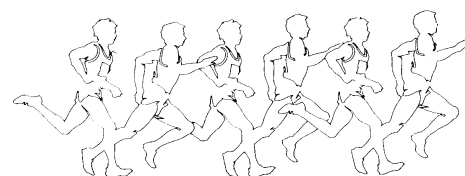


Ramblings

Newsletter of Athletics Tauranga Incorporated



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ATHLETE OF THE MONTH

June 2009



Michael Sutton

*NZ Secondary School Junior
Cross Country Champion-
Fantastic!!!*

*Michael also won the Mt Joggers
10km race, and was 2nd at the
WBOP SSXC, Kihikihi*

Positive thought for the day

When you feel that nobody loves you,
Nobody cares for you,
Everyone is ignoring you,
and people are jealous of you
You should really ask yourself...

Am I TOO sexy?



EDITORIAL

Schools Competition

It has been a month of excitement for our School age athletes with some fantastic competition around the countryside. Congratulations to our star performers, particularly Michael Sutton of TBC, Esther McArthur, TGC, Kylie Tietjens, Otumoetai, and Joseph Millar, Aquinas, who is currently warming up across the ditch for his biggie in Italy in July.

Primary & Intermediate Schools have also got in on the act with the Jessica Bitcheno & Olivia Hines doing well at the Sharp XC & Rebekah McCafferty at Primary Clusters.

Bouquets

Malcolm Taylor deserves mention for the incredible amount of time he has been spending helping set up the XC courses for the school and club events. Malcolm has also been busy modifying the old track hurdle trolley to carry all the electric fence batons, which hold the tape for our Waipuna Cross Country circuit. Thanks Malcolm.

NZXC Champs

Those wishing to compete in the NZ Cross Country Champs in Christchurch on 1st August make sure you download the entry and send it off before the closing date of **19th July**. See Malcolm to find out whether you qualify for the WBOP team and funding.

Correction

To last month: Sid Pavett's Athlete of the Month marathon time. The website time in May's newsletter was amended to **3.43.49**, however, those of you who received a printed hard copy would have the time incorrectly recorded at 3.49. Apologies Sid!

Sid is out of action at the moment following more treatment on the veins in his legs.

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or www.athleticstauranga.co.nz

plus summer track results are on:

www.sportsground.co.nz/taurangaarc

Mt Joggers & Walkers Half Marathon, 10km & 5km 31/5/09

21km (201 runners & 59 walkers)

1 st John Caie	1.18.54
2 nd Tony Edmonds	1.21.37
3 rd Paul Herlihy	1.21.56
4 th Andrew Peacocke	1.23.03
15 th Gavin Smith	1.29.42
21 st Barry Watson	1.32.24
23 rd Les Dobson	1.33.56
29 th Jenny Davis	1.36.48
31 st Max Ball	1.37.15
43 rd Jamie Regan	1.39.38
51 st Peter Kennedy	1.40.44
60 th Robert McPherson	1.41.50
66 th Cindy Taylor	1.45.19
79 th Deirdre Lack	1.48.51
1 st walk Keith Still	2.22.46

10km (359 runners & 165 walkers)

1 st Michael Sutton	38.23
2 nd Dan Smith	39.30
10 th Stu Smith	42.33
13 th Murray Clarkson	43.20
19 th Petra Creighton	44.05
22 nd Kylie Tietjens	44.21
37 th Dave Whitehead	47.10
40 th Mike Powell	47.32
42 nd Ella Mangan-Walker	47.47
43 rd Julia Campbell	47.58
64 th Ken Smith	50.09
238 Karen Smith	65.38

5km (128 runners & 114 walkers)

7 th Kahurangi Tapsell	26.40
28 th Morgan Ball	29.36



Andrew Peacocke in the Mt Joggers Half



Keith Still 1st walker home.

Joseph Millar is continuing to gain momentum in readiness for the World Youth Champs in Italy in July. Joseph competed in the Gold Coast Winter meets in Australia. On 26th June he won the 60m in 7.15s, 2nd in the 100m in 11.00s, and 3rd in the 200m in 21.9s.

He then went on to run 10.8 (PB) in the 100m and 21.76s in the 200m..

On July 1st in Queensland, he won the 200m in 21.94 and was 2nd to a senior runner in the 100m in 10.94.

On 13th June, Joseph ran 11.00s for the 100m & 22.4s for the 200m at Sovereign Stadium Mini Winter series.

Mariah Ririnui also ran 7.99s for 60m at Sovereign on 6th June.

Nature Valley Trail Series 24th June. www.n-duro.co.nz

A rain-soaked Matt Parsonage won the long race of approx 15km , in 1hour 24.20.

