

Ramblings

Newsletter of Athletics Tauranga Incorporated



February 2010

Volume 2010, Issue 2

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ATHLETE OF THE MONTH

February 2010



Michael Cochrane

Selected in the NZ Team to compete at World Junior T& F Champs in Canada in July for his performances in 400m hurdles.

Michael won the 400m hurdles at the Trans Tasman21 meet and also won the Men's 110m hurdles at Porritt Classic.

He has also since qualified for World Juniors in the 110m h (March)

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Brendan Magill Ph 0210632043

URGENT: Phone Books Fundraiser 2010

Ramblers have once again managed to acquire the local directory delivery. This is our only fundraiser, the club supports us all, in so many ways, so now is the opportunity to give something back.

We need delivery people, ie; drivers & runner/walkers, people willing to put the books into plastic bags and lots of boxes.

MAJOR PRIORITY IS sourcing banana boxes, 350 in total needed so please anytime you're near a supermarket please ask for any boxes.

The books have just arrived and we have a **deadline of 16 March** to have all books bagged and delivered, so we sure need all hands on deck this year.

We will be packing out of the old **Hire Centre Building on the corner of 15th Avenue & Burrows St** so it will be nice and central to 'pop' in for an hour or so, to suit yourself.

Organised packing times

Wednesday, 3rd March 5.30 - 9pm
Saturday 6th 9am-1pm
Sunday 7th 10am-1pm
Monday 8th 5.30 - 9pm
Wednesday 10th 5.30 - 9pm

If you can help or need key and access, please contact Dave Whitehead on 572 0762 or 0274 899 785, TEXT or leave a message on the answer phone.



Everyone's Run/ Walk Series Maxwells Road

4th February

39 runners & 32 walkers in the 5km & 25 runners in the 3km.

First home in the 5km was *Ben Twyman* in 17.35.

Dan Smith	2 nd	18.27
Michelle Basson	3 rd (1 st W)	18.28
Terry Furmage	5 th	18.52
Stu Smith	6 th	18.58
Scott Croasdale	8 th	19.42
Max Ball	11 th	20.23
Petra Creighton	13 th	20.40
Mike Powell	14 th	20.57
Murray Clarkson	15 th	21.51
Morgan Ball	20 th	23.50
Jodi Furmage	22 nd	24.26
Rod Taylor	24 th	25.19
Nikki Furamge	28 th	26.34
Alex Whimster	2 nd walk	31.54

McKenzie Ball 7th 3km 14.56

11th February

36 runners & 22 walkers in the 5km & 19 runners in the 3km.

Bryan Stout was the 5km winner in 18.05.

Scott Croasdale	2 nd	18.16
Terry Furmage	4 th	18.43
Stu Smith	6 th	19.05
Max Ball	8 th	20.16
Murray Clarkson	10 th	21.05
Mike Powell	11 th	21.18
John Addy	12 th	21.59
Alex Whimster	16 th	24.22
Rod Taylor	23 rd	25.12
Karen Smith	36 th	36.57

Nikki Furmage 3rd 3km 14.27

18th February

38 runners and 26 walkers in the 5km plus 15 runners in the 3km

Iain MacDonald	1 st	16.00
Jess Ruthe	2 nd (1stW)	16.26
Dan Smith	3 rd	17.50
Stu Smith	6 th	18.30
Max Ball	10 th	20.19
Mike Powell	11 th	20.42
Morgan Ball	18 th	23.30
Rod Taylor	24 th	24.38
Murray Clarkson	17 th walk	42.44

McKenzie Ball 5th 3km 14.02

25th February

26 runners & 22 walkers in the 5km and 24 runners in the 3km.

<i>Clive Reynolds</i>	won the 5km	in 18.09
Michelle Basson	2 nd (1 st W)	18.27
Terry Furmage	4 th	19.00
Alex McKenzie	6 th	20.21
Mike Powell	8 th	21.36
Fiona Ellison	9 th	22.09
Morgan Ball	11 th	22.42
Kelly Furmage	14 th	24.00
Jodi Furmage	17 th	24.19
Nikki Furmage	20 th	27.18

Petra Creighton 1st 3km 11.54

Porritt Classic, Hamilton 13/2/10

Elite fields with some of NZ's finest sprinters present.

Highlights included Valerie Vili throwing a new NZ record in the Shotput of 20.25m.

