

Ramblings

Newsletter of Athletics Tauranga Incorporated



October 2008

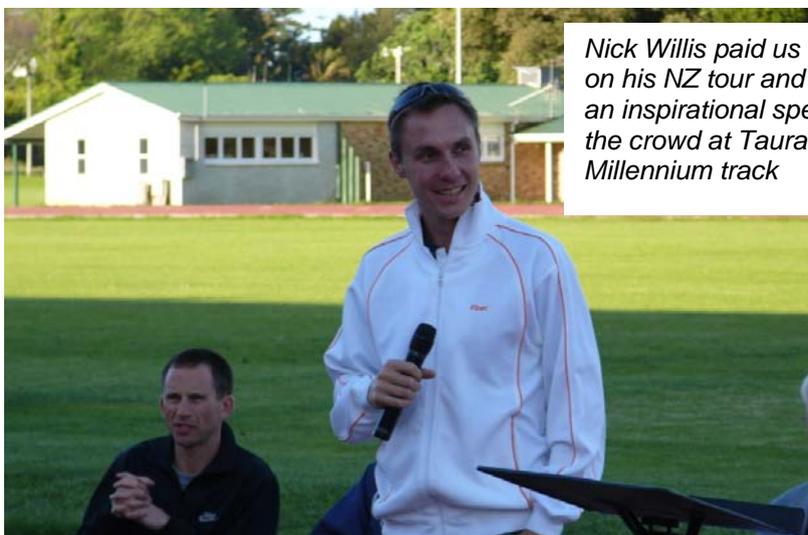
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Nick Willis paid us a visit on his NZ tour and made an inspirational speech to the crowd at Tauranga Millennium track



Nick demonstrates his lunge for the line in the Olympic 1500m final

Earlier in the afternoon Nick visited Tauranga Boys & Girls Colleges & Tauranga Intermediate School, speaking to around 3500 children & teachers.

He finished the evening with an 800m jog with the children before signing hundreds of autographs.

ATHLETE OF THE MONTH

October 2008



Mariah Ririnui

Bronze medal in the Long Jump at the Commonwealth Youth Games in Pune, India with a 5.82m leap!

CITY 2 SURF Half Marathon, & 12km fun run/walks Tauranga-Mount, 28/9/08

Taking place on the Sunday immediately after Club Road Champs & a week before National Road Relays not too many Ramblers showed. **John Caie** had an easy win, however, with first female Dana Paton in 4th place overall on 1.20.28. Approximately 1000 people participated .

Half Marathon Run

1 st John Caie	1.15.46
2 nd Paul Davidson ex	1.18.33
41 st Andrea Evason (7 th F)	1.35.05
76 th John McKinley	1.39.40
84 th Robert McPherson	1.40.40
85 th Cindy Taylor (16 th F)	1.40.45
170 th Maureen Lawson (51 st F)	1.51.27

12km Run

Won by Hamish Coleman in	45.16
48 th Sophie Sharp (6 th F)	58.59

MOUNT 100, by Brad Smith

On Saturday 27th September the TBC and TGC cross country teams set themselves the challenge of running 100 laps of Mount Maunganui in 12 hours. With an average time of 7 minutes per lap needed to complete the challenge a more realistic approach was to have two teams complete 50 laps each. At 6:30am Matt Strange and Esther McArthur set out to complete laps 1 and 2 and so the challenge began.

The reason behind the inaugural Mount 100 was to fundraise some much needed money for what is looking like an expensive 2009 for secondary school cross country. With the NZSSCC Champs in Nelson and the TBC senior boys team looking to run at the Australian SSCC Champs the idea of an early fundraiser was motioned.

The morning dawned beautiful with clear skies, a warm morning sun and plenty of generous morning walkers donating their coffee

money to our cause. As the hours rolled round the teams were on track and feeling good. However by 2pm the clouds had rolled over, the walkers became sparse, and the runners began to thin and tire. It was amazing to see the huge numbers of walkers making their way around the Mount in the morning sunshine but as soon as the conditions became less favourable it became quite quiet. Unfortunately for the two teams this meant that the morning flow of donations had turned to more of a trickle.

With the rain setting in late afternoon the decision was made to start running more athletes at the one time to knock out the laps faster. With up to six on the track for the last hour, we completed lap 100 just after 5:30pm. Regan Bones took out fastest lap anticlockwise in 12:35, Jacob Martin ran 12:31 for fastest lap clockwise, Matt Strange completed eight laps to record the most and Alex Colvin had the greatest amount fundraised.

I think we will have another go next year, to reach its potential in terms of fundraising however it needs to be hot and sunny for the duration of the event to have the flow of walkers going past to keep the donation bucket ringing.

Quiz Evening 26/9/08

Tracey Hale thanks those who attended her fundraising evening to assist with travel to Commonwealth Youth Games in India. She reports:

“There were about 23 teams there, from it me and the other boy Simon Gyenge who organized the quiz received \$1334.70 each which helped a lot!! The quiz master was Nick Page, a geography teacher at school, who did an excellent job! **Brendan Magill** and **Ray Young’s** team won and I think a team of teachers came second and I can't quite remember who came third. It was a really tiring but fun night. Sold a lot of raffles and played a few games of heads and tails and gave out lots of spot prizes which I think people enjoyed.”

