

# Ramblings

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Editor Fay Smith  
Ph/fax 5443666, Email:  
[gc.flsmith@xtra.co.nz](mailto:gc.flsmith@xtra.co.nz)

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### ATHLETE OF THE MONTH

February 2008



**Sarah Yardley**

*NZ Combined Events Heptathlon  
Champion in the W19 grade*

*(apologies for old photo)*

#### Club Contacts:

President: Malcolm Taylor Ph 5760000  
Secretary: any volunteers????  
Treasurer: Alex Whimster Ph 5765039  
Event Entries: Bev Smith Ph/fax  
5764469  
Email: [klbjsmith@clear.net.nz](mailto:klbjsmith@clear.net.nz)  
Uniforms: Bev Smith Ph 5764469  
Club Email:  
[athletics.tauranga@xtra.co.nz](mailto:athletics.tauranga@xtra.co.nz)

All-weather Track Progress this month involved a lot of back-breaking bending and shifting concrete blocks onto all the rubber joins until the glue stuck. Many thanks to all those club members who spent many long hours over several days at this tiresome chore, and also to those who have played night watchmen. The good news is its nearly finished!



**ANZ Combined Events  
Championships, Porritt Stadium,  
9/2/08**

**Heptathlon**

*The senior women title went to Rebecca Wardell of Canterbury who scored 5626 points.*

**W19 Sarah Yardley** 1<sup>st</sup>/3 4153 points  
100mH 16.00/ HJ 1.55m/ SP 8.02m/ 200m 27.17/ LJ 5.24m/ jav 24.50m/ 800m 2.32.37

**W19 Tracey Hale** 2<sup>nd</sup>/3 3925 points  
100mH 15.01/ HJ 1.43m/ SP 7.52m / 200m 26.86/ LJ 4.88m/ jav 18.08m/ 800m 2.31.91

**W16 Livvie Duggan** 5<sup>th</sup>/6 2308 points  
100m H 18.77/ HJ 1.25m/ SP 8.83m/ 200m 32.33/ LJ 3.89m/ Jav 21.48m/ 800m 3.27.40

**Octathlon**

**M16 Michael Cochrane** 2<sup>nd</sup>/3 4938 points  
100m 12.00/ LJ 5.95m/ SP 11.87m/ 400m 52.28/ 110m H 15.70/ HJ 1.74m/ Jav 38.72m/ 1000m 3.03.45

*The Mens Decathlon winner & only entrant was Kyle McCarthy of WBOP on 6233 points*

