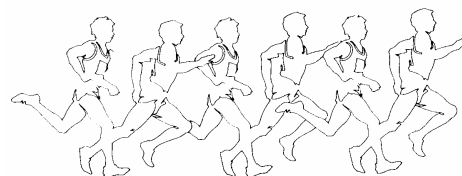


Ramblings

Newsletter of Athletics Tauranga Incorporated



All-Weather Track Progress



ATHLETES OF THE MONTH

January 2008



Jessica Bitcheno

Gold medallist in the 800m and bronze medallist in the 1500m at N.I. Colgates in the G10 grade.



Joseph Millar

New Stadium Age Group record of 22.93s (M15) in the 200m plus wins in the 100m & Long Jump at N.I. Inter-provincials, Palmerston North

January 2008

Volume 2008, Issue 1

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Port of Tga Half Ironman



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

17/1/08 (62 entries)

John Caie won the 5km event in 17.17, with Alice Wilson 1st woman in 2nd place overall in 18.40. **Kirk Brennan** was 3rd in 20.16, **Stu Smith** 4th 20.31, **Murray Clarkson** placed 2nd in the walk in 35.30, with **Alex Whimster** on the same time in 3rd place. **Mike Powell** 4th walker 35.50, **Karen Smith** 29th 50.34.

24/1/08 (66 entries)

Kirk Brennan was first home in 18.26, **Murray Clarkson** 5th 22.38, and **Alex Whimster** 3rd in the walk in 35.45.

31/1/08 (83 entries)

John Caie was again the winner in 17.08, with Adam Garner 2nd in 18.22 and **Kirk Brennan** 3rd 18.36, **Eric De Lautour** 31st 30.09. **Alex Whimster** 4th walker in 34.51

Club Night 8/1/08

First night back after New Year. The weather was fine and warm but there was a very small turnout- perhaps still a lot away on holiday.

Results:

1500m		
Mathew Smith	SM	4.58
Gavin Smith	M50	5.16
Barry Watson	M50	6.20
Jessica Bitcheno	G10	6.22
200m		
Johnno Morton	M16	25.5
Gareth Wootton	M16	27.0
Mathew Smith	SM	28.2
Mark Brebner	M45	29.1
Brendan Magill	M40	30.8
Jessica Bitcheno	G10	33.6
Gavin Smith	M50	34.7
100m		
Michael Cochrane	M16	12.2
Mark Brebner	M45	13.6
Mathew Smith	SM	13.9
Brendan Magill	M40	14.7
Jessica Bitcheno	G10	16.1
Gavin Smith	M50	16.4
Samantha Bitcheno	G9	17.0
5200m		
Gavin Smith	M50	20.02.4
5000m		
Barry Watson	M50	21.49.6



**PORRITT OPEN MEET,
12/1/08, Hamilton**

Tauranga runners dominated, particularly in the 3000m where PB'S were recorded by Gareth Hyett, & Iain & Kyle MacDonald. Steven Langdon was given the task of pacemaker but dropped out early and Ben Ruthe took over the job.

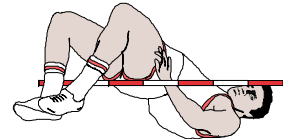
Results:

3000m	
1 st Gareth Hyett (Wellington)	8.16.89
2 nd Iain MacDonald	8.25.45
3 rd Craig Kirkwood	8.26.97
4 th Kyle MacDonald	8.27.02
5 th Ben Ruthe	8.28.06
6 th Matt Parsonage	9.09.08
1 st W Jess Ruthe	9.19.20
100mHurdles	
1 st W19 Tracey Hale	15.28
110m Hurdles	
1 st M16 Michael Cochrane	15.79
100m	
3 rd W16 Samantha Dunick	13.39
2 nd W19 Tracey Hale	13.22
2 nd M16 Michael Cochrane	12.01
200m	
2 nd W19 Tracey Hale	28.41
Long Jump	
2 nd W19 Rebecca Cochrane	4.33m
2 nd M16 Michael Cochrane	5.85m
Triple Jump	
2 nd W19 Rebecca Cochrane	10.21m
1 st M16 Michael Cochrane	12.37m
ShotPut	
1 st W19 Tracey Hale	7.18m

