

# Ramblings

Newsletter of Athletics Tauranga Incorporated



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Has there ever been a worse month for weather at all our weekend events?

### ATHLETE OF THE MONTH

July 2008



**BEN RUTHE**

*First place at North Island XC Champs, Taupo (9km) & first in the WBOP XC Champs, Whakatane - 12km!*

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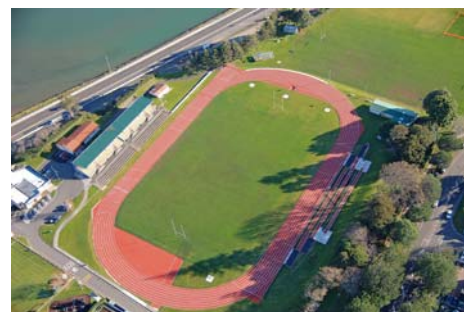
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### MORE RISING STARS

Congratulations to the following:

**Joseph Millar, Sophie Millar & Abby Goldie** have all been selected to represent NZ in the Pacific School Games in Canberra. Competition commences 30<sup>th</sup> November.



Frank Vosper hung out of a chopper for this awesome aerial view of the All-weather Track at Tauranga Domain.

**Good luck: to those taking part at The Nationals in Waikanae this weekend. Lists are out and indicate big fields and some tough competition. Kick butt guys!**

### Notice of AGM

The Athletics Waikato Centre AGM will be held at 12 noon in the boardroom of Diprose Miller, Rewi Street, Te Aroha, on **Sunday 17th August 2008**. Contact phone number: 07 884 8055 or 027 596 0414 Kelly Diprose.

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Welcome home permanently from Australia, life member Ken Smith. Can we talk him into running again?

## Great Mid-Winter Half Marathon, Kawerau 6/7/08

There was a pretty good turnout despite this being the day after North Islands at Taupo and the freezing weather & wind. Snow had fallen throughout the Rotorua, Tarawera & Kaimai area the night before.

Eighty finished the half marathon run and 47 the half walk. A further 150 completed the 11km event.

Half Marathon winner was Daniel Jones of Whakatane in the fantastic time for a junior of 1.15.48. Sjors Corporaal of Murupara was 2<sup>nd</sup> in 1.19.17. and 3<sup>rd</sup> was Whakatane veteran Colin Stringfellow in 1.21.27. (1<sup>st</sup> M45-54)

First woman was Sarah Morgan of Matamata in 8<sup>th</sup> overall 1.25.08. beating Karen Hanlen of Whakatane who was 14<sup>th</sup> in 1.27.25 and Meagan Edhouse/Mountford 17<sup>th</sup> in 1.31.08. Well done **Gavin**, for winning his age group, prize money & a spot prize!

**Terry Furmage** was 1<sup>st</sup> Rambler home in 9<sup>th</sup> place (5<sup>th</sup> M45-54) 1.25.31

**Gavin Smith** 1<sup>st</sup> M55+ was 12<sup>th</sup> overall 1.26.49.

**Les Dobson** 7<sup>th</sup> M45-54 was 18<sup>th</sup> overall 1.31.44

**Dave Whitehead** 12<sup>th</sup> M45-54 was 23<sup>rd</sup> overall in 1.36.28

**Deidre Lack** 5<sup>th</sup> woman, 3<sup>rd</sup> W35-44, 32<sup>nd</sup> o/all in 1.42.58

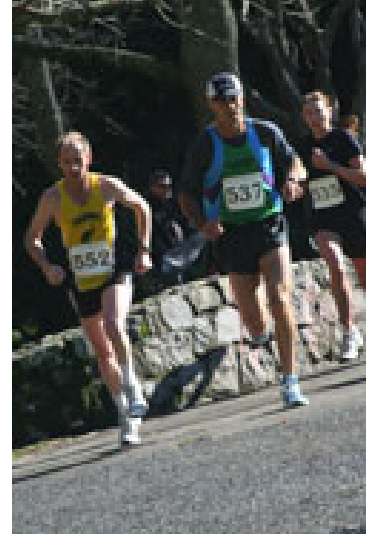
**Maureen Lawson** 16<sup>th</sup> W, 2<sup>nd</sup> W45-54, 51<sup>st</sup> o/all in 1.53.10