**PORRITT CLASSIC 9/2/08  
HAMILTON**

**Mariah Ririnui W16** was named “Jump Athlete of the Meet”

Open Womens Long Jump 1<sup>st</sup>/5 5.61m

**Amy Christophers W16**

Open Womens Long Jump 2<sup>nd</sup>/5 4.91m

Open Womens Javelin 6<sup>th</sup>/7 30.08m

Open Womens High Jump 8<sup>th</sup>/10 1.55m

**Livvie Duggan W16**

Open Womens Discus 6<sup>th</sup>/6 26.52m

**Joseph Millar M16**

Open Mens 100m 7<sup>th</sup>/14 11.43

Open Mens 200m 10<sup>th</sup>/14 23.28

Open Mens Long Jump 7<sup>th</sup>/8 5.87m

**Iain MacDonald SM**

1500m 9<sup>th</sup>/20 3.56.76

**Kyle MacDonald SM**

1500m 10<sup>th</sup>/20 3.57.20

**Matthew Parsonage SM**

1500m 13<sup>th</sup>/20 3.58.20

**WBOP Open Meet 2/2/08, Porritt**

**Abbie Goldie G14&U**

100m 8<sup>th</sup>/10 14.53

200m 6<sup>th</sup>/13 29.64

**Mariah Ririnui W16**

100m 1<sup>st</sup>/2 12.44

200m 1<sup>st</sup>/4 26.22

High Jump 1<sup>st</sup>/1 1.45m

**Joseph Millar M16**

100m 1<sup>st</sup>/1 11.82

200m 1<sup>st</sup>/2 23.80

**Michael Goldie B14 & U**

100m 5<sup>th</sup>/11 13.00

200m 6<sup>th</sup>/9 26.70

**Brendan Magill M35+**

100m 1<sup>st</sup>/1 14.89

400mH dnf

Javelin 1<sup>st</sup>/2 23.09m

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

**7/2/08** (119 entries)

A great turnout : **Jason Cameron**, in his debut run in this event, just pipped **Ben Ruthe** on the line with them both recording 15.38. **John Caie** was 3<sup>rd</sup> in 17.07, **Dan Smith** 5<sup>th</sup> 17.28, **Kirk Brennan** 6<sup>th</sup> 18.01, **Clive Reynolds** 7<sup>th</sup> 18.10, **Gavin Smith** 11<sup>th</sup> 18.43, **Stu Smith** 12<sup>th</sup> 18.59, **Mike Powell** 18<sup>th</sup> 20.45, **Andrea Smith** 27<sup>th</sup> 23.19, **Anna Gould** 40<sup>th</sup> 27.17, **Eric DeLautour** 43<sup>rd</sup> 28.22, **Nikki Furmage** 49<sup>th</sup> 29.05, **Karen Smith** 55<sup>th</sup> 31.12, **Fay Smith** 58<sup>th</sup> 32.44, **Sue Furmage** 59<sup>th</sup> 36.10, **Alex Whimster** was 13<sup>th</sup> walker in 41.33.

**14/2/08** (97 entries)

**Ben Ruthe** cruised in for the win in 17.52 ahead of **Kirk Brennan** on 17.54, **John Caie** was 7<sup>th</sup> on 20.06, **Mike Powell** 10<sup>th</sup> 20.44, **Murray Clarkson** 22<sup>nd</sup> 23.13, **Murray Chell** 26<sup>th</sup> 23.35, **Eric De Lautour** 41<sup>st</sup> 27.53, **Alex Whimster** 6<sup>th</sup> walker 35.09, **Anna Gould** 20<sup>th</sup> walker 40.48. **Nikki Furmage** ran the 3km event and placed 2<sup>nd</sup> in 13.43.

**21/2/08** (94 entries)

**Ben Ruthe** set a new course record of 15.20 just ahead of **Mark Mckeown** on 15.32, **John Caie** was 3<sup>rd</sup> on 16.58, **Dan Smith** 4<sup>th</sup> 17.55, **Kirk Brennan** 5<sup>th</sup> 18.06, **Stu Smith** 7<sup>th</sup> 19.13, **Mike Powell** 16<sup>th</sup> 21.14, **Anna Gould** 36<sup>th</sup> 26.16, **Eric De Lautour** 42<sup>nd</sup> 28.03, **Karen Smith** 52<sup>nd</sup> 31.37, **Alex Whimster** 2<sup>nd</sup> walker 34.21.

**28/2/08** (88 entries)

**Iain MacDonald** took line honours in 16.21 followed by brother **Kyle MacDonald** in 16.44, **Jacob Martin** was 3<sup>rd</sup> in 17.07, **Kirk Brennan** 5<sup>th</sup> 17.51, **Jamie Regan** 8<sup>th</sup> 19.03, **Stu Smith** 10<sup>th</sup> 19.09, **Heidi Wrigley** 12<sup>th</sup> 19.52, **Mike Powell** 15<sup>th</sup> 20.54, **Anna Gould** 39<sup>th</sup> 25.47, **Karen Smith** 53<sup>rd</sup> 32.51. **Malcolm Taylor** set a new course record in the walk with 28.09.



**HAMISH McKAIN TAKES**

**1500m TITLE** *by Pat Sale*

Club Championships for the 1500m and long jump were held at the on **February 5**.

In the 1500m Brendan Magill led early on shadowed by Braden Neal and Hamish McKain. Neal took over the lead after a lap and a bit with McKain going to the front with just under two laps to go, and steadily increased his advantage all the way to the finish winning by more than the length of the straight from Neal with Magill the first veteran home in third.

In the long jump Michael Cochrane had the best jump of the night at 5.60m to win the M16 title. Amy Robinson won a good contest in the W12 grade with a distance of 4.20m from Brooke Somerfield 3.76m and Emma Shanley-McDonald 3.68m.

