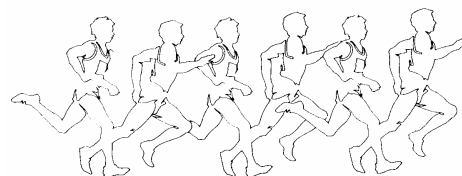


Ramblings

Newsletter of Athletics Tauranga Incorporated



April 2008

Volume 2008, Issue 4

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Good luck to our
marathoners



ATHLETES OF THE MONTH

April 2008



Tracey Hale + Amy Christophers

Tracey placed 1st in the 100m hurdles & 300m hurdles and Amy placed 1st in the javelin & Triple Jump at North Island Secondary Schools Champs

(See report page 3, apology for photos- I didn't have any on file)



Michelle Pollard (front) took a TGC team to the World SS XC Champs in Czech Republic where they placed 6th school team.

Annual General Meeting, 23/4/08

An average turnout. The following were duly elected.

Patron: Lloyd Christie
President: Malcolm Taylor
Vice Presidents: Les Dobson, Bev Smith
Secretary (to be confirmed: Gaye Elisaia?)
Treasurer: Alex Whimster
Events Secretary: Bev Smith
Winter Club Captain: -
Summer Club Captain: Brendan Magill
Coaching Co-ordinator: Malcolm Taylor
Auditor: -

Committee:- Russell Lake, Carol Ririnui, Craig Kirkwood, Ross Hynds, Murray Clarkson, Murray Chell, Dave Whitehead
Auditor- the club voted in a remit that the annual accounts will be reviewed by a third party (yet to be decided) in lieu of Audit.

Thankyou: to outgoing committee chairman Paul Chapman, who is standing down.

Newsletter: Fay Smith

General Business: Major items included:

1. the club voted to donate the \$10,465.98 already loaned & expended to the Millenium Track Trust.

2. Braden Neal, our University of Waikato Computer Engineering nerd was given the go ahead to produce a website for the club. The good news is it is well underway, as he already had all the programmes required, and it should be up & running in no time. The full Adobe programme to convert & create PDF files is also now installed onto my computer, which means your newsletters will soon be available online.

3. Senior subs are \$100-00, \$60 of which goes to the centre & remaining \$40 (no change) is club's portion. These are now due and can be paid via Bev Smith. Summer athletes: you'll get better value if you join for winter as well.

Club Contacts:

President: Malcolm Taylor Ph 5760000
Secretary :vacant position
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



BIGGER THAN THE OLYMPICS!

The countdown to the 2009 World Masters Games has started in Sydney. More than 30,000 participants – or three times the number of athletes at the 2000 Sydney Olympics – are expected to come from more than 100 countries. The Games will take place from October 10 to 18, 2009, at many of the same venues used for the Olympics. There are 26 different sports being organized and the minimum age requirement is generally 30, or 35 depending on the sport.

The proposed dates for the athletics is from the 11th to the 18th October with the venue being the Sydney Olympic Park Athletics centre. All track and field events are being catered for in age groups ranging from 30 up to 100 plus. As well there will be 10 and 20km road walks, 10km and half marathon road races and an 8km cross country. The official web site is www.2009worldmasters.com where you can fill in the expression of interest form and start receiving monthly emails.

These games are held every four years, the last being in Edmonton, Canada. Over 6000 volunteers will be required to assist with the co-ordination and hosting of the various events and assisting at the social functions. The Masters Games Travel and Accommodation Office is opening this month. (April).

Article compliments of Euan Ross

Half 4 Heart Half Marathon 20/4/08
Fergusson Park, Tauranga

Half Marathon (107 runners finished & 24 walkers)
Mark Williams shuffled his way around the course without getting lost to win in 1.14.44, Well done Mark!

Robert McPherson 15th 1.34.28
First woman was Michelle Hyland in 1.28.43 (5th overall)
Ex Rambler Selwyn Mawkes won the walk in 2.19.12.

10km (142 finishers in run & walk)
Brad Maisey won in 39.11.
Joanne Powell 73rd overall walked it in 1.15.31

5km (97 runners & walkers)
Anna Gould placed 11th overall in 32.04

A further 50 people completed the 3km run/walk event.

London Marathon (13/4/08)

Ben Ruthe in his Olympic qualifying attempt went through 5km in 15.47, 10km in 32.11, 15km 48.06, & half way in 1.08.32 where it turned to custard with him suffering a wonky knee and later hypothermia. 1.22 at 25km, 1.40 at 30km, 2.02 at 35km & finish 2.52.46 (583rd overall) . Better luck next time Ben.

Jess Ruthe did not start due to injury.
Overall winner was Kenyan Martin Lel in 2.05.15 (half way 1.02.13), and first woman Irina Mikitenko of Germany in 2.24.14.NZ'r, Phil Costley, also missed his Olympic qualifying attempt, with a 2.20.41 finish & Aucklanders Gavin Stevens won the M50 grade in 2.32.26.

