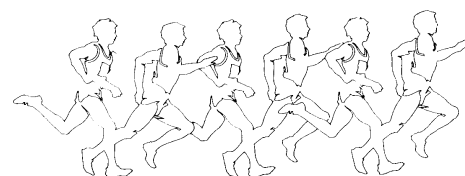


# Ramblings

Newsletter of Athletics Tauranga Incorporated



**March 2009**

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### ATHLETES OF THE MONTH

March 2009



**Joseph Millar**

*Gold in the M16 grade 100m at National T& F Champs in 10.93s & Silver in 200m in 21.97. Joseph's awesome 100m time qualified him for World Youth Games in Italy.*



**Gareth Hyett**

*Gold in the 1500m at National T&F Champs in 3.49.54 & silver medallist in the 800m in 1.49.31*

### Notice of Annual General Meeting & Summer Prizegiving

The AGM for Athletics Tauranga Inc will be held on **22<sup>nd</sup> April 2009** at **7pm at the Tauranga Rugby Sports Club at Tauranga Domain.**

All Members & other interested parties welcome.

Time to seriously think about giving back and making yourselves available for Committee, or volunteering to help organise an event.

We will be combining this with our Summer Prizegiving. Bring along a plate for a cuppa afterwards.

I wish to put in my apology for non-attendance now, as I will be flying out of the country that evening for Los Angeles & the Caribbean. Wahoo!



Our Winter Club and Cross Country season kicks off on **Saturday 18<sup>th</sup> April** with a run from **Maxwells Road** recreation area. Meet at 1.45 pm. Spot prizes after. The new programme will be posted on the Ramblers website very shortly.

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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)

**CLUB NIGHT ACTION**  
**JOSEPH MILLAR SHINES AGAIN**

by Pat Sale

Club Championships for 400m and the triple jump were held on **March 3**. In spite of running in the rain Joseph Millar was the outstanding performer of the night recording a very sharp 51.43sec in winning the M16 400m title. There was a great tussle in the Masters grade with Terry Furmage holding off Brendan Magill with Les Dobson third.

Michael Cochrane easily had the best triple jump of 12.11m in taking the M19 crown. Alex Colvin recorded 10.70m and Luke Davison 10.20m in the M14 grade. In the W12 contest Emma Shanley McDonald won with 9.26m from Any Robinson 9.15m, excellent performances for their age.

In non championship events Vanessa Hill won a great race over 150m to head home Emma Jackson by 0.05secs, and Ben Townsend M16 led from start to finish over 1500m but was nearly run down in the home straight by Malcolm Smith SM who later went on to win over 3000m. Surprise of the 3000m was the excellent performance of decathlete Michael Cochrane who led for five of the seven and a half laps before being overtaken by Smith, but he finished strongly up the home straight which augers well for his 1500m final event of future decathlon competitions.

**400 Metres Club Championships**

1Amy Robinson	G12	1.06.67
2Emma Shanley-Mc	G12	1.08.39
3Jessica Bitcheno	G11	1.09.88
4Abbie Goldie	G12	1.14.47
5Kelly Furmage	G12	1.16.22
6Samantha Bitcheno	G10	1.20.19
7Abby Furmage	G10	1.24.13
8Olivia Hines	G9	1.24.20

1Emma Jackson	W16	1.02.79
2Sophie Millar	G13	1.05.70
3Genelle Vandersch	W16	1.07.73
4Vanessa Hill	W16	1.13.38

1Joseph Millar	M16	51.43
2Jonothon Morton	M16	56.03
3Kahu Tapsell	SM	57.29

4Michael Goldie	B14	58.65
5Josh Harrison	SM	58.87
6Malcolm Smith	SM	1.03.69
7Jamie Regan	M16	1.04.19
8Scott Croasdale	B12	1.05.45

1Petra Creighton	W40	1.06.39
2Linda Reynolds	W40	1.29.74

1Terry Furmage	M45	1.02.20
2Brendon Magill	M40	1.03.93
3Les Dobson	M45	1.05.63
4Murray Clarkson	M60	1.10.72
5Gavin Smith	M55	1.10.99
6Sid Pavett	M75	1.34.85

**1500m**

1Ben Townsend	M16	5.03.46
2Malcolm Smith	SM	5.04.80
3Jamie Regan	M16	5.12.05
4Gavin Smith	M55	5.19.06
5Stu Smith	M50	5.28.34
6Les Dobson	M45	5.48.21
7Warren Taylor	M45	5.48.91
8Petra Creighton	W40	5.57.78
9Cindy Taylor	W50	5.58.01
10Naysa Thompson	G12	6.01.61
11Olivia Hines	G9	6.22.80
12Linda Reynolds	W40	6.28.08
13Sid Pavett	M75	6.42.33
14Robyn Winter	W55	7.22.31

**150 Metres**

1Vanessa Hill	W16	20.02
2Emma Jackson	W16	20.07
3Rebecca Cochrane	W19	20.79
4Amy Robinson	G12	21.41
5Emma Shanley-Mc	G12	21.56
6Amanda Somerfield	G12	22.58
7Naysa Thompson	G12	24.43
8Olivia Hines	G9	28.89

1James Hunt	B14	18.62
2Kyle Cairns	M16	19.14
3Rowan Davies	B14	21.23
4Scott Croasdale	B12	22.68
5Andrew Somerfield	B12	26.46

1Josh Harrison	SM	17.33
2Kahu Tapsell	SM	18.33
3Gavin Smith	M55	24.49
4Sid Pavett	M75	21.81

**3000 Metres**

1Malcolm Smith	SM	10.44.42
2Michael Cochrane	M19	10.56.41
3Gavin Smith	M55	11.04.12
4Stu Smith	M50	11.40.62
5Barry Watson	M50	11.45.13

6Jamie Regan	M16	12.12.83
7Cindy Taylor	W50	12.25.14
8Scott Croasdale	B12	12.29.86
9Les Dobson	M45	12.37.18
10Warren Taylor	M45	12.40.48
11Sid Pavett	M75	14.35.94
12Mathew Smith	SM	14.36.53