Unfortunately, Tracey suffered a stress fracture in India and didn't compete. She now has her ankle in plaster.

SBS Half Marathon, Hamilton 5/10/08

Clashing with Road Relays this event was won by Matt Parsonage in 1.13.13 with first woman Michelle Hyland in 1.29.42.

The 10km option was won by Grant Winwood in 37.25 with first woman Louise McMahon in 43.24

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Esther and Matt ready to start the inaugural MOUNT 100.

NZ ROAD RELAYS, Mosgiel,
4/10/08 (editor's version)

Sponsored by much appreciated funding from Pub Charity, we stayed at the Commodore Motel in Cumberland St, which was very close to the Botanical Gardens. As a bonus this was only a couple of minutes walk from Steve's flat (Andrea's twin) and he joined us on the day to cheer the teams on.

The course started in Outram with Lap 1: 10.3km flat, lap 2: 9.9km flat, lap 3: 8.9km slightly undulating, lap 4: 7.4km, lap 5: (3 mile hill) 8.2km, lap 6: (the descent on metal) 8.9km, lap 7: 11.0km mainly flat, to finish in Mosgiel.

A slight setback for Our "A" team when Iain MacDonald (injury) and Mark McKeown (iIllness) withdrew just a week or so out from the event. MM40 John Caie (who ran a half marathon the week before) and Nick Sebastian (reserve from the Composite team) stepped up to the occasion and give it "Death".

Ramblers Senior Men's Team Results

Mike Pugh	Lap 1	3 rd SM	33.11
Gareth Hyett	Lap 2	3 rd SM	32.56
Kyle MacDonald	3	4= SM	29.45
John Caie	Lap 4	8= (1 st M40)	25.51
Ben Ruthe	Lap 5	1 st SM	32.37
Nick Sebastian	L 6	11 SM	* 29.18
Craig Kirkwood	L7	6 SM	<u>35.39</u>
4 th place	DQ		3.39.17

Mike Pugh was voted among his peers on the NZRun website as having one of the outstanding runs of the day. He positioned Ramblers into 3rd place at the first changeover behind Ariki & Canterbury University, against some of the best NZ has to offer.

Gareth held on to 3rd place in his lap, handing on to **Kyle** who was 4th= fastest over leg 3 but still in 3rd place. Kyle tagged **John**, who recorded the fastest MM40+ time (fantastic!) on leg 4 and 8th = fastest overall. Scottish had closed the gap and were dead equal.

Ben who chose the mean uphill gradient, took off running side by side with ex Rambler, (now Scottish), Mountain Running rep, Glenn Hughes. Ben passed the Ariki runner and opened up a lead on Glenn, handing on to Nick in third place

behind teams from Pakuranga & University of Canterbury.

"**Give it Death**" was the instruction to **Nick** who took it literally and ran himself into the ground. Ben, warming down, was jogging back to cheer Nick on, and found him about 1 ½ kms from the finish of his leg lying on the road receiving medical assistance. Ben grabbed Nick's singlet & ran to the changeover with it, to tag **Craig**.

Unfortunately the team slipped back a placing during the emergency and despite having the 6th fastest time over the final leg against NZ's fastest, Craig couldn't quite bring home a medal. The team, while finishing 4th behind 1st placegetters University of Canterbury, 2nd Pakuranga & 3rd Wellington Scottish, was DQ'd.

Nick was placed on a drip in the ambulance with Hamilton Hawks uphill specialist runner Glenn Sexton (MM40) who collapsed at the end of lap 5, for company.

Nick spend a rather uncomfortable afternoon bedridden back at the motel, and looking like "Death". However he recovered sufficiently to show up at the after function around midnight, ready to party with a beer in hand!

The Junior team ran much the same course as the first 4 stages of the seniors, but with an extra changeover in the middle of lap 2, and no hill section.

Unfortunately **Sophie** suffered illness on the day of the event and succumbed to faintness during her lap. **Esther** gamely tagged her 4km from the changeover and ran through completing approx 9 km instead. As with the SM this meant a DQ, however the team ran on to finish in 5th place.

Pic- Glenn & Ben take off



Junior Women Results

Sophie Sharp	10.3km	7 th W19	* 48.06
Esther McArthur	5.4km	5 th W19	26.44
Ella Mangan-Walker	4.5km	3 rd W19	18.53
Shelby Goddard	8.9km	7 th W19	42.24
Chanelle Bryan	7.4km	6 th W19	34.43
Julia Campbell	6.8km	5 th W19	<u>29.34</u>
5 th W19	DQ		3.20.24

Fantastic runs from **Ella** in lap 3 and from **Chanelle & Julia** at the end to pick them up a placing remembering that this is their first relays and the team are all aged under 16.

The Masters & Composite race are commented on in detail on the next couple of pages so I wont repeat.

Stunned silence at the afternoon tea in the the clubrooms at Mosgiel, when Terry blows his whistle, then he calmly announces that his team is leaving!

