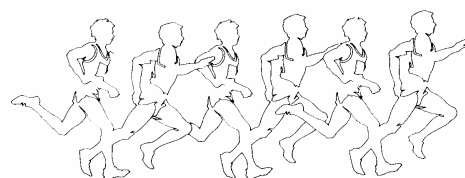


Ramblings

Newsletter of Athletics Tauranga Incorporated



December 2007

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Inside this Issue

Page

- 1** Athlete of the Month
Editorial & Notices
- 2** Everyone's Run/ Walk
NZSS T&F Champs
- 3** Club Night results
- 4** Club nights continued
The Goat
Tinman Triathlon
- 5** WBOP 10000m Champs
Sam Johnson Throws &
Putaruru Bell/ Te Aroha
Mtn & Mt Maunganui
Mountain Race
- 6** Battle of the Cities 4
Dash 4 Cash
- 7** Coming Events



ATHLETE OF THE MONTH

December 2007



Mariah Ririnui

Great double: First in the Junior Girls 100m and Long Jump at NZ Secondary School's T&F Champs in Wanganui

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Editorial & notes

The weather has been great, so I hope everyone had a wonderful Christmas and New Year!



Without the Twilight to host this year, our President, Malcolm Taylor, must be feeling particularly relaxed. Congratulations must go to Malcolm also, for finishing his 40th consecutive King of the Mountain race on Boxing Day. His next goal is to make it 50 events!

The All-weather track is progressing and is still expected to be completed in March. This despite hiccups, when archeologists from the Historic Places Trust leapt in for a week long dig upon discovery of a few old bottles, ammunition and military artifacts, possibly from a campsite of the 14th regiment about the time of the Battle of Gate Pa..

Unfortunately, this has added about \$29000 to the track bill. The Millennium Trust Committee are still frantically collecting, to make up the shortfall, so if you would like to make a donation please contact Murray Clarkson Ph 5769575 or Garth Mathieson Ph 5748113.

EVERYONE'S RUN/WALK SERIES (Thursday Evenings from Maxwells Road)

6th December : (61 entries)

In first place was **Mike Pugh** 16.04, 2nd **Mark Williams** 16.26, 3rd **John Caie** 16.39, 4th **Hamish McKain** 17.41, 9th **Stu Smith** 19.17, 12th **Clive Reynolds** 20.08, 13th **Mike Powell** 21.36, 15th **Murray Clarkson** 23.00, 21st **Anna Gould** 26.38, 26th **Eric De Lautour** 29.58, 30th **Karen Smith** 38.47.
1st Walker was **Malcolm Taylor** in 32.21.

13th December (34 entries)

Dan Smith took line honours in 16.38, 2nd **John Caie** 17.02, 4th **Stu Smith** 20.00, 6th **Mike Powell** 20.39, 7th **Murray Clarkson** 20.46.
Keith Still won the walk in 30.40, with **Malcolm Taylor** 2nd in 31.12 and **Anna Gould** 3rd in 33.23, **Alex Whimster** 5th 36.20

20th December (59 entries)

Mark Williams was first home in 15.59, 2nd **John Caie** 16.38, 3rd **Regan Bones** 16.55, 4th **Dan Smith** 17.23, 7th **Stu Smith** 19.12, 9th **Mike Powell** 20.27, 20th **Anna Gould** 25.56, 25th **Eric De Lautour** 29.09,
Alex Whimster was 14th walker in 43.11 with **Karen Smith** 15th in 43.22.

Next event restarts after the New Year on 17th January 2008

NZ Secondary Schools T&F
Champs, Cooks Gardens,
Wanganui, 8th & 9th/12/07

Our girls performed better than the lads this year. The top performers being **Mariah Ririnui** with gold medals in both the 100m and the long jump, **Tracey Hale** a gold in the 100m hurdles and silver in the 300m Hurdles, **Amy Christophers** gold in the Triple Jump, **Sarah Yardley** a silver in the triple jump, and **Michael Cochrane** a bronze in the 300m Hurdles.

