

Ramblings

Newsletter of Athletics Tauranga Incorporated



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

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ATHLETE OF THE MONTH

March 2008



MARIAH RIRINUI

*Gold medals in the W19 & W16
Long Jump at the ANZ Track &
Field Champs & silver in the
W16 100m
Mariah also won the 100m &
200m double at WBOP SS
champs & set a new record in
the Long Jump!*

Club Contacts:

President: Malcolm Taylor Ph 5760000
Secretary: any volunteers????
Treasurer: Alex Whimster Ph 5765039
Event Entries: Bev Smith Ph/fax
5764469
Email: klbjsmith@clear.net.nz
Uniforms: Bev Smith Ph 5764469
Club Email:
athletics.tauranga@xtra.co.nz

THE ALL-WEATHER TRACK IS FINISHED!

A BIG REMINDER TO ANYONE USING THE NEW MONDO SURFACE THAT ONLY CHRISTMAS TREE OR BLUNT PYRAMID SPIKES UP TO 6mm MAY BE WORN to prevent the rubber being ripped to shreds.

ABSOLUTELY NO POINTED CONE SPIKES OR LONG CROSS COUNTRY SPIKES!!! If you turn up in sharp spikes you will not be allowed to race unless you remove them.



Xmas tree



Pyramid

Lane 1: To help prevent excess wear it is also recommended that athletes do not use lane 1 for training and warming up, but run in the outer lanes.

No food or drink (other than water) to be taken onto the surface. We don't want fried on chocolate, sticky softdrinks & juices, chewing gum etc.

ANNUAL GENERAL MEETING REMINDER

Once again it is AGM Time : see back page & diarise it now.

WINTER SEASON

Our Opening day for Cross Country starts at Waipuna 12th April, meet at 1.45pm

EVERYONE'S RUN/WALK SERIES (Thursday Evenings from Maxwells Road)

6/3/08 (88 entries)

Ben Ruthe on 16.15 nudged out **John Caie** 16.17 for the win. **Dan Smith** was 3rd on 17.50, **Stu Smith** 5th 18.37, **Jamie Regan** 8th 18.51, **Heidi Wrigley** - 1st woman was 9th on 19.02, **Anna Gould** 36th 25.53, **Eric De Lautour** 42nd 27.57, **Alex Whimster** 2nd walker 33.09. **Kelvin Jenkin** 8th walker 35.27, **Barbara Jenkin** 12th walker 38.16.

13/3/08 (90 entries)

Dan Smith sailed home in 1st place on 17.38, **Terry Furmage** 5th 18.45, Alice Wilson was 1st woman in 6th overall on 19.15, **Kirk Brennan** 7th 20.40, **Oliver Brown** 9th 21.08, **Stu Smith** 11th 21.35, **Malcolm Taylor** "ran home" in 12th spot on the equal time of 21.35, **Mike Powell** 17th 22.15, **Anna Gould** 36th 26.44, **Eric De Lautour** 42nd 28.44, **Karen Smith** was 7th walker 38.07, **Barbara & Kelvin Jenkin** were 8th & 9th walkers on 39.06. **Nikki Furmage** placed 2nd in the 3km run (1st F).

20/3/08 (80 entries)

Ben Ruthe was 1st on 16.48, with **Dan Smith** one step behind on 16.49. **Hamish McKain** was 3rd 17.50, **Stu Smith** 16th 22.27, **Kelly Furmage** 22nd 23.37, **Jodi Furmage** 27th 26.04, **Anna Gould** 29th 27.09, **Eric De Lautour** 31st 28.05, **Sue Furmage** 37th 30.47.

27/3/08 event rained off

NZ MASTERS T&F CHAMPS INGLEWOOD, 29th Feb & 1st & 2nd March

The trip down was good, although lots of roadworks through the gorges meant a few stop/go hold-ups. Fantastic views of the mountain. Friday night was fine conditions for the 5000m, but Saturday packed it in and the rain started mid morning along with a strong head wind on the finish straight., worsening as the day went on. The steeples proved slippery for those using a hands on vault technique as one Tasman runner found out when he fell twice on the same hurdle. (Also nasty for those running into it in the Mountain to Surf Marathon on that same day.) High Jumps later that afternoon were postponed till the next day. Sunday was still windy and overcast but not more than a couple of spits.

