

# Ramblings

Newsletter of Athletics Tauranga Incorporated



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plus summer track results are on:

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

## ATHLETE OF THE MONTH

November 2009



**Jess Ruthe**

*First Woman in adidas Auckland Marathon in 2hours 49min 55sec  
First woman in the Tauranga Bays & Bridges Challenge & First Woman in the Round the Bridges, Hamilton.*

### Club Contacts:

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Summer Club Captain:

Brendan Magill Ph 0210632043

### TWILIGHT SPONSORS:

We are seeking sponsors for the Tauranga Twilight Athletics Meeting. If you know of any business or individual that is prepared to sponsor an event please contact Val Bromley or if you require a sponsorship request letter contact myself.

We will have some letters at club on Tuesday night.

Malcolm Taylor  
President

### *Editorial*

*It's been a really busy month, with heaps of events crammed in, often doubling up on weekends- making us choose between a range of Track & Field, marathons, half marathons & off road trail runs.*

*So many achievements – congratulations to everyone. Schools & Children's clubs have also been busy with Track Championships, Ribbon days etc*

*The Jennings Cup was also held at Tauranga Domain. The photo finish worked well, with helpers, Dave Millar & family, Fay Smith, Murray Clarkson & Tina Vanderschantz. Unfortunately I don't have results- but our Rambler kids wre great to watch. Congratulations Jessica Bitcheno for her new 800m /1500m records.*

**Have a Merry Xmas, but don't forget to support the Mountain race on Boxing Day. We have a fantastic new Sponsor VITASPORT**

**AUCKLAND MARATHON & NZ Half Marathon Champs**  
**1/11/09**

Rowan Hooper of Christchurch won the marathon in a time of 2.31.46 in fine conditions.

First Woman was **Jess Ruthe** 2.49.55. Jess ran the whole distance with husband **Ben Ruthe** who placed 18<sup>th</sup> also in 2.49.55

**Michelle Basson** recorded her first sub 3 hour, coming home in 2.59.11 and 39<sup>th</sup> overall (4thF & 1<sup>st</sup> W35-39)

**Gary McIlwee** 46<sup>th</sup> 3.00.29

**Mike Powell** 1122<sup>nd</sup> (17<sup>th</sup> M60) 4.20.57

Matt Smith of Christchurch won the half marathon championship race in 1.06.19 after a good battle with **Dale Warrander** 2<sup>nd</sup> in 1.06.30.

Shireen Crumpton was 1<sup>st</sup> woman in 1.15.59.

**Johanna Ottosson** 32<sup>nd</sup> overall, (6thF & 4<sup>th</sup> SW)

The quarter marathon winners were Brett Tingay 32.14 and Fiona Crombie 37.28 both of Christchurch.



**Maratoto Extreme Challenge , Hikuwai School(Paeroa/Thames Rd) 14/11/09**

The 21km run was won by Jeremy Moody in 1hr 41min.

**Gavin Smith** was 2<sup>nd</sup> overall and 1<sup>st</sup> Vet40+ in 1 hr 47min.

**Tim Masters** 3<sup>rd</sup> VM40+ in 2hr 20min.

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

23 runners & 22 walkers in the 5km event & 6 kids in the 3km on **5<sup>th</sup> November**

**5km**

1 <sup>st</sup> Kyle MacDonald	15.45
2 <sup>nd</sup> Craig Kirkwood	15.57
4 <sup>th</sup> Dan Smith	18.20
5 <sup>th</sup> Stu Smith	19.34
6 <sup>th</sup> Petra Creighton 1stW	19.45
7 <sup>th</sup> Murray Clarkson	19.51
10 <sup>th</sup> Max Ball	20.59
11 <sup>th</sup> Mike Powell	21.26
20 <sup>th</sup> Karen Smith	30.32

**3km**

1 <sup>st</sup> Morgan Ball	14.15
2 <sup>nd</sup> McKenzie Ball	14.56

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29 runners & 28 walkers in the 5km & 2 in the 3km on **12<sup>th</sup> November**

**5km**

1 <sup>st</sup> Kyle MacDonald	15.44
2 <sup>nd</sup> Iain MacDonald	15.52
3 <sup>rd</sup> Dan Smith	18.39
6 <sup>th</sup> Petra Creighton 2 <sup>nd</sup> W	19.29
7 <sup>th</sup> Murray Clarkson	19.58
9 <sup>th</sup> Mike Powell	20.28
10 <sup>th</sup> Stu Smith	20.29
12 <sup>th</sup> Fiona Ellison	21.40
13 <sup>th</sup> Max Ball	21.58
27 <sup>th</sup> Karen Smith	30.26

**3km**

1 <sup>st</sup> McKenzie Ball	14.53
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A good turnout of 63 runners & walkers in the 5km & 14 in the 3km event on **19<sup>th</sup> November**

**5km**

1 <sup>st</sup> Russell Lake	17.45
2 <sup>nd</sup> Dan Smith	18.06
3 <sup>rd</sup> Michelle Basson 1 <sup>st</sup> W	18.28
9 <sup>th</sup> Petra Creighton	20.03
11 <sup>th</sup> Julia Campbell	20.09
12 <sup>th</sup> Murray Clarkson	20.11
14 <sup>th</sup> Mike Powell	20.58
15 <sup>th</sup> John Addy	21.25
19 <sup>th</sup> Fiona Ellison	21.55
39 <sup>th</sup> Karen Smith	30.55



**CLUB NIGHT 3/11/09**

**80m Hurdles**

1.Amy Robinson	G13	13.81
2.Rochelle Newdick	G14	14.36
3.Sophie Millar	G13	17.16
4.Carmel O'Rafferty	W16	17.34