**Auckland Centre Hot Meet, Mt
Smart Stadium 5/1/08**

Rebecca & Michael Cochrane made the trip:

Rebecca Cochrane W19	
60m 6 th (2 nd W19)	9.08
Triple Jump 3 rd (1 st W19)	9.79m
Michael Cochrane M16	
100m 3 rd H2 (3 rd M16)	12.96
110m Hurdles 1 st	16.52
High Jump 1 st M16	1.75m
Triple Jump 1 st M16	12.57m



**COOKS CLASSIC, Wanganui
19/1/08**

An awesome run from **Mariah Ririnui**, (W16) who placed 2nd (12.11s) from 13 runners in the Open Women's 100m, behind Monique Williams.

Mariah also placed 3rd/10 in the 200m in 25.57.

Jess Ruthe won the Open Women's 5000m in 16.00.11

Ben Ruthe won the Open Men's 5000m in 15.09.71



NORTH ISLAND COLGATES
Inglewood 4th-6th January 2008

Some star performances by Ramblers & associate members who were competing for their childrens' clubs.

Particular mention goes to **Jessica Bitcheno** for her gold medal in the 800m and bronze in the 1500m. Also **Sophie Millar** scored silver in the 400m and bronzes in the 100m and 200m, **Khanum Elisaia** was 1st in her division of the discus, also winning a silver in the Shotput and bronze in the 80m Hurdles.

Hannah Shanley-McDonald collected a bronze in the 400m, and **Amy Robinson** won her division of the Long Jump.

Michael Goldie placed 2nd in his division of the Long Jump, while sister **Abbie Goldie** won her division, also in the Long Jump.

Results:

Jessica Bitcheno G10 (Papamoa)

800m 2 nd H1/2 prelim	2.52.34
1 st final	2.41.73
1500m 3 rd /18	5.38.99
Long Jump 6 th Div 1 / 4	3.21m

Brooke Somerfield G10 (Greerton)

200m 1 st H3/7 prelim	31.14
2 nd H1/2 semi	31.12
8 th /8 final	31.92
100m 2 nd H8/8 prelim	14.97
2 nd H2/ 2 semi	15.32
4 th final	15.07

400m 3rd H5/6 prelim 1.16.44

Jodi Furmage G11 (Bellevue)

200m 5 th H3/7 prelim	33.09
100m 8 th H7/7 prelim	16.33
Long Jump 12 th Div 4/5	3.32m

Kelly Furmage G11 (Bellevue)

400m 5 th H3/7 prelim	1.20.23
800m 10 th H3/3 prelim	3.05.78
1500m 10 th H2/2 prelim	6.23.83
Long Jump 11 th Div 2/5	3.39m

Amy Robinson G11 (Greerton)

400m 1 st H2/7 prelim	1.09.01
8 th final	1.16.20
100m 1 st = H7/7	14.55
5 th H1 /2 semi	14.59
Long Jump 1 st Div 2/5	4.31m
High Jump 7 th / 26	1.26m

Abbie Goldie G11 (Greerton)

200m 2 nd H1/7 prelim	29.16
3 rd H1/ 2 semi	29.13
5 th final	28.78
100m 3 rd H2/7 prelim	14.49
4 th H2/ 2 semi	14.34
5 th final	14.29

400m 2 nd H7/7 prelim	1.10.84
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Long Jump 1 st Div 1/ 3	4.23m
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EmmaShanley-McDonald G11 Greerton

800m 11 th H1/ 3 prelim	3.02.43
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400m 3 rd H1/ 7 prelim	1.12.24
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Sophie Millar G12 (Papamoa)

