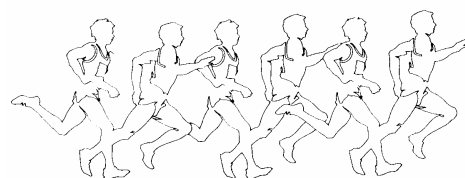


Ramblings

Newsletter of Athletics Tauranga Incorporated



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ATHLETE OF THE MONTH

May 2007



JACOB MARTIN

Awesome wins in the Tauranga Open M16 (6km) & Super 8 (4km), & 2nd place at BOP-Mid Islands Secondary Schools Cross Country.

Congratulations:

Malcolm Taylor has been awarded a QSM for Services to Athletics in the Queen's Birthday honours lists.

Totally deserved! Congratulations Malcolm!(see story Page 7)

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Editorial: Hey, what a wonderful month and start to serious winter running competition. The team is looking good and I take this moment to welcome a bunch of new members including John Addy, who especially travelled all the way from the Channel Islands, because he heard we are THE CLUB! Our new ladies include Jess Ruthe (at last!) Tessa Lee (ex Hawks & TGC) and Heidi Wrigley, who also has some pace!

FIVE WAYS IN WHICH YOU CAN HELP THE CLUB AT LOCAL EVENTS

1. Just turn up- a good turnout is the best reward for those organising runs. Even if you are injured or have done your daily workout, your presence will be appreciated.
2. Arrive early- help set up the course, get the juice ready, set out the tea cups, turn on the zip, or whatever- any help is great!
3. Offer to assist with timekeeping/ recording etc.
4. Gather up the markers etc after racing. If you are doing a warm down lap, don't run past markers or leave them for someone else.
5. Help with tea duties and cleaning up/ dishes/sweeping floor. Don't leave it for the same old few.



CAMBRIDGE XC RELAYS, 12/5/07

It was a nice day for running. The course over approx 3kms was dry & firm, & weather fine. Ramblers Senior men put in two evenly matched teams who battled against each other for 1st & 2nd placings. An excellent run came from Daniel Smith up against John Caie in the 3rd leg. Hawks came in third.

In the Masters grades, Ramblers placed 2nd, losing out to Hawks, but defeating Lake City.

In the U12 2km race, which was won by Serena Murrhiy, little 6 year old Mia Pugh proved that she has inherited some of her parents racing genes, by beating several much older children.

Ramblers results:

<u>1st SM</u>		<u>2nd SM</u>		<u>9th SM/12</u>		<u>2nd MM</u>		<u>6th MM/9</u>	
Mike Pugh	9.39	Kyle MacDonald	9.53	Braden Neal	11.16	Gavin Smith	11.22	Brendan Magill	11.41
Craig Kirkwood	9.40	Ben Ruthe	9.24	Mathew Smith	11.44	Stu Smith	12.04	Robert McPherson	13.22
John Caie	10.46	Daniel Smith	10.26	Jamie Regan	12.01	Murray Clarkson	11.37	Mike Powell	13.02
Ben Ruthe	<u>9.18</u>	Craig Kirkwood	<u>9.42</u>	Josh Dyer	<u>13.08</u>	Terry Furmage	<u>11.20</u>	Malcolm Taylor	<u>15.02</u>
	39.23		39.25		48.09		46.23		53.07

5th SW/5

Cindy Taylor	14.25
Nikki Furmage	15.34
Robyn Winter	<u>17.21</u>
	47.20

U12 2km/16

5 th Kelly Furmage	9.45
9 th Briana Booth	10.51
11 th Mia Pugh	10.53
12 th Jodi Furmage	10.58



Dan gets 8/10 for the balance beam- or is it some form of martial arts?



Brendan opts for the plunge dive



Senior Men "C team"

Ben- a wee bit quick of the mark maybe??



