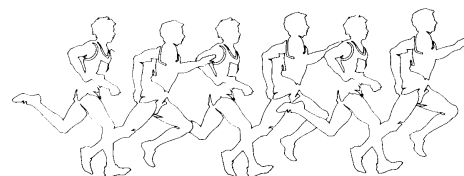


# Ramblings

Newsletter of Athletics Tauranga Incorporated



**December 2008**

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### ATHLETE OF THE MONTH

**December 2008**



**Michael Cochrane**

*Gold medal in the Senior Boys  
110m Hurdles and Silver  
medal in the 300m Open  
Hurdles at NZ Secondary  
School Champs in Hamilton*



*Happy New Year everybody! I hope  
you have all enjoyed a wonderful  
Christmas festive season.*

**Prizegiving** was held after the Christmas fun night at the Domain on 16<sup>th</sup> December and trophies for last season and winter season belatedly awarded.

**Bev would like to give special thanks to Alex Whimster & Les Dobson for their assistance in cleaning the trophies.**

**Brickbats:** Despite pleas year after year, for trophies to be returned already polished we continue to get many of the cups back in a grubby state, and it falls upon Bev each year to clean them. She is not paid to do your housekeeping, so give some consideration for this usually thankless task please. Excuses about not having any Silvo aren't really acceptable, because Bev still has to provide the product for trophies she didn't win as well.

It is not nice starting the New Year with a moan, but your committee are people too, and doing their best for your enjoyment. Please help by making their lives easier .

**Bouquets:**

To the helpers, marshalls & recorders at the recent track Open Meet & Relays and the King & Queen of the Mountain race: Thankyou very much for your contribution to the success of these events.

**Northern Regional Combined Events athletes & officials:**

Please note that this event which was scheduled to take place at the Tauranga Domain on 11<sup>th</sup> & 12<sup>th</sup> January has been transferred to Porritt Stadium in Hamilton, mainly due to lack of Pole Vault & Hurdling equipment, still to arrive.

**Uniforms:** The new singlets are now available from Bev. Crop Tops and Singlets \$50.00, Lion loan Singlets and Crop Tops a bond of \$10.00.



**NZ Secondary Schools T&F**  
**Champs, Porritt Stadium,**  
**13<sup>th</sup> & 14<sup>th</sup> December 2008**

Warm weather and some quality fields.

Congratulations to **Michael Cochrane** for his Gold in the 110m Hurdles & silver in the 300m Hurdles. Also **Mariah Rinui** for her Gold in the Long Jump & bronze in the 100m. **Livvie Duggan** scored a bronze in the discus.

Just missing out on the medals were **Amy Christophers** 4<sup>th</sup> in the triple jump and 5<sup>th</sup> in the Long Jump. **Emma Jackson** 4<sup>th</sup> in the 400m, and **Joseph Millar** 4<sup>th</sup> in the 200m. Impressive performances also from Luke Davison 5<sup>th</sup> in the High Jump, **Sophie Millar** 5<sup>th</sup> in the 400m, **Vanessa Hill** 5<sup>th</sup> in the 100m.

**Michael Cochrane SB (Bethlehem)**

110m Hurdles	1 <sup>st</sup> H2/3 (1 <sup>st</sup> /16)	14.72Q
110m Hurdles	1 <sup>st</sup> final	14.55
300m Hurdles	1 <sup>st</sup> H1/3 (2 <sup>nd</sup> /18)	39.09Q
300m Hurdles	2 <sup>nd</sup> final	38.83
High Jump	8 <sup>th</sup> /18	1.88m
Discus	14 <sup>th</sup> /21	37.29m

**Regan Bones SB (TBC)**

3000m	1 <sup>st</sup> H2/2	9.00.99Q
3000m	6 <sup>th</sup> /14 final	8.55.62
2000m steeple	6 <sup>th</sup> /20	6.25.84

**Jonathon Morton SB (TBC)**

100m	3 <sup>rd</sup> H9/9 (26 <sup>th</sup> o/all)	12.08Q
100m	6 <sup>th</sup> H2/4 (29 <sup>th</sup> o/all)	12.17-
400m	3 <sup>rd</sup> H3/5 (15 <sup>th</sup> o/all)	53.32Q
400m	7 <sup>th</sup> H2/3 semi (23 <sup>rd</sup> )	54.10-

**Joseph Millar SB (Aquinias)**

100m	2 <sup>nd</sup> H1/9 (15 <sup>th</sup> o/all)	11.75Q
100m	7 <sup>th</sup> H2/4 (31 <sup>st</sup> o/all)	13.13-
200m	2 <sup>nd</sup> H4/7 (12 <sup>th</sup> o/all)	23.60Q
200m	3 <sup>rd</sup> H4/4 (12 <sup>th</sup> o/all)	23.79Q
200m	2 <sup>nd</sup> semi (3 <sup>rd</sup> o/all)	22.78Q
200m	4 <sup>th</sup> final	22.66

**Brynmor Davies SB (TBC)**

6km Road Race	106 <sup>th</sup> /107	26.46
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**Ryan Sowry SB (TBC)**

Long Jump	7 <sup>th</sup> /36	6.28m
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**James Hunt JB (TBC)**