John Caie was overall stand-out, running an awesome 1500m, 5000m & 10000m, and battling all the way. In the 10k he managed to hold off a strong challenge by Cliff Bowman (M45 of Tasman). Cliff had grasped the victory in the 5k, but John proved the stronger over the 2nd half of the 10k event. In the 1500m John was nudged from an overall win by Otago's David Rush.

Stephen Te Whaiti, on the comeback trail, also showed his all round strength in the competitive M40-44 grade winning the pentathlon, javelin & long jump.

Sid Pavett also bagged a couple of golds, despite having painful veins removed from legs only a few weeks before.

Results

Sid Pavett M70-74

1500m	2 nd /3	6.39.12
5000m	1 st /2	23.22.93
10000m	1 st /1	48.22.21

Robert McPherson M65-69

1500m	3 rd /5	5.50.82
5000m	2 nd /5	21.04.10
10000m	2 nd /3	45.21.75

Murray Clarkson M60-64

800m	2 nd /3	2.49.56
1500m	3 rd /4	5.34.69

Gavin Smith M50-54

800m	4 th /4	2.42.52
1500m	4 th /4	5.01.79
5000m	3 rd /4	18.01.76
10000m	2 nd /3	38.15.54
3km steeples	2 nd /3	12.46.04

John Caie M40-44

1500m	2 nd /3	4.39.07
5000m	1 st /2	16.43.68
10000m	1 st /1	34.59.80

Stephen Te Whaiti M40-44

100m	3 rd /6	12.75
200m	4 th /7	25.37
Long Jump	1 st /5	5.72m
High Jump	2 nd /5	1.50m
Javelin	1 st /3	35.33m
Pentathlon	1 st /3	2612 points
LJ	5.66m, Jav	39.44m, 200m
Discus	23.81m, 1500m	5.44.85

Brendan Magill M40-44

400m Hurdles	1 st /1	1.14.31
Long Jump	5 th /5	4.55m
Triple Jump	3 rd /3	8.83m
Pentathlon	3 rd /3	1880 points
LJ	4.23m, Jav	25.62m, 200m
Discus	17.44m, 1500m	4.59.15



Robert McPherson in the 5000m, Friday evening.

ROTORUA FORESTS OFF ROAD HALF MARATHON

16/3/08

The weather was perfect & fine. The event was run by Event Promotions this year and they did an excellent, efficient job. Full results can be found on their website www.eventpromotions.co.nz The start was on the Waipa Sawmill Road & Mountain bike recreation area. Run as a 2 lap course and passing through the start/finish at 10km gave the spectators and announcers plenty to see and comment on, as well as timing chips recording a lap split. The 2nd lap deviated onto another track to make up the extra 1.1km distance. A 10km run/walk was held in conjunction with the event along with some Little Devil Races- 1.5km for 4-7 year olds and 3km for 8-12years, with kids prizes to keep the youngsters amused.

Ramblers grabbed a few medals. Great effort from Oscar Curry, in what I believe may be his 1st half marathon and Malcolm (a man with a mission) Taylor who must certainly be high on the list for most improved athlete of the year.

- Ben Ruthe** 1st (1st M20-34) 1.09.18
- Mark McKeown** 2nd (2nd M20-34) 1.11.00
- John Caie** 7th (4th M35-44) 1.15.30
- Braden Neal** 18th (2nd M13-19) 1.22.07
- Dan Smith** 20th (10th M20-34) 1.23.52
- Wayne Smith** 26th (1st M55+) 1.25.23
- Gavin Smith** 30th (2nd M55+) 1.26.21
- Stu Smith** 53rd (8th M45-54) 1.31.41
- Les Dobson** 64th (9th M45-54) 1.34.15
- Pete Kennedy** 77th (11th M45-54) 1.35.40
- Oscar Curry** 94th (4th M13-19) 1.37.16
- Dave Whitehead** 102nd (17th M45-54) 1.38.20
- Malcolm Taylor** 108th (9th M55+) 1.39.08
- Barry Watson** 296th (48th M45-54) 1.57.44
- Maureen Lawson** 329th (15th F45-54) 1.59.51

The 10km event was won by Alex Fletcher of Tokoroa (M20-34) in 36.20
Angus Curry 17th (1st M13-19) 46.34
Karen Smith 249th (3rd F55+) 1.11.35

All up 1258 entries across the half marathon & 10km events.



