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Val Bromley

Tauranga Boys College XC Waipuna, 7th May 2009

A beautiful fine autumn day and the Boys turned out in force in their six house groups. A well organised & run event.

The Junior Grade 3km was won by soccer player Jesse Edge.

Intermediates 4km won by Julian Oakley ahead of Rambler Michael Sutton.

Teacher Gareth Hyett lead the entire 6km of the senior race pulling out just before the finish. He was followed closely all the way by Rambler Regan Bones who won the race. Second was triathlete and ex-Rambler William Marshall and Third Andrew Lloyd. Oscar Curry, back from a broken neck, put in a good final lap to finish not too far back.



Regan, above & Michael, below



Cambridge XC Relay, 9th May

The weather fine and the track firm, except for the very mucky water jump.

28 teams took part over the 3 km loop, plus 16 individuals in the children's under 12 grade 2km race

The Hamilton Hawks team of Steve Smith, Aaron Pulford, Michael Eggleton & Corey Whiting won the Open Men's grade in 41.10 followed by Cambridge MO1.

In the Masters Men Hawks again took line honours from Lake City with Ramblers 3rd. The Open Women's grade was won by the Taumarunui Murrihys, with Hawks 2nd and Ramblers 3rd.

Ramblers Splits:

MM (3rd/6) **51.11**

Terry Furmage	11.49
Gavin Smith	12.01
Tim Masters	14.11
Max Ball	13.10

MO (8th/8) **56.27**

Ken Smith	15.21
Daniel Hines	14.07
Terry Furmage	12.35
Malcolm Taylor	14.24

WO (3rd/3) **45.17**

Cindy Taylor	14.00
Kelly Furmage	14.36
Shari Ball	16.41

Mixed Youth (4th/6) **44.40**

Amy Robinson	13.19
Nikki Furmage	15.13
Morgan Ball	16.08

Girls U12 2km

Jessica Bitcheno	2 nd	8.14
Olivia Hines	4 th	9.18
Samantha Bitcheno	5 th	9.22
McKenzie Ball	6 th	10.38
Lauren Hines	9 th	11.37



Kelly Furmage



Morgan beats mum Shari Ball to the finish



Lining up for U12's



Tim Masters

Missed From Last Month's Rotorua Marathon Results:

Jenny Davis (F45=49) 5th 3.29.15 (258th overall)

Andrew Peacocke (M16-34) 37th 3.19.02 (132nd overall)

Richard Genefaas (m45-49) 96th 3.59.0 (720th overall)

IMPRESSIONS OF THE SUMMER SEASON TUESDAY CLUB NIGHTS

By Pat Sale

What a wonderful improvement to have the all weather track and facilities in operation. Not surprisingly the numbers in attendance were well up on the very meager turnouts at the Otumoetai College track last season.

The first of my impressions is the fantastic young talent in the club. It is essential for the future of the sport that these young athletes are given every encouragement to develop their talents and stay in the sport into the senior ranks. If this can be achieved Tauranga will produce more athletes of national and international standing.

The potential of the younger girls like Amy Robinson, Robyn Engels, Emma Shanley-McDonald, Abby Goldie and Amanda Somerfield is fantastic and the competition between them this season was exciting and always full on. Over the longer distances Jessica Bitcheno will go far if she stays in the sport. Khanum Elisaia and Livvy Duggan have both performed well and have the potential to improve a lot further.

In the boys grades highlights were the cutthroat competition between Michael Goldie and James Hunt in the sprints, it was never certain who would prevail on the night and the margin was always minute. Similarly the fantastic talent of Luke Davison in the field events was always tested by James Hunt. Jonno Morton and Kyle Cairns are likely lads in the sprints and the raw talent of Michael Sutton in the longer events has exciting possibilities for the future.

There was definite class in action with Joseph Millar's consistently high performance in the sprints and his selection to represent New Zealand in the World Junior Championships is a great achievement. Kevin Philpot's return to the sport in the masters grade showed he is still a class athlete and he always looked impressive. We know there is class in the club in the middle and long distances with Gareth Hyett, Ben Ruthe, the MacDonalds

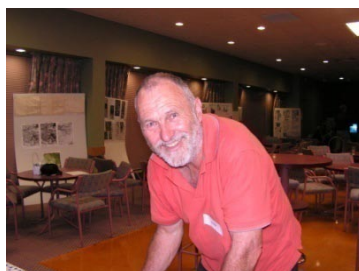
and others, but unfortunately we didn't see a great deal of them competing on club nights. What does a club championship mean without the best in the club competing? There is no doubt their presence would be an inspiration to the younger athletes as so obviously demonstrated when Ben Ruther ran with Michael Sutton to encourage him one Tuesday before Christmas. Arthur Lydiard encouraged his athletes to compete at club nights even if middle distance stars only entered the sprint races.

