

# Ramblings

Newsletter of Athletics Tauranga Incorporated



**December 2009**

Volume 2009, Issue 12

Editor Fay Smith  
Ph/fax 5443666, Email:  
[gc.flsmith@xtra.co.nz](mailto:gc.flsmith@xtra.co.nz)

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## ATHLETE OF THE MONTH

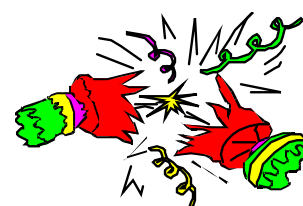
December 2009



**Luke Davison**

*Gold medal winner in the NZ Secondary Schools' Junior Boy's Javelin with a throw of 50.10metres. Luke also scored bronze in the Shotput, & narrowly missed medalling with 4<sup>th</sup> in the high jump (1.81m) equalling the height of the 3<sup>rd</sup> placegetter. He placed 4<sup>th</sup> again in the Discus with a 42.23m throw.*

Merry Christmas &  
a Happy New Year



**Thank You Very Much** for all those people who have helped out at events during the year- most recently at the King of the Mountain race. What fantastic weather, numbers & sponsors this year.

I apologise for this newsletter being a bit late going to print, but hey, the weather has been too good. What a fantastic summer!

Winter prizegiving was finally held along with a sausage sizzle after our Club night on 22<sup>nd</sup> December and trophies & certificates awarded.



Enjoy Your  
Holidays

Club Email:

[athletics.tauranga@xtra.co.nz](mailto:athletics.tauranga@xtra.co.nz)

website: [www.taurangaramblers.co.nz](http://www.taurangaramblers.co.nz)

or [www.athleticstauranga.co.nz](http://www.athleticstauranga.co.nz)

plus summer track results are on:

[www.sportsground.co.nz/taurangaarc](http://www.sportsground.co.nz/taurangaarc)

**Everyone's Run/ Walk Series**  
**Maxwells Road**

**3<sup>rd</sup> December:** 34 runners & 10 walkers in the 5km & 10 runners in the 3km. Slightly wet conditions.

**5km**

1 <sup>st</sup> Dan Smith	17.46
3 <sup>rd</sup> Ellas Mangan-Walker (1stW)	18.19
4 <sup>th</sup> Jamie Regan	18.48
8 <sup>th</sup> Stu Smith	19.16
11 <sup>th</sup> Julia Campbell	20.26
14 <sup>th</sup> Ian Bitcheno	20.35
16 <sup>th</sup> John Addy	21.05
21 <sup>st</sup> Murray Clarkson	22.01
33 <sup>rd</sup> Karen Smith	31.05

**\3km**

1 <sup>st</sup> Jessica Bitcheno	12.56
4 <sup>th</sup> Petra Creighton	15.34

\*\*\*\*\*

**10<sup>th</sup> December:** 28 runners & 23 walkers in the 5km & 10 runners in the 3km

**5km**

1 <sup>st</sup> Iain MacDonald	15.59
2 <sup>nd</sup> Dan Smith	18.20
4 <sup>th</sup> Stu Smith	18.55
6 <sup>th</sup> Laurie Pugh (1stW)	19.20
7 <sup>th</sup> Petra Creighton	19.44
8 <sup>th</sup> Jamie Regan	20.24
9 <sup>th</sup> Murray Clarkson	20.48
10 <sup>th</sup> Max Ball	20.58
28 <sup>th</sup> Karen Smith	34.40
4 <sup>th</sup> Walk: Alex Whimster	34.55

**3km**

1 <sup>st</sup> Morgan Ball	13.59
2 <sup>nd</sup> McKenzie Ball	14.24
4 <sup>th</sup> Mia Pugh	15.02

\*\*\*\*\*

**17<sup>th</sup> December:** 29 runners & 20 walkers in the 5km plus 8 in the 3km event.

**5km**

1 <sup>st</sup> John Caie	17.09
4 <sup>th</sup> Michelle Basson (1stW)	18.36
5 <sup>th</sup> Stu Smith	19.15
6 <sup>th</sup> Laurie Pugh	19.29
7 <sup>th</sup> Jamie Regan	19.46
9 <sup>th</sup> Max Ball	20.42
10 <sup>th</sup> Mike Powell	21.50
16 <sup>th</sup> Morgan Ball	23.54
29 <sup>th</sup> Karen Smith	34.40
3 <sup>rd</sup> walk: Alex Whimster	34.30
8 <sup>th</sup> walk :Murray Clarkson	37.42

\*\*\*\*\*

**Club Night 1/12/09**

**60 Metres** HT

1Keegan Millar	B9	9.49
2Olivia Hines	G10	9.76
3Jasmine Creighton	G9	10.02
4Andrew Creighton	B7	10.26
5Anna McFall	G6	12.60