Stuart Farquar recorded a PB throw of over 2metres in the javelin, hurling the spear out to 85.35m and confirming his rank of No 1 in the Commonwealth.

James Dolphin took the 100m & 200m double with times of 10.49s & 20.75s respectively, while Anna Smythe won the women's 100m in 11.46s.

Fiona Crombie won the women's 1500m in 4.24.90 and Geoff Harris the men's race in the excellent time of 3.49.52.

The 3000m went to Steven Lett who ran 8.43.52

Ramblers Results:

Michael Cochrane

Mens 110m Hurdles 1st /5 14.38

Michael Sutton (TBC)

1500m Schools 10th/24 4.18.25

Joseph Millar

100m Mens Div A 7th 10.79

200m Mens Div A 5th 21.62

Mariah Ririnui

100m Womens Div A 7th 12.24

Long Jump 2nd /5 5.59m

Genelle Vanderschantz

100m Womens Div 3 6th 12.93

200m Womens Div 2 2nd 26.09

Livvie Duggan

Discus 2nd /10 37.24m

Anna-Lisa Uttley (Otum)

1500m Schools 2nd/21 4.45.15

CLUB NIGHT 2/2/10

1500 Metres Club Championship

1 Jessica Bitcheno	G12	5:05.63
2 Sally Gibbs	W45	5:09.34
3 Petra Creighton	W40	5:10.58
4 Alice McCafferty	G11	5:12.17
5 Laurie Pugh	W35	5:13.93
6 Rebekah McCafferty	G10	5:33.96
7 Emma Shanley-McD	G12	5:45.06
8 Amy Robinson	G12	5:57.73
9 Bethany Millar	G10	6:00.46
10 Morgan Ball	G14	6:00.89
11 Samantha Bitcheno	G10	6:11.71
12 Olivia Hines	G10	6:13.00
13 McKenzie Ball	G10	6:28.71
14 Mia Pugh	G6	6:29.82
15 Rebekah Millar	W16	6:37.89
16 Robyn Winter	W60	7:30.67

1 Michael Sutton	M16	4:21.58
2 Josh Dyer	SM	4:40.85
3 Dean Willacy	M35	4:45.74
4 Alex Colvin	B13	4:47.78
5 Jamie Regan	M19	4:51.60
6 Gavin Smith	M55	5:01.02
7 Mathew Smith	SM	5:03.11
8 Andrew Robinson	B11	5:06.12
9 John McKinley	M50	5:14.63
10 Stu Smith	M55	5:16.45
11 Murray Clarkson	M60	5:18.11
12 Casey Blackwell	G14	5:27.05
13 Barry Watson	M50	5:33.36
14 Max Ball	M50	5:41.57
15 Brendan Gibbs	M50	6:13.12
16 Sid Pavett	M75	6:56.82

Shot Put Club Championship

Luke Davison	M16	35.80
Rochelle Newdick	G14	27.72
Brendon McGill	M45	18.15
Amy Robinson	G14	20.26
Emma Shanley-MacD	G14	16.82
Jessica Bitcheno	G12	18.88
Samantha Bitcheno	G11	17.88
Andrew Robinson	B11	17.60
Grace McCafferty	G13	16.24
Keegan Millar	B10	13.21
Christine Browne	W40	19.23

4000m

1 Michael Sutton	M16	13:08.74
2 Jamie Regan	M19	14:37.85
3 Gavin Smith	M55	14:47.60
4 Laurie Pugh	W35	15:48.30
5 Barry Watson	M50	16:15.14
6 Petra Creighton	W40	16:40.45
7 John McKinley	M50	17:18.97
8 Dave Whitehead	M50	18:28.01

9 Sid Pavett	M75	19:15.75
10 Morgan Ball	G14	19:49.70
11 Max Ball	M50	19:49.84

400m

1 Keegan Millar	B10	1:15.56
2 Jasmine Creighton	G10	1:20.94
3 Andrew Creighton	B10	1:21.54
4 Mia Pugh	G7	1:23.63
5 Olivia Hines	G10	1:23.76
6 Catherine Sutton	G10	1:27.92
7 Joanne Sutton	G10	1:40.07

1 Petra Creighton	W40	1:03.44
2 Jessica Bitcheno	G12	1:06.87
3 Christine Browne	W40	1:11.34
4 Christine Sutton	G12	1:16.37
5 Morgan Ball	G14	1:23.32

