

# Ramblings

Newsletter of Athletics Tauranga Incorporated



**August 2010**

Volume 2010, Issue 8

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### Athlete of the Month August



#### **Sally Gibbs**

*Sally is having a fantastic season. First place in the NZ Cross Country Championships at Waikanae in the W45 grade, and overall winner of the Masters Women's 5km race at WBOP Champs, The Lakes Tauranga*

### SMACK TALK

**Road Relays** are coming up again shortly so it's time to start revving up the troops and laying down some challenges.

Overheard that the Masters men 50+ Team are feeling smug and reckon some of our Senior Women are still too embarrassed to show their faces after they lost the bet between themselves and the MM50+ team at relays last year! Ladies I hope you intend to prove them wrong and make the guys buy the beers this time around!

The Open Men, so far this season seem to have had a preference to do most of their running in secret. Either this is so that the other teams spies have no idea of their fitness level and a surprise attack is planned, or possibly they have heard a myth that their increased testosterone levels from making babies will compensate for lack of race conditioning. We got a sneak preview of whether that theory has any merit at the Lakes last week. The gauntlet is being laid down.- next up Redwoods!

**Running Priorities: Number One Rule-** No excuses for missing Road relays will be accepted. Plan 12 months ahead. Do not plan to get married, have children, get injured, die or move house that day - no exceptions. (You may look dead after the end of your leg.)

For anyone interested in competing at **Road Relays in Inglewood on Saturday 2<sup>nd</sup> October**, please get your names to Malcolm, Bev, Russell or Stu so that we have an idea of how many Teams we need to cater for. If you need a babysitter for your leg of the race, then I'm happy to oblige, if it helps get a Team there. Athletes running need to be over 14 years old.

"Most people run a race to see who is fastest. I run a race to see who has the most guts."

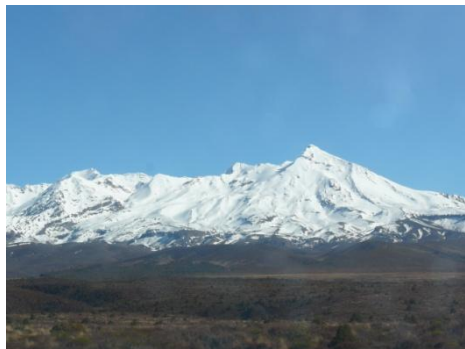
*-Steve Prefontaine*

"One of the redeeming things about being an athlete is redefining what is humanly possible."

*-Lance Armstrong*

## **NZ XC Champs, Waikanae** **7/8/10**

Gavin & I travelled down to Waikanae on the Friday in Malcolm's van, picking up Ken Keyte at Te Puke on the way. The Desert Road was clear and provided fantastic vistas of the Mountains.



Most of the WBOP Team were booked to stay in the Kapiti Gateway Motel. We arrived first, so after dumping our bags headed across a few blocks to check out the Cross Country Course. Luckily, there had been a few days of fine weather so most of it was fairly firm underfoot.

Next day, the Masters race was first on the agenda, which was lucky for them, because the clouds and showers moved in as the hours went by, becoming more persistent by the final race for Senior Men.

Richard Bennett of Canterbury (M45) blitzed younger vets to take out the Masters 8km Race in 27.19. Well done Sid Pavett who collected age group gold and Gavin Smith for picking up silver. Ken Keyte very narrowly missed bronze. The WBOP Team comprising Colin Earwaker, Trevor Ogilvie, Gavin Smith & Stu Smith grabbed Team silver with 29 points behind Wellington on 24 points. 3<sup>rd</sup> was Canterbury on 45 points.

<b>Ken Keyte</b>	<b>4<sup>th</sup>/12</b>	<b>M45</b>	<b>30.22</b>
<b>Brendan Gibbs</b>	<b>14<sup>th</sup>/15</b>	<b>M50</b>	<b>38.04</b>
<b>Gavin Smith</b>	<b>2<sup>nd</sup>/16</b>	<b>M55</b>	<b>32.30</b>
<b>Stu Smith</b>	<b>6<sup>th</sup>/16</b>	<b>M55</b>	<b>34.17</b>
<b>Mike Powell</b>	<b>10<sup>th</sup>/14</b>	<b>M60</b>	<b>39.16</b>
<b>Sid Pavett</b>	<b>1<sup>st</sup>/4</b>	<b>M75</b>	<b>39.14</b>

In the Junior G12 2km event, our girls ran extremely well, although Alice was feeling the effects of a flu bug in the lead up week. Beks was narrowly pipped for silver after a tremendous 200m sprint and near photo finish.