FITNESS ON YOU FEET, 5km Run Walk Series

At the inaugural event on 17th May 2007, staged from Kulim Park, Matua, and run in windy conditions, **Mark Williams** continued on as he had in the Everyone's run winning in 16min 21sec. **Dan Smith** was 3rd in 17.09. **Jacob Martin** 4th 17.38, **Maximo Mandl** 5th 18.33, **Ben Ruthe** 6th 18.34, **Stu Smith** 7th 19.09, **Josh Dyer** 8th 19.43, **Jamie Regan** 9th 20.20, **Mike Powell** 11th 22.03, **Karen Smith** 19th 30.50, **Anna Gould** 2nd walker 36.02. Total 19 runners & 11 walkers. 24th May 2007

26 runners & 25 walkers took part. **Dan Smith** won in 16.52, **Jacob Martin** 3rd 17.37, **Maximo Mandl** 4th 18.52, **Jamie Regan** 5th 19.49, **John Addy** 6th 20.14, **Ginger Mandl** 1st woman, & 10th overall 21.22, **Mike Powell** 11th 21.26, **Stu Smith** 12th 21.27, **Eric De Lautour** 23rd 30.57, **Karen Smith** 24th 30.58. **Anna Gould** 2nd walker 34.25, **Kerry Smith** 8th walker 41.48, **Murray Chell** 9th 41.51, **Bev Smith** 25th NT.

**RUSSLEY DRIVE RELAY,
BAYFAIR, 5/5/07**

Teams ran together dropping one runner each lap, leaving the speedsters & stayers until last. Thanks to Mike Powell for organising.

<u>1st</u>		
Lea Smith (W50)	7.10	7.10
Cindy Taylor (W50)	6.23	13.33
Murray Clarkson(M55)	5.26	18.59
Gavin Smith (M50)	5.32	<u>24.31</u>
<u>2nd</u>		
Karen Smith (W50)	7.53	7.53
Robert McPherson (M65)	6.06	13.59
Brynmor Davies(B14)	5.40	19.39
Russell Lake (M35)	5.08	<u>24.47</u>
<u>3rd</u>		
Eric De Lautour (M85)	7.45	7.45
Richard Powell (SM)	6.26	14.11
Mathew Smith (SM)	5.33	19.44
Daniel Smith (SM)	5.49	<u>25.33</u>
<u>4th</u>		
Robyn Winter (W55)	7.58	7.58
Mystique Blockley (G12)	6.34	14.32
Mike Powell (M55)	5.40	20.12
Wayne Smith (M55)	5.23	<u>25.35</u>
<u>5th</u>		
Celeste Labuschagne (SW)	7.01	7.01
Deidre Lack (SW)	7.17	14.18
Stu Smith (M50)	5.45	20.03
Les Dobson (M45)	5.44	<u>25.47</u>

**WBOP MASTERS CROSS
COUNTRY, WAIPUNA, 6/5/07**

Not a very big turnout, with Lake City & Whakatane Clubs notably missing & also a poor turnout from the Waikato. Great afternoon tea & plenty of prizes. Murray Clarkson won on age graded handicap.

<u>Womens 3km</u>		
Robyn Winter (W57)	2 nd	17.03
Karen Smith (W54)	3 rd	17.31
<u>Combined Walk 3km</u>		
Colin Clifton (M80)	2 nd	23.23
<u>Men 6km</u>		
John Caie (M41)	1 st	20.53
Terry Furmage (M46)	2 nd	22.15
Gavin Smith (M54)	3 rd	22.49
Murray Clarkson (M59)	4 th	22.59
Glenn Reynolds (M44)	5 th	23.38
Stu Smith (M53)	6 th	23.49
Robert McPherson (M65)	8 th	27.03
Barry Watson (M52)	9 th	28.56
Eric De Lautour (M86)	11 th	36.24
Brendan Magill	dnf	

**HUNTLY HALF MARATHON
20th May 2007**

Some awesome talent at this year's event. A number of our athletes used it as a trial for Christchurch next month and the Gold Coast Marathon.

