

# Ramblings

Newsletter of Athletics Tauranga Incorporated



**January 2010**

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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

January 2010



**Amy Robinson**

*Amy bagged a bunch of medals (5), at the NI Colgate Games including a gold in the Long Jump with a leap of 5.07m in the G13 grade.*

#### Congratulations:

To **Joseph Millar** (200m), **Michael Cochrane** (110m Hurdles & 400m hurdles), and **Mariah Ririnui** (100m): all named in the Trans-Tasman TT21 test match team to compete against Australia at the Douglas Track, Waitakere on 20<sup>th</sup> February. Good luck guys & gals!



#### BOUQUETS:

A great big round of applause to all our Twilight helpers & sponsors. You are fantastic and wonderful!

#### AWBOP Champs:

Entries must be from individual athletes on the official entry form, and will **not** be accepted without payment. Entry fee **\$7.50 per event for grades 16 / 19 / Seniors / Masters.**

Post to Athletics Waikato-Bay of Plenty, PO Box 46, Hamilton 3240, to arrive by **noon, Friday 19 February**, or hand in at Porritt Stadium by **5.00pm Saturday 20 February**. Late entries (\$15 per event) will be accepted at the discretion of the Meeting Manager. Download entry form from

<http://athletics.org.nz/article.aspx?ID=6095&Mode=1>

*Now thats Different: Catch of the Day went to Ian Pugh with the fresh Piper (fish) caught on the track. Dropped by a passing seagull perhaps?*



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

**7<sup>th</sup> January 2010**

22 runners & 19 walkers in the 5km & 8 in the 3km.

Karl Budworth won in 20.08

<b>Murray Clarkson</b>	3 <sup>rd</sup>	20.26
<b>Mike Powell</b>	4 <sup>th</sup>	20.38
<b>John Addy</b>	5 <sup>th</sup>	20.42
<b>Max Ball</b>	6 <sup>th</sup>	20.51
<b>Ashley Clements</b>	7 <sup>th</sup> 1 <sup>st</sup> W	21.32
<b>Alex McKenzie</b>	8 <sup>th</sup>	21.50
<b>Morgan Ball</b>	13 <sup>th</sup>	23.19
<b>Shari Ball</b>	15 <sup>th</sup>	25.22
<i>3km</i>		
<b>McKenzie Ball</b>	5 <sup>th</sup>	15.41

**14 January 2010**

34 runners & 26 walkers in the 5km & 8 in the 3km

Ben Twyman won in 17.36

<b>Stu Smith</b>	4 <sup>th</sup>	18.56
<b>Murray Clarkson</b>	8 <sup>th</sup>	20.17
<b>Max Ball</b>	9 <sup>th</sup>	20.30
<b>Alex McKenzie</b>	11 <sup>th</sup>	21.58
<b>Karen Smith</b>	32 <sup>nd</sup>	33.59

*3km*

**Petra Creighton 2x 3km laps**

<i>With daughter</i>	17.22
<i>Without</i>	11.45

**21 January 2010**

25 runners & 29 walkers in the 5km & 6 in the 3km

<b>Kyle MacDonald</b>	1 <sup>st</sup>	15.29
<b>Iain MacDonald</b>	2 <sup>nd</sup>	15.34
<b>Michelle Basson</b>	4 <sup>th</sup> 1 <sup>st</sup> W	18.34
<b>Dan Smith</b>	5 <sup>th</sup>	18.47
<b>Stu Smith</b>	6 <sup>th</sup>	19.09
<b>Petra Creighton</b>	8 <sup>th</sup>	20.05
<b>Murray Clarkson</b>	9 <sup>th</sup>	20.20
<b>Mike Powell</b>	10 <sup>th</sup>	20.51
<b>Karen Smith</b>	23 <sup>rd</sup>	36.09
<b>Alex Whimster</b>	10 <sup>th</sup> walk	36.31

**28 January 2010**

24 runners & 42 walkers

Won by Ben Twyman in 17.55

<b>Murray Clarkson</b>	4 <sup>th</sup>	19.57
<b>Mike Powell</b>	6 <sup>th</sup>	20.50
<b>Stu Smith</b>	7 <sup>th</sup>	20.51



**North Island Colgate Games  
8-10 January 2010, Mt Smart  
Auckland**

Great efforts from all our young athletes who competed for their respective children's clubs. Congratulations to Amy Robinson who returned with 5 medals which included a relay event. Also Jessica Bitcheno, who medalled in the 400m, 800m & 1500m.