1 Joseph Millar	M19	49.18
2 Michael Goldie	M16	56.57
3 Alex Colvin	B14	1:00.01
4 Sean Turner	M19	1:00.99
5 Mathew Smith	SM	1:01.62
6 Michael Sutton	M16	1:02.17
7 Josh Dyer	SM	1:02.62
8 Andrew Robinson	B12	1:13.27

1 John McKinley	M50	1:05.02
2 Murray Clarkson	M60	1:08.65
3 Josh Dyer	SM	1:09.25
4 Gavin Smith	M55	1:10.13
5 Max Ball	M50	1:20.91
6 Sid Pavett	M75	1:38.32

100m

1 Andrew Creighton	B10	16.46
2 Mia Pugh	G7	16.58
3 Olivia Hines	G10	16.81
4 Rebekah McCafferty	G10	17.43
5 Catherine Sutton	G10	17.70
6 Joanne Sutton	G10	19.09
7 Cassidy Ball	G10	19.70
8 Ian Pugh	B7	22.20

1 Emma Shanley-McD	G14	13.79
2 Jessica Bitcheno	G12	14.52
3 Keegan Millar	B10	15.44
4 Grace McCafferty	G13	16.75

1 Mariah Ririnui	W19	12.58
2 Abby Goldie	G13	13.24
3 Amy Robinson	G13	13.54
4 Lauren Eaton	SW	13.71
5 Christine Browne	W40	14.70
7 Angela Graham	W45	15.76

1 Joseph Millar	M19	11.31
2 Jonno Morton	M19	12.07

3 Michael Goldie	M16	12.20
4 Sean Turner	M19	12.32
5 Mathew Smith	SM	14.15

1 Dean Willacy	SM	15.24
2 Brendon Magill	M45	16.16
3 Gavin Smith	M55	16.18
4 Max Ball	M50	17.28
5 Sid Pavett	M75	19.93

Triple Jump

1 Rochelle Newdick	G14	8.00
1 Lauren Eaton	W19	10.14
1 Brendon Magill	M45	8.47
1 Alex Colvin	B14	11.38

CLUB NIGHT 9/2/10

100m Club Champs

1 Andrew Creighton	B7	16.83
2 Mia Pugh	G8	16.83
3 Olivia Hines	G10	17.61
4 McKenzie Ball	G10	18.24
5 Cassidy Ball	G7	20.54
6 Ian Pugh	B5	22.03
7 Elliot Pugh	B4	30.79

1 Andrew Robinson	B11	14.33
2 Jessica Bitcheno	G12	14.85
3 Liam McFall	B12	16.03
4 Lauren Hines	G12	19.79

1 Abby Goldie	G13	13.36
2 Amy Robinson	G13	13.69
3 Rochelle Newdick	G14	14.77
4 Alice McFall	G14	15.84
5 Morgan Ball	G14	16.68

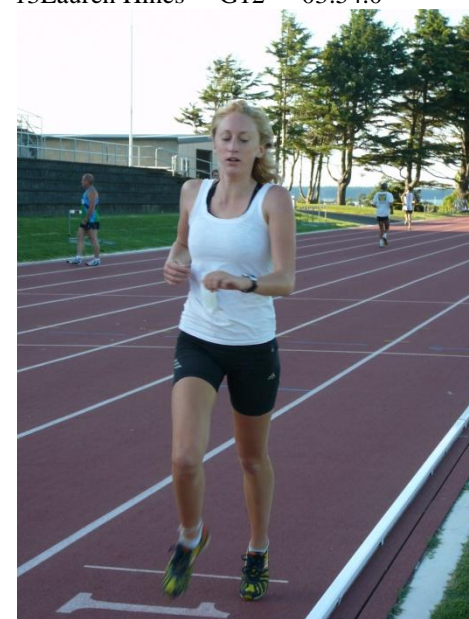
1 Mariah Ririnui	W19	12.61
2 Tessa Carney	W19	12.64
3 Genelle Vanderschantz	W19	13.30
4 Nicola McKay	SW	17.45

1 Joseph Millar	M19	11.27
2 Jonno Morton	M19	11.91
3 Sean Turner	M19	12.13
4 Hiroyuki Veda	Visitor	12.18
5 Michael Goldie	M16	12.34
6 Oliver Ranby	B14	12.45
7 Joseph Reynolds	M16	13.03

