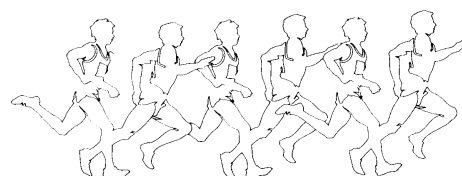


Ramblings

Newsletter of Athletics Tauranga Incorporated



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ATHLETE OF THE MONTH

May 2008



Wayne Smith

Double NZ Champion in 2 different events in one month!

Wayne won the M55 grade of the Rotorua Marathon and followed up with a win with son Mathew in the NZ Rogaine Championships over the 12hour course on 24th/25th May!

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WEBSITE:- IT'S HERE:

Yes, the new website is online and you can get to it two ways: either www.taurangaramblers.co.nz or www.athleticstauranga.co.nz

Many thanks to Braden Neal who did all the hard work. We have discovered he is bi-lingual: english & computer! Ironing out bugs in the system are a breeze for him. Awesome job, Braden! I'm informed that his next semester studies include a paper on online entries, so we can expect to find that facility on our site shortly, which will be extremely handy for our major events.

Comments, suggestions, photos & articles are welcome. We would particularly like to add a few more track & field photos of our younger athletes for balance, so summer athletes have a dig around and email or post them to me- preferably athletes wearing Ramblers or WBOP uniform, but school colours would also be acceptable.

We would also like some more profiles for all age groups, so look up the PB's and start typing! Don't be shy!

In future, limited hard copy newsletters will be printed for those who haven't regular computer access or prefer the old ways. **If you would like me to continue posting you a printed copy could you please let me know, or you may miss out.**

ROTORUA MARATHON 3/5/08

Fine conditions, but a cool strong south-westerly was blowing, which affected athletes times, being a head-on struggle on the return trip from the 25km mark to the finish. Ramblers had a strong contingent running. Unfortunately, reigning champ Craig Kirkwood couldn't quite repeat last years' performance, despite leading for most of the race. A well-prepared Joe Piggin from Pakuranga, timed his race to perfection, passing Craig in the final stages for the win by one minute, in 2.27.43. Chris Dagg of Queenstown (M40) was 3rd in 2.29.28. Mark McKeown finished strongly in 5th, with Jason Cameron (M35) running in the open grade to make up the 4 person team in 7th place, missing an individual medal in the process.

Womens winner was Hannay Allston (formerly Australia & now living in Auckland) in 2.43.41 .

Other creditable performances came from Wayne Smith, racing his 1st marathon since 1975. Wayne & Gavin stuck together pretty much the whole race, with Wayne just pipping his brother & dipping under the 3hour mark, to place them 1st & 2nd in the M55 grade respectively. Wayne also scored a fantastic Asics Spot prize package worth \$1000 & \$50 bar tab at the Pig & Whistle.

Braden Neal running his first marathon started strongly, but felt the effects of the distance as leg cramps set in after about 30km. He also made it in under the 3hour mark aware that his club mates were closing in fast.

Malcolm Taylor was a man on a mission to win a bet with Wayne for a box of beer. Malcolm also hadn't done a marathon in donkeys years, but some determined training & weight loss over the past 3-4 months placed him just 15minutes behind Wayne (the bet was a 30minute difference) earning him the beer & a feature write up in the BOP Times.

Club Results	(NZ Champs)	Gun times
Craig Kirkwood	2 nd	2.28.42
Mark McKeown	5 th	2.32.49
Jason Cameron	7 th	2.37.52
Mark Williams	11 th (1 st M35)	2.38.37
John Caie	12 th (3 rd M40)	2.39.25
Russell Lake	40 th (3 rd M35)	2.58.25
Braden Neal	43 rd	2.59.22
Wayne Smith	45 th (1 st M55)	2.59.58
Gavin Smith	48 th (2 nd M55)	3.00.16
Malcolm Taylor	110 th (5 th M55)	3.15.34
Barry Watson	180 th (16 th M50)	3.27.54
Peter Kennedy	209 th (20 th M50)	3.30.25
Dave Whitehead	267 th (26 th M50)	3.38.05
Kevin Lowe	430 th (38 th M45)	3.52.46
Robert McPherson	569 th (7 th M65)	4.03.14
Maureen Lawson	705 th (14 th F50)	4.17.29
Keith Still	21 st comp walker (6 th M55 walk)	5.04.08

A total 1484 runners & 335 walkers completed the marathon.