**Everyone's 5km Run /Walk Series, Maxwells Road**

**5<sup>th</sup> March 2009 (57 finishers)**

1 <sup>st</sup> Brad Smith	18.14
8 <sup>th</sup> Stu Smith	21.23
9 <sup>th</sup> John Addy	21.37
11 <sup>th</sup> Mike Powell	22.03
12 <sup>th</sup> Macca McKenzie	22.13
22 <sup>nd</sup> Karen Smith	31.13
1 <sup>st</sup> Walk Chanelle Bryan	31.54

**12<sup>th</sup> March 2009 (75 finishers)**

1 <sup>st</sup> Daniel Major	17.17
2 <sup>nd</sup> Dean Willacy	17.18
3 <sup>rd</sup> Ian Walker	18.22
4 <sup>th</sup> Heidi Wrigley 1 <sup>st</sup> W	18.48
7 <sup>th</sup> Stu Smith	19.29
12 <sup>th</sup> Murray Clarkson	20.43
14 <sup>th</sup> John Addy	20.52
15 <sup>th</sup> Andrea Evason	21.08
17 <sup>th</sup> Ollie Brown	21.39
19 <sup>th</sup> Barry Watson	22.32
35 <sup>th</sup> Karen Smith	34.38
3km event	
4 <sup>th</sup> Dennis Madden	15.19

**19<sup>th</sup> March 2009 (59 finishers)**

1 <sup>st</sup> Ben Ruthe	16.00
2 <sup>nd</sup> Iain MacDonald	16.00
5 <sup>th</sup> Stu Smith	19.11
8 <sup>th</sup> Murray Clarkson	20.43
9 <sup>th</sup> Andrea Evason	21.25
10 <sup>th</sup> Mike Powell	21.56
24 <sup>th</sup> Karen Smith	31.56
1 <sup>st</sup> walk Chanelle Bryan	31.21

**26<sup>th</sup> March 2009 (68 finishers)**

1 <sup>st</sup> Ben Ruthe	15.07
2 <sup>nd</sup> Dean Willacy	17.13
3 <sup>rd</sup> Dan Smith	(NT's)
4 <sup>th</sup> Russell Lake	
7 <sup>th</sup> Stu Smith	
9 <sup>th</sup> Heidi Wrigley (1stW)	
15 <sup>th</sup> Ollie Brown	
17 <sup>th</sup> Macca McKenzie	20.?
19 <sup>th</sup> Mike Powell	
20 <sup>th</sup> Andrea Evason	
33 Karen Smith	
1 <sup>st</sup> walk: Chanelle Bryan.	

**Ironman NZ (Taupo) 7/3/09**

Congratulations to **Craig Kirkwood** on his huge effort in his first Ironman: Craig placed 12<sup>th</sup> overall and gained 1<sup>st</sup> place in his Division Grade. He qualifies for the World Champs in Kona, Hawaii later this year. Craig made up a staggering 66 places in his specialty the marathon run leg.

His splits were

Swim	58.57	
Trans 1	4.42	
Bike	5.09.15	
Trans 2	1.41	
Run	2.54.51	<b>Total 9.09.26</b>

**Russell Lake** placed 316<sup>th</sup> o/all (65<sup>th</sup> 35-39). Splits:

Swim	1.23.07	
Trans 1	8.35	
Bike	5.54.59	
Trans 2	4.25	
Run	3.37.54	<b>Total 11.09.02</b>

Cameron Brown (age 36) was first overall in 8.18.04: Swim 47.58, T 3.21, Bike 4.42.37, T2 0.58, Run 2.43.10. What a machine! Terenzo Bozzone was 2<sup>nd</sup>.

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**Kingsgate Rotorua Half  
Marathon & NB 10km  
Run/walks 8/3/09**

1629 entries over all events. Starting from the Waipa Sawmill Recreation Area this event is run offroad by Event Promotions in association with the Lake City Athletic Club.

Steve O'Callaghan of Lake City was 1<sup>st</sup> in 1.11.15 followed by clubmate Ross McIntyre in 1.12.20. Ist Woman was Sarah Biss (15<sup>th</sup> o/all in 1.22.18.

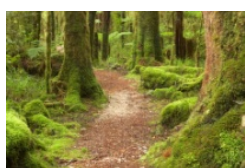
Ex Rambler Ian Walker making a comeback was 22<sup>nd</sup> (4<sup>th</sup> M45-54) 1.24.36.

**Stu Smith** 43<sup>rd</sup> (3<sup>rd</sup> M55+) 1.28.48

**Malcolm Smith** 58<sup>th</sup> (22 M20-34) 1.30.39

**Peter Kennedy** 195<sup>th</sup> (10<sup>th</sup> M55+) 1.45.12

The 10km event was won by Colin Dittmar (M45-54) in 40.47. **Karen Smith** placed 210<sup>th</sup> (2<sup>nd</sup> F55+) in 1.06.50



**NZ Masters Track & Field  
Champs, Tauranga Domain  
6<sup>th</sup>-9<sup>th</sup> March 2009**

It made for a busy weekend sports wise, with this event on clashing with Ironman & Rotorua Half. Full results are on

<http://www.nzmastersathletics.org.nz/>

Ramblers recorded some excellent results:

**Christine Browne W40-44**

1 <sup>st</sup>	100m	14.42
2 <sup>nd</sup>	200m	29.51
1 <sup>st</sup>	Long Jump	4.13m
1 <sup>st</sup>	Javelin	30.55m
2 <sup>nd</sup>	Weight Pentathlon	2080pts
1 <sup>st</sup>	Pentathlon	2568pts

**Kevin Philpot M40-44**

1 <sup>st</sup>	100m	11.97
1 <sup>st</sup>	200m	24.03
1 <sup>st</sup>	400m	53.95

**Petra Creighton W40-44**

1 <sup>st</sup>	200m	29.11
1 <sup>st</sup>	400m	1.04.33
1 <sup>st</sup>	800m	2.29.53
1 <sup>st</sup>	1500m	5.19.95
1 <sup>st</sup>	5000m	19.59.53

**Christine McCahill W40-44**

1 <sup>st</sup>	Shotput	12.33m
1 <sup>st</sup>	Discus	36.67m
1 <sup>st</sup>	Hammer	39.89m
1 <sup>st</sup>	Weight Throw	14.68m
1 <sup>st</sup>	Weight Pentathlon	3934pts

**John Caie M40-44**

3 <sup>rd</sup>	1500m	4.39.19
2 <sup>nd</sup>	5000m	17.23.48
2 <sup>nd</sup>	10000m	35.27.85