Half Marathon Race start



Malcolm Taylor sprints out of the forest to the finish

Open Meet, Porritt Stadium 1/3/08

Numbers were fairly low in most events, except the feature 5000m, which attracted a few elites.

- Livvie Duggan W16**
100m 2nd/2 14.96 Javelin 1st/1 23.88
- Iain MacDonald SM**
3000m 1st/4 8.49.98
- Kyle MacDonald SM**
5000m 2nd/7 14.48.16 (race won by Rees Buck, Wgtn Scottish 14.31.65)
- Matt Parsonage SM**
5000m 5th/7 15.29.96
- Ben Ruthe SM**
Dnf (pace)

WBOP Childrens Champs
(grades 7-11)
Porritt Stadium 8/3/08

Our young associate members competed for their childrens clubs, with great wins by Brooke Somerfield, Jessica Bitcheno & Abbie Goldie in particular.

Abbie Furmage G9

60m heats	13 th /16	10.75
Discus	9 th /12	11.73m
Shotput	9 th /11	5.15m

Brooke Somerfield G10

100m heats	1 st /20	14.94
100m final	1 st /8	14.77
200m heats	1 st /14	31.12
200m final	3 rd /8	31.27
Long Jump	1 st /24	4.05m
High Jump	4 th =/8	1.10m

Jessica Bitcheno G10

800m	2 nd /12	2.40.67
1500m	1 st /7	5.42.40

Abbie Goldie G11

100m heats	2 nd /17	14.37
100m final	2 nd /8	13.86
200m heats	4 th /16	28.51
200m final	2 nd /8	28.18
Long Jump	1 st /18	4.74m
Discus	3 rd /9	19.05m

Kelly Furmage G11

800m	10 th /14	2.56.72
1500m	5 th /6	5.58.77

Jodi Furmage G11

100m	13 th /17	15.79
Long Jump	15 th /18	3.50m

Emma Shanley-McDonald G11

Shotput	3 rd /8	6.89m
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Amy Robinson G11

100m heats	3 rd /17	14.46
100m final	3 rd /8	14.15
Shotput	2 nd /8	7.23m
Long Jump	3 rd /8	4.56m
High Jump	4 th /8	1.25m

CLUB NIGHT 11/3/08,
Otumoetai

200m Club Champs

1. Emma Jackson G14	29.8
2. Andrea Smith SW	31.3
3. Amy Robinson G12	32.0
4. Brooke Somerfield G10	32.6
5. Jessica Bitcheno G10	32.9
6. Samantha Bitcheno G9	39.4

1. Mark Brebner M45	29.1
2. Brendan Magill M40	30.4
3. Dave Whitehead M50	31.6

4. Les Dobson M45	31.7
5. Russell Lake M35	33.4

1. Jonno Morton M16	25.8
2. Gareth Wootton M16	27.1
3. Gavin Smith M55	NT
4. Murray Clarkson M60	NT
5. Sid Pavett M70	NT
6. Eric De Lautour M85	NT

3000m Club Champs

1. Russell Lake M35	10.09.3
2. Gavin Smith M55	11.09.9
3. Les Dobson M45	11.49.4
4. Dave Whitehead M50	11.55.3
5. Andrea Smith SW	12.11.6
6. Mathew Smith SM	12.17.2
7. Jessica Bitcheno G10	13.27.7
8. Sid Pavett M70	14.21.5
9. Eric De Lautour M85	15.56.8