Another 688 finished the 10km which was won by Brett Tingey of Christchurch in 32.40. Melanie Burke was 1st female in 39.00.

217 finished the 5km with Rambler Heidi Wrigley 6th overall (2nd Female) in 19.31



Jason Cameron, Mark Williams, Craig Kirkwood & Mark McKeown (absent) won the Rotorua Marathon Club team's trophy

Craig Kirkwood, Mark McKeown , Jason Cameron & Braden Neal won the Athletics NZ Open Men's teams award.

In addition: Mark Williams, John Caie, Russell Lake, Wayne Smith were 2nd in the Masters Men after Lake City's team. This Ramblers Masters team was also third overall in all grades. Also: Mark Williams won the M35 grade with Russell Lake 3rd . John Caie was 3rd in the M40 grade



Jason Cameron, Mark Williams & John Caie's bunch



Mark McKeown tucked in behind eventual winner Joe Piggin, in white

Cambridge Cross Country Relay
10/05/08

We only put in two teams this year, with several of our athletes recovering from the marathon the week before and also saving themselves for the WBOP Masters XC on the Sunday.

Hamilton City Hawks dominated most races, including the open Mens. Steve O'Callaghan of Lake City had the fastest lap time (approx 3km) of 9.47. Melissa Murrhly was the fastest woman in 11.55. Glen Sexton (Hawks) fastest MM in 10.22 and Bridget Deverall (Cambridge) fastest MW in 12.36.

Ramblers results

Composite team: 3rd/3

Mathew Smith	12.02
Robyn Winter	17.38
Mystique Blockley	16.13
Malcolm Taylor	<u>13.31</u>
	59.24

Masters Men: 2nd/7

Stu Smith	12.38
Brendan Magill	11.47
Tim Masters	14.04
Terry Furmage	<u>12.41</u>
	59.10

2000m Children's race

Jessica Bitcheno	2 nd	8.26
Kelly Furmage	5 th	9.21
Jodi Furmage	7 th	10.07
Abby Furmage	8 th	10.33

WBOP Masters Assn XC ,
Waipuna 11/5/08

A beautiful day and well done to Murray Clarkson, Fay Riley, & family for organising another good event & the wonderful afternoon tea that followed along with prizegiving.

Mark Williams won the 6km event in 21.48 after a good battle with **John Caie** who placed 2nd in 22.16 (1st on age grading). **Gavin Smith** was 3rd (24.51) followed by Clive & Glen Reynolds then **Barry Watson** (27.28). A little bit further back was **Robert McPherson** (28.10), **Murray Clarkson** (29.22) & **Eric De Lautour** (38.34) who placed 3rd on age grading.

Robyn Winter ran in the 3km event, while **Alex Whimster** (22.44-1st) & **Fay Smith** (25.28 3rd) completed the 3 km walk.

The teams event prize which comprises one male & 1 female under 50 plus 1 male & 1 female over 50 from the same club went to Whakatane.



John's starting to show his age with a nana-ish hurdling technique



Robyn tackles the hill from the middle field back up to the clubrooms

KAIMAI CLASSIC
MULTISPORT 18/5/08

Perfect conditions on the day. 83 individuals plus lots of teams took part. Dwarne Farley won for about the 5-6 year in a row, in 3hrs 16.09, with ex Rambler Brad Smith in 2nd place in 3.26.56. Another couple of ex Ramblers Tony Chudley placed 6th in 3.37.37 & Brian Foster 10th in 3.48.55. **Gavin Smith** was 18th in 3.55.02,

beating another ex-Rambler Paul Davison by over 3minutes. **Dave Whitehead** 50th in 4.27.40, **Bruce Dean** waited for daughter **Gillian** at each transition and they placed 65th & 67th overall. In 4.40.01 & 4.43.06 respectively. **Gillian's** time placing her 8th female & 1st secondary schools individual female.

