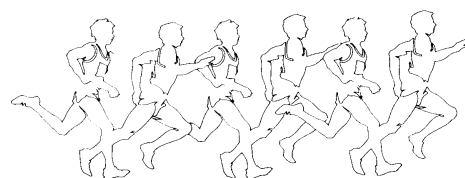


Ramblings

Newsletter of Athletics Tauranga Incorporated



November 2008

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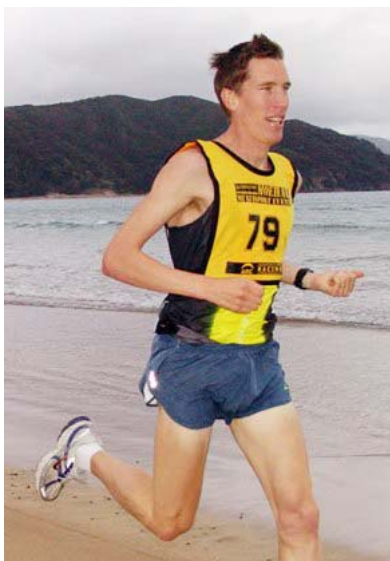
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ATHLETE OF THE MONTH

November 2008



Ben Ruthe

*Winner of the adidas Auckland
Marathon, Toi's Challenge &
The Kauri Run
Will he win the Goat next
weekend as well? Good luck
Ben!*

Editorial

I hope everyone enjoyed the Road Relay stories in last month's newsletter. Thanks Dave & "De Feet" for making my life easier and entertaining everyone. For those of you who wish to become part of next year's "Fun Team", Andrea is accepting sealed written bids (please include cheque/cash bribe). Whilst the highest bids are likely to be accepted, she will also be taking into account sense of humour, musical talent (whistle blowing) and beer-drinking skills. Also- one **must** be able to finish the race leg that one starts, whether dead or alive.

Track season is now well under way and we are getting good numbers on Tuesday nights, which makes for much more interesting racing. Thanks to those who are helping hand out placings etc.

The Schools have been having their Athletic Sports and Prizegivings. Congratulations to **Amy Christophers**, Otumoetai College Sportsgirl of the Year, and **Tracey Hale**, winner of the Bob Addison Cup for excellence in a single sport. Also **Mariah Ririnui**, winner of TGC's Sportsmark trophy for outstanding all-round excellence in sports, and **Khanum Elisaia** (TGC) Best all-round Year 9 sports performer.

In the TBC Athletics day **Oscar Curry** won Senior Athletics Champion, *1st 3000m 9.43, 1st 1500m 4.39, 1st 800m 2.18, 2nd 400m 56.92.* **Regan Bones**, Intermediate Champion, *1st 3000m 9.07, 1st 1500 4.19, 1st 800m 2.06,* and **Michael Sutton**, Junior Champion: *1st 3000m 10.10, 2nd 1500m 4.54, 2nd 800m 2.23 (pic over page).* At Bethlehem **Michael Cochrane** received the Sportsman Cup for sports achievement outside of school.

Trophies & Prizgiving:



Please get all Summer & Winter trophies back to Bev Smith, in **cleaned** condition, so they may be engraved before prizegiving on **16th December**. The Prizgiving will follow after our normal Tuesday evening T&F events, and will include some Xmas fun events and BBQ at Tauranga Domain.



Michael Sutton, Regan Bones & Oscar Curry
TBC Athletic Champions

Other Ramblers in action at TBC Athletics included

Michael Goldie 2nd JB 200m 25.88

6th 100m NT

Ollie Brown 7th IB 3000m 10.50

7th IB 1500m 5.05

3rd SB 800m 2.35

Brynmor Davies 11th IB 3000m 11.25

8th IB 800m 2.25

(Full results of sprints & field events not to hand)

