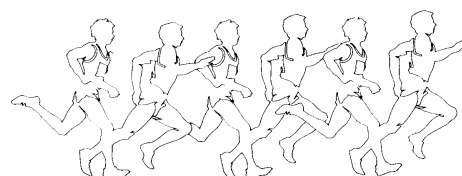


Ramblings

Newsletter of Athletics Tauranga Incorporated



November 2007

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ATHLETES OF THE MONTH

November 2007



Craig Kirkwood & Ben Ruthe

*Craig won Toi's Challenge &
Ben won the Kauri Run. Both
mean events!*

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Editorial & notes

This month has been busy with a combination of off-road events, track & field competition and fun runs.

The weather has been great, so what better time to get out there and enjoy your running.

Congratulations to **Jess Ruthe** who competed amongst some top world athletes in the Tokyo International Women's Marathon on the 18th November and placed 9th in 2.39.12.

Jess went through half way in 1.16.39 and was hoping for an Olympic qualifier of sub 2.33.00 but it was not to be unfortunately, in the warm conditions.

The winner was Mizuki Noguchi of Japan in a time of 2.21.37.

Better luck next time in London, Jess!

Last Club night before Xmas is on the 18th December.

We will be having the usual BBQ sausages & bread, but as there are no facilities, we will have nowhere to spread out the salads, plates etc unless you use the stand seating. Therefore, if you want any extras, just bring your own.

Of course the weather will be fine!

Welcome home Andrea- yes she

loves Tauranga so much that she's returning now on the 18th Dec: can't miss those sausages! Apparently they seldom get meat that is recognisable in the Lamar dining hall, so she usually passes. It's all highly processed stuff. -and I thought Texans all ate steak, another myth: it's too dear!

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

1st November (48 entries)

Dan Smith won the event 17.20, Nicola McKay 1st Woman was 2nd overall in 18.24. **Steven Langdon** 3rd 18.52, **Stu Smith** 5th 19.33, **Tim Masters** 6th 20.38, **Barry Watson** 10th 23.31, **Anna Gould** 15th 26.24, **Karen Smith** 21st 30.50. **Malcolm Taylor** 1st walker 30.51.

8th November (87 entries)

Iain MacDonald took line honours in 15.31, **Kyle MacDonald** 2nd 15.40, **Ben Ruthe** 3rd 17.03, **Dan Smith** 5th 17.06, **Stu Smith** 9th 19.20, **Murray Clarkson** 11th 20.43, **Clive Reynolds** 12th 20.43, **John Addy** 13th 20.46, ex Rambler Petra Creighton was 1st woman in 14th place 20.58, **Steven Langdon** 15th 21.04, **Mike Powell** 16th 21.23, **Barry Watson** 18th 22.53, **Kylie Tietjens** 19th 22.55, **Anna Gould** 32nd 26.50, **Eric De Lautour** 35th 28.52, **Karen Smith** 38th 31.14, **Kirk Brennan** 42nd 34.27.

15th November (88 entries)

Mark Williams was 1st in 16.40, with **Dan Smith** 2nd in 17.28, **Dale Bull** 3rd 18.11, Nicola McKay (1st woman) was 4th in 18.52. **Stu Smith** 5th 19.21, **Murray Clarkson** 6th 19.54, **John Addy** 7th 20.47, **Mike Powell** 8th 21.03, **Barry Watson** 11th 22.38, **Anna Gould** 23rd 26.27, **Eric DeLautour** 27th 30.06, **Karen Smith** 30th 31.23.

22 November (93 entries)

The warmer evenings are bringing in a few more entries. **John Caie** was 1st home in 17.00. **Steven Langdon** 2nd 18.09, **Stu Smith** 3rd 18.57, **Dan Smith** 4th 18.58, ex Rambler Adam Garner, back from University of Canterbury 5th 19.10, **Lydia O’Donnell** 1st Woman & 7th overall 19.29, **Clive Reynolds** 8th 19.36, **Brittany Walker** 9th 20.15, **Michelle Pollard** 10th 20.23, **Murray Clarkson** 11th 20.34, **John Addy** 13th 21.07, **Anna Gould** 34th 26.00, **Keith Still**, 1st walker 30.49.