Also out there racing in teams were **Mark Williams**, (1st team home) **Oscar & Angus Curry** running in a SS team, **John McKinley** did the road cycle in his businesshouse team.

Did I miss anybody?

HUNTLY HALF MARATHON
18/5/08

Congratulations to **Iain MacDonald** for winning this event in a personal best time. Awesome effort! Jonny McKee of Pakuranga was less than a minute back in second, with **Kyle** also in the prize money, placing third. Again perfect running conditions. Nyla Carroll was first woman home in 1.15.19 and ex Rambler (now ACA, Auckland) Philippa Durkin 3rd in 1.20.57.



1 st Iain MacDonald	1.08.17
3 rd Kyle MacDonald	1.09.13
44 th Kevin Lowe (6 th /66 M45)	1.24.44
82 nd Barry Watson (8 th /48 M50)	1.31.02
341 st Maureen Lawson (7 th /17 W50)	1.50.27

740 finished the half run, plus 205 the half walk.

The 10km event was won by Andrew Kilding of North Shore in 32.25 with first woman Leanora Joy 35.22. There were 943 finishers in the 10km event.

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MCLAREN'S FALLS PARK
RELAY 17/5/08

As usual the scenery, with beautiful autumn colours in the park, was magnificent, for those that took the time to admire it. With the Kaimai Classic & Huntly Half on the next day, we lost some runners, but those that took part fought some good battles. Lap record holder, Mike Pugh, who is getting over a niggly injury, couldn't quite hold off a strong challenge from a fit Braden Neal, who had run the Rotorua marathon two weeks prior. Braden finished the 1km lap one second ahead.

Thanks Wayne for cooking the sausages on the BBQ & still managing to run a few laps (burgling into the winning team last minute) – a wonderful afternoon tea and the usual social chat followed the event.



Who will be in my team?



Braden leads Mike



Tim wasn't supposed to sit down during his lap



Andrea takes over from Deidre



Amy tags Russell while Mystique waits for her runner



Emma

Team 29 1st

Tim Masters	4.10,
Malcolm Taylor	4.00,
Wayne Smith	3.49,
Tim	4.04,
Malcolm	4.04,
Wayne	3.42,
Tim	4.03,
Malcolm	4.09,
Wayne	<u>3.36.</u>
	<u>35.37</u>

Team 23 2nd

Braden Neal	3.02,
Nikki Furmage	3.46,
Jodi Furmage	4.59,
Braden	3.29,
Nikki	4.19,
Jodi	4.30,
Braden	3.25,
Jodi	4.34,
Nikki	4.09.
	<u>36.13</u>

Team 24 3rd

Russell Lake	3.29,
Amy Robertson	4.08,
Lea Smith	5.17,
Russell	3.26,
Amy	3.58,
Lea	5.40,
Russell	3.24,
Amy	4.24,
Russell	<u>3.18.</u>
	<u>37.04</u>

Team 22 4th

Dan Smith	3.16,
Brooke Somerfield	4.20,
Kelly Furmage	4.22,
Dan	3.26,
Brooke	4.30,
Kelly	4.21,
Dan	3.33,
Kelly	4.54,
Brooke	<u>4.27.</u>
	<u>37.09</u>

Team 28 5th

Andrea Smith	3.50,
Deidre Lack	4.20,
Alex Whimster	4.43,
Andrea	3.55,
Deidre	4.24,
Alex	4.26,
Andrea	3.48,
Deidre	4.56,
Andrea	<u>3.26.</u>
	<u>37.48</u>

Continued next page

Team 11 6th

Abby Furmage	4.35,
Mathew Smith	3.06,
Mystique Blockley	4.38,
Abby	4.50,
Mathew	3.25,
Mystique	4.39,
Abby	5.09,
Mathew	3.26,
Mystique	4.32.

38.20

Team 25 7th

Sid Pavett	5.05,
H Shanley-McDonald	4.11,
Brendan Magill	3.31,
Sid	5.02,
Hannah	4.30,
Brendan	3.34,
Sid	5.00,
Hannah	4.20,
Brendan	4.05.

