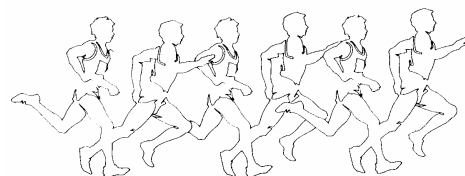


Ramblings

Newsletter of Athletics Tauranga Incorporated



October 2007

Volume 2007, Issue 10

Editor Fay Smith
Ph/fax 5443666, Email:
gc.flsmith@xtra.co.nz

Inside this Issue

Page

- 1** Athlete of the Month
Editorial & Notices
- 2** National Road Relays,
Timaru, by Mark Williams
- 3** NRR continued...MM50 by
Wayne Smith
- 4** NRR results
Kawerau & Papamoa Hills
Mountain Races
- 5** Auckland Marathon
Porritt Track & Field Meets
Opening TrackClub Night
- 6** Club nights continued
- 7** Stateside, Chicago etc &
Prizegiving
- 8** Coming Events



ATHLETE OF THE MONTH

October 2007



Iain MacDonald

For a superb 4th place ahead of 4 times winner, Dale Warrander, in the elite Sir Barry Curtis 10km road race in Auckland.

Then, an extremely close 4th placing in the competitive Auckland Half Marathon: 1.09.13.

Iain also ran an outstanding 1st leg in the National Road Relays, with only Phil Costley ahead of him by 11secs, taking the Ramblers team into a silver medal position, which they held.

Club Contacts:

President: Malcolm Taylor Ph 5760000
Secretary: any volunteers????
Treasurer: Alex Whimster Ph 5765039
Event Entries: Bev Smith Ph/fax
5764469

Email: klbjsmith@clear.net.nz
Uniforms: Bev Smith Ph 5764469

Club Email:

athletics.tauranga@xtra.co.nz

It's been a busy month for our athletes, who have featured prominently at various events Nationwide.

Highlight would have to be the road relays at Timaru. A great time was had by all those who travelled down. Not only was the event extremely well run, but I hear the parties, and after-race functions were pretty enjoyable too, for those who remember them!

Quite a few of us also took the opportunity to view the Jack Lovelock display at the Timaru Boys College on the Friday evening.

Helpers needed:

With daylight savings here the Thursday evening Everyone's Run/Walk series recommenced on November 1st from Maxwells Rd. Volunteers are needed to assist with marshalling, entries, recording & timekeeping. If they get enough names then these will be put on a weekly rotation list. Let either Jason Cameron (Ph 07-8922667 or 021 465274) or Malcolm Taylor know if you can help out.

Newsletter Articles

Please don't be shy about sending in information or articles about any events you have attended. I can't be everywhere, and there is nothing like a first hand account, especially if you can make it amusing!

Thankyou to Mark, Wayne & Pat for their contributions this month.



NATIONAL ROAD RELAYS,
Timaru, 6th Oct 2007,
Tauranga Ramblers take the
Silver by Mark Williams

Last year in Fielding, there were seven very happy men after the Ramblers took their first medal in national road relay history, taking the bronze behind two very strong teams in Wellington Scottish and Bays Cougars. It was especially sweet as the Scottish and Cougars had shared the honours in this competition for the past 14 years. However, this year, not only did the Ramblers take silver, but they also relegated the Cougars to the bronze medal position and the Scottish to an unprecedented 4th place, their first time out of the medals for a very long time.

First up was an 'on fire' Iain McDonald, up against the formidable Phil Costley, Scott Winton and Matt Ingram. However, Iain took Costley all the way and finished up putting the Ramblers in the silver medal position, something that they did not relinquish for the remainder of the race. Iain handed the baton to his brother Kyle, or was it the other way round. Anyway, Kyle was also against strong opposition in Andrew Davidson of Canterbury. However, although Davidson ran a superb leg to increase Canterbury's advantage, Kyle hung on to second and handed over to former US college track star Mark McKeown. McKeown, a trial and hill specialist was licking his lips at the thought of the hill leg and undoubtedly the toughest of the 8 legs. He was not going to run at 90% and he gave it his all to have 'nothing left' at the end of his run, handing over to good friend and training partner, Ben Ruthe. This leg was the 'Clash of the Titans'. All the big guns were out; Warrander, Buck, Smith and of course Ruthe. Ben was in a tough position going into the leg; over one minute behind Matt Smith (Canterbury), but 30 seconds in front of Warrander (Cougars). This meant that he had to run into a headwind for over 11K on his own. However, Ben is a machine and he claimed the fastest leg of the day to keep the Ramblers in a strong position. Next up, the master John Caie. John being 41 was racing against a number of runners half his age and his performance must go down as one of the greatest legs in Ramblers history. His run was astounding and he kept up the