100m	7 <sup>th</sup> H6/8	12.89-
Shotput	19 <sup>th</sup> /28	10.62m

**Michael Goldie JB (TBC)**

100m	6 <sup>th</sup> H8/8	13.10-
400m	6 <sup>th</sup> H3/4	1.02.26-

**Michael Sutton Y9B (TBC)**

3km Road Race	11 <sup>th</sup> /106	10.11
3000m	16 <sup>th</sup> /23	10.02.49

**Sam Hyndman Y9B (TBC)**

3km Road Race	26 <sup>th</sup> /106	10.33
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**Esther McArthur SG (TGC)**

4km Road Race	25 <sup>th</sup> /82	16.00
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**Ashley Clements SG (Bethlehem)**

4km Road Race	58 <sup>th</sup> /82	17.19
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**Julia Campbell SG (TGC)**

4km Road Race	22 <sup>nd</sup> /82	15.54
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**Georgia-Lee Park SG (TGC)**

4km Road Race	62 <sup>nd</sup> /82	17.27
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**Livvie Duggan SG (Katikati)**

Discus	3 <sup>rd</sup> /19	34.12m
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Javelin	8 <sup>th</sup> /17	31.25m
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Shotput	15 <sup>th</sup> /21	9.37m
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**Mariah Rinui SG (TGC)**

100m	1 <sup>st</sup> H2/4 (2 <sup>nd</sup> o/all)	12.76Q
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100m	4 <sup>th</sup> H1/semi (7 <sup>th</sup> o/a)	12.83q
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100m	3 <sup>rd</sup> final	12.55
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Long Jump	1 <sup>st</sup> /23	5.40m
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**Amy Christophers SG (Otum)**

Triple Jump	4 <sup>th</sup> /22	11.13m
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Javelin	6 <sup>th</sup> /17	32.76m
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Long Jump	5 <sup>th</sup> /23	4.96m
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**Sophie Millar JG (Aquinias)**

400m	1 <sup>st</sup> H4/4	1.01.43Q
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400m	2 <sup>nd</sup> H1/2 semi	1.00.54Q
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400m	5 <sup>th</sup> final	1.00.88
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**Khanum Elisaia JG (TGC)**

Discus	6 <sup>th</sup> /28	33.54m
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Shotput	12 <sup>th</sup> /33	10.49m
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**Vanessa Hill JG (Otum)**

100m	1 <sup>st</sup> H8/9 (5 <sup>th</sup> /67)	13.13Q
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100m	3 <sup>rd</sup> H4/4 (9 <sup>th</sup> o/all)	13.07Q
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100m	3 <sup>rd</sup> H1/2 (5 <sup>th</sup> o/all)	12.95Q
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100m	5 <sup>th</sup> final	12.68
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**Genelle Vanderschantz JG (TGC)**

100m	2 <sup>nd</sup> H8/9 (15 <sup>th</sup> /67)	13.47Q
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100m	4 <sup>th</sup> H2/4 (16 <sup>th</sup> o/all)	13.51Q
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100m	5 <sup>th</sup> H1/2	13.31-
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**Rebekah Millar JG (Aquinias)**

200m	5 <sup>th</sup> H4/7	28.47q
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200m	8 <sup>th</sup> H1/4	29.15-
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**Emmas Jackson JG (Otum)**

400m	2 <sup>nd</sup> H2/4 (5 <sup>th</sup> o/all)	1.01.18Q
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400m	3 <sup>rd</sup> H1/2 (5 <sup>th</sup> o/all)	1.00.83Q
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400m	4 <sup>th</sup> final	1.00.19
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**Ella Mangan-Walker JG (TGC)**

4 km Road Race	6 <sup>th</sup> /56	15.19
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**Shelby Goddard JG (TGC)**

4km Road Race	22 <sup>nd</sup> /56	16.20
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**Mystique Blockley Y9G (TGC)**

3km Road Race	66 <sup>th</sup> /74	14.18
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Tauranga Girls College won the Junior 3 person & 6 person Road Relay Teams and were 3<sup>rd</sup> in the Senior 3 person & 2<sup>nd</sup>, behind Tawa, in the Senior 6 person teams.

Tauranga Boys College placed 2<sup>nd</sup> in the Junior 3 person & 6 person teams, 8<sup>th</sup> in

the Y9 boys 3 person, and 7<sup>th</sup> in the senior Boys 3 person teams.

**Te Aroha Mountain Race**  
**13/12/08**

This gruelling event was won by wizz kid Daniel Jones of Whakatane in 57.21mins, followed by Chris Morrissey in 1.04.01 **Terry Furmage** was 5th/ 14 in 1.09.38. Sarah Biss was 1<sup>st</sup>/5 women (7<sup>th</sup> overall) in 1.15.47.

In the shorter distance Bald Spur Derby race Brandon Dromgool won in 26.43 mins with **Nikki Furmage** finishing 12/14 overall in 39.6mins.

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**WBOP Open Meet 20/12/08**  
**Tqa Domain**

Extremely strong gale winds buffeted runners & field events alike.