With the "big guns" usually absent senior athletes were thin on the ground again this season. However it was good to see Malcolm Smith return to the track and he improved steadily through the season. Newcomers Kahu Tapsell and Gary McIlwee added to the club nights and will improve further yet.

In the masters grade the "old faithfuls" again showed up and proved they are still the backbone of the club. The club would be a lot poorer without Gavin Smith, Stu Smith, Les Dobson, Peter Kennedy, Ray Laurie, Dave Whitehead and Brent Gough. Chris McCahill added class to the masters field events and it was fantastic to see our real oldies, octogenarians Pauline Purser and Eric de Lautour and the comparatively young 75year old Sid Pavett in action.

Last but not least the dedication of coaches and officials is highly commendable. The club couldn't function without officials and Malcolm Taylor, Ray Young, Bev Smith, Gary Garner, Ray Laurie, Mathew Smith and Kenny Kerewaro are all stalwarts that deserve thanks and the highest level of praise. To the coaches Val Bromley, Murray Chell, Malcolm Taylor and others, the young talent in the club will go far with your guidance and encouragement.

Bring on the future.



ROTORUA MARATHON DAY FUN RUNS THANKS.

Ramblers were again the main providers for the marshalling of the two Fun Runs held in conjunction with the Rotorua marathon on May 2. This was to be an AWBOP duty but the only other support came from the Whakatane club. We were a little light in numbers and grateful thanks must go to all those who offered to assist to make the events run so smoothly and successfully.

The day was fine but cool and afterwards several members were able to gather at the Archway to cheer on fellow Ramblers as they entered the marathon finishing straight.

The Ramblers involved were: **Bev Smith, Ray Young, Malcolm Taylor, Jan Barr, Russell Lake, Ken Kerewaro, Euan Ross, Robyn Winter, Alex Whimster and Murray Clarkson.** Mention must be made of **Iain Bibby and John Turner**, two ex Ramblers, who also helped out.

Euan Ross.

New Profile: Introducing Life Member: Ken Smith

As a new member to the committee this season and also participating in club & away events, I realise that many of our members will probably not know much about my association with the club.

I joined Ramblers early in the 1969 cross country season. I had been recovering from a serious bone disease in the hip joint with about 3-4 weeks in hospital and another 3-4 months recuperating at home (at the time I didn't know that my father had been told that I may never walk without a limp.) I began running as part of the recovery period (my doctor had suggested walking or easy jogging). My brother Wayne was already a member of Ramblers and suggested I come to harriers with him one Saturday. I was hooked from day one!

I was elected Secretary in 1971 and continued until 1975, following a break I was again elected for the '79- '80 seasons, and again the '85 & '86 seasons. During the gap years I was out of Tauranga. At that time there were 2 clubs, Ramblers Harriers (the winter club) and Tauranga Athletic (the summer club). I was also secretary of Athletics for the '72-'73 & '73-'74 seasons. The clubs amalgamated in 1988. I was working in Australia at the time ('86-'89). I rejoined Ramblers in 1989 on my return.

My last competitive season was 1991, as my work changed to include Saturdays and I was unable to participate. My last race was the Triple Peaks Challenge at Havelock North in March 1992. I continued intermittent running until September 1994, but being unable to compete lost interest and became involved in other things.

My PB's are

Track: 800m 2.12,
1500m 4.25,
3000m 9.09,
5000m 15.23
10000m 32.19 (all on grass in my one & only season that I trained for track, as my real interest was XC & road)
Half Marathon 1.15.56
Marathon 2.38.41
Rotorua Marathon 2.53.16

I haven't included XC & Road as the distances have changed since I was competing eg Senior road was 10 miles and is now only 10km.

There were two other events I competed in several times and consider them as probably the most enjoyable and satisfying of my running to date.

The Whakatane Triple Iron Run: 62.9km (the forerunner of Toi's Challenge.) 3 races over two days (all hilly).

Stage 1, Saturday morning 19km- sealed road, beach Kohi Pt track.

Stage 2, Saturday afternoon 20.6km, sealed & gravel roads (out & back).

Stage 3, Sunday morning 23.3km sealed & gravel roads & farm tracks (out & back).

PB 1st place: 4hours 14min (76 finishers).

The first time a master has won the race. This event was discontinued because of access problems on Stage 3.

