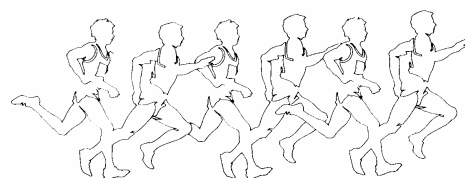


Ramblings

Newsletter of Athletics Tauranga Incorporated



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Inside this Issue

Page

- 1** Athlete of the Month Notices
- 2** BOP Times : track update NZ AIMS XC
- 3** Whangamata Half Club Road Champs
- 4** Redwoods Forest Relay City2Surf Half Marathon World Masters Athletics
- 5** Hot Pools Run NZ Road Champs, Auckland
- 6** Overseas News Briefs Coming Events



ATHLETE OF THE MONTH

September 2007



ERIC DE LAUTOUR

World Champion in the M85 grade in 10,000m, 1500m, 800m, 400m & silver medallist in the 5000m.

Eric achieved these amazing feats at the World Masters Athletes Championships in Riccione, Italy!

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Track Update & Relocation of our 2007-8 Summer Season

It's going ahead!!! Check out the BOP Times article on Page 2.

As construction of the new Mondo Track gets underway at the Domain in October, our summer track & field activities will consequently be relocated for this season to the Otumoetai College grounds. This ground is currently used by the Bellevue Athletics Club.

First night of the summer season will be on Tuesday 23rd October, (following Labour weekend). Meet at 5.45pm.

Val Bromley's coaching group have also relocated to Otumoetai.



GOOD LUCK:

We wish our **Road Relay teams** well as they prepare to face some hot competition in Timaru next weekend.

Also, good luck to **Jess Ruthe** who will be tackling her first marathon and attempting (maybe) an Olympic qualifying time of 2.33.00 on her debut at the Chicago Marathon 7/10/07. Jess is training at altitude in Boulder, Colorado leading up to the event.

Don't Forget !!!

Winter Prizegiving & Social Dinner at the Tauranga Citizens Club, 13th October.

Generosity clears last hurdle for new track 14.09.2007

By JOHN COUSINS (BOP Times)

Construction of the Bay's first all-weather athletics track will start next month after a desperate last-minute appeal for funds succeeded in raising the rest of the \$1.5 million needed.

An outpouring of goodwill, led by a Tauranga philanthropist and the council's city investment partners, has plugged the \$200,000 gap needed for athletics to take a giant leap forward.

By next March a new Mondo Super Flex vulcanised natural rubber track will ring the main rugby field at Tauranga Domain.

Tauranga's athletics supporters are overjoyed at the turn of events after the long-running project reached crisis point six weeks ago.



A public appeal by Millennium Track Trust chairman Garth Mathieson that it was now or never spurred a \$100,000 grant from Tom Roper's Hillsdene Charitable Trust and \$50,000 from the council's city investment programme funded by its city partners.

Lloyd Christie's Christie Family Trust injected another \$28,000 and the rest of the money poured in through many smaller donations, led by Murray and Gay Read-Smith's \$5000.

Mr Mathieson said raising the \$1.5m was a huge milestone in the history of athletics which would see Tauranga hosting a major regional or national championship every year.

Top Bay coach Mike Corboy said the track was essential for the future of athletics.

Without it, promising young athletes

would have either continued to drop out or been forced to leave the Bay for cities able to offer the all-weather tracks needed to reach their full potential.

"It is absolutely wonderful news - it offers the potential to change the face of athletics in the Bay."

Mr Corboy, backed by Sport Bay of Plenty, had drawn up a plan to establish a Bay of Plenty Academy for Athletics centred on the new track.

Based on the highly successful academy at Auckland's North Shore, young athletes would be invited into the academy. It will offer physiotherapists, podiatrists and other sports medicine specialists, along with specialist coaches coming into the Bay for training sessions.

The combination of the track and the academy opened up huge possibilities to develop athletics in the Bay and get it back to being a major sport, he said.

Academy expertise would be available to other sports where players needed to develop speed, such as rugby and soccer - with an obvious kick-back for athletics in the summer.

