

# Ramblings

Newsletter of Athletics Tauranga Incorporated



**April 2010**

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**Great news:** we have confirmation that both Joseph Millar & Mike Cochrane have been selected in the NZ team heading for World Juniors in Canada in July. Congratulations to them both.

### Club Email:

[athletics.tauranga@xtra.co.nz](mailto:athletics.tauranga@xtra.co.nz)

website: [www.taurangaramblers.co.nz](http://www.taurangaramblers.co.nz)

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)

## ATHLETE OF THE MONTH

**April 2010**



**Michael Sutton**

*3<sup>rd</sup> in the World Secondary School's Cross Country Champs in Slovakia over a distance of approx 5.5km. Michael ran barefoot & recorded 16:35.9 Whilst some countries didn't make it due to the Icelandic volcanic eruption disrupting flights, 35 athletes were in Michael's race, won by Great Britain's Richard Goodman.*

## EVERYONE'S RUN /WALK SERIES . Maxwells Rd 1/4/10

It was the final event for the season and well attended. These 5km events have proven a popular addition to the Ramblers calendar.

39 runners & 28 walkers did the 5km event with 19 in the 3km

### 5km

1. Dan Smith	17.39
2. Terry Furmage	17.56
5. Stu Smith	18.47
7. Laurie Pugh 1 <sup>st</sup> W	18.58
9. Macca McKenzie	20.05
13 Mike Powell	21.41
14 John Addy	21.53
16 Fiona Ellison	21.57
18 Morgan Ball	22.30
19 Kelly Furmage	22.51
20 Jodi Furmage	23.12
33 Shari Ball	26.17
6 <sup>th</sup> walk Kerry Smith	34.29

### 3km

1 Sam Copeman	13.35
3. McKenzie Ball	13.50

\*\*\*\*\*

**Steve Smith Physiotherapist**  
**ph 07 5779267**



### Club Contacts:

President: Malcolm Taylor Ph 5760000

Secretary: Chris McCahill Ph 5722606

Treasurer: Alex Whimster Ph 5765039

Event Entries: Bev Smith Ph/fax 5764469

Email: [klbjsmith@clear.net.nz](mailto:klbjsmith@clear.net.nz)

Uniforms: Michelle Bitcheno Ph 5420326

Winter Club Captain:

Russell Lake Ph 5786979

Ex-Rambler Steve is now based at CNS Clinic at the QEII centre, 11<sup>th</sup> Ave. Steve is specialising in Sports injuries, working with Dr Pat Wigley, Chiropractor, Fitness specialist and sprint coach. They are offering Ramblers special discounts.

[www.cnsclinic.co.nz](http://www.cnsclinic.co.nz)

## Opening Winter Season Club Run at Waipuna Park, 10<sup>th</sup> April

The weather was kind to us and we had a good opening attendance of mainly juniors and masters. Great to see a couple of new faces along.

About three groups formed of fast, medium and slow runners to do fartlek sessions around the park and Johnson Reserve area, however the medium and fast quickly merged into one, as some of the faster runners had already done sessions in the morning.

Afternoon tea followed in the clubrooms.



## Club Run at Te Puna Quarry Park 17/4/10

I didn't go to this one due to other

commitments so no pics sorry.

Report has it that athletes were given a pretty tough workout on the steep quarry tracks for so early in the season. We hope that didn't put any newcomers off coming back again!

### **Results**

Olivia Hines	1 lap	10.09
Abby Furmage	1 lap	10.44
Hannah	1 lap	12.25
Kelly Furmage	2 laps	20.26
Jodi Furmage	2 laps	22.17
Nikki Furmage	2 laps	26.20
Adam Pilkington	2 laps	28.32
Stu Smith	3 laps	27.27
Sally Gibbs	3 laps	27.47
John Addy	3 laps	32.00
Malcolm Taylor	3 laps	32.40
Mike Powell	3 laps	32.51
Sid Pavett	3 laps	39.45
Brendan Gibbs	walk 2 laps	23.58
Maggie Jack	walk 2 laps	30.21
Christine?	Walk 1 lap	NT
Sally Gibbs	4 laps	37.50

\*\*\*\*\*

## Club Run at I'Anson Reserve, Loop Road, Te Puna, 24/3/10

What a beautiful little reserve, with a pond full of ducks in the centre and bushy areas. It was my first visit despite having lived in Tauranga 35 years. The weather was fine and warm and we had a good turnout.