400m 1 st H2/ 5 prelim	1.02.52
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2 nd final	1.02.64
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100m 1 st H5/5 prelim	13.91
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2 nd H2/2 semi	13.93
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3 rd final	13.99
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200m 1 st H2/ 5 prelim	28.50
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1 st H1/ 2 semi	28.50
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3 rd final	28.41
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Discus 9 th Div 1 / 2	18.87m
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Alice Bain G12 (Greerton)

200m 2 nd H5/ 5 prelim	29.70
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3 rd H2/2 semi	29.53
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4 th final	29.41
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400m 2 nd H5/5 prelim	1.09.13
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100m 1 st H1/ 5 prelim	14.12
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5 th H1/2 semi	14.54
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Hannah Shanley-McDonald G13 Greerton

400m 1 st H1/3 prelim	1.03.04
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3 rd final	1.03.02
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100m 2 nd H2/ 5 prelim	13.88
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5 th H1/ 2 semi	14.03
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7 th final	13.94
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200m 1 st H2/ 4 prelim	28.33
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4 th H2/ 2 semi	28.37
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8 th final	28.73
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Nikki Furmage G13 (Bellevue)

200m 6 th H1 /4 prelim	30.01
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400m 6 th H3/ 3 prelim	1.09.75
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100m 3 rd H4/ 5 prelim	14.44
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8 th H1/ 2 semi	14.57
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Rebekah Millar G13 (Papamoa)

400m 2 nd H2/3 prelim	1.04.39
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4 th final	1.05.46
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200m 7 th H3/ 4 prelim	29.68
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80m Hurdles 3 rd H2/ 3 prelim	15.38
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Discus 7 th Div 1/ 2	16.81m
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Khanum Elisaia G13 (Bellevue)

80m Hurdles 1 st H2/ 3 prelim	13.67
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3 rd final	14.61
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Discus 1 st Div 2/ 2	31.76m
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ShotPut 2 nd /18	10.89m
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Long Jump 4 th Div 3/ 3	4.39m
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Genelle Vanderschantz G14 Greerton

100m 2 nd H1/ 3 prelim	13.46
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5 th final	13.60
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200m 3 rd H1/ 3 prelim	28.41
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8 th final	28.34
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Discus 6 th Div 2/ 2	20.91m
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Michael Goldie B13 (Greerton)

800m 3 rd H1/ 3 prelim	2.26.71
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8 th / 16 final	2.22.88
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400m 4 th H4/4 prelim	1.01.57
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1500m 6 th H2/ 2 prelim	5.05.2
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10 th /16 final	5.06.14
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Long Jump 2 nd Div 1/ 3	5.05m
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OPEN MEET , Porritt , 19/1/08

The Millar girls were running in their Papamoa colours and competing up a grade: Sophie is actually G12 & Rebekah G13.

Sophie Millar G14

100m 1 st /4	14.29
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200m 1 st /4	29.83
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400m 1 st /4	1.03.89
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Rebekah Millar G14

100m 2 nd /4	14.99
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200m 2 nd /4	30.23
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400m 3 rd /4	1.08.93
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Joseph Millar B16

100m 2 nd /5	11.67
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200m 2 nd /4	24.12
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OPEN MEET , Porritt , 28/1/08

Abbie Goldie G14 (actual G11)

100m 2 nd /4	14.61
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200m 2 nd /4	29.98
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Long Jump 3 rd /4	3.92m
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Michael Goldie B14 (actual B13)

100m 3 rd /5	13.53
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200m 3 rd /3	26.76
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Long Jump 1 st /2	5.20m
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Khanum Elisaia G14 (G13)

80mHurdles 1 st /2	14.60
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Triple Jump 2 nd /2	8.83m
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ShotPut 3 rd	10.50m
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Discus 1 st /3	28.08m
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Livvie Duggan W16

ShotPut 1 st /1	8.90m
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Discus 1 st /1	28.08m
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Mariah Ririnui W16

200m 1 st /2	26.19
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Long Jump 1 st /1	5.69m
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Tracey Hale W19

800m 2 nd /2	2.35.94
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100mHurdles 1 st /1	16.84
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Long Jump 1 st	5.02m
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ShotPut 1 st /1	6.86m
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From Texas

Lydia O'Donnell opened her indoor season for Lamar University with an 11th/39 placing overall in the mile (5.21.67) at the Leonard Hilton Memorial in Houston.