**Stephen Te Whaiti M45-49**

2 <sup>nd</sup>	200m	25.12
2 <sup>nd</sup>	400m	56.95
1 <sup>st</sup>	Long Jump	5.49m
2 <sup>nd</sup>	High Jump	1.60m
1 <sup>st</sup>	Javelin	38.72m
1 <sup>st</sup>	Pentathlon	3215pts

**Terry Furmage M45-49**

3 <sup>rd</sup>	400m	1.00.37
2 <sup>nd</sup>	800m	2.21.00
2 <sup>nd</sup>	1500m	4.43.84

**Les Dobson M45-49**

5 <sup>th</sup>	400m	1.03.59
3 <sup>rd</sup>	800m	2.23.11
3 <sup>rd</sup>	1500m	4.48.78

**Angela Graham W45-49**

1 <sup>st</sup>	80mHurdles	16.10
1 <sup>st</sup>	400m	1.14.89
1 <sup>st</sup>	400mHurdles	1.26.84

**Grahame Fitzgerald M40-44**

3 <sup>rd</sup>	5000m	17.33.11
6 <sup>th</sup>	1500m	4.51.52

**Brendan Magill M45-49**

4 <sup>th</sup>	Long Jump	4.08m
1 <sup>st</sup>	Triple Jump	9.18m
3 <sup>rd</sup>	Javelin	29.75m
1 <sup>st</sup>	400mHurdles	1.18.86
2 <sup>nd</sup>	3000mSteeple	13.02.86

**Robyn Winter W55-59**

2 <sup>nd</sup>	1500m	6.57.45
2 <sup>nd</sup>	2000mSteeple	10.57.21
1 <sup>st</sup>	5000m	25.37.22
1 <sup>st</sup>	10000m	55.53.40

**Gavin Smith M55-59**

1 <sup>st</sup>	3000m Steeple	12.22.00
2 <sup>nd</sup>	1500m	4.59.03
3 <sup>rd</sup>	5000m	18.22.05

**Murray Clarkson M60-64**

2 <sup>nd</sup>	800m	2.46.30
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**Robert McPherson M65-69**

3 <sup>rd</sup>	1500m	5.41.17
1 <sup>st</sup>	5000m	21.01.31
1 <sup>st</sup>	10000m	43.59.83

**Ray Laurie M70-74**

5 <sup>th</sup>	Shotput	6.87m
3 <sup>rd</sup>	Discus	21.28m
4 <sup>th</sup>	Javelin	18.92m
2 <sup>nd</sup>	Hammer	28.03m
2 <sup>nd</sup>	Weight Throw	10.39m
4 <sup>th</sup>	Weight pentathlon	2466pts



Ray receives his discus medal

**Sid Pavett M75-79**

2 <sup>nd</sup>	1500m	6.29.55
2 <sup>nd</sup>	5000m	23.11.62
1 <sup>st</sup>	10000m	46.43.10

**Pauline Purser W85-89**

1 <sup>st</sup>	Shotput	3.64m
1 <sup>st</sup>	Discus	10.14m
1 <sup>st</sup>	Javelin	8.29m
1 <sup>st</sup>	Hammer	9.72m
1 <sup>st</sup>	Weight Throw	4.28m
1 <sup>st</sup>	Weight pentathlon	2822pts

**Eric De Lautour M85-89**

2 <sup>nd</sup>	100m	22.52
2 <sup>nd</sup>	200m	44.44
1 <sup>st</sup>	400m	1.46.26
1 <sup>st</sup>	800m	4.24.73
1 <sup>st</sup>	1500m	9.11.54



**BOP Secondary Schools Athletics  
Tauranga Domain 11/3/08**

An extremely windy day with gusts swirling around the stands creating plus & minus readings. With this being the first BOPSS champs not run on a grass track, it was to be expected that we would see some fast times.



*Kylie Tietjens & Esther McArthur*



*Abby Goldie (right)*

<b>Jonno Morton SB TBC</b>		
200m 1 <sup>st</sup> H2/2		24.65
200m 4 <sup>th</sup> final		25.50
400m 3 <sup>rd</sup> final		54.70
<b>Joseph Millar SB Aquinas</b>		
100m 1 <sup>st</sup> H2/3		11.91
100m 1 <sup>st</sup> final		11.23
200m 1 <sup>st</sup> H1/2		24.49
200m 1 <sup>st</sup> final		22.65
400m 1 <sup>st</sup> final		53.32
<b>Regan Bones SB TBC</b>		
1500m 2 <sup>nd</sup>		4.13.53
3000m Open 2 <sup>nd</sup> /23		9.18.46