The after party held at Starters Bar in Dunedin on Saturday evening was jam-packed, with plenty of dancing and beer flowing.

The juniors took a trip to Filidelphio's for pizza instread, followed by a tour of the University, escorted by Brad, Adam & Tanya Garner, with Malcolm & myself tagging along for a while until they went to play Lasar games.

After the vets 1 ½ hr run up Baldwin St & Signal Hill on the Sunday morning, Gavin, myself, Braden Andrea & Steve took a sight seeing tour of Dunedin, by rental car. Next came a downhill sprint race between Steve & Braden on a steep sandhill at Sandfly Bay with a tumble by Steve thrown in. Dead heat!

Tuesday morning Steve took Gavin on a 2 ¼ hour run up Flagstaff hill, then back via 3 mile hill. Gavin said afterwards that he wouldn't have wanted to go any faster and it was Steve who was waiting for him to catch up! Next year's team maybe!

NZ ROAD RELAYS: From Dave Whitehead: History is full of biased accounts, fables, legends and downright lies. Let this stand as the most accurate and meaningful account of the battle of

<u>+50's Men</u>	<u>Age</u>	<u>Indiv</u>	<u>Overall</u>	<u>Time Diff</u>	<u>The Composite Team</u>	<u>Overall</u>	<u>Age</u>
Barry Watson	53	0:41:47	0:41:47 x	0:01:26	Adam Garner	0:43:13	20
Dave Whitehead	53	0:43:51	1:25:38	0:01:34 x	Les Dobson	0:40:51	49
Murray Clarkson	61	0:38:27	2:04:05 x	0:00:41	Andrea Smith	0:40:42	21
Mike Powell	59	0:32:10	2:36:15 x	0:02:41	Tim Masters	0:34:10	59
Stu Smith	54	0:44:22	3:20:37 x	0:01:38	Terry Furmage	0:43:19	46
Peter Kennedy	55	0:35:30	3:56:07	0:01:31 x	Mathew Smith	0:32:21	29
Gavin Smith	55	0:42:46	4:38:53	0:01:06 x	Braden Neal	0:43:11	20
<i>Average Age</i>	56						34

The fact that both teams were to be running in different age groupings paled into insignificance as a bolshy Tim Masters fancied his chances against a struggling Mike Powell and a bet of the liquid variety was quickly thrown down and accepted. On paper the composites should have eaten the 50's alive by at least 5 mins not only because age weighted the comps were 20yrs younger but the 50's were struggling to find form as only Barry and Gavin could declare themselves 100% fit with injuries such as torn ankle ligaments, strained Hamstrings, severe head and body bruising – you remember the song 'head, shoulders, knees and toes' that described the 50's perfectly.

The day started optimistically in the 50's favour as *an in-form* Barry Watson chased and passed composite Adam Garner [*who in leaner younger times, but not so long ago used to hover around the 4mins for 1500*] and then continued to take time out of him until changeover. Sadly Dave Whitehead [*returning from torn ankle ligaments injury 3 wks earlier*] could not hold onto the lead and Les ran him down by halfway. Murray still running rather gingerly after 12mths problems with hamstrings managed to ease past Andrea giving Mike a 41sec start on Tim. Mike had frightened us all with statements like 'I might not be able to finish if the hammy goes' then proceeded to pull one out of the box and ran a sterling leg handing over to Stu with a 2:41 lead.

It has to be said at this point the Comps had their own cheerleader extraordinaire in Terry who had fished out the Headmaster's whistle to rouse his troops [*Les found out at the end of the race that he was in fact appointed Manager*] and intimidate the opposition.

Leg 5 deserves special mention, as do the runners. This leg climbed to a height of 490m over 8.9km and a valiant Stu Smith held off a determined attempt by Terry to dent his lead. In fact in can be argued that Stu might have kept his lead had not an old groin injury flared up causing him to slow up approaching the summit- in fact there were reports [from 'the enemy' that he might not make it and scouts were sent down to check on him. But Stu is made of sterner stuff and worked hard till the end. Terry had entered the 'quiet phase' of the day [most enjoyable] and at one or 2 weak moments conceded that 'maybe the race was over for the Comps' but in the end Ironman Terry had taken a minute out of Stu and true to form and reputation finished with a mighty blast on his whistle [yea, sadly he was still full of wind... with more to follow]

Now it was over to the young and the reckless for Leg 6 – a drop of 420m on forestry tracks and loose metal. Brave [young] Pete Kennedy ran the race of his life knowing full well that the fearless Matt Smith would be in hot pursuit. Matt who ran an absolute blinder to finish the Goat last year in 2hr38 and an equally dangerous cheese rolling chaser/racer reversed the positions again giving back the lead to the Comps by 1:31mins.



Barry passes Adam
In the first lap



Mike Pugh leads off in the SM race

It looked like it was ‘all over Rover – tail between our legs head for home’ Braden would nail our butt to the floor but whether the young buck [who has a lot of running prowess and results to his name] was having an off day or his form was suffering from the incurable disease called love or what we’ll never know or maybe he was just beaten by a better man on the day as Gavin – *old enough to be his father [or what]* dug deep into his own memory box of mighty runs to beat the youngster by 25secs over an 11km leg defies logic. That he passed 2 vets teams to put us into 9th place for our grade was also of great value and should be noted. [we almost forgot that what the race was for.]