<b>Rebekah McCafferty</b>	<b>3<sup>rd</sup>/12</b>	<b>7.34</b>
<b>Alice McCafferty</b>	<b>8<sup>th</sup>/12</b>	<b>8.21</b>



*(Rebekah's finish)*

In the fun run 1km event for under 10 year olds **Maggie McCafferty placed 3<sup>rd</sup>** and was awarded a chocolate fish!

The Masters Women 6km race was won by Gabrielle O'Rourke of Wellington (W40) in 23.50 ahead of Rachel Penney W35 Akl & Tracy Crossley W35 Cant.

**Sally Gibbs 1<sup>st</sup>/6 W45 (4<sup>th</sup> o'all) 24.25**

Aaron Pulford fresh back from setting a NZ M19 10km record at World Juniors in Canada easily won the M19 8km race in 25.40 from 44 athletes, with fellow Hawks Teammate Cory Whiting 3<sup>rd</sup>. The WBOP junior team scored silver.

The Senior Women's 8km event was won by Fiona Crombie of Canterbury in 29.39.

In the Senior Men 12km event, Alex Parlange of Auckland showed the field a clean set of heels winning from 37 finishers in 39.14, with Shaun Krawitz 2<sup>nd</sup> in 39.29.

**Iain MacDonald dns: tendon injury**  
**Kyle MacDonald dnf**

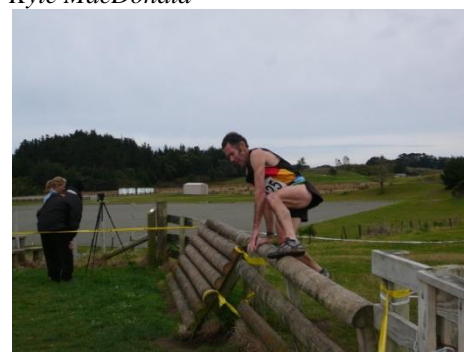
Relaxing evening back at the motel that night with a group of the WBOP Team - Fish 'n Chips, a few wines & beers & watching All Blacks beat the Wallabies on TV.



*Ken Keyte*



*Kyle MacDonald*



*Gavin Smith*



*Mike Powell*



### Beach Run Omanu to Mt Surf Club 7/8/10

No official report on this but I heard the heaven's opened up over Tauranga that day and it was pretty much a no show. A couple of hardy souls jogged the beach.

### Mizuno Taupo Half Marathon 3/8/10

Won by Phil Murray of Hamilton in 1.13.56. Laura Sinclair was 1<sup>st</sup> Woman & 21<sup>st</sup> overall in 1.23.23 from 1746 runners & 858 walkers.

**Winston Murton** 106<sup>th</sup> M 1.33.54



### Oceania Masters Track & Field, Tahiti 3<sup>rd</sup>-10<sup>th</sup> July 2010

Sorry, for not publishing last month –had trouble locating results, but here they are now. A few medals picked up!

#### **Murray Clarkson M60-64**

800m	4 <sup>th</sup> /7	2.39.65
1500m	3 <sup>rd</sup> /5	5.24.52
8km XC	3 <sup>rd</sup> /9	34.20.00

#### **Barry Watson M55-59**

5000m	4 <sup>th</sup> /9	20.09.56
8km XC	4 <sup>th</sup> /11	33.33.00

#### **Robert McPherson M65-69**

5000m	2 <sup>nd</sup> /9	22.02.79
8km XC	2 <sup>nd</sup> /7	36.23.00

### Tauranga Open results 5<sup>th</sup> June

Apologies to **Jack Dangen & Sam Averill** for missing them out of my newsletter- both competed in the B12 2060m XC race.