**Bethany Millar G10 Papamoa**

400m heats	22/34	1.19.47
800m heats	11/31	2.56.71
800m final	11/16	2.57.95
1500m heats	10/32	5.50.44
1500m final	11/16	5.59.93
Discus	32/39	10.59m

**Catherine Sutton G10 Papamoa**

400m heats	27/34	1.23.69
800m heats	26/31	3.13.38
Long Jump	70=/83	2.94m

**Joanne Sutton G10 Papamoa**

400mheats	33/34	1.32.01
800mheats	30/31	3.34.72
Long Jump	79=/83	2.78m

**Rebekah McCafferty G10 Greerton**

800mheats	3/31	2.48.42
800mfinal	5/16	2.47.02
1500mheats	5/32	5.43.95
1500mfinal	<b>3/16</b>	<b>5.28.45</b>

**Abby Furnage G11 Bellevue**

100mheats	55/72	15.83
800m final	16/21	3.01.70
High Jump	NH	
Discus	52/62	11.33m

**Samantha Bitcheno G11 Greerton**

200mheats	5/44	29.30
200msemis	3/16	29.31
200mfinal	4/8	29.44
400mheats	9/25	1.09.92
Discus	28/62	15.76m

**Alice McCafferty G11 Greerton**

800 mfinal	<b>3/21</b>	<b>2.34.87</b>
1500mheats	3/23	5.22.63
1500mfinal	<b>3/16</b>	<b>5.15.87</b>

**Brooke Somerfield G12 Greerton**

100mheats	8/35	13.92
100m semis	5/16	13.50
100m final	5/8	13.50
200mheats	7/21	29.38
200mfinal	5/8	28.71
80mhurdles heat	6/20	15.87
80mhurdles final	6/8	15.16
Long Jump	<b>2/36</b>	<b>4.34m</b>

**Amanda Somerfield G12 Bellevue**

400m heats	12/27	1.12.34
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**Jessica Bitcheno G12 Greerton**

400mheats	3/27	1.04.79
400m final	<b>3/8</b>	<b>1.03.85</b>
800mheats	8/29	2.44.88
800mfinal	<b>2/16</b>	<b>2.22.13</b>
1500mheats	5/26	5.37.15
1500m final	<b>3/16</b>	<b>5.03.31</b>
Discus	34/39	13.26m

**Amy Robinson G13 Greerton**

100mheats	3/37	13.36
100msemis	2/16	13.16
100mfinal	<b>2/8</b>	<b>12.98</b>
200mheats	4/31	27.92
200msemis	4/16	27.83
200mfinal	<b>3/8</b>	<b>27.04</b>
80mhurdles heats	2/11	13.38
80mhurdles final	<b>2/8</b>	<b>13.24</b>
Long Jump	<b>1<sup>st</sup>/35</b>	<b>5.07m</b>
4x100m relay	<b>3/8</b>	<b>54.87</b>

**Emma Shanley-McDonald G13 Greerton**

400mheats	4/26	1.04.46
400mfinal	5/8	1.04.63
800mheats	11/24	2.40.02
800mfinal	7/16	2.35.01
Long Jump	6/35	4.54m
Shotput	14/26	8.21m

**Christine Sutton G13 Papamoa**

400m heats	20/26	1.12.32
800m heats	14/24	2.41.20
800m final	9/16	2.36.34
1500m heats	8/21	5.36.35
1500m final	11/16	5.24.71
High Jump	8/18	1.35m

**Kelly Furnage G13 Bellevue**

800m	23/24	2.55.49
1500m	20/21	6.05.60
Long Jump	32/35	3.39m

**Jodi Furnage G13 Bellevue**

100mheats	33/37	15.37
200mheats	27/31	31.43
Long Jump	31/35	3.50m
Discus	24/24	11.23m

**Sophie Millar G14 Papamoa**

100mheats	8/25	13.46
100msemis	8/16	13.52
100mfinal	7/8	13.44
200mheats	6/27	27.23
200msemis	7/16	27.37
200mfinal	dns	

400mheats	1/20	1.01.38
400mfinal	<b>2/8</b>	<b>1.00.97</b>

**Keegan Millar B10 Papamoa**

100mheats	28/58	15.32
400m heats	4/29	1.10.46
400m final	5/8	1.10.88
800m heats	6/28	2.43.18

800m final	8/14	2.46.36
Discus	37/41	11.74m

**Andrew Robinson B11 Greerton**

200m	DQ	
400mheats	4/35	1.03.77
400mfinal	4/8	1.03.07
1500mheats	2/27	5.13.34
1500mfinal	2/15	4.58.08
Long Jump	13/52	4.25m

**Connor Millar B12 Papamoa**

100mheats	32/34	15.74
200mheats	30/33	37.24
Shotput	16/21	7.47m
Discus	20/26	15.58m

**Alex Colvin B14 Bellevue**

100mhurdles heats	5/9	16.32
100mhurdles final	6/8	16.77
High Jump	3/11	1.74m
Long Jump	10/22	5.50m

**Tauranga Twilight, 1/1/10**

Fantastic day with some elite names contesting- including Olympic silver medalist Nick Willis in the 800m & 3000m, a bunch of overseas runners and our own Commonwealth walker Scott Nelson.



