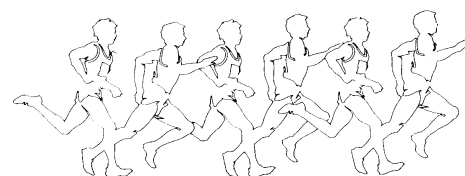


# Ramblings

Newsletter of Athletics Tauranga Incorporated



**July 2009**

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## ATHLETE OF THE MONTH

**July 2009**



**Gavin Smith**

1<sup>st</sup> M55 in the WBOP XC  
Champs over 8km and 2<sup>nd</sup>,  
narrowly missing out on 1<sup>st</sup>, in a  
sprint finish at the North Island  
XC Champs over 6km.

## Congratulations:

to **Michael Cochrane** who is one of  
seven athletes selected in the NZ  
Under 23 squad to compete in the  
Oceania Regional Track & Field  
Championships, on the Gold Coast.  
Michael will be competing in the  
110m Hurdles and the 400m Hurdles.

## **EDITORIAL**

I'm at a total loss for words! Come on  
guys & gals- how about some of you help  
me out and send in some articles about  
runs you have done, your thoughts, goals,  
ambitions, jokes, ANYTHING! This is  
your Club newsletter... your opinions  
matter.... kids too.

I am desperately seeking profiles for the  
newsletter and website.

Email me with stuff about you. As an  
example you could use the following  
headings:

Name

Age

Started Running

Favourite Distance

Claim to Fame

PBs

Training

Most Memorable Event

Funniest/ wierdest experience running

Regrets

Goals & Ambitions

*Include photo if possible.*

And email to [gc.flsmith@xtra.co.nz](mailto:gc.flsmith@xtra.co.nz)

***The difference between the  
impossible and the possible,  
lies in one's determination.***



***Strength does not come from  
physical capacity. It comes  
from an indomitable will.***

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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)

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# **NORTH ISLAND CROSS COUNTRY CHAMPS, SPA PARK, TAUPO 4/7/09**

The weather was kind, track firm.



Alice & Jessica battle it out for 2<sup>nd</sup> & 3<sup>rd</sup>



Sally Gibbs placed well overall in the womens 35-49 race



Michael Sutton was a class act again in the M19 & M16 combined race



Dale Bull, home from uni in M19's



Gavin on his way to silver in M55



Garth & Ben together over 1<sup>st</sup> lap



Russell Lake in the M35-49

Tauranga's Masters Men numbers were down this year, with several opting to do the Kawerau Half next day. Overall, some exciting racing. The Open Mens race was won by Andrew Davidson of University of Canterbury in 28.31. Mike Pugh spurned the M35 race in favour of the Open competition and placed 6<sup>th</sup> after a tough sprint for 5<sup>th</sup> with Rees Buck of Wgtn Scottish. Gavin Smith also had a tough sprint finish, narrowly missing 1<sup>st</sup> in his grade to Brett Katterns of Auckland Uni. Murray Clarkson scored silver in the M60 grade. Michael Sutton did well placing 2<sup>nd</sup> to Mohamed Ali of Hawks. Alice & Jessica battled hard together for silver & bronze in the G12.

The senior women's 5km race was won by Rachel Kingsford, Hill City in 18.11 from Melissa Moon 2<sup>nd</sup>.

## **Results**

### **G10 1km (28)**

Rebekah McCafferty	4 <sup>th</sup>	3.46
Mia Pugh	11 <sup>th</sup>	4.07
Olivia Hines	12 <sup>th</sup>	4.14

### **G12 2km (28)**

Alice McCafferty	2 <sup>nd</sup>	7.40
Jessica Bitcheno	3 <sup>rd</sup>	7.44
Samantha Bitcheno	19 <sup>th</sup>	8.50

### **G14 3km (35)**

Kelly Furmage	29 <sup>th</sup>	14.00
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### **B14 3km (32)**

Daniel Hines	31 <sup>st</sup>	15.19
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### **M16 5km (28)**

Michael Sutton	2 <sup>nd</sup>	16.46
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### **W19 4km (29)**

Ashley Clements	27 <sup>th</sup>	18.54
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### **M19 5km (37)**

Dale Bull	27 <sup>th</sup>	18.24
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### **MW45-49 5km (14)**

Sally Gibbs	4 <sup>th</sup>	21.28
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### **MM35-39 6km (18)**

Russell Lake	7 <sup>th</sup>	22.09
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### **MM45-49 6km (24)**

Terry Furmage	5 <sup>th</sup>	23.08
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### **MM50-54 6km (25)**

Max Ball	14 <sup>th</sup>	25.54
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### **MM55-59 6km (12)**