<u>Half Marathon (729 runners)</u>		
Mark McKeown	1 st (1 st /123 SM)	1.10.19
Kyle MacDonald	3 rd (2 nd /123SM)	1.12.08
John Caie	6 th (1 st /72 M40)	1.12.59
Cindy Taylor	197 th (3 rd /19 W50)	1.42.02

<u>Half Marathon walk (212walkers)</u>		
Keith Still	6 th (1 st M50)	2.18.44

<u>10km (915 run& walk)</u>		
Ben Ruthe	1 st (course record)	30.27
Craig Kirkwood	3 rd (3 rd /70 SM)	31.21
Jess Ruthe	6 th (1 st Woman/record)	33.23
Brendan Magill	22 nd (4 th /28 M40)	37.56

**KAIMAI CLASSIC,
MULTISPORT, 20/5/07**

This event incorporates a hilly offroad 5km run in McLarens Falls Park, 17km Mountain Bike from McLarens Falls to the Wairoa River, 11km Kayak, finishing opposite Waimarino, a 23km Road cycle around Te Puna, then another 11km run up Wairoa Road and down Minden Road, finishing at The Blacksheep Tavern.

Quite a few Ramblers were called upon for their running & other skills, as part of teams. One or two were crazy enough to go solo. All up around 800 participants plus support crews.

The event was won by Dwarne Farley for the 5th time in 3hours 21min, followed by ex Rambler **Brad Smith** in 3hours 33min. Brad was supported by all the family at transitions, including Ramblers parents, Wayne & Lea Smith.

Tony Chudley, always a strong contestant, came flying into the finish in 3rd place in the individuals (1st VM 40plus) in 3 hours 38 min.

Gavin Smith in his 2nd solo attempt (with myself as support) just missed going under his goal of 4 hours, which he attributes to a strong incoming tide in the kayak leg. His time was 4hours 01min, over 15minutes quicker than last year, placing him 14th individual and 1st VM50plus.

Also going it alone was **Dave Whitehead**, who finished in 4hours 33min (3rd M50 plus & 49th individual.)

Waimarino supplied a free entry, snapped up by staff member **Andrea Smith**, who formed a team with Ramblers **Mathew Smith, Kerry Smith & Braden Neal**. They placed 4th Mixed 4 person team (28th team overall) in 3hours 55min.

Mark Williams did the run legs in the highly competitive Bike & Pack team, which placed 2nd overall in 3 hours exactly, less than a minute behind the winning team headed by John Hume.

Jacob Martin was there supporting his talented brother Zac, who took out the School's individual grade in 3hours 52 minutes.

Russell Lake's team Profix, completed the event in 3hours 35min for 10th team (2nd Mixed 4 person).

Oscar Curry did the run legs for Tauranga Boys College, who finished in 4 hours exactly, (34th team & 5th in their grade).

Angus Curry's School team finished in 4hours 11min in 51st place & 5th in grade.

John McKinley did the last run leg for his National Bank's "Team Fuey". They did 4 hours 21min for 75th team (6th 5 person Men).

Terry Furmage's Gate Pa Plodders were 68th team overall (7th Mixed 4 person) in 4 hours 18min.

Philippa Durkin's Mounties team had some mishaps in the Mountain bike leg, but they continued to finish unofficially, with a strong last lap run by Philippa.

Have I missed anyone?- hopefully not, but it's pretty hard to catch everyone at such a big event.



Russell Lake No 229

Confessions of an Off-Road Junkie, by Wayne Smith

While some of us get our summer fix by running around a 400m track, and others by chasing around any road races that are available, a few of us who seek something more adventurous, follow the off-road circuit.

There are heaps of off-road events within a couple of hours travel from Tauranga and heaps more if you care to travel further.

What are the attractions of getting down & dirty?:

The courses are scenic and a real challenge.

They are often in the bush, so are cooler than being out in the sun.

They toughen you up & keep you alert.

They are a great leveller- even the fast guys slow down on the tricky stuff.

Where are they?

Traditional up & down mountain races are still held at Mt Edgecumbe, Mt Maunganui, Pauanui, Ngongotaha & Te Aroha.

Real off-road events include: The Goat-Ruapehu, Tussock Traverse- Ruapehu, Toi's Challenge- Whakatane, Kaweka Challenge- Napier, Kauri Run-Coromandel, Maratoto Challenge-Hikutaia (Thames/Paeroa Rd).