60m

1. M Brebner M45	9.0
2. Les Dobson M45	9.3
3. B Somerfield G10	9.6
4. D Whitehead M50	10.1
5. Gavin Smith M55	10.6
6. Sid Pavett M70	12.8
7. E De Lautour M85	13.1

KHANUM ELISAIA SHINES IN
THE SHOT PUT *by Pat Sale*

Club Championships for 100m and shot put were held at Club Night on **March 18**. The outstanding performance of the night was Khanum Elisaia who won the W14 Shot Put with a throw of 10.88m. All four of her valid puts were over 10m, a distance no other competitor in any grade achieved. Alvante Harris recorded a personal best with 9.18m but was beaten into second place in the M14 Grade by Luke Davison who threw 9.63m. Amy Christophers won the W16 title with 9.63m and Fiona Bennett was W12 Champion with a put of 8.25m.

There were few competitors in the 100m but Amy Robinson won the W12 title with 14.8sec from Amanda Somerfield 15.1sec and Mark Brebner won the Men's Masters title from Brendan Magill and Dave Whitehead.

In the non championship 800m Mathew Smith ran strongly to win comfortably in

2-18.6. Russell Lake ran his usual consistent race to easily win the 5000m from ex Club Captain Joe Heaver, revisiting Tauranga on holiday from Canada, with Malcolm Taylor third.

Results

Club Championships

100m:

W12: 1 A Robinson 14.8,
2 A Somerfield 15.1,
3 J Bitcheno 15.9;
4. S Bitcheno 17.4

MM: 1 M Brebner 14.4,
2 B Magill 14.8,
3 D Whitehead 15.2.
4. M Clarkson 18.8
5. S Pavett 20.2

Shot Put:

W12: 1 F Bennett 8.25,
2 A Robinson 7.30,
3 E Shanley-McDonald 6.57;
W14: 1 K Elisaia 10.88,
2 H Shanley-McDonald 8.42;

W16: 1 A Christophers 9.63,
2 L Duggan 8.01;

M14: 1 L Davison 9.66,
2 A Harris 9.18;

MM: 1 B Magill 6.14.

Non Championship Events

800m:

W12: 1 J Bitcheno 3-13.7;
SM: 1 M Smith 2-18.6;
MM: 1 R Lake 2-35.7,
2 D Whitehead 2-45.5,
3 M Brebner 3-03.0
4 S Pavett 20.2

5000m:

MM: 1 R Lake 17-26,
2 J Heaver 20-25,
3 M Taylor 21-00.
4. S Pavett 23.44

MILE CLUB CHAMPS &
FINAL NIGHT HELD ON NEW
ALLWEATHER TRACK,
TAURANGA DOMAIN

With the completion of the track it was great to see a better turnout of club members to celebrate our final club night of the season on **25th March** and christen the new mondo surface. Edging strips still need to be placed around the track but otherwise it's looking good.

A barbecue followed the evening's races.

Our Club Patron and a major sponsor of the Millennium Track Trust, Lloyd Christie, had the honour of starting the mile races.



Lloyd Christie



Heat 2 Mile Lineup

1. Rebekah Millar G13 27.2
2. Emma Jackson G14 27.2
3. Sophie Millar G12 28.3
4. Andrea Smith SW 29.4

1. Gareth Wootton M16 25.4
2. Brendan Magill M40 29.4
3. Les Dobson M45 31.1
4. Gavin Smith M55 32.9
5. Dave Whitehead M50 33.2
6. Murray Clarkson M60 33.5
7. Sid Pavett M70 40.5
8. Eric De Lautour M85 43.6



Ben takes the Mile title just ahead of Iain (lane 1 obscured)



Dan Smith

Mile Club Championships

Heat 1

1. Ben Ruthe SM 4.27.0
2. Iain MacDonald SM 4.28.2
3. Craig Kirkwood SM 4.37.3
4. Jacob Martin M16 4.48.8
5. Braden Neal M19 4.49.7
6. Daniel Smith SM 4.50.6
7. Russell Lake M35 5.06.8
8. Mathew Smith SM 5.18.9