Ramblers Results

Regan Bones JB (TBC)
1500m 1st H1/2 (7th/34) 4.28.70
13th/14 final 4.28.15
4km Road Race 8th/92 13.30
Oliver Brown JB (TBC)
4km Road Race 60th/92 15.09
Oscar Curry SB (TBC)
6km Road Race 51st/90 22.46
Steven Langdon SB (TBC)
400m 5th H2/5 (17th/37) 53.10
800m 4th H3/4 /33 2.00.79
5th H1/2 semi (9th/16) 1.59.78
William Marshall SB (TBC)
6km Road Race 38th/90 22.12
Hamish McKain SB (TBC)
6km Road Race 35th/90 21.57
Ryan Sowry JB (TBC)
Long Jump 8th/38 5.98
Sam Walker SB (TBC)
6km Road Race 41st/90 22.21

Michael Cochrane SB (Bethlehem)
110m Hurdles 4th H2/3 (8th/18) 15.11
6th/8 final 15.31
300m Hurdles 1st H3/3 (3rd/17) 41.66
3rd/8 final 40.06
Triple Jump 9th/20 12.48
High Jump 13th=/16 1.70
Joseph Millar JB (Aquinas)
Long Jump 14th/38 5.73
100m 2nd H6/7 (12th/52) 11.45
11th/32 quarters 11.57
7th/16 semis 11.63
7th/8 final 11.79
Lydia O'Donnell SG (TGC)
4km Road Race 4th/79 15.02
Mariah Ririnui JG (TGC)
Long Jump 1st/42 5.80
100m 1st H1/7 (1st/53) 12.12
1st H1/4 (1st /32) Quart 12.22
1st /16 semis 12.45
1st final 12.42
Genelle Vanderschantz JG (TGC)
Discus 28th/32 19.66
100m 1st H2/7 (7th/53) 12.93
3rd H2/4 (10th /32)Quart 12.97
7th/16 semis 13.23
6th final 13.22
Brittany Walker SG (TGC)
4km Road race 8th/79 15.42
Catharina Potthoff SG (TGC)
High Jump 13th=/18 1.45
4km Road Race 36th/79 16.50
Samantha Dunick SG (Te Puke)
100m 4th H2/5 (16th/37) 12.66
4th H3/3 (16th/24) semi 13.18
300m Hurdles 2ndH2/2 (4th/16) 48.20
Final DNS

Livvie Duggan JG (Katikati)
Discus 18th/32 26.41
Javelin 13th/20 23.75
Shotput 21st/27 8.42
80mHurdles 7th H1/4 (25th/27) 15.90
Amy Christophers JG (Otum)
High Jump 7th/32 1.55
Javelin 10th/20 25.81
Triple Jump 1st/22 10.96
Long Jump 6th/42 5.08
Tracey Hale SG (Otum)
100mHurdles 1st h2/3 (1st/21) 14.75
1st final 14.66
300m Hurdles 1st H1/2 (1st/16) 46.46
2nd final 45.43
100m 7th H4/5 (30th/37) 13.24
4x100m relay 1st H1/2 (2/15) 50.20
4th final 50.46
4x400m relay 10th/15 4.19.43
Kylie Tietjens SG (Otum)
4 x 400m relay 10th/15 4.19.43
Sarah Yardley SG (Otum)
Triple Jump 2nd/29 11.32
Long Jump 6th/23 5.28
100mHurdles 1st H1/3 (3rd/21) 15.41
5th final 15.78
4x100m relay 1st H1/2 (2nd/15) 50.20
4th final 50.46
4x400m relay 10th/15 4.19.43

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REGAN BONES RETURNS IN STYLE *by Pat Sale*

Regan Bones having his first run after an injured achilles tendon lapped the entire field in the 5000m at

Club Night on **December 4**. Running conservatively to rehabilitate his injured tendon he led from start to finish and showed he will be able to compete for Tauranga Boys College in the New Zealand Secondary Schools Championships this coming weekend.