CLUB NIGHT 28/10/08

100m

1 Abby Goldie 13.7 G12

2 Brook Somerfield 14.3 G12

3 Amanda Somerfield 14.7 G12

4 Jodi Furmage 15.6 G12

5 Kelly Furmage 16.0 G12

6 Samantha Bitcheno 16.2 G10

7 Jessica Bitcheno 16.5 G12

1 Troy Martyn 14.1 B12

2 Andrew Robinson 14.7 B10

3 Josh Jarvis 17.3 B12

1 Sophie Millar 13.2 G13

2 Rebekah Millar 13.5 G14

3 Jessica Te Whaiti 16.1 G13

4 Rebecca Palmer 18.6 G13

1 Michael Goldie 12.3 B14

2 Eremia Tapsell 12.6 B14

3 James Hunt 12.9 B14

4 Alex Colvin 13.4 B14

1 Skotty Nielson 15.6 M65

2 Murray Clarkson 16.0 M60

Club night continued

3 Gavin Smith 16.5 M55

4 Peter Kennedy 17.6 M50

5 Sid Pavett 21.6 M70

1 Joseph Millar 11.2 M16

2 Josh Harrison 11.6 SM

3 Stephen Te Whaiti 11.9 M45

4 Brynmor Davies 12.2 M16

5 Julian Phillips 12.5 M16

6 Kyle Cairns 12.7 M16

1 Vanessa Hill 13.3 W16

2 Emma Jackson 13.6 W16

3 Christine Browne 13.9 W35

4 Andrea Smith 14.2 SW

5 Petra Creighton 14.6 W40

1 Joseph Millar 11.0 M16

2 Josh Harrison 11.2 SM

3 Brent Gough 12.2 M40

4 Michael Goldie 12.5 B14

5 James Hunt 12.8 B14

6 John McKinley 13.5 M50

7 Brendan Magill 14.3 M45

8 Les Dobson 14.6 M45

1 Vanessa Hill 12.9 G16

2 Genelle Vanderschantz 13.1 G16

3 Emma Jackson 13.6 G16

4 Elizabeth McKoy 14.2 G16

600m

1 Andrea Smith 1.45.0 SW

2 Ashley Clements 1.47.8 W19

3 Petra Creighton 1.52.6 W40

4 Emma Shanley-MacDonald 1.57.2 G12

5 Charlotte Bartrum 1.58.1 SW

6 Kate Eder 1.58.7 SW

7 Christine Browne 1.59.8 W35

8 Linda Reynolds 2.16.8 W40

9 Samantha Bitcheno 2.23.6 G10

10 Yvonne Jarvis 2.30.5 W45

1 George Wilson 1.38.3 M16

2 Mathew Smith 1.38.6 SM

3 Kohu Tapsell 1.40.2 SM

4 Stephen Te Whaiti 1.43.7 M45

5 Brynmor Davies 1.45.9 M16

6 John McKinley 1.49.1 M50

7 Rowan Davies 1.50.5 B14

8 Alex Colvin 1.50.8 B14

9 Murray Clarkson 1.51.2 M60

10 Kyle Cairns 1.51.6 M16

11 Les Dobson 1.52.6 M45

12 Gavin Smith 1.53.6 M55

13 Barry Watson 2.02.0 M50

14 Andrew Robinson 2.07.4 B10

15 Josh Jarvis 2.25.8 B12

16 Sid Pavett 2.26.4 M70

1500 Metres

1 Andrea Smith 5.18.2 SW

2 Shelby Goddard 5.22.8 W16

3 Ella Mangan-Walker 5.24.2 W16

4 Ashley Clements 5.34.6 W19

5 Jessica Bitcheno 5.48.4 G12

6 Petra Creighton 5.52.6 W40

7 Charlotte Bartrum 6.08.2 SW

8 Kelly Furmage 6.16.8 G12

9 Linda Reynolds 6.26.5 W40

10 Jodi Furmage 6.33.3 G12

1 Eremia Tapsell 5.05.8 B14

2 Mathew Smith 5.06.0 SM

3 George Wilson 5.11.6 M16

4 Gavin Smith 5.20.1 M55

5 Stu Smith 5.27.5 M50

6 Les Dobson 5.29.8 M45

7 Murray Clarkson 5.31.9 M60

8 Barry Watson 5.33.5 M50

9 Brynmor Davies 6.02.3 M16

10 Ashton McQueen 6.39.0 B14

11 Alex Colvin 6.44.7 B14

12 Sid Pavett 6.45.0 M70

13 Josh Jarvis 7.25.4 B12

14 Skotty Nielson 7.28.0 M65

4000m

1 Gavin Smith 15.12.0 M55

2 Stu Smith 15.29.8 M50

3 Barry Watson 15.35.3 M50

4 Les Dobson 15.52.1 M45

5 Peter Kennedy 15.54.3 M50

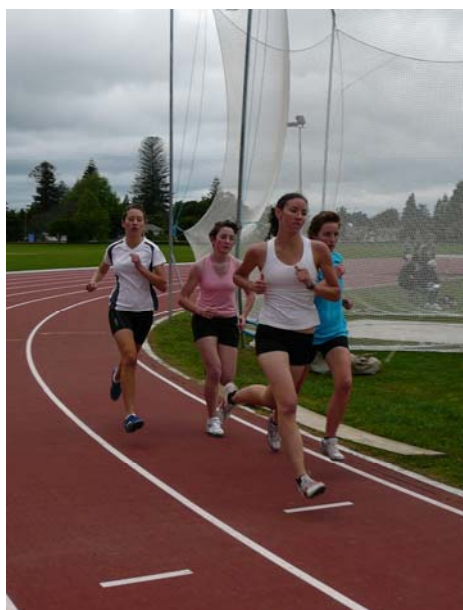
6 Fiona Ellison 16.45.6 W35

7 Linda Reynolds 18.19.8 W40

8 Sid Pavett 18.44.2 M70

9 Yvonne Jarvis 20.09.2 W45

10 Mathew Smith 20.27.7 SM



Andrea takes over the lead in the 1500m from Shelby, Ella & Ashley

Triple Jump

1 Rebecca Palmer	6.80	G13
2 Jessica Te Whaiti	6.40	G13
1 Ryan Sowry	12.50	M16
1 Michael Cochrane	12.37	M19
1 Brendon Magill	8.71	M45
1 Kahu Tapsell	9.80	SM
1 Rebecca Cochrane	9.05	W19

Discus

1 Ashton McQueen	26.55	B13
1 Rowan Davies	17.65	B14
1 Emma Shanley-McDonald	18.34	G12
1 Sophie Millar	17.95	G13
2 Jessica Te Whaiti	10.20	G13
1 Kharnum Elisaia	31.19	G14
2 Chelsea McQueen	29.65	G14
1 Kyle Cairns	22.46	M16
1 Michael Cochrane	34.62	M19
1 Stephen Te Whaiti	23.70	M45
2 Brendan Magill	18.81	M45
1 Livvie Duggan	32.37	W16
2 Genelle Vanderschantz	19.37	W16
1 Christine McCahill	32.50	W40

**GUY FAWKES MILE,
Waitakere, 1/11/08**

Gareth Hyett scooped the \$3000 1st prize in 4.07.02.
Brett Tingay (Pap) 2nd 4.08.71 and Tom Hall (Hawks) 3rd from 6 finishers in 4.29.15. Sam Dobson paced for 800m.

**Adidas Auckland Marathon
2/11/08**

Making it a family double after watching Gareth's effort the day before, **Ben Ruthe** ran to a comfortable rhythm through the first 33km along with Lake City runner Steve O'Callaghan, (who recorded a PB by 16minutes). Ben then opened a gap that wasn't challenged.

Conditions were windy.