Heat 2

1. Brendam Magill M40 5.16.5
2. Gavin Smith M55 5.32.0
3. Stu Smith M50 5.48.5
4. Andrea Smith SW 5.51.4
5. Les Dobson M45 5.55.2
6. Murray Clarkson M60 6.01.9
7. Jessica Bitcheno G10 6.02.2
8. Dave Whitehead M50 6.02.5
9. Bethany Millar G8 7.04.0
10. Sid Pavett M70 7.20.5
11. Abby Furmage G9 7.34.6
12. Eric De Lautour M85 8.26.5

3000m

1. Regan Bones M16 9.06.8
2. Brad Maisey M19 9.32.9
3. Daniel Smith SM 9.51.9
4. Russell Lake M35 9.56.7
5. Braden Neal M19 10.11.7
6. Gavin Smith M55 11.08.0
7. Stu Smith M50 11.40.4
8. Dave Whitehead M50 12.29.6
9. Kelly Furmage G11 12.53.9
10. Sid Pavett M70 13.43.9
11. Mathew Smith SM 13.56.1
12. Murray Clarkson M60 14.29.7

200m

1. Amy Robinson G12 NT
2. Amanda Somerfield G10 NT
3. E Shanley-McDonald 12 NT
4. Jessica Bitcheno G10 31.3
5. Kelly Furmage G11 32.2
6. Abby Furmage G9 41.8



Andrea takes the women's mile title



**WAIKATO-BOP SECONDARY
SCHOOLS CHAMPS,
PORRITT STADIUM, 15/3/08**

Some excellent results by our young athletes with both Mariah Ririnui (Long Jump) and Khanum Elisaia (Discus) setting new WBOP SS records.

Gold medals abounded, with Samantha Dunick scoring golds in the Senior Girls 100m & Triple Jump, Joseph Millar winning the Intermediate 100m & 200m double, Mariah Ririnui the IG treble of 100m, 200m & Long Jump, Tracey Hale the SG 100m hurdles & 300m hurdles, Khanum Elisaia the JG shotput & discus, Amy Christophers the IG triple jump & Javelin and Michael Cochrane the SB 110mHurdles, 300m Hurdles, & Triple Jump. Congratulations all round!

Results:

Kylie Tietjens SG (Otum)

800m 3rd /7 2.24.29
1500m 2nd /6 5.00.91

Samantha Dunick SG (TePuke)

100m 2nd H2 13.58Q
100m 1st final 13.00
Triple Jump 1st/11 10.41m

Tracey Hale SG (Otum)

100m 1st H2 13.53Q
100m 2nd final 13.06
100mHurdles 1st final 15.01
300m Hurdles 1st final 45.5

Genelle Vanderschantz IG (TGC)

100m 4th H1 13.5 q
100m 7th final 13.56
200m 5th H2 28.06q
200m 7th final 27.99

Livvie Duggan IG (Kati)

80m Hurdles 7th/8 15.15
Shotput 6th/8 9.64m
Discus 4th/10 27.75m

Mariah Ririnui IG (TGC)

100m 1st H2 12.5 Q
100m 1st final 12.49
200m 1st H2 26.37Q
200m 1st final 25.90
Long Jump 1st/14 5.93m Record
4x100m relay TGC2nd/6 52.63

Amy Christophers IG (Otum)

Long Jump 4th/14 4.88m
High Jump 2nd/8 1.58m (=1st)
Triple Jump 1st/12 10.66m
Javelin 1st/8 30.37m

Hannah Shanley-McDonald JG (Kati)

200m 4th H2 28.52q
200m final DNS
300m 2nd H1 45.48Q

300m final DNS
Khanum Elisaia JG (TGC)
70m Hurdles 2nd/8 12.51
Shotput 1st/11 10.61m
Discus 1st/7 33.41m Record

Sophie Millar JG (Aquinias)

100m 2nd H2 13.5 Q
100m 6th final 13.62
300m 3rd H2 44.49q
300m 2nd final 43.23
4x100m relay Aqu 2nd/6 53.55

Rebekah Millar JG (Aquinias)