position and the Ramblers now began to feel that the impossible could actually be achieved. Leg 6 was Williams. Not a young man himself, he had a 38 second advantage over Scottish and Bays going into the leg, knowing that these two teams had faster runners. The instructions were clear, 'Hold your position'. Being a man of the trenches, Williams knew what this meant, and the 'Buff Shuffler' shuffled his leg holding off Scottish by 15 seconds to hand over the penultimate leg to Kirkwood. Craig Kirkwood does not understand the word 'pressure'. The tough, hilly leg was not an issue for a man such as himself, pulling away easily from Scottish and Bays, and giving the team a one and a half minute advantage over the chasing teams to hand over to the final runner, Mike Pugh. Mike knew the lead he had and all he had to do was finish his leg and the job was done. In the process he also passed his wife running for the Rambler's women, which meant that the pre-race bet of who would cross the line first had been won! A double whammy for Pugh as he crossed the line and the silver was theirs. Not a bad day's work for eight regular guys.

Thanks also to the support team of Andy, Dan, Jess, Suzanne and Kerry. A great weekend!



Ruapehu on the flight home



The crystal trophy presented to Jack Lovelock by Hitler, on display at Timaru Boys College, estimated value over \$1million



The silver medal winning Ramblers Senior men's team at prizegiving.

Timaru Road Relays 2007 –Old Codgers 50+ Team



M50 team before the start



The M19 team at the Aorangi Park all-weather track



Womens relay start, featuring Michelle Pollard for Ramblers, chasing leg1 winner Gabby O'Rourke of WHAC.

Many of our members may not realise that the Ramblers “Old Codgers” have the best record of any of our teams at the national Road Relay Champs- winning in 1999, 2000, & 2001. Unfortunately, two of the members of these winning teams were not available this year, namely: Murray Nelson & Murray Clarkson. While this may have weakened our team a little, it did mean that everyone else who was keen, got a run.

We realised that we were unlikely to be amongst the place-getters this year, but when Malcolm said that our women’s team would beat us by ten minutes, the challenge was on. So it was with great disappointment to learn that with staggered starts we were to give the women a 30minute head start. Never mind, we would race them on time, and what a close race it was:

Lap 1: Stu (the Steam Engine) Smith led the charge for the old blokes. And a good start it was too over a tough lap. A sprint finish saw Stu just pip the Leith 50+ runner, but more importantly gave us a 2 minute advantage over the Women.

Lap 2: Mike (on the Comeback Trail) Powell needed all of his marathon (best time 2hrs 26min) experience for this lonely lap. Unfortunately for us the Women slipped past for an advantage to them of 39seconds.

Lap 3: Dave (our Uphill Specialist) Whitehead felt he was at home on the Oropi hills and charged up Timaru’s version of “The Stopper”. Dave reduced the Women’s lead to just 16 seconds.

Lap 4: Gavin (Ultra Marathon Man) Smith was the obvious choice for the longest lap. With 3 world records behind him, the women didn’t really have a chance & Gavin further reduced their lead. So after 4 laps the Women led the Old Codgers by just 7 seconds. Now that is close!

Lap 5: Robbie (the Tractor) McPherson was just back from World Masters Champs & still suffering a bit of jet lag. He nevertheless finished strongly, but the women slipped away to a 2minute 45 second advantage.

Lap 6: Tim (our Downhill Specialist) Masters and former 2hour 28 marathon man, gave it heaps on this fast lap to reduce the Women’s advantage to 2 minutes 31 seconds.

Lap 7: John (our Secret Weapon) Addy was meant to have a tail wind, but somehow the wind changed. Anyhow, he handled another mean hill well, gobbling up all of the Women’s advantage and indeed put the Old Codgers back in front. So here we go- one lap left, teams are neck & neck, with a 5 second advantage to the old blokes....

Lap 8: My turn now. A cruisy downhill lap, so all I had to do was let my bright red racing flats loose and try to keep up with them. The shoes did the trick & we crossed the line 2 min 15 sec ahead of the Women.