Amy Robinson won a good 200m in the W12 grade from Emma Shanley-McDonald and Amanda Somerfield. Johnno Morton easily won the mens 200m with veteran Brent Gough second in his first run of the season. Morton also won the 400m with plenty to spare from veteran Brendan Magill.

Michael Cochrane again shone in the field events with easily the best throws of the night in the discus 45.35m and shot put 11.66m. There was good competition in the W16 grade with Livvy Duggan winning the discus with 29.34m from Khanum Elisaia 28.4m, but Elisaia turned the tables in the shot put with a throw of 10.72m to Duggan's 8.88m.

Results

200m:

W12: 1 A Robinson 31.0,
2 E Shanley-McDonald 31.2,
3 A Somerfield 31.6;

W10: 1 B Somerfield 32.4

M14: 1 P Burrows 31.6;

M16: 1 J Morton 25.7,

2 J Regan 29.7;

MM: 1 B Gough 27.4,

2 M Brebner 29.0,

3 B Magill 30.1.

4 G Smith 32.8

400m:

W12: 1 A Robinson 1-21.0;

M16: 1 J Morton 59.1;

MM: 1 B Magill 1-05.2,

2 G Smith 1-12.1,

3 M Brebner 1-13.9.

4 M Taylor 1.55.9 walk

1500m:

M14: 1 P Burrows 5-34.2;

M16: 1 J Regan 5-45.7;

M19: 1 S Langdon 4-59.4;

SM: 1 M Smith 5-08.4;

MM: 1 G Smith 5-09.0.

2 B Watson 6.07.8

5000m:

M14: 1 P Burrows 23-14.8;

M16: 1 R Bones 17-41.1,

2 J Regan 23-14.6;

SM: 1 M Smith 23-35.4;

MM: 1 G Smith 19-29.1,

2 B Watson 22.00.5

3 M Taylor 28-03.5.R/W

Discus:

W12: 1 A Robinson 20-41,

2 S Miller 19.77,

3 A Shanley-McDonald 12.68;

W14: 1 R Miller 15.30;

W16: 1 L Duggan 29.34,

2 K Elisaia 28.14;

M16: 1 M Cochrane 45.35;

MM: 1 B Magill 18.67.

Shot Put:

W16: 1 K Elisaia 10.72,

2 L Duggan 8.88;

M16: 1 M Cochrane 11.66;

MM: 1 B Magill 5.90

REBECCA AND MICHAEL COCHRANE AND MATHEW SMITH ALL DOUBLE WINNERS *by Pat Sale*

The Club Night on **December 11** was somewhat chilly, and had a low turnout but three double winners. Rebecca and Michael Cochrane both won the 100m and long jump in their grades and Mathew Smith won the men's 300m and 600m.

Rebecca Cochrane jumped a distance of 4.35m whilst brother Michael had the best of the night recording 5.59m on his fourth jump. He was pressed by Johnno Morton over 100m winning with a time of 12.1sec to Mortons 12.4sec.

Russell Lake led from start to finish over 3000m winning in 10-32.1 by over half a lap from veteran Gavin Smith. Les Dobson pulled out all stops in the home straight to snatch third place from Dave Whitehead by 0.1sec.