<b>Esther McArthur SG TGC</b>		
800m 2 <sup>nd</sup>		2.21.61
1500m 1 <sup>st</sup>		4.59.45
<b>Kylie Tietjens SG Otum</b>		
800m 1 <sup>st</sup>		2.20.89
1500m 2 <sup>nd</sup>		5.01.04
<b>Amy Christophers SG Otum</b>		
1 <sup>st</sup> High Jump		1.58m
1 <sup>st</sup> Triple Jump		11.36m
1 <sup>st</sup> Javelin		39.38m
<b>Mariah Ririnui SG TGC</b>		
100m Hurdles 1 <sup>st</sup>		15.4
Long Jump 1 <sup>st</sup>		5.28m
100m 1 <sup>st</sup> H2/2		13.23
100m 1 <sup>st</sup> final		13.02
<b>Jacob Martin IB Otum</b>		
3000m Open 5 <sup>th</sup> /23		9.51.37
<b>Michael Goldie IB TBC</b>		
200m 2 <sup>nd</sup> H2/2		26.16
200m 3 <sup>rd</sup> final		25.91
<b>James Hunt IB TBC</b>		
Javelin 1 <sup>st</sup>		35.76m
Discus 3 <sup>rd</sup>		34.07m
<b>Luke Davison IB Beth</b>		
High Jump 1 <sup>st</sup>		1.70m
Javelin 2 <sup>nd</sup>		35.28m
Discus 2 <sup>nd</sup>		36.83m
<b>Michael Sutton IB TBC</b>		
3000m Open 8 <sup>th</sup> /23		10.08.87
<b>Ella Mangan-Walker IG TGC</b>		
1500m 2 <sup>nd</sup>		5.14.33
3000m openG 2 <sup>nd</sup> /21		11.20.32
<b>Julia Campbell SG TGC</b>		
1500m 4 <sup>th</sup>		5.29.89
3000m OpenG 7 <sup>th</sup> /21		11.59.07
<b>Ashley Clements SG Beth</b>		
1500m 3 <sup>rd</sup>		5.19.04
3000m OpenG 12 <sup>th</sup> /21		12.18.63
<b>Emma Jackson IG Otum</b>		
400m 1 <sup>st</sup> final		1.02.65
80mHurdles 3 <sup>rd</sup>		16.21
Long Jump 1 <sup>st</sup>		4.92m
<b>Khanum Elisaia IG TGC</b>		
80m Hurdles 1 <sup>st</sup>		15.08
Discus 1 <sup>st</sup>		34.03m
Shotput 1 <sup>st</sup>		12.24m
<b>Fiona Bennett JG TGC</b>		
Discus 2 <sup>nd</sup>		23.12m
Shotput 4 <sup>th</sup>		9.11m
<b>Ashton McQueen JB Aquinas</b>		
Discus 2 <sup>nd</sup>		30.51
<b>Vanessa Hill IG Otum</b>		
100m 1 <sup>st</sup> H1/2		13.09
100m 1 <sup>st</sup> final		13.10
200m 1 <sup>st</sup> H1/2		27.72
200m 2 <sup>nd</sup> final		28.65
Triple Jump 2 <sup>nd</sup>		9.84m
<b>Genelle Vanderschantz IG TGC</b>		
100m 2 <sup>nd</sup> H1/2		13.14

100m 2 <sup>nd</sup> final		13.10
200m 1 <sup>st</sup> H2/2		27.95
200m 1 <sup>st</sup> final		27.40
<b>Rebekah Millar IG Aquinas</b>		
100m 2 <sup>nd</sup> H2/2		13.44
100m 6 <sup>th</sup> final		13.90
200m 2 <sup>nd</sup> H2/2		29.25
200m 5 <sup>th</sup> final		29.99
400m 2 <sup>nd</sup> final		1.05.61
<b>Shelby Goddard IG TGC</b>		
800m 1 <sup>st</sup>		2.27.75
1500m 1 <sup>st</sup>		5.12.19
Long Jump 1 <sup>st</sup>		4.97m
<b>Amy Robinson JG TGC</b>		
70mHurdles 1 <sup>st</sup>		12.91
100m 1 <sup>st</sup> H3/3		13.82
100m 1 <sup>st</sup> final		13.47
<b>Sophie Millar JG Aquinas</b>		
100m 2 <sup>nd</sup> H1/2		13.66
100m 2 <sup>nd</sup> final		13.50
200m 1 <sup>st</sup> H2/2		29.58
200m 1 <sup>st</sup> final		28.14
300m 1 <sup>st</sup>		48.00
<b>Abby Goldie JG TGC</b>		
200m 3 <sup>rd</sup> final		28.62
300m 2 <sup>nd</sup> H2/2		47.10
300m 3 <sup>rd</sup> final		48.56
<b>Alice Bain JG TGC</b>		
100m 2 <sup>nd</sup> H3/3		14.00
100m 4 <sup>th</sup> final		13.78
300m 3 <sup>rd</sup> H2/2		47.50
300m 2 <sup>nd</sup> final		48.35
<b>WBOP Secondary Schools T&amp;F Champs, Porritt, 21<sup>st</sup> March</b>		
<b>Joseph Millar SB Aquinas</b>		
100m 1 <sup>st</sup> H2/2		11.10
100m 1 <sup>st</sup> final		11.08
200m 1 <sup>st</sup> /6 final		22.28
<b>Luke Davison I B Bethlehem</b>		
High Jump 4 <sup>th</sup> =		1.70m
Discus 2 <sup>nd</sup> /12		37.77m
Javelin 5 <sup>th</sup> /8		37.00m
<b>James Hunt I B TBC</b>		
Javelin 8 <sup>th</sup>		30.28m
Discus 9 <sup>th</sup>		31.61m
<b>Michael Goldie I B TBC</b>		
200m 3 <sup>rd</sup> H2/2		25.62
200m 6 <sup>th</sup> final		25.22
<b>Ashton McQueen JB Aquinas</b>		
Discus 11/16		26.78m
<b>Mariah Ririnui SG TGC</b>		
100m 1 <sup>st</sup> final		12.51
100mHurdles 1 <sup>st</sup> final		15.48
Long Jump 1 <sup>st</sup> /6		5.45m
TGC 4x100m relay team 1 <sup>st</sup>		50.51
<b>Kylie Tietjens SG Otumotai</b>		
800m 1 <sup>st</sup> /11		2.21.14
1500m 2 <sup>nd</sup> /11		4.55.40