So at the end of the day The Comps had beaten us [*or had they*] by a measly 1:06 mins. We graciously shook their hands and accepted their jibes. But let the record show that not only were the 50’s on average 22yrs older, carrying injuries that would have left the younger ones in front of their tele’s but the 50’s also won 4 out of the 7 legs.

Tim in fine style went out and bought the best of lagers for Mike and we all proceeded to finish the day with some liquid refuelling and chiaking. It was said by a few of the longer serving Ramblers that it was one of the best trips away.

Six of us went off to watch the last game played at Carisbrook – Otago vs. Wellington, where a fiery Otago side gave their fans the match of the season beating the Competition leaders by 5 tries to 2. Terry [*who has a secret desire to be a ref*] gave his own [*whistled*] interpretation of the laws, I’m sure disrupting the odd lineout or turn of play close at hand. How we never got marched out is beyond me.

Maybe the last word on the fitness of the 2 teams should be evaluated on the recovery run which included Baldwin St [the world’s steepest street] the 50’s turned out 6 runners for a 1hr30 run compared to only 3 of the Composite Team!



Terry’s last ditch attempt, at the finish, to send Gavin down a side street (with a lot of whistle blowing).



Barry, Dave & Murray enjoy a confident moment for the M50 team



The Composite team

THE FUN TEAM AT THE NATIONAL ROAD RELAY CHAMPS 2008

By De Feet

Saturday October 4th saw four Tauranga Ramblers teams on the start line for National Road Relay Champs starting in Outram and finishing in Mosgiel near Dunedin. Having arrived on the Friday and surveyed the course, teams that night set their strategies and tactics for the next day. With the Composite and 50+ Masters team's starting at 9.30am there were a few bets were made as to who would be ahead at the end of the day. The Master 50+ were not quietly confident and they made sure the Composite team knew about it.

Saturday morning saw Barry Watson get the 50+ team off to a flier while Adam Garner, having put on a few kilos for this event, tried to hang on for as long as he could. Unfortunately for Adam, Barry was chasing one of the ex Tauranga runners Tracey Crossley which seem to spur him on or was it Barry's good form? At the end of the 10.3km lap Barry led Adam by 1 minute 26 seconds.

Dave Whitehead having recovered recently from an ankle injury took off on the 9.9km second lap with a comfortable cushion but Les Dobson running for the Composite cut into his lead and by half way had Dave well in his sights. Les powered past Dave to Dave's dismay (who later complained if only he'd been fit. One of his many complaints) but to the delight of the Composite team. By this stage Terry Furmage had found a whistle and had great delight blowing to let Dave know that Les was coming. The whistle actually came in handy at the change over's as Terry cleared the crowd, as Les powered home to hand over to Andrea Smith with a 1 minute 34 second lead.

Andrea took over on the next leg of 8.9km but the wily Murray Clarkson soon had her in his sights and managed to wipe the Composite teams lead and carve out a 41 second advantage at the changeover.

Lap 4 over 7.4km saw the eagerly awaited clash between Mike Powell for the 50+ team and the rejected Tim Masters, not wanted by them. Tim tried putting a hex on Mike at the start but even though Mike was carrying a slight hamstring injury, he ran an awesome leg (even if it was only on one) to take two minutes out of Tim to give the 50+ team a 2minute 41 second lead at the start of the fifth lap.

Until this stage every lap had been reasonably flat but on the 8.2km up hill lap, Terry Furmage with whistle in hand, put the Composite team's strategic plan into action. This had been developed the previous evening while watching rugby and playing pool at the local bar. Having absorbed all the pressure in the first half and having only been in the lead for one of the first five laps the Composite team slowly started to cut into the 50+ lead. As Stu and Terry hit the top of the hill the wind had picked up and not only did they have to contend with a couple of sharp inclines but also the wind that made running near impossible. By this stage the 50+ team were starting to crow about the lead they had and Dave Whitehead even suggested to Terry he may as well give up as it was all over and their Fat Lady was getting ready to sing. Stu Smith ran a strong lap to still carry a 1minute 38 second lead at the top of the hill though Terry did manage to get Stu in his sights just at the end of the lap.

Pete Kennedy running the downhill lap of 8.9km for the 50+ was quietly confident he could maintain a winning margin for them. It was time for the Composite team to bring on their impact player, Mathew Smith, who ran a blinder. Not being able to follow the runners on this lap as it was closed to race traffic; there was eager anticipation at the bottom of the hill as the teams waited for their runners to appear. To the delight of the Composite team Mathew came flying out of the forest with one and a half kilometres to go and no Pete in sight. The 50+ team smiles or comments were no longer been seen or heard, nor was their Fat Lady getting ready to sing. She was being asked to leave the stage. Mathew even had time to stop and have a stretch a kilometre from the finish and still give Braden Neal a 1 minute 31 second lead.