Results

100m:

W12: 1 A Robinson 14.7,

2 B Somerfield 15.0;

W16: 1 L Duggan 15.2;

W19: 1 R Cochrane 14.2;

M16: 1 M Cochrane 12.1,

2 J Morton 12.4,

3 J Regan 14.1;

MM: 1 M Brebner 13.8,

2 B Magill 14.7,

3 L Dobson 15.0.

4 G Smith 16.5

300m:

SM: 1 M Smith 44.7;

MM: 1 M Brebner 48.4,

2 L Dobson 49.1,

3 D Whitehead 49.7.

4 G Smith 54.1

5 M Clarkson 1.07.6

6 S Pavett 1.13.6

600m:

M16: 1 J Regan 1-52.7;

SM: 1 M Smith 1-37.8;

MM: 1 D Whitehead 1-56.1,

2 G Smith 1-56.4,

3 L Dobson 2-02.7.

4 M Brebner 2.24.9

5 S Pavett 2.46.1

3000m:

SM: 1 M Smith 14-47.1;

MM: 1 R Lake 10-32.6,

2 G Smith 11.19.7

3 L Dobson 12-28.9,

4 D Whitehead 12-29.0.

5 M Clarkson 13.04.7

6 S Pavett 14.37.8

Long Jump:

W12: 1 A Robinson 4.11,

2 B Somerfield 3.58;

W16: 1 L Dobson 3.85;

W19: 1 R Cochrane 4.35;

M16: 1 M Cochrane 5.59;

MM: 1 B Magill 4.38.

FUN NIGHT AND BBQ CHRISTMAS BREAK UP FOR ATHLETES

Athletics Tauranga had a fun programme and sausage sizzle for its Christmas break up club night on **December 18**.

Michael Cochrane won the backwards 60m from Sarah Yardley and Tracey Hale with Brendan Magill winning the Masters race with Mark Brebner second. In a conventional 60m Masters race Brebner turned the tables on Magill with Les Dobson third.

Braden Neal won the 800m from Mathew Smith and Brendan Magill.

In the overhead shot put Khanum Elisaia recorded 12.58m with the 3.25kg shot beating Michael Cochrane's 10.48m with a 6.0kg implement.

Results

60m:

- MM: 1 M Brebner 8.7,
- 2 B Magill 9.0,
- 3 L Dobson 9.3;

60m Backwards:

- W16 1 T Hale 12.7,
- 2, L Duggan 13.7,
- 3 R Cochrane 14.2;

- W19: 1 S Yardley 12.3;

- M16: 1 M Cochrane 11.7;

- MM: 1 B Magill 14.3,
- 2 M Brebner 14.8,
- 3 L Dobson 15.3.

800m:

- M19: 1 B Neal 2-17.6;
- SM: 1 M Smith 2-23.9;
- MM: 1 B Magill 2-31.0,
- 2 G Smith 2-38.7,
- 3 L Dobson 2-45.0.

Overhead Shot Put:

- W14: 1 K Elisaia 12.58;
- W16: 1 L Duggan 8.36;
- M16: 1 M Cochrane 10.48;
- MM: 1 B Magill 8.18,
- 2 R Young 6.72.



THE GOAT 3/12/2007

by Wayne Smith

(a 21km run from Whakapapa to Turoa)

As I write this, it is three days after the event and I am still hobbling around with sore legs- what we do for fun!

This year's running of the Goat saw a record line up of over 400 including some top names giving it a go. 2007 Coast to Coast champion, Gordon Walker, along with several other multisporters, together

with the top 3 Goat placegetters from last year, namely Colin Earwaker, Graeme Pearson & Sjors Corporaal. Add to this lineup, Tauranga's Mark Williams and Clive Reynolds and we have a classy field.

And the winner was: Sjors Corporaal, the bushman from Murupara in a time of 2.02.01. Sjors, while being a dark horse, had the credentials, 3rd last year, fastest on the downhill leg of the Kawerau Mountain Race and 3rd at Toi's. Sjors can obviously handle the extremely rough conditions well- others have been known to attempt it once- never to return.

Local lads, Mark Williams & Clive Reynolds had a great tussle, coming in 5th & 6th- excellent performances, with both beating last year's winner & runner up. Clive has now done all 4 Goat events and this year finished with his fastest ever time, by about 6 minutes, and in doing so was 1st 40plus veteran. Well done! Mark was no sooner finished than he had his music system pumping at the finish line- "I can walk 500 miles..."- keeps haunting me.