In addition to these events there are some great off-road legs in some of the Multisport events, especially Kaimai Classic- Tauranga, Xterra- Rotorua, Motu Challenge- Opotiki, Monty's Revenge-Whakatane, and Maungatautari Mission, Cambridge

And the Confessional:

* I have been known to have a few walks in races when I'm stuffed- you just wait till you are out of sight of other runners- now you cant do that on a 400m track!

* I went out once, not far from home, and got caught in snow while very under-dressed- not a happy time.

* I have been reported lost once by my wife- I wasn't really lost, I just didn't know where I was.

* I have discovered that I am allergic to something in the bush, that on the odd occasions causes my face to swell up- so I always carry anti-allergy pills.

* I once knew that the track I was about to run was likely to be a bit prickly and overgrown so I cut off some old suit pants at the knee & ran in them- worked great!

* I have had numerous spills & work on the theory that if I am in a race & haven't taken a spill then I haven't gone hard enough. My most recent spill was at the Blue Lake, only a few weeks ago & needed 6 stitches, but I finished my workout before I took myself to hospital.

Hope this article has tempted a few of you to give "Off Road" a go next summer- it really is good fun!

*I deliberately didn't include the Rotorua Forest Half Marathon as an off-road run, as it is really a bit soft- isn't it?

*My favourite off- road run is "The Goat" Jason Cameron excels himself in organising this one.

Cheers

"The Oldest Billy Goat Gruff"

#####

BOP MID ISLAND SECONDARY SCHOOLS XC CHAMPS, WAIPUNA 16/5/07

A super day of racing and fine weather. A few Ramblers also turned out early to help set up the course & assist timekeeping & at the finish chute.



TBC Intermediate Grade team. Ramblers took out the first 5 placings!

Results:

Jnr Girls 3km (53 finishers)

Won by Emma Jackson of Otumoetai in 11.55.41.

Int Girls 3km (45 finishers)

Won by Julia Edward of Rotorua GHS in 11.46.78

Gillan Dean (Te Puke) 6th 12.26.95

Snr Girls 4km (21 finishers)

Won by Lydia O'Donnell TGC 16.50.76

Jnr Boys 3km (56 finishers)

Won by Shay Williamson, Whakatane in 10.26.34

Declan Horan (Otum) 3rd 10.30.66

Maximo Mandl (Otum) 7th 10.54.46

Brynmor Davies (TBC) 8th 10.58.54
 Angus Curry (TBC) 11th 11.17.10

Int Boys 4km (50 finishers)

Regan Bones (TBC) 1st 14.04.86
 Jacob Martin (TBC) 2nd 14.22.26
 William Marshall (TBC) 3rd 14.54.39
 Oliver Brown (TBC) 4th 15.10.44
 Oscar Curry (TBC) 5th 15.14.93
 Reilly Horan (Otum) 8th 15.43.02
 Sam Walker (TBC) 9th 15.50.88
 Jamie Regan (Aquinas) 18th 16.19.02
 Braedon Taylor (TBC) 31st 17.05.91
 Michael Hebenton (MtM) 39th 17.22.56



Malcolm Taylor offers encouragement



William Marshall put in a great effort to finish 3rd Intermediate Boys 4km

Snr Boys 6km (33 finishers)

Won by Daniel Jones of Trident in 22.03
 Hamish McKain (TBC) 4th 22.35
 Steven Langdon (TBC) 5th 23.41
 Alec Jackson (TBC) 9th 24.32
 Dale Bull (TePuke) 12th 24.47

#####

**Secondary School's Super 8
Cross Country at Waipuna Park
21/5/07**

Teams competing included Tauranga Boys College, Hamilton, Rotorua, Hastings Napier, Gisborne, & New Plymouth.

TBC proved too strong for the others, taking out the teams titles in all 3 grades.

Fantastic running from Jacob Martin who reversed the tables from the recent TBC & BOP/Mid Island SS Champs, beating team mate & rival Regan Bones. Jacob's time was 44 seconds faster over the course, than his previous effort.