Luke Davison at Twilight Long Jump

**3000m walk**

Scott Nelson	SM	1 <sup>st</sup>	13.40.62
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**100m hurdles**

Mariah Ririnui	W19	1 <sup>st</sup> H1	15.99
Sarah Yardley	SW	2 <sup>nd</sup> H1	16.04

**110m Hurdles**

Michael Cochrane	M19	1 <sup>st</sup>	14.71
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**400m**

Emma Jackson	W16	2 <sup>nd</sup> H1	1.01.19
Petra Creighton	W40	3 <sup>rd</sup> H1	1.02.20
Sophie Millar	W16	1 <sup>st</sup> H2	1.00.31
Emma Shanley-	G13	5 <sup>th</sup> H2	1.05.79
Bethany Millar	G10	8 <sup>th</sup> H2	1.21.94
Andrew Robinson B11		4 <sup>th</sup> H3	1.06.19
Brendan Magill	M45	5 <sup>th</sup> H3	1.08.11
Murray Clarkson	M60	6 <sup>th</sup> H3	1.10.03
Joseph Millar	M19	1 <sup>st</sup> H4	48.65

**100m**

Genelle Vanderschantz	W16	1 <sup>st</sup> H1	13.23
Joseph Millar	M19	1 <sup>st</sup> H3	11.14
Michael Goldie	M16	4 <sup>th</sup> H3	12.48
Ollie Ranby	B14	5 <sup>th</sup> H3	12.54
Jonno Morton	M19	2 <sup>nd</sup> H4	11.74
Brendan Magill	M45	4 <sup>th</sup> H4	15.41

**3000m AWBOP Champs Women**

Won by Andrea Woodvine of UK		9.28.87
Nicola McKay	SW 12 <sup>th</sup>	11.26.13
(2 <sup>nd</sup> AWBOP SW)		
Laurie Pugh	W35 13 <sup>th</sup>	11.28.15
(1 <sup>st</sup> AWBOP W35)		
Petra Creighton	W40 14 <sup>th</sup>	12.06.16
(1 <sup>st</sup> AWBOP W40)		
Fiona Ellison	W35 15 <sup>th</sup>	12.43.08
(2 <sup>nd</sup> AWBOP W35)		



Andrea Woodvine leads Lydia O'Donnell & Rachel Kingford early in the 3000m

**3000m AWBOP Champs MM45+ & M19, & M16**

Michael Sutton	M16	1 <sup>st</sup>	9.27.20
(1 <sup>st</sup> AWBOP M16)			
Ken Keyte	M45	5 <sup>th</sup>	10.15.27
(1 <sup>st</sup> AWBOP M45)			
Gavin Smith	M55	10 <sup>th</sup>	10.59.71
(1 <sup>st</sup> AWBOP M55)			
Barry Watson	M50	14 <sup>th</sup>	11.21.67
(3 <sup>rd</sup> AWBOP M50)			
Andrew Robinson B11		15 <sup>th</sup>	11.37.10
(3 <sup>rd</sup> AWBOP M16)			
Murray Clarkson	M60	17 <sup>th</sup>	12.08.15
(2 <sup>nd</sup> AWBOP M60)			
Brendan Gibbs	M50	18 <sup>th</sup>	14.05.05
(4 <sup>th</sup> AWBOP M50)			

**3000m AWBOP Champs SM & MM35-44**

Won by Nick Willis	Valleys	8.28.12
Ben Ruthe	SM 4 <sup>th</sup>	8.38.43
(1 <sup>st</sup> AWBOP SM)		
Kyle MacDonal d	SM 6 <sup>th</sup>	8.50.70
(2 <sup>nd</sup> AWBOP SM)		
Iain MacDonald	SM 7 <sup>th</sup>	8.58.31
(3 <sup>rd</sup> AWBOP SM)		
John Caie	M40 21 <sup>st</sup>	10.13.26
(2 <sup>nd</sup> AWBOP M40)		
Russell Lake	M35 22 <sup>nd</sup>	10.13.46
(1 <sup>st</sup> AWBOP M35)		
Dean Willacy	M35 23 <sup>rd</sup>	10.20.49
(2 <sup>nd</sup> AWBOP M35)		

**800m**

Petra Creighton	W40	1 <sup>st</sup> H1	2.34.50
Bethany Millar	G10	2 <sup>nd</sup> H1	2.59.20
Jessica Bitcheno	G12	2 <sup>nd</sup> H2	2.28.33
Emma Shanley-	G13	7 <sup>th</sup> H2	2.42.65
Michael Sutton	M16		2.17.53



Nick Willis (Valleys) & Michael Whitehead (Waiuku) contest the 800m - won By Nick in 1.54.56.

**200m**

Mariah Ririnui	W19	2 <sup>nd</sup> H2	27.18
Genelle Vanderschantz	W16	3 <sup>rd</sup> H2	27.26
Sophie Millar	G14	5 <sup>th</sup> H2	28.47
Michael Goldie	M16	2 <sup>nd</sup> H3	24.86
Brendan Magill	M45	5 <sup>th</sup> H3	31.98
Joseph Millar	M19	1 <sup>st</sup> H4	22.11
Jonno Morton	M19	3 <sup>rd</sup> H4	24.10
Ollie Ranby	B14	6 <sup>th</sup> H4	25.46