1 st Ben Ruthe	2.28.11
2 nd Steve O'Callaghan	2.30.57
3 rd Grant McLean	2.35.56
4 th Gavin Stevens	2.36.28 (1 st M50)
1 st Woman was defending champ Ady Ngawati in 16 th overall on 2.46.47 ahead of Lara Phillips (18 th) 2.49.06	
163 rd Peter Kennedy	3.29.53 (6 th M55)

The Half Marathon was won by Dale Warrander in 1.07.35 from Scott Winton 1.08.22. Sarah Christie was first woman in 1.20.53.

Les Dobson 93rd 1.29.53 (7th M45)
Mike Powell 970th 1.48.11 (27th M55)

The Quarter marathon (10.5km) was won by Brett Tingay who had run the Guy Fawkes Mile the night before. His time was 33.19. Fiona Crombie took out the Women's event in 36.56.

**Putaruru Bell Meet Round 2,
Porritt Stadium 1/11/08**

Those who travelled over the hill scored well in the points series.

It was cool, overcast and windy.

Impressive runs from **Joseph Millar** in the hotly contested 100m & 200m events.

Gavin Smith ran conservatively in the 5000m, saving his energies to chase **Braden Neal** & daughter **Andrea** in the 2000m steeples. Braden found it tough going after a couple of weeks off studying for Uni exams, but wasn't about to let the others catch him on principle: they wouldn't let him live it down!

At the end of the day Ramblers had placed 3rd equal on points behind Lodge Frankton & Hawks A team from 15 teams.

Ramblers results:

Genelle Vanderschantz W16+U	
100m	3 rd /11 13.23
200m	3 rd /13 27.23

Hannah Shanley-McDonald W16&U	
200m	9 th /13 29.12
400m	4 th /5 1.06.26

Andrea Smith SW	
1500m	1 st 5.06.99
2km steeples	1 st 7.49.15

Braden Neal SM	
1500m	1 st 4.41.94
5000m	2 nd 18.11.02
2km steeples	1 st 7.35.22

Gavin Smith M35+	
1500m	3 rd 5.09.68
5000m	1 st 19.01.03
2km Steeples	1 st 7.56.18

Joseph Millar M16& U	
100m	1 st /17 11.31
200m	1 st /14 23.31



Hannah in the 400m at Putaruru Bell

Club Night 4/11/08

Another good turnout and good competition, with some talented new faces.

Great run from Russell Lake to pass Ken Keyte with 3 laps to go and win the 5000m.

60 Metres

1 Abby Goldie	G12	8.2
2 Amy Robinson	G12	8.4
3 Cydney Ebeling	G11	9.2
4 Jessica Bitcheno	G12	9.5
5 Samantha Bitcheno	G10	9.8
6 Olivia Hines	G9	10.8
7 Lauren Hines	G11	11.2

1 Elizabeth McKay	W16	8.5
2 Andrea Smith	SW	8.8
3 Ashley Clements	W19	9.2
4 Jessica Te Whaiti	G13	9.7
5 Charlotte Bartrum	SW	10.1
6 Alice Campbell	SW	12.7

1 John McKinley	M50	8.6
2 Brendan Magill	M45	9.2
3 Dave Whitehead	M50	9.9

1 Jared McNaughton	M16	7.4
2 Julian Phillips	M16	7.6
3 Michael Goldie	B14	7.9
4 James Hunt	B14	8.1
5 Rowan Davies	B14	8.3
6 Eremia Tapsell	B14	8.7

1 Vanessa Hill	W16	8.2
2 Rebekah Millar	G14	8.3
3 Emma Jackson	W16	8.6
1 Andrew Robinson	B10	9.0

1 Joseph Millar	M16	6.9
2 Josh Harrison	SM	7.0
3 Ryan Sowry	M16	7.2
4 Kohu Tapsell	SM	7.5
5 Kyle Cairns	M16	7.7

150 Metres

1 Abby Goldie	G12	21.2
2 Andrew Robinson	B10	21.7
3 Amy Robinson	G12	22.1
4 Cydney Ebeling	G11	23.3
5 Jessica Bitcheno	G12	24.5
6 Samantha Bitcheno	G10	27.1
7 Olivia Hines	G9	28.0
8 Lauren Hines	G11	29.9

1 Andrea Smith	SW	23.3
2 Charlotte Bartrum	SW	25.5
3 Linda Reynolds	W40	31.1
4 Alice Campbell	SW	33.1

1 Vanessa Hill	W16	20.9
2 Elizabeth McKay	W16	22.2
3 Ashley Clements	W19	22.8
4 Denise Cappel	W16	23.9
5 Katri Saino	W19	26.2

1 Jared McNaughton	M16	18.7
2 Julian Phillips	M16	19.0
3 Kyle Cairns	M16	19.2
4 Andrew Heath	M16	20.0

1 Josh Harrison	SM	16.7
2 Joseph Millar	M16	16.8
3 Kohu Tapsell	SM	18.2

1 James Hunt	B14	19.1
2 Michael Goldie	B14	19.5
3 Eremia Tapsell	B14	20.1
4 Rowan Davies	B14	20.5
1 Rebekah Millar	G14	20.9

1 Kevin Philpot	M40	18.1
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2 John McKinley	M50	20.8
3 Brendon Magill	M45	22.6
4 Les Dobson	M45	23.3
5 Dave Whitehead	M50	23.6
6 Gavin Smith	M55	24.8
7 Sid Pavett	M70	33.7

400 Metres

1 Andrew Robinson	B10	69.9
2 Jessica Bitcheno	G12	71.1
3 Cydney Ebeling	G11	72.4
4 Samantha Bitcheno	G10	95.1
5 Lauren Hines	G11	103.1
6 Olivia Hines	G9	NT

1 Kevin Philpot	M40	58.5
2 John McKinley	M50	64.0
3 Brendon Magill	M45	66.5
4 Dave Whitehead	M50	68.7
5 Murray Clarkson	M60	70.4
6 Gavin Smith	M55	72.7
7 Les Dobson	M45	73.4
8 Barry Watson	M50	80.7
9 Sid Pavett	M70	93.8