Ramblers involved were:

Senior Boys 6km (47)

Hamish McKain	2 nd	21.28
Steven Langdon	5 th	21.59
William Marshall	6 th	22.03
Sam Walker	19 th	23.30
Alec Jackson	23 rd	23.45

Junior Boys 4km (45)

Jacob Martin	1 st	13.38
Regan Bones	2 nd	14.08
Oliver Brown	6 th	14.47
Braedon Taylor	14 th	15.10
Brynmor Davies	21 st	15.37

Year 9 Boys 3km (38)

Angus Curry	10 th	11.05
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**TAURANGA OPEN CROSS
COUNTRY, WAIPUNA, 26/5/07**

Plenty of Ramblers in attendance, including a few whom we haven't seen in a while, and fine weather, fantastic!

Thankyou to all those who turned out to set up the course, make sandwiches, organise prizes & kids race packs, marshall, timekeep, take entries & record etc.

Overall, the day went pretty smoothly and some pretty thrilling racing kept a good sized crowd entertained. Highlight being the battle between Ben Ruthe & Mike Pugh out front in the senior men's race. In the masters race, Gavin Smith kept the pressure on Trevor Ogilvie of Lake City in the 50 plus grade, managing to hold him off for a couple of laps, but Trevor dug deep and had the stronger finish. In the Junior grades Jacob Martin pulled out another star performance to win the M16 race. Laurie Pugh took out the Senior Women's title.

Results:

MM 35-49, 8km (17finishers)

Won by Dave Sharp (Thames) in 29.16

3 rd	Russell Lake	31.12
4 th	Terry Furmage	31.22
10 th	Bruce Dean	33.45
11 th	Les Dobson	34.28
12 th	Kirk Brennan	36.02
13 th	John McKinley	36.36

MM 50+, 8km (17 finishers)

Won by Colin Earwaker (Lake City) in 28.46

3 rd	Gavin Smith	31.44
4 th	Murray Clarkson	33.08
5 th	Stu Smith	33.51
8 th	John Addy	36.36
10 th	Robert McPherson	36.54
11 th	Mike Powell	37.10
13 th	Barry Watson	39.45

SM, 8km (12 finishers)

1 st	Ben Ruthe	26.35
2 nd	Mike Pugh	26.38
3 rd	Kyle MacDonald	27.12
5 th	Dan Smith	30.15
9 th	Mathew Smith	36.03
11 th	Josh Dyer	37.09

MW 35+ , 4km (11 finishers)

Won by Lee Ann Sharp (Thames) in 15.46

5 th	Ginger Mandl	18.20
6 th	Cindy Taylor	18.38
7 th	Raewyn Keyte	19.39
8 th	Anna Gould	21.21
9 th	Lea Smith	22.51
10 th	Robyn Winter	23.46

SW, 4km (14 finishers)

1 st	Laurie Pugh	16.00
2 nd	Heidi Wrigley	16.06
4 th	Tessa Lee	16.49
12 th	Celeste Labuschagne	19.10
13 th	Deidre Lack	20.40

W16, 4km (8 finishers)

Won by Julia Edward (Rotorua) 16.34

W19, 4km (12 finishers)

Won by Camille Buscumb (Hawks)14.56

8 th	Gillian Dean	17.47
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M16, 6km (9 finishers)

1 st	Jacob Martin	21.32
3 rd	William Marshall	23.15
4 th	Oscar Curry	23.42
5 th	Oliver Brown	23.52
6 th	Sam Walker	23.59
7 th	Reilly Horan	24.42
8 th	Jamie Regan	24.50
9 th	Michael Cochrane	30.02

M19, 6km (2 finishers)

Won by Dane Shearman (Matamata) in 21.23

2 nd	Braden Neal	24.09
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B14, 3km (17 finishers)

Won by Shay Williamson (Whakatane) in 10.09

2 nd	Declan Horan	10.14
4 th	Maximo Mandl	10.41
7 th	Brynmor Davies	11.07
11 th	Angus Curry	11.38

G14, 3km (11 finishers)

Won by Maggie Untenaker (Frankton) in 11.29

9 th	Nikki Furmage	14.30
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B12, 2km (15 finishers)

Won by Tom Taylor (Tga Int) 7.48

G12, 2km (23 finishers)

Won by Alice McFall (Aquinas) 8.12

5 th	Mystique Blockley	8.46
13 th	Kelly Furmage	9.30
18 th	Jodi Furmage	10.33

B10, 1km, (30 finishers)