<b>Esther McArthur SG TGC</b>		
800m	2 <sup>nd</sup> /11	2.21.72
1500m	1 <sup>st</sup> /11	4.44.80
<b>Ashley Clements SG Bethlehem</b>		
1500m	8 <sup>th</sup> /11	5.29.26
2000m	Steeple 4 <sup>th</sup> /4	8.37.49
<b>Livvie Duggan SG Katikati</b>		
Discus	1 <sup>st</sup> /10	36.31m
Javelin	2 <sup>nd</sup> /8	29.75m
Shotput	7 <sup>th</sup> /8	8.77m
<b>Rebekah Millar IG Aquinas</b>		
400m	3 <sup>rd</sup> H1/2	65.26
400m	3 <sup>rd</sup> final	63.87
<b>Emma Jackson IG Otumoetai</b>		
400m	2 <sup>nd</sup> H1/2	63.69
400m	2 <sup>nd</sup> final	61.63
80m	Hurdles 3 <sup>rd</sup> final	13.70
Long Jump	4 <sup>th</sup> /6	4.87m
<b>Shelby Goddard IG TGC</b>		
800m	3 <sup>rd</sup> /8	2.22.56
1500m	5 <sup>th</sup> /9	5.05.22
<b>Ella Mangan-Walker IG TGC</b>		
1500m	6 <sup>th</sup> /9	5.09.25
3000m	5 <sup>th</sup> /10	10.46.57
<b>Khanum Elisaia IG TGC</b>		
Shotput	1 <sup>st</sup> /7	11.24m
Discus	1 <sup>st</sup> /8	34.44m
<b>Genelle Vanderschantz IG TGC</b>		
100m	1 <sup>st</sup> H2/2	13.29
100m	3 <sup>rd</sup> final	13.18
200m	3 <sup>rd</sup> H1/2	28.07
200m	2 <sup>nd</sup> final	27.12
<b>Vanessa Hill IG Otumoetai</b>		
100m	2 <sup>nd</sup> H1/2	13.15
100m	2 <sup>nd</sup> final	13.10
200m	2 <sup>nd</sup> H2/2	28.82
200m	4 <sup>th</sup> final	27.41
Triple Jump	4 <sup>th</sup> /13	9.98m
<b>Fiona Bennett JG TGC</b>		
70m	Hurdles 1 <sup>st</sup> H1/2	12.48
70m	Hurdles 1 <sup>st</sup> final	12.14
Shotput	5 <sup>th</sup> /16	9.10m
Discus	9 <sup>th</sup> /11	19.22m
<b>Emma Shanley-McDonald JG Kati</b>		
300m	2 <sup>nd</sup> H2/2	44.87
300m	3 <sup>rd</sup> final	45.09
Triple Jump	4 <sup>th</sup> /14	9.18m
<b>Abby Goldie JG TGC</b>		
200m	3 <sup>rd</sup> H1/3	27.61
200m	5 <sup>th</sup> final	27.97
300m	4 <sup>th</sup> H1/2	47.27
300m	8 <sup>th</sup> final	46.98
<b>Amy Robinson JG TGC</b>		
100m	3 <sup>rd</sup> H2/2	13.58
100m	7 <sup>th</sup> final	13.91
70m	Hurdles 1 <sup>st</sup> H2/2	12.77
70m	Hurdles 2 <sup>nd</sup> final	12.46
Long Jump	1 <sup>st</sup> /13	4.82m

<b>Sophie Millar JG Aquinas</b>		
100m	2 <sup>nd</sup> H2/2	13.50
100m	2 <sup>nd</sup> final	13.32
200m	3 <sup>rd</sup> H1/3	27.45
200m	1 <sup>st</sup> final	27.00

**NZ T&F Champs, Newtown Park, Wellington, 27-29 March**

Wow- some absolutely amazing results & competition, and fantastic that we were able to watch Flotrack videos of the events & stay in touch through live coverage, with co-operation between NZRun & ANZ.

Our own athletes didn't disappoint- with Joseph & Gareth producing Golds & Silvers, Mariah, Amy & Michael- silvers & bronzes, Tracey- finally back from injury, a silver, and Livvie a bronze, not counting their relay efforts.

<b>Gareth Hyett SM</b>		
800m	1 <sup>st</sup> /12 semis	1.54.03
800m	3 <sup>rd</sup> but silver (1 Ozzie)	1.49.31
1500m	1 <sup>st</sup> /16 semis	3.58.67
1500m	1 <sup>st</sup> final	3.49.54
<b>Michael Cochrane M19</b>		
110m	Hurdles 2 <sup>nd</sup> /5	14.83
400m	Hurdles 3 <sup>rd</sup> /3	56.16
4x100m	WBOP team relay	DQ
<b>Rebecca Cochrane W19</b>		
Triple Jump	9 <sup>th</sup> /10	10.21m
4x100m	WBOP relay team 3rd	52.10
<b>Tracey Hale W19</b>		
100m	7 <sup>th</sup> /10 semis	13.18
100m	6 <sup>th</sup> final	13.22
100m	Hurdles 2 <sup>nd</sup> /7 final	15.08
4x100m	WBOP relay team 3 <sup>rd</sup>	52.10
4x400m	WBOP relay team 3 <sup>rd</sup>	4.06.36
<b>Livvie Duggan W16</b>		
W19	Discus 3 <sup>rd</sup> /8	37.99m
W16	Discus 6 <sup>th</sup> /13	35.71m
W16	Shotput 8 <sup>th</sup> /8	8.82m
<b>Amy Christophers W16</b>		
W16	Triple Jump 3 <sup>rd</sup> /15	11.15m
W19	Triple Jump 4 <sup>th</sup> /10	10.98m
W16	Javelin 2 <sup>nd</sup> /9	36.75m
<b>Khanum Elisaia W14</b>		
W16	Shotput 6 <sup>th</sup> /8	10.00m
W16	Discus 9 <sup>th</sup> /13	33.67m
<b>Mariah Rinui W16</b>		
100m	3 <sup>rd</sup> /23 semis	12.30
100m	2 <sup>nd</sup> final	12.28
Long Jump	3 <sup>rd</sup>	5.43m
100m	Hurdles 5 <sup>th</sup> /12 semis	15.36
100m	Hurdles 5 <sup>th</sup> final	15.09
4x100m	WBOP relay team 2 <sup>nd</sup>	49.18

<b>Genelle Vanderschantz W16</b>		
100m	12 <sup>th</sup> /23 semis	12.79
100m	B final 2 <sup>nd</sup> /4	12.86
200m	18 <sup>th</sup> /27 semis	26.95
4x100m	WBOP relay team 2 <sup>nd</sup>	49.18

<b>Joseph Millar M16</b>		
100m	1 <sup>st</sup> /20 semis	10.91
100m	1 <sup>st</sup> final	10.93
200m	2 <sup>nd</sup> /18 semis	22.46
200m	2 <sup>nd</sup> final	21.97

4x100m	WBOP relay team 4 <sup>th</sup>	44.34
4x400m	WBOP relay team 1 <sup>st</sup>	3.26.50

<b>Rebekah Millar G14</b>		
W16	400m 14 <sup>th</sup> /14 semis	1.07.17
W16	200m 22 <sup>nd</sup> /27 semis	27.74

<b>Sophie Millar G13</b>		
W16	400m 7 <sup>th</sup> /14 semis	1.01.23
W16	200m 20 <sup>th</sup> /27 semis	27.19
4x400m	WBOP relay team 3 <sup>rd</sup>	4.02.31

**Club Nights**

**AMY ROBINSON HAS A GREAT NIGHT**

*By Pat Sale*

Amy Robinson had a great night at the track on **March 10**. Club Championships were held for 100m and the high jump and Robinson won both titles in the W12 grade, having another good tussle in the 100m with her great rival Emma Shanley McDonald. Then in a non championship 200m she won again in a great race with Amanda Somerfield and Shanley McDonald just 0.4sec covering the three of them. Genelle Vanderschantz had a good run to take the W16 100m and Joseph Millar was again impressive winning the M16 100m in 11.3sec, the fastest time of the night. Michael Cochrane took the M19 100m in 11.5sec and Brent Gough the Master's in 28.2sec.