1 Shaun Goldie	M50	13.50
2 John McKinley	M50	14.41
3 Brendon Magill	M45	14.69
4 Les Dobson	M50	15.17
5 Gavin Smith	M55	16.56
6 Max Ball	M50	17.73
7 Sid Pavett	M75	20.49

Women 800m Club Champs

1 Sally Gibbs	W45	02:25.1
2 Anna-Lisa Uttley	W16	02:30.1
3 Jessica Bitcheno	G12	02:32.4
4 Laurie Pugh	W35	02:36.7
5 Nicola McKay	SW	02:39.6
6 Alice McFall	G14	02:47.1
7 Morgan Ball	G14	02:59.9
8 Claudia Te Whata	W16	03:08.1
9 Olivia Hines	G10	03:08.8
10 Mia Pugh	G8	03:10.9
11 McKenzie Ball	G10	03:16.5
12 Robyn Winter	W60	03:48.6
13 Lauren Hines	G12	03:54.0



Nicola McKay finishing the 800m

Men 800m Club Champs

1 Michael Sutton	M16	02:13.2
2 Alex Colvin	B14	02:17.7
3 Josh Dyer	SM	02:19.1
4 Dean Willacy	M35	02:19.3
5 Mathew Smith	SM	02:29.0
6 Gavin Smith	M55	02:33.1
7 Murray Clarkson	M60	02:35.7
8 Ian Bitcheno	M35	02:35.7
9 John McKinley	M50	02:38.0
10 Andrew Robinson	B11	02:43.8
11 Les Dobson	M50	02:45.3
12 Brendan Gibbs	M50	02:49.7
13 Max Ball	M50	02:50.4
14 Liam McFall		02:59.3

1500m walk

1 Malcolm Taylor	M55	08:16.3
2 Alex Whimster	M55	08:48.3



Josh Dyer lap 1 of 800m

Weight Throw Club Championship

Christine McCahill	W45	13.27m
Brendan Gibbs	M50	8.13m

Long Jump Club Championship

1	Mariah Ririnui	W19	4.95
2	Lauren Eaton	W19	4.91
1	Brendon Magill	M45	4.06
1	Michael Cochrane	M19	6.15
1	Mia Pugh	G8	3.28
1	Cassidy Ball	G7	2.25
1	Rochelle Newdick	G14	4.21
1	Amy Robinson	G13	4.58
2	Abby Goldie	G13	4.15
1	McKenzie Ball	G10	1.92
1	Andrew Creighton	B7	3.09
1	Ian Pugh	B5	2.29
1	Alex Colvin	B14	5.50
1	Liam McFall	B12	4.02
1	Andrew Robinson	B11	4.47

3000m

1	Michael Sutton	M16	09:46.7
2	Gavin Smith	M55	11:02.8
3	Josh Dyer	SM	12:03.0
4	Laurie Pugh	W35	12:10.3
5	Les Dobson	M50	12:14.0
6	Max Ball	M50	12:17.3
7	Mathew Smith	SM	14:06.9

Javelin

M16	Luke Davison	41.21
M16	Joseph Reynolds	30.62
M19	Michael Cochrane	34.82
M45	Brendon Magill	27.17
G14	Alice McFall	10.02
G12	Jessica Bitcheno	6.29

G11	Samantha Bitcheno	9.07
G13	Christine Sutton	7.63
G14	Morgan Ball	10.49

CLUB NIGHT 16/2/10

Club Championship 5000 Metres

1	Russell Lake	M35	17:30.8
2	Nathan Burgi	M16	17:37.0
3	Dean Willacy	M35	17:37.9
4	Josh Dyer	SM	18:41.2
5	Sally Gibbs	W45	18:42.3
6	Gavin Smith	M55	19:00.8
7	Stu Smith	M55	19:15.4
8	Nicola McKay	SW	19:33.8
9	Laurie Pugh	W35	19:40.8
10	Barry Watson	M50	19:49.9
11	Les Dobson	M50	19:59.2
12	Murray Clarkson	M60	20:21.2
13	Max Ball	M50	20:37.0
14	Mike Powell	M60	21:12.7
15	Morgan Ball	G14	23:27.8
16	Brendan Gibbs	M50	24:07.8
17	Sid Pavett	M75	24:57.1
18	Robyn Winter	W60	28:15.6