**100m Hurdles**

1.Bella Andrews	W16	16.24
2.Alex Colvin	B14	16.77
3.Pip Fauvel	B14	21.02
4.Luke Robinson	B9	21.57

**110m Hurdles**

Michael Cochrane	M19	16.33
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**100m**

1.Olivia Hines	G10	17.03
2.Catlin Wardell	G10	17.49
3.McKenzie Ball	G10	17.96
4.Catherine Sutton	G10	18.02
5.Lauren Hines	G12	19.26
6.Cassidy Ball	G7	20.96
7.Joanne Sutton	G10	21.05

1.Oliver Ranby	B14	12.46
2.Michael Goldie	M16	12.50
3.Luke Davison	M16	12.51
4.Rowan Davies	M16	13.12
5.Richard Jones	M16	13.58
6.Jason Keyte	M16	13.85
7.Andrew Robinson	B12	14.41
8.Connor Millar	B12	15.06

1.Mariah Ririnui	W19	13.42
2.Genelle Vanderschantz	W16	13.97
3.Christine Browne	W40	14.21

1.Joseph Millar	M19	11.38
2.Michael Cochrane	M19	11.80
3.Jonno Morton	M19	12.09
4.Stephen Te Whaiti	M45	12.49
5.Sean Turner	M19	12.71
6.Shaun Goldie	M50	13.28

**2miles (Peace Mile off track, grass)**

1.Russell Lake	M35	12.29.3
2.Gavin Smith	M55	12.54.7
3.Sally Gibbs	W45	13.33.9
4.Stu Smith	M55	13.35.2
5.Murray Clarkson	M60	13.50.3
6.Reinhardt Steenkamp	B8	16.34.3
7.Sid Pavett	M75	19.01.8

**1500m**

1.Alice McCafferty	G11	5.31.39
2.Rebekah Mccafferty	G10	5.52.36
3.Olivia Hines	G10	6.12.88
4.Keegan Millar	B9	6.22.96
5.Reinhardt Steenkamp	B8	6.30.26

6.Bethany Millar	G10	6.32.65
7.Lauren Hines	G12	7.44.58
8.McKenzie Ball	G10	8.06.25
9.Catlin Wardell	G10	8.07.37

1.Michael Sutton	M16	4.33.68
2.Alex Colvin	B14	5.07.24
3.Russell Lake	M35	5.10.46
4.Sally Gibbs	W45	5.14.71
5.Gavin Smith	M55	5.15.13
6.Jason Keyte	M16	5.26.11
7.Alice McFall	G14	5.29.72
8.Stu Smith	M55	5.31.24
9.Dave Whitehead	M50	6.00.21
10.Richard Jones	M16	7.00.49
11.Sid Pavett	M75	7.25.36

1. Mariah Rinui	W19	13.02
2.Vanessa Hill	W16	13.25
3.Amy Frith	SW	13.37
4.Bella Andrews	W16	13.42
5. G Vanderschantz	W16	13.75
6. Emma Jackson	W16	13.98
7.Rebekah Millar	W16	13.99
8.Carmel O'Rafferty	W16	14.55

1.Joseph Millar	M19	11.05
2.Jonno Morton	M19	11.94
3.Sean Turner	M19	12.21
4.Michael Goldie	M16	12.30
5.Oliver Ranby	B14	12.47
6.Tyler Ryan	B14	12.76
7.Rowan Davies	M16	13.04

1.Joseph Millar	M19	11.37
2.Jonno Morton	M19	12.14
3.Michael Goldie	M16	12.41
4.Vanessa Hill	W16	13.90

1.Abby Goldie	G13	13.33
2.Sophie Millar	G14	13.33
3.Les Dobson	M50	15.07
4.Brendan Magill	M45	15.42
5.Dave Whitehead	M50	15.46
6.Gavin Smith	M55	16.87
7.Sid Pavett	M75	21.26
8.Eric De Lautour	M85	22.45

**1500m Walk**

1.Kristin Vanderschantz	W	12.38.76
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**800m**

1.Casey Blackwell	G14	2.36.02
2.Courtney Williamson	W16	2.38.51
3.Emma Shanley-MacD	G13	2.44.28
4.Laura Harris	W16	2.50.75
5.Simone Rockcliffe	G14	2.53.23
6.Keegan Millar	B9	3.01.76
7.Christine Sutton	G13	3.02.94
8.Olivia Hines	G10	3.04.97
9.Gisele Foster	G14	3.09.20
10.Reinhardt Steenkamp	B8	3.18.93
11.McKenzie Ball	G10	3.23.80

1.Sally Gibbs	W45	2.30.63
2.Michelle Basson	W35	2.32.88
3.Petra Creighton	W40	2.34.87
4.Christine Browne	W40	2.51.34
5.Fiona Ellison	W35	3.02.38
6.Robyn Winter	W55	3.47.55

1.Regan Bones	M16	2.10.87
2.Alex Colvin	B14	2.24.81
3.Oliver Ranby	B14	2.29.20
4.Les Dobson	M50	2.42.61
5.Gavin Smith	M55	2.42.62

6.Murray Clarkson	M60	2.44.85
7.Dave Whitehead	M50	2.52.58
8.Max Ball	M50	3.02.36
9.Sid Pavett	M75	3.54.97

**200m**

1.Abby Goldie	G13	27.28
2.Amy Frith	SW	27.84
3.Rebekah Millar	W16	30.60
4.Amy Robinson	G13	30.92
5.Christine Sutton	G13	34.87

1.Joseph Millar	M19	22.55
2.Sean Turner	M19	24.86
3. Michael Goldie	M16	25.36
4.Oliver Ranby	B14	25.51
5.Tyler Ryan	B14	26.59