**60 Metres** ET

1Mariah Rininui	W19	8.12
2Genelle Vanderschantz	W16	8.40
3Abby Goldie	G13	8.51
4Lauren Eaton	W19	8.57
5Rebekah Millar	W16	8.91
6Emma Shanley-MacDonald	G13	9.09
7Elizabeth McKoy	W19	9.13
8Alice McFall	G14	9.47

**60 Metres** ET

1Joseph Millar	M19	7.11
2Jonothon Morton	M19	7.65
3Michael Goldie	M16	7.84
4Oliver Ranby	B14	7.87
5Luke Davison	M16	7.94

**60 Metres** ET

1Joseph Millar	M19	7.19
2Stephen Te Whaiti	M45	7.99
3Mariah Rininui	W19	8.21
4Shaun Goldie	M50	8.23
5Les Dobson	M50	9.37
6Brendon Magill	M45	9.99
7Gavin Smith	M55	10.38
8Murray Clarkson	M60	11.82

**200 Metres** ET

1Keegan Millar	B9	33.85
2Jasmine Creighton	G9	34.89
3Olivia Hines	G10	35.17
4Andrew Creighton	B7	35.98
5Anna McFall	G6	48.90

1Abby Goldie	G13	27.16
2Genelle Vanderschantz	W16	27.54
3Lauren Eaton	W19	29.16
4Petra Creighton	W40	29.47
5Rebekah Millar	W16	29.50
6Elizabeth McKoy	W19	31.50
7Alice McFall	G14	33.15

1Jonothon Morton	M19	24.25
2Michael Goldie	M16	24.77
3Les Dobson	M50	30.16
4Brendon Magill	M45	31.89
5Gavin Smith	M55	33.24
6Murray Clarkson	M60	39.50

**1500 Metres** ET

1Jamie Regan	M19	4.56.27
2Alex Colvin	B14	4.58.38
3Nathan Burgi	M16	4.58.89

4Sally Gibbs	W45	4.59.76
5Gavin Smith	M55	5.12.56
6Rebekah McCafferty	G10	5.23.83
7Petra Creighton	W40	5.25.60
8Barry Watson	M50	5.41.75
9Linda Reynolds	W40	6.04.38
10Les Dobson	M50	6.05.18
11Olivia Hines	G10	6.15.10

**400 Metres** ET

1Alice McCafferty	G11	1.13.01
2Keegan Millar	B9	1.14.35
3Olivia Hines	G10	1.21.24
4Andrew Creighton	B7	1.21.52
5Jasmine Creighton	G9	1.25.44

1Amy Frith	SW	1.00.30
2Emma Shanley-MacD	G13	1.04.11
3Petra Creighton	W40	1.04.47
4Abby Goldie	G13	1.10.40
5Linda Reynolds	W40	1.24.34

1Luke Davison	M16	56.81
2Oliver Ranby	B14	56.97
3Alex Colvin	B14	1.00.82
4Joseph Reynolds	M16	1.01.96

1Stephen Te Whaiti	M45	58.85
2Shaun Goldie	M50	1.02.84
3Les Dobson	M50	1.11.77
4Gavin Smith	M55	1.13.01
5Barry Watson	M50	1.20.78

**Shot Put**

1Connor Millar	B12	6.11
1Keegan Millar	B9	4.95
1Rebekah McCafferty	G10	4.60
1Alice McCafferty	G11	5.90
1Emma Shanley-MacDonald	G13	8.03
1Luke Davison	M16	10.66
1Stephen Te Whaiti	M45	9.39

**Triple Jump**

1Alex Colvin	B14	11.22
1Brendon Magill	M45	8.48
1Sarah Yardley	SW	10.96
1Lauren Eaton	W19	10.44
2Elizabeth McKoy	W19	8.65

**2000m Steeple Chase** ET

1Jamie Regan	M19	7.46.56
2Alice McFall	G14	8.03.13
3Gavin Smith	M55	8.12.73
4Sally Gibbs	W45	8.30.40
5Barry Watson	M50	8.57.23
6Les Dobson	M50	9.29.46
7Linda Reynolds	W40	9.36.08



**CLUB NIGHT 8/12/09**

**100 Metres Handicap**

1Keegan Millar	B9	15.99
2Catherine Sutton	G10	16.50
3McKenzie Ball	G10	16.82
4Bethany Millar	G10	17.18
5Joanne Sutton	G10	17.38
6Cassidy Ball	G7	18.58
7Anna McFall	G6	19.53

**100 Metres Handicap**

1Andrew Robinson	B12	14.50
2Liam McFall	B12	15.27

**100 Metres Handicap**

1Emma Shanley-MacD	G13	13.14
2Amy Robinson	G13	13.29
3Abby Goldie	G13	13.31
4Alice McFall	G14	13.53