NZ Championships: 10000m
Inglewood, 26/1/08

Some fantastic, close racing in windy conditions at this twilight meeting. The field stayed bunched with several lead changes until the last couple of k's when the pace went on. Great to see a decent field of athletes show up for the championship, but a pity there weren't a few more ladies. P.Bs recorded by the Macca twins, I believe- Awesome!!!

Phil Costley proved his dominance in claiming his 30th NZ Title (1st 10000m).

Jess Ruthe claimed the women's title, with a gutsy, virtually solo run in the womens race, which included only 3 competitors.

Some great talent coming through from Juniors Caden Shields of Hill City, who ran 31.25.30 to take the M19 title from Aaron Pulford (WBOP) 32.16.53 and Cory Whiting (WBOP) 34.08.31

- 1st Phil Costley (Canterbury) 29.56.51
- 2nd Ben Ruthe** 30.03.21
- 3rd Luke Hurring (Ariki) 30.10.27
- 4th Dale Warrander (Cougars) 30.13.35
- 5th Craig Kirkwood** 30.20.03
- 6th Iain MacDonald** 30.33.97
- 7th Rowan Hooper (Canterbury) 30.36.26
- 8th Andrew Davidson (Canterb) 30.45.50
- 9th Kyle MacDonald** 30.56.58
- 10th Glen Hughes (WgtScottish) 31.56.10
- 11th Matt Dravitski(WgtScottish) 32.00.64
- 12th Matt Parsonage** 32.44.53
- 13th Sander Kriek (Canterbury) 33.24.98
- 14th Wayne Guest (WBOP) 34.11.42
- 15th Mike Morrissey(Energy City)42.02.47

- 1st W: Jess Ruthe** **33.50.37**
- 2nd Belinda Wimmer (Tasman) 36.19.50
- 3rd Alice Wilson (WgtnScottish)37.33.65

North Island Inter-Provincials
Grades 14-17, Palmerston North
26-27th January

15year old **Joseph Millar** from Ramblers was King of the Sprint Track at the Inter-provincial meet taking out the 100m & 200m double and also winning the long jump.

His results: 100m 11.33 (just outside the record)

200m 22.93(**New Stadium Age Group record**)
Long Jump 6.03m

JOHNNO MORTON WINS
THREE by Pat Sale

With many still away on holiday there has been a slow start to Athletics Tauranga Club Nights. On **January 15th** Johnno Morton won the 60m in 7.5sec, 100m 12.3sec and the 400m easing up in 60.7sec. Gareth Wootton was second in both the 60m and 100m.

Samantha Dunick won the Womens 60m in 8.3sec with veteran Ethney Barnaby second and 12yr old Amy Robinson third. Barnaby also won her grade in the 100m in 14.7sec and had the best javelin throw of the night with 24.82m.

Russell Lake flowed round the 7 ½ laps to comfortably win the 3000m in 10-29.7 by over half a lap from Gavin Smith.

Results

60m:

- W12: 1 A Robinson 8.8,
- 2 B Somerfield 9.1,
- 3 F Bennett 9.3;
- 4 A Somerfield 9.5
- 5 J Bitcheno 9.9
- 6 S Bitcheno 10.1
- W16: 1 S Dunick 8.3;
- MW: 1 E Barnaby 8.6;
- M16: 1 J Morton 7.5,
- 2 G Wootton 7.9;
- MM: 1 M Chell 8.7,
- 2 B Magill 9.2,
- 3 G Smith 9.9.
- 4 M Clarkson 12.2

100m:

- W12: 1 J Bitcheno 15.4
- W14: 1 B Somerfield 15.0,
- MW: 1 E Barnaby 14.7;
- M16: 1 J Morton 12.3,
- 2 G Wootton 12.9;
- MM: 1 B Magill 14.4
- 2 G Smith 16.2.

