdles final 5 <sup>th</sup>		14.75
<b>Tracey Hale SG (Otum)</b>		
100m Heat 1	1 <sup>st</sup>	12.86Q
100m final	1 <sup>st</sup>	12.82
Long Jump	2 <sup>nd</sup> /12	4.99
100m Hurdles	1 <sup>st</sup> /5	14.94
300m Hurdles	1 <sup>st</sup>	46.09
<b>Sarah Yardley SG (Otum)</b>		
100m Heat 2	1 <sup>st</sup>	13.23Q
100m final	3 <sup>rd</sup>	13.15
Long Jump	1 <sup>st</sup> /12	5.19
Triple Jump	1 <sup>st</sup> /9	10.48
<b>Maximo Mandl JB (Otum)</b>		
3000m	2 <sup>nd</sup> /9	10.03.06
<b>Michael Cochrane IB (Beth)</b>		
High Jump	2 <sup>nd</sup> /12	1.80
100m Hurdles	1 <sup>st</sup> /6	14.55
300m Open Hurd	2 <sup>nd</sup> /4	42.16
<b>Sam Walker IB (TBC)</b>		
800m	6 <sup>th</sup> /8	2.18.85
Open 2000m		
Steeplechase	5 <sup>th</sup> /6	8.05.19
<b>Regan Bones IB (TBC)</b>		
1500m	3 <sup>rd</sup> /11	4.20.11
3000m	2 <sup>nd</sup> /9	9.19.93

<b>Jacob Martin IB (TBC)</b>		
1500m	5 <sup>th</sup> /11	4.30.06
3000m	3 <sup>rd</sup> /9	9.30.15
<b>Michael Hebenton IB (MtM)</b>		
400m heat 1	4 <sup>th</sup>	56.77q
400m final	7 <sup>th</sup>	57.09
<b>Andre Harris SB (TBC)</b>		
200m heat2	2 <sup>nd</sup>	24.12Q
200m final	3 <sup>rd</sup>	23.52
Long Jump	7 <sup>th</sup> /7	5.57
Triple Jump	8 <sup>th</sup> /8	11.69
<b>Steven Langdon SB (TBC)</b>		
800m	3 <sup>rd</sup> /11	2.02.35
1500m	3 <sup>rd</sup> /6	4.18.69
<b>Hamish McKain SB (TBC)</b>		
1500m	4 <sup>th</sup> /6	4.19.71
3000m	2 <sup>nd</sup> /4	9.36.14

#####  
**STEVEN LANGDON WINS  
FINAL RACE OF CLUB  
SEASON** by Pat Sale

The One Mile Road Championships were held at the final club night of the summer season and Steven Langdon headed the field home in front of Regan Bones and Daniel Smith.

Ginger Mandl was the first woman home and Celeste Labuschagne (SW) and Sid Pavett (MM70-74) dead heated in 18<sup>th</sup> place.

After the mile a barbecue, social evening, and summer prize giving were held.

**Results**

**1 mile:**

- SW: 1 C Labuschagne 7-19.3;
- MW: 1 G Mandl 6- 34.3
- 2 K Smith 8-13.1
- 3 F Smith 9-03.1;
- M14: 1 R Bones 4-55.7
- 2 J Regan 5-26.0
- 3 M Mandl 5-28.0;
- M16: 1R Horan 5-29.2;
- M19: 1 S Langdon 4-53.9;
- SM: 1 D Smith 5-06.8
- 2 M Smith 5-10.2;
- MM 1 R Lake 5-13.9
- 2 L Dobson 5-26.8
- 3 S Smith 5-30.3.
- 4. M Clarkson
- 5 G Smith
- 6 M Powell