Russell Lake organised the day and calculated roughly that the loop track was about 1.7km. Based on this data, runners had the choice of between 1-4 laps and had to estimate their finish time, running at whatever speed they were comfortable with. Watches were removed.

*The audience:*



*Below-Russell Lake giving instructions*



Congratulations Raymond Wakeford for being closest with his estimate just 0.03 seconds out.

### **Results**

<u>Name</u>	<u>Guess</u>	<u>Actual</u>	<u>(Diff)</u>
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### **2 laps approx 3.4km**

Shari Ball	19.40	22.08	(+2.48)
McKenzie Ball	19.30	21.30	(+2.00)
Samantha Bitcheno	20.00	22.16	(+2.16)
Ray Wakeford	20.00	20.03	(+0.03)
Andrew Creighton	19.00	18.42	(-0.18)
Jasmine Creighton	21.00	23.28	(+2.28)
Petra Creighton	20.50	23.28	(+2.38)
Adam Pilkington	20.00	25.37	(+5.37)
Hannah Treanor	19.00	21.38	(+2.38)

### **3 laps approx 5.1km**

Jessica Bitcheno	27.00	28.10	(+1.10)
Zara Murrihy	27.00	27.39	(+0.39)

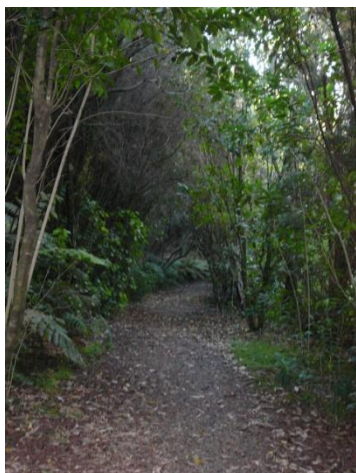
### **4 Laps approx 6.8km**

Ian Bitcheno	36.00	33.56	(-2.04)
Max Ball	32.00	34.48	(+2.48)
Gavin Smith	34.10	33.22	(-0.48)
John Addy	35.30	38.13	(+2.43)
Sid Pavett	40.00	41.21	(+1.21)
Malcolm Taylor	40.00	40.21	(+0.21)
Murray Clarkson	37.00	36.51	(-0.09)
Barry Watson	36.00	34.18	(-1.42)
Clive Reynolds	31.30	32.10	(+0.40)
Russell Lake	31.48	31.03	(-0.45)

(Clive Reynolds reported later that his GPS measured 4 laps at closer to 7.5km)







A pretty area of the I'Anson course

### **NZ Grade 12-13 Interprovincials, Invercargill, 3/4/10**

**Jessica Bitcheno** represented us in the G12 WBOP team. Her results:

800m	1 <sup>st</sup> /30	2.27.06
1500m	2 <sup>nd</sup> / 24	5.02.12
400m	7 <sup>th</sup> /36 overall 1 <sup>st</sup> in heat	1.07.05
Discus	14 <sup>th</sup> /18	15.12m

WBOP came 4<sup>th</sup> out of 11 centres

### **Half 4 Heart Half Marathon & 3km, 5km & 10km fun run/walks, 18/4/10 Fergusson Park, Tauranga**

It was a gorgeous, fine day. The tide was in and the water like a mirror with dead calm conditions at the start of the event.

This isn't a fast course as it starts with a single-file climb up stairs and a loop around the park before twisting and turning around the hills and streets of Matua, Otumoetai and the Waikareao Estuary track.

Fast times last year were due to the course being 1-2 kms short, however half marathon runners got the full deal this time. On my reckoning, the 5km was a tad short though. For full results check out results and pictures via

[www.sportbop.co.nz](http://www.sportbop.co.nz)



*Regan Bones leads runners up the stairs*

#### **Half Marathon results**

1 <sup>st</sup>	Kentaro Yamada	(age 23)	1.18.54
2 <sup>nd</sup>	<b>Regan Bones</b>	(18)	1.19.29
3 <sup>rd</sup>	Julian Oakley	(16)	1.20.03
4 <sup>th</sup>	Patrick Burrows	(16)	1.20.07
5 <sup>th</sup>	Clive Reynolds	(43)	1.23.39
6 <sup>th</sup>	<b>Gavin Smith</b>	(57)	1.27.56
11 <sup>th</sup>	<b>Macca McKenzie</b>	(49)	1.31.03
12 <sup>th</sup>	Michelle Rall	(1 <sup>st</sup> W 38)	1.31.43
20 <sup>th</sup>	<b>Laurie Pugh</b>	(2 <sup>nd</sup> W 36)	1.36.20