29 November (80 entries)

10 did the 3km event, including **Mia Pugh** who was 7th in 17.16. **John Caie** won the 5km in 16.53, **Gavin Smith** 3rd 18.44, **Stu Smith** 4th 18.53, **Laurie Pugh** 5th (1stW) 19.01, **Lydia O’Donnell** 6th 19.07, **Josh Dyer** 8th 19.44, **Brittany Walker** 10th 20.01, **Michelle Pollard** 11th 20.09, **Mike Powell** 16th 21.03, **Murray Clarkson** 30th 24.56, **Anna Gould** 36th 26.36, **Karen Smith** 42nd 31.24, 1st Walker in a new course record was **Keith Still** 30.35, **Malcolm Taylor** was 2nd in 31.50.



Start of the 29th November Run



Yes: They’ve started it! : Digging at the Tauranga Domain commenced on schedule for laying the All-weather Track

ROUND THE BRIDGES ROAD RACE, Hamilton, 10/11/07

A record 3250 entries over the three distances, 538 of them in the primary & Intermediate schools 2km event. New Balance were the new sponsors.

The 12km event attracted a lot of interest from the elite sector, and brought in a few out-of-towners and South Islanders.

6.3km Fun Run & Schools Race

Won by Mohamed Ali (Fairfield/Hawks) in 24.14.

13th overall **Lydia O'Donnell** 1st SSG (TGC) 26.22

14th overall **Brittany Walker** 2nd SSG (TGC) 26.46

12km

Won by Rees Buck, (Wellington) in 37.07 in a sprint finish with Rowan Hooper (Christchurch) 37.08. 3rd was Matt Ingram (also Chch) in 37.38. 24th and 1st woman home was Gabby O'Rourke (Wgtn) 46.27.

- 4th **Mark Williams** 40.26
- 12th **Dan Smith** 43.15
- 73rd **Tim Masters** 52.54

BATTLE OF THE CITIES, Round 1, Porritt Stadium 10/11/07

Ramblers performed well.

At the end of Round 1 "BOP City" Seniors are in 2nd place with 65 points behind Hamilton City on 133. In the combined M & W 19 grade BOP are 5th on 44 points and in the M & W16 BOP are in 3rd place on 117 points. Overall BOP are third behind Hamilton & North Shore. We need more athletes to attend the next meets to catch up.

The event incorporated the **BOP 3000m Championships**, but unfortunately clashed with lots of other non-track events the same weekend. Whilst the M&W16 grades took advantage of the race as a trial before NZSS T&F Champs, numbers were pretty poor elsewhere with no Open men, and only 4 Masters Men plus only 3 in the Open & Masters Womens race. Congratulations to Robyn & Brendan for golds in their age groups.

- Mariah Ririnui W16**
- 100m 2nd /17 12.64
- Long Jump 1st / 5 5.43m
- Livvie Duggan W16**
- Shotput 5th /5 8.05m
- Javelin 3rd / 7 18.46m
- Tracey Hale W19**
- 100m 2nd / 13.03
- 100m Hurdles 1st /2 15.07
- Robyn Winter W55-59**
- 3000m 1st /1 13.45
- Joseph Millar M16**
- 100m 4th /10 11.68
- 200m 1st /11 24.05
- Long Jump 2nd /5 5.76m
- Brendan Magill M40-44**
- 3000m 1st /2 10.18.12
- 110m Hurdles 1st /1 22.98

MARATOTO CHALLENGE, Hikutaia, 10/11/07

Gorgeous sunny day. The scenery was great and you could see for miles from the trig. I noticed because I had to stop for a breather. A sign before the top advertised nips \$3, beer \$2 and water free. My pockets were empty. On absolutely no training it was an impulsive decision to do the 10km to fill in time while Gavin was doing "his thing." Despite entering the run I think I walked 80percent, and my time reflected this- a good 20mins slower than any of my previous attempts.

The course has slight changes each year dependent on which paddocks the farmers are using. It also incorporates a river crossing (2-3 in the half marathon). Fortunately, having had no rain in the last week, the river level was low and trails that in the past have been slippery with mud & clay were dry & firm. The 21km incorporates the first very long, mean hill from the 10km on farmland & regenerating bush, then veers off to another couple of meanies up into the Coromandel Ranges near the Maratoto Wires track.

The 21km & 10km events include a Mountain bikers grade and there is also a flatter 5km schools competition and fun run/walk.

21Km Run

Clive Reynolds won & was also 1st in the Masters grade in 1.38.49

Gavin Smith 3rd overall & 2nd M40+ in 1.48.58

Dave Whitehead 3rd M40+ , 2.07.15

The first woman & MW **Jennifer Bentley**, did 2.08.58.

The first Mountain biker **Darren Donnelly** recorded 1.21.09.

