

Ramblings

Newsletter of Athletics Tauranga Incorporated



June 2008
Volume 2008, Issue 6

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ATHLETE OF THE MONTH

June 2008



Jessica Bitcheno

*Winner of the Year 6 Girls Race
in the WBOP Primary School's
Cross Country Champs held at
Waipuna 18th June 2008*

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OUR RISING STARS

Congratulations to the following:

Amy Christophers Multi-talented Amy was selected in the 2008 NZ Secondary Schools' netball team and travelled to Adelaide last month to take on the Aussies & various Pacific Island sides. Amy plays Goal Keeper & Goal Defence as well as being an awesome heptathlete, javelin thrower & triple jumper.

Mariah Ririnui was awarded the \$5000 Blue Light Scholarship of Excellence for both her outstanding achievements in Athletics and her overall success in Academic, Artistic & other Sporting achievements (basketball at National Rep level & netball at BOP rep level & playing in the TGC Rock band).

Mariah has also been selected to represent NZ at the 3rd Commonwealth Youth Games in India 12-18 October in the 100m, Long Jump & 4 x 100m relay, & the Oceania Champs. One very busy lady!

Tracey Hale will also be representing NZ at the Commonwealth Youth Games in India in the 100m Hurdles 4 x 100m relay & 4 x 400m relay. She has also been selected in the Development team competing at the Down Under T&F Meet on Australia's Gold Coast 4th-6th July. This event also features teams from USA & Asia.

Livvie Duggan (age 15) is also included as one of the 40 strong team identified by the Junior High Performance Committee to compete in discus & javelin at the Down Under Meet on the Gold Coast .

Michael Cochrane Combined eventer Michael departed for the Oceania U18 Champs on June 20th to compete in the 110m Hurdles & 400m Hurdles and the High jump. He will also take part in the Pacific Island grand prix during the 12 day trip. Michael has also represented Bethlehem College at Volleyball at National level.

FOSTER SMYTH HANDICAP, ROTORUA

21/6/08 (10km)

The annual Foster Smyth handicap cross country race was held over the usual picturesque course in the eastern hills of Rotorua. The event started off in rather rain threatening conditions, but as the participants reached the top of the hills, mother nature took a turn for the best and bathed the rest of the course in pleasant mid-winter sunshine. The under-foot condition of the course was very good.

Afterwards, Lake City hosted another excellent afternoon tea at their clubrooms.

1 st Alex Whimster	1.32.01	10.00	1.22.01	W
3 rd Maureen Lawson	1.34.37	38.00	56.37	R
4 th Meagan Mountford	1.36.33	49.30	47.03	R
9 th Dave Whitehead	1.37.01	49.00	48.01	R
15 th Barry Watson	1.37.54	50.00	47.54	R
17 th Mike Powell	1.38.49	48.00	50.49	R
18 th Mathew Smith	1.38.59	53.00	45.59	R
24 th Stu Smith	1.40.35	53.00	47.35	R
27 th Wayne Smith	1.41.25	57.30	43.55	R

Fastest net time over the course was Richard Harris of Lake City on 37.22 followed by Sjors Corporal (LC) on 38.24 and Chris Corney (also LC) 39.05.

53 runners & walkers took part in the 10km event. Apologies to those Ramblers who took part in the 3km event as the results haven't been supplied for that event.



SBS CHRISTCHURCH MARATHON 1/6/08

A record 4600 entries, a fast course and rich prizes make this one of NZ's biggest events

Marathon

Won this year by Rowan Hooper in 2.21.41, followed by Australians David Ruschena & Paul Martinico.

First Woman was Sandra Prosenica of Melbourne in 2.57.37

Craig Kirkwood 4 th	2.25.18
Mark McKeown 5 th	2.27.43

Half Marathon

Won by Matt Smith of Christchurch in 1.06.20, with Nina Rillstone (Wanaka) first woman home in 1.14.24.

Iain MacDonald 7 th	1.08.54
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10km

Andrew Davidson of Christchurch won this event in 30.31 with 1st woman Marnie Oberer of Auckland in 35.50.

NZ Secondary Schools Cross Country Champs, New Plymouth 21/6/08

The biggest event on the winter calendar was held this year at Francis Douglas Memorial College and organised by Athletics Taranaki. Unfortunate for Regan, who lost a shoe when someone stepped on the back of it, and he stopped to replace it. Also Jacob, who had a hip injury, but good effort from Oscar who came through as TBC's 1st senior. Best placed Tauranga runner was Michael Sutton who placed 5th Year 9 Boys.