In non championship events Joseph Millar had a good double winning the M16 200m in 26.1sec and the 60m in 7.6sec. Russell Lake had his usual consistent performance in the 5000m leading all the way and winning by almost a lap from Braden Neal.

**Results**

**Club Championships**

**1500m:**

- W10: 1 J Bitcheno 6-03.9;
- SW: 1 A Smith 5-26.5;
- M19: 1 H McKain 4-34.2,  
2 B Neal 4-55.4;
- MM: 1 B Magill 5-06.3,  
2 G Smith 5-17.6,  
3 L Dobson 5-17.8  
4 M Brebner 6.19.4  
5 M Clarkson 6.42.0  
6 S Pavett 7.01.2  
7 E De Lautour 8.03.8

**Long Jump:**

- W12: 1 A Robinson 4.20,  
2 B Somerfield 3.76,  
3 E Shanley-McDonald 3.68;
- W14: 1 H Shanley-McDonald 4.20;  
2 K Elisaia 2.76;
- W16: 1 A Christophers 4.10;
- M16: 1 M Cochrane 5.60;
- MM: 1 B Magill 4.11

**Non Championship Events**

**60m:**

- W12: 1 S Millar 9.4;
- W14: 1 R Millar 9.1;
- M16: 1 J Millar 7.6,  
2 G Wootton 8.3;
- MM: 1 M Brebner 8.8

**200m:**

- W12 1H Shanley-McDonald 30.1  
2 S Millar 30.5
- W14: 1 G Vanderschantz 30.1  
2 R Millar 32.0;
- M16: 1 J Millar 26.1,  
2 J Morton 27.3;
- MM: 1 M Brebner 30.2,  
2 B Magill 31.4,  
3 R Lake 34.2  
4 L Dobson 34.5  
5 G Smith 34.9  
6 E De Lautour NT

**5000m:**

- M19: 1 B Neal 18-41.4;
- MM: 1 R Lake 17-27.6,  
2 G Smith 19.00.9,  
3 L Dobson 22-36.2  
4 S Pavett 24.18.3  
5 M Taylor 26.27.8

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**FINE RACING BY YOUNG**

**GIRLS OVER 800 METRES** *by*

*Pat Sale*

Club Championships for the 800m and discus were held on **February 12**.

In the W12 800m a very keenly contested race saw Amy Robinson take the title with Amanda Somerfield and Jessica Bitcheno almost inseparable in second and third spots with the judges just giving second place to Somerfield. A fine race was also seen in the men's title with Braden Neal just holding out Mathew Smith by 0.5sec. Brendan Magill took the masters title in the 800m and also in the discus. Michael Cochrane as usual, had the best discus throw of the night with 35.20m, but there was good competition in the W12 grade where Fiona Bennett won with a throw of 22.24m from Sophie Millar 19.69m and Amy Robinson 19.31m.

In non championship events Johnno Morton won the 100m in 12.5sec, and Samantha Dunick the women's race in 13.6sec. Over 200m Amy Robinson W12 won another close race in 32.4sec with

Emma Somerfield and Amanda Somerfield second equal in 32.9sec. Russell Lake won the 3000m from Braden Neal gradually increasing the pace throughout the second half of the race and finally breaking away from his opponent with 180m to go.

**Results**

**Club Championships**

**800m:**

- W10, 1 J Bitcheno 2-52.6;  
2 S Bitcheno 4.04.6 (non member)
- W12:1 A Robinson 2-57.8,  
2 A Somerfield 2-52.5, (non)  
3 E Shanley-McDonald 2.59.3
- SW: 1 A Smith 2-29.7;
- MW: 1 A Gould 3-24.2;
- M19: 1 B Neal 2-20.5;
- SM: 1 M Smith 2-21.0;
- MM: 1 B Magill 2-27.7,  
2 R Lake 2-29.2,  
3 L Dobson 2-33.4;  
4 G Smith 2.33.6  
5 D Whitehead 2.43.20  
6 M Clarkson 3.28.2  
7. S Pavett 3.34.0  
8 E De Lautour 3.43.4