10km Run

First home was **Glen Sexton**, of Hamilton Hawks in 43.57. (Also 1st VM) He also succeeded in beating the 1st Mountain biker.

Murray Clarkson 2nd M40+ (3rd overall) 51.59

Mathew Smith 4th SM (6th overall) 53.36

Fay Smith 5th MW 40+ 1.39.26



Gavin in a previous Maratoto River crossing when it was a full marathon plus.

NORTH ISLAND COMBINED EVENTS CHAMPS, Nelson Park, Hastings, 10/11/07

Michael Cochrane 1st M16 in Heptathlon

Unfortunately, I haven't found any results or received any other reports. Perhaps one of our combined eventers could give us a writeup and let us know who else did what!

KAURI RUN, Coromandel,
17/11/ 2007



Ben Ruthe won this challenging 30km event organised by ARC Events, over the Coromandel Ranges from Waikawau Beach to Coromandel township, in 2.32.08.

Off road specialist **Chris Morrissey** was 2nd in 2.37.37

Last years winner **Mark McKeown** placed 3rd in 2.38.44, followed by past winner **Colin Earwaker** , 4th (1st VM50) in 2.44.55.

First woman home & defending her 2006 win was Russian born Aucklander, **Oksana Isanina** in 3.14.08.

Nearly 300 people competed over the 30km & 13km runs & walks. The 13km event was won by junior **Jamie Quirk** of Thames in 1.12.05.

TOI'S Challenge , Whakatane
18/11/07

The challenge was on between **Ben & Mark** to win the double: 2 events in 2 days. Who would prove the fittest & survive the achy muscles from the 1st event best? Well, we must give Ben the credit in that challenge, however it was **Craig Kirkwood** who came forward and burgled the win with a fresh pair of legs. **Mark Williams** also finished strongly, but just missed giving Ramblers the treble.

More challenges further back included **Wayne** hanging onto **Gavin** throughout the first half , looking like he was done in by the top of the 2nd big hill, but digging deep (along with a squeeze for energy) & using those racy red flats to full advantage on the down hill, to get in front and stay there to the finish.

Another battle raged between **Les & Dave** and ended with a sprint to the finish line, with Les just edging out Dave by a nose.

1st woman home was **Karen Hanlen** of Whakatane (23rd place overall) 1.36.51



Craig leads Ben out of the park at the start of Toi's.

Results

1 st Craig Kirkwood (1 st /64 SM)	1.19.12
2 nd Ben Ruthe (2 nd SM)	1.21.31
4 th Mark Williams (4 th SM)	1.24.40
8 th Mark McKeown (5 th SM)	1.27.08
11 th Clive Reynolds (11 th /43 M40)	1.30.11
15 th Russell Lake (9 th SM)	1.33.10
28 th Wayne Smith (2 nd /32 M50)	1.38.36
29 th Gavin Smith (3 rd M50)	1.39.07
42 nd Murray Clarkson (2 nd /10M60)	1.44.20
61 st Les Dobson (11 th M40)	1.49.39
62 nd Dave Whitehead (5 th M50)	1.49.40
78 th Pete Kennedy (7 th M50)	1.53.54
83 rd John Addy (8 th M50)	1.55.00
90 th Mathew Smith (34 th SM)	1.55.37
140 th Maureen Lawson (3 rd /21 W45-54)	2.07.04



TESSA CARNIE WINS IN FINE
STYLE by *Pat Sale*

Another wet Tuesday evening saw a low turnout at the Club Night on **November 6.**

Standout performance of the night was **Tessa Carnie's** win in the 100m with a smart time of 13.3sec on the wet grass track. She won by over a second from the younger **Vanessa Hill** in second place and recorded a time faster than the male athletes.

Hamish McKain, a middle to long distance runner, showed a good deal of pace to win the 200m in 26.9sec, 2.5sec ahead of runner up **Sam Walker**.

In the 1000m a good race eventuated with 800m specialist **Stephen Langdon** leading from start to finish but hanging on to win from **McKain** who put in a good last lap to cut the deficit to 1.8sec.

Brendan Magill led all the way in the 3000m, gradually increasing his lead each lap over **Gavin Smith** to win by about half a lap. **Mathew Smith** came home third with a fast final lap that took him well clear of **Les Dobson** in fourth spot.

Livvy Duggan W16 had the best discus throw of the night with 26.80m on her sixth and final throw.

There were very few competitors in the field events with the wet grass approaches, and we look forward to the All Weather facilities due to be started on at the Tauranga Domain next week.