Once the academy was up and running, Mr Corboy planned to invite Northern Hemisphere athletes to come south in their winter to train in Tauranga. These athletes would in turn coach and inspire the Bay's young talent as part payment.

Mr Corboy already has strong contacts with England's breeding ground of athletic stars, the New River Stadium in London. He trained and coached at the stadium during his 23 years as a Londoner.

Construction of the track cannot come soon enough for Brent Newdick, 22, the internationally ranked decathlete who would love to return to train in his hometown. "I'd definitely be down there training on the track," the Auckland-based athlete told the *Bay of Plenty Times* last month.

Athletes must train all year round to reach their potential and should never be more

than three or four weeks off their peak. But there was no track marked out anywhere in the Bay for winter training - they were just slushy sports grounds.

Tauranga Ramblers president Malcolm Taylor said the track will be fantastic and predicted athletics would take off. Sprint coaches, particularly, required all-weather tracks to coach senior sprinters because, as athletes got older and heavier, grass tracks did not offer the same support.

"We will have a local four-minute miler in the near future," Mr Taylor said.

One of the Bay's brightest young stars, national age-group champion sprinter Mariah Ririnui, would not have to leave the Bay to develop her talents.

NZ AIMS Cross Country, Waipuna, 3/9/07

Wow, some great talent showing up in these young athletes from Intermediate & Middle Schools all over NZ.

Ramblers Malcolm Taylor, Wayne Smith, Fay Smith & Ross Hynds lent a hand at setting up the course & timekeeping. The Bay turned on perfect conditions, and there was a good turnout of parents watching.

Year 7 Girls: winner was Hannah Kraakman of Pukekohe Intermediate in 11.5 min. (3km)

Malcolm Taylor's daughter **Danni** placed 5th in 12.15 for Tga Intermediate and **Emme Shanley-McDonald** (Katikati) placed 45th/63 in 14.15.

Tauranga Intermediate won the Year 7 girls team with 15 points for their 1st three runners. 2nd was Pukekohe 53 pts; Otumoetai 3rd 57 pts.

Year 7 Boys : Won by Sam Blake, Murray Bay Intermediate in 11.02. from 74 finishers. Tauranga Intermediate won the teams on 18 points from Northcross on 27 pts.

Year 8 Girls: Won by Anna Curruthers (Kristin School) in 11.34.

Hannah Shanley-McDonald (Katikati) 32nd/75 in 13.09.

Tga Intermediate won the teams on 27pts with Cobham 2nd on 42pts

Year 8 Boys: won by Scott Hillier of Matamata in 10.19 with **Sam Hyndman**

(Tga Int) 5th in 11.06, and Ken & Raewyn Keyte's son **Jason** (Te Puke Int) 26th/85 in 11.53.

In the Year 8 boys teams Havelock North Intermediate on 40 pts just edged out Tga Int on 42 pts.

A 12 x 1km relay held after the main racing saw 13 schools entered.

Tauranga Intermediate 1st 42.36 min
 Matamata Intermediate 2nd 43.45 min
 Peachgrove Intermediate 3rd 44.09 min

WHANGAMATA HALF MARATHON 8/9/07

A good battle up front between the top four athletes. Well done John Caie & Mark Williams for their placings in the money!

The weather was great. The event was well supported with 266 finishers in the half, 451 in the 10.2km, & 383 in the 5.7km. Free tea, coffee & Milo was available all day to everybody & all entrants received a pair of FILA socks.

Prize Money was awarded 2 top three Open Men & Women & Top three Masters Men & Women 40plus, plus spot prizes.

Half Marathon

1st Stephen Lett (Auckland) 1st MO 1.13.08

2nd Kent Hodgson (Hamilton) 2nd MO 1.13.18

3rd **John Caie** (Ramblers) 1st M40 1.14.07

4th **Mark Williams** (Ramblers) 3rd MO 1.14.50

10th Tracey Clissold (Auckland) 1st FO 1.21.24

17th **Gavin Smith** (Ramblers) 2nd/25 M50 1.25.01

22nd **Philippa Durkin** (Ramblers) 4th/40 FO 1.25.56

10.2km: won by Wayne Guest (Te Aroha) 35.57. First woman was Bridget Ray (Hawks) in 40.43.