Despite taking another 4 minutes off my previous best time, I still had to settle for 4th in "The Oldest Goat" 50plus section. Each year since the first event I have managed to run faster than the previous year, so at my age I suppose I should be happy with that.

Next local was Mathew Smith, who had a boomer, finishing 49th overall, beating his last year's time by 17 minutes, and getting damn close to his old dad.

Dave Whitehead had his first Goat experience- I haven't asked him yet whether it will be his last. I don't think Dave understood how Mathew, who he usually beats at track and who he cleaned up at Toi's could beat him by 30 minutes at the Goat. But to give Dave his credit, he had a tough two weeks with Toi's, the Bike around Lake Taupo and the Goat all within 13 days.

There were quite a few other Tauranga competitors, but special mention must go to Linda Reynolds, who escorted Barbara Allen through the event in a time exceeding 7 ½ hours. I hope they took a packed lunch & thermos.

The prizegiving ceremony saw Mathew win the "Best Goat Impersonation"- ask him to do it for you sometime. Mathew also picked up a great spot prize- a season snow ski pass.

With numbers increasing each year and D.O.C's limit of 500 competitors, I can well believe that next year's event will be over-subscribed- so if you are thinking about whether you have "goat what it takes" then I would suggest entering early.

Local results:

5 th Mark Williams	2.07.18
6 th Clive Reynolds	2.07.45 (1 st 40+)
24 th Wayne Smith	2.27.16 (4 th 50+)
49 th Mathew Smith	2.38.00 (26 th -39)
178 Dave Whitehead	3.09.43 (13 th 50+)
423 Linda Reynolds	7.33.00
424 Barbara Allen	7.33.00



The Goat Course profile

Tinman Triathlon 2/12/07
Mt Maunganui

Awesome day: The Olympic distance race was won by Keiran Doe with the following splits (M20 grade)

Swim 21.05	Bike 54.32	Run 38.74
Total 1.54.11		

Mike Pugh was 2nd (1st M30+)

Swim 23.16	Bike 58.19	Run 34.99
Total 1.56.34		

Terry Furrage 70th (15th M40+)

Swim 35.36	Bike 67.73	Run 40.95
Total 2.24.04		

From 268 finishers

In the Sprint distance there were 78 finishers. The Race was won by Owen Miller of Mt Maunganui in splits

Swim 11.02	Bike 31.01	Run 19.39
Total 1.01.42		

Josh Dyer 8th

Swim 14.12	Bike 35.27	Run 21.73
Total 1.11.12		

Deirdre Lack 9th (1st Woman)

Swim 13.1	Bike 33.31	Run 24.4
Total 1.11.15		

Close racing there!

Angus Curry 74th (34thM)

Swim 22.14	Bike 46.95	Run 32.95
Total 1.42.04		



WBOP 10,000m Champs
8/12/07



Only 12 entries through all the grades. Muggy conditions.

Matt Parsonage was the overall winner, finishing in a time of 33.16.59 to take 1st/4 in the Senior mens grade.

Gavin Smith placed 1st/3 in the M50-54 grade with a time of 39.53.56

Robyn Winter the only Masters Woman dnf'd due to an upset stomach caused by anti-inflammatory painkillers for an accident/arm injury earlier in the week.. Kate Spilsbury of Hawks was the only Senior woman. She finished her 1st 10km on track in 48.41.07.