1 Andrea Smith	SW	66.5
2 Petra Creighton	W40	69.0
3 Christine Browne	W35	74.3
4 Charlotte Bartrum	SW	75.5
5 Linda Reynolds	W40	87.6

1 Emma Jackson	W16	62.2
2 Rebekah Millar	G14	67.7
3 Ashley Clements	W19	68.1

1 Josh Harrison	SM	56.6
2 Kohu Tapsell	SM	58.4
3 Jared McNaughton	B15	62.4
4 Eremia Tapsell	B14	62.6
5 Kyle Cairns	M16	64.2
6 Rowan Davies	B14	69.8

5000 Metres

1 Russell Lake	M35	17.29.3
2. Ken Keyte	M45	17.39.3
3. Gavin Smith	M55	18.41.8
4. Stu Smith	M50	19.20.5
5. Barry Watson	M50	19.30.1
6. Ella Mangan-Walker	W16	20.30.8
7. Macca McKenzie	M45	20.40.1
8 Shelby Goddard	W16	20.48.8
9 Petra Creighton	W40	20.53.1
10 Murray Clarkson	M60	21.00.0
11 Andrea Smith	SW	21.06.8
12 Fiona Ellison	W35	21.43.8
13 Geoff Proctor	M35	21.44.0
14 Raewyn Keyte	W35	21.56.7
15 Linda Reynolds	W40	22.25.9
16 Sid Pavett	M70	23.11.0

High Jump

1 Amy Robinson	G12	1.30
2 Emma Shanley-MacDonald	G12	1.00
1 Ashton McQueen	B13	1.20
2 Alex Colvin	B13	1.45
1 Andrew Heath	M16	1.40
1 Michael Cochrane	M19	1.80
1 Brendan Magill	M45	1.20
1 Alice Campbell	SW	1.00
1 Denise Cappel	W16	1.20

Hammer

1 Alex Colvin	B13	25.9
2 Ashton McQueen	B13	20.4
1 James Hunt	B14	22.9
1 Ray Laurie	M70	29.0
1 Christine McCahill	W40	38.2
1 Pauline Purser	W85	11.0

Battle of the Cities, Mt Smart,

8/11/08

Mariah Ririnui W16&U

100m	1 st /12	12.78
Long Jump	1 st /6	5.53m

Joseph Millar M16&U

100m	5 th	11.60
200m	2 nd	23.10

Kawerau Mountain Race 1/11/08

No Ramblers there this year :
The race was won by Sjors Corporaal in 49.02.1 with young Whakatane gun Daniel Jones 2nd in 49.30.5.

The woman's event was won by Oksawa Isavnina in 1.00.56 with Meagan Edhouse 2nd 1.02.31.(both MW35).

First MM was Gary Schwass in 56.55.4 beaten in by 1st Super Vet Colin Earwaker in 55.14.



Luke Davison clears the High Jump during practice on Club night

Toi's Challenge, Whakatane
9/11/08 (18.5km off-road)

Only one week after his mighty win in the Auckland marathon, **Ben Ruthe**, won this event in a time only 9 seconds off Aaron Strong's 1996 course record. Second home was outstanding Whakatane junior Daniel Jones in 1.19.55.

First woman was Oksana Isavnina (W35) of Rotorua in 1.39.28 (28th overall). Glenn Sexton won the M40 grade in 1.26.09 and Colin Earwaker won the M50 grade in 1.27.12. a new age group record.

Ramblers

Ben Ruthe	1 st (SM 1 st /76)	1.16.11
Mark McKeown	3 rd (SM 2 nd /76)	1.20.46
Nick Sebastian	23 rd (SM 13 th /76)	1.36.00
Terry Furmage	24 th (M40 4 th /51)	1.36.22
Wayne Smith	33 rd (M50 5 th /33)	1.40.42
Barry Watson	41 st (M50 9 th /33)	1.43.30
Dave Whitehead	98 th (M50 15 th)	1.55.52
Andrea Evason	106 th (W35 7 th)	1.57.47
Maureen Lawson	166 th (W55 1 st)	2.08.14
Sid Pavett	220 th (M70 1 st /3 breaking Tom Bayliss' record of 2.40.10)	2.17.50

Club Night 11/11/08

Great weather and another good turnout with some close finishes in the sprints. Tough battles between Joseph Millar and Josh Harrison with near photo finish in the 200m.

On the lighter side another great battle between Murray Clarkson (known for his sprint) and Gavin Smith (ultra distance) in the Masters 100m saw Murray just edge out Gavin , but Gavin achieved his goal for the year by breaking the 16second barrier!

100m

1 Abby Goldie	G12	13.6
2 Amy Robinson	G12	14.0
3 Emma Shanley-McDonald	G12	14.8
4 Cydney Ebeling	G11	15.5
5 Kelly Furmage	G12	15.7
6 Jodi Furmage	G12	15.9
7 Samantha Bitcheno	G10	16.3
8 Jessica Bitcheno	G12	16.9
1 Sophie Millar	G13	13.4
2 Rebekah Millar	G14	13.6
3 Jessica Te Whaiti	G13	16.0
4 Rebecca Palmer	G13	18.2

1 Vanessa Hill	W16	NT
2 Anita Buckley	W16	NT
3 Emma Jackson	W16	NT
5 Christine Browne	W35	NT
6 Elizabeth McKay	W16	NT
7 Ashley Clements	W19	NT
8 Denise Cappel	W19	NT
9 Charlotte Bartrum	SW	NT