**Long Jump**

Michael Cochrane	M19	1 <sup>st</sup> M	6.12
Luke Davison	M16	2 <sup>nd</sup> M	5.71
Joseph Reynolds	M16	3 <sup>rd</sup> M	5.45
Ollie Ranby	B14	4 <sup>th</sup> M	5.01
Brendan Magill	M45	5 <sup>th</sup> M	3.90
Sarah Yardley	SW	1 <sup>st</sup> W	5.31
Emma Jackson	W16	5 <sup>th</sup> W	4.61
Emma Shanley-Mc	G13	6 <sup>th</sup> W	4.48
Rebecca Cochrane	SW	7 <sup>th</sup> W	4.26

**Hammer**

Livvie Duggan	W19	1 <sup>st</sup> W	30.36
Pauline Purser	W85	3 <sup>rd</sup> W	9.80
Ray Laurie	M75	2 <sup>nd</sup> M	25.53

**Discus**

Luke Davison	M16	2 <sup>nd</sup> M	36.86
Michael Cochrane	M19	3 <sup>rd</sup> M	32.33
Ray Laurie	M75	8 <sup>th</sup> M	19.89
Brendan Magill	M45	9 <sup>th</sup> M	18.54
Livvie Duggan	W19	1 <sup>st</sup> W	33.67
Amy Christophers	W19	4 <sup>th</sup> W	26.68
Genelle Vanderschantz	W16	6 <sup>th</sup> W	21.68
Sarah Yardley	SW	8 <sup>th</sup> W	18.37
Jessica Bitcheno	G12	9 <sup>th</sup> W	16.43
Pauline Purser	W85	12 <sup>th</sup> W	11.01

**High Jump**

Joseph Reynolds	M16	1 <sup>st</sup> M	1.85
Michael Cochrane	M19	2 <sup>nd</sup> M	1.85
Luke Davison	M16	3 <sup>rd</sup> M	1.80
Sarah Yardley	SW	3 <sup>rd</sup> W	1.50

**Shotput**

Luke Davison	M16	1 <sup>st</sup> M	12.81
Michael Cochrane	M19	2 <sup>nd</sup> M	12.19
Joseph Reynolds	M16	3 <sup>rd</sup> M	11.02
Amy Christophers	W19	1 <sup>st</sup> W	9.93
Mariah Ririnui	W19	3 <sup>rd</sup> W	9.51
Sarah Yardley	SW	4 <sup>th</sup> W	8.48
Pauline Purser	W85	8 <sup>th</sup> W	4.49

**Javelin**

Luke Davison	M16	1 <sup>st</sup> M	46.91
Joseph Reynolds	M16	5 <sup>th</sup> M	31.49
Brendan Magill	M45	6 <sup>th</sup> M	25.71
Ray Laurie	M75	8 <sup>th</sup> M	17.50
Amy Christophers	W19	1 <sup>st</sup> W	34.21

Sarah Yardley	SW	3 <sup>rd</sup> W	23.95
Pauline Purser	W85	4 <sup>th</sup> W	8.46

**OPEN MEET, Tauranga Domain & NZ 10,000metre Champs**

**5/1/10**

**The 10000m** provided some exciting racing and was the highlight of the evening with close competition near the front of the field. Rees Buck of Wellington Scottish headed off M19 runner, Aaron Pulford of Hamilton City Hawks for the NZ Title in 30.01.93, with Aaron's time of 30.02.14 beating the junior qualifying time of 30.30 required for the World XC Champs. **Ben Ruthe 7<sup>th</sup> 31.18.80**  
**Michael Sutton 15<sup>th</sup> (6thJnr) 34.24.24**

First Woman home was Andrea Woodvine of the UK in 33.29.94, however the NZ Title went to 2<sup>nd</sup> placegetter, Rachel Kingsford of Otago who ran 35.11.45  
**Nicola McKay 23<sup>rd</sup> (8thSW) 40.09.95**

**In the Open events:**

Some out of town athletes in the mix gave pushed the locals along. Great to see Brent Newdick home for the weekend & competing.

**800m**

Oliver Ranby	B14	2 <sup>nd</sup> H1	2.24.92
Russell Lake	M35	3 <sup>rd</sup> H1	2.33.00
Gavin Smith	M55	4 <sup>th</sup> H1	2.37.38
Alice McCafferty	G12	5 <sup>th</sup> H1	2.39.32
Christine Sutton	G14	6 <sup>th</sup> H1	2.42.76
Rebekah McCafferty	G10	H1	2.49.03
Sid Pavett	M55	8 <sup>th</sup> H1	3.40.87
Alex Colvin	B14	6 <sup>th</sup> H2	2.15.86

**200m**

Oliver Ranby	B14	1 <sup>st</sup> H1	24.79
Brendan Magill	M45	2 <sup>nd</sup> H1	30.19
Keegan Millar	B10	3 <sup>rd</sup> H1	32.32
Sid Pavett	M75	4 <sup>th</sup> H1	42.13
Genelle Vanderschantz	W16	2 <sup>nd</sup> H2	26.75
Sophie Millar	G14	3 <sup>rd</sup> H2	27.75
Rebekah Millar	W16	4 <sup>th</sup> H2	28.39
Joseph Millar	M19	1 <sup>st</sup> H3	22.35
Jonno Morton	M19	2 <sup>nd</sup> H3	23.50
Michael Goldie	M16	4 <sup>th</sup> H3	24.09

