

# Ramblings

Newsletter of Athletics Tauranga Incorporated



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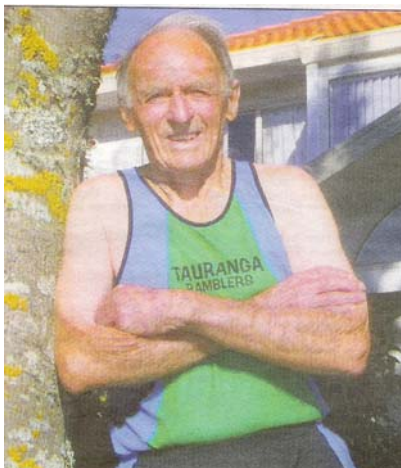
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### SEVEN GOLDS FOR ERIC AT OCEANIA MASTERS CHAMPS

Competing in the 85 plus age group, **Eric De Lautour**, age 88, competed in an amazing and punishing 7 events at Townsville and came away with 7 Golds. Although he admits to being the only one in his age group, he did race against younger age group athletes in all his races, managing to beat some of the young 70 & 75 year olds!



Eric's times & those of our other athletes at Oceania are on page 2. Also in the medals were Brendan Magill, Murray Clarkson, Robert McPherson and Sid Pavett.

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### ATHLETE OF THE MONTH

August 2008



#### **BEN RUTHE**

*First in the NZ Cross Country Championships at Waikanae, Ben battled a quality field to take this country's premier title and earn himself a shot at the World XC Champs in Jordan next year. Ben now has a full set of National XC titles commencing in 1995 with the NZSS junior title, 1997: NZSS senior title, 1998: U18, 1999: U20, 2003: NZ Short Course, 2008: NZ Senior Long Course. Well done Ben- Incredible!*



**Matamata Road Relays 16/8/08**  
**(3.3km flat course)**

Only three Ramblers teams travelled over the hill this year, well down on our usual strong contingent. Possibly Olympics had something to do with it? A total of 33 teams took part, 9 down on last year. Conditions were cool & showery.

In the Primary School grade Ramblers placed first, heading off teams from St Joseph/Te Aroha and Frankton.

St Joseph won the Intermediate grade, while strong teams from Hamilton Hawks dominated in the M16, M19, Senior Women, Masters Women and walk. Ramblers entered a combined SM & MM team in the Senior Grade, and a Combined Women & MM team in the MM/Mixed grade. Lake City won both the MM and SM grades.

**Primary**

Kelly Furmage	14.55
Jessica Bitcheno	15.01
Jodi Furmage	<u>15.33</u>
1 <sup>st</sup> /3	45.29

**SM**

Terry Furmage	11.44
Stu Smith	12.20
Mike Powell	13.20
Mathew Smith	12.14
Braden Neal	<u>11.16</u>
4 <sup>th</sup> /7	60.54

**MM/Mixed**

Samantha Bitcheno	19.01
Nikki Furmage	17.04
Robyn Winter	17.51
Tim Masters	15.20
Brendan Magill	<u>12.10</u>
10 <sup>th</sup> /10	81.26