**100 Metres Handicap**

1Tessa Carney	SW	12.56
2Mariah Ririnui	W19	12.80
3Amy Frith	SW	12.93
4Vanessa Hill	W16	13.51

**100 Metres Scratch**

1Morgan Foster	SM	11.80
2Jonathon Morton	M19	12.03
3Sean Turner	M19	12.16
4Michael Goldie	M16	12.53

**100 Metres Handicap**

1Brendon Magill	M45	14.68
2Les Dobson	M50	14.77
3Gavin Smith	M55	14.91

**600 Metres**

1Amy Frith	SW	1.44.92
2Andrew Robinson	B12	1.48.57
3Sally Gibbs	W45	1.49.09
4Emma Shanley-MacD	G13	1.55.10
5Christine Browne	W40	2.00.79
6Tess Tewhata	SW	2.08.10
7Morgan Ball	G13	2.12.60
8Liam McFall	B12	2.14.76
9Jonathon Watson	B10	2.25.57
10McKenzie Ball	G10	2.27.01

**600 Metres**

1Michael Sutton	M16	1.37.23
2Jamie Regan	M19	1.41.94
3Josh Dyer	SM	1.44.94
4Murray Clarkson	M60	1.51.71
5Gavin Smith	M55	1.52.91
6Les Dobson	M50	1.58.10
7Barry Watson	M50	2.05.42

**2000m Steeplechase**

1Josh Dyer	SM	7.34.2
2Andrew Robinson	B12	7.42.3
3Jamie Regan	M19	7.50.3
4Alice McFall	G14	7.58.6

5Mathew Smith	SM	8.00.0
6Gavin Smith	M55	8.09.00
7Sally Gibbs	W45	8.19.00
8Barry Watson	M50	8.31.9
9Les Dobson	M50	9.20.7
10Murray Clarkson	M60	9.37.8
11Tess Tewhata	SW	11.00.8
12Robyn Winter	W55	11.47.5

**Weight Throw**

1Christine McCahill	W40	13.30
2Ray Laurie	M70	8.82

**Club Night 15/12/09**

**100 Metres**

1Luke Robinson	B9	15.28
2Keegan Millar	B9	16.42
3Olivia Hines	G10	17.09
4Bethany Millar	G10	18.08
5McKenzie Ball	G10	18.27

1Tessa Carnie	SW	12.75
2Abby Goldie	G13	13.16
3Amy Robinson	G13	14.13
4Christine Browne	W40	14.96

1Sean Turner	M19	12.12
2Michael Goldie	M16	12.45
3Joseph Reynolds	M16	13.28
4Shaun Goldie	M50	13.54
5Les Dobson	M50	15.05
6Brendon Magill	M45	15.33
7Gavin Smith	M55	17.21
8Sid Pavett	M75	21.09

**800 Metres**

1Michael Sutton	M16	2.14.64
2Jamie Regan	M19	2.17.13
3Nathan Burgi	M16	2.21.33
4Josh Dyer	SM	2.23.66
5Dean Willacy	M35	2.26.92
6Mathew Smith	SM	2.28.59
7Joseph Reynolds	M16	2.37.73

1Keegan Millar	B9	2.53.41
2Morgan Ball	G13	2.53.73
3Olivia Hines	G10	3.04.99
4Bethany Millar	G10	3.16.81

1Sally Gibbs	W45	2.27.22
2Les Dobson	M50	2.33.60
3Gavin Smith	M55	2.34.38
4Stu Smith	M55	2.51.70
5Barry Watson	M50	2.55.43
6Max Ball	M50	2.56.09
7Sid Pavett	M75	3.52.66

**200 Metres**

1Michael Goldie	M16	25.90
2Tessa Carnie	SW	26.26
3Abby Goldie	G13	28.11
4Christine Browne	W40	31.62
5Olivia Hines	G10	41.66

1Sean Turner	M19	25.16
2Shaun Goldie	M50	28.33
3Josh Dyer	M20	31.80
4Dean Willacy	M35	32.09

1Brendon Magill	M45	31.49
2Gavin Smith	M55	34.64
3Max Ball	M50	37.66
4Les Dobson	M50	37.66
5Syd Pavett	M75	46.96

**3000 Metres**

1Michael Sutton	M16	9.33.44
2Josh Dyer	M20	10.34.99
3Nathan Burgi	M16	10.42.92
4Jamie Regan	M19	10.50.27
5Dean Willacy	M35	10.53.15
6Gavin Smith	M55	11.16.67
7Stu Smith	M55	11.24.06
8Sally Gibbs	W45	11.30.51
9Barry Watson	M50	11.52.71
10Max Ball	M50	12.19.05
11Les Dobson	M50	12.40.95
12Mathew Smith	SM	12.51.99
13Syd Pavett	M75	15.22.88