**Jack** placed 6<sup>th</sup> boy in 8.08 and  
**Sam** was 8<sup>th</sup> boy in 8.23

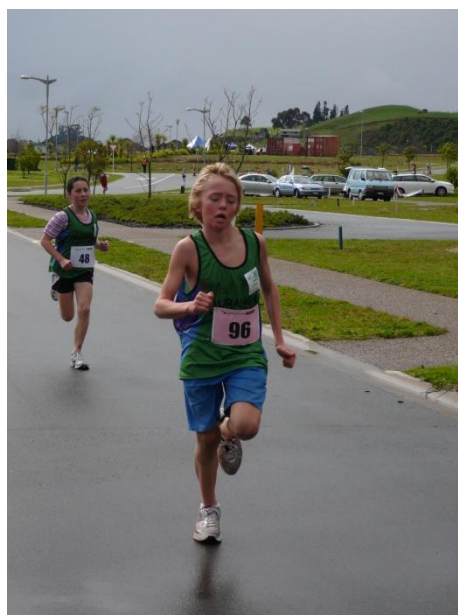
### WBOP Interschool Zones Champs 25<sup>th</sup> June

**Sam Averill** placed 6<sup>th</sup> in the Year 6 boys 2000m XC race in 8.08.

### The Lakes Festival of Running WBOP & Club Road Champs Tauriko 21/8/10

Thankyou very much to all the wonderful helpers who turned out at 9am to help set up and provide their services for marshalling, judging, recording etc. Brad Smith arranged the Boys College marquee which was a real boon given the rain most of the morning. Thankfully it cleared by the senior races in the afternoon.

The Lakes course proved challenging with a long hill and several twists and turns. Ramblers came away with a bunch of medals. I particularly enjoyed the great battle between Michelle & Sally for Masters Women's honours.



Jeremy Shaw winner B12

#### **B10 2km**

Andrew Creighton	2 <sup>nd</sup>	8.41
Fynn Dangen	3 <sup>rd</sup>	9.30

#### **G10 2km**

Mia Pugh	1 <sup>st</sup>	9.03
Maggie McCafferty	2 <sup>nd</sup>	9.22
Jasmine Creighton	3 <sup>rd</sup>	9.57

#### **B12 2km**

Jeremy Shaw	1 <sup>st</sup>	7.49
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#### **G12 2km**

Rebekah McCafferty	1 <sup>st</sup>	7.44
Olivia Hines	2 <sup>nd</sup>	7.52
Samantha Bitcheno	4 <sup>th</sup>	8.13
McKenzie Ball	7 <sup>th</sup>	8.45
Catherine Sutton	9 <sup>th</sup>	9.08
Joanne Sutton	10 <sup>th</sup>	9.37



Fynn Dangen

#### **B14 3km**

Won by Jacob Priddey of Hawks 10.14

#### **G14 3km**

Jessica Bitcheno	1 <sup>st</sup>	11.15
Kelly Furmage	6 <sup>th</sup>	12.20
Christine Sutton	8 <sup>th</sup>	12.46
Morgan Ball	9 <sup>th</sup>	12.48
Jodi Furmage	10 <sup>th</sup>	12.49
Lauren Hines	11 <sup>th</sup>	16.33

#### **M16 6km**

Michael Sutton	1 <sup>st</sup>	20.34
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#### **W16 5km**

Emily McCormick	6 <sup>th</sup>	23.00
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Joanne Sutton



*Cory Whiting of Hawks won the M19 8km event in 26.13 and Angela Smpson of Hawks won the W19 5km event in 18.41.*

**MW35 5km**

Michelle Basson 1<sup>st</sup> 18.34  
Laurie Pugh 2<sup>nd</sup> 19.49

**MW40 5km**

Petra Creighton 3<sup>rd</sup> 22.01

**MW45 5km**

Sally Gibbs 1<sup>st</sup> 18.22



*Emily McCormick W16*



*Michelle takes an early lead in MW & JW*

**MM35 10km**

Dean Willacy 3<sup>rd</sup> 37.20  
Winston Murton 4<sup>th</sup> 41.17

**MM40 10 km**

Russell Lake 5<sup>th</sup> 36.33

**MM45 10km**

Ken Keyte 2<sup>nd</sup> 37.34  
Roger Creighton 3<sup>rd</sup> 39.01

**MM50 10km**

Terry Furmage 2<sup>nd</sup> 39.11  
Les Dobson 4<sup>th</sup> 42.13  
Max Ball 5<sup>th</sup> 42.20  
Brendan Gibbs 7<sup>th</sup> 46.30

**MM55 10km**

Gavin Smith 1<sup>st</sup> 38.56  
Stu Smith 2<sup>nd</sup> 40.15  
Barry Watson 3<sup>rd</sup> 41.44