400m:

- W14: 1 A Robinson 1-18.9;
- M16: 1 J Morton 1-00.1;
- MM: 1 G Smith 1-12.3,
- 2 R Lake 1.15.0
- 3 M Clarkson 1-26.6,
- 4 S Pavett 1-40.5.

400m Walk:

- MM: 1 M Taylor 2-01.8.

3000m:

- W12: 1 J Bitcheno 15-05.8;
- SM: 1 M Smith 12-14.2;

- MM: 1 R Lake 10-29.7,
- 2 G Smith 11-17.2,
- 3 S Pavett 14-43.9.
- 4 M Taylor 15.06.1

Javelin:

- G12: 1 S Bitcheno 7.39,
- 2 J Bitcheno 4.41;
- W16: 1 L Duggan 21.20;
- SW: 1 M Bitcheno 14.96;
- MW: 1 E Barnaby 24.82;
- MM: 1 B Magill 23.05,
- 2 M Clarkson 11.18.

MICHAEL COCHRANE WINS
THREE by Pat Sale

Michael Cochrane was the stand out star of the night at Club Night on **January 22nd**.

He won his grade M16 in the 100m in 11.9 sec, the fastest time of the night, and did the same in the high jump 1.70m and discus 33.79m.

Luke Davidson M14 also performed well with a 32.68m discus throw and cleared 1.50m in the high jump.

Sarah Yardley W19 had a good high jump of 1.55m.

Genelle Vanderschantz W14 had a good run to win the girls 100m and Johnno Morton was second to Cochrane in the 100m in 12.2 sec and won the 200m in 26.1 sec.

There was a keenly competitive 800m with Hamish McKain leading from start to finish but Matthew Smith chased him all the way, and with no daylight between them McKain's winning margin was 0.1 sec.

Russell Lake cruised away with the 4000m, winning by over half a lap from perennial veteran Gavin Smith.

Results

100m:

- W12: 1 A Robinson 14.8,
- 2 F Bennett 15.0,
- 3 A Somerfield 15.4;
- 4 J Bitcheno 16.2
- 5 S Bitcheno 16.6
- W14: 1 G Vanderschantz 13.7;
- M16: 1 M Cochrane 11.9,
- 2 J Morton 12.2,
- 3 G Wootton 13.0;
- M19: 1 H McKain 15.0;

MM: 1 M Brebner 14.3,
2 L Dobson 14.3,
3 B Magill 14.8.
4 G Smith 16.1

200m:

W12: 1 A Robinson 32.3,
2 J Bitcheno 36.1;
M16: 1 J Morton 26.1;
M19: 1 H McKain 27.4;
MM: 1 M Brebner 28.6,
2 L Dobson 30.1,
3 B Magill 30.4.
4 G Smith 34.0
5 S Pavett 45.0

800m:

W12: 1 J Bitcheno 2-58.4;
M19: 1 H McKain 2-18.0;
SM: 1 M Smith 2-18.1;
MM: 1 G Smith 2-34.7,
2 R Lake 2-42.6,
3 L Dobson 2-55.1.
4 M Taylor 3.35.6
5 S Pavett 3.39.6

4000m:

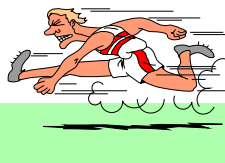
W12: 1 J Bitcheno 20-04.6;
M16: 1 J Regan 15-15.2;
MM: 1 R Lake 14-14.1,
2 G Smith 15-02.4,
3 L Dobson 16-19.0.
4 S Pavett 19.32.4
5 M Taylor 20.04.7

High Jump:

W12 1 A Robinson 1.27,
2 J Bitcheno 0.97,
3 S Bitcheno 0.87;
W19 1 S Yardley 1.55,
2 R Cochrane 1.17;
M14: 1 L Davidson 1.50;
M16 1 M Cochrane 1.70.