**Long Jump**

1Amy Robinson	G13	4.63
1Sally Gibbs	W45	3.80
1Olivia Hines	G10	2.96
2McKenzie Ball	G10	2.70
1Oliver Ranby	B14	5.05
1Brendon Magill	M45	4.20
1Michael Cochrane	M19	5.90

**Discus**

1Joseph Reynolds	M16	25.33
1Livvie Duggan	W19	35.38
1Michael Cochrane	M19	34.69
1Rob McGregor	M70	30.54
1Christine Browne	W40	17.84
1Brendon Magill	M45	18.01



**Club Night 22/12/09**

9Syd Pavett M75 44.18

**100 Metres** Wind +1.2  
 1Joseph Millar M19 11.02  
 2Michael Goldie M16 12.19

1Tessa Carnie SW 12.47  
 2Amy Robinson G13 13.25  
 3Vanessa Hill W16 13.30  
 4Emma Jackson W16 13.69  
 5Emma Shanley-MacDonald G13 13.92  
 6Christine Browne W40 13.93  
 7Rochelle Newdick G14 14.13  
 8Laura Harris W16 14.53

1Christine Sutton G13 15.37  
 2Keegan Millar B9 15.43  
 3Mia Pugh G8 16.80  
 4McKenzie Ball G10 18.33  
 5Catherine Sutton G10 19.32  
 6Joanne Sutton G10 20.90  
 7Ian Pugh B4 23.60

**5000 Metres**  
 1Michael Sutton M16 16.29.27  
 2Russell Lake M35 18.18.43  
 3Dean Willacy M35 18.25.39  
 4Jamie Regan M19 18.31.13  
 5Josh Dyer SM 19.01.03  
 6Gavin Smith M55 19.10.72  
 7Nicola McKay SW 19.32.98  
 8Laurie Pugh W35 20.17.16  
 9Braden Neal SM 20.32.02  
 10Les Dobson M50 20.39.79  
 11Murray Clarkson M60 20.59.11  
 12Max Ball M50 21.17.03  
 13Fiona Ellison W35 21.43.31  
 14Syd Pavett M75 25.24.35  
 15Alice McCafferty G11 26.44.17  
 16Michelle McCafferty MW 26.44.29

**60 Metres**  
 1Joseph Millar M19 7.15  
 2Tessa Carnie SW 7.95  
 3Sarah Yardley SW 8.17

1Keegan Millar B9 10.22  
 2Ian Pugh B4 13.92  
 3Elliot Pugh B3 16.66

**200 Metres**  
 1Joseph Millar M19 23.54  
 2Michael Goldie M16 25.02  
 3Josh Dyer SM 29.97  
 4Keegan Millar B9 33.10  
 5Russell Lake M35 33.28  
 6Les Dobson M50 34.63  
 7Gavin Smith M55 35.27  
 8Max Ball M50 37.74

1Oliver Ranby B14 24.71  
 2Luke Davison M16 25.57  
 3Joseph Reynolds M16 26.61  
 4Brendan Magill M45 30.72

**800 Metres**  
 1Oliver Ranby B14 2.16.86  
 2Luke Davison M16 2.23.78  
 3Jamie Regan M19 2.31.50  
 4Brendon Magill M45 2.37.98  
 5Joseph Reynolds M16 2.39.99  
 6Braden Neal SM 2.48.22  
 7Gavin Smith M55 2.50.61  
 8Josh Dyer SM 3.06.66

1Emma Shanley-M G13 2.34.72  
 2Emma Jackson W16 2.40.11  
 3Amy Robinson G13 2.42.89  
 4Christine Browne W40 2.45.71  
 5Keegan Millar B9 2.51.94  
 6Laura Harris W16 2.53.14  
 7Christine Sutton G13 2.53.58  
 8Morgan Ball G13 2.54.19  
 9Olivia Hines G10 3.05.89  
 10Vanessa Hill W16 3.08.63  
 11Mia Pugh G8 3.19.06  
 12Catherine Sutton G10 3.24.54  
 13Joanne Sutton G10 3.36.69

**Shot Put**  
 1Catherine Sutton G10 2.71  
 1Amy Robinson G13 8.77  
 2Emma Shanley-MacDonald G13 8.31  
 3Christine Sutton G13 4.97  
 1Rochelle Newdick G14 9.25  
 1Mia Pugh G8 5.20  
 1Laura Harris W16 7.56  
 2Vanessa Hill W16 6.98  
 3Emma Jackson W16 6.85  
 1Christine Browne W40 7.71

**Long Jump**  
 1Catherine Sutton G10 2.91  
 2Joanne Sutton G10 2.45  
 1Amy Robinson G13 4.62  
 2Emma Shanley-MacDonald G13 4.48  
 3Christine Sutton G13 3.44  
 1Rochelle Newdick G14 4.86  
 1Mia Pugh G8 3.34  
 1Emma Jackson W16 4.58  
 2Laura Harris W16 4.22  
 3Vanessa Hill W16 4.17  
 1Christine Browne W40 3.44  
 1Joseph Reynolds M16 5.86  
 2Luke Davison M16 5.68  
 3Oliver Ranby B14 5.04  
 4Brendan Magill M45 3.95