Andrea Evason was 2nd Female master over the medium course (10km) in 59.32

Ashley Clements won Female master short course race (5km approx) in 35.29

Rogaine at Waipuna 6/6/09

With the cancellation of Tauwhare Cup this weekend had an empty slot, so Mathew & Wayne stepped up to organise a fun Rogaine event.

The day was fine and the maps were handed out. Some paired up to locate the checkpoints. Our winners Terry & Abby bent the rules slightly by not sticking together, coming home first well ahead of the next team.

Teams were given 50 minutes to finish with 1 point off for each minute late.

Results 18points

Terry & Abby Furmage	33.27
Jessica & Ian Bitcheno	39.04
Christine Browne	39.40
Mike Powell & John Addy	41.20
Dave Whitehead	41.40
Brendan Magill	42.10
Murray Clarkson	45.05

17 points

Kelly & Jodi Furmage	42.20
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14 points

Michelle & Samantha Bitcheno	41.07
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10 points

(After tripping over & tearing a hole in the middle of his map, making it unreadable)

Ken Smith	44.25
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Phil, Georgia & Caleb Browne	57.50
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(18 points less 8 point late penalty)



Terry & Abby check in.

MASTERS PLEASE NOTE:

THE NZMA NATIONAL TRACK & FIELD CHAMPIONSHIPS WILL NOW BE HELD IN CHRISTCHURCH FROM THE 2ND TO THE 5TH APRIL 2010. This is Easter weekend. The change of venue from Nelson is due to incomplete facilities at Nelson's new All-weather track

Sharp Cross Country, Paeroa

13/6/09

This is the first time this event has been held, and on behalf of Ramblers I thank David & LeeAnn Sharp for making their farm available, now that Tauwhare is no longer. Real farmland XC can't be beaten for showing up real physical endurance & stamina. (not to mention the addition of a couple of mean hills, mud & cowpatties). Thanks too, to Hamilton Hawks for the smooth running of the event and afternoon tea.

We were reasonably lucky with the weather, a small shower or two but the worst of a thunderstorm went around us, leaving a gorgeous rainbow against the dark clouds.



Results

1km (long): B10 & G10 & under

Won by Serena Murrhy of Taumarunui in 5.03

2 nd Olivia Hines	5.40
3 rd McKenzie Ball	5.58
8 th (6 th G10) Cassidy Ball	8.21

2km :B14, G14, B12, G12

Won by Marek Schirmak, Hawks (B14) in 7.24 with Teagan Voykovich, Hawks, (G14) 2nd in 7.39

3 rd (1 st G12) Jessica Bitcheno	8.01
9 th (3 rd B14) Daniel Hines	9.15
12 th (6 th G14) Kelly Furmage	9.31
13 th (7 th G14) Morgan Ball	9.38
14 th (4 th G12) Samantha Bitcheno	9.41
15 th (1 st G10) Abby Furmage	9.46
17 th (5 th G12) Lauren Hines	12.05

5km:M16 & W16, W19, SW & MW

Won by Jack Keys of Hawks in 19.24

Demelza Murrhy-Topp 1 st W	20.44
14 th (4 th W19) Kylie Tietjens	25.01
29 th (7 th MW) Shari Ball	31.03



Fiona's time was missed from official results, so here is proof she ran!

7km: M19, SM & MM

Won by Aaron Pulford, M19, Hawks

	in 25.59
2 nd Mike Pugh	27.01
11 th John Caie	29.30
14 th Russell Lake	30.36
19 th Terry Furmage	32.03
22 nd Gavin Smith	32.26
23 rd Wayne Smith	33.36
25 th Stu Smith	33.52
26 th Mathew Smith	34.11
33 rd Max Ball	35.47
35 th John Addy	36.23
37 th Tim Masters	38.17
40 th Kerry Smith	39.49
44 th Malcolm Taylor	43.46
46 th Ian Bitcheno	44.36



Malcolm Taylor & George Caddy

Right: runners head up the hill



Terry & Gavin in a downhill stretch



Max Ball



WBOP Masters XC Champs, **Waipuna, 14/4/09**

We put on on a lovely day, so I impulsively entered the walk, and won a spot prize.

The Tauranga Ramblers Team of Robyn Winter, Chris McCahill, Gavin Smith & John Caie won the Team trophy, narrowly beating Whakatane on age grading, based on 1 M & 1 W aged 35-49, & 1 M & 1 W aged over 50 in each team, who belong to both the same club & Masters Assn.