1 Vaughan Freidrich	B14	12.2
2 Michael Goldie	B14	12.3
3 James Hunt	B14	12.5
4 Rowan Davies	B14	13.6

1 Josh Harrison	SM	11.1
2 Joseph Millar	M16	11.4
3 Abir Mukherjee	M19	11.7
4 Jonathon Morton	M16	11.9
5 Julian Phillips	M16	12.6
6 Kyle Cairns	M16	12.9

1 Murray Clarkson	M60	15.5
2 Gavin Smith	M55	15.8
3 Peter Kennedy	M55	16.9
4 Eric de Lautour	M85	21.2

1 Kevin Philpott	M40	12.0
2 Mark Brebner	M45	13.2
3 Stephen Te Whaiti	M45	13.5
4 John McKinley	M50	13.8
5 Murray Chell	M50	14.0
6 Brendon Magill	M45	14.3
7 Les Dobson	M45	14.6

1000 Metres

1 Ashley Clements	W19	3.22.5
2 Petra Creighton	W40	3.30.1
3 Charlotte Bartrum	SW	3.40.8
4 Jessica Bitcheno	G11	3.47.5
5 Linda Reynolds	W40	4.01.0
6 Kelly Furmage	G12	4.16.6
7 Jodi Furmage	G12	4.23.0
8 Samantha Bitcheno	G10	4.45.5

1 Andrew Lloyd	M19	2.58.6
2 Steve Smith	SM	3.13.6
3 Gavin Smith	M55	3.18.0
4 Les Dobson	M45	3.24.7
5 Murray Clarkson	M60	3.26.8
6 Stu Smith	M50	3.28.3
7 John McKinley	M50	3.33.2
8 Barry Watson	M50	3.42.3
9 Keegan Millar	B9	3.49.0
10 Peter Kennedy	M50	3.50.9
11 Julian Philip	M16	3.52.3
12 Eric De Lautour	M85	5.32.9



Ashley leading the womens 1000m

200 Metres

1 Vaughan Freidrich	B14	25.3
2 Michael Goldie	B14	25.6
3 James Hunt	B14	26.4
4 Scott Doney	B14	27.4
1 Abby Goldie	G12	28.2
2 Emma Shanley-McDonald	G12	30.1
3 Amanda Somerfield	G12	30.3

1 Sophie Millar	G13	27.9
2 Rebekah Millar	G14	28.0
3 Jessica Te Whaiti	G13	33.9
4 Rebecca Palmer	G13	40.1

1 Vanessa Hill	W16	27.7
2 Emma Jackson	W16	28.0
3 Anita Buckley	W16	28.7
4 Elizabeth McKay	W16	30.7
5 Ashley Clements	W19	31.7
6 Denise Cappel	W19	32.4

1 Joseph Millar	M16	22.7
2 Josh Harrison	SM	22.8
3 Jonathon Morton	M16	24.2
4 Kyle Cairns	M16	26.5

1 Petra Creighton	W40	30.8
2 Christine Browne	W35	31.4
3 Charlotte Bartrum	SW	34.3
4 Linda Reynolds	W40	41.9

1 Kevin Philpott	M40	24.5
2 John McKinley	M50	28.3
3 Mark Brebner	M45	28.7

4 Brendon Magill	M45	29.0
5 Les Dobson	M45	29.3
6 Gavin Smith	M55	32.3
7 Murray Clarkson	M60	35.1
8 Peter Kennedy	M50	35.5

3000 Metres

1 Regan Bones	M16	9.05.3
2 Julian Oakley	M16	NT
3 Michael Sutton	B14	NT
4 Brad Smith	SM	NT
5 Hamish McKain	M19	NT
6 Andrew Lloyd	M19	NT
7 Gavin Smith	M55	10.55.
8 Stu Smith	M50	NT
9 Barry Watson	M50	NT
10 Les Dobson	M45	NT
11 Shelby Goddard	W16	NT
12 Ella Mangan-Walker	W16	NT
13 Casey Blackwell	G14	NT
14 Petra Creighton	W40	NT
15 Fiona Ellison	W35	NT
16 Peter Kennedy	M50	NT
17 John McKinley	M50	NT
18 Linda Reynolds	W40	NT
19 Jessica Bitcheno	G11	NT
20 Jodi Furmage	G12	NT
21 Kelly Furmage	G12	NT

Javelin

1 Ashton McQueen	B13	24.12
1 Luke Davidson	B14	38.73
2 Vaughan Freidrich	B14	16.20
1 Samantha Bitcheno	G10	6.88
1 Jessica Bitcheno	G11	6.46
1 Kelly Furmage	G12	11.06
2 Amanda Somerfield	G12	10.58
3 Emma Shanley-McDonald	G12	9.71
4 Jodi Furmage	G12	8.15
1 Rebecca Palmer	G13	11.22
1 Steven Te Whaiti	M45	38.08
2 Brendon Magill	M45	25.34
1 Ray Laurie	M70	17.72
1 Livvie Duggan	W16	26.60
1 Christine Browne	W35	28.18
1 Christine McCahill	W40	21.36
1 Pauline Purser	W85	9.09

Shot Put

1 Ashton McQueen	B13	8.34
1 Vaughan Freidrich	B14	10.55
2 James Hunt	B14	9.33
1 Amy Robinson	G12	7.23
2 Emma Shanley-McDonald	G12	6.87
3 Amanda Somerfield	G12	6.06
1 Fiona Bennett	G13	8.68
1 Khanum Elisaia	G14	11.40
1 Ray Laurie	M70	7.29
1 Livvie Duggan	W16	9.31

1 Christine McCahill	W40	10.38
1 Pauline Purser	W85	3.58



James Hunt

CLUB NIGHT 18/11/08

200 Metres

1 Abby Goldie	G12	29.5
2 Brooke Somerfield	G12	32.1
3 Emma Shanley MacDonald	G12	32.5
4 Jessica Bitcheno	G11	35.2
5 Jodi Furmage	G12	35.9
6 Kelly Furmage	G12	36.2
7 Samantha Bitcheno	G10	38.4