Well done team & well done ladies too- you may re-challenge next year, but let’s put a bet or two on it next time.

Cheers, **Wayne Smith**



Gavin had Dale Warrander worried for a while!

Write-ups from the Juniors & Women's teams haven't come to hand yet. Perhaps if we are lucky there will be something in the next newsletter. I'm particularly keen to see if the ladies pick up the gauntlet thrown down by Wayne.

For those who are interested, the full course maps for juniors and seniors are located on www.roundthegorges.co.nz along with a full set of results on www.athletics.org.nz Basically, the junior race started at the senior leg 4 changeover. Then that lap (the longest) was split into two for the juniors. The event had an astounding number of marshalls and ran like clockwork with parking off road in farm paddocks at changeovers. 122 teams took part, with 4 staggered start times.

The weather stayed fine for us but the wind was quite strong and very cool. First half the runners had it pretty much head on, and unfortunately for the later runners who thought they would get it tail, the capricious wind turned around.

ROAD RELAYS Results:

Open Women (18 teams)

Won by Pakuranga in 4hours 13m 34s

Ramblers	9 th	4.40.57
Michelle Pollard (8.4k)	7 th SW	37.55
Brittany Walker (8.3k)	1 st W19	34.22
Tessa Lee (7.1k)	9 th SW	33.36
Philippa Durkin (10.8k)	7 th SW	44.25
Heidi Wrigley (6.0k)	3 rd SW	24.54
Emma Wright (7.7k)	6 th SW	31.34
Andrea Everson (7.6k)	8 th SW	37.17
Laurie Pugh (9.3k)	8 th SW	36.54

Open A Grade Men (14 teams)

Won by Canterbury University 3h 31m06

Ramblers	2 nd	3.35.02
Iain MacDonald (8.4k)	2 nd SM	27.46
Kyle MacDonald (8.3k)	2 nd SM	27.54
Mark McKeown (7.1k)	3 rd SM	25.38
Ben Ruthe (10.8k)	1 st SM	34.24
John Caie (6.0k)	1 st M40	20.23
Mark Williams (7.7k)	4 th SM	24.23
Craig Kirkwood (7.6k)	2 nd SM	25.06
Mike Pugh (9.3k)	5 th SM	29.28

Masters Men 50plus (10 teams)

Won by Auck University in 4h 14m 21s

Ramblers	7 th	4.38.42
Stu Smith (8.4k)	9 th M50	35.55
Mike Powell (8.3k)	13 th M50	37.07
Dave Whitehead (7.1k)	12 th M50	33.07
Gavin Smith (10.8k)	9 th M50	44.16
Robert McPherson (6.0k)	13 th M50	27.32
Tim Masters (7.7k)	10 th M50	31.19
John Addy (7.6k)	8 th M50	34.42
Wayne Smith (9.3k)	4 th M50	34.44

Men 19 (14 teams)

Won by Auckland City Athletic 2h19m39s

Ramblers	10 th	2.38.22
Oscar Curry (4.9k)	13 th M19	19.20
Dale Bull (5.9k)	8 th M19	23.14
Hamish McKain (6k)	10 th M19	22.17
Steven Langdon (7.7k)	11 th M19	27.06
Brad Maisey (7.6k)	11 th M19	31.22
Braden Neal (9.3k)	11 th M19	35.03

Note: Leg placings include athletes who may run in other grades. eg M19 or W19 running in senior or Mixed Open C grade team or M50 running in M40 grade team etc.

Tasman King of the Mountain Race, Mt Edgecumbe, Kawerau
27 October 2007

Chris Morrissey won the race in 49.34
Mark Williams 5th (4th/17 SM) 57.13
Wayne Smith 13th (4th/23 M40+) 65.38
Mathew Smith 15th (6th/17 SM) 70.01
 Mathew's time was a fantastic 8 minutes quicker than last year!
 Ist Woman & MW35+ was Meagan Edhouse in 63.15.



PAPAMOA HILLS KING & QUEEN OF THE MOUNTAIN
27/10/07 (5km)

This inaugural event was put on as a fundraiser by the Papamoa Surf Lifesaving Club, who weren't aware that they were clashing with the Kawerau event or Auckland marathon and track events at Porritt. For those who want something low-key and not quite as mean as Kawerau, this event will surely grow in popularity, as the organisers have indicated they will re-schedule it next year.

