

Ramblings

Newsletter of Athletics Tauranga Incorporated



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ATHLETE OF THE MONTH

July 2009



Rebekah McCafferty

First place in the NZ CrossCountry Champs grade 10 race at Halswell Quarry, Christchurch, annihilating all the Boys as well! Rebekah also received a gold medal in the G10 WBOP Road Champs at Rotorua.

Summer Club:

Hi Everyone,
This is a general email to Athletic Club members asking for indications whether they or their family members can assist with officiating at Clubnights - Tuesdays beginning in October. We would like to set up a roster of people to be officials/helpers. With enough people willing to help, your assistance may only be required for one or two nights during the season and an occasional Saturday if you are free. The Club is running a school league in conjunction with Clubnights in November and this will require good organisation to enable it to run on time. Instructions and guidance as to what is required will be provided.

Please reply if you can be of assistance – the more helpers the easier for everyone.

Thank you

Val Bromley Ph 5760559
bromley@clear.net.nz

Oceania Regional Championships GOLD COAST, AUSTRALIA 4/6 August 2009

Michael Cochrane

110m hurdles 15.47s (-0.1) 3rd
400m hurdles 56.16s 1st,
long jump 5.91m (+1.7) 3rd.

Club Contacts:

President: Malcolm Taylor Ph 5760000
Secretary: Christine McCahill
Treasurer: Alex Whimster Ph 5765039
Event Entries: Bev Smith Ph/fax 5764469
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Club Email:

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or www.athleticstauranga.co.nz

plus summer track results are on:

www.sportsground.co.nz/taurangaarc

Congratulations to **Michael Sutton** for being selected to represent New Zealand at the World Secondary Schools Cross Country Championships in Slovakia next year. Well deserved!

Congratulations also to ultra-distance runner **Macca McKenzie** for his 200km on a treadmill during the Kidscan, Big Night In, Telethon on 8th August.

**NZ Cross Country Champs,
Halswell Quarry, Christchurch
1/8/09**

Fine, perfect conditions and an event that ran like clockwork.

Run of the day went to **Rebekah McCafferty**, who entered the unofficial 1.5km under 10 year old event. No results recorded but the contestants were awarded a cookie at the finish. Rebekah outsprinted all the field of around 50 runners including all the boys by around 100m.



Rebekah finishing by a huge margin

Results

8km

Russell Lake	6 th /11	M35	29.41
Gavin Smith	7 th /18	M55	32.07
Malcolm Taylor	16 th /18	M55	37.25
Murray Clarkson	5 th /13	M60	33.57
Tim Masters	8 th /13	M60	36.39

6km

Michael Sutton	3 rd /46	M16	20.24
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2km

Alice McCafferty	6 th /27	G12	7.49
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1.5km

Rebekah McCafferty 1st Overall G&B 10
No times, cookies for everyone!

**OMANU TO MOUNT BEACH
RUN, 8/8/09**

The weather was fine and the tide out for this inaugural event. Run on a sealed handicap, we had two start points. A 4.8km race from the Omanu Surf Club, and a 2km event from opposite Sutherland Road. Wayne came out the winner on handicap in the longer event and Samantha was first over the short event

Actual times, H/cap place

2km

Jessica Bitcheno	8.01	2 nd
Ian Bitcheno	8.46	6 th
Daniel Hines	9.06	5 th
Olivia Hines	9.12	3 rd
Samantha Bitcheno	9.24	1 st
Lauren Hines	10.58	4 th

4.8km

Michael Sutton	16.49	5 th
Gavin Smith	17.54	2 nd
Wayne Smith	18.17	1 st
Ayson Collins	18.33	4 th
Stu Smith	18.37	8 th
Mathew Smith	18.42	10 th
Murray Clarkson	19.11	9 th
Sally Gibbs	20.00	11 th
Scott Croasdale	20.08	14 th
Robert McPherson	20.12	3 rd
Mike Powell	20.31	6 th
Dave Whitehead	21.37	12 th
Terry Furmage	21.37	15 th
Kerry Smith	22.00	7 th
Alex Whimster	22.32	13 th
Christine Browne	27.12	16 th =
Phil Browne	27.12	16 th =
Lea Smith	27.24	18 th

TAUPO HALF MARATHON

2/8/09

Winner of the Half marathon run was Brendan Hunt of Wellington in 1.12.06. Women's winner was Annika Smail of Rotorua in 1.25.32.

