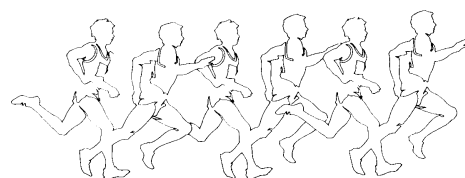


Ramblings



Newsletter of Athletics Tauranga Incorporated

September 2008

Volume 2008, Issue 9

Editor Fay Smith
Ph/fax 5443666, Email:
gc.flsmith@xtra.co.nz

Inside this Issue

Page

- 1** Athletes of the Month
- 2** NISS Inter-Prov Relay
NZ Road Champs
- 3** AIMS XC
Whangamata Half
Rotorua Redwoods Relay
- 4** The Legend
Rocky Cutting
- 5** Club Road Champs
- 6** Coming Events



ATHLETES OF THE MONTH

September 2008



Amy Robinson & Scott Croasdale

Amy won the Year 8 Girls Race & Scott won the Year 7 Boys Race at the New Zealand AIMS Inter-school Cross Country, (3km) at Waipuna on 8th September.

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: Hklbjsmith@clear.net.nz
Uniforms: Bev Smith Ph 5764469
Current Winter Duty Captain:
Russell Lake Ph 5786970

Club Email:

Hathletics.tauranga@xtra.co.nz
website:
Hwww.taurangaramblers.co.nz
or

National Road Relays, here we come! I'm looking forward to 5 days in Dunedin and the chance to visit with Steve, (3rd year Physio student at Otago). The Ramblers are bunking down in a motel less than 5mins walk from his flat. Steve will naturally be supporting Ramblers at the relays and hasn't forgotten his running, having done the Moro Half, just 2 weeks ago (*along with running round the streets and beaches of Dunedin for a couple of worldnude day videos for Sportscafe!*)

NI SS Inter-Provincial Relays
Papakura, 1/9/08

Held at Bruce Pulman Park, over 30 teams took part including Taranaki. Tauranga athletes highlighted:

4 x 3.3km CC

Senior Boys

1	WBOP A	47.55
	Aaron Pulford	11.11
	Cory Whiting	12.36
	Oscar Currie	12.03
	Andrew Lloyd	12.05
3	WBOP B	50.20
	Julian Oakley	12.45
	Blaine Stevenson	12.33
	Matt Strange	12.41
	William Marshall	12.01

Intermediate Boys

2	WBOP	49.51
	Mohammed Ali	12.01
	Kieran McPherson	12.12
	Liam Walsh	13.09
	Patrick Burrows	12.29

Junior Boys

1	WBOP	52.26
	Michael Sutton	12.41
	Manaia Topfer	13.29
	Michael Goldie	13.35
	Scott Hillier	12.41

Senior Girls

2	WBOP	58.58
	Laura Sinclair	13.59
	Cati Pearson	14.07
	Esther McArthur	15.00
	Ashley Clements	15.04

Intermediate Girls

2	WBOP	59.47
	Andrea Peake	14.58
	Sophie Sharp	15.21
	Shelby Goddard	14.55
	Jenna Hansen	14.23

Junior Girls

2	WBOP	58.13
	Kerry White	14.16
	Teagan Voykovich	14.07
	Kiri Clothier	16.09
	Olivia Ritchie	13.31

NZ Road Champs, Ruakura
6/8/08

Awesome, well run event. Congratulations WBOP and also Hawks for the yum food on sale.

The weather stayed fine , although a bit breezy.

Some fantastic racing. Dale Warrander (Auckland) ran an outstanding race, settling in for a couple of laps then taking it to the field and playing catch me if you can. They couldn't! Shireen Crumpton (Otago) had an easy win in the women's field.



Dale (left) in the early stages of the race

Craig Kirkwood

Craig Kirkwood pushed up the pace in the later stages to come through strongly in third place in the Senior Men.

Another awesome effort from **Mike Pugh** to win the M35 race and place 2nd overall in the Masters Men behind Richard Bennett of Canterbury (M40 winner). **Russell Lake** also finished well to pip **John Caie**, who is coming back from injury & whom he had trailed most of the way.

Gavin Smith ran consistently, despite the onset of a cold/flu virus to score a bronze in the M55.