Luke Davison again performed well in the field events winning the M14 high jump with a leap of 1.70m, a height also achieved by Michael Cochrane M19.

Kyle Cairns M16 ran a good 200m to head Kahu Tapsell SM by 0.5sec, and Jason Wallace M16 slaughtered the 5000m field for a good win from Gary McIlwee SM and Ben Townsend M16.

**100Metres Club Championship**

1	Amy Robinson	G12	14.40
2	Emma Shanley-McDonald	G12	14.78
3	Amanda Somerfield	G12	15.53

4 Cydney Ebeling	G11	16.09
5 Kelly Furmage	G12	16.43
6 Jodi Furmage	G12	16.67
7 Naysa Thompson	G12	17.00
8 Lauren Hines	G11	19.07

1 Genelle Vanderschantz	W16	13.95
2 Rebecca Cochrane	W19	14.37
3 Christine Browne	W40	16.88
4 Angela Graham	W45	17.09
5 Olivia Hines	G9	18.90

1 James Hunt	B14	13.29
2 Rowan Davies	B14	15.61
3 Luke Robinson	B9	16.84
4 Andrew Somerfield	B12	17.33

1 Joseph Millar	M16	11.64
2 Michael Cochrane	M19	11.87
3 Kahu Tapsell	SM	12.53
4 Jules Were	M19	13.09
5 Kyle Cairns	M16	13.15
6 Jamie Regan	M16	13.91

1 Brent Gough	M45	13.11
2 Shaun Goldie	M50	13.76
3 Les Dobson	M45	14.75
4 Brendan Magill	M45	15.10
5 Murray Clarkson	M60	17.65

**High Jump Championship**

1 Michael Cochrane	M19	1.70
1 Luke Davison	B14	1.70
1 Joseph Reynolds	M16	1.60
2 Jules Were	M16	1.40
3 Jamie Regan	M16	1.25
1 Christine Browne	W35	1.25
1 Brendan Magill	M45	1.30
1 Amy Robinson	G12	1.30

**200 Metres**

1 Amy Robinson	G12	29.56
2 Amanda Somerfield	G12	29.97
3 Emma Shanley-MacDonald	G12	30.04
4 Cydney Ebeling	G11	32.55
5 Olivia Hines	G9	41.60
6 Lauren Hines	G11	52.00

1 Kyle Cairns	M16	26.48
2 Kahu Tapsell	SM	27.02
3 Rowan Davies	B14	30.73
4 Brendan Magill	M45	30.84
5 Murray Clarkson	M60	33.55
6 Andrew Somerfield	B12	33.79

**800 Metres**

1 Emma Shanley-MacDonald	G12	2.38.0
2 Naysa Thompson	G12	2.57.5
3 Kelly Furmage	G12	3.00.4

4 Jodi Furmage	G12	3.07.8
5 Olivia Hines	G9	3.17.2
6 Lauren Hines	G11	4.06.3

1 Gary Macilwee	SM	2.21.6
2 Kahu Tapsell	SM	2.26.4
3 Mathew Smith	SM	2.26.9
4 Jamie Regan	M16	2.32.8
6 Joel Aldeson	B14	2.44.3
7 Murray Clarkson	M60	2.45.9
8 Stu Smith	M50	2.53.7
9 Patrick Gough	B13	2.57.0
10 Rowan Davies	B14	2.59.1

**5000 Metres**

1 Jason Wallace	M16	17.47.7
2 Gary Macilwee	SM	18.34.4
3 Ben Townsend	M16	18.40.5
4 Jamie Regan	M16	20.59.0
5 Stu Smith	M55	23.22.5
6 Les Dobson	M45	23.23.8
7 Mathew Smith	SM	24.40.6

*17<sup>th</sup> March Club night cancelled due to heavy rain.*

**SMITH, SMITH AND SMITH IN STEEPLECHASE CHAMPIONSHIPS**

*By Pat Sale*

Club championships for 300m and 400m hurdles and the 3000m steeplechase were held at the Club Night on **March 24**. Entries in the hurdles were light but Emma Jackson did well in a solo run over the 300m sticks. The steeplechase was dominated by Smiths who filled the first three places with Malcolm Smith winning from Matthew Smith and veteran Gavin Smith in third spot and taking the masters title.

In non championship events Abby Goldie W12 ran well to win her 200m from Emma Shanley-McDonald whilst Kyle Cairns M16 won the mens race. In the 800m handicap Jessica Bitcheno W12 ran another gutsy race only to be beaten by 0.26 sec by veteran Murray Clarkson. The best performances of the night were however in the field events with Khanum Elisaia W14 winning her grade in both the discus 29.55m and the shot put 10.74m. Luke Davison M14 threw the discus a creditable 32.36m and Michael Cochrane M19 had the best shot put of the night with 11.11m.

**3000M Steeplechase Club Champs**

1 Malcolm Smith	SM	11:34.7
2 Mathew Smith	SM	12:11.0
3 Gavin Smith	M55	13:04.4
4 Alex Colvin	B13	13:35.9
5 Les Dobson	M45	13:41.9
6 Connor Sylvester	B13	13:55.2
7 Cameron Hyslop	M16	14:41.5

**400m Hurdles Club Champs**

1 Christine Browne	W40	1:17.8
2 Angela Graham	W45	1:26.1
1 Kahu Tapsell	SM	1:10.0
2 Brendan Magill	M45	1:18.6

**300m Hurdles Club Champs**

1 Emma Jackson	W16	51.0
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**200 Metres**

1 Abbie Goldie	G12	27.8
2 Emma Shanley-McDonald	G12	29.1
3 Rebecca Cochrane	W19	30.0

1 Kyle Cairns	M16	26.1
2 Shaun Goldie	M50	27.3
3 Rowan Davies	B14	28.0
4 Brendan Magill	M45	29.1
5 Les Dobson	M45	30.6
6 Gavin Smith	M55	33.7