**Javelin**

1Joanne Sutton G10 5.24  
 2Catherine Sutton G10 4.61  
 1Emma Shanley-MacDonald G13 15.44  
 2Amy Robinson G13 13.41  
 3Christine Sutton G13 7.59  
 1Rochelle Newdick G14 13.00  
 1Mia Pugh G8 3.46  
 1Laura Harris W16 16.35  
 2Vanessa Hill W16 11.20  
 3Emma Jackson W16 7.58  
 4Christine Browne W40 3.76

**Discus**

1Oliver Ranby B14 18.88  
 1Luke Davison M16 35.50  
 2Joseph Reynolds M16 26.69  
 1Brendan Magill M45 18.70

**Pentathlon points**

Amy Robinson 2042  
 Emma Shanley-McD 2006  
 Emma Jackson 1765  
 Laura Harris 1624  
 Vanessa Hill 1516  
 Rochelle Newdick 1456  
 Christine Browne 1400  
 Christine Sutton 1030  
 Mia Pugh 632  
 Catherine Sutton 343  
 Joanne Sutton 151  
 Luke Davison 3190  
 Joseph Reynolds 2594  
 Oliver Ranby 2548  
 Brendan Magill 1717  
 ####

**NI Combined Events Champs**  
**5<sup>th</sup>/6<sup>th</sup> Dec 2009, Hastings**

**Joseph Reynolds 2<sup>nd</sup> M16 Octathlon**  
**with 3633 points**  
 100m 12.62, LJ 5.21m, SP 10.25m,  
 400m 59.27, Hurdles 18.47, HJ 1.71m  
 Jav 27.72m, 1000m 3.25.25



## Vitasport King & Queen Of The Mountain Mount Maunganui 26/12/09



Iain MacDonald: King of Mauao x 4

Brilliant sunny, hot day. Tide full in making it tough soft sand running on the beach. Large fields of runners. Thanks to Vitasport, our new sponsors this year, for providing the refreshments at the finish and some of the spot prizes. Special thanks also to those hard working individuals doing entries, compiling results, marshalling and helping setup & bring down the course markers.

Iain MacDonald stated his dominance of the course from the outset, holding off “The Goat” winner Sjors Corporaal, who found the course a bit of a sprint compared to what he was used to. Women’s winner Helen Rountree of Hamilton had time at the top to pause for a breather and to admire the view before finishing ahead of women’s Goat winner Ruby Muir of Whitianga



Helen



Malcolm Taylor has completed 42 King of The Mount races.



Stu Smith wipes off the sweat after putting the pressure on Gavin all the way to the top. They finished just 3 seconds apart.



Ethney Barnaby

### Results

#### Vitasport King & Queen

1 <sup>st</sup> Iain MacDonald	19.11
2 <sup>nd</sup> Sjors Corporaal	19.25
3 <sup>rd</sup> Shay Williamson 1 <sup>st</sup> JM	20.34
20 <sup>th</sup> Helen Rountree 1 <sup>st</sup> W	23.19
27 <sup>th</sup> Ruby Muir 2 <sup>nd</sup> W+ 1 <sup>st</sup> JW	24.14
35 <sup>th</sup> Gavin Smith 11 <sup>th</sup> MM35+	25.11
36 <sup>th</sup> Stu Smith 12 <sup>th</sup> MM35+	25.14
54 <sup>th</sup> Josh Dyer	27.29
58 <sup>th</sup> Les Dobson 19 <sup>th</sup> MM35+	27.50
71 <sup>st</sup> John Addy 26 <sup>th</sup> MM35+	29.08
78 <sup>th</sup> Robert McPherson 28 <sup>th</sup> MM	29.46
80 <sup>th</sup> Pete Kennedy 29 <sup>th</sup> MM 35	29.52
85 <sup>th</sup> Ian Bitcheno 31 <sup>st</sup> MM 35+	30.09
99 <sup>th</sup> Ethney Barnaby 6 <sup>th</sup> MW35+	31.57
100 <sup>th</sup> Ashley Clements 4 <sup>th</sup> JW	32.07
110 <sup>th</sup> Malcolm Taylor 40 <sup>th</sup> MM	33.42
120 finishers	

#### Port of Tauranga Prince & Princess

1 <sup>st</sup> Brad Currie 1 <sup>st</sup> B12	9.47
(beating the U16 grades)	
4 <sup>th</sup> Andrew Robinson 2 <sup>nd</sup> B12	10.20
10 <sup>th</sup> Jessica Bitcheno 1 <sup>st</sup> G12	11.12
11 <sup>th</sup> Alice McCafferty 2 <sup>nd</sup> G12	11.35
14 <sup>th</sup> Rebekah McCafferty 3 <sup>rd</sup> G12	12.03
25 <sup>th</sup> Samantha Bitcheno 9 <sup>th</sup> G12	13.49
32 finishers	