Won by Andrew Robinson (MtM) 3.20

G10, 1km (19 finishers)

Won by Kirsty May Burrows (Matua) in 3.40

12 th	Abby Furmage	4.30
14 th	Mia Pugh	4.43

Walk in the Park (4km)

1 st	Colin Clifton	33.21
2 nd	Alex Whimster	37.08



Mike & Ben



McLarens Falls Relays
19th May 2007

Another picturesque day in the Park with the pretty autumn colours. Numbers were down due to the Kaimai Classic & Huntly half Marathon being staged the following day. Plenty of afternoon tea & a sausage sizzle followed. Results will follow in next newsletter as they haven't been handed to me yet.



Mystique Blockley followed by Mike Powell



John Addy

RUNNER PROFILE:



JOSH DYER

Age: 24

Started Running: When I was 10

Favourite Distances: 1500m & 800m

Most Memorable Races: Winning National Colgate Games in 1500m & 800m

Titles: Won Secondary Schools Nationals in Triathlon & Duathlon as a senior.

Other Sports & Interests: Triathlon & Duathlon

Goals: To improve my running over winter

Thoughts on the Club: Great support from Ramblers



Sid & Eric at McLaren's Falls Park

Tireless Taylor Honoured,
04.06.2007, BOP Times

By **JAMIE TROUGHTON**



Malcolm Taylor has held a huge range of titles at Tauranga Ramblers - although most of them have involved pushing paper, running around marking tracks and setting up high-jump stations.

Since he traded in his competitive career for officialdom, the one constant has been his passion, helping nurture generations of talented athletes and being a driving force behind getting an all-weather track in Tauranga.

That passion has now been rewarded, with the affable Taylor awarded a Queen's Service Medal in the Queen's Birthday honours today.

"There is a big group of people behind me and the key thing is bringing them together and getting them to achieve results, especially when we're doing big events," Taylor said.

"My greatest satisfaction _ apart from the events _ is seeing young athletes achieve goals and knowing you've had input into them achieving.

"You do have a lot of officials and coaches toiling away in the background _ I might be the more visible one but that's only because I'm always chasing athletes around Waipuna Park trying to get the best out of them."

Taylor, now 55, joined Ramblers in 1966, when older brother Gordon dragged him

down to a club night.

In the early 1970s he got into the organisational side of the club, inspired by his brother and former president Graham Bennett.

It was the heyday of athletics. New Zealand runners were middle-distance supremos and John Walker was a regular visitor to the Twilight Athletics meeting at Tauranga Domain every year.

"While Gordon was often more in the public eye, Graham was the one who toiled away in the background.

"There was one time he organised the Tauranga Twilight meeting after being diagnosed with cancer. He was lying in bed and I became his go-for. He organised that Twilight meeting from his bed.

"He was my mentor, and I was probably his apprentice _ unbeknown to me," Taylor says.

Taylor's own running career was full of potential _ he was a Waikato/Bay of Plenty road race and crosscountry representative _ but he struggled to make the next step, as witnessed in an early race against Paul Ballinger.

Ballinger still holds the national marathon record and was a rising force just before Christmas in 1973, when Taylor nearly took him down.

"We were dawdling around over 3000m and he went past, so I just started trailing him.

"We were heading for a 9:10 time but I ended up running my personal best of about 8:46.4. I got beaten by an inch _ and the only reason was because I hesitated and thought `what am I doing here _ this guy's too good'. Everyone expected big things from me after that but I never reached those heights again!"

Taylor has been a volunteer coach at Tauranga Boys' College for the last two decades, helping win a swag of national junior titles. His one goal in the next 30 years is to translate that success to the

senior ranks.

"I guess the one thing I'm still hoping is that I'll be around when we find that star who will go all the way and run at the Olympics. That would be pretty satisfying, although if it doesn't happen, the athletes we have had have already made it pretty special."

That goal has been given a huge kick by the impending all-weather track, likely to be started at the Domain in the next year.

"It's probably going to have the biggest impact on athletics as far as providing facilities for the athletes, though Ben and Jess Ruthe and the likes of Craig Kirkwood are also going to have a big impact in the senior ranks over the next five years ... It's those sorts of people who have got to keep the sport in the public eye, although the track will attract more athletes and coaches."