Gavin Smith	2 <sup>nd</sup>	23.33
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### **MM60-64 6km (13)**

Murray Clarkson	2 <sup>nd</sup>	26.08
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Tim Masters	4 <sup>th</sup>	27.57
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Kerry Smith	11 <sup>th</sup>	30.11
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### **SM 20-34 9km (40)**

Mike Pugh	6 <sup>th</sup>	29.26
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Garth Hyett	12 <sup>th</sup>	30.01
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Ben Ruthe	21 <sup>st</sup>	31.06
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Mathew Smith	39 <sup>th</sup>	37.50
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## Racecourse Time Trial 11/7/09

Runners were let off at 30second intervals and completed a circuit of Tauranga Racecourse just in from the outside fence & hedgeline.

### 1940 metres

Michael Sutton	6:32	0:30	6:02
Steven Langdon	6:16	0:00	6:16
Malcolm Smith	8:24	1:30	6:54
Les Dobson	9:17	2:00	7:17
Sally Gibbs	10:26	3:00	7:26
John Addy	10:16	2:30	7:46
Christine Sutton	12:07	4:00	8:07
Kelly Furmage	16:29	8:00	8:29
Alex Whimster	14:12	5:30	8:42
Malcolm Taylor	13:14	4:30	8:44
Olivia Hines	14:44	6:00	8:44
Tim Green	12:27	3:30	8:57
Tayne Burrows	13:57	5:00	8:57
Jodi Furmage	15:42	6:30	9:12
Lauren Hines	17:01	7:30	9:31
Robyn Winter	17:45	7:00	10:45



## WBOP CROSS COUNTRY CHAMPS , WAIPUNA 18/7/09

Thank you very much to those who turned out in the nasty cold rain from 8.30am to set up the course, and the ladies who helped out in the kitchen making sandwiches & soup to feed the hungry hoards later. Thanks also to those who timekept, recorded, marshalled & commented.

Luckily, the rain stopped before the racing started, but the wind remained bitter. The course, after a full night of rain was heavy underfoot and muddy and slippery in places. Races ran like clockwork and Malcolm produced the printed results promptly.

Because of the threat of rain the course finish line was placed up at the clubrooms, to provide shelter for the recorders.

Some excellent runs from some of our younger members, with Jessica Bitcheno reversing the North Islands finish by beating clubmate Alice over the line. Newcomers Brad Currie & Rebekah McCafferty also had wins. Michael Sutton dived with Mohamed Ali of Hawks for a couple of laps before being dropped near the finish. Aaron Pulford of Hawks proved too classy for the rest of the M19 grade and lead from the gun. Kent Hodgson of Hawks led the Masters Men's race with close company from fellow clubmate John Crane & Ramblers John Caie, before shaking them in latter stages. Russell Lake, Gavin Smith & Robert McPherson won golds in their grades. Mike Pugh challenge Steve O'Callaghan of Lake City for several laps of the Open race before the younger athlete stretched it out, with a time of 42.39

Well done John Addy who finished the 12km event, when work kept him from making the start of the Masters event. John gave us the 4<sup>th</sup> person required for an Open team.

### Results:

#### 2100m , B10, G10, B12, G12

Sam Averill	B10 3 <sup>rd</sup> /8	9.52
Rebekah McCafferty	G10 1 <sup>st</sup> /9	9.16
Olivia Hines	G10 3 <sup>rd</sup> /9	10.02
Mia Pugh	G10 6 <sup>th</sup> /9	10.57
McKenzie Ball	G10 8 <sup>th</sup> /9	11.41
Brad Currie	B12 1 <sup>st</sup> /9	8.33
Jack Dangen	B12 7 <sup>th</sup> /9	9.13
Jessica Bitcheno	G12 1 <sup>st</sup> /8	8.58
Alice McCafferty	G12 2 <sup>nd</sup> /8	9.04
Brooke Somerfield	G12 6 <sup>th</sup> /8	10.46
Lauren Hines	G12 8 <sup>th</sup> /8	12.14

#### 2900m B14 & G14

Scott Croasdale	B14 5 <sup>th</sup> /9	12.07
Daniel Hines	B14 7 <sup>th</sup> /9	14.59
Christine Sutton	G14 6 <sup>th</sup> /10	13.30
Morgan Ball	G14 10 <sup>th</sup> /10	17.23

#### 4100m W16

No Ramblers

#### 6100m M16 & W19, MW

Michael Sutton	B16 2 <sup>nd</sup> /5	22.12
Shari Ball	W40 3 <sup>rd</sup> /3	36.12
Cindy Taylor	W50 1 <sup>st</sup> /1	29.59