Small trophies were given for first Male & Female to the top, & 1st back to the finish in the carpark. Sausages & canned drinks and a few spot prizes were also provided within the very reasonable entry fees.

Winner to the top & back was 14 year old TBC runner **Matt Strange** in about 23 minutes followed by **Gavin Smith** about 12-13seconds behind in 2nd. **Robert McPherson** placed 5th.

First Female home was 14 year old **Sophie Sharp** of Aquinas College. **Maureen Lawson** of Ramblers followed in hot pursuit with an incredibly fast descent. Maureen is an ex six-time winner and veteran of the Kawerau Mountain Race, from between 1982-1990 and while she might've slowed down a little going up, she was certainly flying down!



Maureen Lawson

adidas Auckland Marathon & Half Marathon, 28/10/07

Drizzly conditions. Good runs coming from both Ben & John.

Marathon winner was Matt Smith of Christchurch in	2.20.41
Ben Ruthe 2 nd	2.22.11
John Caie 11 th (1 st M40)	2.38.24
Warren Taylor 236 th (32 nd M45)	3.40.47

First woman home and in 17th overall was Iron-woman/triathlete Ady Ngawati of Whangarei in 2.49.05, after pre-race favorite Tracy Clissold withdrew at 30km.

Philippa Durkin 55th o'all (6th F & 3rd SW) 3.02.52 was competing in her 1st marathon. An awesome start despite not having Gavin there to pace her!

Half Marathon Won by Dale Warrander of New Plymouth in 1.06.52 from Sam Dobson (Auckland) 1.09.09 and Matt Dravitzki (Wgtn) 1.09.12, in a sprint finish with **Iain MacDonald** 4th 1.09.13

First woman was Suzi Richards (Kapiti Coast) in 1.18.55.

Cindy Taylor 1229th (215th F & 6th F50) 1.50.34

The 10.5km winners were Brent Tingay (Chch) in 35.00min and Samantha Warriner (Whangarei) in 36.56.

TRACK & FIELD

OPEN MEET, Porritt Stadium, 13/10/07

Mariah Ririnui W16		
60m	1 st /6	8.24
150m	1 st /4	18.92
Long Jump	1 st /3	5.02m
Amy Christophers W16		
60m	5 th /6	8.68
100m Hurdles	2 nd /3	17.30
Long Jump	2 nd /3	4.87m
Triple Jump	1 st /1	10.52m
Shot Put	2 nd /4	8.87m
Livvie Duggan W16		
60m	6 th /6	9.52
100mHurdles	3 rd /3	20.99
Shot Put	3 rd /4	7.99m
Discus	1 st /3	28.13m

Tracey Hale W19		
60m	2 nd /3	8.33
100mHurdles	1 st /2	15.49
Long Jump	2 nd /2	4.79m
Shot Put	2 nd /2	6.85m
Sarah Yardley W19		
60m	3 rd /3	8.47
150m	3 rd /3	19.85
100mHurdles	2 nd /2	16.30
Long Jump	1 st /2	5.08m
Triple Jump	1 st /1	10.47m
Shot Put	1 st /2	7.85m

Open Meet, Porritt 20/10/07

Mariah Ririnui W16		
80m	1 st /4	10.20
300m	1 st /3	45.59
Samantha Dunick W16		
80m	3 rd /4	10.73
Amy Christophers W16		
High Jump	1 st /1	1.55m
Javelin	1 st /1	26.90m
Tracey Hale W19		
80m	2 nd /4	10.73
400mHurdles	1 st /1	69.15
Javelin	2 nd /2	16.70
Sarah Yardley W19		
High Jump	1 st /1	1.40m
Javelin	1 st /2	24.14m

WBOP Secondary Schools League Round 1, Porritt, 24/10/07

Mariah Ririnui JG (TGC)		
100m	1 st /24	12.64
Tracey Hale SG (Otum)		
100m	4 th /21	13.26
Steven Langdon SB (TBC)		
800m	2 nd /13	2.07.71
Joseph Millar JB (Aquinas)		
100m	1 st /23	11.68

SS League Round 2, 31/10/07

Joseph Millar JB (Aquinas)		
200m	1 st /16	23.89
Long Jump	2 nd /20	5.71m
Mariah Ririnui JG (TGC)		
200m	1 st /15	25.97
Long Jump	1 st /9	5.59m
Steven Langdon SB (TBC)		
200m	8 th /16	24.69
Hamish McKain SB (TBC)		
1500m	3 rd /9	4.37.02