*Unfortunately the Smiths weren't in attendance due to a family party so I missed taking photos.*

**100 Metres**

1	Sophie Millar Papamoa G13	12.90
2	Fiona Bennett Greerton G13	14.00
3	Amy Robinson Greerton G12	14.00
4	Amanda Somerfield Bvue G11	14.10
5	Ashley Weld Te Puke G13	14.40
6	Ashley Mathews Frankton W16	nt

1	Caroline Podmore L City W19	12.70
2	Genelle Vanderschantz W16	12.70
3	Ethne McCleery Hinemoa W16	12.80
4	Chelsea Parr Lake City G14	13.30
5	Maggie Unternahrer Hin W16	13.70
6	Rebekah Millar Papamoa G14	nt
7	Ethney Barnaby Tauranga W40	nt

1	Joseph Millar Tauranga M16	10.90
2	Jonno Morton Tauranga M16	11.20
3	Jarrold Jennings Hinemoa M16	12.00
4	James Hunt Bellevue B14	12.10
5	Te Koriki Ronaki Te Puke B14	12.40
6	Brendon Magill Tauranga M45	14.20

**800 Metres**

1	Rachel Kingsford Hill City SW	02:31.7
2	Katelyn Matthews Frktn W16	02:42.7
3	Jessica Bitcheno Pap G11	02:46.6

1	William Doney Whakatane SM	02:12.9
2	Asher Cook Hinemoa M16	02:17.4
3	Aidan Campbell Wktne SM	02:18.4

**1500 Metres**

1	Regan Bones Tauranga M16	04:22.3
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- 2 Michael Eggleton Hawks M16 04:24.6
- 3 Cameron Muggeridge HinM16 04:42.4
- 4 Sam McNamara Hin M16 04:48.5
- 5 Michael Sutton Tauranga B14 04:59.6

- 1 Rachel Kingsford Hill City SW 04:58.9
- 2 Jenna Hansen Hawks W16 05:23.1

**400 Metres**

- 1 Joseph Millar Tauranga M16 01:02.7
- 2 Sophie Millar Papamoa G13 01:11.2
- 3 Amy Robinson Greerton G12 01:14.2
- 4 Emma Shanley-McDonald Greerton G12 01:18.0

**200 Metres**

- 1 Sophie Millar Papamoa G13 28.20
- 2 Abbie Goldie Greerton G12 28.70
- 3 Amanda Somerfield Bvue G11 29.80
- 4 Ethney Barnaby Tauranga W40 30.30
- 5 Ashley Weld Te Puke G13 31.60

- 1 Caroline Podmore L City W19 26.60
- 2 Ellie McCleery Hinemoa W16 27.00
- 3 Genelle Vandershantz W16 27.70
- 4 Chelsea Parr Lake City G14 28.10
- 5 Rebekah Millar Papamoa G14 28.40
- 6 Maggie Unternahrer Hin W16 28.70

- 1 Joseph Millar Tauranga M16 22.80
- 2 Jonno Morton Tauranga M16 24.00
- 4 Jarrod Jennings Hinemoa M16 24.50
- 4 Michael Goldie Greerton B14 25.10
- 5 Brendon Magill Tauranga M40 30.60

**10,000 Metres Waikato Bay of Plenty Championship Age Place**

- 1 John Caie Tauranga M40-1 35:24.9
- 2 Chris Corney LCity M40-2 35:41.2
- 3 Bruce Edwards L City M45-1 36:56.3
- 4 Michelle Hyland Hawks SW-1 39:18.3
- 5 Michael Sutton Tga M19-1 39:49.2
- 6 Stu Smith Tauranga M50-1 40:54.6
- 7 Les Dobson Tauranga M45-2 41:05.0
- 8 Barry Watson Tga M50-2 41:26.0
- 9 Jason Steyn-Ross Fkton SM-1 42:02.4
- 10 Peter Kennedy Tga M55-1 45:23.6
- 11 Linda Reynolds Mt J W40-1 48:36.9
- 12 Sid Pavett Tauranga M70-1 49:01.4
- 13 Robyn Winter Tga W55-1 59:12.8

**Long Jump**

- Sarah Yardley Tauranga W19 5.39
- Rebecca Cochrane Tauranga W19 5.09
- Brendon Magill Tauranga M45 4.63
- Abby Goldie Greerton G12 4.09
- Amy Robinson Greerton G12 4.58
- Emma Shanley-McDonald Gtn G12 4.23
- Amanda Somerfield Bellevue G11 3.89
- Ethney Barnaby Tauranga W40 3.91

**Triple Jump**

- William Doney Whakatane SM 11.57

- Sarah Yardley Tauranga W19 10.55
- Rebecca Cochrane Tga W19 10.22
- Emma Shanley-McDonald Gtn G12 9.00
- Brendon Magill Tauranga M45 8.87
- Ashley Weld Te Puke G13 8.80
- Amy Robinson Greerton G12 8.20

**Shot Put**

- Christine McCahill Tauranga W40 10.98
- Khanum Elisaia Tauranga G14 10.53
- William Doney Whakatane SM 9.65
- Te Kokiri Ronaki Te Puke B14 9.39
- Fiona Bennett Greerton G13 9.11
- Ethney Barnaby Tauranga W40 9.11
- Hawke Vermuelen Tauranga M16 9.08
- Luke Robinson Greerton B11 6.99