Results:

100m:

- W12: 1 A Robinson 16.1;
- W14: 1 V Hill 14.4,
- 2 E Jackson 15.0;
- W19: 1 T Carnie 13.3;
- M19: 1 H McKain 14.6;
- MM: 1 M Brebner 14.5,
- 2 L Dobson 15.0,
- 3 B Magill 15.2.
- 4 D Whitehead 15.5
- 5 G Smith 16.5

200m:

- M16: 1 S Walker 29.4;
- M19: 1 H McKain 26.9;
- MM: 1 M Brebner 29.9,

- 2 B Magill 30.2,
- 3 L Dobson 30.4.
- 4 D Whitehead 31.4
- 5 M Clarkson 32.6
- 6 G Smith 35.0

1000m:

- MW: 1 L Reynolds 4-12.0,
- M16: 1 S Walker 3-01.9;
- M19: 1 S Langdon 2-50.6,
- 2 H McKain 2-52.4;
- SM: 1 M Smith 3-03.2;
- MM: 1 G Smith 3-20.6,
- 2 M Clarkson 3-26.1,
- 3 L Dobson 3-27.3.
- 4 D Whitehead 3.27.4
- 5 B Watson 3.57.7
- 6 S Pavett 4.31.3

3000m:

- MW: 1 L Reynolds 13-45.6;
- SM: 1 M Smith 11-54.3;
- MM: 1 B Magill 10-35.5,
- 2 G Smith 11-08.8,
- 3 L Dobson 12-20.2.
- 4 B Watson 12.42.4
- 5 S Pavett 13.57.3
- 6 M Brebner 15.42.7

Long Jump:

- MM: 1 B Magill 4.00.

Discus:

- W16: 1 L Duggan 26.80;
- MM: 1 B Magill 19.10



JOHNNO MORTON GETS A WIN AND A SECOND by Pat Sale

Johnno Morton won a good race over 400m beating Mathew Smith by 0.8sec, and was pipped by Joseph Miller by 0.3sec in the 200m at Club Night on **November 13.**

Other good competition occurred in the masters 200m where John McKinley came from behind to win from early leader Mark Brebner with Brendan Magill a close third with only 0.7sec covering the first three. Mathew Smith led from start to finish in the 1500m to win comfortably from his uncle Gavin Smith. Kirk Brennan easily won the 5000m with Gavin Smith again the runner up.

Livvie Duggan again showed up well in the field events with the best shot put of the night at 7.44m.

Results

200m:

- W13: 1 S Miller 29.7,
- 2 R Miller 31.9,
- 3 A Robinson 33.3;
- M14: 1 P Burrows 31.2;
- M16: 1 J Miller 25.1,
- 2 J Morton 25.4,
- 3 J Regan 30.5;
- MM: 1 J McKinley 28.9,
- 2 M Brebner 29.2,
- 3 B Magill 29.6,
- 4 L Dobson 31.0
- 5 M Clarkson 31.7
- 6 G Smith 34.2

400m:

- M16: 1 J Morton 58.5;
- SM: 1 M Smith 59.3;
- MM: 1 M Clarkson 1-08.8,
- 2 L Dobson 1-10.9,
- 3 G Smith 1-11.8.
- 4 J McKinley 1.41.0

1500m:

- M14: 1 P Burrows 5-25.7;
- M16: 1 J Regan 5-48.4;
- SM: 1 M Smith 4-47.8;
- MM: 1. G Smith 5.19.2
- 2 M Clarkson 5-50.8,
- 3 S Pavett 6-43.2.

5000m:

- M14: 1 P Burrows 22-44.9;
- M16: 1 J Regan 22-48.0;
- MM: 1 K Brennan 18-58.3,
- 2 G Smith 19-25.5,
- 3 L Dobson 20-48.9.
- 4. B Watson 21.43.8
- 5 S Pavett 23.06.6

Shot Put:

- W13: 1 A Robinson 6.87;
- W16: 1 L Duggan 7.44;
- MM: 1 J McKinley 6.21,
- 2 B Magill 6.05.

“AH MCKAIN YOU’VE DONE IT AGAIN” by Pat Sale

Hamish McKain made it a one horse race in the 800m at Club Night on **November 20.** He was shadowed by Mathew Smith for the first 200m but then exerted his dominance to open up a large gap which he held to the end beating Smith by the

length of the straight and a margin of 14sec.