Sam Johnson Memorial Throws Meet at Porritt Stadium 25/11/07

Livvie Duggan

1 st /1	W16	Shotput	8.18m
1 st /2	W16	Discus	27.16m
1 st /1	W16	Javelin	22.72m

Round 2: 2/12/07

Livvie Duggan

5 th /5	W16	Shotput	8.15m
1 st /5	W16	Discus	27.29m
2 nd /2	W16	Javelin	23.76m

Putaruru Bell Meet, Porritt, 3/12/07

Sorry, these were missed from last months newsletter:

Mariah Ririnui

1 st /9	W16	100m	12.49
1 st /7	W16	200m	26.03

Livvie Duggan

7 th /9	W16	100m	15.26
6 th /6	W16	High Jump	1.15m

1 st /6	W16	Javelin	20.46m
Rebecca Cochrane			
2 nd /2	W19	100m	14.26
1 st /1	W19	Javelin	19.08m
Michael Cochrane			
2 nd /16	M16	100m	12.07
1 st /7	300m	Hurdles	40.63
1 st /8	M16	High Jump	1.70m
Steven Langdon			
2 nd /2	M19	200m	24.85
1 st /1	M19	400m	54.47
Brendan Magill			
1 st /2	M35-99	2k steeple	7.13.96
5 th /6	M35-99	200m	30.24
2 nd /2	M35-99	400m hurdles	1.15.32

TE AROHA MOUNTAIN RACE
(WBOP Champs) 15/12/07

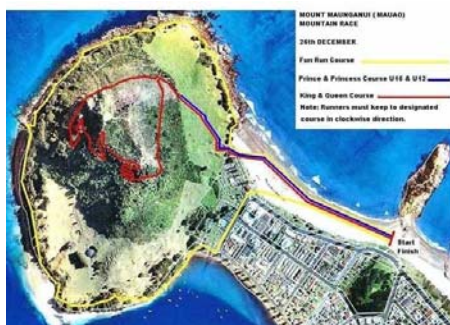
31 entries this year. The Race was won by Andrew Wyatt (non-affiliated) in 1.03.38 with 1st Female Sula Young (also non-af) in 7th overall 1.12.31.

Kevin Lowe placed 8th overall (1st M45) in 1.13.27

Dave Whitehead 20th (3rd M50 WBOP) in 1.29.05

Another 17 ran the shorter Bald Spur Derby Race.

Mt Maunganui King & Queen of the Mountain Race 26/12/07



What a brilliant day. A couple of showers had passed over during the morning but it cleared for the race and turned warm & humid again. The view from the top of the Mount was fantastic, but the runners hardly noticed, intent as they were on their efforts. I took time to photograph some magnificent pohutukawa blossoms while waiting for the athletes at the top. The track was in perfect (like a main road) condition and with the tide right out the beach run was fast, especially the tail wind on the return trip.

The pressure was on Iain MacDonald to repeat his last three performances and make himself a 4 times King of Mauao, but with the event drawing a record field of 154 finishers, he really had his work cut out.

Ex TBC athlete & NZ Mountain Running Champion, Angus Bell of Auckland proved too good on the day and grabbed the title in a new course record time of 18.45 minutes. He was followed by another ex TBC athlete & ex Rambler, Jason Creswell (Melbourne) in 19.04 mins. Jason had sat in 4th place to the top. Iain MacDonald, whilst settling for third, still beat his previous best time on the hill.

Ist woman home and winning her 2nd consecutive title was Sarah Devoy of Hamilton in 23rd overall and 22.48mins.



Angus Bell leads Kyle & Iain up the hill

Ramblers:

Iain MacDonald	3 rd	19.14
Kyle MacDonald	4 th	19.27
Mark Williams	5 th (1 st M35+)	19.38
Matt Parsonage	8 th	20.28
Russell Lake	14 th (4 th M35+)	21.32
Tony Chudley	16 th (5 th M35+)	21.52
Adam Garner (ex)	25 th (3 rd M19)	22.57
Brad Maisey	30 th (4 th M19)	23.19
Wayne Smith	35 th (11 th M35+)	23.48
Kevin Lowe (ex)	39 th (14 th M35+)	24.00
Brendan Magill	40 th (15 th M35+)	24.03