Deidre



Les



Terry

## North Island XC Champs, Taupo, 5/7/08

Freezing conditions, with a bit of sleet experienced in the Masters Women's & some younger grade races. Not as many of our masters men travelled down as usual, and we had none in the M35-44 grade which was won by Grant McLean of Scottish. Truly outstanding, well paced racing from **Ben Ruthe**, to win the Senior Men's title from Glenn Hughes & Sam Dobson. The Senior women's event was won by Nikki Hamblin.

**Amy Robinson** and **Christine Sutton** were impressive in the G12 event as was **Michael Sutton** in the B14. Well done guys!

### **Ramblers results:**

#### SM 9000m (52 finishers)

Ben Ruthe	1 <sup>st</sup>	28.22
Kyle MacDonald	7 <sup>th</sup>	29.50
Iain MacDonald	12 <sup>th</sup>	30.42
Nick Sebastian	24 <sup>th</sup>	31.54
Mathew Smith	49 <sup>th</sup>	39.14

#### MM50+ 6000m (42 finishers)

Stu Smith	16 <sup>th</sup>	25.14
Mike Powell	24 <sup>th</sup>	26.09

#### MW45+ 5000m (27 finishers)

Robyn Winter	25 <sup>th</sup>	29.11
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#### M19 5000m (31 finishers)

Oscar Curry	17 <sup>th</sup>	17.27
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#### M16 5000m (39 finishers)

Jacob Martin	19 <sup>th</sup>	18.25
Ollie Brown	35 <sup>th</sup>	20.47

#### W19 4000m (25 finishers)

Ashley Clements	15 <sup>th</sup>	16.55
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#### W16 4000m (35 finishers)

Sophie Sharp	9 <sup>th</sup>	16.43
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#### B14 3000m (36 finishers)

Michael Sutton	4 <sup>th</sup>	10.31
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#### G14 3000m (35 finishers)

Mystique Blockley	33 <sup>rd</sup>	15.03
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#### B12 2000m (32 finishers)

Scott Croasdale	10 <sup>th</sup>	7.45
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#### G12 2000m (38 finishers)

Amy Robinson	5 <sup>th</sup>	7.52
Christine Sutton	7 <sup>th</sup>	7.57
Jessica Bitcheno	14 <sup>th</sup>	8.20

#### G10 1000m (41 finishers)

Samantha Bitcheno	17 <sup>th</sup>	4.30
Olivia Hines	21 <sup>st</sup>	4.36







**WBOP Results:**

G10 2km

4 <sup>th</sup> Olivia Hines	9.44
6 <sup>th</sup> Samantha Bicheno	10.44

B10 2km

3 <sup>rd</sup> Fergus Kirk	8.34
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G12 2km

3 <sup>rd</sup> Amy Robinson	8.11
7 <sup>th</sup> Christine Sutton	8.45
11 <sup>th</sup> Emma Shanley-Mc	10.05
12 <sup>th</sup> Jessica Bitcheno	10.40
13 <sup>th</sup> Lauren Hines	10.52

B12 2km

8 <sup>th</sup> Daniel Hines	9.22
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G14 3km

2 <sup>nd</sup> Hannah Shanley-Mc	13.32
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B14 3km

4 <sup>th</sup> Michael Sutton	11.04
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No ramblers in 16 & 19 grades

SW 8km

2 <sup>nd</sup> Andrea Smith	37.10
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SM 12km

1 <sup>st</sup> Ben Ruthe	40.15
3 <sup>rd</sup> Kyle MacDonald	43.44
4 <sup>th</sup> Gareth Hyett	44.09
6 <sup>th</sup> Iain MacDonald	45.40
8 <sup>th</sup> Nick Sebastian	49.23
9 <sup>th</sup> Braden Neal	49.33