Results:

Senior Boys 6km

Won by Harry Dixon of Nayland College in 19.27

Oscar Curry	32nd	21.10
Jacob Martin	36th	21.15
Regan Bones	45th	21.33
Ollie Brown	82nd	22.19
Braedon Taylor	163rd	24.04

Wellington College won the 6 person teams with TBC 3rd and Westlake Boys won the 3 person teams with TBC 6th.

Senior Girls 4km

Won by Hannah Newbould of Cashmere HS in 14.25

Catharina Pothoff	48th	16.39
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Wellington Girls won both the 3 & 6 person teams. TGC placed 13th 3 person & 7th 6 person team

Junior Boys 4km

Won by Brad Mathas of Cullinane in 13.26

Angus Curry	124th	15.56
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Auckland Grammar won both the 3 and 6 person teams with TBC 2nd 3 person & 3rd 6 person. Awesome! Otumoetai 22nd 3 person team

Junior Girls 3km

Won by Margot Gibson of St Margarets in 10.53

Sophie Sharp (Aquinas)	110th	13.34
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Nelson College for Girls won both the 3 & 6 person teams. TGC was 6th 3 person & 3rd 6 person team. Otumoetai was 9th 3 person.

Year 9 Boys 3km

Won by Matthew Taylor, Lindisfarne in 10.11

Sam Hyndman	102nd	12.20
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St Bedes College won the 3 person with TBC 13th, Christchurch Boys won the 6 person with TBC 7th

Year 9 Girls 3km

Won by Stephanie Dickins of Fielding in 11.34

Mystique Blockley	127th	14.53
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New Plymouth were 1st 3 person team with TGC 5th while St Cuthberts won the 6 person & TGC were 6th

**WBOP Secondary Schools
Champs, Spa Park, Taupo
11/6/08**

Some fantastic results from our athletes. Well done.

Senior Boys 6000m 22 finishers

1 st Aaron Pulford (Hauraki)	19.27
2 nd Andrew Lloyd (TBC)	20.48
3 rd Oscar Curry (TBC)	21.05
10 th Dale Bull (Te Puke)	22.47

Senior Girls 4000m 31 finishers

1 st Laura Sinclair (Te Awamutu)	15.25
4 th Catharina Pothoff (TGC)	16.33

Int Boys 4000m 54 finishers

1 st Mohamed Ali (Fairfield)	13.12
2 nd Regan Bones (TBC)	13.16
3 rd Jacob Martin (TBC)	13.30
29 th Angus Curry (TBC)	15.15
37 th Ollie Brown (TBC)	15.41
46 th Braedon Taylor (TBC)	16.26

Int Girls 3000m 56 finishers

1 st Jenna Hansen (St Peters)	11.42
19 th Gillian Dean (Te Puke)	12.56

Junior Boys 3000m 54 finishers

1 st Oliver Smith (St Pauls)	10.01
9 th Michael Goldie (TBC)	11.13

Junior Girls 3000m 60 finishers

1 st Kerry White (Te Aroha)	11.30
20 th Sophie Millar (Aquinas)	13.11
28 th Hannah Shanley-McDonald (Katikati)	13.32
41 st Mystique Blockley (TGC)	14.08
44 th Rebekah Millar (Aquinas)	14.23



**WBOP Primary School Clusters
XC Champs, Waipuna 18/6/08**

Year 4, 5 & 6 took part in rather cool but fine conditions during the morning. The Mount Cluster were overall winners.

Y6 Girls Race :

1 st /45 Jessica Bitcheno 7.43 (Te Akau Ki, Papamoa/ Mount Cluster)
6 th /45 Brooke Somerfield (Oropi/ West Cluster)

Y5 Girls Race

16 th /42 Petra Ririnui (Maungatapu/ South Cluster)
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Years 7 + 8 ran during the afternoon with Katikati taking overall honours

**35th ANNUAL NZ POLICE XC
CHAMPS , 3/6/08**

120 officers from around the country took part in the Annual Police Cross Country which was held at Waipuna Park this year in fine conditions.

Senior Sergeant in charge of Te Puke Station and Rambler **Deidre Lack** (age 37) participated in the 6km event placing 6th.