Les Dobson 115th M (10th M50) 1.36.45
Pete Kennedy 167th M (10th M55) 1.39.22



Matamata Relays, 15/8/09

Ramblers fielded 7 teams, but sadly no Senior men's team. Lake City won that grade. The weather was a little drizzly at times, with clear spells.

Aaron Pulford recorded fastest lap of the day with 9.38, while new Rambler Michelle Basson had the fastest women's time of 11.41

Intermediate Girls

Tauranga Ramblers 1 st		
Jessica Bitcheno	13.03	13.03
Rebekah McCafferty	14.11	27.14
Alice McCafferty	13.52	41.06

Intermediate Boys

Tauranga Ramblers 3 rd		
Daniel Hines	15.43	15.43
Lauren Hines	18.10	33.53
Olivia Hines	15.09	49.02

College Girls

Tauranga Ramblers 1 st		
Kelly Furmage	14.35	14.35
Jodi Furmage	15.58	30.33
Nikki Furmage	16.58	47.31

Senior Women (won by Hawks in 48.41)

Tauranga Ramblers 2 nd		
Michelle Basson	11.41	11.41
Johanna Ottosson	12.07	23.47
Sally Gibbs	12.31	36.19
Petra Creighton	13.07	49.26



Michelle Basson fastest lap by a woman

Veteran Men A (won by Hawks 54.30)

Tauranga Ramblers 3 rd		
Max Ball	13.04	13.04
Murray Clarkson	12.32	25.36
Gavin Smith	11.43	37.19
Stu Smith	12.23	49.43
Terry Furmage	11.36	61.19



Smiley pair: Lauren & Morgan



Murray

Vet Men B & Mixed

Tauranga Ramblers 3rd

Robert McPherson	13.41	13.41
Cindy Taylor	13.22	27.03
Tim Masters	14.06	41.09
Les Dobson	12.30	53.39
Dave Whitehead	14.21	68.00

Tauranga Ramblers 7th

Samantha Bitcheno	17.37	17.37
Morgan Ball	15.44	33.31
Shari Ball	16.11	49.42
Brendan Magill	13.42	63.24
Mathew Smith	12.07	75.31



Dean Willacy

Nelson Memorial Handicap Races
Tauranga Boardwalks 29/8/09

Lovely day. Brendan Gibbs emerged the trophy winner of the full circuit race, Sally Gibbs the 5km event & Morgan ball the children's event.