Other medals went to **Robert McPherson**, 3rd M65 and **Sid Pavett** 2nd M70. and **Malcolm Taylor** 10k walk, 2nd M55.

Michael Sutton just missed medalling in the B14 race, with a well-fought 4th.

Ramblers Results

Malcolm Taylor	M55	2 nd /2	10k walk	1.02.38
Michael Sutton	B14	4 th /28	3km	10.10
Shelby Goddard	W16	12/15	5km	20.43
Esther McArthur	W16	13/15	5km	20.50
Ella Mangan-Walker	W16	14/15	5km	20.53
Mike Pugh	M35	1 st /10	10km	32.36
Russell Lake	M35	6 th /10	10km	35.10
John Caie	M40	9 th /12	10km	35.16
Stu Smith	M50	13 th /17	10km	40.52
Barry Watson	M50	14 th /17	10km	41.02
Gavin Smith	M55	3 rd /9	10km	38.04
Tim Masters	M55	8 th /9	10km	44.42
Rob McPherson	M65	3 rd /4	10km	44.23
Sid Pavett	M70	2 nd /4	10km	49.49
Craig Kirkwood	SM	3 rd /34	10km	31.19
Gareth Hyett	SM	10 th /34	10km	32.12
Nick Sebastian	SM	27 th /34	10km	35.18
Braden Neal	SM	32/34	10km	37.41



Esther McArthur



NZ AIMS (Intermediate & Middle Schools) Cross Country, Waipuna 8/9/08

It was a wet, windy, miserable Monday, but the children braved conditions anyway to compete in this awesome event. Ramblers, Sport BOP & Tauranga Intermediate combined to run the show. A bit of local knowledge and Malcolm's Monday afternoon training sessions helped our local athletes achieve excellent results against schools from all over NZ. Congratulations to **Amy Robinson** winner of The Year 8 Girls race from a field of 84.

Amy's time over the 3km course was 11min 47s. Malcolm's daughter Danni placed 12th in 12.46 and **Abby Goldie** 46th in 14.18.

Scott Croasdale won the Y7 boys race in 11.1 from 80 finishers. Ken & Raewyn Keyte's son Hayden, from Te Puke placed 17th in 12.07.

Christine Sutton placed 2nd in the Y7 Girls, narrowly missing the win by 1 second behind Ilminster's Briar Hunter, from 72 finishers.

Waihi College's Dion Goodhue won the Y8 boys from a field of 80.

Tauranga Intermediate won the 12 x 1km relay event in 45.26 with Peachgrove Intermediate 2nd in 46.32 and Matamata 3rd in 47.20.



Whangamata Run/Walk Festival 13/9/08

It clashed with the Rotorua Redwoods Relay but the family were committed to running this event due to a promise to support Braden's dad who had been inspired to start running after watching his son run the Rotorua marathon earlier in the year.

The day was mainly fine, although a brief light shower passed over at the start of the half.

327 finished the half marathon, 461 the 10.2km event and 330 the 5.7km fun run.

Half Marathon

Won by Paul Crowhurst of Auckland in 1.12.04 .

Matt Parsonage 2nd (2nd/76 MO) 1.12.17
3rd was Tony Olsen of Te Awamutu in 1.14.53 and 4th Kent Hodgson of Hawks in 1.16.18.

John Caie 5th (3rd/17 M40) 1.16.31

Braden Neal 9th (5th/76 MO) 1.21.49

Gavin Smith 18th (2nd/ 19 M55) 1.25.26

1st woman was Liz Stewart of Auckland in 1.27.28 (23rd overall) Braden's dad Trevor Neal finished in 127th place (9th/22 M50) in 1.54.37.

10.2km

Won by J MacLeod of Aucland in 39.47.

Andrea Smith 13th (1st/ 108 WO) 44.14

5.7km

Won by Wayne Guest of Te Aroha in 19.44.

Fay Smith 95th (4th/19 W50) 40.41



John Caie finishing

Rotorua Redwoods Relay 13/9/08

Tauranga Ramblers took out the Senior event from Lake City.

Fastest lap of the day over the 5km course went to **Ben Ruthe** who ran 15.38, however his Ramblers team which actually placed 2nd overall was disqualified as he ran more than 2 laps, but at least everyone got a run.

Fastest Masters Men time went to Glen Sexton of Hawks with 16.33, whilst the fastest woman was Nikki Hamblin of Cambridge with 17.22. Her team won the women's grade. Fastest MW was Leanne Sharp of Hawks on 18.57- also the winning team.