Braden took off like a scalded cat on the 11km lap and had put 20 seconds on his future father-in-law Gavin Smith in the first three kilometres and now the Composite teams Fat Lady was on stage doing a sound check. As they turned into the wind and headed towards Mosgiel on the flat, Gavin slowly started to cut into Braden's lead. The 20 seconds Braden had gained was whittled away and soon Gavin was starting to make inroads into the lead but with Mosgiel in his sights the fat lady was getting ready to sing for the Composite. Terry Furmage blowing his whistle to tried to send Gavin the wrong way a couple of times in the last few kilometres but Braden managed to hold on for the Composite team to finish 1 minute 6 seconds ahead of the 50+.

The Composite teams Fat Lady was now singing and Dave 'Whingehead' Whitehead wanted to put in a protest as Terry had been spotted receiving assistance on his lap by way of a drink. Plus they moaned about how the Composites should have won by more with a much younger team. It seems that the 50+ were all of a sudden made up of a bunch of whinging poms. They were not very gracious in defeat and probably just as humble as the Composite were in victory. I don't think so! And after a few beers the lead was down to less than 30 seconds and by the end of the night the 50+ were convinced they had finished ahead.

....Continued next page



It was extremely disappointing waiting at the finish at the Taieri Rugby that there was no announcements of who the teams were and where they were coming. One would have never known the University of Canterbury had won the men's title and Pakuranga the women's. For a National event this seemed very poor and therefore the Composite team weren't too keen to stay for the prize giving. **How do you get the team to know your leaving in amongst hundreds of runners?** Answer, get Terry Furmage to blow his whistle and make an announcement. The whole hall fell dead quiet and everyone knew that the Ramblers were leaving.

At the end of the day the official results showed two Rambler teams disqualified, one finish 9th out of 11 teams, and the Composite finish 3rd. **So much for the Composite team being a bunch of social hacks out for a good time. It should be noted that were the most successful team at the 2008 National Road Champs.**

That evening saw the three teams drown their sorrows in various ways while the Composite team celebrated. Some went to see Wellington get done by Otago at the House of Pain but luckily for them they had a sober driver as Terry Furmage was pulled over by flashing lights on the way home. The breathe test proved he was okay and for once the boys in the back were quiet. The highlight of the evening was Les Dobson telling everyone he knew Ma'a Nonu from Wellington and after the game getting him to talk to his daughter on the cell phone to prove it. It was very entertaining as Les had actually never met Ma'a before but his daughter did actually know him. To cap it off Les got a text the next day from his daughter saying Ma'a was taken aback a bit and was scared Les might hit him! It was more the other way round. Maybe Ma'a could be Les' future son in law? You never know.

The next morning saw an 'easy' run from most of the 50+ team and very few of the Composite team, which included Baldwin St, the steepest street in the world. Then Terry took them on a tiki tour with 3km's of uphill to be half way to Mt Cargill as he hadn't had enough hills from the day before. After more whinging by the 50+ he did find a track across the sky line to

Signal Hill with many great views of the harbour and the Otago Peninsula and finally back to the motel.

Overall a great weekend was had by all win, lose or draw.



Julia finishes for the W19



Gareth tags Kyle

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WBOP Open Meet, Porritt
11/10/08

Livvie Duggan was the only Rambler at this low attendance meet.

W16 Shotput	1 st /2	8.77m
W16 Discus	1 st /3	32.75m

Athletics Auckland Senior Meet
Mt Smart 4/10/08

Cloudy with strong winds.
Three Ramblers travelled to Auckland.

Tracey Hale W19			
60m	2 nd /4		8.00
100m Hurdles	1 st /3	1 st W19	14.70
Rebecca Cochrane W19			
60m	4 th /4		8.60
100m	6 th /6	2 nd W19	14.10
Triple Jump	2 nd /2		10.22
Michael Cochrane M19			
60m	3 rd /5	2 nd M19	7.30
110m Hurdles	2 nd /4		14.50
400m	3 rd /8	2 nd M19	52.20

Commonwealth Youth Games,
Pune, India 14-15 October 2008

Mariah Ririnui qualified 3rd in the 4th heat of 6 in the 100m with a time of 12.57. In the third heat of the semi final she was 5th in 12.43 but did not progress to the final.

In the Long jump she progressed from the qualification rounds with a jump of 5.78m then went on to win a **bronze medal** with 5.82m – just .13 short of the winner, Abigail Irozuru from England.

In the 4x 100m relay Mariah lead out the NZ team which placed 6th in 46.99s.

Over 1300 athletes from 71 countries took part in 9 different disciplines: Athletics, Badminton, Boxing, Shooting, Swimming, Table Tennis, Tennis, Weightlifting and Wrestling.

The First Games was held in Edinburgh in 2000, followed by Bendigo, Australia in 2004, then Pune, India 2008.

Similar to Commonwealth & Olympics highlights included the splendid Opening & Closing ceremonies.