**Discus:**

- W10 1 A Somerfield 16.20 (non)  
2 J Bitcheno 11.85
- W12: 1 F Bennett 22.24, (non)  
2 S Millar 19.69,  
3 A Robinson 19.31;  
4 E Shanley-McDonald 11.07
- W14:1 K Elisaia 22.72,  
2 G Vanderschantz 17.41;
- W16: 1 L Duggan 25.88;
- MW: 1 E Barnaby 19.32;
- M12 1 L Robinson 15.59;(non)
- M14: 1 L Davison 26.22; (non)
- M16: 1 M Cochrane 35.20;
- MM: 1 B Magill 17.70,  
2 M Clarkson 17.18.

**Non Championship Events**

**100m:**

- W10: 1 J Bitcheno 16.8,  
2 S Bitcheno 17.8;
- W16: 1 S Dunick 13.6;
- MW: 1 E Barnaby 14.8m,  
2 A Gould 19.2
- M16 1 J Morton 12.5  
2 G Wootton 13.4
- MM 1 M Brebner 14.4  
2 L Dobson 14.7  
3 B Magill 15.2  
4. G Smith 16.8

5 S Pavett 19.7  
 6 E De Lautour 20.3  
**200m:**  
 W12: 1 A Robinson 32.4,  
 2=E Somerfield 32.9  
 2=A Somerfield 32.9;  
 4 J Bitcheno 35.2  
 W14:1 S Millar 30.2,  
 2 R Millar 32.7;  
 SW: 1 A Smith 31.7;  
 MM: 1 R Lake 32.1,  
 2 D Whitehead 32.7,  
 3 L Dobson 35.2.  
 4 G Smith 35.3  
 5 S Pavett 42.7  
 6 E De Lautour 43.6

**3000m:**  
 SW: 1 A Smith 13-25.4;  
 M19: 1 B Neal 10-31.2;  
 SM 1 M Smith 13.55.7  
 MM: 1 R Lake 10-22.6,  
 2 G Smith 11-22.7,  
 3 L Dobson 12.52.8  
 5 D Whitehead 12.59.4  
 6 A Whimster-(walk)

**CLUB NIGHT RESULTS**

**19/2/08**

Braden Neal won the mile and 4000m double while Hannah Shanley – McDonald, Johnno Morton & Brendan Magill won the 200m races, and Andrea Smith & Hamish McKain won the 400m races. Luke Davison won the javelin.

**200m**  
 1. H Shanley-McDonald W13 NT  
 2. A Smith SW NT  
 3. Amy Robinson W12 NT  
 4. A Somerfield W12 NT  
 5. J Bitcheno G10 NT  
 6 E Shanley-McDonald W12 NT  
 7 B Somerfield G10 NT

1. J Morton M16 26.0  
 2. H McKain M19 27.3

1. B Magill M40 30.0  
 2. G Smith M55 33.4  
 3. R Lake M35 34.3  
 4. M Clarkson M60 41.7  
 5 E De Lautour M85 42.4

**400m**  
 1. A Smith SW 69.6  
 2 A Somerfield W12 73.4  
 3 E Shanley-McDonald 74.5  
 4 J Bitcheno G10 76.8

1. H McKain M19 57.8

2 J Morton M16 59.0  
 3 M Smith SM 60.1  
 4 G Smith M55 NT  
 5 R Lake M35 NT  
 6 E De Lautour M85 1.40.7

**Mile**

1. B Neal M19 5.10.6  
 2. H McKain M19 5.11.3  
 3 R Lake M35 5.19.7  
 4. M Smith SM 5.42.1  
 5. G Smith M55 5.42.9  
 6 A Smith SW 6.14.6  
 7 J Bitcheno G10 6.25.0  
 8 E De Lautour M85 8.18.5

**4000m**

1. B Neal M19 14.10.1  
 2. R Lake M35 14.25.3  
 3. G Smith M55 15.52.3

**Javelin**

1. Luke Davison M13 37.30  
 2. M Cochrane M16 34.03  
 3. B Magill M40 25.78  
 4 Livvie Duggan W16 25.03  
 5 M Bitcheno SW 17.29  
 6 J Bitcheno G10 9.89  
 7 S Bitcheno G9 7.08

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**JOSEPH MILLAR DOUBLE WINNER** by Pat Sale

Joseph Millar won the 400m and the M16 Club Championship on **February 26**, and also the non championship 60m dash. He looked impressive in both events in which he was chased home by Johnno Morton, runner up in both. The other outstanding performances were Elisha Rolleston's 42.09m javelin throw in taking the M16 Club Championship, and Regan Bones back after injury lapping the entire field in the 3000m with a time of 9-32.7.