Motatapu Icebreaker Marathon
(Wanaka, 8th March)

This is a tough off-roader and was run through Shania Twain's property in Central Otago. **Jason Cameron** came home in an awesome 2nd place in the open men in 2hours 55m 41s. from 230 open M & W runners. A further 245 master & veteran athletes participated.

Great website: www.iconicadventures.co.nz/Motatapu/ .



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

27/3/08 5km - Correction: Last month's newsletter advised that this night was rained off. (obtained from BOP Times) I have since been informed 95 runners & walkers took part: the winner being Mark Williams. However, the result sheets **did** get wet, to the point of being illegible to those trying to read them, and therefore I can't tell you anyone else's results.

HONG KONG MARATHON

Mark Williams won the Masters Men grade in this prestigious marathon, run in February. He placed 27th overall in 2.34.31, going through the half way point in 1.13.19. Well done Mark.



North Island Secondary Schools' Track & Field Championships, Auckland 5-6th April 2008

Some fantastic performances by our rising stars. About eight records were broken at the meet, one by Waikato (Hawks) runner Tom Hall who set a new senior boys 800m record of 1.53.65.

Well done Amy Christophers who won the Javelin & Triple jump double. Mariah Ririnui (last month's Athlete of the Month) won the Long Jump & 100m & relay whilst Tracey Hale won the 100mHurdles & 300mHurdles double, plus 2 relay silvers. Khanum Elisaia scored a silver in the Discus and Joseph Millar a bronze in the 100m, and silvers in the 200m & relay.

Michael Goldie & Samantha Dunick both received relay medals.

Amy Christophers IG

Javelin	1 st /15	34.80m
Triple Jump	1 st /13	10.98m
High Jump	10 th =/13	1.50m

Livvie Duggan IG

Javelin	7 th /15	25.72m
Discus	9 th /17	29.31m

Khanum Elisaia JG

Shotput	5 th /14	10.58m
Discus	2 nd /17	35.21m
70mHurdles	3 rd H1/2	12.40 Q
70mHurdles	8 th final	12.58

Samantha Dunick SG

Triple Jump	11 th /15	9.85m
100m	4 th H1/2	13.03q
100m	final	DNS
4x100m relay	WBOP 2 nd /8	50.03

Rebekah Millar JG

200m	4 th H3/3	28.17
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Hannah Shanley-McDonald JG

300m	3 rd H3/3	44.30
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Tracey Hale SG

100m	5 th H1/2	13.44
100mHurdles	1 st H1/2	15.02 Q
100mHurdles	1 st final	14.47
300mHurdles	1 st H1/2	46.50 Q
300mHurdles	1 st final	45.02
4x100m relay	WBOP 2 nd /8	50.03
4x400m relay	WBOP 2 nd /8	3.59.68

Mariah Ririnui IG

Long Jump	1 st /25	5.69m
100m	1 st H2/3	12.86 Q
100m	1 st final	12.30
200m	1 st H2/3	25.89 Q
200m	4 th final	25.52

4x100m relay WBOP 1st/7 50.00

Sophie Millar JG

300m	3 rd H1/3	43.64 q
300m	8 th final	43.92

Regan Bones IB

1500m	8 th /19	4.11.75
3000m	5 th /17	9.17.86

Michael Goldie JB

200m	4 th H2/3	26.11
300m	2 nd H2/3	40.67 Q
300m	6 th final	40.65

4x100m relay WBOP 2nd/7 48.33

Joseph Millar IB

Long Jump	7 th /20	5.89m
100m	2 nd H3/3	11.93 Q
100m	3 rd final	11.44
200m	1 st H3/3	24.04 Q
200m	2 nd final	22.69

4x100m relay WBOP 2nd/6 44.89

ROUND THE MOUNT SECONDARY SCHOOL'S RELAY

Tauranga Girls College won the girls races and Tauranga Boys placed 2nd in the Senior Boys behind Wanganui. TBC entered 11 teams across 3 grades. A total of 79 teams competed. Full results not to hand.

OPENING WINTER SEASON RUN, WAIPUNA, 12th April 08

The weather was pleasant and an average size bunch turned out to jog through the park and into Johnsons Reserve to the waterfall & back.

Nice to see Cantabrians, ex Ramblers, Tracey & Paul Crossley who were visiting the area, turn up with their 3 girls, to meet with old friends. Tracy is training hard for the Christchurch marathon this year.

An afternoon tea was served in the clubrooms and a few spot prizes drawn.