1.Les Dobson	M50	31.14
2.Dave Whitehead	M50	31.80
3.Brendan Magill	M45	31.96
4.Murray Clarkson	M60	33.79
5.Gavin Smith	M55	34.23
6.Max Ball	M50	37.25
7.Sid Pavett	M75	44.63
8.Eric De Lautour	M85	46.32

**3000m**

1.Michael Sutton	M16	9.28.00
2.Russell Lake	M35	10.43.38
3.Michelle Basson	W35	10.46.96
4.Gavin Smith	M55	10.57.42
5.Sally Gibbs	W45	11.03.04
6.Alex Colvin	B14	11.12.82
7.Casey Blackwell	G14	11.13.78
8.Alice McFall	G14	11.26.15
9.Julia Campbell	W19	11.41.27
10.Petra Creighton	W40	11.52.07
11.Nicole Woodsworth	W19	12.19.81
12.Les Dobson	M50	12.40.43
13.Fiona Ellison	W35	12.53.89
14.Simone Rockcliffe	G14	13.08.09
15.Sid Pavett	M75	15.41.38

**Shot Put**

1.Emma Shanley-MacD	G13	8.15
1.Luke Davison	M16	12.38
1.Michael Cochrane	M19	12.30
1. Sarah Yardley	SW	8.98
1. Khanum Elisaia	W16	10.17
2.Genelle Vanderschantz	W16	6.67
1.Mariah Rinui	W19	10.24
1.Christine Browne	W40	7.81

**Discus**

1. Christine McCahill	W45	33.67
1.Samantha Bitcheno	G11	17.20
1.Jessica Sturt	G14	25.83

**4x100m Relay**

Men Cheetahs	49.60
Mixed	52.36
Masters	64.74
Young Ones	76.16



*Khanum Elisaia discus practice*

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**Club Night 10/11/09**

**300m Hurdles**

1. Oliver Ranby	B14	48.72
2.Bella Andrews	W16	52.55

**400m Hurdles**

1.Brendan Magill	M45	1.27.19
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**100m**

1. Keegan Millar	B9	16.01
2.Olivia Hines	G10	16.99
3.Bethany Millar	G10	17.33
4.McKenzie Ball	G10	17.76
5.Catherine Sutton	G10	19.32
6. Cassidy Ball	G7	20.09
7. Joanne Sutton	G10	21.88

1. Amy Robinson	G13	13.87
2.Samantha Bitcheno	G11	14.15
3.Jessica Bitcheno	G12	15.00
4.Gisele Foster	G14	16.04
5.Christine Sutton	G13	16.82





2.Rochelle Newdick	G14	24.47
3.Sophie Millar	G14	19.52
1.Luke Davison	M16	32.86
1.Michael Cochrane	M19	33.62
1.Brendan Magill	M45	18.75
1.Khanum Elisaia	W16	32.57

**High Jump**

1.Alex Colvin	B14	1.60
1.Amy Robinson	G13	1.30
2.Christine Sutton	G13	1.20
1.Alice McFall	G14	1.30
1.Luke Davison	M16	1.70
2.Joseph Reynolds	M16	1.65
1.Michael Cochrane	M19	1.85
1.Courtney Williamson	W16	1.55

**Triple Jump**

1.Alex Colvin	B14	11.06
1.Amy Robinson	G13	8.71
1.Rochelle Newdick	G14	9.98
1.Luke Davison	M16	11.08
1.Michael Cochrane	M19	12.01
1.Brendan Magill	M45	8.07
1.Sarah Yardley	SW	11.07
2.Rebecca Cochrane	SW	9.94

**Tauranga Bays & Bridges,  
14.5km Fun Run/Walk,  
8/11/09**

The weather gods put on a beaut day for this inaugural event.

Huge thanks to Dave Whitehead and all the crew for organising & helping out on the day. Well over 500 participants.



Blair, Craig, Mike, Kyle & Ben at Totara St extension going into airport.