Putaruru Bell Meet, Porritt Stadium, 27/10/07

Mariah Ririnui W16		
100m	1 st /9	12.64
Long Jump	1 st /7	5.21m
Amy Christophers W16		
100mHurdles	2 nd /4	17.34
Long Jump	3 rd /7	4.60m
Triple Jump	fouled	
Shot Put	2 nd /7	9.15m
Livvie Duggan W16		
Shot Put	5 th /7	7.72m
Discus	1 st /6	31.36m
100mHurdles	3 rd /4	19.56

COOL START TO SUMMER TRACK SEASON by Pat Sale

With work for the all weather track about to start on the Tauranga Domain, Tuesday Club Nights are being held at the Otumoetai College track. The summer season opened on **October 23** on a cool, grey, windy evening with only a moderate turnout. Michael Cochrane started the season with a good double, taking out the M16 100m in 12.3sec and the shot put with 10.93m. John McKinley also had a double winning the Masters 100m in 14.5sec and 300m in 47.3sec.

Dean Ramage won the M16 300m with a good run from Johnno Morton. Khanum Elisaia won the W13 100m and shot put with an excellent throw of 10.2m. Amy Christophers won the W16 100m in 13.7sec and shot put with 10.02m.

In the longer races, mainly masters grade athletes turned out with Brendan Magill winning the 800m in 2-28.0 and Gavin Smith the 3000m in 11-20.1

100m

1. Amy Christophers W16	13.7
2. Genelle Van der Schantz G14	13.9
3. Vanessa Hill G14	14.3
4. Bronte Angell W16	14.7
5. Emma Jackson G14	14.9
6. Khanum Elisaia G13	15.2
7. Nikki Furnage G14	15.4

100m results continued:

1. Tessa Carnie	W19	13.6
2. Tracey Hale	W19	13.8

1. Michael Cochrane	M16	12.3
2. Johnathon Morton	M16	12.6
3. Dean Ramage	M16	12.9
4. Rohan Cook	M19	13.2
5. Alvante Harris	B13	14.0

1. John McKinley	M45-49	14.5
2. Brendan Magill	M40-44	14.8
3. Les Dobson	M45-49	15.1
4. Dave Whitehead	M50-54	15.1
5. Gavin Smith	M50-54	17.0

800m

1. Brendan Magill	M40-44	2.28.0
2. Murray Clarkson	M60-64	2.36.3
3. Gavin Smith	M50-54	2.38.9
4. Dave Whitehead	M50-54	2.42.5
5. John McKinley	M45-49	2.48.0
6. Les Dobson	M45-49	2.50.5

300m

1. Dean Ramage	M16	43.5
2. Johnathon Morton	M16	45.4
3. Emma Jackson	G14	46.8
4. Vanessa Hill	G14	53.2

1. John McKinley	M45-49	47.3
2. Brendan Magill	M40-44	48.5
3. Murray Clarkson	M60-64	48.5
4. Les Dobson	M45-49	49.9
5. Dave Whitehead	M50-54	51.6
6. Gavin Smith	M50-54	53.9

3000m

1. Gavin Smith	M50-54	11.20.1
2. Mathew Smith	SM	11.50.5
3. Les Dobson	M45-49	12.00.0
4. Murray Clarkson	M60-64	12.06.4
5. Dave Whitehead	M50-54	12.10.5

Shot Put:

W13: 1 K Elisaia	10.20;
W14: 1 G Vanderschantz	7.43;
W16: 1 A Christophers	10.02,
	2 B Angell 8.60;
W19: 1 S Yardley	7.48,
	2 T Hale 5.56;
M16: 1 M Cochrane	10.93,
	2 D Ramage 9.30;
MM: 1 B Magill	6.78

**BETTER WEATHER, BETTER
TURNOUT FOR ATHLETICS
NIGHT** by Pat Sale

The second Athletics Tauranga Club Night of the summer season on **October 30** was a clear sunny evening with more athletes in attendance than on the inclement opening night the previous week.

There was a great opening race over 200m with Genelle Vanderschantz W14 28.4sec, just getting home ahead of Hannah Shanley-McDonald W13 28.6sec. Michael Cochrane M16 was fastest of the night with a sharp 24.5sec. In the Masters race John McKinley outlasted Mark Brebner to win by 0.3sec in a time of 28.9sec.