**1500m**

Ken Keyte	M45	5 <sup>th</sup>	4.50.22
Russell Lake	M35	6 <sup>th</sup>	4.58.03
Steve Smith	SM	8 <sup>th</sup>	5.08.29
Alice McCafferty	G11	10 <sup>th</sup>	5.13.59

Gavin Smith	M55	11 <sup>th</sup>	5.14.48
Rebekah McCafferty	G10	12 <sup>th</sup>	5.33.01
Christine Sutton	G13	13 <sup>th</sup>	5.38.15
Sid Pavett	M75	14 <sup>th</sup>	7.02.30

**100m**

Genelle Vanderschantz	W16	1 <sup>st</sup> H1	13.03
Sophie Millar	G14	3 <sup>rd</sup> H1	13.42
Amy Robinson	G13	5 <sup>th</sup> H1	13.44
Rebekah Millar	W16	6 <sup>th</sup> H1	13.61
Keegan Millar	B10	7 <sup>th</sup> H1	15.81
Sid Pavett	M75	8 <sup>th</sup> H1	20.52
Mariah Ririnui	W19	4 <sup>th</sup> H2	12.54
Joseph Millar	M19	1 <sup>st</sup> H3	11.06
Jonno Morton	M19	3 <sup>rd</sup> H3	11.69
Michael Goldie	M16	4 <sup>th</sup> H3	12.15
Luke Davison	M16	6 <sup>th</sup> H3	12.29
Joseph Reynolds	M16	7 <sup>th</sup> H3	12.63
Brendan Magill	M45	8 <sup>th</sup> H3	15.14

**Discus**

Luke Davison	M16	1 <sup>st</sup>	35.24
Joseph Reynolds	M16	2 <sup>nd</sup>	27.65
Livvie Duggan	W19	1 <sup>st</sup>	34.90
Brendan Magill	M45	1 <sup>st</sup>	18.82

**Shotput**

Luke Davison	M16	1 <sup>st</sup>	13.22
Joseph Reynolds	M16	2 <sup>nd</sup>	9.91
Mariah Ririnui	W19	1 <sup>st</sup>	9.74
Livvie Duggan	W19	2 <sup>nd</sup>	9.24

**Long Jump**

Luke Davison	M16	1 <sup>st</sup>	5.53
Alex Colvin	M16	2 <sup>nd</sup>	5.42
Joseph Reynolds	M16	3 <sup>rd</sup>	5.41
Brendan Magill	M45	1 <sup>st</sup>	4.07
Amy Robinson	W16	2 <sup>nd</sup>	4.76

**Triple Jump**

Alex Colvin	M16	1 <sup>st</sup>	10.94
Brendan Magill	M45	1 <sup>st</sup>	8.55



*NZ 10000m champ Rees Buck centre*

**Club Night 12/1/10**

**200m**

1. Joseph Millar	M19	22.56
2. Amy Robinson	G13	29.83
3. Brendan Magill	M45	30.06
4. Gavin Smith	M55	34.84
5. Sid Pavett	M75	42.92

**60m**

1. Joseph Millar	M19	7.38
2. Brendan Magill	M45	9.92
3. Keegan Millar	B9	10.03

**1500m**

1. Michael Sutton	M16	4.28.13
2. Jamie Regan	M19	4.47.07
3. Dean Willacy	M35	4.58.27
4. Mathew Smith	SM	5.03.75
5. Russell Lake	M35	5.08.67
6. Alice McCafferty	G11	5.11.84
7. Gavin Smith	M55	5.13.12
8. Petra Creighton	W40	5.15.06
9. Rebekah McCafferty	G10	5.21.79
10. John McKinley	M50	5.38.35
11. Murray Clarkson	M60	5.43.85
12. Max Ball	M50	5.46.25
13. Morgan Ball	G13	5.55.19
14. Barry Watson	M50	5.57.15
15. Dave Whitehead	M50	6.14.12
16. Sid Pavett	M75	7.05.99

**400m**

1. John McKinley	M50	1.06.41
2. Murray Clarkson	M60	1.09.97
3. Gavin Smith	M55	1.12.43
4. Dave Whitehead	M50	1.15.16
5. Morgan Ball	G13	1.16.81
6. Max Ball	M50	1.16.95
7. Sid Pavett	M75	1.40.64

**5000m**

1. Iain MacDonald	SM	15.45.73
2. Michael Sutton	M16	16.29.02
3. Nathan Burgi	M16	18.02.71
4. Josh Dyer	SM	18.10.60
5. Russell Lake	M35	18.27.81
6. Jamie Regan	M19	18.35.94
7. Gavin Smith	M55	18.46.10
8. Barry Watson	M50	20.21.70
9. Petra Creighton	W40	20.56.64
10. Max Ball	M50	21.13.98
11. Sid Pavett	M75	24.55.19
12. Dean Willacy	M35	25.29.43
13. Murray Clarkson	M60	25.48.61
14. Mathew Smith	SM	26.58.52