Nick Willis Schools Relay &
Open Meet Porritt, 18.10.08

Te Aroha schools managed wins in the Mixed 1500m Primary relay(4.22.99), the Mixed 1500m Intermediate relay (3.48.69), SS Girls 1500m relay (3.56.85), and St Peters won the SS Boys 1500m relay in 3.18.09.

Nick Willis Meet, Porritt cont:

Sophie Millar G14
 1st 80m 10.98
 1st 300m 44.70

Rebekah Millar G14
 2nd 80m 11.18
 2nd 300m 45.66

Joseph Millar M16
 1st 80m 9.38
 1st 300m 37.12

Livvie Duggan W16
 1st Javelin 28.58

**Papamoa Lifeguards Fun Run/
 walk, Papamoa Regional Park
 19/10/08**

85 people entered the fundraiser Mountain run/walk this year. King of the Mountain went to Chris Morrissey who recorded 21.09 for the approx 5km circuit, back to the carpark. 2nd place (3rd to top) was **Michael Sutton**. **John Caie** (2nd to top) was 4th to finish after a nasty tumble on the stairs near the end, bruising both hip and arm. Matt Strange (TBC) last year's winner was 5th home just beating **Gavin Smith** who finished 6th. **Christine Sutton** *pic below:* (G12) claimed both the Queen of the Mountain (7th overall to top) & first female home titles.



A sausage sizzle & spot prizes followed.

**Opening T&F Club Night
 Tauranga Millennium Track
 21/10/08**

Great first night attendance with lots of kids present, trying out track.

60m

1. Troy Martyn	B11	8.8
2. Andrew Robinson	B10	8.9
3. Connor Millar	B11	9.5
4. Keegan Millar	B9	10.4

1. Samantha Bitcheno	G9	9.4
2. Caitlyn O'Toole	G10	9.6
3. Abby Furrage	G10	10.8
4. Bethany Millar	G9	11.4
5 Ruby Harris	G4	16.8

1. Abby Goldie	G12	8.6
2. Amy Robinson	G12	8.7
3 Brooke Somerfield	G11	9.2
4 Amanda Somerfield	G11	9.4
5 Cydney Ebeling	G11	9.7

1. Michael Booth	B13	8.1
2. Patrick Gough	B13	8.9
3 Ashton McQueen	B13	9.4

1. Sophie Millar	G13	8.4
2. Rebekah Millar	G14	8.7
3. Jessica Te Whaiti	G13	10.7
4 Rebecca Palmer	G13	11.5

1. Julian Philip	B15	7.8
2. James Hunt	B13	7.9
3 Kyle Cairns	M16	8.2

1. Genelle Vanderschantz	W16	8.1
2. Vanessa Hill	W16	8.2
3. Emma Jackson	W16	8.5
4. Aneta Buckley	W16	8.8
5. Rebecca Cochrane	W19	8.9
6. Livvie Duggan	W16	9.1

1. Joseph Millar	M16	6.9
2. Josh Harrison	SM	7.1
3. Michael Cochrane	M19	7.4
4. Peter Wei	M19	7.9

1. John McKinley	M50	8.7
2. Ian Bitcheno	M40	9.1
3. Les Dobson	M45	9.4
4. Chris Harris	M40	9.7
5. Murray Clarkson	M60	10.1
6. Gavin Smith	M55	10.4

1. Scotty Neilson	M65	9.8
2. Sid Pavett	M70	12.3
3. Eric De Lautour	M85	12.8

800m

1. Andrea Smith	SW	2.28.1
2. Ashley Clements	W19	2.34.7
3. Jessica Bitcheno	G12	2.38.9
4. Charlotte Bartrum	SW	2.40.3
5. Sophie Millar	G13	2.44.2
6. Cydney Ebeling	G12	2.52.1
7. Kelly Furrage	G12	3.02.2
8. Linda Reynolds	W40	3.03.8
9. Jodi Furrage	G12	3.13.6
10. Samantha Bitcheno	G10	3.17.7
11. Bethany Millar	G10	3.19.0
12. Abby Furrage	G10	3.20.7
13. Robyn Winter	W55	3.45.3

1. Eremia Tapsell	B14	2.28.2
2. Luke Davison	B14	2.32.7
3. Michael Booth	B14	2.44.1
4. Andrew Robinson	B10	2.45.5
5. Keegan Millar	B9	3.14.7
6. Connor Millar	B12	3.15.1

1. Mathew Smith	SM	2.19.5
2. James Smith	SM	2.27.2
3. Gavin Smith	M55	2.36.4
4. Les Dobson	M45	2.39.2
5 Murray Clarkson	M60	2.39.4
6. John McKinley	M50	2.46.7
7. Barry Watson	M50	2.49.1
8. Scotty Nielson	M65	3.21.6
9. Sid Pavett	M70	3.23.3
10. Chris Harris	M40	3.25.9
11. Eric De Lautour	M85	3.45.9



60m sprint action G11 & 12

300m

1. Jessica Bitcheno	G12	51.7
2. Cydney Ebeling	G12	52.4
3. Jessica Te Whaiti	G14	55.9
4. Samantha Bitcheno	G10	1.01.8
5. Abby Furrage	G10	1.05.4
6 Rebecca Palmer	G14	1.05.7
7. Bethany Millar	G9	1.06.7