**Discus**

- Christine McCahill Tauranga W40 34.73
- Khanum Elisaia Tauranga G14 33.03
- Hawke Vermuelen Tauranga M16 29.22
- Luke Robinson Greerton B11 21.59
- Fiona Bennett Greerton G13 21.58
- Brendon Magill Tauranga M45 19.13
- Genelle Vandershantz Tga G14 16.96

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**THE BIG GUNS TURN UP AND BLITZ  
THE FIELD by Pat Sale 2/12/08**

Ben Ruthe and Kyle MacDonald made a rare appearance at Club Night on December 2 and although having completed a rigorous training session, totally dominated the 1500m pulling away from all other competitors after the first lap. Ruthe pulled away to win over the final lap with MacDonald second and Braden Neal, just home from university, a distant third.

Jonno Morton had a good sprint double winning the 100m in 11.4sec after a very close tussle with Jared McNaughton 11.5sec, and the 200m in 24.7sec with McNaughton again in second place but this time 1.6sec behind.

The W12 grade 100m was a very close and exciting race with Amy Robinson winning in 14.0sec from Amanda Somerfield 14.1sec and Brooke Somerfield 14.3sec. In the Masters grade, Kevin Philpot won in 12.2sec with Brent Gough 12.7sec in second place.

In the M14 200m a blanket finish was awarded to Vaughn Friedrich with James

Hunt in second place achieving the same time of 25.5sec.

In the woman's and masters combined 1500m a classic youth versus age, daughter up against father contest developed with Andrea Smith running a well judged race to beat Gavin Smith, pulling away on the third lap to win by over 8sec. Andrew Lloyd again dominated the distance race, this week the 2000m steeplechase winning by over 20sec from Braden Neal. Andrea Smith again headed father Gavin by a 10sec margin.

A good contest in the M14 long jump was won by Vaughn Friedrich with a leap of 5.21m from Luke Davison 5.02m and Alex Calvin 4.99m. Veteran Kevin Philpot had the best jump of the night with 5.48m. In the discus Livvie Duggan threw 33.70m, easily the best of the night.

**Results (1<sup>st</sup> 3 placings only)**

**100m:**

- W12: 1 A Robinson 14.0,  
2 A Somerfield 14.1,  
3 B Somerfield 14.3;
- W14: 1 B Andrews 14.1;
- W16: 1 V Hill 13.3,  
2 G Vandershantz 13.7,  
3 N Furmage 14.2;
- M12: 1 A Robinson 14.9,  
2 A Somerfield 16.7;
- M14: 1 J Hunt 12.1,  
2 V Friedrich 12.3,  
3 M Goldie 12.5;
- M16: 1 J Morton 11.4,  
2 J McNaughton 11.5,  
3 B Davies 12.2;
- MM: 1 K Philpot 12.2,  
2 B Gough 12.7,  
3 B Magill 14.9.

**200m:**

- W12: 1 A Somerfield 31.0,  
2 J Furmage 34.0;
- W14: 1 B Andrews 31.3;
- W16: 1 G Vanderchantz 28.4;
- MW: 1 P Creighton 31.5;
- M12: 1 A Robinson 30.4;
- M14: 1 V Friedrich 25.5,  
2 J Hunt 25.5,  
3 M Goldie 26.2;
- M16: 1 J Morton 24.7,



MM: 2 J McNaughton 26.3,  
3 K Cairns 26.6;  
1 B Gough 27.1,  
2 B Magill 30.4,  
3 D Whitehead 31.0.

**1500m:**

W16: 1 M Smith 5-51.2;  
SW: 1 A Smith 5-02.9;  
MW: 1 P Creighton 5-35.8,  
2 L Reynolds 6-12.3;  
M12: 1 A Robinson 5-25.1;  
M14: 1 M Sutton 4-54.9;  
M16: 1 J Regan 5-26.3;  
SM: 1 B Ruthe 4-09.6,  
2 K McDonald 4-14.5,  
3 B Neal 4-43.7;  
MM: 1 G Smith 5-11.5,  
2 G Myers 5-27.6,  
3 D Whitehead 5-30.9

**2000m Steeplechase:**

SW: 1 A Smith 8-00.1;  
MW: 1 L Reynolds 9-38.8;  
M14: 1 M Sutton 7-25.4,  
2 A Colvin 10-41.0,  
3 A McQueen 10-41.5;  
M16: 1 J Regan 8-55.0;  
M19: 1 A Lloyd 6-42.1,  
W19: 1 A Clements 8-47.0;  
SM: 1 B Neal 7-02.5,  
2 M Smith 7-35.4;  
MM: 1 G Smith 8-10.7,  
2 B Watson 8-43.5,  
3 B Magill 9-02.5.

**Long Jump:**

W12: 1 A Robinson 4.46,  
2 A Somerfield 4.01,  
3 B Somerfield 3.59;  
M12: 1 A Robinson 4.25,  
2 A Somerfield 3.11;  
M14: 1 V Friedrich 5.21,  
2 L Davison 5.02,  
3 A Colvin 4.99;  
MM: 1 K Philpot 5.48,  
2 B Magill 4.03.