**Robert McPherson** finished but result was not recorded. ( 117 runners)

#### **The half marathon walk was won by**

Selwyn Mawkes	(58) in	2.24.19
3 <sup>rd</sup> <b>Alex Whimster</b>	(59)	2.33.06

(38 walkers.)

#### **10km**

Won by Danier Major	(19) in	36.43
5 <sup>th</sup> <b>Scott Croasdale</b>	(13)	40.04
6 <sup>th</sup> <b>Nathan Burgi</b>	(16)	40.45
9 <sup>th</sup> <b>Petra Creighton</b>	(2 <sup>nd</sup> W )	42.13
20 <sup>th</sup> <b>John Addy</b>	(60)	45.52

(172 runners & walkers)

#### **5km**

Won by Winston Murton	age 35 in	16.03
ahead of Gerry Meyers	(54) in	16.04
3 <sup>rd</sup> <b>Lili Crombie</b>	(1 <sup>st</sup> F 12)	16.16
30 <sup>th</sup> <b>Robyn Winter</b>		24.08
60 <sup>th</sup> <b>Fay Smith</b>	walk	33.45

(131 runners & walkers)

#### **3km**

Won by Andrew Creighton	age 8 in	14.51
With sister Jasmine	2 <sup>nd</sup> F, 6 <sup>th</sup> overall	17.26

(57 runners & walkers)

### **Bartercard Rotorua Marathon 1st May 2010**

I've snuck this into April's newsletter as it was a quieter month and the news is hot off the press:

Great day, the odd little damp sprinkle, but mainly fine.

Thankyou very much to those who volunteered to help marshall, and Euan Ross for organising this.

Gavin and I arrived in time to catch runners as they emerged from the Hamurana Springs road at Ohau Channel near the 25km mark.

Steve O'Callaghan was 1<sup>st</sup> to emerge onto the main Highway followed by a Japanese entrant & ex-Tauranga runner Dale Warrander, working together. Next **Kyle MacDonald, Ben Ruthe** & Glynn Hadley with **Iain MacDonald** a few metres behind. Another runner with veteran 50+ Gavin Stevens hot on his tail followed. Ben withdrew a km or two later, giving up his job as pacemaker. Gavin Stevens flew up the long hill passing one runner. Iain pulled out around 30km having dropped well off the bunch. Steve O'Callaghan was also showing signs of fatigue and Dale & our Japanese visitor were steadily closing. Not long later, Kyle appeared to also hit the inevitable wall, and was spotted walking at 34km. After seeing his brother drive past, he pulled himself together, and continued onwards, but unfortunately had dropped back 2 places -passed by Glynn Hadley & Gavin Stevens. At the front Dale & Tsutomu Saeki has reeled in Steve, then Dale briefly suffered leg cramps allowing the Japanese runner a brief break. A burst over the last few kms corrected the order and Dale took out the title by 15 seconds. His 4<sup>th</sup> win at Rotorua.

Rambler **Johanna Ottosson** did it for the girls, winning the Women's Title in 2.50.19 - 6 minutes ahead of Vicky Humphries. Fantastic!

#### **Results**

1 <sup>st</sup>	Dale Warrander	(1 <sup>st</sup> M35)	2.26.54
2 <sup>nd</sup>	Tsutomu Saeki	(1 <sup>st</sup> SM)	2.27.09
3 <sup>rd</sup>	Steve O'Callaghan	(2 <sup>nd</sup> " )	2.28.57
4 <sup>th</sup>	Glynn Hadley	(3 <sup>rd</sup> " )	2.33.41
5 <sup>th</sup>	Gavin Stevens	(1 <sup>st</sup> M50)	2.37.01
6 <sup>th</sup>	Kyle MacDonald	(4 <sup>th</sup> SM)	2.39.45
11 <sup>th</sup>	Joanna Ottosson	(1 <sup>st</sup> W )	2.50.19



71<sup>st</sup> Alex McKenzie (14<sup>th</sup> M45) 3.14.43  
 105<sup>th</sup> Barry Watson (10<sup>th</sup> M50) 3.20.58  
 114<sup>th</sup> Les Dobson (21<sup>st</sup> M50) 3.36.40  
 22nd Competitive walker  
 Keith Still (5<sup>th</sup> M55) 5.12.32

Another notable performance came from Hawks runner Marion Millward who finished in 3.00.13 to win the W50 grade.