1 Vanessa Hill	W16	29.5
2 Aneta Buckley	W16	29.9
3 Bella Andrews	G13	30.7
4 Andrea Smith	SW	30.9
5 Petra Creighton	W40	31.2
6 Sophie Sharp	W16	31.9
7 Charlotte Bartrum	SW	33.7

1 Joseph Millar	M16	25.0
2 Jonathon Morton	M16	25.3
3 Brynmor Davies	M16	25.8
4 Michael Goldie	B14	26.2
5 Vaughan Friedrich	B14	26.6
6 Kyle Cairns	M16	27.2
7 Julian Philip	M16	27.6
8 Rowan Davies	B14	30.4

1 Brent Gough	M40	27.2
2 Les Dobson	M45	30.3
3 Brendon Magill	M45	30.9
4 Dave Whitehead	M50	31.2
5 Gavin Smith	M55	34.5
6 Gerry Meyers	M50	34.8
7 Peter Kennedy	M55	36.7
8 Sid Pavett	M70	42.8

9 Eric de Lautour	M85	46.4
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1500 Metres

1 Andrea Smith	SW	5.14.1
2 Sophie Sharp	W16	5.41.2
3 Jessica Bitcheno	G11	5.46.9
4 Petra Creighton	W40	5.47.9
5 Charlotte Bartrum	SW	5.48.4
6 Anneke Grogan	G12	6.00.8
7 Linda Reynolds	W40	6.25.4
8 Kelly Furmage	G12	6.25.7
9 Jodi Furmage	G12	6.33.8
10 Samantha Bitcheno	G10	8.07.6

1 Andrew Lloyd	M19	4.39.8
2 Michael Sutton	B14	4.41.7
3 Ben Ruthe	SM	4.42.3
4 Terry Furmage	M45	4.55.7
5 Mathew Smith	SM	5.01.8
6 Gavin Smith	M55	5.15.8
7 Stu Smith	M50	5.15.8
8 Les Dobson	M45	5.27.1
9 Murray Clarkson	M60	5.32.4
10 Gerry Meyers	M50	5.34.7
11 Barry Watson	M50	5.45.9
12 Dave Whitehead	M50	5.52.1
13 Patrick Gough	B13	5.56.1
14 Ian Bitcheno	M40	5.59.1
15 Peter Kennedy	M55	6.00.8
16 Sid Pavett	M70	6.54.0

400 Metres

1 Andrea Smith	SW	1.08.4
2 Petra Creighton	W40	1.12.6
3 Christine Browne	W35	1.14.9
4 Sophie Sharp	W16	1.16.6
5 Jessica Bitcheno	G11	1.26.3
6 Kelly Furmage	G12	1.28.3

1 Brynmor Davies	M16	1.01.9
2 Mathew Smith	SM	1.03.4
3 Terry Furmage	M45	1.05.6
4 Dave Whitehead	M50	1.09.7
5 Gavin Smith	M55	1.12.7
6 Gerry Meyers	M50	1.17.9
7 Les Dobson	M45	1.18.3
8 Peter Kennedy	M55	1.24.6
9 Sid Pavett	M70	1.37.5

LONG JUMP

1 Vaughan Friedrich	B14	5.21
2 Michael Goldie	B14	4.88
3 Luke Davidson	B14	4.78
4 Rowan Davies	B14	4.19
1 Brooke Somerfield	G11	3.75
1 Emma Shanley Mc	G12	4.68
2 Abby Goldie	G12	4.29
2 Amy Robinson	G12	4.18

3 Jodi Furmage	G12	3.68
1 Kyle Cairns	M16	4.97
1 Michael Cochrane	M19	5.54
1 Brendan Magill	M45	4.09
1 Rebecca Cochrane	W19	4.66

3000 Metres

1 Michael Sutton	B14	10.18.4
2 Terry Furmage	M45	11.14.5
3 Stu Smith	M50	11.15.5
4 Gavin Smith	M55	11.23.9
5 Barry Watson	M50	11.38.7
6 Les Dobson	M45	11.48.9
7 Andrea Smith	SW	12.12.6
8 Peter Kennedy	M55	12.15.6
9 Petra Creighton	W40	12.22.8
10 Fiona Ellison	W35	12.24.7
11 Dave Whitehead	M50	12.59.1
12 Linda Reynolds	W40	13.16.9
13 Sid Pavett	M70	13.53.9
14 Christine Browne	W35	14.36.9

Discus

1 Luke Davidson	B14	31.92
1 Jessica Bitcheno	G11	18.52
1 Amy Robinson	G12	18.14
2 Jodi Furmage	G12	12.67
3 Kelly Furmage	G12	12.58
1 Fiona Bennett	G13	22.39
1 Michael Cochrane	M19	36.11
1 Ian Bitcheno	M40	24.33
1 Brendan Magill	M45	18.20
1 Livvie Duggan	W16	32.71
1 Rebecca Cochrane	W19	21.15



Ben sets the pace for Andrew & Michael in the 1500m.