Russley Drive Park Relay 19/4/08 (Matapihi)

In this event four team runners run together, dropping one athlete each lap:

Team 1

Robyn Winter (W55)	7.32	7.32
Jessica Bitcheno (G10)	13.59	6.27
Stu Smith (M50)	19.44	5.45
Brendan Magill (M40)	<u>25.44</u>	6.00

Team 2

Eric DeLautour (M85)	8.11	8.11
Ian Bitcheno (M40)	15.09	6.58
John Addy (M55)	21.44	6.35
Dan Smith (SM)	<u>26.50</u>	5.06

Team 3

Samantha Bitcheno (G9)	8.34	8.34
Jodi Furnage (G13)	15.36	7.02
Murray Clarkson (M60)	21.27	5.51
Terry Furnage (M45)	<u>27.11</u>	5.44

Team 4

Karen Smith (W55)	8.31	8.31
Kelly Furnage (G13)	15.26	6.55
Robert McPherson (M60)	21.25	5.59
Les Dobson (M45)	<u>27.14</u>	5.49

Team 5

Abby Furnage (G11)	7.30	7.30
Sid Pavett (M70)	14.51	7.21
Mike Powell (M55)	21.05	6.14
Malcolm Taylor (M55)	<u>27.33</u>	6.28

Team 6

Dave Whitehead (M50)	6.16	6.16
Russell Lake (M35)		
3 laps	<u>29.08</u>	22.52

Walk 4 laps

Alex Whimster M55	47.30
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Run From Kulim Park 24/4/08

The weather was unsettled but Malcolm Taylor, Mike Pugh, Les Dobson, Barry Watson, Russell Lake, Sid Pavett, Brendan Magill, & the Bitcheno family did a run around the Matua area, with Alex Whimster bringing up the rear by walking.

RACE WALKING & JUDGING

If there is sufficient demand, Don Chadderton will be coming up from Christchurch to conduct a course in Walk Judging and also a coaching session for race walkers. These would be held on the same weekend, sometime later this Winter season and probably in Hamilton. Don has recently retired as a member of the International Walk Judging Panel, having judged at major events around the world. He was also a competitive walker and coach of several New Zealand champions. Anyone who is interested in either judging, coaching or competing in Race Walking can contact **Ray Young** on 575 3159 to express an interest.

25 May Officials Course:

George Caddie is holding an Officials Training Course for Cross Country & outside events. If you are interested Malcolm has more details.

Good Luck:



Craig Kirkwood won last year's Rotorua marathon- can he make it two in a row? A strong contingent of Ramblers are fronting for this year's event which includes the NZ Marathon Champs. Good luck to everyone. Looks like Maureen Lawson is our sole woman entered, so give her a big hand if you spot her around the course.



COMING EVENTS.

3 May

Rotorua Marathon. (Includes NZ & AWBOP Champs) Club members are also required to marshal for the 5km & 10km events. No organised run at Tauranga. We have a good number entered in the marathon this year, so come along & support them. www.rotoruamarathon.co.nz

10 May

Cambridge XC relay. From the Cambridge Athletic Club grounds (cnr Vogel St & SH1). Approx 3km lap. All athletes welcome. Enter through Club's race entry secretary at least 1 week prior. Bus time to be advised.

11 May

WBOP Masters XC, Waipuna 1pm. All welcome, although only NZMA members are eligible for trophies. Enter on day. Contact Murray Clarkson 5769575 for more info.

17 May

McLarens Falls Relay, McLarens Falls Park, Kaimai. Meet 1.45pm, teams made up on day, mixed young & old and all abilities. All welcome. 1km laps. A good workout for those keen on a blow out, but nice & short for the new-comers. Free sausage sizzle to follow. **Also bring a plate.**

18 May

Huntly Half Marathon & 10km, Huntly (includes WBOP Half marathon champs) www.coolrunning.co.nz/races/huntlyhalf/

18 May

Kaimai Classic Multisport www.sportbop.co.nz

21 May

(Wednesday) BOP-Mid Island's Secondary Schools XC, Waipuna. Any volunteers to set up course etc-contact Malcolm

24 May

Tauranga Open Cross Country Races, Waipuna Park, Our season biggie- we host clubs & schools from around the region, with some great racing to be had. Enter through Club/Bev- entry fees apply. All offers of help to set up course, marshal, man the bbq, make sandwiches etc, and make this event happen will be appreciated. **Please bring a plate**

26 May

(Monday) Super 8 Cross Country, Tauranga Boys College hosting at Waipuna. Helpers required to set up the course.

31 May

Queens Birthday weekend, no club run. See Mt Joggers event tomorrow

1 June

Mt Joggers Half Marathon & 10km & 5km fun run/walks

7 June

Willacy Memorial Handicap Races, Waipuna meet 1.45pm. Races & distances to suit all grades on handicap starts. Trophies for winners. Held in memory of one of the founders of the club- Geoff Willacy. **Please bring a plate**

7 June

Maungatautari Mission Multisport, www.theboatshed.net.nz