The Triple Peaks Challenge –Havelock North 47km. Mostly open farm cross country including 3 mountain peaks with river crossings between them, starting & ending in Havelock North 10metres above seas level. The peaks in order are 489m, 646m, 399m (comparison Mt Maunganui Mauao is 232m). PB 2nd overall (1st Master) 4hrs 7min (65 finishers). 1st placegetter was 18 years younger than me & 3rd was 16 years younger. The 2nd master was 9th in 4.39, 4 years younger.



Ken Smith, age 66, competing at McLaren Falls on 23rd May 2009

BOP/MID ISLAND SECONDARY SCHOOLS XC, Waipuna, 20/5/09

The day was spot-on, sunny and there was a good turnout. The event ran like clockwork, with some outstanding racing. Ramblers featuring included a nail-biting sprint finish between Regan Bones & Jacob Martin in the Senior Boys, Esther McArthur dominating Senior Girls and Michael Sutton and Shelby Goddard clear winners in the Intermediate Boys & Girls. TBC & TGC won the 3 + 6 person Teams over all grades.

Junior Girls 3km (68 finishers)

Won by Alice McFall (Aquinas) in 11.29.01

Amy Robinson TGC 5th 12.33.51

Sophie Millar (Aquinas) 11th 13.00.77

Mystique Blockley (TGC) 22nd 13.26.41

Abby Goldie (TGC) 44th 14.33.98

Int Girls 3km (36 finishers)

Shelby Goddard (TGC) 1st 11.34.72

Ella Mangan-Walker (TGC) 5th 12.04.47

Rebekah Millar (Aquinas) 27th 14.45.07

Senior Girls 4km (26 finishers)

Esther McArthur (TGC) 1st 15.51.58

Kylie Tietjens (Otum) 3rd 16.42.98

Julia Campbell (TGC) 6th 17.24.85

Ashley Clements (Beth) 12th 18.59.77

Junior Boys 3km (55 finishers)

Won by Kieran Coates of Trident in 10.41.7 with Alex Calvin of TBC 2nd in 10.46.8

Int Boys 4km (50 finishers)

Michael Sutton (TBC) 1st 13.54.76

Julian Oakley TBC 2nd 14.04.49

Sam Hyndman (TBC) 27th 16.36.92

Senior Boys 6km (30 finishers)

Regan Bones (TBC) 1st 21.17.98

Jacob Martin (Otum) 2nd 21.18.55

Andrew Lloyd TBC 3rd 21.39.84

William Marshall (TBC) 5th 22.16.05

Jamie Regan (Aquinas) 12th 23.46.99

Ollie Brown (TBC) 20th 25.55.55



Esther McArthur flies over the hurdle

Also at the Super 8's SSXC at Napier on 18th May

Michael Sutton won the Junior grade in 14.28 with Sam Hyndman 16th in 16.16

Regan Bones was first in the Seniors in 19.54 with William Marshall 7th 20.29.

Summerhill Farm :Nature Valley Trail Series: www.n-duro.co.nz

Sunday 24th May turned out cold, wet & miserable. **Gavin Smith** won the Veterans 50-59 grade of the long course race in 1.10.58 **Ken Smith** was 2nd Classic 60plus over the medium course in 55.26. **Ashley Clements** 2nd JW medium course 48.47. **Andrea Evason** 1st F40+ in 46.37. 116 contestants overall.