Tim Masters was also in attendance, placing unknown.



10km Mt Joggers start



Mt Half start with Ken Keyte centre

**MT JOGGERS HALF
MARATHON, Mt Maunganui ,
1/6/08**

Passing showers blew over, cooling everyone off part way through the race, but then the sun showed itself again. 224 finishers in the half Marathon Run plus 57 walkers. Nice catching up with ex Rambler Brad Barron, who visiting home for the long weekend and ran the 10km. In the 10km event 241 runners & 136 walkers finished. Another 68 runners & 66 walkers did the 5km event which was won by Patrick Burrows (TBC) in 19.21.

Half Marathon

1 st Mark Williams	1.14.05
4 th Ken Keyte	1.21.42
19 th Barry Watson	1.31.37
30 th Peter Kennedy	1.33.25
48 th Les Dobson	1.37.53
54 th Robert McPherson	1.38.27
63 rd Dave Whitehead	1.40.22
91 st Sid Pavett	1.45.43
4 th walker Keith Still	2.19.14
24 th walker Kelvin Jenkin	2.51.18
25 th walker Barbara Jenkin	2.53.05

John Caie pulled out of the half early with an injury.
Michelle Hyland was first woman in 1.28.30

10km

2 nd Braden Neal	37.11
30 th (5thW) Andrea Smith	45.00
133 rd Anna Gould	56.28
166 th Eric DeLautour	1.00.16



Mark checks his time as he heads to a 1st place finish.

WILLACY MEMORIAL

HANDICAP, WAIPUNA 7/6/08

MONTYS REVENGE 14/6/08

Whakatane

WILLACY MEMORIAL	2280m Run	Age	Handicap	Clock	Net
Scott	Croasdale	B12	3:45	12:41	8:56
Jessica	Bitcheno	G12	3:15	12:43	9:28
Lauren	Hines	G12	Go	12:58	12:58
Jodi	Furmage	G12	2:00	13:08	11:08
Emma	Shanley-MacDonald	G12	2:30	13:19	10:49
Olivia	Hines	G10	2:30	14:42	11:42
3050m	Run				
Deidre	Lack	MW35	2:40	17:14	14:34
Maureen	Lawson	MW50	1.50	17:17	15:27
Robyn	Winter	MW55	Go	17:45	17:45
Anna	Gould	MW40	1:50	18:18	16:28
Mystique	Blockley	G14	3:20	19:07	15:27
8380m	Walk				
Alex	Whimster	MM50	Go	61.26	61:26
8380m	Run		clock	H'cap	net
Terry	Furmage	MM45	53:00	19:00	34:00
Mike	Powell	MM55	53:08	15:00	38:08
Tim	Masters	MM55	53:09	14:40	38:29
Les	Dobson	MM45	54:03	16:20	37:43
Stu	Smith	MM50	54:16	18:15	36:01
Malcolm	Taylor	MM55	54:58	16:40	38:18
Murray	Clarkson	MM60	55:24	17:15	38:09
Eric	de Lautour	MM85	55:27	Go	55:27
Sid	Pavett	MM70	58:45	14:00	44:45

Maungatautari Mission
Multisport
Cambridge, 7/6/08

The Smith's excuse for not being at the Willacy this year was because I was pit-crewing for Gavin's new hobby, multisport. Wayne & Lea were also there backing up their son Brad, who romped home as first individual, and was beaten only by one three person team who covered the course in 3.49.29. There were 225 entries, of which 65 were individuals. Slowest time over the course was 7hrs 52min! The weather was changeable with showers passing over all day. Awesome prizes, including a kayak. Thanks very much to Wayne who helped change a puncture in my Forester at the third transition- at least I wasn't late getting the kayak in the water!

The 32km road cycle starts in Leamington, Cambridge circling the back of the mountain into Pukeatua at "the Styx Café". The 15km run heads over the Mountain, with a lot of walking & pulling oneself up over roots & obstacles at the top. Second 12km cycle starts at Maungatautari School to Horahora Domain, where the 10km kayak leg takes you down Lake Karapiro to The Boadshed Café. Finish is a nasty 100+ metre uphill sprint from there.