**Discus:**

W12: 1 A Somerfield 20.34,  
2 A Robinson 19.24,  
3 J Furmage 12.03;  
W14: 1 C McQueen 26.06;  
W16: 1 L Duggan 33.70;  
M14: 1 A McQueen 28.38;  
M16: 1 H Vermeulen 26.47;  
MM: 1 R Laurie 22.63.

**JONNO MORTON SHINES OVER  
400METRES by Pat Sale 9/12/08**

Attendance was down at Club Night on December 9 due in part to the inclement weather and also to the break up of secondary schools after the exams. However there was some excellent competition with perhaps the pick being Jonno Morton, M16, holding off veteran Kevin Philpot over 400m in 55.2sec to Philpots 55.8. Morton also featured in the 60m where he was second to Joseph Millar. In the women's 400m Andrea Smith SW just had enough strength in the home straight to overtake the much younger Emma Shanley-McDonald W12 who ran a brilliant race for one so young. Shandley-McDonald was just pipped over 60m by Amy Robinson.

Braden Neal SM won the 1000m and 3000m for a good double. Behind him in the 3000m there was a great race in the masters grade with Stu Smith putting in a good last lap to head home Gavin Smith and Les Dobson.

Amy Christophers W16 had the best long jump of the night with 4.89m and in the W12 grade another epic battle between Amy Robinson and Emma Shanley-McDonald was won by Robinson with her last jump of 4.33m overtaking her rival who had jumped 4.31m in both her second and third attempts. Keep up the good work girls. In the hammer throw Christine McCahill MW easily bettered other competitors with a very creditable 39.93m.

**60 Metres**

1	Andrea Smith	SW	8.9
2	Les Dobson	M45	9.1
3	Brendon Magill	M45	9.4
4	Gavin Smith	M55	10.3
5	Peter Kennedy	M55	10.7
6	Sid Pavett	M70	12.8
1	Amy Robinson	G12	9.1
2	EmmaShanleyMcD	G12	9.2
1	Joseph Millar	M16	6.9
2	Jonno Morton	M16	7.2
3	Kevin Philpot	M40	7.4

4	James Hunt	B14	7.7
5	Kyle Cairns	M16	8.0
6	Scott Doney	B14	8.3

**1000 Metres**

1	Braden Neal	SM	3.02.2
2	Mathew Smith	SM	3.05.0
3	Andrea Smith	SW	3.09.7
4	Jamie Regan	M16	3.10.7
5	Kohu Tapsell	SM	3.14.1
6	Les Dobson	M45	3.20.6
7	Gavin Smith	M55	3.20.9
8	Stu Smith	M50	3.29.9
9	Barry Watson	M50	3.36.8
10	Linda Reynolds	M50	3.48.3
11	Peter Kennedy	M55	3.52.3
12	Sid Pavett	M70	4.25.7

**400 Metres**

1	Andrea Smith	SW	1.06.8
2	EmmaShanley-Mc	G12	1.07.1
3	Les Dobson	M50	1.12.1
4	Gavin Smith	M55	1.13.6
5	Barry Watson	M50	1.20.2
6	Peter Kennedy	M55	1.23.7
7	Sid Pavett	M70	1.36.7

1	Jonathon Morton	M16	55.2
2	Kevin Philpot	M40	55.8
3	Braden Neal	SM	59.8
4	Kohu Tapsell	SM	1.00.0
5	Jamie Regan	M16	1.08.1
6	Christine Browne	W35	1.11.9
7	Linda Reynolds	W40	1.25.3

**3000 Metres**

1	Braden Neal	SM	11.15.1
2	Stu Smith	M50	11.26.2
3	Gavin Smith	M55	11.30.5
4	Les Dobson	M45	11.32.8
5	Andrea Smith	SW	11.34.1
6	Barry Watson	M50	11.37.3
7	Jamie Regan	M16	12.16.7
8	Peter Kennedy	M55	12.31.8
9	Mathew Smith	SM	13.18.7
10	Linda Reynolds	W40	13.35.0
11	Sid Pavett	M70	13.53.0
12	Alex Whimster	M55	19.39.6

**Hammer**

1	Ray Young	M60	19.64
1	Ray Laurie	M70	26.83
1	Marcia Taylor	W30	20.92

1	Christine McCahill	W40	39.93
<b>Long Jump</b>			
1	Scott Doney	B14	4.37
1	Amy Robinson	G12	4.33
2	Emma Shanley-Mc	G12	4.31
1	Kyle Cairns	M16	4.74
1	Brendon Magill	M45	4.15
1	Amy Christophers	W16	4.89
1	Ethney Barnaby	W40	4.40

**Everyone’s Run & Walk Series**

**4.12.08 (103 finishers)**

A good turnout and stiff competition. Plenty of Ramblers ladies at last!