Ex-Rambler Selwyn Mawkes- 1<sup>st</sup> walker



Gavin in 2<sup>nd</sup> bunch

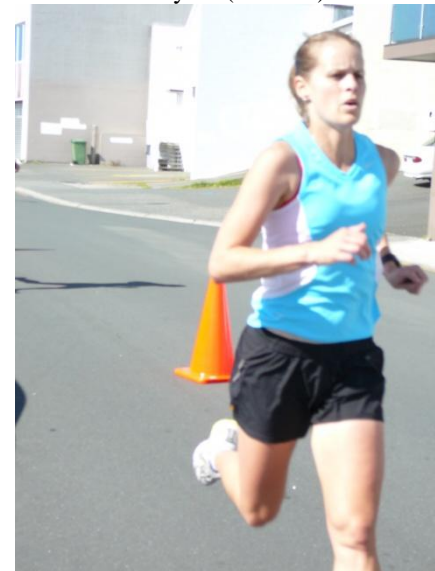
**Ramblers results**

**Run**

1 <sup>st</sup> Mike Pugh (1 <sup>st</sup> M35-44)	47.12
2 <sup>nd</sup> Kyle MacDonald (1 <sup>st</sup> Open)	47.30
3 <sup>rd</sup> Ben Ruthe (2 <sup>nd</sup> Open)	48.02
4 <sup>th</sup> Craig Kirkwood (2 <sup>nd</sup> M35-44)	49.26
6 <sup>th</sup> Blair Jordan (4 <sup>th</sup> Open)	51.12
8 <sup>th</sup> Jess Ruthe (1 <sup>st</sup> F Open)	55.14
12 <sup>th</sup> Dan Smith (6 <sup>th</sup> Open)	57.57
13 <sup>th</sup> Gavin Smith(1 <sup>st</sup> M55+)	58.34
16 <sup>th</sup> Barry Watson (2 <sup>nd</sup> M45-54)	1.00.55
17 <sup>th</sup> Sally Gibbs (1 <sup>st</sup> F45-54)	1.01.06
18 <sup>th</sup> Stu Smith (2 <sup>nd</sup> M55+)	1.01.10
20 <sup>th</sup> Ella ManganWalker (1 <sup>st</sup> Team)	1.03.04
24 <sup>th</sup> Les Dobson (3 <sup>rd</sup> M45-54)	1.04.37
26 <sup>th</sup> Michelle Pollard (3 <sup>rd</sup> F Open)	1.04.42
28 <sup>th</sup> Julia Campbell (1 <sup>st</sup> W16)	1.05.23
30 <sup>th</sup> John Addy (3 <sup>rd</sup> M55+)	1.06.19
32 <sup>nd</sup> Robert McPherson (4 <sup>th</sup> M55)	1.06.20
33 <sup>rd</sup> Peter Kennedy (5 <sup>th</sup> M55+)	1.06.32
40 <sup>th</sup> Esther McArthur (1 <sup>st</sup> W19)	1.07.32
42 <sup>nd</sup> Shelby Goddard (2 <sup>nd</sup> W19)	1.07.48
46 <sup>th</sup> Ethney Barnaby (2 <sup>nd</sup> team)	1.08.19
60 <sup>th</sup> Fiona Ellison (1 <sup>st</sup> F35-44)	1.09.45

**Walk**

4 <sup>th</sup> Alex Whimster (2 <sup>nd</sup> M55+)	1.39.28
7 <sup>th</sup> Chanelle Bryan (1 <sup>st</sup> W19)	1.43.57



Michelle finishing the Bays & Bridges

**Waikato Secondary Schools  
Meets, Porritt Stadium**

**Mariah Ririnui SG**

4/11/09 100m	2 <sup>nd</sup> /9	13.05
Shotput	1 <sup>st</sup> /3	9.04m
11/11/09 100m	5 <sup>th</sup> /10	13.16

**Masters Meet, Porritt, 8/11/09**

**Chris McCahill W45**

1 <sup>st</sup> /9 Shotput	10.17m
1 <sup>st</sup> /6 Discus	34.61m

**Nick Willis Relays & Open Meet  
Porritt 7/11/09**

**Bella Andrews W16**

2 <sup>nd</sup> 300m	48.20
1 <sup>st</sup> 300m Hurdles	50.40
1 <sup>st</sup> Javelin	21.53m

**Livvie Duggan W19**

1 <sup>st</sup> Javelin	32.64m
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**Oliver Ranby B14**

1 <sup>st</sup> 80m	9.70
1 <sup>st</sup> 300m	39.80

**Luke Davison M16**

1 <sup>st</sup> High Jump	1.86m
1 <sup>st</sup> Javelin	48.35m

**Joseph Reynolds M16**

3 <sup>rd</sup> High Jump	1.75m
3 <sup>rd</sup> Javelin	29.15m



**Hamilton 15/11/09**

A record number of athletes and fitness fanatics took to the Hamilton streets for the 2009 Round the Bridges race. More than 4600 competitors took part in near-perfect race conditions for the event, which was celebrating its 65th anniversary.

The Hamilton City Hawks received assistance from U Leisure event management this year for the first time. A slight problem was experienced by Stephen Lett, Ben Ruthe & Kyle MacDonald when they took a wrong path due to lack of coning/ signs, past the 6km mark and detoured off course, costing them around 1 minute.

**12km**

1 <sup>st</sup> Rees Buck, Wellington	38.05
2 <sup>nd</sup> Stephen Lett	39.55
3 <sup>rd</sup> <b>Ben Ruthe</b>	40.01
5 <sup>th</sup> <b>Kyle MacDonald</b>	40.17
11 <sup>th</sup> <b>Jess Ruthe</b> (1stW)	42.21

**6km Secondary Schools**

1 <sup>st</sup> Mohamed Ali (Fairfield)	20.35
9 <sup>th</sup> <b>Ella Mangan-Walker</b> (2 <sup>nd</sup> F)	24.25
16 <sup>th</sup> <b>Julia Campbell</b> (4 <sup>th</sup> F)	26.18
19 <sup>th</sup> <b>Esther McArthur</b> (5 <sup>th</sup> F)	27.02

**BOP ENERGY**  
**TOI'S CHALLENGE,**  
**Whakatane – 15/11/09**

Around 400 participants on this multi-terrain 18.5km course. Great to see Wayne's awesome placing in his grade after some time off. Obviously, he has still been doing some sneaky off road work and is ready for the Kauri & Goat events.

1 <sup>st</sup> Sjors Corporaal	1.17.56
2 <sup>nd</sup> Kerry Suter	1.19.59
3 <sup>rd</sup> <b>Iain MacDonald</b> (3 <sup>rd</sup> /72 SM)	1.25.23
4 <sup>th</sup> Colin Earwaker (1 <sup>st</sup> /35M50)	1.25.58
6 <sup>th</sup> Glenn Sexton (1 <sup>st</sup> /42 M40)	1.28.25
19 <sup>th</sup> <b>Terry Furmage</b> (3 <sup>rd</sup> M40)	1.34.16
27 <sup>th</sup> Annika Smail (1st/40 SW)	1.37.30
28 <sup>th</sup> <b>Wayne Smith</b> (2 <sup>nd</sup> M50)	1.38.35
48 <sup>th</sup> <b>Dan Smith</b> (24 <sup>th</sup> SM)	1.46.08
65 <sup>th</sup> <b>Stu Smith</b> (8 <sup>th</sup> M50)	1.49.36
99 <sup>th</sup> <b>Mathew Smith</b> (42 <sup>nd</sup> SM)	1.56.14
105 <sup>th</sup> <b>John Addy</b> (14 <sup>th</sup> M50)	1.57.22
171 <sup>st</sup> <b>Dave Whitehead</b> (22 <sup>nd</sup> M50)	2.07.16