Mathew Smith	41 st	24.10
Gavin Smith	43 rd (16 th M35+)	24.16
Dave Whitehead	57 th (21 st M35+)	25.09
Les Dobson	70 th (28 th M35+)	26.05
Peter Kennedy	91 st (39 th M35+)	27.45
Robert McPherson	93 rd 40 th M35+)	27.56
John Addy	104 th (49 th M35+)	28.48
Ethney Barnaby	107 th (2 nd W35+)	29.14
Maureen Lawson	117 th (6 th W35+)	30.05
Malcolm Taylor	122 nd (56 th M35+)	30.37
Anna Gould	137 th (11 th W35+)	33.04

Malcolm Taylor was running his 40th consecutive Mt Maunganui Mountain Race and was given a special trophy at prizegiving and mention in the BOP Times. Well done Malcolm!

Prince & Princess of the Mountain Race

The Junior Mountain race was won by Shay Williamson (BU16) of Whakatane in 8.54, another course record.

There were 36 finishers.

Jacob Martin	7 th (BU16)	10.28
Jessica Bitcheno	20 th (4 th GU12)	12.38
Emma Shanley-McDonald	27 th (8 th GU12)	13.43

Round The Mount Fun Run

38 runners, won by Wayne Doughty in 21.19

Robert McPherson	2 nd	21.42
Robyn Winter	16 th	27.51
Eric De Lautour	21 st	28.37
Nina Chell	25 th	30.23

Robert ran around before running up!



Merry Xmas!

Eves Realty Surf Breaker Triathlon, Mt Maunganui 27/12/07

Congratulations **Mike Pugh** for his 2nd placing only 3 weeks after his 2nd place in the Tinman .

Sorry –I don’t have full results, although I understand Deirdre Lack and Anna Gould also competed & a couple of others, Brendan Magill included, were in teams.

Battle of the Cities Round 4 Sovereign Stadium, North Shore 15/12/07

The 4th and final round saw North Shore take the overall win, with odds stacked in favour of the Auckland teams who hosted 3 of the 4 events. All credit to Hamilton City though, who made the effort to travel and placed 2nd overall.

“BOP City” placed 5th from 7 teams.

Livvie Duggan W16

9 th /10	60m	9.39
2 nd /3	Discus	30.27

Brendan Magill SM

3 rd /3	400m Hurdles	No Time
2 nd /2	3k Steeples	11.28
4 th /4	Discus	18.16

#####

DASH 4 CASH, Mt Maunganui 9.15pm 27/12/07

This event ran straight after the finish of the Mount Cycle Criterium and was hosted by the Community Sport Trust team, including Ramblers member Andy Bedford. I must say they did a marvelous job, considering they had also been flat out with the Surfbreaker triathlon early in the day. The Cycle Criterium through the closed off town centre drew an enormous crowd, with holidaymakers enjoying the action while dining at all the sidewalk restaurants. The atmosphere was the best I’ve experienced in a long time at an event.

The cycle criterium races were raced over a 1.1km lap course and drew a large number of cyclists from all over NZ, culminating in Julian Dean taking out the elite race and prize money.

Prior to the Elite cycle race **Steven Langdon** stripped down and outsprinted a large group of keen participants in the **95Bopfm Undie 500** race to a cheering crowd. It was a sure thing for the 400/800m specialist, and he picked up \$100 for his effort.

Meanwhile the Dash 4 Cash had attracted Dale Warrender , Phil Costley, Scott Winton and ex Ramblers, now Wgtn Scottish, Glenn Hughes and Alice

Wilson, plus a couple of others to take on our own local talents, namely the Ruthes, Iain MacDonald & Craig Kirkwood.

The race was run similar to the cycle criterium where runners could be removed if lapped by others in their own grade, and included primes. To make it a more accurate 10km, runners started about 100m behind the finish line and ran 9 laps.

Ramblers also put in a team to contest the \$1000 prize for the top 5 placed club athletes in any grade: namely Open Men & Women or Vet Men 40+ or Women 40+, excluding the elite grade, who were contesting individual cash.



Start of the Elite Mens Cycle Race



Ben leading Phil Costley in one of the prime sprints for cash.