McLarens Falls Relay 23 May

		Lap Elapsed			Lap Elapsed			Lap Elapsed
11	Jessica Bitcheno	03:54 03:54	12	Gavin Smith	03:45 03:45	13	Mike Powell	04:01 04:01
11	John Addy	04:07 08:01	12	Alex Whimster	04:31 08:16	13	Olivia Hines	04:40 08:41
11	Phil Browne	05:25 13:26	12	Samantha Bitcheno	04:44 13:00	13	Sue Fumage	05:44 14:25
11	Jessica Bitcheno	04:10 17:36	12	Gavin Smith	03:51 16:51	13	Mike Powell	04:10 18:35
11	John Addy	04:03 21:39	12	Alex Whimster	04:29 21:20	13	Olivia Hines	04:51 23:26
11	Phil Browne	04:56 26:35	12	Gavin Smith	03:57 25:17	13	Sue Fumage	05:33 28:59
11	Jessica Bitcheno	04:12 30:47	12	Samantha Bitcheno	04:48 30:05	13	Mike Powell	04:17 33:16
11	John Addy	04:00 34:47	12	Alex Whimster	04:26 34:31	13	Olivia Hines	04:49 38:05
11	Phil Browne	04:26 39:13	12	Gavin Smith	03:55 38:26	13	Sue Fumage	05:36 43:41
		3rd			1st			7th
		Lap Elapsed			Lap Elapsed			Lap Elapsed
14	Mathew Smith	03:44 03:44	15	Les Dobson	03:56 03:56	16	Daniel Hines	04:44 04:44
14	Lauren Hines	05:24 09:08	15	Eric de Lautour	06:57 10:53	16	Abby Fumage	04:59 09:43
14	Ken Smith	04:45 13:53	15	Kerry Smith	04:25 15:18	16	Murray Clarkson	03:53 13:36
14	Mathew Smith	03:47 17:40	15	Les Dobson	04:01 19:19	16	Daniel Hines	04:21 17:57
14	Lauren Hines	05:33 23:13	15	Eric de Lautour	07:06 26:25	16	Abby Fumage	04:49 22:46
14	Ken Smith	04:52 28:05	15	Kerry Smith	04:31 30:56	16	Murray Clarkson	03:55 26:41
14	Mathew Smith	03:26 31:31	15	Les Dobson	03:49 34:45	16	Daniel Hines	04:48 31:29
14	Lauren Hines	06:06 37:37	15	Eric de Lautour	07:46 42:31	16	Abby Fumage	05:03 36:32
14	Ken Smith	04:56 42:33	15	Kerry Smith	04:27 46:58	16	Murray Clarkson	03:59 40:31
		6th			8th			4th
		Lap Elapsed			Lap Elapsed			Lap Elapsed
17	Tom Keenan	04:16 04:16	18	Dave Whitehead	04:04 04:04			
17	Cindy Taylor	04:27 08:43	18	Deidre Lack	04:31 08:35			
17	Christine Browne	04:37 13:20	18	Nikki Fumage	04:16 12:51			
17	Tom Keenan	04:58 18:18	18	Dave Whitehead	04:07 16:58			
17	Cindy Taylor	04:31 22:49	18	Deidre Lack	04:25 21:23			
17	Christine Browne	04:27 27:16	18	Nikki Fumage	04:41 26:04			
17	Tom Keenan	04:54 32:10	18	Dave Whitehead	04:08 30:12			
17	Cindy Taylor	04:28 36:38	18	Deidre Lack	04:31 34:43			
17	Christine Browne	04:35 41:13	18	Nikki Fumage	04:20 39:03			
		5th			2nd			

Cold, but sunny conditions at McLarens Falls Park. Great job by those who turned out early to erect the Ramblers tent and Ian Bitcheno who cooked the sausages to perfection. Fastest lap recorded by Mathew Smith 3.26 over the 1km course.

Congratulations also to Malcolm & Sarah Smith on the birth of another young Rambler superstar of the future: Joshua Neal Smith Born 15-04-09, 8lb 10oz.



Sue Fumage

Tauranga Open Cross Country **Waipuna Park 16th May**

The weather was extremely kind to us and the turnout on the day was also good. A huge big thankyou to all those who helped with kitchen duties, setting up and taking down the course, entries, results recording, timekeeping, our commentator, prizes, marshalling and finish chute. Where would we be without you?

Great runs from Jessica Bitcheno to win the G12 event, Mike Pugh winner MM35-49, Deirdre Lack –winner W35-49 and Cindy Taylor winner MW50+. An awesome race also from Mark McKeown who lead with Aaron Pulford for much of his event and eventually placed 2nd in the Open Men. Junior Aaron, running in the open grade took the title in 26.41/ Demelza Murrihy-Topp won the womens race over 4060m in 15.48.



Mark & Aaron

Ramblers results

Olivia Hines	G10 950m	2 nd /12	3.50
Mia Pugh	G10 950m	4 th /12	4.03
McKenzie Ball	G10 950m	5 th /10	4.11
Jessica Bitcheno	G12 2060m	1 st /18	8.22
Samantha Bitcheno	G12	12 th /18	9.38
Lauren Hines	G12 2060m	18 th	12.28
Scott Croasdale	B14 2950m	2 nd /7	10.44
Daniel Hines	B14 2950m	5 th /7	13.17
Amy Robinson	G14 2950m	6 th /9	13.25
Morgan Ball	G14 2950m	8 th /9	14.46
Shelby Goddard	W16 4060m	3 rd /4	17.24
Julia Campbell	W19 4060m	3 rd /5	17.43
Ashley Clements	W19 4060m	5 th	19.29
Deirdre Lack	MW35 4060m	1 st /3	21.13
Cindy Taylor	MW50 4060m	1 st /2	18.56
Alex Whimster	1 st Walk 4060m		29.12
Mark McKeown	SM 8060m	2 nd /15	26.52
Iain MacDonald	SM 8060m	4 th	29.06
Dean Willacy	SM 8060m	11 th	32.30
Malcolm Smith	SM 8060m	13 th	35.07