**5km walk**

1. Alex Whimster	M55	33.40
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**Long Jump**

1. Amy Robinson	G13	4.85
1. Luke Davison	M16	5.49
2. Joseph Reynolds	M16	5.40
1. Stephen TeWhaiti	M45	5.65
2. Brendan Magill	M45	4.04
1. Lauren Eaton	W19	4.95

**Discus**

1. Brendan Magill	M45	17.52
1. Luke Davison	M16	28.79
2. Joseph Reynolds	M16	20.81
1. Mark	SM	21.93

**Club Night 19/1/10**

**Hammer Throw Club Champs**

Chris McCahill	W45	36.05m
Ray Laurie	M75	25.21m
Michael McCahill	B5	12.64m

**100m/110m Hurdles CC**

Alex Colvin	B14	16.655
Joseph Reynolds	M16	17.456
Luke Davison	M16	20.268

**High Jump**

Alex Colvin	B14	1.65m
Luke Davison	M16	1.80m
Joseph Reynolds	M16	1.80m

**1000m**

1. Petra Creighton	W40	3.17.38
2. Jessica Bitcheno	G12	3.18.23
3. Nicola McKay	SW	3.21.94
4. Christine Sutton	G13	3.37.59
5. Andrea Smith	SW	3.53.98
6. Linda Reynolds	W40	3.58.69
7. Olivia Hines	G10	4.03.93
8. McKenzie Ball	G10	4.09.08

1. Michael Sutton	M16	2.59.26
2. Josh Dyer	SM	3.05.83
3. Oliver Ranby	B14	3.05.85
4. Mathew Smith	SM	3.07.73
5. Jamie Regan	M19	3.13.38
6. Russell Lake	M35	3.17.97
7. Gavin Smith	M55	3.20.75
8. John McKinley	M50	3.23.94
9. Murray Clarkson	M60	3.29.65
10. Stu Smith	M55	3.36.85
11. Max Ball	M50	3.38.42
12. Barry Watson	M50	3.52.32
13. Dave Whitehead	M50	3.55.25
14. Sid Pavett	M75	4.40.23

**100m**

1. Jessica Bitcheno	G12	14.68
2. Grace McCafferty	G13	16.64

3. Olivia Hines	G10	16.99
4. McKenzie Ball	G10	18.21
5. Lauren Hines	G12	19.54
6. Cassidy Ball	G7	20.67

1. Sean Turner	M19	12.03
2. Michael Goldie	M16	12.14
3. Mariah Rinui	W19	12.75
4. Sophie Millar	G14	13.75
5. Stephenie Sexton	W16	15.43

1. Brendon Magill	M45	15.09
2. Dave Whitehead	M50	15.97
3. Gavin Smith	M55	16.65
4. Max Ball	M50	17.53
5. Sid Pavett	M75	20.85

**1500m**

1. Josh Dyer	SM	4:43.91
2. Nathan Burgi	M16	4:45.66
3. Dean Willacy	M35	4:51.06
4. Jamie Regan	M19	5:03.08
5. Russell Lake	M35	5:09.36
6. Alice McCafferty	G11	5:10.99
7. Gavin Smith	M55	5:13.05
8. Nicola McKay	SW	5:25.38
9. Petra Creighton	W40	5:26.14
10. Stu Smith	M55	5:32.59
11. Rebekah McCafferty	G10	5:36.42
12. Murray Clarkson	M60	5:38.16
13. Max Ball	M50	5:40.69
14. Mathew Smith	SM	5:44.58
15. John McKinley	M50	5:44.75
16. Barry Watson	M50	5:52.90
17. Andrea Smith	SW	6:19.74
18. Olivia Hines	G10	6:25.69
19. Sid Pavett	M75	7:09.03

**300 m**

1. Grace McCafferty	G13	58.09
2. Rebekah McCafferty	G10	58.43
3. McKenzie Ball	G10	1:03.39

1. Michael Goldie	M16	38.61
2. Oliver Ranby	B14	40.71
3. Sean Turner	M19	40.74
4. Petra Creighton	W40	45.55
5. Sophie Millar	G14	45.86

1. John McKinley	M50	49.90
2. Dave Whitehead	M50	51.34
3. Gavin Smith	M55	52.33
4. Max Ball	M50	58.86
5. Sid Pavett	M75	1:10.12

**3000 Metres**

1. Michael Sutton	M16	9:31.53
2. Nathan Burgi	M16	10:30.33

3Russell Lake	M35	10:31.04
4Josh Dyer	SM	11:12.64
5Jamie Regan	M19	11:15.81
6Gavin Smith	M55	11:20.69
7Stu Smith	M55	11:27.48
8Nicola McKay	SW	11:36.01
9Barry Watson	M50	11:55.35
10Christine Sutton	G13	12:13.87
11Petra Creighton	W40	12:46.60
12Alice McCafferty	G11	12:53.42
13Murray Clarkson	M60	13:40.44
14Rebekah McCafferty	G10	13:57.31
15Sid Pavett	M75	14:31.25
16Max Ball	M50	14:54.71
17Shari Ball	W40	14:54.81