3km run & walk (age grade place)

1 st Theresa Gee	13.03	(2 nd)
7 th Robyn Winter	17.39	(6 th)
8 th Karen Smith	18.30	(8 th)
10 th Chris McCahill	20.44	(12 th)
12 th Christine Browne	13.48 #	(4 th)
(#timed separate due to late start- 2 nd on actual time)		
3 rd walk Fay Smith	25.42	(4 th)

6km run

1 st John Caie	21.49	(2 nd)
3 rd Gavin Smith	23.43	(1 st)
4 th Stu Smith	24.42	(3 rd)
5 th Barry Watson	25.11	(4 th)
9 th John Addy	26.36	(5 th)
10 th Mike Powell	27.50	(9 th)
12 th Ken Smith	30.42	(11 th)



John Addy & Barry Watson

WBOP Secondary Schools XC **10/6/09 Kihikihi Domain**

Classy running from Esther McArthur to win Senior girls, Michael Sutton & Jacob Martin for their 2nd placings & Kylie Tietjens for 3rd.

Junior Girls (61)

Amy Robinson	14 th	13.11
Mystique Blockley	31 st	14.11

TGC 1st 3p Team

Junior Boys

TBC 3rd 3p Team

Int Girls (54)

Shelby Goddard	6 th	12.06
Ella Mangan-Walker	12 th	12.28

TGC 1st 3p Team

Int Boys (60)

(Mohamed Ali 1 st)		13.14
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Michael Sutton	2 nd	13.22
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TBC 1st 3p Team

Senior Girls (29)

Esther McArthur	1 st	15.36
Kylie Tietjens	3 rd	16.30

Julia Campbell	4 th	16.44
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TGC 1st 3p Team

Senior Boys (38)

(Aaron Pulford 1 st)		19.02
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Jacob Martin	2 nd	19.58
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Regan Bones	4 th	20.28
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Ollie Brown	23 rd	23.30
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TBC 1st 3p Team

NZ Secondary Schools XC, **Nelson, 20/6/09**

Runners up last year champions this year, Aaron Pulford of Hauraki Plains and Olivia Burne of Palmerston North collected the senior secondary schools cross country titles at Saxton Field Nelson.

Raced in perfect, fine conditions on a firm fast course Pulford was in the leading group from the start of the senior boys 6km before hitting out on his own mid-way through the event to win comfortably in 18m 36s. Mohamed Ali of Fairfield College in Hamilton, second in the junior boys last year, worked his way through from 10th early on to claim second in 18m 52s. Olivia Burne of Palmerston North had a great battle with Nicki McFadzien of Villa Maria in the senior girls 4km. Burne eventually broke clear with

800m to go to win by three seconds in 13m 44s. .

Margot Gibson of St Margaret's College Christchurch made it three years in a row in the junior girls 3km.

Michael Sutton from TBC, 5th last year in Y9, won the Junior Boys 4km race despite his barefeet slipping on ice, on a slope.

The Y9 Girls 3km race was won by Susannah Lynch in 10.35 while the Y9 Boys went to Mangus Whyte of Auckland Grammar in 9.36.

Results

Amy Robinson JG3k	49 th /138	11.46
Mystique Blockley "	111 th /138	12.58
Michael Sutton JB 4k	1 st /159	12.48
Sam Hyndman "	67 th /159	14.31
Esther McArthur SG4k	16 th /186	14.56
Ella ManganWalker "	30 th /186	15.24
Shelby Goddard "	32 nd /186	15.26
Julia Campbell "	55 th /186	15.57
Jacob Martin SB6k	12 th /210	19.32
Regan Bones "	41 st /210	20.15
Ollie Brown "	130 th /210	22.03



Michael speeding barefoot to victory

FOSTER-SMYTH Handicap **XC Rotorua 20/6/09**

First home on handicap was walker Colin Smyth of Lake City.

Fastest net times of the day over the tough 10.2km course went to Andrew Douglas of Scotland (35.30) ahead of Steve O'Callaghan, Lake City (36.33). Fastest net times by Ramblers went to Russell Lake 5th & Gavin Smith 10th overall. Although most Ramblers were handicapped out of contention on gun time.

Results 71 finishers: Gun (Hcap) Net

7 th Alex Whimster	1.33.16(17.00)	1.16.16
19 Tim Masters	1.37.10 (45.00)	52.10
20 Matt Smith	1.37.46 (50.30)	47.16
26 Barry Watson	1.38.28 (52.00)	46.28
30 Stu Smith	1.38.46 (52.00)	46.46

31 Karen Smith 1.39.01 (05.00) 1.34.01
 34 Russell Lake 1.39.52 (60.00) 39.52
 51 Dave Whitehead 1.42.53(50.09) 52.44
 56 Les Dobson 1.43.18 (53.00) 50.18
 60 Gavin Smith 1.43.33 (58.00) 45.33
 64 Mike Powell 1.45.01 (49.00) 56.01
 68 Murray Clarkson 1.45.37 (54.00)51.37

BOP Primary School Clusters **XC, Waipuna 24 June**

Overall the South Cluster won on points,

Brand new to Ramblers, **Rebekah McCafferty** of Kaimai School (West Cluster) won the Year 5 Girls race in 7.52.