**Discus**

1 Alex Colvin	B13	26.14
1 Khanum Elisaia	G14	29.55
1 Luke Davison	B14	32.36
1 Jessica Bitcheno	G11	16.67
1 Samantha Bitcheno	G10	13.87
1 Ian Bitcheno	M40	24.26
1 Rob McGregor	M65	27.85

**Shot Put**

1 Rob McGregor	M65	9.09
1 Samantha Bitcheno	G10	4.57
1 Jessica Bitcheno	G11	5.30
1 Luke Davison	B14	9.35
1 Khanum Elisaia	G14	10.74
1 Alex Colvin	B13	9.06
1 Michael Cochrane	M19	11.11
1 Emma Shanley-MacDonald	G12	7.27



*Malcolm leads Kahu 1<sup>st</sup> lap of 800m handicap race*



**800 Metres Handicap**

	Elapsed	HCP	Net Time
1 Murray Clarkson:	3'10.52	35	2.35.6
2 Jessica Bitcheno:	3'10.78	40	2.30.8
3 Sid Pavett:	3'16.98	Go	3.17.0
4 Les Dobson:	3'21.40	45	2.36.4
5 Gavin Smith:	3'21.64	45	2.36.7
6 Ben Townsend:	3'23.13	60	2.23.2
7 Kahu Tapsell:	3'27.14	60	2.27.2
8 Malcolm Smith:	3'28.26	60	2.28.3
9 Mathew Smith:	3'29.33	60	2.29.4
10 Rowan Davies:	3'36.40	50	2.36.4
11 Connor Sylvester:	3'40.01	55	2.45.1
12 Samantha Bitcheno:	3'41.20	30	3.11.2
13 Cameron Hyslop:	3'44.30	55	2.49.3

2 Abby Goldie	G12	4.40
3 Amanda Somerfield	G12	4.07
1 Samantha Bitcheno	G10	3.28
1 Bella Andrews	G13	4.22
1 Angela Graham	W45	3.54
1 Christine Browne	W40	4.27
1 Michael Cochrane	M19	5.83
1 Kyle Cairns	M16	5.86
1 Les Dobson	M45	3.81
1 Brendan Magill	M45	4.32
1 Shaun Goldie	M50	4.29
1 Gavin Smith	M55	3.21
1 Luke Davison	B14	4.95
2 James Hunt	B14	4.42
1 Kahu Tapsell	SM	5.04

8 Shaun Goldie	M50	2.55.11
9 Keegan Millar	B9	3.07.27
10 Angela Graham	W45	3.07.75
11 Samantha Bitcheno	G103	11.08
12 Michael Goldie	B14	3.22.03
13 Olivia Hines	G9	3.23.14
14 James Hunt	B14	3.27.58
15 Bella Andrews	G13	3.27.66
16 Sid Pavett	M75	3.34.64
17 Lauren Hines	G11	4.09.33

**Pentathlon Discus**

2 Emma Shanley-McDonald	G12	18.78
3 Abby Goldie	G12	15.19
1 Amanda Somerfield	G12	22.86
1 Bella Andrews	G13	15.58
1 Christine Browne	W40	17.19
1 Michael Cochrane	M19	37.92
1 Brendan Magill	M45	18.81
1 Shaun Goldie	M50	15.35
1 James Hunt	B14	27.91
1 Malcolm Smith	SM	12.53



*Christine Browne navigates the water jump (unofficially taking on the Men's jump heights in the 3000m Steeples)*

**Pentathlon 100 Metres**

1 Abby Goldie	G12	13.83
2 Bella Andrews	G13	14.11
3 Emma Shanley-McDonald	G12	14.23
4 Christine Browne	W40	14.31
5 Amanda Somerfield	G12	14.99
6 Samantha Bitcheno	G10	15.63
7 Angela Graham	W45	16.14
8 Jessica Bitcheno	G11	16.75
1 Michael Cochrane	M19	12.03
2 Michael Goldie	B14	12.52
3 Kahu Tapsell	SM	12.56
4 Kyle Cairns	M16	12.88
5 James Hunt	B14	13.97
6 Rowan Davies	B14	14.4
7 Keegan Millar	B9	17.07
1 Shaun Goldie	M50	13.69
2 Malcolm Smith	SM	14.55
3 Les Dobson	M45	14.82
4 Brendan Magill	M45	15.35
5 Sid Pavett	M75	21.27

**Pentathlon Javelin**

1 Amanda Somerfield	G12	13.78
2 Emma Shanley-McDonald	G12	11.99
3 Abby Goldie	G12	7.09
1 Bella Andrews	G13	14.28
1 Christine Browne	W40	30.24
1 Michael Cochrane	M19	30.28
1 Brendan Magill	M45	29.00
1 Shaun Goldie	M50	26.69
1 James Hunt	B14	27.34
1 Kahu Tapsell	SM	17.54
2 Malcolm Smith	SM	14.34
1 Rob McGregor	M65	26.53
1 Pauline Purser	W85	7.74
1 Ray Laurie	M70	17.30

**Pentathlon 800 Metres**

1 Malcolm Smith	SM	2.26.44
2 Brendan Magill	M45	2.32.46
3 Emma Shanley-McDonald	G12	2.39.01
4 Amanda Somerfield	G12	2.41.25
5 Les Dobson	M45	2.45.53
6 Abby Goldie	G12	2.46.93
7 Christine Browne	W40	2.48.27

**Final Club Night 31 March**

**One Mile Club Championship**

1 Malcolm Smith	SM	5.15.2
2 Russell Lake	M35	5.18.06
3 Gavin Smith	M55	5.33.51
4 Les Dobson	M45	5.45.74
5 Petra Creighton	W40	5.51.32
6 Jessica Bitcheno	G11	5.53.7
7 Stu Smith	M55	5.57.08
8 Barry Watson	M50	6.00.46
9 Murray Clarkson	M60	6.47.31
10 Keegan Millar	B9	7.00.17
11 Tom Keenan	SM	7.03.53
12 Sid Pavett	M75	7.07.69
13 Olivia Hines	G9	7.38.55
14 Lauren Hines	G11	8.45.68