**ANZ Track & Field Champs,  
Inglewood, 2-4 March 2007**

<b>Matthew Parsonage SM</b>		
800m	7 <sup>th</sup> Heat 2(11th/14)	1.58.39
1500m	12 <sup>th</sup> Heat 1 (20 <sup>th</sup> /22)	4.07.18
<b>Ben Ruthe SM</b>		
800m	3 <sup>rd</sup> Heat 2 (3 <sup>rd</sup> /14)	1.55.84
1500m	2 <sup>nd</sup> Heat 1 (5 <sup>th</sup> /22)	3.55.70
1500m	2 <sup>nd</sup> final	3.52.75
<b>Justin Carnaby SM</b>		
1500m	7 <sup>th</sup> Heat 2 (16 <sup>th</sup> /22)	3.59.26
5000m	9 <sup>th</sup> /12	15.43.44
<b>Kyle MacDonald SM</b>		
1500m	6 <sup>th</sup> Heat 2 (15 <sup>th</sup> /22)	3.58.20
5000m	6 <sup>th</sup> /12	14.55.28
<b>Tracey Hale W16</b>		
100m	4 <sup>th</sup> Heat 2 (11 <sup>th</sup> /20)	13.02
100m finals	2 <sup>nd</sup> H2 9th o/all	13.11
100m Hurdles	1 <sup>st</sup> Heat1	15.04
100m Hurdles	2 <sup>nd</sup> final	15.16
300m Hurdles	1 <sup>st</sup>	45.88
Long Jump	7 <sup>th</sup> /19	5.06
4x100m relay	WBOP 2 <sup>nd</sup>	50.21
4x400m relay	WBOP 6 <sup>th</sup>	4.11.05
<b>Mariah Ririnui W16</b>		
100m	1 <sup>st</sup> Heat 3 (1 <sup>st</sup> /20)	12.44
100m final	1 <sup>st</sup>	12.33
Long Jump	1 <sup>st</sup> /19	5.58m
4x100m relay	AWBOP 2 <sup>nd</sup>	50.21
<b>Celeste Labuschagne AWD AMB</b>		
100m	2 <sup>nd</sup> /2	18.07
200m	2 <sup>nd</sup> /2	36.90
400m	1 <sup>st</sup> /1	1.16.25
800m	1 <sup>st</sup> /1	2.52.81
1500m	1 <sup>st</sup> /1	5.52.10
<b>Michael Cochrane M16 Octathlon</b>		
100m	3 <sup>rd</sup> /4	12.47
400m	4 <sup>th</sup> /4	54.67
Long Jump	3 <sup>rd</sup> /4	5.64m
Shot Put	3 <sup>rd</sup> /4	11.02m
110m Hurdles	1 <sup>st</sup> /4	15.96
High Jump	no result	
Javelin	3 <sup>rd</sup> /4	32.12
1000m	4 <sup>th</sup> /4	2.55.24
Total	3 <sup>rd</sup> /4	4009points
<b>Sarah Yardley W19 Heptathlon</b>		
100m Hurdles	1 <sup>st</sup> /2	16.92
High Jump	1 <sup>st</sup> /2	1.48m
Shot Put	2 <sup>nd</sup> /2	7.56m
200m	1 <sup>st</sup> /2	27.61
Javelin	2 <sup>nd</sup> /2	20.63m
800m	1 <sup>st</sup> /2	2.37.29
Long Jump	1 <sup>st</sup> /2	5.04m
Total	1 <sup>st</sup> /2	3713 points

**Rebecca Cochran W19 Heptathlon**

100m Hurdles	2 <sup>nd</sup> /2	17.66
High Jump	2 <sup>nd</sup> /2	1.39m
Shot Put	1 <sup>st</sup> /2	8.91m
200m	2 <sup>nd</sup> /2	27.97
Long Jump	2 <sup>nd</sup> /2	4.61m
Javelin	1 <sup>st</sup> /2	21.26m
800m	2 <sup>nd</sup> /2	2.51.66
Total	2 <sup>nd</sup> /2	3331points

**Amy Christophers W16 Heptathlon**

100m Hurdles	4 <sup>th</sup> /5	17.19
High Jump	1 <sup>st</sup> /5	1.60m
Shot Put	2 <sup>nd</sup> /5	8.73m
200m	3 <sup>rd</sup> /5	27.68
Long Jump	1 <sup>st</sup> /5	4.88m
Javelin	1 <sup>st</sup> /5	32.63m
800m	4 <sup>th</sup> /5	2.49.23
Total	2 <sup>nd</sup> /5	3940points

**NZ Masters T & F Champs**  
**Christchurch 2-5 March 2007**

**Eric DeLautour** broke a couple of his own **M85** age group NZ records (set last year) at this meet. Eric sets an example for everyone: that you don't have to slow down- well much anyway! Kids: see if you can run times like these when you're older!

100m	1 <sup>st</sup> /1	20.96
200m	1/1	40.77
400m	1/1	1.33.13
800m	1/1	3.36.30
1500m	1/1	7.16.69
5000m	1/1	26.18.45

**Stephen Te Whaiti M40**

100m	1 <sup>st</sup> /7	12.30
200m	1 <sup>st</sup> /7	25.18
High Jump	1 <sup>st</sup> /4	1.55m
Long Jump	1 <sup>st</sup> /4	5.70m
Javelin	2 <sup>nd</sup> /5	42.61m

**Pentathlon 1<sup>st</sup>/2 2464 points**

- Long Jump	1 <sup>st</sup>	5.70m
-Javelin	1 <sup>st</sup>	42.85m
-200m	1 <sup>st</sup>	26.32
-Discus	2 <sup>nd</sup>	23.54
-1500m	1 <sup>st</sup>	6.28.54



Eric DeLautour

**Northern Region Combined**  
**Events Champs, Porritt Stadium**  
**24-25 March 2007**

**Rob McGregor M65-69 Decathlon**

1<sup>st</sup>/1 5800 points:  
100m 15.16; LJ 4.26; SP 8.79; HJ 1.37;  
400m 1.09.89; 110mH 22.70; Disc 29.04;  
PV NH; Jav 30.29; 1500m 5.45.27.

**Michael Cochran M16 Octathlon**

2<sup>nd</sup>/2 4660 points:  
100m 12.44; LJ 5.78; SP 11.64; 400m  
53.85; 110mH 15.96; HJ 1.77; Jav 33.17;  
1000m 3.02.63.