Club night 25/11/08

400m Hurdles

1 Michael Cochrane	M19	56.
1 Brendon Magill	M45	1.14.9

400m

Andrea Smith	S W	1.07.9
2 Gavin Smith	M55	1.09.8
3 Dave Whitehead	M 5 0	1.14.0

60 Metres

1 Amy Robinson	G12	8.6
2 Emma Shanley-McDonald	G12	8.8
3 Amanda Somerfield	G12	9.0
4 Jodi Furmage	G12	9.4
5 Kelly Furmage	G12	9.8

1 Joseph Millar	M	16 6.8
2 Josh Harrison	SM	6.9
3 Jonathon Morton	M	16 7.2
4 Kyle Cairns	M	16 7.4
5 Jared McNaughton	M16	7.6
6 Julian Philip	M	16 7.8
7 Brynmore Davies	M	16 7.9

1 Andrew Robinson	B12	8.9
2 Andrew Somerfield	B12	9.2

1 Genelle Vandershantz	W16	7.7
2 Vanessa Hill	W16	7.
3 Sophie Millar	G13	7.9
4 Bella Andrews	G13	8.1
5 Aneta Buckley	W16	8.2
6 Emma Jackson	W16	8.4
7 Rebekah Millar	G14	8.6

1 James Hunt	B14	7.2
2 Vaughan Friedrich	B14	7.4
3 Michael Goldie	B14	7.6
4 Scott Doney	B14	7.9
5 Patrick Gough	B14	8.6

1 Kevin Philpot	M40	7.3
2 Brent Gough	M	40 7.9
3 Les Dobson	M	45 8.7
4 Brendon Magill	M	45 8.8
5 Dave Whitehead	M 5 0	9.2
6 Gavin Smith	M	55 9.6
7 Gerry Meyer	M	50 9.9
8 Eric de Lautour	M	8 5 11.9
9 Sid Pavett	M	70 12.0

800m

1 Petra Creighton	W40	2.36.0
2 Andrew Robinson	B12	2.42.9
3 Melanie Smith	W16	2.47.5
4 Andrew Somerfield	B12	3.09.4
5 Kelly Furmage	G12	3.10.1
6 Jodi Furmage	G12	3.12.1

1 Andrew Lloyd	M19	2.16.2
2 Mathew Smith	SM	2.16.9
3 Andrea Smith	SW	2.23.6
4 Brynmor Davies	M16	2.31.4
5 Jamie Regan	M16	2.33.5
6 Jared McNaughton	M16	2.34.6
7 Rowan Davies	B14	2.35.3

1 Kevin Philpot	M40	2.23.4
3 Melanie Smith	W16	2.47.5
3 Gavin Smith	M	55 2.33.4
4 Les Dobson	M	45 2.72.2
5 Gerry Meyers	M	50 2.40.1
6 Dave Whitehead	M	5 0 2.43.2
7 Barry Watson	M	50 2.48.7
8 Sid Pavett	M	70 3.34.1
9 Eric de Lautour	M	8 5 NT

2000 Metres

1 Andrew Lloyd	M19	6.25.9
2 Terry Furmage	M45	6.47.0
3 Kirk Brennan	M35	7.12.5
4 Gavin Smith	M55	7.12.8
5 Les Dobson	M45	7.14.9
6 Ella Mangan-Walker	W16	7.15.2
7 Shelby Goddard	W16	7.15.3
8 Barry Watson	M50	7.17.3
9 Andrea Smith	SW	7.24.4
10 Ashley Clements	W19	7.36.7
11 Petra Creighton	W	40 7.48.9
12 Fiona Ellison	W	35 7.54.2
13 Dave Whitehead	M	5 0 8.01.1
14 Charlotte Bartrum	S W	8.07.1
15 Jamie Regan	M16	8.11.8
16 Murray Clarkson	M	6 0 8.58.2
17 Kelly Furmage	G	12 9.07.1
18 Sid Pavett	M	70 9.07.3

Triple Jump

1 Emma Shanley-McDonald	G12	8.67
2 Amy Robinson	G12	8.40
1 Kyle Cairns	M16	8.61
1 Brendon Magill	M45	8.90

High Jump

1 Vaughan Friedrich	B	1 4 1.45
2 Scott Doney	B14	1.35
1 Amy Robinson	G12	1.30
1 Sophie Millar	G13	1.15
1 Robert Sargent	M16	1.50
1 Michael Cochrane	M	1 9 1.75

Everyone's Run/Walk Series (5km)
Ramblers results:

13/11/08 : (58 entries)

1 st Hamish McKain	17.51
2 nd Braden Neal	18.26
3 rd Gavin Smith	18.43
6 th Murray Clarkson	20.12
7 th Andrea Smith	20.17
8 th Ashley Clements	21.21
15 th Ian Bitcheno	23.26
Walk	
1 st Chanelle Bryan	32.07
3km	
2 nd Jessica Bitcheno(1 st F)	12.46
7 th Samantha " (2 nd F)	19.48

20/11/08: (59 entries)

1 st John Caie	18.23
4 th Murray Clarkson	20.39
5 th Fiona Ellison	21.20
Walk	
1 st Chanelle Bryan	33.44

27/11/08: (103 entries)

1 st Ben Ruthe	16.32
2 nd Kyle MacDonald	16.32
3 rd John Caie	16.51
4 th Ken Keyte	17.48
6 th Braden Neal	18.08
7 th Kirk Brennan	18.39
8 th Stu Smith	18.40
10 th Andrea Smith	19.43
13 th Fiona Ellison	20.43
15 th Mike Powell	21.13
16 th Ashley Clements	21.39
19 th Raewyn Keyte	21.53
43 rd Karen Smith	31.00
44 th Nina Chell	31.06
Walk	
2 nd Alex Whimster	34.11
18 th Murray Clarkson	43.03

3000m Track Time Trial on
29/11/08

1 st Gareth Hyett	8.23.7
2 nd Ben Ruthe (pace)	8.24.7
3 rd Aaron Pulford (Hawks)	8.31.6 PB
4 th Kyle MacDonald	8.42.6
5 th Regan Bones	8.51.2 PB
6 th Steve O'Callaghan (LakeC)	8.51.6
7 th Mike Pugh	8.58.8
8 th Braden Neal	9.58.2
9 th John Caie	10.01.1
10 th Mathew Smith	11.19.3
11 Ashley Clements (1stW)	12.06.7

ROUND THE BRIDGES,
Hamilton 16/11/08

Men's 12 km winner was Australian based NZ'er Jason Woolhouse in 38.33
 2nd Steve O'Callaghan of Lake City in 40.48
 1st Woman was Gabby O'Rourke (Wgtn) in 45.09 (15th o'all)
 9th **John Caie** 43.42
 10th **Nick Sebastian** 44.14
 31st **Alice Wilson** 48.00 (6thW)
 117th **Tim Masters** 54.17 (12th M50) an outstanding victory over Road relays Rival:
 162nd **Mike Powell** 56.12 (17th M50)

The 6.2km event was won by Camille Buscomb of Hawks in 25.30 and the 12km walk was won by Tony Sargisson in 56.37

The Great Cranleigh Kauri Run
22/11/08

Ben Ruthe went one step closer to taking out the Triple Crown series with a convincing win in this off-road run of 32km from Waikawau Beach to Coromandel. Ben completed the distance in 2h 27m 50s, slicing 19 seconds off the race record.