200m 2nd H2 28.09Q
200m 3rd final 28.23
300m 2nd H2 44.31Q
300m 4th final 45.25
4x100m relay Aqu 2nd/6 53.55

Dale Bull SB (TePuke)

1500m 5th/7 4.28.98
Michael Cochrane SB (Beth)
110mHurdles 1st 15.8
300mHurdles 1st/5 39.60
High Jump 2nd/8 1.85m
Triple Jump 1st/10 12.54m
Discus 3rd/10 39.52m
4x100m relay Beth 2nd/4 46.37

Regan Bones IB (TBC)

1500m 2nd/10 4.14.05
3000m 2nd/9 9.14.37

Johnno Morton IB (TBC)

400m 2nd H2 54.77Q
400m 5th final 54.22

Joseph Millar IB (Aquinias)

100m 1st H2 11.5 Q
100m 1st final 11.57
200m 1st H1 24.40Q
200m 1st final 23.24
Long Jump 3rd/11 6.20m
4x100m relay Aqu 1st/4 45.98

Michael Goldie JB (TBC)

200m 2nd H2 26.42Q
200m 3rd final 25.93
300m 1st H1 40.74Q
300m 2nd final 39.69

**ANZ T&F Champs , Mt Smart
Stadium, Auckland 28th-30th
March**

Competition was intense and there were some good sized fields. With NZ stars: Valerie Vili, Kim Smith & Nick Willis in attendance the event even scored a little media attention. Several others were also making last minute Olympic qualification attempts.

Ramblers put in some good efforts. Mariah Ririnui was best performer and picked up a couple of golds, but was pipped into 2nd in the 100m.

Results:

Matt Parsonage OM

800m 4th H2/2 1.56.94

Steven Langdon M19

400m 3rd/7 52.26
800m 6th H1/2 1.58.73

Hamish McKain M19

1500m 12th/13 H2/2 4.14.65

Kylie Tietjens W16

800m 6th/6 H2/2 2.25.57

Sarah Yardley W19

Long Jump 4th/10 5.40m
Triple Jump 4th/9 10.78m

Rebecca Cochrane W19

Long Jump 8th/10 4.63m
Triple Jump 9th/9 10.22m

Amy Christophers W16

Long Jump 7th/16 5.09m
Triple Jump 2nd/19 11.34m
Javelin 3rd/8 30.69m
High Jump (W19) 4th/5 1.55m

Mariah Ririnui W16

100m 1st H2/3 12.59Q
100m 2nd final 12.54
Long Jump 1st/16 (W16) 5.90m
Long Jump 1st/10 (W19) 5.98m
200m 3rd H2/2 25.56Q
200m final dns
4x100m W16 WBop relay 3rd 49.76

Tracey Hale W19

100m 5th H1/3 13.68
100mHurdles 2nd H1/2 15.10Q
100m Hurdles 3rd final 14.94
Long Jump 7th/10 4.96m

Livvie Duggan W16

Shotput 9th/11 8.74m
Discus 4th/7 32.08m
Javelin 4th/8 29.55m

Michael Cochrane M16

110mHurdles 2nd/7 15.03
High Jump 8th/10 (M16) 1.80m
High Jump 9th/9 (M19) 1.80m
Triple Jump 8th/12 12.57m
Discus 8th/12 34.73m

Joseph Millar M16

100m 2nd H4/4 11.89Q
100m 2nd H2 semi 11.56Q
100m 5th final 11.63
Long Jump 9th/17 5.97m
200m 2nd H3/4 23.02Q
200m 2nd H2 semi 22.40Q
200m 3rd final 22.54
4x100m M16 WBOP relay 5th 45.30



**THE BIG O TRAIL RUN
LAKE OKATAINA 29/3/08**

This inaugural event was run by www.lacticturkey.com and there is a good write up also on the www.sportzhub.com website.

Permission was gained by the organisers to run across private farmland to enable circumnavigation of the lake.