**Club Night 26/1/10**

**200 Metres Club Championships**

1Samantha Bitcheno	G11	30.10
2Jessica Bitcheno	G12	30.90
3Olivia Hines	G10	35.60
4Lauren Hines	G12	39.10
5Catherine Sutton	G10	39.30
6Joanne Sutton	G10	44.30

1Genelle Vanderschantz	W16	27.10
2Amy Robinson	G13	28.20
3Bella Andrews	W16	28.50
4Nicola McKay	SW	34.70

1Jonothon Morton	M19	24.00
2Sean Turner	M19	24.10
3Michael Goldie	M16	24.20
4Oliver Ranby	B14	24.50
5Stephen Te Whaiti	M45	25.20
6Dean Willacy	M35	29.70
7Brendon Magill	M45	29.80

1John McKinley	M50	28.80
2Dave Whitehead	M50	31.60
3Murray Clarkson	M60	32.30
4Gavin Smith	M55	32.80
5Josh Dyer	SM	34.60
6Sid Pavett	M75	42.80

**Shot Put Club Championships**

1Luke Robinson	B9	8.27
1Joseph Reynolds	M16	10.46
1Stephen Te Whaiti	M45	9.35
2Brendon Magill	M45	5.93
1Christine McCahill	W45	9.71
1Rochelle Newdick	G14	9.43
1Amy Robinson	G13	9.27
1Jessica Bitcheno	G12	5.66
1Samantha Bitcheno	G11	6.63

**Long Jump**

1Joseph Reynolds	M16	5.23
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1Amy Robinson	G13	5.06
2Rochelle Newdick	G14	4.90
1Stephen Te Whaiti	M45	5.68
2Brendon Magill	M45	4.20

**800 Metres**

1Gavin Smith	M55	2.34.6
2Nicola McKay	SW	2.39.4
3Laurie Pugh	W35	2.42.2
4Les Dobson	M50	2.43.1
5John McKinley	M50	2.45.9
6Murray Clarkson	M60	2.46.4
7Stu Smith	M55	2.50.9
8Olivia Hines	G10	3.13.9
9Lauren Hines	G12	3.37.7
10Sid Pavett	M75	3.39.5

1Michael Sutton	M16	2.14.2
2Jamie Regan	M19	2.17.3
3Nathan Burgi	M16	2.19.5
4Dean Willacy	M35	2.19.6
5Joseph Reynolds	M16	2.21.3
6Mathew Smith	SM	2.21.7
7Josh Dyer	SM	2.28.2

**100 Metres**

1Amy Robinson	G13	13.60
2Angela Graham	W45	15.40
3Olivia Hines	G10	17.50
4Christine McCahill	W45	17.90
5Lauren Hines	G12	18.90
6Ian Pugh	B6	21.70

1Sean Turner	M19	11.80
2Stephen Te Whaiti	M45	12.00
3Michael Goldie	M16	12.00
4Jamie Regan	M19	13.40
5Nathan Burgi	M16	14.40
6Brendon Magill	M45	14.90
7Dean Willacy	M35	15.00

1Les Dobson	M50	14.60
2Brendon Magill	M45	14.70
3Dave Whitehead	M50	15.20
4Russell Lake	M35	15.60
5Gavin Smith	M55	16.20
6Sid Pavett	M75	20.30

**5000 Metres**

1Michael Sutton	M16	16.24.7
2Russell Lake	M35	17.55.0
3Lucas Marca	SM	18.32.2
4Gavin Smith	M55	18.35.1
5Josh Dyer	SM	18.54.8
6Stu Smith	M55	19.25.8
7Laurie Pugh	W35	19.47.5
8Alice McCafferty	G11	19.57.7
9Les Dobson	M50	20.24.9
10Nathan Burgi	M16	20.35.1

11Rebekah McCafferty	G10	20.37.4
12Ian Bitcheno	M40	20.58.5
13Sid Pavett	M75	24.12.9
14Mathew Smith	SM	26.06.4
<b>5000 Metres Walk</b>		
15Alex Whimster	M55	32.07.0

**OPEN MEET, Tauranga Domain**  
**23/1/10**

**80 Metres Hurdles**

1 Amy Robinson	W16	13.50
2 Rochelle Newdick	W16	13.60

**100 Metres Hurdles**

1 Bella Andrews	W16	16.40
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**110 Metres hurdles**

3 Joseph Reynolds	M16	18.10
4 Luke Davison	M16	18.50

**800 Metres**

8 Olly Ranby	M16	2.24.4
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**100 Metres**

3Genelle Vanderschantz	W16	13.40
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**H2**

1Bella Andrews	W16	13.60
6Amy Robinson	W16	14.00
8Brendon Magill	M45	15.30

**H3**

4Sean Turner	M19	12.20
6Michael Goldie	M16	12.40
8Olly Ranby	M16	12.70

**3000 Metres**

3Regan Bones	M19	9.45.0
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**200 Metres**