The 10km race was won by Sean Martin in 31.38 ahead of Scott Winton 33.12, whilst Ben McHale took out the 5km event in 17.12.



*Dale Warrander & Tsutomu Saeki*



*Iain MacDonald (Stu & Dan Smith in background)*



*Johanna Ottosson about to enter the finish straight.*



*Ben Ruthe & Kyle MacDonald*



*A Jubilant Johanna*



*Macca McKenzie*



*Barry Watson Les Dobson below*



### Last minute News from the AGM on 2/5/10:

The following officers were elected:

Patron	Lloyd Christie
President	Malcolm Taylor
Vice Presidents:	Rod Taylor & Bev Smith
Secretary	Christine McCahill
Treasurer	Alex Whimster
Winter Club Captain;	Russell lake
Committee	Rose Newdick
	Val Bromley
	Dave Whitehead
	Murray Clarkson
	Murray Chell
	Tina Vanderschantz
	Michelle Bitcheno

Race Entry Secretary :Bev Smith

### Sundry Newsbriefs

*Six times World Mountain running champ Jonathan Wyatt won the 14.2km NZ Mountain running Champs at Mt Campbell in Motueka on 17<sup>th</sup> April. His wife Antonella Confortola, an Italian Olympic bronze medal winning XC skier won the women's 7.2km race.*

Brilliant run from USA based kiwi KIM SMITH on 25<sup>th</sup> April, to set a new NZ Women's marathon record of 2.25.21 at London. Kim sliced a minute of Allison Roe's 1981 Boston Marathon time.

Kim Smith now holds eight New Zealand national records over 3000m, 5000m, 10,000m, half marathon set just two months ago in New Orleans, the marathon and indoors one mile, 3000m and 5000m.



*Thank You to all those who have helped at events or on committee during the past year in any capacity. The Club needs you and appreciates you!*

### Coming Events

#### 1 May

Rotorua Marathon; Thankyou, to all the helpers who marshalled.

#### 8 May

Cambridge Cross Country relay. Names to Bev Smith immediately please, so that Teams may be entered. Approx 3km lap, also a 2km children's race. All ages welcome. 1pm start from Cambridge Athletic Clubrooms

#### 15 May

Sharp Cross Country , Rotokohu Rd, Paeroa. Genuine Dairy farm & hills XC, be prepared to get dirty & bring a warm change of clothes. Prizes & afternoon tea follow, hosted by Hamilton Hawks.

#### 16 May

WBOP Masters XC at Waipuna Park 1pm, enter on day & bring a plate. Contact Murray Clarkson 5769575 for more info

#### 19 May

BOP –Mid Island Secondary Schools XC at Waipuna  
<http://www.sportbop.co.nz>

#### 22 May

McLaren Falls Relay. Meet at 1.45pm in the McLaren Falls Park, Kaimai. Great fun with repeated laps over a 1km course. Teams made up on the day mixing all grades & abilities. Awesome blow-out. BBQ after, please bring a plate.

#### 23 May

Huntly Half marathon, incorporating WBOP and NZ ½ Marathon Champs & 30<sup>th</sup> anniversary. Also a 10km event. <http://www.huntlyhalf.co.nz/>

#### 29 May

Papamoa Hills Regional Park Criterion 3km event meet 1.45pm in the carpark area.

#### 5 June

Tauranga Open Cross Country races at Waipuna Park. We host Clubs & Schools from all over the WBOP region. We need plenty of helpers to set up the course, marshal, finish chute, prizes, & kitchen duties- sandwich making etc. Please make yourself available for an early start.

#### 6 June

SBS Christchurch Marathon & Half Marathon  
<http://www.sbsmarathon.co.nz/>

#### 6 June

Mt Joggers Half Marathon, 10km & 5km, Mount Maunganui. [www.sportbop.co.nz](http://www.sportbop.co.nz)