#### Round The Mount Fun Run

1 <sup>st</sup> Murray Clarkson	21.14
4 <sup>th</sup> Robert McPherson	22.57
6 <sup>th</sup> Emma Shanley- McDonald	27.46
7 <sup>th</sup> Hannah Shanley-McDonald	28.20
11 <sup>th</sup> Robyn Winter	29.44
23 finishers	

### TE AROHA MOUNTAIN RACE

12/12/09

Shay Williamson of Whakatane took overall line honours, also winning the M16 grade in 1.00.31.

Clive Reynolds Tauranga 3<sup>rd</sup> 1.08.10  
**Terry Furmage** 8<sup>th</sup> (1<sup>st</sup> M45) 1.13.04  
 Helen Rountree was 1<sup>st</sup> Woman & 10<sup>th</sup> overall in 1.14.19 from 26 runners.

The shorter Bald Spur race was won by Kurt Sweeney of Te Aroha in 30.26.

**Kelly Furmage** 5<sup>th</sup> (3<sup>rd</sup> F) 32.34  
**Abby Furmage** 6<sup>th</sup> (4<sup>th</sup> F) 40.47.

**Masters Xmas Meet 13/12//09,**  
**Tauranga Domain**

**Note:** all placings based on age-graded performances and not actual placings.

**Brendan Magill**

60m	5 <sup>th</sup> /6	9.77
100m	4 <sup>th</sup> =/6	15.02
Long Jump	4 <sup>th</sup> /4	4.05m
Discus	10 <sup>th</sup> /11	16.44m
Javelin	6 <sup>th</sup> /9	26.65m

**Petra Creighton**

300m	1 <sup>st</sup> /6	45.47
5000m	1 <sup>st</sup> /3	20.58.00
Long Jump	2 <sup>nd</sup> /2	3.40m
Discus	8 <sup>th</sup> /8	14.92m

**Barry Watson**

300m	7 <sup>th</sup> /7	1.00.95
5000m	3 <sup>rd</sup> /5	20.03.13

**Robert McPherson**

5000m	1 <sup>st</sup> /5	21.50.85
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**Murray Clarkson**

5000m	2 <sup>nd</sup> /5	20.45.50
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**Robyn Winter**

5000m	2 <sup>nd</sup> /3	27.36.18
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**Chris McCahill**

Discus	1 <sup>st</sup> /8	33.73m
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**Pauline Purser**

Discus	2 <sup>nd</sup> /8	10.44m
Weight Throw	2 <sup>nd</sup> /6	4.18m
Javelin	6 <sup>th</sup> /9	7.42m

**Battle of the Cities 5/12/09**  
**Soveriegn Stadium**

**Michael Cochrane M19**

400m Hurdles	1 <sup>st</sup>	55.19
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**Rebecca Cochrane SW**

Triple Jump	2 <sup>nd</sup>	8.64m
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**Livvie Duggan W19**

Discus	1 <sup>st</sup>	34.13m
Hammer	1 <sup>st</sup>	33.31m

**HOT MEET 3, MT SMART,**  
**AUCKLAND, 12/12/09**

Awesome Worlds (Canada) qualifying time for **Michael Cochrane M19** in the 400m Hurdles.

First place & PB of 53.10 !!!

**NZ Secondary Schools' T & F**  
**Champs , Timaru**  
**12-13 December 2009**

Ramblers who shone at this event this year were Joseph Millar, with gold in the senior boy's 200m & silver in the 100m and Luke Davison, with gold in the javelin, bronze in the shotput & 2 4<sup>th</sup> placings from large fields in the High Jump & Discus. His High Jump equalled that of the 3<sup>rd</sup> placegetter.

Khanum Elisaia also scored a bronze in the shotput and 4<sup>th</sup> in the discus in the Junior Girls. Ella Mangan-Walker also narrowly missed medalling in a large Road race field. TGC won the 3 & 6 person teams in the SG Road race.