Brad Smith Splits (1st indiv, 2nd o/all)
Bike 57.56, run 1.34.07, bike 27.57, kayak 59.10, Total 3.59.10

Gavin Smith Splits (1st M50+ 16th indiv, & 37th overall incl. teams)
Bike 1.07.38, run 2.00.09, bike 32.13, Kayak 1.10.26, Total 4.50.26

Dave Whitehead Splits(6th M50+ 42nd ind 99th overall inc teams)
Bike 1.10.45, run 2.36.06 bike & kayak= 2.21.08, Total 5.57.14

Multis two weeks in a row meant the endurance was really tested for three of our locals. The weather fortunately was reasonably kind, and though slightly overcast, conditions for running & kayaking were perfect with no wind (incoming tide on the river and low water level made the paddle a little harder). Our athletes found the mountain bike section the hardest and there was a fair amount of walking and pushing involved on the never-ending uphill.

150 individuals & 100 teams took part.

Oscar Curry entered the new duathlon version this year and put in an excellent run of 51minutes (over the first half of the Toi's course, but further along Ohope beach) but pulled out with mechanical problems on the bike leg.

The Full Monty was won by Teunis Schoneveld in a sprint finish from Neil Gellatly in 3hours 30min 04s

Brad Smith placed 3rd in **3.34.53**. Splits Run 44.32, MTB 1.17.59, Kayak 1.32.22.

Tony Chudley 2nd Vet M 40+, in **3.54.44** with Splits

Run 50.39, MTB 1.27.30, kayak 1.36.35

Gavin Smith 2nd Classic Men 50+, total time **4.15.56** with splits

Run 54.29, MTB 1.36.08, kayak 1.45.19

Dave Whitehead 5th Classic Men 50+ in **4.44.45** with splits

Run 57.19, MTB 1.48.45, kayak 1.58.41

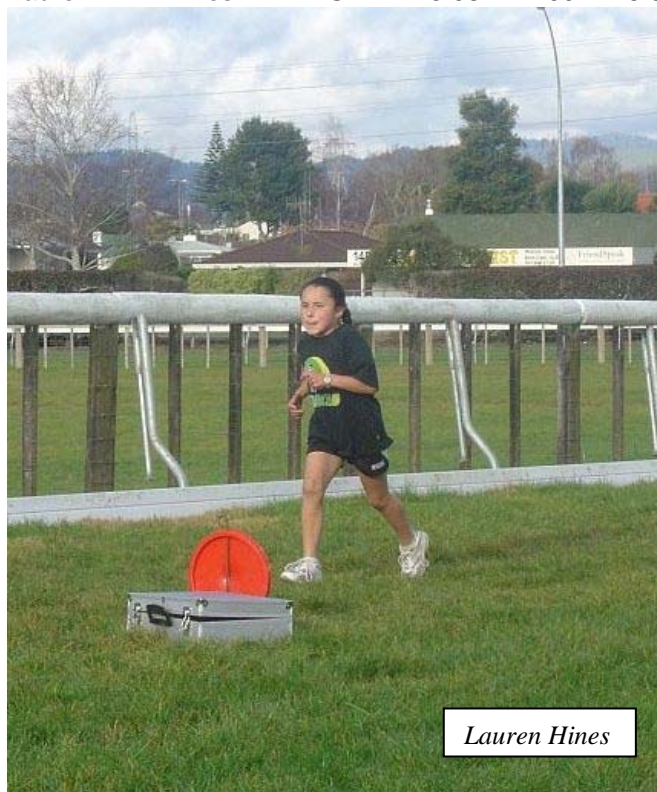


Oscar completes the run at Ohope Beach

RACECOURSE TIME TRIAL
14/6/08 Tauranga Racecourse

3metres in from outside fence 1940m

			Elapsed	Start	Net Time
Russell	Lake	M35	6:37	Go	6:37
Michael	Sutton	B14	7:07	0:30	6:37
Mathew	Smith	SM	7:45	1:00	6:45
Terry	Furmage	M45	8:18	1:30	6:48
Malcolm	Taylor	M55	9:47	2:00	7:47
Les	Dobson	M45	9:51	2:30	7:21
Ashley	Clements	W16	10:37	3:00	7:37
Peter	Kennedy	M50	11:28	3:30	7:58
Maureen	Lawson	W55	13:13	4:30	8:43
Sid	Pavett	M70	13:26	4:00	9:26
Robyn	Winter	W55	15:32	5:00	10:32
Eric	de Lautour	M85	16:06	5:30	10:36
Olivia	Hines	G10	16:21	6:30	9:51
Jessica	Bitcheno	G12	17:34	6:00	11:34
Samantha	Bitcheno	G10	18:10	6:00	12:10
Lauren	Hines	G12	23:08	7:00	16:08



Lauren Hines



Summerhill Farm Run, Welcome Bay 28/6/08

It was cold, with a bit of good old sheep manure in the paddocks. Not a huge turnout due to the imminent inclement weather that hung off until we got home. Terrific views from the hilltop farm.