Advertised initially as 32 km, the main event was actually 35km. Starting at the Okataina Outdoor Education Camp (where some runners stayed overnight) the event headed onto the Western Okataina walkway track, climbing in the first section to the highest point of the race of over 700m before the 5km mark. It weaved through private farmland at the far end of the lake before briefly bushbashing (following a tape) onto the Eastern Walkway . The last 2km from the boatramp was a grunty uphill back to the Education Camp. Complimentary post race meal and prizegiving.

Chris Morrissey won the 35km in 2.51.01, 9 minutes ahead of Kerry Suter on 3.00.51 who was using the event as a Southern Traverse warmup. Andrew Ross of Whakatane was 3rd (1st VM40+) on 3.06.18. and Graeme Lear 1st SuperVet 50+ placed 5th overall on 3.13.43. First woman was Joanna Cumberland in 10th place 3.29.00. **Clive Reynolds** placed 21st overall in 3.46.46 from 76 finishers.

In the 17km event Shane MacKay won in 1.44.21 with Paul Davison (1st M40+) 2nd on 1.47.37 and Irishwoman Laura O'Driscoll 1st woman (6th overall) on 2.03.56 from 39 finishers.

**OPOTIKI MUDDY HALF
MARATHON 30/3/08**

For those who didn't want to get down & dirty 2days in a row , this event was probably affected by the Okataina event the day before. It too was a first timer, road race, but you got free entry all day to the mud slide if you chose to use it. Entry fees were more affordable!

Teunis Schoneveld won the half marathon in 1.26.48 from Colin Stringfellow of Whakatane 2nd, 1.27.02. First woman was Hayley Munn on 1.36.32.

A total of 144 runners & walkers finished the half & 10km events.

**Hamilton Lake Fun Run &
Walk, 30 March 2008
(12km, 8km, & 4km events)**

Braden Neal won the 12km event, though the distance was slightly short, in just over 42 minutes, about 1 ½ minutes in front of the next athlete. As build up to his Rotorua marathon he then went and ran the whole distance again in 48 minutes.

**Northern Region Combined Events
Champs, Mt Smart Stadium 8th &
9th March 2008**

Amy Christophers W16

Heptathlon 1st/5 awesome 3963 points
100mH 16.00, HJ 1.59, SP 9.39, 200m
28.10, LJ 5.10, Jav 29.34, 800m 3.00.40

Livvie Duggan W16

Heptathlon 5th/5 2660points
100mH 18.54, HJ 1.29, SP 8.81, 200m
32.30, LJ 4.25, Jav 25.21 800m 3.08.66

Michael Cochrane M16

Octathlon 2nd/3 5145 points
100m 11.94, LJ 6.13, SP 12.41, 400m
52.45, Hurdles 15.16, HJ 1.86, Jav 37.34,
1000m 3.04.76

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Helpers for Phone Books 2008

- Murray Clarkson & Fay Riley
- Les Dobson
- Dave Whitehead
- Dennis Madden
- Brendan McGill
- Richard Powell
- Russell Lake
- Mike Powell
- Ray Young
- Ben & Jessica Ruthe
- Eric Delautour
- Gary & Tanya Garner
- Malcolm Taylor & Jan Barr
- Mike Corboys
- Andy Bedford
- Dale Bull
- Kyle McDonald & Kerry
- Iain McDonald

- Gavin & Fay Smith
- Grant Smith
- John Caie & Kim Hocking
- Alex Whimster
- Barry Ellis
- Val Bromley
- Nick Sebastian
- Terry Furnage & Nikki Furnage & Sally the Dog
- Craig Kirkwood
- Gareth Hyett
- Wayne & Lea Smith
- Mark & Rebecca Brebner
- Bradley Smith & Alicia Taylor
- Rachel Brebner
- Carol Ririnui & Petra Ririnui
- Stu & Karen Smith
- Dan Smith
- Hayden Ririnui & Mariah Ririnui
- Peter Kennedy
- Mariahs' cousin, Mahura Te Kani
- Bernadette Millar & Joseph Millar
- Rebekah Millar & Sophie Millar
- Connor Millar & Keegan Millar & Bethany Millar
- Ken Kerewaro
- Murray & Janice Chell
- Wendy & Bernie Peeters
- Sid & Jill Pavett
- Kerry & Bev Smith
- Tanyas' friend, Kathy Phelps
- Tanyas' friend, Cherry Wills
- Danni Taylor
- The Garners' Japanese Student, Hisa
- Tanyas' friend Jan Duffy

I would personally like to thank all of the above people for the tremendous help and support for our annual fundraiser.