#### 8100m M19 , MM, SW

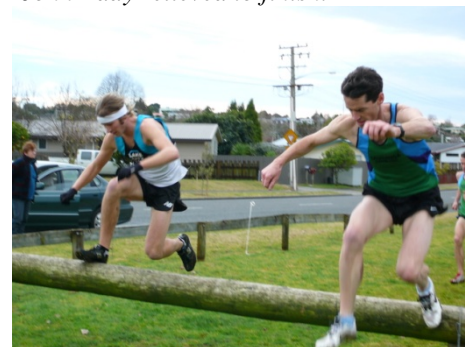
Dale Bull	M19 7 <sup>th</sup> /7	32.44
Nicola MacKay	SW 4 <sup>th</sup> /5	36.29
Russell Lake	M35 1 <sup>st</sup> /2	31.55
John Caie	M40 2 <sup>nd</sup> /4	30.33
Ken Keyte	M45 2 <sup>nd</sup> /8	31.57
Terry Furmage	M45 4 <sup>th</sup> /8	33.00
Barry Watson	M50 3 <sup>rd</sup> /7	36.01
Les Dobson	M50 4 <sup>th</sup> /7	36.34
Max Ball	M50 5 <sup>th</sup> /7	37.42
Gavin Smith	M55 1 <sup>st</sup> /7	34.12
Wayne Smith	M55 2 <sup>nd</sup> /7	35.41
Stu Smith	M55 3 <sup>rd</sup> /7	35.53
Mike Powell	M55 4 <sup>th</sup> /7	39.46
Robert Jackson	M55 6 <sup>th</sup> /7	40.05
Murray Clarkson	M60 2 <sup>nd</sup> /3	37.03
Tim Masters	M60 3 <sup>rd</sup> /3	39.58
Robert McPherson	M65 1 <sup>st</sup> /3	40.18

#### 12100m M20+

Mike Pugh	M35 2 <sup>nd</sup> /7	43.25
Gareth Hyett	SM 3 <sup>rd</sup> /7	44.59
Mathew Smith	SM 6 <sup>th</sup> /7	57.49
John Addy	M50 7 <sup>th</sup> /7	58.42



John Addy relieved to finish.



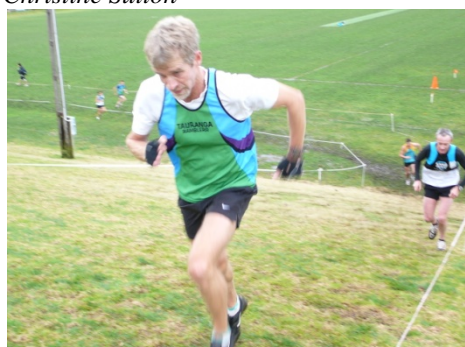
SteveO & Mike Pugh



Next lap still dead even



Christine Sutton



Ken Keyte



Gareth Hyett

## Great Mid-Winter Half Marathon, Kawerau 5/7/09

80 runners and 43 walkers completed the half marathon and a further 115 runners & walkers the 11km event.



<b>Iain MacDonald</b>	<b>1<sup>st</sup></b>	<b>1.11.41</b>
Stephen Smith (Hamilton)	2 <sup>nd</sup>	1.14.44
Daniel Jones (Whakatane)	3 <sup>rd</sup>	1.18.14
Sarah Biss (Rotorua)	1stW 6 <sup>th</sup>	1.21.39
Michelle Basson	2ndW 13 <sup>th</sup>	1.25.38
Barry Watson	2 <sup>nd</sup> M45-54 14 <sup>th</sup>	1.26.15
Les Dobson	3 <sup>rd</sup> M45-54 15 <sup>th</sup>	1.28.15
John Addy	1 <sup>st</sup> M55+ 20 <sup>th</sup>	1.34.09
Pete Kennedy	2 <sup>nd</sup> M55+ 21 <sup>st</sup>	1.36.34

### **11km**

Cindy Taylor	2 <sup>nd</sup> F 9 <sup>th</sup>	48.40
Deirdre Lack	3 <sup>rd</sup> F 10 <sup>th</sup>	49.42

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## Run at Bayfair Reserve, Russley Drive. 25<sup>th</sup> July.

It was a brilliant, fine day, with almost a touch of spring.

Four teams were made up on the spot, with the 4 runners from each team having to stay together as a group, with one dropping out each lap.

Ian Bitcheno was roped in to make up numbers and ran one lap in rolled up jeans, opting away from the suggested undies:togs look, which may have

distracted other teams. He set a cracking first lap pace to give Stu's team a good lead.