Brendan Magill was a double champion in the masters grade winning the 400m in 1-03.9 and the javelin with a throw of 24.39m.

**Results Club Championships**

**400m:**  
 W10: 1 J Bitcheno 1.23.1  
 W12: 1 A Robinson 1-15.8,  
 M16: 1 J Millar 55.3,  
 2 J Morton 56.2,  
 3 J Regan 1-07.4;

SM: 1 M Smith 59.1;  
 MM: 1 B Magill 1-03.9,  
 2 M Brebner 1-05.5,  
 3 L Dobson 1-05.9.  
 4 G Smith 1.10.4  
 5 D Whitehead 1.15.2  
 6 M Clarkson 1.22.9  
 7 S Pavett 1.39.4

**Javelin:**

W10: 1 S Bitcheno 7.30,  
 2 J Bitcheno 7.09;  
 W16: 1 L Duggan 23.28;  
 SW: 1. M Bitcheno 17.06;  
 M16: 1 E Rolleston 42.09;  
 MM: 1 B Magill 24.39,  
 2 M Clarkson 11.35.

**Non Championship Events 60m:**

W12: 1 S Millar 9.0,  
 2 A Robinson 9.3,  
 3 A Somerfield 9.6;  
 4 J Bitcheno 9.9  
 5 S Bitcheno 10.2  
 W19: 1 R Cochrane 8.4;  
 W14: 1 R Millar 8.7;  
 M16: 1 J Millar 7.6,  
 2 J Morton 8.0,  
 3 G Wooten 8.3;  
 4 J Regan 8.9  
 MM: 1 M Brebner 8.8,  
 2 L Dobson 9.1,  
 3 B Magill 9.3.  
 4 D Whitehead 10.0  
 5 G Smith 10.2

**100m:**

W12: 1 A Somerfield 15.7;  
 M16: 1 G Wootton 13.0;  
 MM: 1 B Magill 14.7,  
 2 L Dobson 15.2,  
 3 M Brebner 16.1.  
 4 G Smith 16.6  
 5 S Pavett 20.9

**3000m:**

W10: 1 J Bitcheno 13-45.8;  
 M16: 1 R Bones 9-32.7,  
 2 J Regan 11-07.7;  
 SM: 2 M Smith 13-58.3;  
 MM: 1 G Smith 11-01.8,  
 2 D Whitehead 12-05.5,  
 3 L Dobson 12-59.4.  
 4 S Pavett 13.56.6  
 Walk :A Whimster 22.11.4



**WBOP T&F CHAMPS , Porritt Stadium, 16<sup>th</sup> & 17<sup>th</sup> Feb 2008**

Some awesome running/jumping/throwing by some of our young associate members: Sophie Millar was outstanding in the 100m, 200m & 400m, while Khanum Elisaia dominated in discus & shotput. Meantime, Mariah Ririnui, Michael Cochrane & Ethney Barnaby won practically EVERYTHING!

**Sophie Millar G12 (Papamoa)**

100m	1 <sup>st</sup> /8 final	13.36
200m	1 <sup>st</sup> /8	27.40
400m	1 <sup>st</sup> /7	62.49
Discus	6 <sup>th</sup> /11	19.62m

**Alice Bain G12 (Greerton)**

100m	1 <sup>st</sup> H3/3	13.82
100m	4 <sup>th</sup> final	13.81
400m	4 <sup>th</sup> /7	68.70

**Michael Goldie B13 (Greerton)**

100m	2 <sup>nd</sup> /8	12.59
200m	3 <sup>rd</sup> /8 final	26.03
400m	3 <sup>rd</sup> /6	58.78