**MM60 10km**

Murray Clarkson 2<sup>nd</sup> 44.02  
Tim Masters 3<sup>rd</sup> 45.42

**MM65 10km**

Kerry Smith 1<sup>st</sup> 49.38

**MM75 10km**

Sid Pavett 1<sup>st</sup> 49.03

**SM 10km**

*Won by Steve O'Callaghan of Lake City in 32.11 from 13 open runners.*

Ben Ruthe 2<sup>nd</sup> 32.53  
Craig Kirkwood m35 3<sup>rd</sup> 33.03  
Gareth Hyett 4<sup>th</sup> 33.06  
Iain MacDonald 5<sup>th</sup> 33.26



*Terry*



*Gareth, Iain & Craig*



*Roger*



*Michael*



*Oooh- that hurts, Ben!*

## Matamata Relays 14/8/10

Fastest man around the 3.3km course this year was Steve O'Callaghan of Lake City in 9.48. Fastest Lady: Ramblers **Sally Gibbs** in 11.49. Hamilton Hawks had the fastest Open Team with 53.58. Well done our 60plus 4 person Team with their win!

### Age 12 & U School Teams

#### Tauranga 1st

Jessica Bitcheno	12:39	12:39
Rebecca McCafferty	13:39	26:08
Alice McCafferty	13:15	<b>39:23</b>

### Age 16 & U Schools Teams

#### Tauranga 4<sup>th</sup>

Jack Dangen	12:52	12:52
Fynn Dangen	16:10	29:02
Jeremy Shaw	13:50	<b>42:52</b>

#### Tauranga 5th

Kelly Furmage	13:25	13:25
Jodi Furmage	14:35	28:00
Samantha Bitcheno	15:00	<b>43:00</b>

### Masters Men & Combined Teams

#### Tauranga 4<sup>th</sup>/8

(note Michelle's actual time estimated at 12.00min as she left over 1 minute late)

Sally Gibbs	11:49	11:49
Michelle Basson (12:00)	13:03	24:52
Max Ball	13:22	38:14
Sid Pavett	15:32	53:46
Mathew Smith	12:11	<b>65:57</b>

### Senior Men

#### Tauranga 4<sup>th</sup>/6

Dean Willacy	11:02	11:02
Russell Lake	11:17	22:19
Gavin Smith	11:42	34:11
Stu Smith	12:25	46:36
Les Dobson	13:02	<b>59:38</b>

### Super Vet 60+

#### Tauranga 1<sup>st</sup>/5

Murray Clarkson	13:12	13:12
Mike Powell	13:33	26:45
John Addy	13:50	40:35
Tim Masters	15:03	<b>55:38</b>

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## BOP/Poverty Bay Intermediate-Schools Cross Country, Waipuna

27<sup>th</sup> August

Eleven Schools ranging from Gisborne, Rotorua, Taupo & Tauranga area took part.

We were lucky with the weather, as threatening rain held off.  
All races covered the usual 3km distance.

### Yr 7 Girls (47 finishers)

Won by K Grantham, Tga Int	11.41
<b>Olivia Hines</b> Tga Int 2 <sup>nd</sup>	11.59
<b>Samantha Bitcheno</b> Te Puke 11 <sup>th</sup>	13.18

### Yr 7 Boys (51 finishers)

Won by J Mitchell, Tga Int	11.01
<b>Jeremy Shaw</b> Tga Int 4 <sup>th</sup>	11.25

### Yr 8 Girls (45 finishers)

<b>Jessica Bitcheno</b> Te Puke 1 <sup>st</sup>	11.29
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### Yr 8 Boys (53 finishers)

Won by C Stewart, Ilmister	10.45
Andrew Robinson Tga Int 2 <sup>nd</sup>	10.46
<b>Jack Dangen</b> Tga Int 14 <sup>th</sup>	11.39



## World Youth Olympics, Singapore

On 17 August – Anna-Lisa Uttley placed 11<sup>th</sup> in the 3000m 10m 7.69s and

22 August - 3000m B final 2nd 10m 7.63s.

## Nelson Memorial Handicap Races, Tauranga Boardwalks

28/8/10

Overcast conditions but we were pretty lucky to miss the rain. Some of the youngsters opted to jog the long course together this year rather than race the 3 or 5km, therefore their handicaps were a little out.

