

Ramblings

Newsletter of Athletics Tauranga Incorporated



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ATHLETES OF THE MONTH

April 2009



Joseph Millar

Wow, 3 months in a row: Joseph took out the 100m, 200m double at the NI Secondary School's T&F Champs in Wellington, running 10.88s in the 100metres (wind assisted)

Annual General Meeting & Summer Prizegiving

The AGM for Athletics Tauranga Inc was held on 22nd April 2009

The following Officers were duly elected:

- Patron:** Lloyd Christie
- President:** Malcolm Taylor
- Vice President:** Bev Smith
- Secretary:** position vacant
- Treasurer :** Alex Whimster
- Event Secretary:** Bev Smith
- Summer Club Captain:** Brendan Magill
- Winter Club Captain:** position vacant
- Coaching Co-ordinator:** Murray Chell
- Committee:** Russell Lake
Val Bromley
Murray Clarkson
Murray Chell
Dave Whitehead
Christine McCahill
Murray Savage
Tina Vanderschantz
Robyn Winter
Craig Kirkwood

Standing down from Committee were **Les Dobson & Ross Hynds**, and we thank them for their past support and contribution.

Fay Smith will continue with the job of newsletter editor.

Reminder: Subs are now due.

Club Contacts:

President: Malcolm Taylor Ph 5760000
Treasurer: Alex Whimster Ph 5765039
Event Entries: Bev Smith Ph/fax
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Summer Club Captain:
Brendan Magill Ph 5740353

Club Email:

athletics.tauranga@xtra.co.nz
website: www.taurangaramblers.co.nz
or www.athleticstauranga.co.nz
plus summer track results are on:
www.sportsground.co.nz/taurangaarc

These remain the same as last year and cover both Winter & Summer seasons.

Pay now to receive full benefit.

Senior & Masters \$100
M19 & W19 \$77
M16 & W16 \$52
B14 & G14 \$45
B13 & G13 \$25
B12&G12 & Under \$20
Social non runner \$33

Those wishing to be Associate Members or Club only athletes, check with Bev or Alex. 15% family discount off Club portion of sub for 3 or more .

Helpers Required: Tauranga Open Cross Country

Our biggie event of the winter season will be held on Saturday **16th May** and we need all hands on deck to make this run smoothly. If you can help with anything i.e:- setting up the course, making sandwiches, kitchen duties, helping marshal, entries, recording & prizes, then please be on the scene early from 8am. Members entering please also bring a plate.

**North Island Secondary Schools'
Track & Field Champs, 3-5 April
Wellington**

Well done to those who attended: Joseph Millar returned home with the double: 100m & 200m Golds and another awesome 100m time of 10.88 (3.1+ wind assisted).

Mariah Ririnui back from injury narrowly missed out on gold in the Long jump by .01m - so close, and also scored silver in the 100m.

Amy Christopher won the Senior Girls Javelin and medalled in the Triple Jump. Livvie Duggan threw well to receive medals in Javelin & Discus and Kylie Tietjens ran well in the 800m, for bronze.

Mariah Ririnui SG		
100m	1 st H1/2	12.38
100m	2 nd final	12.16
Long Jump	2 nd	5.30m
4x100m WBOP relay team 2 nd		
Kylie Tietjens SG		
800m	3 rd	2.17.78
1500m	6 th /9	4.51.07
Esther McArthur SG		
800m	5 th	2.21.43
1500m	4 th /9	4.47.69
Livvie Duggan SG		
Discus	2 nd /11	36.26m
Javelin	3 rd /10	31.24m
Amy Christophers SG		
Javelin	1 st /10	36.59m
Triple Jump	3 rd /14	10.91m
Joseph Millar SB		
100m	1 st H2/3	10.98
100m	1 st final	10.88
200m	1 st H3/3	22.34
200m	1 st final	22.17
Khanum Elisaia IG		
Discus	5 th /13	33.83m
Shotput	8 th /15	10.64m
Vanessa Hill IG		
100m	3 rd H1/3	12.93
100m	7 th final	12.78
Triple Jump	11 th /11	9.72m
Genelle Vanderschantz IG		
100m	2 nd /H1/3	12.90
100m	9 th final	12.97
200m	4 th H2/3	27.45
Emma Jackson IG		
400m	4 th H1/2	1.00.67
400m	6 th final	1.02.25
80m Hurdles	4 th H2/2	13.43
80m Hurdles	8 th final	13.68
Rebekah Millar IG		

400m	5 th H2/2	1.04.61
Shelby Goddard IG		
800m	5 th H2	2.26.47
800m	6 th final	2.28.85
Ella Mangan-Walker IG		
3000m	5 th /22	10.46.76
Sophie Millar JG		
100m	2 nd H3/3	13.11
100m	7 th final	13.16
200m	3 rd H1/2	27.46
200m	5 th final	27.50
James Hunt JB		
80m Hurdles	7 th final	13.39

ROUND THE MOUNT RELAY

A glorious, fine autumn day, perfect conditions for a run.