60 Metres

1	Michael Goldie	M16	7.892
2	Mariah Ririnui	W19	8.166
3	Genelle Vanderschantz	W16	8.645
4	Abby Goldie	G13	8.75
5	Brendon Magill	M45	10.193
10	Olivia Hines	G10	10.947
2	McKenzie Ball	G10	11.225

1500 Metres

1	Josh Dyer	SM	04:45.6
2	Andy Whittaker	M50	04:50.8
3	Mathew Smith	SM	05:22.0
4	Gavin Smith	M55	05:28.9
5	Emily McCormick	G14	05:56.0
6	Olivia Hines	G10	06:11.7
7	Les Dobson	M50	06:21.7
8	McKenzie Ball	G10	06:47.4
9	Max Ball	M50	06:47.5
10	Sid Pavett	M75	07:02.5

200 Metres

1	Abby Goldie	G13	27.887
2	Shaun Goldie	M50	29.813
3	Brendon Magill	M45	31.434
4	Josh Dyer	SM	34.892
6	Keegan Millar	B10	36.678
7	Olivia Hines	G10	40.761
8	Sid Pavett	M75	45.24

Shot Put

1	Brendon Magill	M45	5.65
1	Amy Robinson	G13	8.96

Triple Jump

1	Brendon Magill	M45	8.60
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CLUB NIGHT 23/2/10

Fantastic effort by Michael Sutton who was pulled through the 3000m by Ben, Iain & Kyle to achieve a PB by 15seconds over the 3km distance. Michael is now the top-ranked M16 runner for this distance.

3000m Club Champs

1	Michael Sutton	M16	8.56.73
2	Kyle MacDonald	SM	8.56.81
3	Ben Ruthe	SM	8.56.94
4	Iain MacDonald	SM	8.57.78
5	Nathan Burgi	M16	10.02.06
6	Dean Willacy	M35	10.04.84
7	Jamie Regan	M19	10.08.63
8	Russell Lake	M35	10.11.62
9	Jason Wallace	M19	10.17.06
10	Sally Gibbs	W45	10.41.88
11	Josh Dyer	SM	10.45.47
12	Stu Smith	M55	11.03.27
13	Barry Watson	M50	11.08.18
14	Laurie Pugh	W35	11.12.35
15	Les Dobson	M50	11.17.75
16	Alice McFall	G14	11.26.81
17	Murray Clarkson	M60	11.55.69
18	Brendan Gibbs	M50	12.59.95
19	Morgan Ball	G13	13.08.57
20	Sid Pavett	M75	14.12.81

High Jump Club Championships

1	Amy Robinson	G13	1.35
1	Rochelle Newdick	G14	1.30
1	Alex Colvin	B14	1.70
1	Joseph Reynolds	M16	1.85
2	Luke Davison	M16	1.75

200m heat 1

1	Josh Dyer	SM	30.87
2	Claudia Te Whata-Allen	W16	33.72
3	Mia Pugh	G7	35.27
4	Olivia Hines	G10	35.44
5	Sid Pavett	M75	42.64

200m heat 2

1	Michael Goldie	M16	24.12
2	Alex Colvin	B14	24.34
3	Sean Turner	M19	24.56
4	Thomas Bernard	B14	25.8
5	Shaun Goldie	M50	27.69

100m heat 1

1	Liam McFall	B12	15.43
2	Mia Pugh	G7	16.88

3Olivia Hines	G10	16.92
4Cassidy Ball	G7	20.58
5Ian Pugh	B6	22.26
6Elliot Pugh	B4	27.03

100m heat 2

1Sean Turner	M19	12.08
2Michael Goldie	M16	12.10
3Oliver Ranby	B14	12.28
4Thomas Bernard	B14	12.55
5Shaun Goldie	M50	13.52
6Amy Robinson	G13	14.23
7Brendon Magill	M45	15.45

800m heat 1

1Alice McFall	G14	2.41.07
2Liam McFall	B12	2.53.82
3Olivia Hines	G10	3.07.65
4Sid Pavett	M75	3.45.29
5Lauren Hines	G12	4.34.23

800m heat 2

1Michael Sutton	M16	2.11.9
2Andy Whittaker	M50	2.14.8
3Josh Dyer	SM	2.17.0
4Alex Colvin	B14	2.22.3
5Mathew Smith	SM	2.23.4
6Thomas Bernard	B14	2.31.5
7 David James	M45	2.33.5



This brand new event was put on by Black Stump Adventures Ltd who normally run Mountain Bike events. The races were on a hilly farm near Ngaruawahia, not far from the Waingaro Hot Springs. Distances included 30km & 21km runs and 12km & 7.5km run/walks. 230 finishers.