Discus:

W12: 1 A Robinson 18.34,
2 J Bitcheno 12.52,
3 S Bitcheno 11.98;
W14: 1 G Vanderschantz 19.10;
W19: 1 R Cochrane 20.92;
MW: 1 M Bitcheno 18.96;
M12: 1 L Robinson 20.20;
M14: 1 L Davidson 32.68;
M16 1 M Cochrane 33.79;
MM 1 B Magill 19.02,
2 M Clarkson 15.79.



BRADEN NEAL WINS 10,000 METRE CROWN by Pat Sale

Braden Neal won the summer seasons first Club Championship over 10,000m at the Club Night on **January 29**. He led from start to finish and won by over a lap from Hamish McKain. He was shadowed by Brad Maisey for the early laps, but he was forced to retire with blistered feet after about 3000m. Conditions were very hot for 10,000mm and water was made available at the trackside during the race.

In non-championship events Sophie Millar W12, had a good double in the 100m and 400m with Amy Robinson runner up in both events. Joseph Millar M16, also won over both these distances but was pressed hard by Michael Cochrane and Johnno Morton in the 100m. Cochrane had easily the best shot put of the night with 12.62m and with three of his six puts over the 12m mark.

Results

Club Championship.

10,000m:

SW: 1 A Smith 47-53.6;
M19: 1 B Neal 38-02.1,
2 H McKain 39-35.8;
MM: 1 G Smith 42-09.0, (M50)
2 L Dobson 45-59.6, (M45)
3 D Whitehead 47-07.4. (M50)
4 M Clarkson (M60)
5 M Taylor (M55)
6 E De Lautour (M85)

(Masters all possibly did an extra lap)

Non Championship Events

100m:

W12: 1 S Millar 14.2,
2 A Robinson 15.1,
3 F Bennett 15.5;
W14: 1 G Vanderschantz 13.8,
2 H Shanley-McDonald 14.1;
MW: 1 E Barnaby 14.6;
M16: 1 J Millar 11.8,
2 M Cochrane 12.1,
3 J Morton 12.5;
MM: 1 M Brebner 14.1,
2 B Magill 14.5,
3 L Dobson 14.6.

400m:

W12: 1 S Millar 1-06.2,
2 A Robinson 1-13.6,
3 J Bitcheno 1-13.8;

M16: 1 J Millar 55.1,
2 J Morton 57.8;
SM: 1 M Smith 58.5;
MM: 1 M Brebner 1-07.3.

5000m Walk:

MM: 1 A Whimster 39-08.1.

Shot Put:

W12: 1 F Bennett 8.17,
2 A Robinson 7.31,
3 E Shanley-McDonald 6.86;
W14: 1 H Shanley-McDonald 7.90,
2 G Vanderschantz 6.68;
W16: 1 A Christophers 9.32,
2 L Duggan 8.90;
W19: 1 S Yardley 8.28,
2 T Hale 7.21;
MW: 1 E Barnaby 9.02;
M12: 1 L Robinson 8.10;
M16: 1 M Cochrane 12.62;
MM: 1 B Magill 6.06

(The Triple Jump was cancelled as the Long Jump Pit at the Otumoetai College feels as hard as concrete and needs more sand & a good spading.)



Joseph Millar leads Michael Cochrane & Johnno Morton in the 100m

TUSSOCK TRAVERSE
26/1/08

Run in the Tongariro National Park World Heritage area, this race of just under 27kms starts on Tukino Road (just off the summit of the Desert Rd), and heads along the Round the Mountain track, through stunning landscape, to finish at Chateau Tongariro, Whakapapa. The \$80 entry seems expensive but includes a T- Shirt and large donation to the Tongariro Natural History Society who maintain the tracks. **Mark Williams travelled down and won the event in 2.04.31, officially a new course record !!!**

Pauanui Mountain Race
3/1/08

I don't have full results, but Junior , Aaron Pulford, won the race again this year from around 85 entries in 43.15 (unconfirmed time).