Stu Smith

**OCEANIA MASTERS T&F**  
**Champs, Townsville, Australia**  
**28/7/08- 3/8/08**

<b>Eric De Lautour M85</b>		
5000m	1 <sup>st</sup> /1	27.04.22
800m	1 <sup>st</sup> /1	3.37.99
8000m XC	1 <sup>st</sup> /1	53.42.00
100m	1 <sup>st</sup> /1	21.93
200m	1 <sup>st</sup> /1	43.41
400m	1 <sup>st</sup> /1	1.39.15
1500m	1 <sup>st</sup> /1	7.44.68
<b>Sid Pavett M70</b>		
5000m	4 <sup>th</sup> /12	23.03.19
8000m XC	2 <sup>nd</sup> /8	40.51.00
Half Marathon	2 <sup>nd</sup> /7	1.46.39
<b>Robert McPherson M65</b>		
5000m	3 <sup>rd</sup> /16	20.48.02
8000m XC	3 <sup>rd</sup> /16	36.00.00
Half Marathon	2 <sup>nd</sup> /8	1.38.45
<b>Murray Clarkson M60</b>		
800m	5 <sup>th</sup> /10	2.38.22
1500m	3 <sup>rd</sup> /8	5.20.12
<b>Barry Watson M50</b>		
5000m	7 <sup>th</sup> /12	19.37.19
8000m XC	6 <sup>th</sup> /11	34.19.00
Half Marathon	6 <sup>th</sup> /12	1.28.44
<b>Brendan Magill M40</b>		
5000m	2 <sup>nd</sup> /2	18.50.06
800m	2 <sup>nd</sup> /2	3.08.95
400m Hurdles	1 <sup>st</sup> /1	1.17.24
3000m Steeples	2 <sup>nd</sup> /2	13.14.27
Triple Jump	4 <sup>th</sup> /4	8.42m
Pentathlon LJ	3 <sup>rd</sup> /3	310pts 4.15m
“ Jav	3 <sup>rd</sup> /3	299pts 26.56m
“ 200m	3 <sup>rd</sup> /3	382pts 30.10
“ Disc	3 <sup>rd</sup> /3	241pts 18.34m
“ 1500m	1 <sup>st</sup> /3	630pts 5.06.87

**THE MIZUNO HALF**  
**MARATHON, TAUPO, 3/8/08**

Dave Whitehead reported: "Very cold and blustery - fortunately the rain stopped 30mins before the event got under way. A couple of guys were seen stripped down to bare chests for the whole run - sadly one was carted off at the finish in an ambulance possibly with hypothermia." 1844 runners took part. The half was won by Andrew Young in 1.16,52, with first woman Bridget Deverall 1.28.14.

<b>Les Dobson</b>	1.32.38 (6 <sup>th</sup> M45)
<b>Pete Kennedy</b>	1.35.12 (5 <sup>th</sup> M50)
<b>Dave Whitehead</b>	1.39.30 (11 <sup>th</sup> M50)
<b>Maureen Lawson</b>	1.52.07 (3 <sup>rd</sup> F55)

**ATHLETICS NEW ZEALAND**  
**CROSS COUNTRY CHAMPS**  
**Waikanae 2/8/08**

Ramblers numbers at Nationals were well down. An awesome effort from **Ben Ruthe**, to take out the premier Senior Mens title from an elite field, after trailing the next two placegetters for a large part of the race. Rowan Hooper and Phil Costley, both of Canterbury placed 2<sup>nd</sup> and 3<sup>rd</sup>.

The course was a 2km undulating loop. Rowan Baird of Auckland won the Senior Women's 8km race in 29.23.

**SM 12km**

<b>Ben Ruthe</b>	1 <sup>st</sup> /42	39.34
<b>Gareth Hyett</b>	13 <sup>th</sup>	41.56
<b>Kyle MacDonald</b>	19 <sup>th</sup>	42.47
<b>Iain MacDonald</b>	24 <sup>th</sup>	43.26
<b>Nick Sebastian</b>	34 <sup>th</sup>	45.48

**MM 8km**

<b>Stu Smith</b>	M50	16 <sup>th</sup> /17	35.58
<b>Wayne Smith</b>	M55	5 <sup>th</sup> /15	33.02
<b>Mike Powell</b>	M55	9 <sup>th</sup> /15	36.30



Gareth Hyett



Rowan, Ben & Phil



**GREERTON CLUB RELAY**  
**16/8/08**

Again a small turnout, but a nice to catch up with a couple of faces from the past, with Cody & Royce McClure joining us.

Sally the Dog was co-opted into a team with Terry & Wayne to make up numbers, with the strict instructions not to run too fast on the first lap, because that team was a last minute one and slightly loaded. They won anyway!