**Results**

**Rebekah Millar JG Aquinas**

100m	4 <sup>th</sup> H4/6	13.42	Q
100m	6 <sup>th</sup> H3/4 quarters	13.51	-
200m	4 <sup>th</sup> H1/5	27.58	q
200m	5 <sup>th</sup> H2/3 semis	27.44	-

**Sophie Millar JG Aquinas**

400m	2 <sup>nd</sup> H1/4	59.80	Q
400m	4 <sup>th</sup> H1/2 semis	1.01.99	Q
400m	5 <sup>th</sup> final	1.00.88	-

**Bella Andrews JG TGC**

80mHurdles	3 <sup>rd</sup> .H2/3	12.76	q
80mHurdles	6 <sup>th</sup> final	12.89	-
300mOpen Hurdles	3 <sup>rd</sup> H2/2	47.70	Q
300mOpen Hurdles	8 <sup>th</sup> final	48.74	-
Javelin	16 <sup>th</sup> /20	19.92m	-

**Khanum Elisaia JG TGC**

Shotput	3 <sup>rd</sup> /19	11.84m
Discus	4 <sup>th</sup> /26	33.15m

**Mariah Ririnui SG TGC**

100m	3 <sup>rd</sup> H3/6	12.56	Q
100m	3 <sup>rd</sup> H3/4 quarters	12.47	Q
100m	5 <sup>th</sup> H1/2 semis	12.70	-
Shotput	10 <sup>th</sup> /18	9.62m	-

**Livvie Duggan SG Katikati**

Discus	5 <sup>th</sup> /16	34.44m
Shotput	9 <sup>th</sup> /18	9.69m

**Genelle Vanderschantz SG TGC**

100m	3 <sup>rd</sup> H2/6	12.90	Q
100m	6 <sup>th</sup> H1/4 quarters	12.90	-
200m	4 <sup>th</sup> H4/4	26.71	q
200m	6 <sup>th</sup> H1/2 semis	27.12	-

**Ella Mangan-Walker SG TGC**

4k Road Race	4 <sup>th</sup> /72	14.03
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**Shelby Goddard SG TGC**

4km Road Race	13 <sup>th</sup> /72	15.03
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**Julia Campbell SG TGC**

4km Road Race	22 <sup>nd</sup> /72	15.26
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**Michael Sutton JB TBC**

3000m	4 <sup>th</sup> /15	9.21.97
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**Luke Davison Bethlehem JB**

Javelin	1 <sup>st</sup> //27	50.10m
Shotput	3 <sup>rd</sup> /27	13.68m
Discus	4 <sup>th</sup> /31	42.23m
High Jump	4 <sup>th</sup> /23	1.81m

**Joseph Millar Aquinas SB**

100m	1 <sup>st</sup> H1/7	11.16	Q
100m	1 <sup>st</sup> H4/4 quarters	11.14	Q
100m	3 <sup>rd</sup> H1/2 semis	11.26	Q
100m	2 <sup>nd</sup> final	11.06	-
200m	1 <sup>st</sup> H2/5	23.05	Q
200m	1 <sup>st</sup> H2/3 semis	22.86	Q
200m	1 <sup>st</sup> final	22.25	-

**Jonno Morton TBC SB**

100m	6 <sup>th</sup> H7/7	11.75	q
100m	8 <sup>th</sup> H3/4 quarters	11.80	-
200m	3 <sup>rd</sup> H4/5	23.89	Q
200m	8 <sup>th</sup> H3/3 semis	23.94	-

**OPEN MEET, Tauranga**  
**Domain, 19/12/09**

**400m**

Joseph Millar M19	1 <sup>st</sup>	49.52
Petra Creighton 5 <sup>th</sup> W40	1 <sup>st</sup>	1.02.34

**80mhurdles**

Amy Robinson G14	1 <sup>st</sup>	13.95
Luke Robinson B12	1 <sup>st</sup>	17.01

**110mHurdles**

Michael Cochrane M19	1 <sup>st</sup>	15.21
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**100m**

H1: Joseph Millar M19	1 <sup>st</sup>	11.33
Michael Golidie 7 <sup>th</sup> M16	2 <sup>nd</sup>	12.53
H2: Mariah Ririnui W19	1 <sup>st</sup>	13.12
Genelle Vanderschantz W16	1 <sup>st</sup>	13.47
Sophie Millar G14	1 <sup>st</sup>	13.70
Abby Goldie G14	2 <sup>nd</sup>	13.78
H3: Luke Davison M16	1 <sup>st</sup>	12.41
Joseph Reynolds 3 <sup>rd</sup> M16	2 <sup>nd</sup>	13.29
Amy Robinson 4 <sup>th</sup> G14	1 <sup>st</sup>	13.48
Emma Shanley-McD 5 <sup>th</sup> G14	2 <sup>nd</sup>	14.12
Brendan Magill 6 <sup>th</sup> MM45	1 <sup>st</sup>	15.41

**800m**

Gavin Smith 3 <sup>rd</sup> M55	1 <sup>st</sup>	2.35.4
Nicola McKay 4 <sup>th</sup> SW	1 <sup>st</sup>	2.40.7