Whether it was bagging or delivering, the Local Directories were all delivered in record time. It is never at a convenient time and I am proud that even with the Millennium Track needing a lot of helpers as well, that club members pulled out all stops. When we as club members get subsidised for different events, please look at the names above, they are the ones that got this money for us.

Thanking you
Tanya Garner
PS: I hope I have not missed anyone out.
Let me know if I have.

Also re phone books a big thank you to Tanya Garner, the phone book co-ordinator who did a sterling job once again, and to Gary Garner who along with Malcolm Taylor

provided a lot of extra support to Tanya to achieve another excellent result with the many helpers listed by Tanya. Contrary to what many think Tanya, Gary and Malcolm were involved most days from Thursday 6th March to Monday 16th March plus.



NOTICE OF Annual General Meeting

The AGM of Athletics Tauranga Inc will be held on Wednesday 23rd April 2008 at Waipuna Park Clubrooms at 7.30pm.

We urge as many members as possible to attend:

The Agenda will include presentation of a remit to donate \$10,000.00 to the Millennium Track Trust

Also a submission to change from an audit of the annual accounts to a review, which requires an adjustment to the clubs constitution.

On another note we would like more volunteers to step forward for committee. It is important that members actively participate in the running of **their club** to ensure it's continued success and to spread the workload from the few people who are continually loaded with more than their share. Even if you don't want to be a committee member, then how about volunteering to help organise an event?

With the success of the Millennium Track Trust in the laying of the All Weather Track at Tauranga Domain it appears there will be many Saturday meetings at Tauranga Domain alternating with Porritt Stadium in Hamilton.

A working group comprising of 3 representatives from the Waikato and 3 from Tauranga will meet shortly to optimise the use in tandem of both tracks to the best advantage of all athletes.

COMING EVENTS.

5-6 April

North Island Secondary School T& F Champs, Waitakere Trust Stadium, Auckland –good luck to all our young Ramblers

12 April

Opening Club Cross Country Run, Waipuna Park, Meet 1.45pm All ages welcome, Track athletes how about giving XC a go to keep fitness up over winter. Spot prizes.

12 April

NZ Mountain Running Champs, Motueka,

19 April

Run at Bayfair Reserve, Russley Drive, Mt Maunganui meet 1.45pm

20 April

Half 4 Heart Half Marathon, starting from Fergusson Park, Matua, plus 3km, 5km & 10km fun run/walks. Refer

www.sportbop.co.nz

26 April

Run at Kulim Park, Bureta. Meet 1.45pm

3 May

Rotorua Marathon. Club members also required to marshal for the 5km & 10km events. No organised run at Tauranga.

www.rotoruarunners.co.nz

10 May

Cambridge XC relay. Approx 3km lap. All athletes welcome. Enter through Club's race entry secretary at least 1 week prior. Bus time to be advised.

11 May

WBOP Masters XC, Waipuna 1pm. All welcome, although only NZMA members eligible for trophies. Enter on day. Contact Murray Clarkson 5769575 for more info.

17 May

McLarens Falls Relay, McLarens Falls Park, Kaimai. Meet 1.45pm, teams made up on day, mixed young & old and all abilities. All welcome. 1km laps. A good workout for those keen on a blow out, but nice & short for those new comers. Free sausage sizzle to follow. **Also bring a plate.**

18 May

Huntly Half Marathon & 10km, Huntly (includes WBOP Half marathon champs) www.coolrunning.co.nz/races/huntlyhalf/

18 May

Kaimai Classic Multisport www.sportbop.co.nz

Millennium Track Trust AGM

This will be held on Tuesday 15th April. at 7.30pm, at the Tauranga Bowling Clubrooms (next to Tauranga Domain). All welcome.



Good luck to Ben & Jess in London!