Mia Pugh of Selwyn Ridge (South) was 8th in the Year 4 Girls, in 6.57.66.

McKenzie Ball of Greenpark (West) was 13th in the Year 5 Girls in 8.47.49

Samantha Bitcheno of Te Akau ki Papamoa (Mount) was 7th in the Year 6 Girls in 8.22.85.

Olivia Hines of Selwyn Ridge (South) was 9th in the Year 6 Girls in 8.27.55



Rebekah McCafferty- pic taken at Willacy Handicap

Willacy Memorial Handicap XC **Races, Waipuna 27th June**

The weather was much better than expected.

The kids raced first over a 2km distance. Then the women & men were set of in the same race, but with the ladies doing 2 laps & the men 4 laps.

Mathew Smith, in ace form at the moment, took advantage of a generous handicap to blitz the field for a win over 8km.

McKenzie Ball won the 2km and **Shari Ball** headed off opposition in the 4km.



Ray & Bev timekeeping & recording



Jessica & Alice take off



Malcolm catches his dad up on the stopper



Stu's impressive hurdling

Willacy Results **2km**

McKenzie Ball	12.19 (3.00)	9.19
Morgan Ball	12.51 (3.30)	9.21
Olivia Hines	13.02 (4.15)	8.47
Jessica Bitcheno	13.08 (5.00)	8.08
Alice McCafferty	13.15 (5.00)	8.15
Rebekah McCafferty	13.34 (4.50)	8.44
Daniel Hines	13.38 (4.50)	8.48
Samantha Bitcheno	14.02 (4.20)	9.42

4km

Shari Ball	24.04 (2.30)	21.34
Christine Browne	24.11 (4.00)	20.11
Deirdre Lack	24.14 (5.00)	19.14
Cindy Taylor	24.34 (6.00)	18.34
Robyn Winter	25.04 (0.00)	25.04

8km

Mathew Smith	38.43 (3.00)	35.43
Russell Lake	39.42 (9.00)	30.42
John Addy	39.56 (3.30)	36.26
Robert McPherson	40.38 (3.00)	37.38
Gavin Smith	40.47 (8.00)	32.47
Stu Smith	40.50 (6.30)	34.20
Mike Powell	40.56 (3.30)	37.26
Tim Masters	41.05 (1.30)	39.35
Max Ball	41.08 (5.00)	36.08
Barry Watson	41.14 (6.30)	34.44
Malcolm Smith	41.48 (7.00)	34.48
Murray Clarkson	41.54 (5.00)	36.54
Les Dobson	42.54 (7.00)	35.54
Kerry Smith	42.54 (0.00)	42.54
Dave Whitehead	dnf	



MORE WILLACY XC ACTION PICS



Coming Events

4 July

North Island XC Champs, Taupo, Top racing & big fields in all grades. A big day out, Own travel arrangements this year. Enter through club- Bev Smith.

5 July

Great Mid-Winter Half Marathon, Kawerau. Also 11km fun run/walk. www.kawerauharrierclub.co.nz

5 July

Gold Coast Marathon, Queensland (Good luck to Ramblers entered) Favoured to win or place is a recent newcomer to the Ramblers team: Dale Warrander

<http://www.goldcoastmarathon.com.au>

11 July

Racecourse Time Trial. Meet 1.45pm by the main gates Tauranga Racecourse. All ages, runners leave at handicap intervals.

18 July

Waikato/BOP XC Champs, Waipuna. Similar races to those held at Tauranga Open where all clubs from our region will be competing. Enter through Club. Incorporating our own Club Championships, for trophies. **Please bring a plate.** We also need volunteers available earlier, to help set up the course & help in kitchen, etc

25 July

Run at Bayfair Reserve, Russley Drive, Mount Maunganui. Meet 1.45pm

1 August

NZ Cross Country Champs, Halswell, Christchurch. Open to all registered runners age 11 years & over U12 to U15 contest individual races. Other athletes are eligible for selection in the WBOP teams. Get names to Malcolm Taylor early if you are interested in being in the WBOP team. Includes Oceania XC Champs. **Entries close midnight Sunday 19th July.** Download entry form from ANZ website: www.athletics.org.nz

8 August

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



Check out the new Off-road Half Marathon at Taupo on 12th July 2009, sponsored by Brooks

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

The Brooks Off Road Half Marathon is a running and walking event around the base of Mount Tauhara, Broadlands Rd near Taupo. Terrain is 100% off road and includes farmland, pine forest and native scrub. Elevation is 'rolling'. There are fantastic views from all around the mountain including panoramic views of Lake Taupo. The event is all about participation and includes a 10.5km event.