Farewell & Good Luck

Club members Ginger Mandl & Maximo Mandl are heading over the ditch to live in Oz in June. We'll be sorry to see them go but wish them well in their new home.

Let's hope they remember to send us plenty of E-mails letting us know how they are getting on and whether they've joined any running clubs there.



You know you're a cross country runner when:

1. you roll your eyes when people say, "You run three miles...at once?"
2. you get irritated when more than half the people you know don't know the difference between cross country and track.
3. you come up with weird answers to questions like "why do you run so much?"
4. you think sprinting is for wussies.
5. the most enjoyable time you've had all month is a day off from practice.
6. you schedule dates around meets.
7. you spend more on training clothes than good clothes
8. you measure distance in time
9. You talk to your coaches more than your parents.
10. watching the New York Marathon on T.V. made you get up and go for a run.
11. You don't laugh everytime you hear the word "fartlek".
12. Every time you go to a park you evaluate how good of a xc course it would be.
13. You would rather run uphill than down.
14. you know almost every street in your town because you ran them so many times.
15. You can identify your team members by just looking at the waist down
16. You can eat your weight in pasta...in one sitting.
17. You can identify your team mates from their breathing alone.
18. You're good at hurdling real estate signs, dogs, and puddles
19. Your toughest competition and best friend is the same person.
20. You size up every hill, track, path, lane, road, field, and anything else that may get marked on a map for its training potential.
21. you have 3% or less body fat and you are not Somalian.
22. you've ever started a conversation with someone just because they have a t-shirt on from a race
23. your coach wont give you a ride home – he makes you run
24. You have scars on your shins from running spike mishaps.
25. Reading this list made you go out for a run.

COMING EVENTS

2 June

Queens Birthday weekend- no club run –see 3rd June

3 June

Mt Joggers (ABN.Amro) Half Marathon. Mount Maunganui, entry forms available in sport shops also 10km & 5km runs & walks. Starts from 9 am

www.communitysport.co.nz

6 June

Waikato/BOP Secondary Schools Cross Country, Porritt Stadium grounds, Hamilton

7 June

Fitness on your Feet 5km, 5.45pm Kulim Park, Matua

9 June

Tauwhare Cup XC Races, Bus trip. Held on farmland at a rural settlement near Morrinsville, cowpats & all. Attracts athletes from all over Waikato-BOP. Take plenty of warm gear as can be exposed. Enter through Race Secretary- Bev Smith

14 June

Fitness on your Feet 5km, 5.45pm Kulim Park, Matua

16 June

NZ Secondary Schools Cross Country Champs & NZ Short Course XC Champs, Halswell Quarry Park, Christchurch. See www.nzssaa.org.nz for details. Also see www.athletics.org.nz "Halswell races", for short course.

Also 16 June

Foster-Smythe Handicap XC Race, Rotorua. A 10km one lap course over fairly rugged farmland. Also a separate 3km race for younger grades or those wanting a shorter run. Enter through Club, but make own transport arrangements. Afternoon tea put on at Lake City's clubrooms after the event. Showers available.

21 June

Fitness on your Feet 5km, 5.45pm Kulim Park, Matua

23 June

Club XC run at Somerhill Farm. Meet 1.45pm at top of Reid Road, off Welcome Bay Rd, Gold coin donation required from each runner for use of private farmland.

28 June

Fitness on your Feet 5km, 5.45pm Kulim Park, Matua

30 June

North Island XC Champs, Taupo. Top class racing with big fields in each grade. Not to be missed! Bus trip (time to be advised) & usually a hot swim after racing, followed by dinner at Rotorua (MacDonalds or similar) on return trip. Awesome day out. Enter through club, Bev Smith. Some runners may be required to run in WBOP team colours.

1 July

Kawerau Half Marathon & 10km run. Entry forms usually available from sports shops.

7 July

Willacy Memorial Handicap Races, Waipuna Park. Meet 1.45pm. Series of races on handicap, for all grades. Trophies for winners of each race.

Please bring a plate for afternoon tea