**Club Night & BOP SS League**  
**17/11/09**

**80 Metre Hurdles**

1 Amy Robinson	G13	14.11
2 Rochelle Newdick	G14	14.65
3 Sophie Millar	G14	18.89
1 Liam McFall	B12	18.08

**100 Metre Hurdles**

1 Tyler Ryan	B14	17.22
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**110 Metre Hurdles**

1 Stephen Te Whaiti	M45	20.01
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**2X Peace Miles**

1 Jamie Regan	M19	12.42
2 Nathan Burgi	M16	13.19
3 Sally Gibbs	W45	16.05
4 Jessica Bitcheno	G12	16.05
5 Max Ball	M50	16.14
6 Sid Pavett	M75	17.21

**100 Metres**

1 Olivia Hines	G10	17.31
2 Andrew Creighton	B7	17.94
3 McKenzie Ball	G10	18.06
4 Lauren Hines	G12	19.58
5 Cassidy Ball	G7	20.09

1 Mariah Ririnui	W19	13.12
2 Abby Goldie	G13	13.30
3 Amy Frith	SW	13.49

4 Sophie Millar	G14	13.58
5 Lauren Eaton	W19	13.59
6 Amy Robinson	G13	13.64
7 Emma Shanley-MacDonald	G13	14.39
8 Elizabeth McKoy	W19	14.65

1 Joseph Millar	M19	11.30
2 Jonothon Morton	M19	11.96
3 Sean Turner	M19	12.30
4=Michael Goldie	M16	12.55
4=Oliver Ranby	B14	12.55
6 Thomas Bernard	B14	12.68
7 Tyler Ryan	B14	12.87
8 Rowan Davies	M16	13.03

1 Shaun Goldie	M50	13.50
2 Brendan Magill	M45	15.61
3 Max Ball	M50	17.27

**1500 Metres**

1 Alice McFall	G14	5.22.43
2 Alice McCafferty	G11	5.31.45
3 Rebekah McCafferty	G10	5.36.66
4 Morgan Ball	G13	6.20.60
5 Olivia Hines	G10	6.22.32
6 McKenzie Ball	G10	7.11.80
7 Robyn Winter	W55	7.25.84
8 Lauren Hines	G12	8.55.97

1 Jamie Regan	M19	4.58.20
2 Alex Colvin	B14	4.59.64
3 Oliver Ranby	B14	5.02.32
4 Sally Gibbs	W45	5.11.00
5 Petra Creighton	W40	5.11.86
6 Nathan Burgi	M16	5.18.12
7 Max Ball	M50	5.46.84
8 Syd Pavett	M75	7.16.57

**200 Metres**

1 Abby Goldie	G13	27.71
2 Sophie Millar	G14	28.31
3 Petra Creighton	W40	29.36
4 Elizabeth McKoy	W19	32.94
5 Olivia Hines	G10	39.94

1 Joseph Millar	M19	22.62
2 Michael Goldie	M16	25.48
3 Thomas Bernard	B14	26.96
4 Oliver Ranby	B14	27.47
5 Shaun Goldie	M50	27.88
6 Roger Creighton	M40	32.32
7 Liam McFall	B12	35.77
8 Syd Pavett	M75	45.46

**400 Metres**

1 Amy Frith	SW	1.00.99
2 Emma Shanley-MacD	G13	1.04.14
3 Petra Creighton	W40	1.07.77

**21<sup>st</sup> Nov:** Perfect conditions on the day & around 2500 athletes participating.

Andy Kilding of Takapuna	1 <sup>st</sup>	1.11.26
Johan Vanhoovals ,Pakuranga	2 <sup>nd</sup>	1.13.23
Ex Rambler :Lydia O'Donnell, ACA	5 <sup>th</sup> overall & First woman	1.17.25
Olympic Games triathlete Sam Warriner	2 <sup>nd</sup> Woman & 8 <sup>th</sup> overall	1.19.18
<b>Gavin Smith</b>	20 <sup>th</sup> & 1 <sup>st</sup> M55	1.22.40

7 Sally Gibbs	W45	1.07.92	1 Joseph Millar	M19	11.37	1 Stephen Te Whaiti	M45	27.41
2 Alice McFall	G14	1.17.15	2 Jonothon Morton	M19	11.99	2 Shaun Goldie	M50	27.73
1 Andrew Creighton	B7	1.20.66	3 Sean Turner	M19	12.08	3 Petra Creighton	W40	29.91
5 Olivia Hines	G10	1.29.72	4 Michael Goldie	M16	12.45	4 Les Dobson	M50	30.96
			5 Oliver Ranby	B14	12.64	5 Murray Clarkson	M60	36.23
1 Stephen Te Whaiti	M45	59.90	6 Stephen Te Whaiti	M45	12.70	6 Max Ball	M50	37.14
2 Roger Creighton	M40	1.09.08	7 Thomas Bernard	B14	12.96			
3 Max Ball	M50	1.22.55	8 Rowan Davies	M16	13.21			
4 Eric de Lautour	M85	1.57.55						

**Javelin**

1 Livvie Duggan	W19	27.97
1 Luke Davison	M16	43.16
2 Joseph Reynolds	M16	28.78
1 Michael Cochrane	M19	37.21
1 Stephen Te Whaiti	M45	40.96
2 Brendan Magill	M45	27.64
1 Thomas Bernard	B14	26.73