Check out the website:

<http://www.thekiller.co.nz/kfiles/killerhome.htm>

The day started out drizzly and there had been heavy rain the night before making for slippery conditions on some of the steep valley sidings. The sun shone through as the event progressed and it soon became very hot & steamy. Plenty

of muddy shoes and knees were hosed down afterwards by the cattle yards.

With names like Zigzag Gully, Valley of the Doomed, Mount "Oh Not Again" Hyundai Hill, Bulldozer Flats and Nature Valley, you get the picture.

Medals were awarded to race winners and grade winners 35-44, 45-54, & 55+. Plus there were some great spot prizes- Well done Mathew Smith for collecting a shoe prize from the Shoe Clinic.



30km

Won by Steve McKinstry (MO) of Auckland in 2.15.33 with Phil Murray (MO) of Hamilton 2nd in 2.20.54. Third overall (1st M35-44) was Hawks runner Glenn Sexton in 2.24.11.

In 4th place and an incredible run was 1st woman & Junior U19 Ruby Muir of Whitianga in 2.27.18. This tiny girl is proving a big threat to the men over all offroad distances- having also taken out the Goat, the Pauanui Mountain race, The 27km Tussock Traverse (4th overall), & the 13km Kauri Run. Powerful endurance for one so young.



Ruby Muir finishing the 30km

Gavin Smith 1st M55+ 7th overall 2.42.20

21km

Won by Steve Sunderland of Te Aroha (M35-44) in 1.41.32 with Karen Hanlen of Whakatane 1st Woman 1.44.38.

Wayne Smith 1st M55+ 4th overall 1.50.10

Mathew Smith 7th MO 24th overall 2.12.05

12km

Won by Hadley Craig (M35-44) of Hamilton in 59.39 with Ria Huitema of Cambridge 1st Woman in 1.07.11.

Lea Smith 1st W55 in the walk & 21st overall 2.15.02.

7.5km

Won by Tim Bright (MO) of Tairua in 35.37.



Wayne Smith



One of the ridges traversed in the distance

GREAT LAKES RELAY & 100KM CHAMPS. Taupo
20/2/10

Prize money up for grabs this year attracted many more individuals. Oh, to be back running ultra-distance: we used to do it just for the pain!

The 100km was won by Martin Lukes of Christchurch in 7.30.35, with Kerry Suter of Hawks 2nd in 7.45.09. Dawn Tuffery of Hawks 1st woman in 9.05.47.

Macca (Alex) McKenzie 14th overall from 33 individuals in 9.55.52.

Keith Still 3rd/7 in the 100km walk in 14.11.19.

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ANZ COMBINED EVENTS CHAMPS, Porritt Stadium
13th & 14th February 2010

Brent Newdick took out the NZ Decathlon title with 7676 points although beaten by Keisuke Ushiro of Japan on 7711.

Rebecca Wardell of Canterbury won the Women's heptathlon title with 5911 points.

M16 Octathlon

Luke Davison 2nd/8 **5052 points**
100m 5th 12.02, LJ 3rd 5.94m, SP 1st 13.98m, 400m 4th 55.01, 110mH 7th 18.46, HJ 1st 1.90m, Jav 1st 49.08m, 1000m 1st 2.52.82

Joseph Reynolds 5th/8 **4079 points**
100m 7th 12.42, LJ 6th 5.69m, SP 4th 10.95m, 400m 5th 58.48, 110mH 6th 18.34, HJ 2nd 1.87m, Jav 6th 32.91m 1000m 7th 3.22.66

MW Heptathlon

Christine Browne 1st/1 **3858 points**
80mH 15.06, SP 7.56m, HJ 1.34m, Jav 32.05m, 200m 29.19, LJ 3.71m, 800m 2.42.95

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Snippets:

Scott Nelson was 13th in the IAAF 20km Racewalking Challenge in Hobart on 13th February in a time of 1hour 39m 16s.