5.7km: won by Jay Wallwork (MU20 Auckland) in 21.37

61st **Fay Smith** (Ramblers) 2nd/21 F50 37.08



CLUB ROAD CHAMPS, Greerton, 22/9/07

Where would we be without our Masters Men! If the 50 plus team hadn't turned out then there wouldn't have been enough people to call it a race.

Poor effort guys & ladies if you can't come to our own local Club Champs. It's not as if you had to travel far!

Present but not racing were Wayne, Dan, Ray, Malcolm, Fay, Bev & Ken Kerewaro. The rest of you can email me with your excuses!

The day was kind to us, though rain threatened it held off during the race.

Braden Neal led the first 3 laps until finishing his 6km. This was a test for his injured ankle and his first race since tearing ligaments 5 weeks earlier. Russell Lake, who had been hot on his tail, took over the lead finishing 1st in the 10km race.



2km

Mystique Blockley	1 st	G12	8.46
Jessica Bitcheno	1 st	G10	9.01

4km

Anna Gould	1 st	W40	20.36
Robyn Winter	1 st	W55	21.17
Alex Whimster (walk)		M55	36.21

6km

Braden Neal	1 st	M19	22.13
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10km

Russell Lake	1 st	M35	37.01
Gavin Smith	1 st	M50	38.29
Stu Smith	2 nd	M50	40.23
Mike Powell	1 st	M55	41.57
John Addy	2 nd	M55	42.23
Tim Masters	3 rd	M55	42.31
Dave Whitehead	3 rd	M50	42.54
Mathew Smith	1 st	SM	43.02
Robert McPherson	1 st	M65	45.53
Sid Pavett	1 st	M70	47.29



Mike Powell showed a remarkable return to fitness since his last race.



Anna Gould took the Masters Women title



Mystique won the 2km

RED STAG REDWOODS FOREST RELAY, ROTORUA
15/9/07

The weather was brilliant & sunny and turnout was up on the previous year. Tauranga Ramblers Men blitzed the rest of the Open Men's field by 5 1/2 minutes. Ben Ruthe gained a good lead for his teammates by running the first two laps with negative splits, his 2nd lap being fastest overall for the day. Hamilton Hawks placed 2nd.

Laps were approx 5 km with Youth grades running 3km.

Mens Open (13 teams)

1 st Tauranga Ramblers	1.18.29
Ben Ruthe	16.01
Ben Ruthe	15.13
Iain MacDonald	15.21
Kyle MacDonald	15.35
Mark McKeown	16.19
5 th Tauranga Ramblers No 2	1.31.48
John Caie	17.06
Andy Bedford	17.03
Lincoln Churchill	19.49
Ken Keyte	17.54
Mathew Smith	19.56

Masters Men 40plus (9 teams)

Won by Lake City	1.27.21
3 rd Ramblers 50plus	1.39.26
Gavin Smith	18.47
Stu Smith	19.11
Wayne Smith	19.04
Mike Powell	20.58
Tim Masters	21.26

Composite (19 teams)

Won by Kawerau	1.39.46
8 th Ramblers	2.02.53
Colin Boocock	22.54
Malcolm Taylor	23.29
Mystique Blockley	24.55
Sid Pavett	23.46
Robyn Winter	27.49

Female Youth (20 teams)

Won by Napier	52.41
2 nd Tga Girls College	53.23
Incl. Ramblers:	
Lydia O'Donnell	12.55
Brittany Walker	15.54

Male Youth (18 teams)

Won by Energy City	46.10
5 th Tga Boys College	50.58
Incl Ramblers:	
Oscar Curry	12.00
Angus Curry	13.31

The Open Women grade was won by Hamilton Hawks in 1.43.25, from 5 teams.

Hawks Masters Women annihilated the Masters Women field comprising 5 teams, at the same time beating all the open ladies teams, with a brilliant 1.39.56.



Oscar Curry



Colin Boocock, back after a long injury break



John Caie

CITY 2 SURF, Mt Maunganui
23/9/07

Or perhaps it should be renamed Surf 2 City, as they ran it in reverse this year.

217 finished the Half Marathon Run, 73 the Half walk, 176 the 12km run and 241 the 12km walk. Believe the course might be a little short too!