Elite Results:

1 st	Phil Costley	29.55
2 nd	Ben Ruthe	30.05
3 rd	Scott Winton	30.12
4 th	Craig Kirkwood	30.15

5th **Iain MacDonald** 30.47
 6th Glenn Hughes 31.02
 (Dale Warrender dnf'd and I don't have any of the other results)

Ben ended up surrendering the final win, after his using all his effort in securing the 3 sprint primes cash. Costley took advantage and pounced immediately after Ben's last prime catching him still shattered.

Iain's run was particularly inspiring after his effort in the Mountain race the previous day and late night (4am I heard)!

1st W **Jess Ruthe** 34.15
 2nd W Alice Wilson 35.51
 3rd W Johanna Ottosson 37.12
 4th Julia Lee ?

Jess was never challenged for any of the sprints or final woman's first prize. Alice Wilson's mum tells me that Alice is likely to be moving back to Tauranga permanently in the near future, so we'll have to work on getting her back into Ramblers colours.

In the other grades **Steven Langdon & Regan Bones** placed 1st & 2nd Open men in their first ever 10km road races. They can be well pleased with their efforts. **Russell Lake** scored with a 3rd in the Open Men. Times not available. Bringing home the Ramblers team were Vet40+ **John Caie & Gavin Smith** who placed 1st & 3rd respectively, securing the \$1000 prize for the Club. Graeme Pearson of Lake City placed 2nd splitting the Vet placings. Gavin, trialling some brand new racing flats from Texas (gifted for Xmas), was well pleased with his effort of around 37.27 particularly after the mountain race the day before, and working all day. The crowd support provided an enormous boost. I think this race has great future potential. A little more advertising out of town of the event might bring forth more other club participation, although, due to the lateness of the hour, and by the time prizegiving is completed, most would need to look at staying locally overnight.



COMING EVENTS.

3 January
 Pauanui Mountain Race, starts 8.30am near Surf Club

4-6 January
 North Island Colgate Games, Inglewood.

5 January
 Open Meet, Porritt Stadium, 4pm see AWBOP handbook

5 January
 Mud to Club Run, from Athenree Boat Ramp to Waihi Beach Surf Club (across estuary at low tide, a little road & sandhills, then along beach) about \$5 entry, *contact Dan Harris 027 4980823*

8 January
 1500m, 200m, 5000m, 100m, Long Jump Shot Put

12 January
 Open Meet, Porritt Stadium 4pm

15 January
 60m, 400m, 3000m, 100m, Javelin, Triple Jump

17 January
 Everyone's Run/Walk Series recommences, Maxwells Rd, register from 5.15pm, walk starts 5.45pm, run 6pm, \$5 entry

19 January
 Open Meet, Porritt Stadium, 4pm

19 January
 Cooks Classic, Wanganui www.athletics.org.nz

22 January
 100m, 800m, 200m, 4000m, High Jump, Discus

26 January
 Open meet, Porritt Stadium, 4pm

26 January
 Nth Island Grades 14/U16 & U18 Interprovincials, Palmerston North

26 January
 NZ 10000m Champs, Inglewood www.athletics.org.nz

29 January
 100m, 400m, 10000m (Club Champs) Triple Jump, Shot Put

2 February
 Open meet, Porritt Stadium, 4pm

2 February
 VAL Meet, 5pm, Cooks Gardens, Wanganui, (entries close 7th Jan) lots of prize money going at this one: check out www.val.org.au

3 February
 Masters meet, Porritt Stadium

3 February
 Sylvia Potts Classic, Nelson Park, Hastings, 3.30pm

5 February
 1500m (CC), 200m, 5000m, Long Jump (CC)

6 February
 Capital Classic, Wellington www.athletics.org.nz

9-10 February
 NZ Combined Events Champs, Porritt Stadium 10am

12 February
 100m, 800m (CC), 200m, High Jump (CC), Discus (CC)