2.96km		Clock	h/cap	net	Per km	
1	Morgan Ball	15:02:00	2:10	12:52:00	7	4:20:49
2	Daniel Hines	15:05:00	2:15	12:50:00	6	4:20:08
3	McKenzie Ball	16:11:00	1:00	15:11:00	11	5:07:46
4	Mia Pugh	16:43:00	2:25	14:18:00	10	4:49:52
5	Rebekah McCafferty	17:06:00	4:40	12:26:00	3	4:12:02
6	Jessica Bitcheno	17:14:00	5:30	11:44:00	1	3:57:50
7	Alice McCafferty	17:22:00	4:55	12:27:00	4	4:12:22
8	Lilli Crombie	17:28:00	5:30	11:58:00	2	4:02:34
9	Tom Carter	17:33:00	4:55	12:38:00	5	4:16:05
10	Lauren Hines	17:41:00	0:00	17:41:00	12	5:58:27
11	Olivia Hines	17:55:00	4:15	13:40:00	8	4:37:02
12	Samantha Bitcheno	18:44:00	4:40	14:04:00	9	4:45:08
5.00km						
1	Sally Gibbs	21:48:00	2:30	19:18:00	1	3:51:36
2	Laurie Pugh	22:08:00	2:30	19:38:00	2	3:55:36
3	Christine Brown	22:34:00	0:00	22:34:00	3	4:30:48
8.64km						
1	Brendan Gibbs	58:13:00	12:00	46:13:00	14	5:21:42
2	Stu Smith	59:46:00	26:20	33:26:00	4	3:52:11
3	Barry Watson	60:01:00	26:10	33:51:00	5	3:55:37
4	Robert McPherson	60:38:00	22:50	37:48:00	12	4:22:30
5	Max Ball	60:40:00	24:30	36:10:00	9	4:11:44
6	Daniel Smith	60:49:00	29:00	31:49:00	1	3:40:57
7	Mike Powell	61:17:00	23:15	38:02:00	13	4:24:44
8	Les Dobson	61:35:00	25:10	36:25:00	10	4:12:54
9	Alex Whimster	61:52:00	0:00	61:52:00	15	7:10:38
10	Gavin Smith	62:15:00	29:15	33:00:00	3	3:49:10
11	Malcolm Smith	62:34:00	27:00	35:34:00	7	4:07:34
12	Murray Clarkson	62:58:00	27:00	35:58:00	8	4:09:46
13	Russell Lake	63:27:00	31:15	32:12:00	2	3:44:08
14	Mathew Smith	63:30:00	27:00	36:30:00	11	4:13:28
15	Dean Willacy	63:35:00	29:00	34:35:00	6	4:00:43

WBOP ROAD CHAMPS, Waipa Sawmill, Rotorua, 22/8/09



Champs Mike & Iain

It was a perfect day for racing with no wind. The course was fast and almost flat over a 2km out and back circuit. Excellent for spectators.

Ramblers started the day with a fantastic PB performance by **Jessica Bitcheno** G12, who blitzed the 2km race, beating the boys as well. **Rebecca McCafferty** won the G10 event in the same race, with **Olivia Hines** 2nd.

Petra, Sally, & Cindy all ran well to second placings in their Masters Womens grades. Sally, in particular, impressed beating home a number of Hawks top acts.

The 10km event contained a big field of M20, W20 & MM grades and provided an exciting race at the front, with **Mike** eventually outsprinting clubmate **Iain** from the final turn to the finish line 500m away. Both received Golds in their grades. Steve O'Callaghan of Lake City was left in their wake, taking silver in the Open.

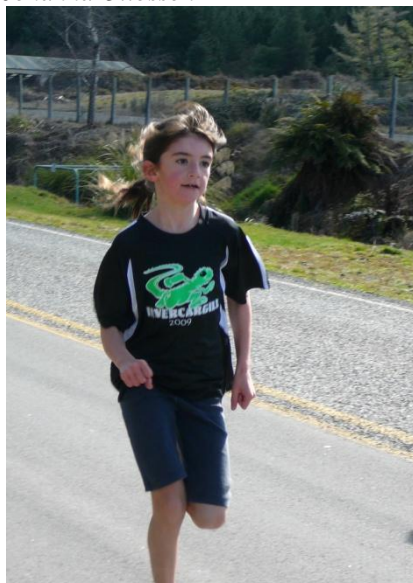
Russell Lake also ran to a PB time of 35.00, to grab M35 silver. **Gavin Smith** battled it out in a group also containing clubmates **Terry Furmage & Ken Keyte**. At the final turn Terry put on his usual burst of speed that left Gavin & Ken eating his dust. Gavin's time was his fastest since the year 2000, and good enough for age group gold. An unfit Ken, spilt his guts roadside before following them in.

Just off the pace, **Wayne, Murray, Tim**

& **Robert McPherson** all finished strongly with medals in their respective grades and **Johanna Ottosson** had an awesome run in the Women's event placing second behind Hawks runner Helen Roundtree.