<b>Kyle MacDonald</b>	won in	15.47
<b>Mike Pugh</b>	2 <sup>nd</sup>	15.51
<b>John Caie</b>	4 <sup>th</sup>	17.09
<b>Braden Neal</b>	5 <sup>th</sup>	18.11
<b>Hamish McKain</b>	6 <sup>th</sup>	18.56
<b>Gavin Smith</b>	7 <sup>th</sup>	19.17
<b>Andrea Smith</b>	8 <sup>th</sup> (1st Woman)	19.49
<b>Ella Mangan-Walker</b>	9 <sup>th</sup>	19.54
<b>Fiona Ellison</b>	10 <sup>th</sup>	20.32
<b>Julia Campbell</b>	11 <sup>th</sup>	20.35
<b>Shelby Goddard</b>	13 <sup>th</sup>	20.43
<b>Mike Powell</b>	14 <sup>th</sup>	20.54
<b>Esther McArthur</b>	16 <sup>th</sup>	21.23
<b>Chanelle Bryan</b>	1 <sup>st</sup> walker	29.25
<b>Alex Whimster</b>	4 <sup>th</sup>	32.22
<b>Mia Pugh</b>	13 <sup>th</sup> in 3 km	16:26

**11.12.08 ( 89 finishers)**

<b>John Caie</b>	won the 5km event in	16.52
<b>Hamish McKain</b>	2 <sup>nd</sup>	18.38
<b>Nicola McKay</b>	(1 <sup>st</sup> woman)3 <sup>rd</sup>	19.33
<b>Andrea Evason</b>	5 <sup>th</sup>	20.52
<b>John Addy</b>	8 <sup>th</sup>	21.15
<b>Chanelle Bryan</b>	1 <sup>st</sup> walker	31.14
<b>Alex Whimster</b>	7 <sup>th</sup>	36.21
<b>Murray Clarkson</b>	7 <sup>th</sup> in 3km	13.30

**18.12.08 ( 64 finishers)**

<b>Stu Smith</b>	won the 5km run in	19.30
<b>Mike Powell</b>	2 <sup>nd</sup>	20.41
<b>John Addy</b>	4 <sup>th</sup>	21.16
<b>Murray Clarkson</b>	14 <sup>th</sup>	26.20
<b>Karen Smith</b>	22 <sup>nd</sup>	31.45
<b>Alex Whimster</b>	3 <sup>rd</sup> in the walk	34.22
<i>Followed by Santa Claus</i>	<i>in</i>	<i>34.30</i>



2000m Xmas fun night “the Braden Bunch” with Jonno Morton at the front, after a couple of drop off laps

**On 18<sup>th</sup> December in aTrack time trial**, Gareth Hyett ran 1:52.4 after Ben Ruthe ran the first lap in 54 seconds. Tom Hall second in 1:57, Ben 1:59 and Regan Bones 2:02.

**At the WBOP Childrens Relay Champs held at Tauranga Domain on 6<sup>th</sup> December**, a number of our young ramblers ran for their other childrens Clubs.

**Mia Pugh** was the 3<sup>rd</sup> runner in the G8 4x100m Greerton team which placed 6<sup>th</sup>/7 in 1.13.25.

**Abby Furmage** was 1<sup>st</sup> runner in the G10 Bellevue team that placed 2<sup>nd</sup>/4 in 1.04.37

**Amanda Somerfield** was 1<sup>st</sup> runner in the G11 Bellevue team which placed 2<sup>nd</sup>/6 in 1.00.00

**Emma Shanley-McDonald, Brooke Somerfield, & Amy Robinson** were 2<sup>nd</sup>,3<sup>rd</sup> & 4<sup>th</sup> runners in the G12 Greerton team placing 1<sup>st</sup>/3 in 57.80 followed by 2<sup>nd</sup> placegetters Bellevue (including 1<sup>st</sup> & 3<sup>rd</sup> runners **Jodi & Kelly Furmage**) in 1.00.99.

**Fiona Bennett & Alice Bain** were 2<sup>nd</sup> & 4<sup>th</sup> runners in the G13 Greerton team placing 4<sup>th</sup>/5 in 59.69s

**A Tauranga Ramblers only team won the U16 4x100m no names published**

**Scott Croasdale** was 1<sup>st</sup> runner in the B12 Greerton team placing 2<sup>nd</sup>/6 in 54.15

**James Hunt** 4<sup>th</sup> runner in the 1<sup>st</sup> placed/4 B14 Bellevue team in 50.87 **Michael Goldie** was 2<sup>nd</sup> runner in the 4<sup>th</sup> placed Greerton team in the same race in 1.00.46.

In the Grade 11 Mixed Medley Relay **Brooke Somerfield’s Greerton** team placed 6<sup>th</sup>/7 in 5.10.93.

Grade 12 Mixed medley **Amy Robinson, Scott Croasdale & Emma Shanley-McDonald** were 2<sup>nd</sup>/6 in 4.35.87 **Jessica & Samantha Bitcheno’s** Papamoa team was 4<sup>th</sup> in 4.50.60.

**Jodi Furmage & Amanda Somerfield** Mixed Distance grade 13 Bellevue team was 3<sup>rd</sup>/5 in 4.29.12. **Alice Bain’s** Greerton team 4<sup>th</sup> in 4.36.42.