39.18

Team 26 8th

Stu Smith	3.32,
Robyn Winter	5.10,
Jessica Bitcheno	4.08,
Stu	3.41,
Robyn	5.14,
Jessica	4.24,
Stu	3.44,
Robyn	5.29,
Jessica	4.05.

39.27

Team 20 9th

Mike Pugh	3.03,
E Shanley-McDonald	4.36,
Mia Pugh	5.08,
Mike	3.06,
Emma	4.43,
Mia	5.23,
Mike	3.02,
Emma	6.12,
Mia	4.56.

40.09

Team 27 10th

Terry Furmage	3.17,
Ian Bitcheno	4.07,
Maureen Wright	5.52,
Terry	3.38,
Ian/Terry	4.32,
Maureen	5.53,
Terry	3.58,
Ian	4.56,
Terry	3.56.

40.09

TBC School XC 14.5.08

Andrew Lloyd won the Seniors race with **Oscar Curry 2nd** & ex Rambler William Marshall 3rd.

Regan Bones won the Intermediate grade and **Jacob Martin** was 2nd.

Michael Sutton won the juniors. Sorry I don't have full results.

BOP Mid-Island SS XC, Waipuna 21/5/08

Beautiful weather. As usual Malcolm had Brad's TBC group setting up the course. I popped along to help & assist timekeeping & photography. Also assisting was Ross Hynds, timing, & Murray Chell, starter. Well done Regan & Jacob for first & second placings in the intermediate age group & Catharina & Oscar for first & third respectively in the seniors.

Junior Girls 3km (49 finishers)

1 st Madison Friedham (TGC)	12.01
18 th Rebekah Millar (Aquinas)	13.15
21 st Mystique Blockley (TGC)	13.24

TGC won 3 & 6 person teams

Junior Boys 3km (53 finishers)

1 st Shay Williamson (Whakatane)	10.10
6 th Michael Goldie (TBC)	11.00
50 th Rowan Davies (TBC)	13.00

TBC won the 3 & 6 person teams

Int Girls 3km (36 finishers)

1 st Esther McArthur (TGC)	11.33
21 st Gillian Dean (Te Puke)	13.15

Tgc won the 3 & 6 person teams

Int Boys 4km (64 finishers)

1 st Regan Bones (TBC)	13.51
2 nd Jacob Martin (TBC)	14.08
8 th Ollie Brown (TBC)	14.59
26 th Angus Curry (TBC)	15.55
27 th Jamie Regan (Aquinas)	16.01
33 rd Braedon Taylor (TBC)	16.18
37 th Brynmor Davies (TBC)	16.29
57 th Joseph Millar (Aquinas)	18.26

TBC won the 3 & 6 person teams

Senior Girls 4km (18 finishers)

1st Catharina Potthoff (TGC)	16.47
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TGC 1st 3 person team. (No 6 person teams.)

Senior Boys 6km (40 finishers)

1 st Daniel Jones (Trident)	20.44
3 rd Oscar Curry (TBC)	21.29
12 th Dale Bull (Te Puke)	23.37
38 th Michael Cochrane (Bethlehem)	28.29

TBC won 3 & 6 person teams.



Oscar watches as Jacob & Regan take on the stopper



Brynmor heads past for another lap



Catharina

THE AMAZING RACE,

By Wayne Smith

“Are you in the Amazing Race?” called the children as we ran past with packs on backs and maps in hand. It was easier and quicker to just answer “Yes” than to explain that we were really at the NZ Rogaine Championships.

Mathew & I were competing as a team in the 12 hour event- 6 hours Saturday afternoon & 6 hours Sunday morning. There was a 24 hour event (continuous) as well, but I wasn’t that keen to be bush-bashing in the middle of the night.

Over the two days we covered a huge amount of ground (the map covered an area around 300sq kms). The object of the event is to collect the most checkpoints in the allotted time- but being late back meant big penalties. Route planning and map reading skills are essential and lucky for me Mathew is really good at this. Much of the course was on farms, but there were also lots of tricky gullies, forest areas and monstrous hills. Coming in after day one, we had about 10 minutes spare and were given the news that we were right up near the front of the field.