Johanna Ottosson



Mia Pugh



Ken, Gavin & Terry

Ramblers Results

2km

Rebekah McCafferty	1 st /5	G10	7.50
Olivia Hines	2 nd /5	G10	8.11
Mia Pugh	4 th /5	G10	9.24
Jessica Bitcheno	1 st /7	G12	7.06
Alice McCafferty	4 th /7	G12	7.45
Samantha Bitcheno	5 th /7	G12	8.33
Lauren Hines	7 th /7	G12	10.26

3km

Daniel Hines	6 th /6	B14	13.39
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5km

Deirdre Lack	4 th /4	W35	22.15
Petra Creighton	2 nd /5	W40	20.19
Sally Gibbs	2 nd /6	W45	19.21
Cindy Taylor	2 nd /3	W50	20.45

10km

Iain MacDonald	1 st /8	M20	31.36
Mathew Smith	8 th /8	M20	44.08
Johanna Ottosson	2 nd /7	W20	39.08
Mike Pugh	1 st /5	M35	31.31
Russell Lake	2 nd /5	M35	35.00
Terry Furmage	5 th /9	M45	37.13
Ken Keyte	6 th /9	M45	37.28
Brendan Gibbs	5 th /5	M50	56.28
Gavin Smith	1 st /10	M55	37.22
Wayne Smith	2 nd /10	M55	38.44
Stu Smith	4 th /10	M55	40.43
Mike Powell	8 th /10	M55	44.09
Robert Jackson	9 th /10	M55	44.33
Murray Clarkson	2 nd /3	M60	42.05
Tim Masters	3 rd /3	M60	44.18



Jessica Bitcheno opens a huge lead

Athletics New Zealand Transformation Project.

At the Annual General Meeting of Athletics New Zealand there was unanimous support for the Transformation Project to change the way we do things in the sport. Brett Addison has been appointed to the role of Sports Manager of Athletics New Zealand to enable our chief executive Scott Newman to concentrate on the Transformation Project. There is no doubt our sport needs change, however there could be some pitfalls.

One idea is to make the sport more accessible to everybody by encouraging direct membership with Athletics New Zealand with a nominal fee, which would increase in cost dependent on what service an individual athlete requires. Centres would cease collecting registration fees and levies, however Clubs will need to wary that the transformation is at the expense of them.

Clubs will need to compete and provide services to athletes which will they need and want to join their local clubs at grass roots.

The two main components the sport needs is membership and funding. Funding will come with membership therefore we need to increase membership. However the membership needs to be welcomed and provide with pathways for athletes, officials and administrators. The pathways are there now however we as a club need to encourage more people to take the pathways and strive to be the best in their chosen fields.

The Transformation Project is on Athletics New Zealand's website www.athletics.org.nz and I suggest you take an active interest in the developments as it affects us all and the sport needs you to be aware and it needs to be aware of your thoughts.

Malcolm Taylor
President

RUNNER PROFILE: Jessica Bitcheno

AGE 12

STARTED RUNNING

Dad took me for a run when I was 5 but didn't join a club until I was 9. Only started running competitively in last 3 years.

FAVOURITE DISTANCES

800m/1500m

PB'S

800m 2.30.09
1500 5.23
Mile 5.53
2km 7.06
3km 11.44

(These times will be thrashed this year)



TRAINING

Just started running up Reid Road with dad this year. Approx 6km all up hill. Great for strength for the track.

MOST MEMORABLE EVENT

Winning the 10yold girls 800m at the 2008 North island Colgate Games in Inglewood, also picking up the bronze in the 1500m

ACHIEVEMENTS PAST YEAR

- 1ST 800m 10yold 2008 NI Colgate Games
- 3RD 1500m 10yold 2008 NI Colgate Games
- 1st 2km year6 2008 WBOP Primary cross-country
- 1st 800m year6 2008 WBOP Primary Athletics
- 3rd 800m 11yold 2009 NI Colgate Games
- 3rd 1500m 11yold 2009 NI Colgate Games
- 1st 1500m 11yold 2009 Waikato/bop athletics
- 2nd 800m 11yold 2009 Waikato/Bop Athletics
- 3rd 2km u12 2009 North Island Cross-country champs
- 1st 2km u12 2009 Waikato/bop Cross-country
- 1st 2km u12 2009 Tauranga open Cross-country
- 1st 2km u12 2009 Waikato/bop Road champs
- 1st 2km u12 2009 Sharp cross-country
- 1st 3km u12 2009 Bop/Poverty Bay cross-country

GOALS THIS YEAR

To break 5.00m for the 1500m and 2.25m for the 800m. Also to win the double 800m/1500m at the North Island Colgate's in Auckland in January

INSPIRATION

Usain Bolt, the most relaxed athlete I have ever known!