**James Hunt & Nikki Furmage** 2<sup>nd</sup> /4 Grade 14 Mixed Medley for Bellevue 4.25.02 while **Michael Goldie’s** Greerton team were 4<sup>th</sup> in 4.31.36.

**The Goat : Whakapapa , 6/12/08**

Pig Hunter Sjors Corporaal of Murapara took out this gruelling 21km event, with the surefootedness of a true Mountain Goat on the steep rocky terrain. His time 1.58.58 edged out young Whakatane 17year old Daniel Jones 2<sup>nd</sup> 2.00.23.

**Ben Ruthe** 3<sup>rd</sup> 2.02.36

**Wayne Smith** 33<sup>rd</sup> (2<sup>nd</sup> M50+) 2.35.27

**Mathew Smith** 50<sup>th</sup> (26<sup>th</sup> M23-39) 2.43.28

**Alex (Macca) McKenzie** 139<sup>th</sup> (31<sup>st</sup> M40-49) 3.10.53

Ex Rambler Katy Smith was 11<sup>th</sup> F23-39) 145<sup>th</sup> in 3.12.29 from 410 finishers . Ben’s result was good enough to take the Triple Crown. Full write up on Ramblers website.



**King & Queen Mount Maunganui 26 December 2008**

						Group	WBOP Championships
Place	First Name	Surname	Group	Club/Town	Time	Place	Group
1	Daniel	Jones	JM	Whakatane	19:09	1	M19 1 <sup>st</sup>
2	Sjors	Corporaal	MO	Lake City	19:55	1	SM 1 <sup>st</sup>
3	Chris	Morrissey	MO	Papamoa	20:24	2	
4	Colin	Earwaker	MM35	Lake City	20:34	1	M50 1 <sup>st</sup>
5	Glen	Sexton	MM35	Hamilton Hawks	20:38	2	M40 1 <sup>st</sup>
6	Kyle	MacDonald	MO	Ramblers	21:10	3	SM 2 <sup>nd</sup>
12	Helen	Rountree	WO	Hamilton	22.16	1	
15	Braden	Neal	MO	Ramblers	22:58	9	SM 3 <sup>rd</sup>
16	Sarah	Devoy	WO	Pakuranga	23:02	2	
28	Stu	Smith	MM35	Ramblers	23:47	9	M50 2 <sup>nd</sup>
29	Gavin	Smith	MM35	Ramblers	24.09	10	M55 1 <sup>st</sup>
36	Brendon	Magill	MM35	Ramblers	25.07	13	M45 1 <sup>st</sup>
42	Les	Dobson	MM35	Ramblers	25.33	16	M45 2 <sup>nd</sup>
48	Alice	Wilson	WO	Ramblers	26.13	9	SW 3 <sup>rd</sup>
53	Dave	Whitehead	MM35	Ramblers	26.38	21	M50 3 <sup>rd</sup>
55	Andrea	Smith	WO	Ramblers	26.45	11	SW 4 <sup>th</sup>
71	Malcolm	Taylor	MM35	Ramblers	28.46	27	M55 2 <sup>nd</sup>
74/113	Ethney	Barnaby	MW35	Ramblers	29.04	3	W40 2 <sup>nd</sup>

**Port of Tauranga Prince & Princess Mount Maunganui Race**

Place	First Name	Surname	Age Group	Club/Town	Time	Age Place
1	Liam	Walsh	BU16	Lake City	9.11	1
4	Nicole	Van der Kaay	GU16	Taupo	10.29	1
19/26	Emma	McDonald	GU16	Ramblers	12.42	5

**Mount Maunganui Around the Mount Fun Run 26th December 2008**

Place	First Name	Surname	Club/Town	Time
1	Sita	Waru-Ewell	USA	19.26
8/12	Ken	Smith	Ramblers	29.52



*Daniel Jones (winner), Kyle MacDonald, Brendan Magill & Les Dobson (background), reach the top of the Mount*

**Club Xmas Fun Night 16th Dec 2008**

**100 Metres Handicap**

1	Abby	Goldie	G12	13.30
2	Amy	Robinson	G12	13.60
3	Amanda	Somerfield	G11	13.80
4	Emma	Shanley MacDonald	G12	14.00
5	Jessica	Bitcheno	G11	14.20
6	Kelly	Furmage	G12	14.40
7	Jodi	Furmage	G12	14.60
8	Lauren	Hines	G9	15.40

1	Andrea	Smith	SW	13.20
2	Bella	Andrews	G14	13.50
3	Andrew	Somerfield	B12	13.90
5	Christine	Browne	W35	14.00
6	Olivia	Hines	G10	14.20
7	Ashley	Clements	W19	15.60

1	James	Hunt	B14	11.90
2	Joseph	Reynolds	B14	12.20
3	Michael	Goldie	B14	12.50
4	Luke	Davidson	B14	12.70
5	Daniel	Gordon	B14	13.00
6	Rowan	Davies	B14	13.20