MW 6km

2 <sup>nd</sup> W50 Maureen Lawson	33.19
1 <sup>st</sup> W55 Robyn Winter	35.57

MM 8km

1 <sup>st</sup> M55 Gavin Smith	33.18
1 <sup>st</sup> M35 Russell Lake	33.28
2 <sup>nd</sup> M55 Wayne Smith	33.41
1 <sup>st</sup> M50 Stu Smith	35.40
2 <sup>nd</sup> M50 Dave Whitehead	36.30
3 <sup>rd</sup> M50 Barry Watson	36.31
4 <sup>th</sup> M55 Mike Powell	37.32
1 <sup>st</sup> M65 Robert McPherson	40.02
1 <sup>st</sup> M70 Sid Pavett	48.07



Andrea heads up the stop bank



Masters bunch in an early lap



Gareth & Kyle



Nick negotiates a fence



Russell

**Tongariro Crossing** (not quite running)

It was early out of bed for **Andrea Smith & Braden Neal** (3am) the morning after Waikatos as they joined 4 others, including 2 experienced climbers from Andrea's work (Bivouac Outdoors) for the van trip to National Park.

Recent snow would make for one intrepid journey!

They arrived at the Crossing's carpark as the drizzle cleared in time to cook up a second breakfast, before donning boots, & packs, filled with every possible item in case of emergency, and grabbing ice axes. The day turned out brilliant and sunny. As they continued along the crossing route they looked up at the brilliant white cone of Ngaruahoe and the temptation was too great.

The group decided to make the ascent while conditions were so good. Each step was kicked into the steep, snowy slope with crampons and ice axes for grip. It took about 4 hours up, with a couple of stops for slower ones to catch up. The view was stunning, looking down on Tongariro's frozen lakes. They cooked up another feed at the top on their tiny camp cookers.

Coming down rated 9/10 on the adrenalin scale as three of them slid on their butts on the snow, feet raised, the whole way, making the descent in about 5 minutes. When G- forces became too great they rolled onto their sides & dug in the axes as brakes. One of the climbers partners, opted not to slide out of fear of breaking a leg, which can easily happen if a foot digs into the snow. She was lowered by ropes by two of the climbers instead. A much slower option, as the speedsters hung around freezing at the bottom for half an hour, waiting.

The group made the last few kms back to the carpark as darkness fell, using headlamps to see the path. They arrived home in Tauranga about 10pm, still on a high from the day's experience.





**COMING EVENTS.**

**2 August**

NZ Cross Country Champs, Waikanae Park, Kapiti Coast, Wellington, open to all registered runners age 11 years & older. Grades U12 & U15 contest individual races, older grade athletes may be eligible for selection in WBOP teams. [www.athletics.org.nz](http://www.athletics.org.nz)  
 First race starts 10am

Note: no local run

**9 August**

Road season begins with a club relay from Greerton Athletic Clubrooms, Pemberton Park, Fraser St, Meet 1.45pm (2km laps)

**13 August**

Happy 21<sup>st</sup> Birthday to Andrea! (party Saturday night on the 9<sup>th</sup>)

**8-24 August**

Olympic Games, Beijing. Track & Field commences 15 August so be watching!



**16 August**

Matamata Road Relay. Bus trip. A 3.3km lap relay over a fast, flat course. All grades catered for. Enter through club (Bev). Bus time to be advised. Racing starts 1pm from Matamata Domain. Afternoon tea & prizegiving afterwards in school hall.

**23 August**

Waikato/ BOP Road Champs, Ruakura, Hamilton. Bus trip. A full set of road races for all grades. Enter through the club (Bev).

**22-24 August**

Coromandel Classic 2 day multisport, starting in Thames

**30 August**

Nelson Memorial Handicap races. Tauranga Boardwalk. A 9km loop around the Waikareao Estuary. Shorter distances for younger grades. Trophies donated by the family of the late Gladys Nelson- a stalwart of the club in earlier days. Starts at the Coach Rd cul-de-sac reserve (off Grange Rd). Gather 1.30-1.45pm.

**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