One the Youth 3km course, fastest female was Stephanie Dickins of Fielding Moas with 12.45 and fastest male was Eric Speakman of Napier on 10.05. His Napier Boys team won the junior grade.

Ramblers results

Mens Open

Iain MacDonald	16.33
Gareth Hyett	15.49
Nick Sebastian	16.53
Kyle MacDonald	16.04
Mike Pugh	<u>15.45</u>
1 st /9	1.21.04

Mens Open 2

Ben Ruthe	15.38
“ “	?
Tom Osborne (non)	15.57
Ben Ruthe	?
Mathew Smith	<u>19.14</u>
DQ	1.22.23

Combined

Mike Powell	20.44
Pete Kennedy	20.52
Tim Masters	21.56
Robert McPherson	21.33
Robyn Winter	<u>27.32</u>
5 th /18	1.52.37

TGC FY4

Esther McArthur	13.24
Ella Mangan-Walker	13.27
Julia Campbell	13.43
Shelby Goddard	<u>13.56</u>
3 rd /18	54.30

TGC FY1

Mystique Blockley	<u>16.24</u>
12 th /18	62.26

TBC MY

William Marshall	11.45
Regan Bones	11.29
Oscar Currie	11.44
Andrew Lloyd	<u>11.03</u>
2 nd /11	46.01



Redwoods 1st lap early stages with Iain & Ben trailing Steve O'Callaghan of Lake City

**ROCKY CUTTING
CHALLENGE, (19km)
Te Puke to Welcome Bay 21/9/08**

Many thanks to Murray Clarkson & Fay Riley for organising this awesome event and the Ramblers who turned out to marshall and man drink stations. Thanks also to the Welcome Bay Tavern for putting on a tasty luncheon.

The weather was fine but unfortunately only 26 runners turned out and we had no teams this year.

Mike Pugh was this years winner ahead of Hawks runners Glenn Sexton & Kerry Suter. Tracey Greenwood of Hawks was first woman home in 1.25.43. The Hawks team have promised to encourage more of their runners to cross the hill for next years event. However, there is some doubt as to whether it will go ahead due to lack of support. No teams entered this time, yet it would be a good team builder leading up to road relays and especially for our juniors.

Results:

1 st Michael Pugh	1.07.04
2 nd Glenn Sexton	1.09.00
3 rd Kerry Suter	1.09.30
4 th John Caie	1.14.18
5 th Clive Reynolds	1.19.15
6 th Braden Neal	1.21.06
7 th Bryan Stout	1.22.09
8 th Terry Furmage	1.22.20
9 th Gavin Smith	1.23.47
10 th Barry Watson	1.24.02
11 th Les Dobson	1.24.42
12 th Tracey Greenwood	1.25.43
13 th Stu Smith	1.27.00
14 th Peter Kennedy	1.27.16
15 th Robert McPherson	1.30.38
16 th Dave Whitehead	1.31.45
17 th Mathew Smith	1.32.27
18 th Mike Powell	1.35.32
19 th Cheryl Forrest	1.35.57
20 th Andrea Smith	1.46.19
21 st Linda Reynolds	1.47.16
22 nd Evelyn King	1.57.19
23 rd Lesley Mochan	1.59.51
24 th Bruce Davies	2.02.00
25 th Barbara Allen	2.22.15
James Tyson	dnf



Mike Pugh had opened up a good lead by 2nd drink station

**The Legend Marathon & Arthur's
Half Marathon, Waitakeres,
Auckland 20/9/08**

Congratulations to "the legend" **Ben Ruthe**, who placed 2nd in the Marathon in 2hours 38min, collecting \$2000 cash in the process. Winner was Scott Winton in 2.24.

New Club Singlets are being printed by Ultimo (www.ultimoclothing.co.nz) and will shortly be available to borrow or purchase.



Stu used the hill as a hard workout in preparation for his uphill section at National Road relays. He managed to pass Gavin before the top but was overtaken again when he stopped to recover at the first drinkstation!

**CLUB ROAD CHAMPS,
GREERTON, 27/9/08**

Wouldn't you know it- the first rain in a couple of weeks timed to start with the stop-watch. Luckily it was just a light drizzle.