**Hannah Shanley-McDonald G13**

200m	3 <sup>rd</sup> /8 final	28.25
400m	2 <sup>nd</sup> /6	63.65
Triple Jump	2 <sup>nd</sup> /3	9.95m
Long Jump	4 <sup>th</sup> /9	4.54m

**Rebekah Millar G13 (Papamoa)**

200m	5 <sup>th</sup> /8 final	28.64
400m	4 <sup>th</sup> /6	64.83
80mH	3 <sup>rd</sup> /5	15.02
Discus	5 <sup>th</sup> /6	15.93m

**Khanum Elisaia G13 (Bellevue)**

80mH	4 <sup>th</sup> /5	15.06
Triple Jump	3 <sup>rd</sup> /3	8.96m
Shotput	1 <sup>st</sup> /5	11.28m
Discus	1 <sup>st</sup> /6	30.61m
W16 Discus	1 <sup>st</sup> /5	32.43m
W16 Shotput	3 <sup>rd</sup> /8	9.41m

**Genelle Vanderschantz G14(Greerton)**

100m	2 <sup>nd</sup> /5	13.30
200m	2 <sup>nd</sup> /4	27.26
Shotput	5 <sup>th</sup> /5	7.66m
Discus	3 <sup>rd</sup> /5	21.64m

**Mariah Ririnui W16**

100m	1 <sup>st</sup> /7	12.22
200m	1 <sup>st</sup> /5	25.80
Long Jump	1 <sup>st</sup> /5	5.40m
Shotput	1 <sup>st</sup> /8	9.58m

**Samantha Dunick W16**

100m	3 <sup>rd</sup> /7	13.15
200m	3 <sup>rd</sup> /5	27.75

**Livvie Duggan W16**

Javelin	3 <sup>rd</sup> /6	24.84m
Discus	4 <sup>th</sup> /5	26.58m
Shotput	5 <sup>th</sup> /8	8.50m

100mH	4 <sup>th</sup> /4	18.24
<b>Amy Christophers W16</b>		
100mH	2 <sup>nd</sup> /4	16.54
Triple Jump	2 <sup>nd</sup> /5	10.42
High Jump	1 <sup>st</sup> /3	1.45m
Long Jump	4 <sup>th</sup> /5	4.76m
Javelin	1 <sup>st</sup> /6	31.67m

**Kylie Tietjens W16**

800m	1 <sup>st</sup> /4	2.25.66
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**Michael Cochrane M16**

300mH	1 <sup>st</sup> /4	41.27
400m	1 <sup>st</sup> /6	53.24
110mH	1 <sup>st</sup> /3	15.75
Triple Jump	1 <sup>st</sup> /2	12.77m
Shotput	1 <sup>st</sup> /5	12.19m
Discus	1 <sup>st</sup> /4	37.37m

**Joseph Millar M16**

100m	1 <sup>st</sup> /4	11.38
200m	1 <sup>st</sup> /5	23.52

**Rebecca Cochrane W19**

100mH	2 <sup>nd</sup> /2	19.65
Long Jump	1 <sup>st</sup> /2	4.49m
Triple Jump	1 <sup>st</sup> /2	9.96m

**Tracey Hale W19**

100mH	1 <sup>st</sup> /2	15.82
100m	2 <sup>nd</sup> /5	13.23

**Steven Langdon M19**

800m	1 <sup>st</sup> /1	2.00.46
400m	1 <sup>st</sup> /1	52.43

**Hamish McKain M19**

1500m	1 <sup>st</sup> /1	4.21.13
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**Ethney Barnaby W40**

100m	1 <sup>st</sup> /1	14.30
80mH	1st/1	16.01
Shotput	1 <sup>st</sup> /1	9.33m
Discus	1 <sup>st</sup> /1	23.34m

**John Caie M40**

5000m	1 <sup>st</sup> /2	16.52.45
800m	2 <sup>nd</sup> /3	2.25.65

**Mark Brebner M45**

200m	1 <sup>st</sup> /1	28.20
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**Matt Parsonage SM**

800m	1 <sup>st</sup> /1	2.01.76
1500m	1 <sup>st</sup> /2	4.09.07

**Brendan Magill M40**

3k Steeples	1 <sup>st</sup> /1	11.57.06
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**Gavin Smith M55**

3k Steeples	1 <sup>st</sup> /1	12.09.81
1500m	1 <sup>st</sup> /1	5.00.72



Gavin cooling off



Matt Parsonage with the 1500m trophy



Sophie Millar



Michael Goldie



Khanum Elisaia

## THEY BROUGHT BACK “THE BIFF” TO KAWEKA

by Wayne Smith



Yes: you read it right- a punch up at the annual **Kaweka Mountain races** (23-24 Feb)! But to find out more you have to read the boring stuff first.