**3000 Metres**

1 Russell Lake	M35	10.42.64
2 Ben Townsend	M16	10.44.75
3 Sid Pavett	M75	13.59.81
4 Tom Keenan	SM	15.35.55

**Pentathlon Long Jump**

1 Emma Shanley-McDonald	G12	4.58
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**THANK YOU TO OUR  
WONDERFUL**

**2009 PHONE BOOK HELPERS**

National Express  
 Malcolm Taylor  
 Jan Barr  
 Val Bromley  
 Sid Pavett  
 Jill Pavett  
 Ron Stevens (Sid's Christchurch friend  
 who was up for the Masters Nationals)  
 Wayne Smith  
 Lea Smith  
 Genelle Vanderschantz  
 Mathew Smith  
 Andrea Smith  
 Fay Smith  
 Phil Browne  
 Tanya Garner  
 Gary Garner  
 Christine Browne  
 Ben Ruthe  
 Georgia Browne  
 Caleb Browne  
 Alex Whimster  
 Esther McArthur  
 Julia Campbell  
 Ella Mangan-Walker  
 Kahu Tapsell  
 Shelby Goddard  
 Bev Smith  
 Kerry Smith  
 Peter Kennedy  
 Stu Smith  
 Karen Smith  
 Daniel Smith

Graham Mc Cabe  
 Brenda Mc Cabe  
 Ray Laurie  
 Terry Furmage  
 Nikki Furmage  
 Kelly Furmage  
 Abby Furmage  
 Jodi Furmage  
 Murray Chell  
 Janice Chell  
 Michael Sutton  
 Tim Sutton  
 Christine Sutton  
 Ray Young  
 Dave Whitehead  
 Brendan Magill  
 Kevin Philpott  
 Gloria Balzer (Tanya's Friend)  
 Jan Duffy (Tanya's Friend)  
 Wendy Shanley  
 Warren McDonald  
 Hannah Shanley-McDonald  
 Emma Shanley-McDonald  
 Dean Cave  
 Kyle Cairns  
 Mike Pugh  
 Laurie Pugh  
 Mia Pugh  
 Laura McKee(Mia's Friend)  
 Daniel McKee.(")  
 Daniel Hines  
 Olivia Hines  
 Lauren Hines  
 Nigel Hines  
 Sheryl Hines  
 Craig Kirkwood  
 Les Dobson  
 Michael Goldie  
 Abby Goldie  
 Shaun Goldie  
 Katrina Goldie  
 Ruth Madden  
 Dennis Madden  
 Fay Riley  
 Murray Clarkson  
 Mike Powell  
 Diane Powell  
 Russell Lake  
 Brad Garner  
 Nick Sebastian  
 Barry Ellis  
 Regan Bones  
 Robyn Winter  
 I personally would like to thank again everyone above for the amazing help and support for our annual fundraiser. Whether it was bagging, delivering or collecting banana boxes our local deliveries were all delivered on time.

They never arrive at a convenient time and this year was no exception. With many events going, people pulled out all stops to make this, another successful fundraiser, and this has been very much appreciated.

Thanking you all  
 Tanya Garner  
 P.S. I hope I have not missed any names out, please ring me if I have.

*Editors Note:*  
 On behalf of the Club, we thank Tanya & Gary for providing their garage and doing all the hard yards, co-ordinating and chasing people up, thereby ensuring a happy outcome on schedule! Awesome job!

**Rotorua Marathon Day Fun  
 Runs Marshalling.  
 Saturday, May 2<sup>nd</sup>, 2009.**

As in previous years Marshalls are required for the two Fun Runs that take place during the running of the Rotorua Marathon. This involves around 2 hours of your time from 8.30 a. m. and you can be on hand afterwards to watch the Marathon runners as they come in to the finish. The marathon starts at 9.00 a.m. and the Fun Runs at 9.15. It is the 45<sup>th</sup> Rotorua marathon this year and increased entries are expected with special related activities being organized, and Ramblers participants will appreciate your support.

If you are able to assist could you please contact Euan Ross on 5765669, Email [euanr@xtra.co.nz](mailto:euanr@xtra.co.nz) or Malcolm Taylor, Ph. 5760000, Email [janmal@xtra.co.nz](mailto:janmal@xtra.co.nz).

**New NZ Combined Events Record**

Missed from last month's newsletter was **Stephen Te Whaiti's** results of 6238 points in the M45 grade of the Decathlon at the NZ Combined Events Champs at Waitakere. This is not only a new NZ Age Group Record but 5<sup>th</sup> best in the World.  
 Congratulations Stephen, fantastic !

**Coming Events**

**4<sup>th</sup> -5<sup>th</sup> April**  
 North Island Secondary Schools Champs, Wellington info: [www.nzssaa.org.nz](http://www.nzssaa.org.nz)

**6<sup>th</sup> April**  
 Round the Mount Relay for Secondary schools, 9am start. About 80 teams entered so far

**11<sup>th</sup> - 12<sup>th</sup> April**  
 Grade 12-13 Inter-provincials, Porritt Stadium. See Red year book for details

**12<sup>th</sup> April**  
 Riverhead Adventures 50km & 30km off-road runs in the Riverhead Forest. Been there: done that! A challenging event for the off-road buffs.  
[GRegtien@xtra.co.nz](mailto:GRegtien@xtra.co.nz) or ph/fax 09 4126431

**18<sup>th</sup> April**  
 Winter season opening run from Maxwells Road Reserve ( same place as Everyone's Run) meet 1.45pm. Spot Prizes

**18<sup>th</sup> April**  
 NZ Mountain Running Champs, Wainuiomata. [www.athletics.org.nz](http://www.athletics.org.nz)

**22<sup>nd</sup> April**  
 Club Annual General Meeting and Summer Prizegiving at Tauranga Rugby Sports Club, Tauranga Domain at 7pm

**25<sup>th</sup> April**  
 Cross country training runs at Waipuna Park. All ages catered for, meet 1.45pm

**2<sup>nd</sup> May**  
 Lion Foundation Rotorua Marathon 45<sup>th</sup> anniversary. Also 10km fun run/walk. Support your athletes around the course, or marshall if not entering. No club run that day.

**9<sup>th</sup> May**  
 Cambridge Cross-Country Relay. Approximately 3km lap. All abilities welcome. Enter through Race Entry Secretary at least one week prior. Bus times to be advised.