Dean Ramage M16 won the 400m in 59.8 and also took out the triple jump with 10.51m.

In another close race Hamish McKain was too strong for Mathew Smith who gamely attacked the lead over the last 600m. McKain's winning time was 4-51.4 to Smith's 4-52.6.

Gavin Smith won the 4000m in a small field, lapping all but one of his competitors.

Amy Christophers W16 had a field events double, winning the triple jump with 9.96m and javelin 29.12m, both very creditable performances for so early in the season. E Rolleston M16 had the best javelin throw of the night with 33.19m.

Results

200m:

W13: 1 H Shanley-McDonald	28.6,
	2 R Millar 30.6,
	3 A Robinson 30.9;
W14: 1 G Vanderschante	28.4;
W16: 1 S Dunick	28.4,
	2 L Duggan 34.2;
MW: 1 E Barnaby	29.6;
M14: 1 J Kingsford	29.9,
	2 S Hyndman 33.4;
M16: 1 M Cochrane	24.5,
	2 J Morton 25.5,
	3 D Ramage 25.9;
M19: 1 S Langdon	25.2,
	2 H McKain 26.9;

MM: 1 J McKinley	28.9,
	2 M Brebner 29.2,
	3 B Magill 29.5.

400m:

W13: 1 H Shanley-McDonald	1-06.9,
	2 A Robinson 1-17.9,
	3 E Shanley McDonald 1-24.1;
M16: 1 D Ramage	59.8;
MM: 1 J McKinley	1-06.6,
	2 M Clarkson 1-08.3,
	3 G Smith 1-11.8.

1500m:

M14: 1 S Hyndman	5-12.9,
	2 J Kingsfield 5-13.3;
M19: 1 H McKain	4-51.4,
	2 S Langdon 5-09.6;
SM: 1 M Smith	4-52.6;
MM: 1 G Smith	5-11.5,
	2 M Clarkson 5-30.2,
	3 L Dobson 5-50.5.

4000M:

MM: 1 G Smith	15-07.5,
	2 L Dobson 16-34.8,
	3 M Clarkson 16-43.4.

Triple Jump:

W16: 1 A Christophers	9.96,
	2 B Angell 8.66;
W19: 1 S Yardley	9.92,
	2 R Cochrane 9.13;
M16: 1 D Ramage	10.51;
MM: 1 B Magill	8.55.

Javelin:

W16: 1 A Christophers	29.12,
	2 L Duggan 18.93,
	3 B Angell 15.58;
W19: 1 S Yardley	20.77,
	2 R Cochrane 17.30;
WM: 1 E Barnaby	26.57;
M16: 1 E Rolleston	33.19;
M19: 1 H McKain	26.17,
	2 S Langdon 13.72;
MM: 1 B Magill	22.17.

Sorry I haven't received times after 1st three placings -Ed



Hamish leading Steven & Mathew in the early stages of the 1500m

From Stateside

Andrea Smith has competed in various 5km & 6km cross country races for her Lamar University team with varied degrees of success over the past 2-3 months.

Training generally has been in extremely hot conditions (over 40degrees C and 90plus humidity), but thankfully starting to cool now. Almost all training is done on flat concrete pavement, (injury material). They train twice a day, usually a longish run early morning 6.30am before it gets hot, then drills, reps or strength training in the afternoon heat. (No wonder she is always tired!) Texas cross countries are usually dead flat soccer fields or parks or through campus grounds. One included a golf course. Fields are huge, with sometimes over 200 runners in a race.

Recent trips included the Baylor Twilight in Waco, College Station XC in Houston, Texas Lutheran in Seguin Texas, the elite Griak Invitational in Minnesota, and most recently the Southland Conference Championships in Corpus Christi where the Lamar Mens team placed 1st and the Womens team placed 2nd.



Lamar Womens XC team/Andrea on left

Chicago Marathon 7/10/07

Jess Ruthe wisely opted to pull out just over halfway into in her debut marathon, due to the heat. Jess passed through the halfway in 1.16.32. Organisers stopped the race at 3hours 30min when people were dropping like flies from the hottest conditions ever recorded for the race(over 30degreesC). Hundreds were attended by medics & ambulance staff.