19 year old Daniel Jones of Whakatane was second in 2h 31m 57s with Kerry Suter of Hamilton third.

Mark McKeown placed 4th in 2:42:59.
Nick Sebastian was 15th in 3:12:27 (8th SM)

To complete the treble Ben, who has the first race the Toi's Challenge under his belt, will compete in The Goat Alpine Adventure Run around the slopes of Mt Ruapehu on 6 December.

Tasmanian Hanny Alston was outstanding in the women's section. Just a week after taking out the New Zealand half marathon title in Kerikeri Allston flew around the course in 2h 42m 11s to finish fourth overall and slash over 14 minutes off the race record. Defending champion Oksana Isavnina of Rotorua was a distant second in 3h 9m 46s.

Battle of the Cities 2 at Mt Smart Stadium on 15/11/08

Mariah Rininui 1st W19 100m 12.73s

"MACCA" Alex McKenzie who has been putting in the odd appearance at our Track recently, won the Sri Chinmoy & **NZ 24 hour Track championship** in Auckland with a run of 200.9km, qualifying him for Worlds. *Congratulations Macca!*

Kim Hogarth won the **NZ Half Marathon** Title at **Kerikeri** on 15/11/08 in 1.08.16 from 2600 entrants. Hanny Allston won the women's title in 1.17.49

Battle of the Cities 3, Porritt
23/11/08

Mariah Rininui 2 nd W19 100m	12.49
1 st LongJump	5.58m
Genelle Vanderschantz	
6 th W16 100m	13.13
10 th /21 W16 200m	26.98
Livvie Duggan 2 nd W16 Shotput	9.23m
1 st W16 Javelin	29.52m
Michael Cochrane 2 nd M19 100m	11.72
2 nd M19 110m hurdles	15.43
Josh Harrison 3 rd Open 200m	22.79

Battle of the Cities 4, Sovereign
29/11/08

Mariah Rininui 1 st W19 60m	7.94
1 st W19 100m	12.74



Club night action

Coming Events (refer Red AWBOP Handbook for program at T & F meets)

30 Nov- 6th Dec

Pacific School Games, Canberra, Australia

2 December

100m, 1500m, 400m, 2000/3000m steeplechase, Long Jump, Discus

4 December & Thursdays until 18th December

Everyone's Run/walk 5km series from Maxwells Rd Reserve. Register from 5.15pm 5.45pm walk start. 6pm run start. (also 3km for kids).

\$5 entry fee, Prizegiving at Trust Bar, Otumoetai, follows.

6 December

Waikato Relay Champs, Tauranga Domain 1pm 4x100m, 3pm 4x400m

6 December

The Goat , 21km offroad from Whakapapa to Turoa www.thegoat.co.nz

9 December

60m 1000m, 400m, 3000m, Long Jump, High Jump

13 & 14 December

NZ Secondary Schools T&F Champs, Porritt Stadium, Hamilton

www.nzssaa.org.nz (entry lists are on site) Good luck to our guys/girls

13 December

Te Aroha Mountain Race

16 December

60m, 100m handicap, 2000m criterium, overhead shotput

Including: **2008 Summer & Winter Prizegiving** at Tauranga Sports Clubrooms. **BBQ** : please bring own salads etc, plates & cutlery

20 December

AWBOP Open Meeting at Tauranga Domain including AWBOP & Club **10000m champs** at 6.40pm . First track event starts 5pm, refer red handbook for program

No club night 23rd Dec or 30th Dec: Merry Xmas & Happy New Year!



26 December

Mount Maunganui King & Queen of the Mountain Race, also Junior race & Around the Mount fun run. Helpers are required for marshalling, entries & setting up tent etc, if you aren't running then assistance is appreciated. Let Murray Clarkson know if you are available (from 12 noon)

1 January

Tauranga Twilight Meeting. Entries from 1pm. Children's program 2pm-4.00pm Open grades from 4pm. Official track opening ceremony at 4.30pm . Full program in Red Handbook. Includes AWBOP **3000m Champs**. All those not running are asked to help out with entries, recording, placings, field events, organising prizes etc

6 January

Open AWBOP meet & clubnight 100m, 800m, 200m, 4000m Javelin & Shotput

10/11 January

Northern Regional Combined Events Champs, Tauranga Domain. Program in Red Handbook

The Tauranga Millennium Track Trust Trustees & Development Committee Track finishing

The Trust would like to thank the following people for their efforts at the Working Bee held on 15 November.

**Gavin Smith
Les Dobson
Malcolm Taylor
Eric De Lautour
Barry Watson
Fay Riley
Murray Clarkson.**

Although the turn-out was disappointing, those who turned up worked diligently and managed to complete the target task in good time.

The improvement is obvious and once the grass is established, will finish off the jump area to a high standard for the Council to maintain.

Thank you again for the time and effort put in.

If anyone is feeling guilty about not contributing please see me as there is always something that can be done.

Murray Clarkson
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plus summer track results are on:
www.sportsground.co.nz/taurangaarc