72 secondary school teams took part, with Tauranga Boys College lead out by **Regan Bones** winning the Senior Boys race. In 49.54 overall.

Tauranga Girls College, featuring **Ramblers Esther, Ella, Julia & Shelby** won the Senior Girls relay in 58.49



Opening Club Run for Winter Season, Maxwells Rd 18/4/08

24 Runners took part in a low key event while several other non-running Ramblers and followers enjoying the sunshine at the start/finish.

Distances varied from 3km -8km depending on ability.

Great to see a few new faces show up to experience the Ramblers scene along with 1-2 oldies, including life member Ken Smith making a comeback.

Ray Young gave out some spot prizes at the finish.



Half4Heart Half Marathon & 10km 7/4/09, from Ferguson Park

The course was a bit short and I hear they didn't do the extra circuit around the park, and chopped a bit off elsewhere too. The Half Marathon was won by

Mark McKeown in 1.01.29.
Grahame Fitzgerald was 3rd in 1.12.87
Barry Watson 15th 1.18.51.

First woman was Erin Furness (17th overall) in 1.19.45
Petra Creighton 2nd woman (21st) 1.22.01

First home in the 10km race was Mike Brechett in 39.24

John Addy 4th 43.11
Ken Smith 8th 44.23
Ashley Clements 21st (5thW) 47.40

A New Rambler (and future champion of everything) is born: Congratulations to Jess & Ben -

Baby Samuel James Ruthe was a bit quick out of the blocks, arriving on Easter Sunday, 4 weeks earlier than planned. Weighed 6lbs 6 ounces.

He has been keeping the Ruthe's on their toes. First being early, then as he was breach Jess had an emergency C section, then his lungs were underdeveloped so he was on Oxygen treatment for 4 days and at one point was going to be flown to Hamilton but came right after a chemical was fed into his lungs. Things are now well under control, however Ben's Rotorua marathon training suffered a bit of a setback.

World 10k with a buggy record attempt to be held in January. Current record 34:19.

NZ Mountain Running Champs:

Glenn Hughes from Wellington Scottish (& ex-Ramblers) won the 12km event. Lara Phillips won the woman's 8km title.

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Everyone's Run/Walk, Maxwells Rd, 2/4/09- 5km

Final night for season 75 entries

1 st Ben Ruthe	14.48
2 nd Iain MacDonald	15.16
3 rd William Marshall	16.10
4 th Russell Lake	17.33
6 th Ian Walker	18.08
13 th John Addy	20.31
14 th Mike Powell	20.52
17 th Ashley Clements	21.28
20 th Murray Clarkson	22.26
<u>Walk</u>	
1 st Malcolm Taylor	29.42
2 nd Chanelle Bryan	29.58



Came across this sign while exploring the grounds of the Wyndham Resort on St Thomas, US Virgin Islands. Well, it is awfully hot there- pretty mad doing much more!

MILLENNIUM TRACK TRUST AGM

At the AGM on 4th May Garth Mathieson, Karen Smith & Tony Lugg stood down . Lloyd Christie, Murray Clarkson, Frank Vosper, Ross Fletcher, Graham McCabe & Ray Young were elected.

Congratulations to Alex (Macca) McKenzie who has been chosen to represent NZ in the inaugural Commonwealth Ultra Distance 24 Hours Championships in England in September. Last November Macca ran 200km in the Sri Chinmoy NZ champs in Auckland.

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Iain MacDonald



Heidi Wrigley

Lion Foundation Rotorua Marathon, 2 May 2009

Well, I just got back from the Caribbean and missed this event by a couple of days, but since my April newsletter is a few days late and a bit short of results I've squished the Marathon into it.

Wow : I watched the video, what a close finish! My heart goes out to Rotorua's Steve O'Callaghan who came so close to winning, but who stumbled and fell just a few metres short of the line, allowing Scott Winton through to steal the 1st prize.

Well done sto Iain MacDonald in his debut marathon and 3rd placing, heading off clubmate Ben Ruthe.

Heidi Wrigley did it for the girls, running a fantastic time, placing her 5th F16-34 and beating most of the Ramblers men. Lastly, we can't forget Sid Pavett's record breaking run in the 75-79 age group. Sid took around 20minutes off the old record and in doing so also beat all the 70-74 graders home.

There were 1913 starters in the full marathon run and 3211 overall in all events. Ramblers placed 3rd team. First Woman home was Lara Phillips of Christchurch in 2.55.49 (28th overall) followed by Vicki Humphries of Wellington in 2.56.37 (32nd).