1	Jono	Morton	M16	11.30
2	Kyle	Cairns	M16	11.70
3	Jamie	Regan	M16	11.90

1	Gavin	Smith	M55	15.50
2	Peter	Kennedy	M55	15.70
3	Sid	Pavett	M70	15.90

1	James	Hunt	B14	12.60
2	Braden	Neal	SM	12.80
3	Les	Dobson	M45	13.20
4	Mark	Brebner	M45	13.50
5	Brendon	Magill	M45	13.80
6	Dave	Whitehead	M50	14.30
7	Stu	Smith	M50	14.50
8	Barry	Watson	M50	15.70

**Shot Put Overhead**

1	Daniel	Gordon	B14	6.26
1	Amy	Robinson	G12	7.23
2	Emma	Shanley MacDonald	G12	7.10
3	Jodi	Furmage	G12	4.38
4	Kelly	Furmage	G12	3.90
1	Fiona	Bennett	G13	8.81
1	Hannah	Shanley MacDonald	G14	8.35

**60 Metres**

1	Amy	Robinson	G12	7.90
2	Abby	Goldie	G12	8.10
3	Amanda	Somerfield	G11	8.40
4	Emma	MacDonald	G12	8.60
5	Jessica	Bitcheno	G11	8.90
6	Jodi	Furmage	G12	8.90
7	Kelly	Furmage	G12	9.20

1	Jono	Morton	M16	7.10
2	Kyle	Cairns	M16	7.30
3	Michael	Goldie	B14	7.60
4	James	Hunt	B14	7.80
5	Luke	Davidson	B14	8.10
6	Rowan	Davies	B14	8.30
7	Joseph	Reynolds	B14	8.60
8	Jamie	Regan	M16	8.70

1	Christine	Browne	W35	8.40
2	Bella	Andrews	G14	8.60
3	Andrea	Smith	SW	8.90
4	Ashley	Clements	W19	9.40
5	Andrew	Somerfield	B12	9.40

1	Mark	Brebner	M45	8.40
2	Les	Dobson	M50	8.60
3	Brendon	Magill	M45	8.90
4	Dave	Whitehead	M50	9.40
5	Gavin	Smith	M55	9.70
6	Peter	Kennedy	M55	10.30
7	Vic	Furlan	M70	10.80
8	Sid	Pavett	M70	12.10



**Shot Put Overhead**

1	Hawk	Vermeulen	M16	10.05
1	Michael	Cochrane	M19	10.63
1	Ray	Laurie	M70	6.69
1	Livvie	Duggan	W16	9.19
2	Genelle	Vanderschantz	W16	4.70
1	Marcia	Taylor	W30	7.35
1	Christine	Browne	W35	7.06
1	Christine	McCahill	W40	11.49



Lauren Hines 100m handicap start



Christine McCahill overhead shot



Livvie Duggan overhead shot

**Coming Events** (refer Red AWBOP Handbook for program at T & F meets)

**6 January**

Open AWBOP meet & clubnight 100m, 800m, 200m, 4000m Javelin & Shotput

**10/11 January**

Northern Regional Combined Events Champs, Tauranga Domain. Program in Red Handbook

**6 January**

Club night recommences with an AWBOP Open meet (5.45pm start) 100m, 800m, 200m, 4000m, Javelin & Shotput

**9 -10 -11 January**

North Island Colgate Games, Cooks Gardens, Wanganui for age grades 7-14. Entries now closed

**10 & 11 January**

Northern Regional Combined Events (note this meet has been re-located to Porritt Stadium Hamilton) see AWBOP red book for programme or [www.athletics.org.nz](http://www.athletics.org.nz)

**13 January**

200m, 1500m, 400m, 5000m, Long Jump, Discus

**17 January**

Open AWBOP Meet, Porritt Stadium. Events starting 4pm. See red book or [www.athletics.org.nz](http://www.athletics.org.nz)

**Also 17 January**

Waiheke Island Wharf to Wharf 25km & 13km & 7km hilly race or walk

**20 January**

100m, 800m, 150m, 3000m, Triple Jump, Hammer

**24 January**

Open AWBOP meet at Tauranga Domain. Events start 4pm so turn up earlier to register. Programme in AWBOP Red Book or [www.athletics.org.nz](http://www.athletics.org.nz)

**Also 24 January:** Sylvia Potts Classic, Hastings

**Also 24 January:** NZ 10000m Champs Inglewood

**Also 24 January:** Grades 14,U16,U18 inter-Provincials, Inglewood

**Also 24 January:** Tussock Traverse 27km off road, Tongariro

<http://www.tongariro.org.nz/tussock09.html>

**Also 24 January**

The Jumbo-Holdworth Trail Race 24km. Tararua Forest & Mountains Masterton

<http://techs.net.nz/trusthouse.co.nz/sport/mountain/>

**27 January**

**200m Club Champs**, 800m, 60m, 3000m, **Long Jump Club Champs**

**31 January**

Open AWBOP Meet at Porritt Stadium, 4pm start, see red book for programme or [www.athletics.org.nz](http://www.athletics.org.nz)

**3 February**

**1500m Club Champs**, **100/110m Hurdles Club Champs**, 100m, 4000m, **Discus Club Champs**

**7 & 8 February**

NZ Combined Events Champs Waitakere Stadium Auckland. Info available on [www.athletics.org.nz](http://www.athletics.org.nz)