It appears most of our open men were otherwise engaged for the weekend or just hadn't heard how good the afternoon teas are, but we welcomed back Malcolm Smith who has just started his training for next year's Rotorua marathon.

Bad timing also on the part of TBC & TGC who decided to have a fund-raising relay the same day around the Mount and run 100 laps (350km). They raised around \$2k for their efforts which will be a big boost towards their trip to NZ SS XC next year.

Results

2km

Jessica Bitcheno	G12	8.24
Daniel Hines	B12	9.14
Olivia Hines	G10	9.36
Samantha Bitcheno	G10	10.13
Lauren Hines	G12	10.16

4km

Sophie Sharp	W16	17.10
Robyn Winter	W55	21.47

10km

Russell Lake	M35	36.23
Gavin Smith	M55	38.08
Terry Furmage	M45	39.49
Malcolm Smith	SM nr	40.07
Stu Smith	M50	40.17
Barry Watson	M50	40.26
Mathew Smith	SM	40.29
Les Dobson	M45	40.42
Murray Clarkson	M60	41.54
Peter Kennedy	M50	42.02
Dave Whitehead	M50	43.04
Robert McPherson	M65	43.33
Tim Masters	M55	43.43
Alex Whimster	M50 walk	72.33
Brendan Magill	M40 dnf	after 1 lap
Malcolm Taylor	M55 dnf	after 1 lap
Sally the dog	G?	39.49
Chrissie the dog	G7	43.04



Olivia & Daniel



Dave with Chrissie



Lauren, Samantha & Ian Bitcheno(who ran 2km with the girls)



Malcolm Smith



The afternoon tea was good!



*Daylight Savings is here:
Bring on Track & Field on
the new All-weather track!
And the best bit is: -we don't
need a working bee to mark it
out!*



Go the relay teams!



Dunedin= chocolate factory

Where are we staying?



Commodore Motels ,
932 Cumberland St

Where's the After party?



Starters Bar
157 Frederick St Dunedin

COMING EVENTS.

4 October

NZ Road Relay Championships, Mosgiel, Otago. Considered by many to be the highlight of the season. A huge event with hotly contested races, but also some social grades. Seniors :7 person teams over 64.6km, juniors U20= 6 person teams over 43.3kms . Teams are now up on the internet. Ramblers are sending 4 teams: Senior Men's A, Men's 50plus , Junior Women , & Combined. Good luck everyone!

5 October

SBS Hamilton Half Marathon - Hamilton
Hwww.hamiltonhalfmarathon.org.nzH

8 October

AWBOP Opening T&F Meet, Porritt Stadium

19 October

Papamoa Lifeguards fun run/walk -5km King of the Mountain, from the carpark off Poplar Lane Papamoa Hills Regional Park. Register from 10 am, race start 11am. Entry fee \$10 adults, \$5 U12. Prizes & sausage sizzle afterwards. Proceeds to the Surf Lifesaving club.

21 October

Opening night of Track & Field at Tauranga Domain Millennium All-weather Track (gee it's nice to be able to say that!). Gather from 5.30pm. Racing starts 5.45pm. Programme is still being finalised but there should be at least 2 sprint distance & 2 longer races, with a couple of field events thrown in. Remember track spikes should only be Xmas tree or pyramid up to 6mm. Absolutely no long, sharp cross country spikes or cones as these will rip the rubber surface to shreds!

25 October

Putaruru Bell Meet, Round 1. Tauranga Domain

28 October

Track & Field Club night at Tauranga Domain 5.45pm start

1 November

Guy Fawkes Mile, Trust Stadium, Waitakere. Prize money for first 3 placings with bonus under 4 minutes. Entry by invitation.

1 November

Putaruru Bell Meet, Round 2, Tauranga Domain

1 November

Tasman King of the Mountain Hwww.kawerauharrierclub.co.nzH

2 November

adidas Auckland Marathon & Half marathon (entries sold out/closed)

Hwww.aucklandmarathon.co.nz

4 November

Track & Field Club night at Tauranga Domain 5.45pm start

8 November

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

Hwww.maratotochallenge.co.nzH

8 November

Battle of the Cities, T& F Meet , Mt Smart, Auckland . Events start 1pm

9 November

Toi's Challenge – Whakatane 18.5km run or walk plus a 2 person relay option

Hwww.whakatane.com/feature_tois.htmlH