1 st Scott Winton	2.27.14
2 nd Steve O'Callaghan	2.27.20
3 rd Iain MacDonald	2.29.00
4 th Ben Ruthe	2.29.25
9 th John Caie (2 nd M40)	2.44.29
106 th Heidi Wrigley (5 th W 16-34)	3.14.17
162 nd Macca McKenzie (18 th M45)	3.22.09
177 th Barry Watson (14 th M50)	3.23.14
184 th Stu Smith (9 th M55)	3.23.42
256 th Peter Kennedy (18 th M55)	3.29.04
269 th Les Dobson (34 th M45)	3.29.59
339 th Malcolm Smith (78 th M16-34)	3.36.59
384 th Andrea Evason (12 th F40)	3.39.51
444 th Sid Pavett (1st M75 record)	3.49.59
594 th Mathew Smith (121 st M16-34)	3.54.08
821 st Dave Whitehead (67 th M50)	4.07.08
25 th Walk: Keith Still (6 th M55)	5.07.39

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Coming Events

9 May

Cambridge Cross Country Relay. Approx 3 km lap starting at the Cambridge Athletic Grounds. All abilities welcome. Enter through Race secretary –Bev Smith at least a week prior. At this stage we have teams in the Masters Men & Masters Women’s grades, Open Men, and Girls Under 16, plus a group in the children’s race. We can still cater for a few more runners if you are interested. Bus times to be advised.

16 May

Tauranga Open Cross Country Races at Waipuna.Park. We host clubs & schools from all around the region for a fine day’s racing. Enter through the Club- Bev Smith. Entry fees apply. All offers of help on the day to make this event happen will be much appreciated.- We need people to set up the course, marshal, help in finish chute, timekeep, take results, make up prize packs & work in kitchen etc. **Please bring a plate for the afternoon tea & prize-giving that follows.**

WALK IN THE PARK	4000m	11.00 am	\$12.00
BOYS & GIRLS 10	1000m	12.30 pm	\$6.00
BOYS & GIRLS 12	2000m	12.40 pm	\$6.00
GIRLS 14	3000m	12.55 pm	\$7.00
BOYS 14	3000m	1.15 pm	\$7.00
SENIOR WOMEN	4000m	1.30 pm	\$15.00
WOMEN 16 & 19	4000m	1.30 pm	\$12.00
MASTERS WOMEN	4000m	1.30 pm	\$15.00
MEN 16 & 19	6000m	1.45 pm	\$12.00
SENIOR & MASTERS MEN	8000m	2.15 pm	\$15.00

17 May

Kaimai Classic, Multisport

20 May

BOP- Mid Island Secondary Schools Cross Country at Waipuna Park.

23 May

McLarens Falls Relay in the McLarens Falls Park, Kaimai. Meet 1.45pm A fun relay in a gorgeous setting, where teams of similar ability are made up on the day. Race over a 1km course. A good workout for those keen for a blow out but short enough for those new to the sport. Free sausage sizzle to follow. **Please bring a plate for afternoon tea.**

24 May

Huntly Half Marathon, Huntly. There has been a course change this year. Details & entry forms:

<http://www.coolrunning.co.nz/races/huntlyhalf/> Also a 10km Run/walk option

30 May

Queens Birthday weekend, no club run –see Sunday instead

31 May

Christchurch Marathon & Half Marathon

31 May

Mt Joggers Half Marathon & 5&10 km fun runs. From Mount Surf Club <http://www.sportbop.co.nz/eventdetail.aspx?id=508> or www.enteronline.co.nz

6 June

Tauwhare Cup Cross Country , bus trip, details to be advised

Congratulations

Mariah Ririnui & Joseph Millar who have both qualified and been selected in the NZ team for the IAAF World Youth Championships in Italy in July.

Mariah will be competing in the Long Jump & aiming to leap past that elusive 6metre mark.

Joseph will compete in the sprints.



Mariah’s Pic from BOP Times/McKeown

The families have the not insignificant task of finding \$6-8000 each for the travel to Italy with a stopover training camp in Brisbane on the way. I’m sure any donations or fundraising efforts before the would be gratefully accepted.

Pentathlon Points from final Club T&F night – note not all athletes did all events

3421 Michael Cochrane	M19
2688 Brendon Magill	M40
2659 Christine Browne	W35
2639 James Hunt	B14
2573 Shaun Goldie	M50
2438 Emma Shanley-MacDonald	G12
2376 Malcolm Smith	SM
2324 Amanda Somerfield	G12
2116 Abby Goldie	G12
1994 Bella Andrews	G13
1951 Kahu Tapsell	SM
1668 Kyle Cairns	M16
1349 Les Dobson	M45
1011 Michael Goldie	B14
933 Angela Graham	W45
904 Samantha Bitcheno	G10
737 Luke Davison	B14
633 Rob McGregor	M65
460 Keegan Millar	B9
450 Rowan Davies	B14
430 Ray Laurie	M70
287 Gavin Smith	M55
241 Olivia Hines	G9
176 Sid Pavett	M75
150 Jessica Bitcheno	G11
128 Pauline Purser	W85
15 Lauren Hines	G11