The 27km **Tussock Traverse** on 30th January was won by Hawks runner, Kerry Suter, in 2.07.28. Whitianga teenager Ruby Muir was first woman and 4th overall in 2.21.30. 284 athletes took part .

OPEN MEET, Tauranga Domain
20/2/10

Low numbers attended.

Bella Andrews G14
1st 100m Hurdles 15.96
4th 100m Women 13.54

Joseph Reynolds M16
1st 110m hurdles 16.45
1st High Jump 1.80m
2nd Javelin 33.33m
1st Shotput 11.73m
1st Discus 29.33m
2nd Long Jump 5.31m

Luke Davison M16
2nd High Jump 1.80m
1st Javelin 45.81m
1st Long Jump 5.64m

Michael Sutton M16
5th 800m 2.12.21

Michael Goldie M16
3rd 100m Men 12.07
1st 200m Men 24.42

Sean Turner M19
2nd 100m Men 12.02
2nd 200m Men 24.94

Genelle Vanderschantz W16
2nd 100m Women 13.14
4th 200m Women 26.96

Abby Goldie G14
3rd 100m Women 13.22
5th 200m Women 27.13
1st W Long Jump 4.37m

Nathan Burgi M16
1st 3000m mixed 10.33.26

Gavin Smith M55
2nd 3000m Mixed 11.04.55

Brendan Magill M45
4th 100m men 15.08
3rd Javelin 29.36m
2nd Discus 18.90m
3rd Long Jump 4.33m

Alex Whimster M55
1st 3000m walk 18.36.12

Robyn Winter W60
1st W 3000m 16.43.23

WBOP Track & Field Champs
Porritt Stadium 27-28th Feb 2010

Some great efforts and plenty of medals to our athletes who featured well in the 5000m in particular, and our Masters Men for giving the relays a go and succeeding in bring home a couple of golds from it. Gavin's 6 golds probably topped the tables. Luke Davison & Mariah Ririnui also bagged a bunch each.

Ben Ruthe SM
5000m 1st 14.51.60

Kyle MacDonald SM
5000m 2nd 14.52.90

Iain MacDonald SM
5000m 3rd 15.22.90

Matt Parsonage SM
5000m 4th 16.12.60
1500m 2nd 4.20.60

Jess Ruthe SW
5000m 1st 16.22.20

Gavin Smith M55-59
5000m 1st 18.17.70

3000m Steeples 1st 12.38.90
1500m 1st 5.05.20

800m 1st 2.34.10
4 x 100m relay M35+ 1st 58.20

4 x 400m relay M35+ 1st 4.54.10

Nicola McKay SW
5000m 2nd 18.29.30

Laurie Pugh W35-39
5000m 1st 19.48.50

Sally Gibbs W45-49
5000m 1st 18.33.90
800m 1st 2.28.70

Robyn Winter W60-64
5000m 1st 27.13.20

Anna-Lisa Uttley W14-16
1500m 1st /9 4.44.70

Brendan Gibbs M50-54
3000m Steeplechase 1st 14.46.90
1500m 1st 6.17.20
4x 400m relay M35+ 4.54.10

Murray Clarkson M60-64
1500m 2nd 5.22.10
400m 1st 1.08.90
4 x 100m relay M35+ 58.20

Michael Sutton M14-16
1500m 4th 4.15.20

Oliver Ranby M14-16
800m 11th 2.25.20
400m 4th 55.70
200m 5th 24.50

100m 3rd = 12.00

4 x 100m relay M14-16 1st 46.30

Michael Goldie M14-16
400m 5th 56.00
200m 3rd = 24.20

100m 2nd 11.80
4x 100m relay M16-19 1st 46.30

Joseph Reynolds M14-16
200m 7th 25.50
110m hurdles 2nd 17.20

High Jump 1st 1.90m
Shotput 3rd 10.55m

Discus 4th 25.98m
Javelin 3rd 34.95m

Luke Davison M14-16
Discus 1st 36.64m

Javelin	1 st	49.70m
Long Jump	2 nd	6.06m
Shotput	1 st	13.83m
High Jump	3 rd	1.80m