Dean Willacy must be a big contender for most improved athlete this season, with the fastest time of the day and trophy win over the 8.6km course. Meantime, Gavin was using the excuse that a two hour hilly workout earlier in the day prevented him catching up to brother Wayne. (or maybe Wayne has upped the ante?)

3km	Gun	H/cap	Actual
Samantha Bitcheno	17.28	3.30	13.58
McKenzie Ball	17.54	3.00	14.54
Mia Pugh	17.54	2.50	15.04
Emily Pua (non)	19.02	Go	19.02
Cassidy Ball	21.19	Go	21.19

### 5km

Sally Gibbs	23.29	5.42	17.46
Laurie Pugh	23.55	4.10	19.45
Shari Ball	28.16	1.00	27.16
Robyn Winter	34.20	Go	34.20

### 8.6km

Dean Willacy	61.14	31.00	30.14
Roger Creighton	62.26	29.30	31.56
Brendan Gibbs	62.45	23.00	39.45
Wayne Smith	62.48	29.00	33.48
Barry Watson	62.53	27.30	35.23
Sid Pavett	63.02	21.00	42.02
Alex Whimster	63.06	Go	63.06
Tim Masters	63.11	24.00	39.11
Murray Clarkson	63.15	27.00	36.15
Kerry Smith	63.50	21.00	42.50
Russell Lake	64.27	32.00	32.27
Les Dobson	64.55	27.00	37.55
Gavin Smith	65.15	30.00	35.15
Robert McPherson	65.18	25.00	40.18
Mike Powell	66.15	27.00	39.15
Sefan Siebert (non)	67.37	21.00	46.37
Ian Bitcheno	68.07	27.00	41.07
Jessica Bitcheno	69.10	27.00	42.10
Kelly Furmage	70.02	27.00	43.02
Jodi Furmage	70.06	27.00	43.06
Morgan Ball	70.18	27.00	43.18





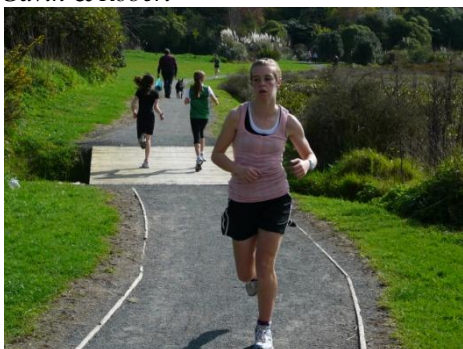
Dean Willacy, winner Nelson Memorial



Barry, Wayne & Tim



Gavin & Robert



# OBITUARY

**Ted (Edward William) Guy** of Waharoa died on 31 August 2010 aged 80.

Ted was born in Matamata on 9<sup>th</sup> January 1930, and died suddenly while on a short break with his wife Eva in Rotorua.

Ted was a stalwart of Waikato Bay of Plenty athletics, as an official, administrator, manager and competitor. He regularly officiated at Porritt Stadium in the summer and at the cross country and road courses during the winter. As late as July this year he was the marksman and starter at the North Island cross country championships in Taupo. He attended Waharoa School from 1936 to 1943 and then Matamata College. His first job was a grocery boy and then he worked at the milk factory in Waharoa. Ted then worked on the construction of the power pylons through the Waikato from Karapiro. He returned to the milk factory driving the milk tankers before joining the Post Office in the exchange. He was later postmaster at first Walton and then the Matamata Post Office, before taking an early retirement. But he has never retired remaining active right up to Tuesday this week. He has been involved with the Waharoa Children's athletics for 49 years and a member of the Matamata Harrier Club. He was made a Life Member of both clubs. Ted was a competitive race walker and he won the 2008 New Zealand M75-79 10km road walking title in Hamilton in 1h 19m 19s, while Eva won the W75-79 title in 1h 27m 15s.

Ted was an official course measurer for Waikato Bay of Plenty and was chairperson of the Waharoa Community and District Committee and was involved with the Matamata Community Chest. He was accorded Life Membership of Athletics Waikato Bay of Plenty and in the 2002 Queen's Birthday honours was awarded a Queen's Service Medal QSM for services to the community.

Murray McKinnon *Athletics NZ*

Tauranga athletes will also sadly miss Ted who was ever present at events both at Waipuna Park and Tauranga Domain. Ted most recently walked the Matamata relay in a team with Eva. *(photo supplied by Jamie Troughton)*

<Sam at 3km turnaround

**North Island Inter Provincial  
Secondary Schools Cross Country  
Relay Porritt Stadium 30/08/10**

**Michael Sutton** was part of a WBOP Intermediate grade Boys Team that placed 2<sup>nd</sup> behind Auckland's 32.19 from 8 teams.