**Hammer**

1 Livvie Duggan	W19	33.00
1 Ray Laurie	M70	26.11

**Long Jump**

1 Lauren Eaton	W19	4.95
2 Elizabeth McKoy	W19	4.12
1 Joseph Reynolds	M16	4.83
1 Michael Cochrane	M19	5.90
1 Alex Colvin	B14	5.35
2 Thomas Bernard	B14	5.25
1 Rochelle Newdick	G14	4.83
2 Sophie Millar	G14	4.58
1 Amy Robinson	G13	4.34
1 Lauren Hines	G12	2.53
1 Liam McFall	B12	3.92

**CLUB NIGHT & SS League****24/11/09****100 Metres**

1 Keegan Millar	B9	16.09
2 Traigh Basson	B10	16.81
3 Olivia Hines	G10	17.27
4 Andrew Creighton	B7	17.41
5 McKenzie Ball	G10	19.77
6 Cassidy Ball	G7	20.70

1 Vanessa Hill	W16	13.66
2 Sophie Millar	G14	13.68
3 Amy Robinson	G13	14.07
4 Rebecca Millar	W16	14.66
5 Emma Shanley-MacDonald	G13	14.67

1 Sarah Yardley	SW	13.23
2 Lauren Eaton	W19	13.88
3 Christine Browne	W40	14.68
4 Elizabeth McKoy	W19	14.94

1 Joseph Millar	M19	11.37
2 Jonothon Morton	M19	11.99
3 Sean Turner	M19	12.08
4 Michael Goldie	M16	12.45
5 Oliver Ranby	B14	12.64
6 Stephen Te Whaiti	M45	12.70
7 Thomas Bernard	B14	12.96
8 Rowan Davies	M16	13.21

1 Joseph Millar	M19	12.86
2 Mariah Rininui	W19	13.27
3 Sarah Yardley	SW	13.40
4 Shaun Goldie	M50	13.55
5 Les Dobson	M50	15.24
6 Brendan Magill	M45	16.07
7 Max Ball	M50	17.61

**300 Metres Hurdles**

1 Alex Colvin	B14	47.55
2 Pip Fauvel	B14	1.02.23

**300 Metres Hurdles**

1 Liam McFall	B12	1.04.63
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**400 Metres Hurdles**

1 Christine Browne	W40	1.21.79
1 Brendan Magill	M45	1.26.05

**1500 Metre Walk**

1 Kristin Vanderschantz	G14	12:59.0
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**3000 Metres**

1 Ella Mangan-Walker	W16	10.40.45
2 Michelle Basson	W35	10.43.75
3 Nathan Burgi	M16	11.02.47
4 Jamie Regan	M19	11.07.21
5 Casey Blackwell	G14	11.11.07
6 Alice McFall	G14	11.32.15
7 Barry Watson	M50	11.38.48
8 Petra Creighton	W40	12.04.58
9 Les Dobson	M50	12.05.45
10 Oliver Ranby	B14	12.05.81
11 Max Ball	M50	12.18.63
12 Fiona Ellison	W35	12.54.86
13 Linda Reynolds	W40	13.51.55

**200 Metres**

1 Liam McFall	B12	35.11
2 Olivia Hines	G10	36.63
3 Andrew Creighton	B7	36.98
4 Jasmine Creighton	G9	37.36
5 Traigh Basson	B10	40.88
6 Cassidy Ball	G7	45.10
7 Anna McFall	G6	46.99

1 Joseph Millar	M19	23.46
2 Sean Turner	M19	25.10
3 Michael Goldie	M16	25.63
4 Oliver Ranby	B14	26.21
5 Sophie Millar	G14	28.42
6 Rebekah Millar	W16	30.85

**800 Metres**

1 Andrew Robinson	B12	2.29.80
2 Ella Mangan-Walker	W16	2.31.74
3 Casey Blackwell	G14	2.37.22
4 Emma Jackson	W16	2.43.25
5 Laura Harris	W16	2.48.66
6 Keegan Millar	B9	2.55.32
7 Morgan Ball	G13	3.09.62
8 Olivia Hines	G10	3.16.79
9 McKenzie Ball	G10	3.59.32

1 Jamie Regan	M19	2.23.29
2 Nathan Burgi	M16	2.28.63
3 Thomas Bernard	B14	2.30.34
4 Rowan Davies	M16	2.30.44

1 Amy Frith	SW	2.26.50
2 Petra Creighton	W40	2.30.14
3 Michelle Basson	W35	2.35.93
4 Murray Clarkson	M60	2.40.66
5 Les Dobson	M50	2.47.44
6 Barry Watson	M50	2.52.25
7 Max Ball	M50	2.57.18
8 Linda Reynolds	W40	3.10.08

**4X100 Metres Relay**

1 Team 1	1.13.05
2 Team 2	1.20.84

**Discus**

1 Connor Millar	B12	16.66
1 Luke Davison	M16	38.76
2 Joseph Reynolds	M16	26.47
1 Stephen Te Whaiti	M45	25.21
2 Brendon Magill	M45	16.92
1 Khanum Elisaia	W16	32.58
1 Livvie Duggan	W19	33.31
1 Christine McCahill	W40	34.23

**Triple Jump**

1 Alex Colvin	B14	11.26
2 Pip Fauvel	B14	8.50
1 Amy Robinson	G13	8.81
1 Ashley Weld	G14	9.27
1 Michael Cochrane	M19	12.12
1 Brendon Magill	M45	8.28
1 Sarah Yardley	SW	10.84
1 Lauren Eaton	W19	10.53

**High Jump**

1 Liam McFall	B12	1.35
2 Andrew Robinson	B12	1.30

1 Alex Colvin	B14	1.70
1 Luke Robinson	B9	1.30
1 Amy Robinson	G13	1.40
1 Alice McFall	G14	1.35
1 Luke Davison	M16	1.80
2 Joseph Reynolds	M16	1.80
1 Michael Cochrane	M19	1.45
1 Stephen TeWhaiti	M45	1.60
1 Elizabeth McKoy	W19	1.40

**BOP-Poverty Bay Intermediate  
Schools Champs, 25/11/09  
Tauranga Domain**

One or two Ramblers popped along to help Sport Bop run this event & do starting, photo-finish, results etc. Brilliant sunny day & ran like clockwork ahead of schedule.