Brendan Magill M45

4x 100m relay M35+	1 st	58.20
4x400m relay M35+	1 st	4.54.10

Javelin	1 st	30.55m
Triple Jump	1 st	8.41m

Mariah Rinui W17-19

200m	3 rd	26.00
100m	1 st	12.20

4x100m relay W17-19	1 st	49.30
Shotput	1 st	9.43m

Long Jump	1 st	5.26m
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Gelle Vanderschantz W14-16

100m	1 st	12.60
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200m	1 st	26.30
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4x100m relay W17-19	1 st	49.30
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Bella Andrews 14-16

300m Hurdles	2 nd	50.90
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100m Hurdles	2 nd	16.10
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100m	4 th	13.30
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4x100m relay W17-19	1 st	49.30
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Abby Goldie W14-16

100m	3 rd	12.90
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200m	4 th	26.80
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4x100m relay W17-19	1 st	49.30
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Long Jump	2 nd	4.47m
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Livvie Duggan W17-19

Discus	1 st	34.64m
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**NORTHERN REGIONAL
COMBINED EVENTS
CHAMPS 30/1/10, Mt Smart
Auckland**

Decathlon

Stephen Te Whaiti M45

100m 12.16, Long Jump 5.29m, Shotput 9.12m, High Jump 1.52m, withdrew from remainder of events.

Octathlon

Luke Davison M16 2nd/8 4695pts

100m 12.16, LJ 5.59m, SP 13.40m, 400m 56.14, Hurdles 19.82, HJ 1.81m, Jav 49.69m

Joseph Reynolds M16 5th/8 4014pts

100m 12.50, LJ 5.23m, SP 10.81m, 400m 58.84, Hurdles 17.45, HJ 1.81m, Jav 32.47m, 1000m 3.18.43



**TT21 Australia vs NZ &
Invitation Meet 20/2/10
Waitakere Stadium, Auckland**

Michael Cochrane

110m Hurdles	2 nd	15.52
400m Hurdles	1 st	53.75
Distance Medley Relay	2 nd	1.35.62

Joseph Millar

100m	5 th	11.05
200m	4 th	22.06
Distance Medley relay	2 nd	1.35.62

Mariah Rinui

100m	DQ	
Long Jump	1 st	5.57m
Womens Distance Medley	1 st	1.45.87

Anna Lisa Uttley

3000m	5 th	10.09.43
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Coming Events

3 March

BOP Secondary Schools Champs, Tauranga Domain 9am.

6 March

WBOP Children's Champs Tga Domain 9am-onwards

7 March

Kingsgate Rotorua Half Marathon & 10km Waipa Mill/ forest

9 March

Club Night - 10,000m CC, 100m, 400m, 60m, Triple Jump, ShotPut

13 March

Waikato BOP SS Champs Tauranga Domain, 9am.

16 March

Club Night - 1 Mile CC, 200m, 5000m, 400m, Hammer Throw, Long Jump

20 March

WBOP Open Meet, Tauranga Domain 3pm

20/21 March

North Island Secondary School Track and Field Champs - Wellington

23 March

Club Night - 60m, 800m, 2000m/3000m S C CC, 100m, Shot Put, Javelin

26-28 March

NZ Track & Field Champs - Christchurch

30 March

Club Night - 300m/400m Hurdles CC, 1600m Relay, Teams Quadathlon. BBQ Night

Sat 10 April :Opening Day of

Winter Cross Country season: Club Run – Waipuna Park. Meet 1.45 p.m. Rogaine Event. All ages and abilities welcome.

**NZ INDOOR RECORD BROKEN :
BIRMINGHAM UK
Aviva Indoor Grand Prix 20/2/10**

Nick Willis broke John Walker's 31 year old indoor 1500m record in finishing fifth in **3m 35.80s** at the Aviva Indoor Grand Prix meeting in Birmingham.

Deresse Mekonnen of Ethiopia won in 3m 33.10s, with Willis just edged out of fourth by arch rival Bernard Lagat of USA who ran 3m 35.49s.

Walker's record was 3m 37.4s set at Long Beach California in January 1979.

Willis previous best indoors was 3m 38.85s in Boston a year ago.

The Olympic Games 1500m silver medallist from Beijing returns down under for a meeting in Melbourne on 4 March where he will race against the Beijing Olympic gold medallist Asbel Kiprop of Kenya. Willis will then race in Christchurch on 18 March where there is a chance that Kiprop may also be available to compete.