Email to Malcolm 19th August from ex Rambler Ginger Mandl:

Hi from Vashon Island
Hi Malcolm,

At some point we will return for a visit and run on that track. I got javelin boots and track spikes to start competing in the Masters here. Then I tore my ACL playing women's soccer, so no running for 6 months...the spikes are getting dusty! Running is definately in the future for me, but I might skip soccer at this age.

Maximo grew tall and is not the runner he was, but has great memories of his great times and claims you are the best coach. He is now doing American football (running line man) wrestling and track. He is also really into snowboarding as we have a condo nearby. I still ski. We miss New Zealand, but glad to be back in the USA to be with family. Congrats on your amazing running. Impressive and motivating for all of us older ones. Hello to the Tauranga Ramblers and I will try to send pictures next time. Best
Ginger
gingerferguson99@yahoo.com

North Island Secondary Schools INTER-PROVINCIAL RELAYS Porritt Stadium Grounds 31/8/09

WBOP Teams ran well with the IB & IG & SB all winning their events from a total 38 regional teams from the North Island. WBOP JB & SG placed 2nd. (3km laps.) Fastest lap Aaron Pulford 9.25.

- Michael Sutton 9:35
- Patrick Burrows 9.56
- Ella Mangan Walker 11.20
- Regan Bones 9.37
- Kylie Tietjens 12.04
- Julia Campbell 12.23
- Esther McArthur 11.25

HAWKES BAY MARATHON
22/8/09

Barry Watson finished in 6th place overall in the men (1st 50+) 3.17.10. The race was won by Ross McIntyre in 2.39.19. ahead of 40 men & 22 women.

Coming Events

5 September

NZ Road Champs, Logan Park Dunedin

5 September

Whangamata Half Marathon, 10.2km & 5.7km fun events

5 September

Mizuno Off-Road Half Marathon, Kinloch, Taupo

6 September

Winter throws meet, Tauranga Domain, 10.30am \$3 charge for equipment use. contact Chris McCahill

7 September

AIMS Games XC at Waipuna. Year 7& 8 students from all over NZ compete over 3km. Races start from 9am.

12 September

Red Stag Redwoods relay, Rotorua. A great off-road relay. Adult grades over a lap of approx 5km, Younger grades 3km. Enter through club, but secondary school age members check first whether they are running for their school. Own transport arrangements necessary.

19 September

Club Road Champs, Greerton. Meet 1.45pm Greerton Athletic Club Hall, Fraser St, Pemberton Park. Full distance road races for Club trophies. **Bring a plate.** Final club day of season.

27 September

Nature Valley Trail Runs, Blue Lake Reserve, Rotorua. Distances from 5-20km approx.

<http://www.n-duro.co.nz/ntrial/evdesc.php>

3 October

Sri Chinmoy 24 Hour, 12hour & 6hr Sovereign stadium.

4 October

SBS Bank Hamilton Half Marathon, 10km & 5km. 9am start Hamilton Gardens www.hamiltonhalfmarathon.org.nz

10 October

NZ Road Relay Champs, Christchurch Takahe- Akaroa. Considered by many the Highlight of the season. Huge event & some hotly contested races. Ramblers looking at taking 4 teams this year. Some funding is available, but it is anticipated it will cost athletes \$150, with the teams flying from Auckland on Jet Star at 6:40 am to procure the cheapest flights. Keep up the training! Maps of course & details available on www.athletics.org.nz

BOP Poverty Bay Intermediate Schools XC Waipuna 28th August

Congratulations to **Jessica Bitcheno**, winner Yr 7 Girls race. **Christine Sutton** also did extremely well placing 2nd in the Yr 8 Girls Race Other good efforts from **Amanda Somerfield & Scott Croasdale.**



Christine Sutton