Half Marathon

1 st Mark Williams	1.12.48
2 nd Paul Davidson (ex Rambler)	1.13.58
15 th Les Dobson	1.28.07
34 th Peter Kennedy	1.33.24
39 th John Addy	1.35.17
85 th Gillian Dean 17 th F	1.43.25
1 st female was Jessica Stacey of Tauranga in 19 th place overall	1.28.44
1 st home in the walk was another ex Rambler : Selwyn Mawkes in	2.14.11

12km

1 st was yet another ex Rambler Leo Walter in	39.59
2 nd Regan Bones	43.45
4 th Braden Neal	46.57
9 th Bradley Maisey	49.57
1 st female home was Chantelle Richmond of Auckland in 11 th place overall	52.00
Followed by ex Rambler Petra Creighton in 12 th place overall	52.16
28 th Andrea Evason 6 th F	57.30
91 st Anna Gould 40 th F	1.08.50

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17th WORLD MASTERS ATHLETICS CHAMPS, Riccione, Italy, 4th-15 Sept

I'm told it was pretty hot & muggy over 35degrees most days, with some really big fields in some events. NZ sent 55 athletes. A total of 9000 competed from 90 countries. 4 of them were Ramblers!

Outstanding performances from **Eric De Lautour** in the M85 grade, who as usual entered just about every thing and only decided not to run the marathon because the heat was too intense. His times as follows-

10,000m	Gold 1/1	58.01
5,000m	Silver 2/5	27.34
1,500m	Gold 1/3	8.11.60
800m	Gold 1 /4	3.45.17
400m	Gold 1 /5	1.33.25

Murray Clarkson M60

1,500m semi/heat 4 th	5.05.40
1500m final 4 th /12	4.56.78
800m 2 nd H2/4 11 th o/all	2.29.89
800m semi 6 th H2/2, 8 th o/all	2.24.55
800m final 12 th /12	2.29.82

Robert McPherson M65

8km XC 20 th /50	34.18
10,000m 17 th /24 H1 of 2	46.02.86
5,000m 16 th /23 H1 of 3	21.09.12

Brendan Magill M40

3km Steeples 5 th in 2 nd final /2	
21 st /31 overall	10.53.30



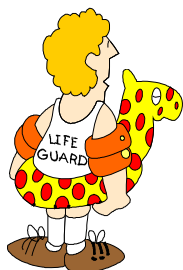
OROPI HOT POOLS RUN

29/9/07

This was our last home club event for the Road season. Present were Kerry & Bev Smith, Malcolm Taylor, Stu & Karen Smith, Gavin & Fay Smith, Mystique Blockley & family members, Alex Whimster, Robert McPherson, Dave Whitehead & Sid Pavett.

Dave led runners on a 5-6km jog up Warners Road into the privately owned Gideon Fields. From there we followed tracks to a large, hidden waterfall. Quite impressive and worth the trip. I admit living in Tauranga 32 years and didn't know it existed.

We then headed back to the Hot Pools where those who wanted could take a swim.



NZ ROAD CHAMPS, UNITEC CAMPUS, AUCKLAND, 1/9/07



Malcolm's medal ceremony.



Start line for the Masters Mens race. Waikato were crammed against the kerb to the right.



Gavin & Wayne



Open Men's start, featuring Ben, Iain & Kyle

Some really exciting racing, and not just in the Senior grades. The course was challenging, with a few more hills and a tight hairpin, making it tougher than the Waikato Champs.

Top performance by **Jess Ruthe** in winning the Senior Women's race nearly 3 minutes ahead of her nearest rival Rowan Baird of Auckland. Jess makes running look so easy! Unfortunately for her they started the Women's race 2 minutes behind the men so she had to play catch up instead of racing against the guys.

Husband **Ben Ruthe** scored bronze in the Men's race. Despite an early lead, he was just edged out by Scott Winton (Auckland) 30.38, & Luke Hurring (Otago) 30.41, in the latter stages.

Malcolm Taylor scored a silver in the 10km walk. **Sid Pavett** blasted the 70plus age group for a gold and **Wayne Smith** received his first ever individual National medal, a silver in the M55. Well deserved too!