After popping Mathew’s blisters and a hot shower, it was off to bed, before a 4.30am start to get ready for day two.

At 6.00am it was still pitch black and minus 2 degrees, but we were on a mission. After an hour it was time for our 1st fuel stop- but guess who had forgotten to take the fuel belt- not a good start! I suggested to Mathew that we detour back to base to pick it up- but “no way!” said Mathew, that would lose too much time. So, off we went into what seemed much tougher terrain than the first day. For the last hour I was starting to fade, but Mathew was still charging. Finally with about 15 minutes to spare we made it back into the base camp and a very big sit down & feed.

And the best news was that we had won the event- over about 30 teams. All credit must go to Mathew, whose map reading skills were amazing. Us ordinary runners just wouldn’t have a show of doing any good, without team-mates like Mathew.

So, yes- it was an amazing race and really neat experience- I hope I’m invited back next time- I promise not to forget the food!

Cheers.

NZ Rogaine Champs, Taupo 24th & 25th May 2008

To find out more about this event go to www.cdorienteeing.co.nz (that’s central district orienteering) and check out the map which circles the various control points. Full results are also on that site.

Around 180 individuals took part in teams of 2 or more. There were 65 controls spread up to 8kms in any direction from the event start in Spa Park. Areas included up to Wairakei, Craters of the Moon, Aratiatia, Huka Falls, down to lakeside Waikato River exit, Broadlands, Mountain Rd, Crown Rd, South to 3 & 4 mile Bay & the airport.

Super 8 Cross Country 2008
New Plymouth 28/5/08

Awesome running from our Tauranga Boys College athletes, who kicked ass in this event which involves 8 colleges from around the mid North Island.

TBC took the top three placings in the senior boys 6km winning the teams event.

In the Junior U16 4km they placed 3rd, 4th & 5th, placing 2nd behind New Plymouth Boys High, & in the Year 9 3km they placed 1st, 2nd & 6th again winning the teams event.

The course was described as tougher than Waipuna, with several mean hills. Ramblers involved included :

<u>Senior 6km</u>		
Jacob Martin	1st	21.14
Regan Bones	2nd	21.26
Oscar Curry	19th	23.36
Ollie Brown	24th	24.12
<u>Junior U16 4km</u>		
Angus Curry	23rd	18.37
Michael Goldie	31st	19.27
<u>Yr 9 3km</u>		
Sam Hyndman	2nd	11.37

Re Ginger & Maximo Mandl

Malcom has received an email from Ginger from the USA saying “Hi” to all the Ramblers. They miss our lifestyle & the team but will keep up to date by checking out the new website.

**ROTORUA MARATHON
FUN RUN MARSHALLING
THANKS by Euan Ross**

Ramblers were again to the fore when it came to providing marshalls for the two Fun Runs during the running of the Rotorua Marathon. Not much support was forthcoming from the other AWBOP centres and out of the 21 required, 12 were members of our club. We were also indebted to three members of the Lynmore Tennis Club who came to our assistance at the last minute and Myhre Oman, President, Athletics Waikato who also made herself available. Malcolm was instrumental in making contact with several of the marshalls in between his preparation for the marathon.

A special thank you must go to those who turned out and who in some cases sacrificed being able to give their support for friends and family participating in the marathon. The day was fine but with an extremely cold wind blowing off the lake. Afterwards several of us were able to gather at the Archway to cheer on fellow Ramblers as they entered the marathon finishing straight.

The Ramblers involved were: **Bev and Kerry Smith, Ray Young, Ken Kerewaro, Murray Clarkson, Rose Newdick, Robyn Winter, Jan Barr, Syd Pavett, Euan Ross, Alex Whimster and Les Dobson.**

Les had entered the marathon but was unable to participate due to having the flu. I don’t think that cold wind would have helped it much.

Mention must be made of Peter Abbiss of Greerton, and Sue Waru and Malcolm Clark of Whakatane who readily offered their assistance from this side of the Kaimais..