Fastest last lap went to Gavin Smith.

In the spot draw a towel each went to Murray's team.

Ian Bitcheno	Lap 1	6.14	6.14
Jessica Bitcheno	Lap 2	12.17	6.03
Sally Gibbs	Lap 3	18.29	6.12
Stu Smith	Lap 4	24.12	5.43

Alex Whimster	Lap 1	6.47	6.47
Dave Whitehead	Lap 2	13.54	7.07
Robert McPherson	Lap 3	20.21	6.27
Dan Smith	Lap 4	26.11	5.50

Karen Smith	Lap 1	8.25	8.25
Olivia Hines	Lap 2	15.16	6.51
Mike Powell	Lap 3	21.30	6.14
Gavin Smith	Lap 4	26.58	5.28

Lauren Hines	Lap 1	8.26	8.26
Brendan Gibbs	Lap 2	16.20	7.54
Brendan Magill	Lap 3	23.13	6.53
Murray Clarkson	Lap 4	29.07	5.54



The winning team



Downhill: Keep up Gav!



## Brooks Off Road Half Marathon

Taupo . 12 Jul 2009

151 Men & 112 Women competed in the half which was won by Coast to Coaster & Ironman, Cam Durno of Taupo in 1.28.19. 1st woman was Mountain biker, but also a handy runner, Annika Smail in 1.37.16.

Run around the base of Mount Tauhara near Taupo. Terrain was off road and included farmland, pine forest and native scrub. Elevation 'rolling'.

It was a super cold day with wind gusts of up to 70km per hour. This added an edge to an already challenging course.

Rambler **Robert Jackson** was 27<sup>th</sup> in the Masters Men grade ( lap splits 59:43, 56:29) 1:56:12

Another 131 people contested the walks or 10.5 km event

Full results on

<http://www.epicevents.co.nz/page/32-Brooks-Half-Marathon>

## World Youth Champs, Italy

Unfortunately, **Joseph Millar** was disqualified in the 100m for a false start with 2 others in the same Heat 5, also having DQ's. The starting blocks automatic timing system is more sensitive than the manual, visual starts that Joseph has been used to.

Joseph also competed in the medley relay running 200m , helping his NZ team to a 4<sup>th</sup> place.

**Mariah Ririnui** jumped 5.30m in her long jump event, not quite in touch with her normal standard.

## Gold Coast Half Marathon 5<sup>th</sup> July

Dale Warrander DNF'ed at 31km after leading through halfway on 2:14 pace. William Chebor (2:11) won.

## Coming Events

### 1 August

NZ Cross Country Champs, Halswell, Christchurch. Includes Oceania XC Champs.: [www.athletics.org.nz](http://www.athletics.org.nz) . Good luck to Ramblers entered. No local run.

### 2 August

Mizuno Taupo Half Marathon [www.taupohalfmarathon.org.nz](http://www.taupohalfmarathon.org.nz)

### 4-8 August

Oceania Regional T&F Champs, Gold Coast, Australia. Good luck Michael!

### 8 August

Beach Run, Omanu to Mount Surf Club. Meet at Mount Surf Club 1.45pm to arrange ride out to start.

### 15 August

Matamata Road Relay. Bus trip. A 3.3km circuit over a flat, fast course, with all grades catered for. Enter through club- names to Bev. 1pm start time.

### 22 August

Waikato/BOP Road Champs, Rotorua- Waipa Sawmill. Bus trip. A full set of Road races for all grades. Enter through club- names to Bev. Events from 11am (walkers ) & 12.15pm B&G 10 & 12. The course is a flat 2km lap of the Waipa State Mill Road on the southern outskirts of Rotorua (off state Highway 5 – Road to Taupo).

### 29 August

Nelson Memorial Handicap Races, Tauranga Boardwalk. Approx 9km loop around inner harbor. Different distances for childrens & Womens grades. Meet at the reserve end Coach Drive ( off Grange Road) at 1.45pm for 2pm start. Trophies donated by the family of the late Gladys Nelson, a stalwart of the club in earlier days

### 31 August

NZSS Interprovincial XC relays, Papakura.

### 5 September

Whangamata Half Marathon , 10.2km & 5.7km events . Entry form & details on [www.coolrunning.co.nz](http://www.coolrunning.co.nz)

### 5 September

NZ Road Champs, Logan Park, Dunedin. The course will take in the grounds surrounding the Caledonian Ground and Logan Park. Open to all registered athletes age 11 & over. Grades 16 & over eligible for selection in WBOP team. **Entries close 23<sup>rd</sup> August** [www.athletics.org.nz](http://www.athletics.org.nz)

### 7 September

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