Samantha Dunick had a good double winning the 100m and 200m. There was a good tussle in the M16 100m with Joseph Millar heading home Michael Cochrane with Johnno Morton a close third. Mark Brebner won the Masters grade in both sprints by a whisker from Brendan Magill.

There was a fine race in the 3000m with Kirk Brennan opening up an early lead, but after 4 ½ laps Russell Lake, running his usual even paced race caught up and with Gavin Smith on his heels took the lead. He ran on to win and Smith also passed Brennan to hold second spot until Brennan kicked home on the last lap to secure second place at the finish with Smith 2.8sec back in third.

Michael Cochrane had the best javelin throw of the night with 39.46m to Elisha Rolleston’s 36.47m. Ethney Barnaby was the best woman with 25.25m.

Results

100m:

- W12 1 A Robinson 16.0;
- 2 E Shanley-McDonald 16.1
- W14: 1 H Shanley-McDonald 14.3,
- 2 R Miller 14.6,
- W16: 1 S Dunick 13.4;
- MW: 1 E Barnaby 14.1;
- M16: 1 J Millar 11.6,
- 2 M Cochrane 11.8,
- 3 J Morton 12.2;
- 4. J Regan 14.6
- MM: 1 M Brebner 14.1,
- 2 B Magill 14.6,
- 3 G Smith 16.3.
- 4 E De Lautour 20.7

200m:

- W14: 1 H Shanley-McDonald 29.2,
- 2 E Shanley-McDonald 32.7;
- W16: 1 S Dunick 28.4;
- MW: 1 E Barnaby 30.1;
- M16: 1 J Morton 26.1,
- 2 J Regan 32.8;
- M19: 1 H McKain 26.9;
- SM: 1 M Smith 27.3;
- MM: 1 M Brebner 29.5,
- 2 B Magill 29.6,
- 3 M Clarkson 30.8.
- 4 K Brennan 31.1
- 5 G Smith 34.0
- 6 E De Lautour 44.0

800m:
 MW: 1 L Reynolds 3-09.4;
 M16: 1 J Morton 2-32.6,
 2 J Regan 2-55.3;
 M19: 1 H McKain 2-12.7;
 SM: 1 M Smith 2-26.1;
 MM: 1 B Magill 2-28.6,
 2 M Clarkson 2-34.2,
 3 G Smith 2-36.8,
 4 R Lake 2.41.5
 5 B Watson 3.09.7
 6 E De Lautour 3.52.5

3000m:
 MW: 1 L Reynolds 13-36.6;
 M16: 1 J Regan 13-02.4;
 SM: 1 M Smith 14-17.7;
 MM: 1 R Lake 10-48.3,
 2 K Brennan 10-55.5,
 3 G Smith 10-58.3
 4 B Watson 12.38.3

Javelin:
 W16: 1 L Duggan 19.52,
 2 S Dunick 12.23;
 MW: 1 E Barnaby 25.25;
 M16: 1 M Cochrane 38.46,
 2 E Rolleston 36.47;
 MM: 1 B Magill 19.87.

STEVEN LANGDON A
DOUBLE WINNER by Pat Sale

Steven Langdon won two closely fought races over 300m and 800m at the Club Night on **November 27**. He was pressed hard by Johnno Morton in the 300m, winning by a mere 0.1sec. Over 800m he was chased all the way by Hamish McKain who finished strongly in the home straight, but Langdon held him off to win by 0.3sec.

Johnno Morton won the 100m in 12.5sec, and Kirk Brennan ran away with the 2000m leading all the way to win by 13.6sec from Gavin Smith.

Michael Cochrane had the best high jump of the night with 1.70m, but very meritorious performances were put up by Amy Robinson and Alice Bain who both cleared 1.25m to be first equal in the W12 grade.

Results

100m:
 M16: 1 J Morton 12.5,
 2 J Regan 15.1;
 MM: 1 B Magill 14.8,

2 D Whitehead 15.8,
 3 G Smith 16.3.

300m:
 M16: 1 J Morton 39.1;
 M19: 1 S Langdon 39.0,
 2 H McKain 40.3;
 SM: 1 M Smith 44.4;
 MM: 1 B Magill 48.2,
 2 D Whitehead 49.6,
 3 G Smith 53.3.

800m:
 M16: 1 J Regan 2-41.7;
 M19: 1 S Langdon 2-04.9,
 2 H McKain 2-05.2;
 SM: 1 M Smith 2-17.7;
 MM: 1 B Magill 2-26.3,
 2 G Smith 2-38.4,
 3 D Whitehead 2-43.2.