1. Emma Jackson	W16	46.7
2. Sophie Millar	G13	47.2
3. Andrea Smith	SW	47.5
4 Genelle Vanderschantz	W16	52.9
5. Vanessa Hill	W16	58.4

6 Aneta Buckley	W16	58.6
1. Eremia Tapsell	B14	44.1
2. Michael Booth	B14	46.8
3. Patrick Gough	B14	48.5

1. Joseph Millar	M16	36.2
2. Michael Cochrane	M19	36.4
3. Josh Harrison	SM	39.4
4. Kohu Tapsell	SM	40.6

1. John McKinley	M50	46.0
2. Brendan Magill	M45	48.8
3. Les Dobson	M45	49.1
4. Gavin Smith	M55	53.3
5. Scotty Nielson	M65	59.0
6. Sid Pavett	M70	1.05.4
7. Eric De Lautour	M85	1.06.9

3000m

1. Alice Wilson	SW	10.40.7
2. Gavin Smith	M55	11.05.9
3. Barry Watson	M50	11.51.2
4. Mathew Smith	SM	12.01.8
5. Les Dobson	M45	12.04.9
6. Fiona Ellison	W35	12.13.0
7. Ashley Clements	W19	12.14.2
8. Jason Knapp	M17	12.43.2
9. Andrea Smith	SW	12.44.7
10. Charlotte Bartrum	SW	12.58.7
11. Ashton McQueen	B14	13.34.4
12. Linda Reynolds	W40	13.38.7
13. Sid Pavett	M70	13.47.6
14. Cydney Ebeling	G12	14.54.2
15. Kelly Furmage	G12	15.00.8
16. Jodi Furmage	G12	15.10.4
17. Abby Furmage	G10	17.10.5
18. Eric De Lautour	M85	17.33.1

Shotput

MW 1 st Christine McCahill	10.29m
W16 1 st G Vanderschantz	6.94m
W14 1 st Sophie Millar	6.36m
W12 1 st Amy Robinson	7.52m
M14 1 st James Hunt	7.89m
2 nd Ashton McQueen	7.78m
MM 1 st Brendan Magill	5.85m

Long Jump

MM 1 st Stephen Te Whaiti	5.38m
2 nd Brendan Magill	4.13m
M19 1 st Michael Cochrane	6.07m
M16 1 st Kyle Cairns	4.77m
2 nd Luke Davison	4.61m
W12 1 st Amy Robinson	4.32m
2 nd Abby Goldie	4.17m
3 rd Kelly Furmage	3.46m
W14 1 st Jessica Te Whaiti	2.86m
2 nd Rebecca Palmer	2.80m
W19 1 st L Eaton	4.99m
2 nd Rebecca Cochrane	4.40m

PUTARURU BELL MEET
Round 1, Tauranga Domain
25/10/08

Tauranga had three teams (7 per team) and the Tga A & Tga B are placed 3rd & 4th after the 1st round behind Frankton & Hawks A. Some of our juniors registered under their childrens clubs. Full results are on ANZ website.

Showers passed over during the event.

Ramblers results

Genelle Vanderschantz W16 & U

(TgaB)		
100m	1 st	12.7
200m	2 nd	27.8
Shotput	3 rd	7.95m
Discus	3 rd	19.00m

Rebekah Millar W16 & U (Pap)

100m	5 th	13.5
200m	7 th	28.8

Sophie Millar W16 & U (Pap)

100m	7 th	13.9
200m	5 th	28.5

Abbie Goldie W16 & U (Gre)

100m	9 th	14.6
200m	9 th	29.8
Long Jump	2 nd	4.21m

Andrea Smith SW (Tga B)

800m	1 st	2.24.9
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Laurie Pugh W35+ (Tga C)

3000m	1 st	12.48.1
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Robyn Winter W35+ (Tga C)

3000m	2 nd	15.45.1
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Khanum Elisaia W16&U (Tga A)

Shotput	1 st	10.72m
Discus	2 nd	27.96m

Livvie Duggan W16&U (Tga A)

Shotput	2 nd	8.87m
Discus	1 st	31.72m

Christine McCahill W35+ (Tga A)

Discus	1 st	32.87m
Shotput	1 st	10.72m



Joseph Millar M16&U (Tga A)

100m	1 st	11.0
200m	1 st	22.9

Michael Goldie M16&U (Tga B)

100m	9 th	13.2
200m	dnf	

Long Jump 4th 4.99m

Brendan Magill M35+ (Tga A)

100m	3 rd	14.8
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Triple Jump 1st 8.72m

Discus 3rd 18.65m

Gavin Smith M35+ (Tga A)

100m	5 th	16.5
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200m	5 th	32.9
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800m	5 th	2.31.7
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3000m	2 nd	10.56.2
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Jacquille Harris M16&U (TgaB)

200m	9 th	28.9
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Shotput	2 nd	9.67m
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Discus	3 rd	22.37m
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Michael Sutton M16&U (Tga C)

3000m	1 st	10.02.3
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John Caie M35+ (Tga A)