Fastest first lap was recorded by Andrea Smith, fastest second lap Terry Furmage and fastest third lap Braden Neal.

A cuppa followed in the clubrooms.

<b>Team 7 1<sup>st</sup></b>	<b>Gun</b>	<b>Lap</b>
Sally	9.11	9.11
Terry Furmage	16.21	7.10
Wayne Smith	<u>23.43</u>	7.22

<b>Team 1 2<sup>nd</sup></b>		
Jodi Furmage	9.09	9.09
Malcolm Taylor	18.49	9.40
Braden Neal	<u>25.23</u>	6.34

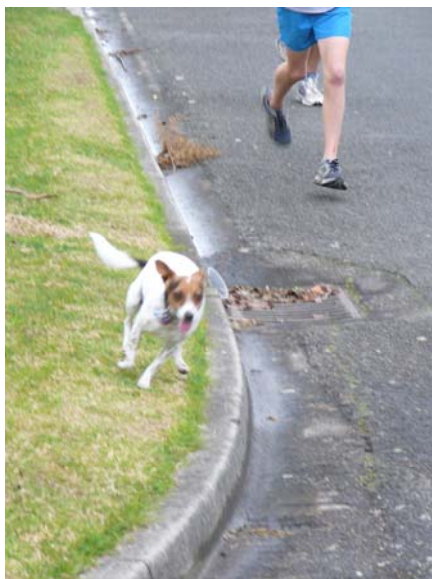
<b>Team 4 3<sup>rd</sup></b>		
Andrea Smith	7.20	7.20
Daniel Hines	16.49	9.29
Ian Bitcheno	<u>25.38</u>	8.49

<b>Team 3 4<sup>th</sup></b>		
Cody McClure	7.44	7.44
Olivia Hines	17.35	9.51
Peter Kennedy	<u>25.46</u>	8.11

<b>Team 2 5<sup>th</sup></b>		
Royce McClure	8.15	8.15
Samantha Bitcheno	18.57	10.42
Mathew Smith	<u>25.52</u>	6.55

<b>Team 5 6<sup>th</sup></b>		
Les Dobson	7.23	7.23
Jessica Bitcheno	16.23	9.00
Robyn Winter	<u>26.54</u>	10.31

<b>Team 6 7<sup>th</sup></b>		
Kelly Furmage	9.05	9.05
Eric deLautour	20.21	11.16
Dave Whitehead	<u>28.01</u>	7.40



Sally's first lap



Ian Bitcheno



Start line scramble

**WAIKATO/BOP ROAD**  
**CHAMPS,**  
**RUAKURA, 23/8/08**

Conditions were near perfect, with no wind.

**Craig Kirkwood** took out the Senior men's 10km race from fellow Rambler **Gareth Hyett**, in second. Aaron Pulford of Hawks, the sole M19 runner opted to run the longer SM 10km distance and placed third overall.

**Russell Lake** also had an awesome race time placing 2<sup>nd</sup> in the M35 grade.

The SW race was won by Sarah Biss of Lake City, while Kent Hodgson (M40) of Hawks was first in the Masters men race. The Masters women 5km was won by Bridget Deverall of Cambridge and Sarah McSweeney (Hawks) won the W19 5km.

Welcome back **Alice Wilson** : Nice to have her home and running in the old Ramblers colours after a wee stint with Wellington Scottish.