2000m:
 M16: 1 J Regan 8-11.8;
 SM: 1 M Smith 9-35.1;
 MM: 1 K Brennan 7-05.8,
 2 G Smith 7-19.4,
 3 D Whitehead 8-29.9.

High Jump:
 W12: 1= A Robinson and A Bain 1.25;
 W14: 1 V Hill 1.35;
 M16: 1 M Cochrane 1.70,
 2 E Rolleston 1.40.

Triple Jump:
 MM: 1 B Magill 8.25.

Battle of the Cities Round 2
Mt Smart Stadium 17/11/07

After 2 Rounds North Shore City leads overall on 953 points. BOP City lies 5th on 300 points. We need more athletes out there!

Mariah Ririnui W16		
60m	1 st /17	8.08
100m	4 th /23	13.02
Livvie Duggan W16		
60m	17 th /17	9.51
Discus	foul	
Rebecca Cochrane W19		
60m	6 th /6	8.99
Triple Jump	3 rd /4	9.72m
Discus	4 th /4	20.05m
Michael Cochrane M16		
300m Hurdles	1 st /6	40.32
High Jump	2 nd /7	1.75m
Triple Jump	2 nd /6	12.68m
Brendan Magill MM40		
400m Hurdles	1 st /1	72.68
Discus	1 st /1	17.01m



Athletics track trustees Lloyd Christie and Ada Parnwell get digging at Tauranga Domain. Other trustees and funders look on (from left) Murray Clarkson, Garth Mathieson, Karen Smith, Frank Vosper, Kiri Pope, Bruce Cronin and Tom Roper.



Battle of The Cities, Round 3
Mt Smart Stadium 24/11/07

Overall North Shore City leads on 1409 points, with BOP City 5th /7 on 670 points.

Mariah Ririnui W16		
Long Jump	1 st /8	5.70m
Tracey Hale W19		
100m	3 rd /6	13.32
100m Hurdles	1 st /2	15.53
Samantha Dunick W19		
200m	3 rd /8	27.64
Catharina Potthoss W16		
100m	21 st /21	14.88
800m	11 th /11	2.52.95
100mHurdles	3 rd /3	19.51
Michael Cochrane M16		
100m	2 nd /12	12.02
110mHurdles	2 nd /5	15.50
Long Jump	3 rd /12	5.71m
Shot Put	2 nd /7	12.07m
Javelin	3 rd /6	39.62m



Michael in action last season....



Have a fun Christmas & New Year Everyone. Party hard- but remember you have the Mountain race next day!

COMING EVENTS.

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

8 December

Open Meet, Porritt Stadium, 5pm, includes WBOP 10000m Championships, see AWBOP Handbook for schedule

11 December

100m, 600m, 300m, 3000m, Long Jump & High Jump

15 December

Te Aroha Mountain Race (approx 8km) This year incorporates WBOP Mountain Race Championship, 10am start, plus Bald Spur Race (approx 3km). www.coolrunning.co.nz

15 December

Battle of the Cities, Round 4, Sovereign Stadium, North Shore, 1pm

18 December

Xmas Fun Night: 60m, 800m, Relay, & other fun events
 BBQ BBQ BBQ

25 December

Merry Christmas



26 December

Mount Maunganui King & Queen of the Mountain Race. Also Junior Mountain Race & Round the Mount Fun Run. We will need a few helpers to marshal & help with entries, putting up tent etc. If you aren't running, then come along and watch/help. Let Ross Hynds, or Murray Clarkson know if you are available.

27 December

10km Dash For Cash (this'll be tough if you are hurting from the Mountain Race). Right after the downtown Mt Maunganui Criterium, The course is a 1.1km loop and will be run 9 times. There will be prizes in the Elite Division for both males and females every 2 laps. These prizes will be awarded to the first across the line at these marks. Run like a cycling criterium. If you are lapped by a runner in the same grade you will be asked to pull off the course. Prizes \$1000 1st, \$500 2nd, \$250 3rd. There is also a club prize of \$1,000. This is for all the grades EXCEPT elite. By taking the top 5 placed club runners in any grade, adding their places together, the club with the lowest score will win the \$1,000. **WE CAN WIN THIS!** www.enteronline.co.nz

1 January 2008

Happy New Year. There is NO Tauranga Twilight this year. due to construction of the All-weather track

3 January

Pauanui Mountain Race, starts 8.30am near Surf Club

5 January

Open Meet, Porritt Stadium, 4pm see AWBOP handbook

8 January

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