Tauranga Open XC , 24/5/08

The weather was fantastic and we had a good turnout. A huge thankyou to those who arrived early to help with setting up the course & tents, then dismantling it all afterwards. More thankyous to those making sandwiches & afternoon tea, and working at entries, placings, finish chute & prizes. We cant survive without you, plus some ran as well.

Well done Ben Ruthe taking out the Open Men, followed by Iain MacDonald 2nd , with junior Aaron Pulford of Hawks running up a grade for third spot..

Photos & full results are on the website.

Ramblers placings:

G10 1000m (21 finishers)

Mia Pugh 9th 4.31

G12 2000m (25 finishers)

Amy Robinson 2nd 8.05

Jessica Bitcheno 4th 8.10

Abbie Goldie 9th 8.36

Kelly Furmage 16th 9.24

Brooke Somerfield 19th 9.35

Jodi Furmage 20th 9.36

G14 3000m (6 finishers)

Sophie Millar 2nd 12.21

Mystique Blockley 4th 14.02

W16 4000m (3 finishers)

Rebekah Millar 3rd 19.52

MW 35-49 4000m (8 finishers)

Deirdre Lack 6th 20.00

MW50+ 4000m (4 finishers)

Robyn Winter 4th 23.35

Open Walk 4000m (6 finishers)

Alex Whimster 3rd 27.35

MM35-49 8000m (14 finishers)

Mark Williams 1st 26.55

Terry Furmage 9th 33.22

Les Dobson 12th 35.39

MM50+ 8000m (19 finishers)

Gavin Smith 1st 32.38

Stu Smith 4th 34.20

Dave Whitehead 7th 35.49

Peter Kennedy 8th 35.59

Robert McPherson 9th 36.26

Tim Masters 10th 37.00

John Addy 13th 38.22

Mike Powell 14th 38.52

Sid Pavett 16th 41.41

Senior Men 8000m (15 finishers)

Ben Ruthe 1st 26.02

Iain MacDonald 2nd 26.06

Kyle MacDonald 5th 26.54

Nickj Sebastian 8th 30.04

Dan Smith 11th 31.15

Braden Neal 12th 31.26

Craig Walker 14th 35.40

COMING EVENTS.

1 June

Mt Joggers Half Marathon & 10km & 5km fun run/walks

1 June

SBS Christchurch Marathon, Half Marathon & 10km

5 June & every Thursday evening

Fun run/walks from Crown & Badger pub on the Strand. \$5 entry includes snacks & a drink. Distance between 4-6 km

7 June

Willacy Memorial Handicap Races, Waipuna meet 1.45pm.

Races & distances to suit all grades on handicap starts. Trophies for winners. Held in memory of one of the founders of the club- Geoff Willacy. **Please bring a plate**

7 June

Maungatautari Mission Multisport, www.theboatshed.net.nz

11 June

Waikato BOP Secondary Schools Cross Country, Spa Park, Taupo, first race 11am

14 June

Racecourse Time Trial, meet 1.45pm inside main gates of Tauranga Racecourse. Athletes let off at intervals on handicap & run perimeter of the racecourse.

14 June

Monty's Revenge, Multisport, Whakatane

21 June

NZ Secondary Schools Cross Country Champs & NZ Short Course XC Champs, at the Francis Douglas Memorial College, New Plymouth. Info on www.nzssaa.org.nz

21 June

Foster-Smyth handicap XC Rotorua. 10.2 km in the Owhata hills plus 3km course for younger grades & those wanting a shorter run. www.lakecity.co.nz Enter though Club (Bev Smith) but make own travel arrangements. Afternoon tea & showers available in the Lake City clubrooms after the event. Take some warm gear as the farm can be exposed.

28 June

Cross Country run at Summerhill Farm. Meet 1.45pm at the farm-(top of Reid Rd, off Welcome Bay Rd). Bring a gold coin donation for each person attending, for use of the property. Take some warm gear as there is no shelter.

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 & 10km run/walk, Kawerau www.kawerauharrierclub.co.nz