3000m	1 st	10.16.9
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Ashton McQueen M16&U (TgaA)

3000m	2 nd	13.03.8
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Shotput	5 th	7.75m
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Discus	2 nd	25.25m
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Michael Cochrane M17-19(TgaB)

110mHurdles	1 st	14.9
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Long Jump	1 st	6.08m
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Triple Jump	1 st	12.41m
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Alvante Harris M16&U (Tga B)

800m	dnf	
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Shotput	3 rd	9.48m
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Discus	4 th	22.09m
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Luke Davison M16&U (Tga B)

800m	dnf	
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Triple Jump	2 nd	10.52m
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Shotput	4 th	9.15m
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Discus	1 st	31.06m
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SIR BARRY CURTIS 10km

From Musick Point, Bucklands Beach, to Lloyd Elsmore Park, Pakuranga, this longstanding event attracted a few from over the ditch chasing the prizes, and who gave Ben a mean race.

1st Jason Woolhouse (NZ based in Aust)

30.05

2nd Toby Rayner (Aust)

30.22

3rd **Ben Ruthe**

31.04

1st W (18th o/all) Alice Mason 33.36

<<<Alice Wilson in 3000m at Club night

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.

!!!! Working Bee !!!!

Murray Clarkson would like a helping hand at the Tauranga Domain Track to do a bit of leveling on **Saturday 15th November** 8am start. Please bring spade, shovel, rake or wheelbarrow if you have one, otherwise just turn up, for possibly 4 hours work.

Club Contacts:

President: Malcolm Taylor Ph 5760000
 Secretary: Gail Elisaia Ph 5716116
 Treasurer: Alex Whimster Ph 5765039
 Event Entries: Bev Smith Ph/fax 5764469
 Email: klbjsmith@clear.net.nz
 Uniforms: Bev Smith Ph 5764469
 Summer Club Captain:
 Brendan Magill Ph 5740353

Club Email:

athletics.tauranga@xtra.co.nz
website: www.taurangaramblers.co.nz
 or www.athleticstauranga.co.nz
 or www.sportsground.co.nz/taurangaarc

Sportsground have just given a free website to all clubs & schools in NZ for advertising and use as they desire. Malcolm ihas already placed clubnight T&F results for 28/10/08 on to it. Check out www.sportsground.co.nz/taurangaarc It has also been linked to our original site.

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

1 November

Putaruru Bell Meet, Round 2, Porritt Stadium. 3pm

1 November

Tasman King of the Mountain, Kawerau www.kawerauharrierclub.co.nz

2 November

adidas Auckland Marathon & Half Marathon

www.aucklandmarathon.co.nz

4 November 5.45pm start

100/110m Hurdles, 150m, 400m, 5000m, High Jump, Hammer

5 November

WBOP Secondary Schools League Round 2, Porritt , 5.30pm

8 November

Maratoto Challenge- Hikutaia School, off road event (on Thames-Paeroa Rd) 21km =3 ridges, 10km = 1 long mean hill, or 5km fun run/walk = mainly flat

8 November

Battle of the Cities T&F Meet, Mt Smart, Auckland, starts 1pm

9 November

Toi's Challenge- Whakatane 18.5km off-road run/walk plus 2 person team option. www.whakatane.com/feature_tois.html

9 November

Thames Half Marathon, Entry \$15 –all profits to Save the Children Fund, starts 9am, meet at the pool. Out & back course up Kauaeranga Valley Rd. Also a 10km & 5km

11 November 5.45pm start

100m, 1000m, 200m, 3000m, Javelin, Shotput

12 November

WBOP Secondary Schools League Round 3, Porritt, 5.30pm

13 November & Thursdays until 18th December

Everyone's Run Walk series from Maxwells Rd reserve starts at 5.45pm walk/6pm run -\$5.00 entry fee for 5km, also a children's 3km @ \$3.00. Prizegiving at Trust Bar, Otumoetai afterwards.

15 November

Kerikeri Half Marathon (ANZ Half Marathon Champs :see website)

15 November

Battle of the Cities, Round 2, Mt Smart, Auckland, 1pm

16 November

Masters Meet, Porritt Stadium, 12.00pm

16 November

Round the Bridges, Hamilton www.coolrunning.co.nz/races/bridges/

18 November 5.45pm start

200m, 1500m, 400m, 3000m Discus, Long Jump

19 November

WBOP Secondary Schools League , Round 4, Porritt, 5.30pm

22 November

Battle of the Cities, Round 3, Porritt Stadium, Hamilton, 1pm

22 November

The Great Cranleigh Kauri Run, Coromandel 32km & 13km events off road tough terrain runs. www.arcevents.co.nz

22-23 November

North Island Combined Events Champs, Hastings

25 November 5.45pm start

300/400m Hurdles, 60m, 800m, 2000m, Triple Jump, High Jump

28-30 November

North Island Masters Championships, Towers Track, Mt Smart

29 November

Battle of the Cities Round 4, Sovereign Stadium, Nth Shore 1pm

30 Nov- 6th Dec

Pacific School Games. Canberra. Australia