First Veteran home was Glen Sexton (Hamilton Hawks)

Wayne Smith was 7th overall (2nd Vet 40plus) in 50.10,

Gavin Smith 13th (4th Vet 40plus) 51.57.

Andrea Smith & Mathew Smith (No Time or placings) finished, while **Braden Neal** started out strongly, but turned an ankle on the downhill, hobbled to the bottom, then got a ride back to the finish via the ambulance.

PORT OF TAURANGA HALF
IRON MAN, 5/1/08, Mt Maunganui

Kieran Doe was first individual home in 3.36.41.

Swim 22.59,(T0.57) bike 2.08.13 (T 0.54) Run 1.23.38.

Ben Ruthe's time of 1.12.11 was the fastest run time of the day. His Balance Elite men's team placed first overall in 3.46.27

Jess Ruthe's Balance Elite Women's team was 1st Women's team home (9th overall. Her run of 1.21.20 was the 8th fastest, incl men) of the day.

Andy Bedford 1st/18 Non Pro M20-24, 30th overall in 4.27.55

Swim 40.10 (T 1.04) Cycle 2.20 (T 0.50) Run 1.25.25

Mike Pugh 1st/87 M35-39 26th overall in 4.25.21

Swim 26.18 (T 1.16) Cycle 2.34.17 (T 1.13) Run 1.22.17

Terry Furmage 14th /53 M45-49, 212th overall in 5.13.06

Swim 41.56 (T 2.59) Cycle 2.53.04 (T 1.48) Run 1.33.19

Ken Keyte 22nd /53 M45-49, 249th overall in 5.23.41

Swim 45.47 (T 4.13) cycle 2.49.30 (T 2.55) Run 1.41.16

Cindy Taylor 1st /12 W50-54 overall 21st /200 women, in 5.00.55 and she beat Terry & Ken!!

Swim 29.32, (T 2.18) Cycle 2.36.42 (T 2.45) Run 1.49.38

Deirdre Lack & Gerry Meyers were 7th mixed team. Deirdre swam 30.07 & Cycled 2.27.18 & Gerry ran 1.36.44.

COMING EVENTS.

2 February

Open meet, Porritt Stadium, 4pm

2 February

VAL Meet, 5pm, Cooks Gardens, Wanganui, (entries close 7th Jan) lots of prize money going at this one: check out www.val.org.au

3 February

WBOP Masters WEL Energy Trust Meet, Porritt Stadium

3 February

Sylvia Potts Classic, Nelson Park, Hastings, 3.30pm

5 February

1500m (CC), 200m, 5000m, Long Jump (CC)

6 February

Capital Classic, Wellington www.athletics.org.nz

6 February

UCAN2 Triathlon, Duathlon & Fun Run/Walk series, 8am Coronation Park, Mt Maunganui www.enteronline.co.nz

9 February

Porritt Classic, 4pm, Porritt Stadium, Hamilton, www.athletics.org.nz

9-10 February

NZ Combined Events Champs, Porritt Stadium 10am

12 February

100m, 800m (CC), 200m, High Jump (CC), Discus (CC)

16-17 February

Waikato-BOP T&F Championships, Porritt Stadium. Refer programme in handbook. Late entries after 8/2/08.

16 February

Mayoral Mile, Wanganui

19 February

200m, 400m & unconfirmed events?? High Jump & Javelin

23 February

Open Meet, Porritt Stadium, 4pm

26 February

60m, 400m (Club Champs) 3000m, 100m, Javelin (CC)

29 Feb- 2 March

NZ Masters Track & Field Champs, Inglewood, entries close 2/2/08, late entries up to 15/2/08

1 March

Open Meet, Porritt Stadium, 4pm

1 March

Mountain to Surf Marathon & Half Marathon, New Plymouth www.coolrunning.co.nz

2 March

Cathay Pacific Half Marathon & 11km Quay Park, Auckland www.coolrunning.co.nz

4 March

BOP Secondary Schools Zone Champs , enter through school

4 March

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

11 March

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