<i>Tim Longley</i>	<i>9.00</i>	<i>9.00</i>
<i>Michael Sutton</i>	<i>8.11</i>	<i>17.11</i>
<i>Ollie Smith</i>	<i>8.08</i>	<i>25.19</i>
<i>Tom McLaughlin</i>	<i>8.20</i>	<i>33.39</i>

In the Junior Boys **Scott Croasdale & Brad Currie** were in the winning WBOP team from 7 in that grade:

<i>Jacob Priddey</i>	<i>8.17</i>	<i>8.17</i>
<i>Scott Croasdale</i>	<i>8.51</i>	<i>17.08</i>
<i>Brad Currie</i>	<i>8.44</i>	<i>25.52</i>
<i>Javahn Kennedy</i>	<i>8.51</i>	<i>34.43</i>

Junior Girls included **Christine Sutton**. The WBOP Team placed 2<sup>nd</sup> from 8.

<i>Emily McCarthy</i>	<i>9.53</i>	<i>9.54</i>
<i>Christine Sutton</i>	<i>10.00</i>	<i>19.54</i>
<i>Tahlia Horgan</i>	<i>10.34</i>	<i>30.28</i>
<i>Stella Marshall</i>	<i>10.24</i>	<i>40.53</i>

The Senior Girls WBOP Team won their grade from 4 Teams and included **Esther McArthur, Shelby Goddard & Julia Campbell**

<i>Esther McArthur</i>	<i>9.58</i>	<i>9.58</i>
<i>Julia Campbell</i>	<i>10.34</i>	<i>20.32</i>
<i>Anna Cooper</i>	<i>10.28</i>	<i>31.00</i>
<i>Shelby Goddard</i>	<i>9.49</i>	<i>40.49</i>

**Club Contacts:**

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Secretary: position vacant- volunteers?  
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Event Entries: Bev Smith Ph/fax 5764469

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or [www.athleticstauranga.co.nz](http://www.athleticstauranga.co.nz)

plus track results are on:

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

**Coming Events**

**30 August**

North Island Secondary Schools XC Relays, Porritt Stadium Fields, Hamilton. Enter through schools.

**4 September**

NZ Road Champs, Christchurch. See [www.athletics.org.nz](http://www.athletics.org.nz) for details. Registered athletes Ages 11 & over. Good luck to those competing!

**4 September**

Club run Summerhill Farm, Reid Road, Welcome Bay. Meet 1.45pm

**4 September**

Whangamata Run/Walk Festival, Half Marathon, 10km, 5km.

<http://www.coolrunning.co.nz/races/whangamata/>

**5 September**

AIMS Games Cross Country for Yr 7 & Yr 8 students, (Sunday)

This is a huge event so be sure to support our young Ramblers & future champions. <http://www.sportbop.co.nz>

**11 September**

Red Stag Redwoods relays, Rotorua. 5km loop, plus a 3km race for kids. Names to Bev a.s.a.p. College ages check whether you are competing for your schools first.

**18 September**

Team wheelbarrow race – The Lakes subdivision, Tauriko, meet 1.45pm

**25 September**

Run on tracks surrounding Fernland Spa, Cambridge Rd, followed by hot swim & BBQ. Meet 1.45pm at the Spa

**26 September**

City to Surf, 12km from Sulphur Point to Mount

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

**30 September**

Everyone's Run & Walk 5km series recommences from Maxwells Rd Reserve. Walkers start 5.45pm, runners 6pm, sign in from 5.15pm. Also 3km for kids. Prizes.

**2 October**

NZ Road Relay Championships, Inglewood. The big event of the season. If you are interested in going then please urgently let Malcolm, Russell, Bev or Stu (Masters Men) know, so that the club can organise Team entries and accommodation. In the past we have had 8 person Open men, Women, Masters 50 plus and Combined grades or Junior U20 6 person teams, dependent on available athletes. Entries close with ANZ **19<sup>th</sup> September**, so get your name on the list now and give the selectors time to get organised.

**3 October**

SBS Half Marathon, Hamilton

**12 October**

Summer Track & Field commences Tauranga Domain 5.45pm. Programme to be announced next newsletter.