Amsterdam Marathon 21/10/07

New Zealander & Texas resident Liza Hunter-Galvin qualified for the Beijing Olympics with a 5th placing and 2.30.39 run in the Amstersdam marathon. Her

splits were 1.16.27 first half & 1.14.12 second half!

#####



Mark Williams on his butt in the Kawerau Mountain Race



Mathew Smith- Kawerau Mountain Race

Winter Prize-giving at the Tauranga Citizens Club 13/10/07

It was a pretty good night out, despite the miserable, rainy weather outside. The Bistro bar staff were rushed off their feet for a while when we all descended on them at once in a big queue for our meals.

Heaps of Certificates & trophies were presented by Malcom & Bev and this might be an appropriate time to thank them for the huge contribution and effort they have made during the season to ensure the club runs smoothly.

Points winners included :

Robyn Winter 1st MW, Anna Gould 2nd

Sid Pavett 1st MM , Russell Lake 2nd

Celeste Labuschagne 1st SW, Andrea Smith 2nd

Daniel Smith 1st SM, Mathew Smith 2nd

Braden Neal 1st M19

Hannah Shanley-McDonald 1st G14

Nikki Furnage 2nd

Emma Shanley-McDonald 1st G12,

Kelly Furnage 2nd

Abby Furnage 1st G10

Brynmore Davies 1st B14, Rowan Davies 2nd



Enjoy your Guy Fawkes Crackers too!

COMING EVENTS**6 November**

Track & Field Club night, Otumoetai College, 5.45pm, 100m, 1000m, 200m, 3000m, L Jump, Javelin

7 November

Secondary Schools League round 3, Porritt Stadium from 5.30pm see AWBOP handbook.

8 November

Victory Promotions: Everyone's Run & Walk. 5km, Maxwells Rd, walkers start 5.45pm, runners 6pm. Register from 5.15pm. \$5 entry fee.

10 November

Battle of the Cities T&F Round 1, Porritt Stadium, from 1pm.

Seven teams: Auckland City, BOP City, Hamilton City, North Shore City, Manukau/Papakura City, Waikato City, Waitakere City. See AWBOP handbook for full details. All registered athletes Grade 12 & over can count for points. Enter on the day at least 1 hour before commencement. \$5 fee

Note: This event includes WBOP 3000m champs at 3.20pm

10 November

Maratoto Extreme Challenge, Hikutaia School (between Paeroa & Thames) offroad half marathon run into the Coromandel ranges, mountain bike option, or 5 & 10km fun run/walk options.

www.maratotochallenge.co.nz

10-11 November

North Island Combined Events Champs, Hastings

11 November

Round the Bridges, Garden Place Hamilton. 6.2km & 12km runs & walks. Also a 2km primary/intermediate schools grade. Heaps of prizes. Enter online www.coolrunning.co.nz or entry forms at all sports outlets or Hamilton City Hawks.

11 November

Masters T&F Meet, Porritt Stadium, Hamilton, from 1pm

13 November

Club night 200m, 1500m, 400m, 5000m High Jump, Shot Put

15 November

Everyone's Run & Walk, 5km, Maxwells Rd

17 November

Kauri Run, 30km & 13km Trail runs from Waikawau Bay over ranges to Coromandel Township

www.arcevents.co.nz/kaurirun

17 November

Battle of the Cities Round 2, Mt Smart Stadium, Auckland from 1pm. See AWBOP Handbook for full details

18 November

Toi's Challenge, Whakatane, 18km run, walk & relay on scenic bush, beach & clifftop circuit.

www.geocities.com/toischallengenz

20 November

Club Night 100m, 800m, 200m, 3000m Long Jump, Javelin

22 November

Everyone's Run & Walk, 5km from Maxwells Rd

23-25 November

North Island Masters T & F Champs, Inglewood

24 November

Battle of the Cities, Round 3, Mt Smart Stadium, Auckland from 1pm.

25 November

Sam Johnson Memorial Throws only meet, Porritt stadium 10am

27 November

Club Night 800m, 100mH & 110mH, 300m, 2000m, HJ & TJ

1 December

Waikato- BOP Relay Champs, 4x100m all grades.

4 December

Club night 200m, 1500m, 400m, 5000m, Discus & Shot Put

8 December

NZ Secondary Schools T & F Champs, Cooks Gardens, Wanganui, www.nzssaa.org.nz enter through schools