**Ramblers**

<b><u>2km</u></b>			
Olivia Hines	G10	4th/7	9.13
Samantha Bitcheno	G10	6th/7	10.33
Jessica Bitcheno	G12	5th/6	8.26
Lauren Hines	G12	6 <sup>th</sup> /6	11.08
Daniel Hines	B12	5 <sup>th</sup> /6	8.59

<b><u>5km</u></b>			
Robyn Winter	W55	2 <sup>nd</sup> /2	27.22

<b><u>10km</u></b>			
Craig Kirkwood	SM	1 <sup>st</sup> /14	31.48
Gareth Hyett	SM	2 <sup>nd</sup> /14	32.00
Alice Wilson	SW	3 <sup>rd</sup> /8	40.52
Russell Lake	M35	2 <sup>nd</sup> /5	35.34
John Caie	M40	3 <sup>rd</sup> /6	35.49
Terry Furmage	M45	2 <sup>nd</sup> /5	37.45
Stu Smith	M50	1 <sup>st</sup> /4	40.16
Barry Watson	M50	2 <sup>nd</sup> .4	40.36
Wayne Smith	M55	2 <sup>nd</sup> /9	39.07
Tim Masters	M55	9 <sup>th</sup> /9	45.41
Murray Clarkson	M60	2 <sup>nd</sup> /3	43.03
Robert McPherson	M65	1 <sup>st</sup> /2	43.35
Sid Pavett	M70	1 <sup>st</sup> /2	48.07

*At the **Coromandel Classic 2 day multisport held the same weekend, Gavin Smith placed 5<sup>th</sup> VM40+. Due to stong wind & rain the event was cut short on the 2<sup>nd</sup> day and finished with a run in Whangamata. Flooded streams made the Maratoto track too dangerous.***

**On day one, Gavin completed approx 1 hour MTB, 3hour run, 1 ½ hour kayak & 1 hour cycle. Day 2 was a 1 ¼ hour kayak, 1 hour cycle & 1 hour shortened run, with the last cycle cancelled. TBC placed 2<sup>nd</sup> 4 person team.**

**NELSON MEMORIAL HANDICAP RACES, Waikareao Estuary Boardwalks, 30/8/08**

With trophies for various distances donated by the late Gladys Nelson, a stalwart of the club in early days, it was surprising that a few more didn't show up to contest these, especially from our junior grades.

The course went out & back due to the closure of the Chapel St corner with the new bridge construction. The weather was fine, though slightly cloudy.

Robyn Winter, our only lady entrant, was clear winner in the 5km race and Mathew Smith showed an excellent turn of speed to take out the trophy for longer race of just under 10km.

The handicap wasn't too bad either with just over a minute between most of the field. Russell Lake recorded the fastest net time of 35.19. Only one casualty: Stu limped home with a groin injury.

<u>5km</u>	<u>Gun time (H/cap)</u>		<u>Net</u>
Robyn Winter	36.37	10.00	26.37
Sid Pavett	37.23	14.00	23.23

<u>&gt;10km</u>			
Mathew Smith	54.27	16.00	38.27
Mike Powell	55.53	15.00	40.53
Barry Watson	56.14	17.00	39.14
Dave Whitehead	56.17	16.00	40.17
Russell Lake	56.19	21.00	35.19
Gavin Smith	56.36	19.30	37.06
Murray Clarkson	56.57	16.00	40.57
Robert McPherson	57.07	14.00	43.07
Braden Neal	57.21	21.00	36.21
Wayne Smith	57.32	18.15	39.17
Eric deLautour	57.43	0.00	57.43
Pete Kennedy	57.53	16.00	41.53
Les Dobson	58.17	17.52	40.25
Stu Smith	63.53	17.30	46.23
Alex Whimster	72.45	walk 4.00	68.45



Robyn heads out in the Nelson Memorial



Mathew leads the pack home.



Russell finds a convenient footrest at the finish line.

**Obituary**

**Mark Rowan Henderson**

5/8/86- 21/8/08

Club member 2002-2004

Some of you will remember Mark who ran summer track and field events with the Club. Mark was completely blind in one eye and had very partial sight in the other due to a tumour in his sinuses as an infant. Mark excelled in sprints, 100m, 200m & 400m and long jump, and some of you will recall his haul of gold medals from the NZ Blind Games at that time.