This year was my third trip to the hills/mountains of the Kaweka ranges and it was time to step up a grade and take on the 28km event. Joining me for the same race was Clive Reynolds who was competing for the 15<sup>th</sup> time, and accordingly received a special award. Also competing from Tauranga were Glen Reynolds- doing the 30k- 2day event and Mathew Smith doing the 13km event. These distances don't sound great, but the terrain is mountainous.

The 28km event was won by Chris Morrissey from Whakatane in 3hrs 33mins, and that broke Phil Costley's record by 4mins. Clive raced well for 3<sup>rd</sup> overall and 1<sup>st</sup> 40+ Vet- a great run. I managed to win the old codgers (55+) section, but only by 3mins, which is pretty close after 4 1/2 hrs of racing.

Glen was 2<sup>nd</sup> overall individual and 1<sup>st</sup> 40+ Vet and he had to carry his own overnight camping gear with him –not an easy task. Mathew was 5<sup>th</sup> open man and 9<sup>th</sup> overall in a field exceeding 100- great stuff! So overall the Tauranga lads did pretty well- but it's certainly time we were joined by a few other locals who want to get down and dirty.

Oh yes: you want to know about the punch up. Well, that happened about 7am on the Sunday and woke up the whole camp (everyone tents at the base camp). Apparently, one of the marshalls caught

his girlfriend in the wrong tent in the morning and proceeded to voice his anger in a great display of bad language, and then teach the offending male a lesson he would not forget. So yes, “the Biff is back” at Kaweka. So even if you don't fancy running next year- the entertainment is free.

Cheers, Wayne Smith

### **Results**

**Clive Reynolds** 28km, 4.10.05, 3<sup>rd</sup> overall  
1<sup>st</sup> 40+

**Wayne Smith** 28km, 4.39.47, 6<sup>th</sup> overall  
1<sup>st</sup> 55+

Glen Reynolds 30km, 4.41.41, 2<sup>nd</sup> overall  
1<sup>st</sup> 40+

**Mathew Smith** 13km, 1.52.04, 9<sup>th</sup> overall  
5<sup>th</sup> SM

## TAUPO IRONMAN 1/3/08

Won by Cameron Brown in 8.24.49  
(Swim 47.18, cycle 4.43.15, run 2.49.36)  
First woman (20<sup>th</sup> overall) was Joanna Lawn in 9.16.00

(swim 49.56, cycle 5.07.48, run 3.13.05)  
**Andy Bedford** of Ramblers was 25<sup>th</sup> overall (3<sup>rd</sup> M18-24) an awesome effort in 9.22.24

(swim 51.38, cycle 5.15.10, run 3.11.36)  
**Terry Furnage** 358<sup>th</sup> overall from 1036 finishers: Here is his report:

### **Terry's Ironman:**

Well, I've finally made it home after the Ironman. 11 hours 10 minutes and 33 seconds was the official time. I was pretty pleased with that considering the conditions which were wet and windy once we got out on the bike. My things went to plan and there were no mechanical or technical hitches. The swim was fantastic with 1 hour 15 minutes which was quicker than my coach had predicted. The bike was hard work with at head wind for 45km to Reporoa, a tail wind back and then a stronger head wind back out again and a tail wind back. The 180km bike took me 6 hours 8 minutes. Then onto the run which was good but by this time it was hard work. I probably went a bit fast for the 21km in 1 hour 40minutes with the second half 1 hour 55 minutes for a total of 3 hours 35

minutes for the marathon (My slowest marathon to date). It was great to have my pit crew, Sue, Nikki, Jodi, Kelly, Abby, Steve, Ange and John there. Sometimes I wondered about their encouragement as they told me go faster because I was smiling, but I think it was more of a grimace with pain. To finish was great and there are so many stories to tell.