Mathew Smith	SM 8060m	14 th	39.06
Mike Pugh	M35 8060m	1 st /14	28.05
Ken Keyte	M35 8060m	3 rd /14	31.33
Russell Lake	M35 8060m	6 th /14	33.18
Terry Furmage	M35	7 th /14	34.06
Les Dobson	M35 8060m	8 th /14	35.13
Gavin Smith	M50 8060m	3 rd /18	33.54
Stu Smith	M50 8060m	4 th /18	35.20
Barry Watson	M50 8060m	5 th /18	35.36
Murray Clarkson	M50	9 th /18	36.57
Max Ball	M50 8060m	10 th /18	37.13
John Addy	M50 8060m	11 th /18	38.14
Peter Kennedy	M50	12 th /18	38.33
Robert McPherson	M50	13 th /18	38.49
Tim Masters	M50 8060m	14 th /18	40.38
Robert Jackson	M50	15 th /18	40.50



Cindy Taylor



Mike Pugh



Robert Jackson



Barry Watson



Under 10's line up

Christchurch Marathon & Half Marathon 31/5/09

A record 5300+ entrants. The race started in a freezing southerly, with sleet & hail conditions. Michael Aish was on target for a course record at the half way point, but a head wind in the second half saw him cross the finish line 3 minutes short albeit still in good shape. His time 2.18.18 qualified him to represent NZ at World Champs. First woman was Australian Sandra Prosenica (W40-49) in 2.52.27

Scott Wescott of Australia won the Half Marathon in 1.03.34 with Aussies filling the top 3 places.

Mark McKeown finished 6th in 1.08.59

Iain MacDonald 13th in 1.12.22

Lisa Weightman was first woman in 1.12.28, 14th overall.

The 10km event was won by Kim Hogarth in 30.29.

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

Times had not been posted on the internet as this newsletter goes to print, but a number of Ramblers were noted out on the course & I will publish results in the next newsletter. The Half marathon was won by Rambler **John Caie** who had an unchallenged lead for the whole race. Fine conditions throughout.



Coming Events

6 June

Rogaine (orienteering type) fun event at Waipuna Park, being organised by Mathew & Wayne Smith. Great for all ages (to replace the cancelled Tauwhare Cup Cross - farm not available.). Meet usual time 1.45pm

13 June

Sharp Cross Country, Paeroa. A new event on real XC turf-the Sharp's dairy farm. Expected to become a major interclub event & replacement for Tauwhare. Hosted by Hamilton Hawks.

14 June

WBOP Masters XC – Waipuna Park at 1pm. All welcome, though only Masters Association Athletes eligible for trophies. Enter on day. Contact Murray Clarkson 5769575.

20 June

NZ Secondary Schools XC Champs & NZ Short Course XC Champs- Nelson. www.nzssaa.org.nz

20 June

Foster Smythe Handicap Race, Rotorua, hosted by Lake City club. A 10km course over fairly rugged hilly terrain. Plus a 3km event for younger grades or those wanting a shorter run. Enter through Club (Bev Smith) Private transport arrangements.

24 June

WBOP Primary Schools XC , Waipuna Park

27 June

Willacy Memorial Handicap Races, Waipuna Park. Meet 1.45pm. A series of races with handicap starts over all grades. Trophies for the winners of each race.. Held in memory of one of the founders of the club- Geoff Willacy. **Please bring a plate.**

4 July

North Island XC Champs, Taupo, Bus Trip. Top racing & big fields in all grades. A big day out, -usually go for a hot swim after & stop at Rotorua for dinner (McDonalds or similar) on return trip. Enter through club- Bev Smith.

5 July

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

Huntly Half Marathon 24 May

The Half marathon was won by Sam Dobson of Pakuranga in 1.11.54. First Woman home was Lesley Turner-Hall of Auckland (W35) in 1.22.53. There were 1074 finishers plus 194 walkers in the half.

Steve O'Callaghan of Lake City won the 10km event in 31.58. **Mike Pugh** was 2nd (1st M35) in 32.23. **John Caie** 9th (2nd M40) in 35.46. 970 finishers in the 10km.

Kylie Kirkwood has a Special Offer on Massages To all members of Tauranga Ramblers:

Bay Massage Therapy (based in Otumoetai) would like to make a special offer to all members of \$40 for your first one hour massage (regular rate \$50/hour).-

Please call Kylie on 0800 407 907 or text 021 407 907 for an appointment.