**200m**

H1: Michael Goldie 6 <sup>th</sup> M16	2 <sup>nd</sup>	25.12
H2: Oliver Ranby 3 <sup>rd</sup> B14	2 <sup>nd</sup>	27.87
H3: Mariah Ririnui 1 <sup>st</sup> W19		27.07
Genelle Vanderschantz 2 <sup>nd</sup> W16	1 <sup>st</sup>	27.55
Sophie Millar 3 <sup>rd</sup> G14	1 <sup>st</sup>	28.34
Amy Robinson 4 <sup>th</sup> G14	2 <sup>nd</sup>	28.76
Rebekah Millar 5 <sup>th</sup> W16	2 <sup>nd</sup>	29.44
Emma Shanley-McD 6 <sup>th</sup> G14	3 <sup>rd</sup>	29.59

**2000m Steeples**

Gavin Smith 1 <sup>st</sup> M55		8.33.1
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**3000m**

Michael Sutton 2 <sup>nd</sup> M16	1 <sup>st</sup>	9.30.1
Gavin Smith 4 <sup>th</sup> M55	1 <sup>st</sup>	11.23.8

Nicola McKay 5<sup>th</sup> SW 1<sup>st</sup> 11.35.3  
 Robyn Winter 7<sup>th</sup> W60 1<sup>st</sup> 16.19.4

**High Jump**

Amy Robinson 1<sup>st</sup> G14 1.35m  
 Luke Davison 1<sup>st</sup> M16 1.88m  
 Joseph Reynolds 3<sup>rd</sup> M16 1.75m

**Shotput**

Emma Shanley-McD 1<sup>st</sup> G14 8.93m  
 Luke Davison 1<sup>st</sup> M16 13.17m  
 Livvie Duggan 1<sup>st</sup> W19 9.93m  
 Mariah Rininui 2<sup>nd</sup> W19 9.07m

**Long Jump**

Olly Ranby 1<sup>st</sup> B14 5.35m  
 Amy Robinson 1<sup>st</sup> G14 4.77m  
 Emma ShanleyMcD 3<sup>rd</sup> G14 4.32m  
 Luke Davison 1<sup>st</sup> M16 5.40m  
 Joseph reynolds 2<sup>nd</sup> M16 5.15m  
 Brendan Magill 1<sup>st</sup> M45 3.83m  
 Rebecca Cochrane 1<sup>st</sup> SW 4.49m

**Javelin**

Bella Andrews 1<sup>st</sup> G14 17.53m  
 Like Davison 1<sup>st</sup> M16 48.79m  
 Joseph Reynolds 2<sup>nd</sup> M16 35.06m  
 Brendan Magill 1<sup>st</sup> M45 24.65m  
 Livvie Duggan 1<sup>st</sup> W19 28.80m

**Discus**

Luke Robinson 1<sup>st</sup> B12 23.30m  
 Connor Millar 2<sup>nd</sup> B12 18.86m  
 Luke Davison 1<sup>st</sup> M16 32.10m  
 Joseph Reynolds 2<sup>nd</sup> M16 28.17m  
 Brendan Magill 1<sup>st</sup> M45 18.83m  
 Genelle Vanderschantz 1<sup>st</sup> W16 1<sup>st</sup> 20.18m  
 Livvie Duggan 1<sup>st</sup> W19 34.81m



More Mountain Race pics



**Coming Events**

**5 January 2010**

New Zealand 10,000 metres Championships - Tauranga Domain. Also Open Meet: 800m, 200m, 1500m, 100m, Discus, Shotput, Long Jump, Triple Jump. BBQ night

**7 January**

Everyone's Run Walk 5km Series from Maxwells Rd, every Thursday until 1<sup>st</sup> April. Sign on from 5.15pm. Walkers start 5.45pm, Runners 6pm. Entry is \$5.00 for adults and \$3.00 for kids (3km only). Prizegiving afterwards: 7pm at Trust Bar.

**8 January**

North Island Colgate Games, Mt Smart Stadium

**12 January**

200m, 1500m, 400m, 5000m, 60m, Discus, Long Jump

**16 January**

Open Meeting - Porritt Stadium

**17 January**

Masters Meeting - Tauranga Domain

**19 January**

Hurdles Club Champs, 1000m, 1500m, 100m, 300m, 3000m, Hammer Throw CC, High Jump

**22 January**

NZ 3000m Champs, at Capital Classic Meet Wellington

**23 January**

Open Meeting - Tauranga Domain

**23 January**

Inter Provincials- Grades 14, 16,18 Waitakere Stadium

**26 January**

200m Club Champs, 800m, 100m, 5000m, Long Jump, Shot Put CC

**26 January**

Cooks Classic, Wanganui

**29 January**

Sylvia Potts Classic, Hastings

**29-31 January**

Masters Games, Caledonian, Dunedin

**30 January**

Open Meeting - Porritt Stadium

**30-31 January**

Northern Regional Combined Events Champs, Mt Smart

**2 February**

1500m Club Champs, 100m, 400m, 4000m, Discus CC, Triple Jump

**6 February**

Open Meet, Tauranga Domain