**Rebecca Cochran W19 Heptathlon**

1<sup>st</sup>/1 3223 points  
100mH 17.67; HJ 1.35; SP 8.73; 200m  
28.72; LJ 4.62; Jav 19.65; 800m 2.48.72

**Bronte Angell W16 Heptathlon**

2<sup>nd</sup>/4 2994 points  
100mH 19.12; HJ 1.38; SP 8.19; 200m  
29.12; LJ 4.77; Jav 15.94; 800m 2.50.83.

**Tracey Hale W16 Heptathlon**

4<sup>th</sup>/4 DNF 2365points  
100mH 15.37; HJ 1.41; SP 7.04; 200m  
27.01; LJ & Jav & 800m DNS



Rob McGregor high-tailing it at club night recently

**NZ Marathon Champs (Mountain to Surf**  
**Marathon) New Plymouth 3/3/07**

First was Stafford Thompson of Ariki in 2.27.11 ahead of Seaton Meredith (Pakuranga) 2.34.04. First Woman was Melanie Burke (ACA) 2.42.16. 51 men & 19 women contested the champs and all up 258 runners & walkers plus 118 two-person teams completed the event .



17 March 2007 - The Hague, The Netherlands - **Samuel Wanjiru** again set a World Record\* in the Half Marathon, clocking 58:35 at the City-Pier-City Half Marathon in The Hague. Wanjiru also broke the 20K World record\* en route with 55:31.

The 20-year-old Kenyan's victory at the 33rd running of this Dutch race bettered his own pending record of 58:53 set in Ras al Khaimah on 9 February this year. He set a ratified World record at the distance (59:16) in Rotterdam, the Netherlands, on 11 September 2005 but this was improved by Haile Gebrselassie three months later with a 58:55 run in Phoenix Arizona (15 Jan 2006).



The women's race was also a solo race for Kenyan Hilda Kibet who won in a personal best of 1:09:43.

**ALL-WEATHER TRACK UPDATE:**

The BOP Times reports that the Millennium Committee has raised \$850,000 so far. It needs approx \$1million to kick things off and will hopefully meet the target to start the track around August this year, with the hope of having it ready for events in the New Year. The surface will be Mondo. All donations gratefully accepted.

**For Sale:**

Adidas Track and Field running shoes size: Nine and a half. Only used once. \$50. Contact Carol McCartney daytime 5777070, evening: 5421566



## COMING EVENTS

### 31 March & 1 April

North Island Secondary Schools Champs, Ericsson Stadium ( Mt Smart) Auckland. Results will be in April newsletter

### 1 April

Solid Energy 10km, Weavers Park, Huntly

### 5 April

Everyone's Run /Walk, 5km, starts 5.45pm Maxwells Rd

### 6-9 April

Happy Easter, eat chocolate!

### 7-8 April

NZCAA Grades 12 & 13 Interprovincials, Christchurch.

### 12 April

Everyone's Run/ Walk, 5km or 10km, starts 5.45pm Maxwells Rd

Final night :dress-up '70-80's retro running gear theme. Prize for best costume. (Most of our vet's will have some hidden away!)

### 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.

### 14 April

Xterra, Blue Lake, Rotorua, 11 & 21km trail walk/run, also individual & teams triathlon [www.xterrnz.com](http://www.xterrnz.com)

### 15 April

Half 4 Heart Half Marathon, 10km, 5km & 3km run/walks from Fergusson Park, Matua. [www.enteronline.co.nz](http://www.enteronline.co.nz) or entryforms available from Community Sport Trust [www.communitysport.co.nz](http://www.communitysport.co.nz) & Sports shops.

### 17 April

Annual General Meeting. Don't forget 7.30pm Waipuna Clubrooms.

### 21 April

Training runs at Blue Lake, Rotorua. Meet 4.15pm outside holiday camp. Make own accommodation arrangements if you are staying over.

### 28 April

Rotorua Marathon [www.rotoruarunners.co.nz](http://www.rotoruarunners.co.nz) The Club has been asked to provide marshalls for the 5 & 10km events. Let Malcolm know if you can assist, then watch the marathoners!

### 5 May

Run at Bayfair Reserve, Russley Drive, Mt Maunganui. Meet 1.45pm

### 6 May

WBOP Masters Annual Cross Country, Waipuna Park, Welcome Bay. Waikato trophy & Masters Trophy. Womens race (3km) starts 1pm followed by Mens (6km) at 1.40pm. Also club 4 person teams comprising 1 man & 1 woman over 50 years & 1 man & 1 woman 35-49 years. Non members of NZMA welcome to race, but only members may compete in teams event. Also a 3km walk option. Entry fee \$6.00. Bring a plate for afternoon tea. Lots of prizes! Further info Ph Fay Riley 5769575.

### 12 May

Cambridge Cross-Country Relay from Cambridge Athlete Club Grounds. Approx 3km lap. All abilities welcome. Enter through Bev Smith at least 1 week prior. Bus trip, times to be advised.

Some of this month's unsung heroes



THANKYOU THANKYOU THANKYOU  
*Hey: thanks again for the awesome effort put in by all those who helped bag and distribute the telephone directories. Especially Tanya & Gary Garner & Malcom Taylor for their supreme organisation*