Congratulations to Jessica Bitcheno, who earned the Year 7 Girls Championship Points 1<sup>st</sup> place. Another regular at our track, Andrew Robinson was 2<sup>nd</sup> Year 7 Boys Points.

I dont have times for everybody, only placegetters.

**Jessica Bitcheno Y7G**

2 <sup>nd</sup> Discus	15.59m
3 <sup>rd</sup> 200m	28.92
1 <sup>st</sup> 800m	2.33.24
1 <sup>st</sup> 1500m	5.10.88

**Brooke Somerfield Y7G**

1 <sup>st</sup> 100m	13.62
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**Christine Sutton Y8G**

3 <sup>rd</sup> 800m	2.46.27
3 <sup>rd</sup> 1500m	5.33.91

**Scott Croasdale Y8B**

2 <sup>nd</sup> 800m	2.23.54
3 <sup>rd</sup> 1500m	4.53.81

**Andrew Robinson Y7B**

1 <sup>st</sup> 300m	46.06
2 <sup>nd</sup> 800m	2.25.29
2 <sup>nd</sup> 1500m	4.55.39

**Battle of the Cities Round 1  
Mt Smart Stadium 14/11/09**

**Michael Cochrane M19**

1 <sup>st</sup> / 5	110m Hurdles	14.44
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**Round 2 Porritt Stadium 21/11/09**

**Amy Frith SW**

4 <sup>th</sup> /4	100m	13.50
3 <sup>rd</sup> /3	400m	60.78

**Livvie Duggan W19**

1 <sup>st</sup> /3	Discus	35.68
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1 <sup>st</sup> /1	Hammer	35.68
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**Mariah Rinui W19**

1 <sup>st</sup> /3	60m	8.00
2 <sup>nd</sup> /4	100m	12.75

**Genelle Vanderschantz G12-16**

5 <sup>th</sup> /17	100m	13.04
11 <sup>th</sup> /13	400m	66.61
4 <sup>th</sup> /5	Discus	24.81

**Michael Cochrane M19**

2 <sup>nd</sup> /3	400m Hurdles	55.21
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**Joseph Millar M19**

1 <sup>st</sup> /8	60m	7.06
1 <sup>st</sup> /6	100m	10.76

**Michael Goldie B12-16**

9 <sup>th</sup> /11	60m	7.82
12 <sup>th</sup> /19	100m	12.41

**Oliver Ranby B12-16**

11/11	60m	8.08
14 <sup>th</sup> /19	100m	12.48
16 <sup>th</sup> /18	400m	59.92

**Luke Davison B12-16**

2 <sup>nd</sup> /5	High Jump	1.80m
2 <sup>nd</sup> /3	Discus	36.73m

**Round 3 Mt Smart 28/11/09**

**Joseph Millar M19**

1 <sup>st</sup> /9	100m	10.92
1 <sup>st</sup> /10	200m	21.95

**Michael Cochrane M19**

2 <sup>nd</sup> /4	110mHurdles	14.45
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**Rebekah Millar G12-16**

11 <sup>th</sup> /15	100m	13.67
6 <sup>th</sup> /7	200m	28.00

**Mariah Rinui W19**

2 <sup>nd</sup> /8	100m	12.77
1 <sup>st</sup> /2	Shotput	10.05m

**Everyone's Run & Walk Series  
26/11/09**

30 runners & 24 walkers in the 5km & 11 runners in the kids 3km.

**5km**

1.	Philip Pell	17.00
4 <sup>th</sup>	Dan Smith	18.57
5 <sup>th</sup>	Laurie Pugh	19.20
6 <sup>th</sup>	Stu Smith	19.31
7 <sup>th</sup>	Petra Creighton	19.40
8 <sup>th</sup>	Roger Creighton	19.56
9 <sup>th</sup>	Max Ball	20.56
10 <sup>th</sup>	Murray Clarkson	21.52
11 <sup>th</sup>	Fiona Ellison	22.00
28 <sup>th</sup>	Karen Smith	33.21

**3km**

1 <sup>st</sup>	Morgan Ball	14.09
4 <sup>th</sup>	McKenzie Ball	15.49
8 <sup>th</sup>	Mia Pugh	17.09

**The Kauri Run, Coromandel  
21/11/09**

Sjors Corporaal (Galatea) shattered the 32km course record set by Ben Ruthe in 2008 by over 2minutes, recording a time of 2.25.35.