Mark was also a member of the NZ Blind Cricket team and a very bright ex- student of Mount Maunganui College.

Sadly, Mark's tumour returned about 1-2 years ago and an operation attempting to remove it left him totally blind. Latterly, he was paralysed down one side, unable to walk or talk.

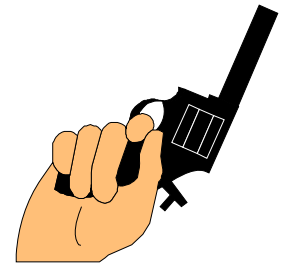
Mark's funeral was held at Mt Maunganui 26/8/08.



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**Good Luck to those taking part in the NZ Road Champs at Ruakura next weekend.**

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**URGENT REMINDER:  
Don't forget NZ Road Relays !  
Train hard, get in touch with Malcolm about your plans & get your names on the list a.s.a.p!**



**COMING EVENTS.**

**1 September**

NZSS Inter-Provincial XC Relays, Papakura. Several of our young club runners have been selected. Goodluck everyone!

**6 September**

N Z Road Champs , Hamilton. Note open to all registered runners age 11 years & over. U12 & U15 contest individual races. Other athletes eligible for selection in WBOP teams. [www.athletics.org.nz](http://www.athletics.org.nz)

**8 September**

**Monday:** NZ AIMS Games (intermediate school grades) 3km crosscountry at Waipuna Park. **Helpers required very early** to set up the course & assist with timing etc.

This is an awesome event with very strong teams from our local schools. It is growing in size every year, as schools from all over NZ become involved. Also a 12km (12 x 1km) team's relay. Come along and watch and be impressed by the talent of some of these kids. Contact Malcolm Taylor for more information or see [www.nzaimsport.co.nz/](http://www.nzaimsport.co.nz/) First race at 9am

**13 September**

Red Stag Redwoods Forest Relay. Rotorua. Very popular off-road relay with teams from Auckland, Waikato, Taranaki & Hawkes Bay usually attending. Adults 5km lap, Younger grades 3km, Enter through club (Bev Smith) or check whether your secondary school is entering a team. Own transport arrangements necessary.

**13 September**

Whangamata Run/walk Festival. Half marathon, 10.2km, 5.7km, starts at the area school 8.30am [www.coolrunning.co.nz/races/whangamata/](http://www.coolrunning.co.nz/races/whangamata/)

**20 September**

Training run from Greerton Athletic Clubrooms, Pemberton Park, Fraser St, Greerton. Meet 1.45pm

**20 September**

The Legend Marathon & Arthur's Half Marathon, Waitakere Ranges, Auckland. In the footsteps of Arthur Lydiard. Big prize money up for grabs. [www.thelegend.co.nz/](http://www.thelegend.co.nz/)

**21 September**

Rocky Cutting Challenge, Welcome Bay. A 19km road race from Te Puke over the Papamoa Hills to Welcome Bay Tavern. A tough but interesting course. A 3 person relay option is available. After event lunch & prizegiving at the Tavern. Volunteers to marshall/ man drink stations would be appreciated. Contact Murray Clarkson 5769575 or email [murrayclarkson@xtra.co.nz](mailto:murrayclarkson@xtra.co.nz) , Entry forms also available to download on Ramblers website.

**27 September**

Club road champs, Greerton. Meet 1.45pm Band Hall, Yatton St, Distances to suit all ages, from 2km circuit. Please bring a plate- final club day of the season.

**4 October**

NZ Road Relay Championships, Mosgiel, Otago. Considered by many to be the highlight of the season. A huge event with hotly contested races, but also some social grades. Seniors :7 person teams over 64.6km, juniors U20= 6 person teams over 43.3kms . Wherever possible make yourself available for a team- **Malcolm requires numbers asap for bookings etc.** We have been successful in gaining some funding to assist with travel and accommodation. Entries close 21<sup>st</sup> September.