Wayne's battle to try and beat brother Gavin pushed them both to the limit. At a lap to go Wayne edged in front slightly after trailing Gavin during the first 3-4 laps. Gavin was convinced Wayne would have the sprint at the end so put in a last ditch effort on an uphill on what he thought was the last corner, only to find that he had the wrong corner and had to sprint another couple of hundred metres. Fortunately, Wayne was already too stuffed to give chase.

John Caie put in a gutsy performance in the extremely competitive M40 grade. That race was won by Richard Bennett of Canterbury in 32.03.

WBOP placed 2nd to Auckland in the Teams in the Senior Men (Incl Ben & Iain), Senior Women (headed by Jess), and Masters 50plus grade (incl Gavin & Wayne). Waikato's Aaron Pulford & Camille Buscombe won the M16 & W19 grades and Marion Millward won the W45 and Masters Women race. Fay Riley won the W65 grade.

Results on next page:

Results NZ ROAD CHAMPS:

Jess Ruthe	1 st /13 SW 10km	33.47
Ben Ruthe	3 rd /38 SM 10km	30.48
Iain MacDonald	7 th SM 10km	31.57
Kyle MacDonald	dnf	
John Caie	4 th /10 M40 10km	34.46
Russell Lake	9 th /11 M35 10km	36.20
Gavin Smith	6 th /11 M50 10km	38.21
Wayne Smith	2 nd /12 M55 10km	38.24
Tim Masters	9 th /12 M55 10km	43.56
Sid Pavett	1 st /3 M70 10km	47.22
Malcolm Taylor	2 nd /2 M55 walk	66.41
Dale Bull	14 th /16 M19 8km	29.39



Dale Bull

News from Around the World

Haile Gebrselassie of Ethiopia broke the World Marathon record when he won the Berlin Marathon on 30/9/07. His time 2.04.26 was 29 seconds faster than Paul Tergat's record over the same course in 2003. The womans winner was Gete Wami also of Ethiopia in 2.23.17.

Jonathan Wyatt of NZ has cleaned up a series of Mountain Races recently including winning both the World Long Course & Short Course races in Switzerland.

Jess Ruthe won the women's City to Surf Race in Sydney on 12/8/07 in a time of 46.33, and I apologise for omitting this in our last newsletter. **Ben Ruthe** placed 13th in 44.18 at the same event.

6 October

NZ Road Relay Championships, Timaru. The highlight of most club's season. A huge event, with some very hotly contested races between clubs, but also some social grades. A great weekend away: Ramblers have entered 4 teams. Course maps & full details on www.athletics.org.nz website

13 October

Reebok Ekiden Rotorua Relay

13 October

Prize-giving evening & very reasonably priced Bistro meals from 6.30pm at Tauranga Citizens Club, names of those attending to Bev Smith, Ph /fax 5764469 or email klbjsmith@clear.net.nz , all ages very welcome. Make it a great night!

21 October

UCAN2 Fun Runs/walks/ & Duathlons , Coronation Park, Mt Maunganui, register from 7am, race start 8am

23 October

Opening Club night for Summer Track & Field. Otumoetai College field(& Bellevue Athletics Track) 5.45pm

Programme of events to be finalised

27 October

Fundraising fun run in Papamoa Hills put on by Papamoa Surf Lifesaving Club and Community Sports Trust. Register from 11.30am in Poplar Lane Carpark. Race starts 1pm up the walking track & round summit loop. Trophies for King & Queen, first to top. Plus spot prizes. Adults \$10, children under 15 \$5.

27 October

Tasman King of The Mountain Race, Mt Edgecumbe Kawerau. www.kawerauharrierclub.co.nz

28 October

Waimea Half Marathon, including NZ Half Marathon Championships. www.athletics.org.nz

30 October

Track & Field Club Night, Otumoetai College 5.45pm

6 November

Track & Field Club night, Otumoetai College, 5.45pm

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

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.

17 November

Kauri Run, 30km & 13km Trail runs from Waikawau Beach over ranges to Coromandel Township www.arcevents.co.nz/kaurirun

18 November

Toi's Challenge, Whakatane , 18km run, walk & relay on scenic bush, beach & clifftop circuit. www.geocities.com/toischallengenz