Kerry Suter (Hamilton) 2<sup>nd</sup> 2.29.26 and Chris Morrissey (Papamoa) 3<sup>rd</sup> 2.37.54/ Colin Earwaker (Rotorua) was first M50+ & 4<sup>th</sup> overall in 2.41.59. and Annika Smail (Rotorua) 1<sup>st</sup> Woman in 3.06.10. **Wayne Smith 14th overall & 2<sup>nd</sup> M50 3.14.49.**

The 13km event was won by Rotorua's Graeme Pearson in 1.00.56

**Masters Meet 22/11/09 Tauranga**

*Placings based on age graded performances:*

**Stephen Te Whaiti**

100m	1 <sup>st</sup>	NT
400m	1 <sup>st</sup>	57.88
High Jump	3 <sup>rd</sup>	1.55m
Shotput	6 <sup>th</sup>	9.25m
Javelin	2 <sup>nd</sup>	40.84m

**Brendan Magill**

100m	4 <sup>th</sup>	NT
200m	5 <sup>th</sup>	32.21
400m Hurdles	1 <sup>st</sup>	1.22.79
Javelin	7 <sup>th</sup>	28.40m

**Christine Browne**

200m	1 <sup>st</sup>	30.95
High Jump	1 <sup>st</sup>	1.34m
ShotPut	6 <sup>th</sup>	7.76m

**Rob McGregor**

High Jump	1 <sup>st</sup>	1.20m
ShotPut	1 <sup>st</sup>	8.84m
Javelin	3 <sup>rd</sup>	26.36m

**Robyn Winter**

1500m	1 <sup>st</sup>	7.26.46
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**Robert McPherson**

1500m	2 <sup>nd</sup>	6.13.94
3000m	1 <sup>st</sup>	12.35.05

**Barry Watson**

3000m	3 <sup>rd</sup>	11.47.74
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**Murray Clarkson**

1500m	1 <sup>st</sup>	5.19.24
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**Pauline Purser**

ShotPut	1 <sup>st</sup>	3.97m
Javelin	1 <sup>st</sup>	7.95m
Hammer	2 <sup>nd</sup>	8.35m

**Chris McCahill**

Hammer	1 <sup>st</sup>	40.50
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**NZMA North Island T&F  
Champs, Palmerston North  
27-29 November**

**Christine Browne W40**

100m	1 <sup>st</sup>	14.29
200m	1 <sup>st</sup>	30.04
80m Hurdles	1 <sup>st</sup>	15.64
Long Jump	1 <sup>st</sup>	4.06m
Javelin	2 <sup>nd</sup>	30.23m
Pentathlon	1 <sup>st</sup>	2627points

**Sally Gibbs W45**

800m	2 <sup>nd</sup>	2.26.52
1500m	2 <sup>nd</sup>	5.02.81
3000m	1 <sup>st</sup>	10.37.03
5000m	1 <sup>st</sup>	18.32.57

**Pauline Purser W85**

Shotput	1 <sup>st</sup>	3.32m
Discus	1 <sup>st</sup>	9.90m
Javelin	1 <sup>st</sup>	7.68m
Hammer	1 <sup>st</sup>	10.36m
Weight Throw	1 <sup>st</sup>	3.98m
WT Pentathlon	1 <sup>st</sup>	2693points

**Murray Clarkson M60**

800m	1 <sup>st</sup>	2.35.09
1500m	1 <sup>st</sup>	5.28.73
5000m	1 <sup>st</sup>	19.45.28



Pauline Purser

**100<sup>th</sup> Anniversary Southland  
Marathon (NZ Marathon  
Champs) Invercargill 22/11/09**

Matt Dravitzki of Wellington took out the marathon in 2.20.45 ahead of fellow Wellingtonian Dave Parsons 2.30.13 and Veteran 50+ enigma Gavin Stevens of Auckland 2.34.22. Ramblers **Mike Pugh** running in his first ever marathon, back in old home territory, was 4<sup>th</sup> and 1<sup>st</sup> M35 in 2.34.22  
First woman home was Shireen Crumpton in 2.44.54.

**Coming Events**

**1 December**

60m, 200m, 1500m, 400m, 2000m Steeplechase, Hammer, Triple Jump

**3 December & Thursday evenings 5.45pm**

Everyone's Run/Walk Series, 5km & kids 3km Maxwells Rd

**5 December**

The Goat, 21km Alpine Adventure Run 9.30am Tongariro  
<http://www.thegoat.co.nz/>

**5 December**

Battle of the Cities Round 4 Sovereign Stadium 1pm

**5 December**

Children's Relay Champs & walk Champs, Porritt , 9.30am

**6 December**

Sam Johnson Memorial Throws Meet Porritt Stadium 10am

**8 December**

100m handicap, 600m, 3000m Steeplechase, Shotput, 1600m medley relay(2x200/1x400/1x800), weight throw

**12 December**

Open Meet A, Porritt Stadium 3pm

**12 December**

Te Aroha Mountain Race –incl AWBOP Mountain Champs 10am

**12 December**

Greerton Children's Ribbon Day 10am

**12-13 December**

NZ Secondary School's T& F Champs, Timaru  
<http://www.nzssaa.org.nz>

**13 December**

Masters Meet, Tauranga Domain, midday

**15 December, (Club invitational & Xmas BBQ night)**

100m, 800m, 200m, 3000m, Long Jump, Discus  
Bring a salad, plates, cutlery etc

**19 December**

Open Meet B, Tauranga Domain 3pm

**19 December**

John Walker Night of Miles, Mt Smart Stadium, 4.30pm

**22 December**

Pentathlon - (Men: LJ, Jav, 200m, Discus, 800m)  
- (Women: 100m, SP, LJ, Jav, 800m) Throw pentathlon-  
(Hammer, SP, Discus, Jav, Wt Throw) also 60m, 5000m

**26 December**

Vitasport King & Queen of Mauao, Mt Maunganui. Fun Run 1pm, Junior Mountain race 2pm, Senior 2.30pm. Prizes. Volunteers for marshalls, entries etc please

**1 January**

Tauranga Twilight Meet, Tga Domain & AWBOP 3000m champs, from 1.30pm We need **helpers** on the day for entries, field events, prizes, placings etc. Also event sponsors.

**5 January**

NZ 10000m Championships, Tauranga Domain (7pm) & BBQ night, also from 5.30pm: 800m, 100m, 1500m, 200m, Triple Jump, Discus, Shotput, Long Jump

**8-10 January**

North Island Colgate Games Mt Smart Stadium, Auckland