Thanks to everyone who helped me get to my goal of raising \$1000 for breath4CF. I managed to get over the \$1000 just before race day and I've come home to find more donations. So a big thank you from me and I know breath4CF are very grateful as well.



## Mountain To Surf Marathon , New Plymouth 1/3/08

Driving rain and a strong northerly started up half way through. 202 individuals and 124 two-person teams completed the marathon event.

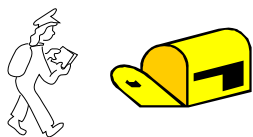
Bruce Edwards of Lake City club Rotorua won the event in 2.41.33. Sarah Chisnall Ariki, Dunedin was first woman in 2.45.52.

**Barry Watson** was 50<sup>th</sup> overall (5<sup>th</sup> M50+) in 3.30.06.

**Dave Whitehead** 77<sup>th</sup> (8<sup>th</sup> M50+) in 3.44.03.



## The Phone Books Have Arrived!



Ramblers have once again managed to acquire the Local Directory delivery. This is our only fundraiser, the club supports us all, in so many ways, so now is the opportunity to give something back.

**We need delivery people- ie: drivers & runners/walkers, people willing to put the books into plastic bags and lots of banana boxes.**

The books have arrived into Tanya and Garys' garage at 31 Maihi Cres, Maungatapu, and must be delivered by the 15<sup>th</sup> March. So we need all hands on deck (so to speak) to get this done.

If you can help please contact Tanya, on 5442849, or leave a message on the answer phone if I am not in.



## COMING EVENTS.

### 4 March

100m , 3000m, 60m, 600m, High Jump , Discus

### 5 March

BOP Secondary Schools Zone Champs, enter through school

### 6 March & every Thursday during March

Everyone's Run/walk 5km series from Maxwells Rd, enter from 5.15pm. \$5 entry fee. Walkers start 5.45pm & runners 6pm. Prizегiving at Bureta Park afterwards.

### 8 March

WBOP Childrens Champs, Porritt Stadium

### 11 March

200m (Club Champs), 3000m (CC), 60m, Triple Jump (CC)

### 15 March

WBOP Secondary Schools Championships, Porritt Stadium, enter through schools.

### 15 March

Daylight Saving Mile: 7.30pm, on the new Tauranga All-weather track at Tauranga Domain. This will be a sub- 4minute mile attempt by NZ's top 1500m & mile athletes. Ben Ruthe has been gathering together a likely bunch of a dozen or so to christen the new mondo track and will be acting as pacemaker. Well worth going along to watch!

### 16 March

Rotorua Off-road Half Marathon, & 10km run/walk. [www.eventpromotions.co.nz](http://www.eventpromotions.co.nz) enter online or post entry

### 18 March

100m (Club Champs) 800m, 5000m (CC), 60m, Shotput (CC), Long Jump

### 22-23 March

Grades 12-13 Inter-provincials, Cooks Gardens, Wanganui,

### 25 March

200m, Mile (CC), 60m, 3000m, High Jump, Discus

### 28-30 March

NZ Track & Field Champs, Mt Smart Stadium, Auckland. **Note: Entries close 16/3/08.** Refer [www.athletics.org.nz](http://www.athletics.org.nz) for Schedule of events (start 1pm Friday), online entry or downloadable entry forms.

### 29-30 March

Northern Region Combined Events, Auckland

### 30 March

Opotiki "Muddy" Half Marathon & 10km fun run/walk. Check it out on [www.coolrunning.co.nz](http://www.coolrunning.co.nz) Entrants also get a free all day pass to the mudslide- (can give it away if its not for you!)

### 30 March

Hamilton Lake Fun Run & Walk, 12km, 8km & 4km events , from 8am , see [www.hammarathonclinic.org.nz](http://www.hammarathonclinic.org.nz)

### 5-6 April

North Island Secondary School T& F Champs, Waitakere Trust Stadium, Auckland –enter through schools