Terry decided to run to the event but got picked up along the way by Les. Russell, who rode his bike to the event was confused when having passed Terry once on the road, passed him again just before Summerhill, (Terry had got out of the car in front of him as a joke.) More ribbing when Dave showed up late, concerned he had lost Terry because he hadn't passed him. Dave had back-tracked most of the way looking for him. Dave forgot his running shorts in the process & had to borrow some.

Thanks Terry and the Furmage family for providing the home-made afghans for afternoon tea, and Brendan Magill for setting up the course.

Runners were let off at 30second intervals, some completing one and others two laps of the very hilly course.



	H/cap	Lap 1	Actual	Lap 2	Actual
Ray Young	Go	22.13	22.13		
Robyn Winter	.30	20.52	20.22		
Maureen Lawson	1.00	20.05	19.05		
Malcolm Taylor	1.30	22.27	20.57		
Les Dobson	2.00	17.50	15.50	33.41	31.41
Dave Whitehead	2.30	18.30	16.00	34.49	32.19
Terry Furmage	3.00	18.13	15.13	33.48	30.48
Mathew Smith	3.30	17.21	13.51	31.15	27.45
Gavin Smith	4.00	18.14	14.14	33.00	29.00
Wayne Smith	4.30	18.17	13.47	32.31	28.01
Braden Neal	5.00	18.10	13.10	32.29	27.29
Russell Lake	5.30	18.35	13.05	31.51	26.21

Latest updates:

Michael Cochrane, (age 16) competing at the U18 Oceania Champs in Saipan, Northern Mariana Islands has placed 3rd in the final of the 110m Hurdles in a time of 14.97s.

Michael was also part of the M18 NZ team which won gold in the 4 x100m relay in 43.60s.

In the 400m hurdles final he ran 54.69s (just outside the standard of 54.00s for a NZ M18 record).

He then placed 2nd in the High Jump clearing 1.70m.



Michael at BOP SSXC, Waipuna

Congratulations to Gareth Hyett & Emma Wright on the early arrival of young Max. Do we have any green singlets that small?

Good luck to **Jess Ruthe** who will be running in the Gold Coast Half Marathon this weekend and aiming for a PB 1.12 over the distance.

Our intrepid adventurer **Andrea Smith** is shortly to undertake a mid-winter trek of the Tongariro Crossing, along with workmates & fellow rock-climbers from Bivouac Outdoors, crampons & icepicks included. Hopefully frostbite is not included. Give me a tropical island any day!

COMING EVENTS.

5 July

North Island Cross Country Champs, Spa Park, Taupo. Bus trip-travel time to be advised, enter through club (Bev Smith). Usually go for a hot swim afterwards & follow with dinner at Rotorua (McDonalds or similar) on way home. A big day, with some awesome racing to be had, & late return. www.athletics.org.nz

6 July

Great Mid-Winter Half Marathon & 11km run/walk, Kawerau www.kawerauharrierclub.co.nz

6 July

Gold Coast Marathon & Half Marathon, Australia

12 July

Club Cross Country Championships, Waipuna, meet 1.45pm for 2pm start, & bring a plate for afternoon tea . Trophies for all grades.

19 July

Waikato/BOP Cross Country Champs, Whakatane. Enter through the club, bus leaving time to be advised. The course is adjacent to the Whakatane Netball complex, Cutler Cres. (turn right from Whakatane Bridge & follow signage.) First race Grades 10+ 12 (2km) starts 12pm, with the senior Men's (12 km) last race at 1.45pm www.athletics.org.nz . Prizegiving after.

26 July

Training run at Waipuna, meet 1.45pm

27 July-3rd August

Oceania Masters Track & Field, Townsville,Qld (entries close 4th July).

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. Entries close 20th July. Late fee \$200. 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)

8-24 August

Olympic Games, Beijing. Athletics commence 15 August so be watching!