1Genelle Vanderschantz	W16	26.90
3Bella Andrews	W16	28.30
4 Amy Robinson	W16	31.40

**H2**

4Michael Goldie	M16	24.80
5Sean Turner	M19	24.80

**H3**

4Olly Ranby	M16	25.90
5Brendon Magill	M45	31.40

**High Jump**

1.Luke Davison	M16	1.85
2.Joseph Reynolds	M16	1.85

**Javelin**

1.Luke Davison	M16	48.81
2.Joseph Reynolds	M16	37.82
3.Brendon Magill	M45	26.50

**Shot Put**

1.Rochelle Newdick	W16	9.10
1.Luke Davison	M16	14.06
2.Joseph Reynolds	M16	10.84

**Long Jump**

1.Amy Robinson	W16	5.00
2.Rochelle Newdick	W16	4.74
1.Brendon Magill	M45	3.84

**Discus**

Rochelle Newdick	W16	28.33
Livvie Duggan	W19	32.55
Brendon Magill	M45	28.87
Luke Davison	M16	35.03

**Cooks Classic 26/1/10 , Wanganui**

**Joseph Millar**

7 <sup>th</sup> overall/17	100m	11.32
2 <sup>nd</sup> overall	200m	21.78
2 <sup>nd</sup> /14	400m	48.71

**Michael Cochrane**

1 <sup>st</sup> /5	110mHurdles	14.62
7 <sup>th</sup> /9	High Jump	1.84m

**Mariah Ririnui**

1 <sup>st</sup> overall/17	100m	12.22
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**Sylvia Potts Classic 29/1/10, Hastings**

**Joseph Millar** placed 2<sup>nd</sup> overall/13 in the 100m in 10.85s & 1<sup>st</sup> M19 . He also placed 1<sup>st</sup> overall/13 in the 200m in 21.73.

**Michael Sutton M16** placed 11<sup>th</sup>/14 in a competitive 1000m field in 2.54.44. Michael also placed 4<sup>th</sup>/10 in the 3000m however no time recorded due to a technical problems with finishlynx program.

**ACC Masters Games Dunedin 29-31<sup>st</sup> January**

**Pauline Purser W85**

1 <sup>st</sup> Hammer	8.85m
1 <sup>st</sup> Shotput	3.75m
1 <sup>st</sup> Javelin	7.86m
1 <sup>st</sup> Discus	9.71m
1 <sup>st</sup> Weight Throw	4.34m
1 <sup>st</sup> Weight Pentathlon	2714 points

**Ray Laurie M75**

1 <sup>st</sup> Javelin	18.54m
1 <sup>st</sup> Shotput	6.32m
1 <sup>st</sup> Hammer	26.08m
1 <sup>st</sup> Discus	19.62m
1 <sup>st</sup> Weight Throw	8.46m
1 <sup>st</sup> Weight Pentathlon	2540 points

**Open Meet Porritt Stadium 16/1/10**

**Genelle Vanderschantz W16**

1 <sup>st</sup> 100m	13.22
1 <sup>st</sup> 200m	26.88

**Livvie Duggan W19**

1 <sup>st</sup> Discus	35.70m
1 <sup>st</sup> Hammer	24.26m

**Mike Cochrane M19**

1 <sup>st</sup> 400m Hurdles	54.22
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**Oliver Ranby B14**

1 <sup>st</sup> 100m	12.51
1 <sup>st</sup> 200m	25.17
1 <sup>st</sup> 400m	57.68

**Joseph Reynolds M16**

3 <sup>rd</sup> 100m	12.83
2 <sup>nd</sup> 400m	59.69
2 <sup>nd</sup> Javelin	32.73m

**Joseph Millar M19**

1 <sup>st</sup> 100m	10.91
1 <sup>st</sup> 200m	21.83

**Open Meet Porritt Stadium 30.1.10**

**Mariah Ririnui W19**

1 <sup>st</sup> 100m	12.84
1 <sup>st</sup> Shotput	9.19m

**Michael Goldie M16**

3 <sup>rd</sup> 100m	12.41
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**CAPITAL CLASSIC, Wellington 22/1/10**

The NZ 3000m Champs were run in conjunction with this event. Fiona Crombie of Canterbury took out the Women's title from 13 finishers in 9.31.9. Nick Willis, Lower Hutt won the Mens race from 21 finishers in 8.15.1.

**Joseph Millar M19**

5 <sup>th</sup> /9 Division A Mens 100m	10.77
6 <sup>th</sup> /8 Division A Mens 200m	21.51

These featuring NZ topSenior sprinters & Commonwealth Games athletes

**Mike Cochrane M19**

2 <sup>nd</sup> /7 400m Hurdles	53.27
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Recent action at Tauranga Domain



Happy faces on the track recently

## Coming Events

### 2 February

1500m Club Champs, 100m, 400m, 4000m, Discus CC, Triple Jump

### 6 February

Open Meet B Tauranga Domain 3pm

### 9 February

100m Club Champs, 1500m walk, 800m CC ,3000m,Weight Throw CC, Long Jump, Javelin.

### 13 February

Porritt Classic, Hamilton

### 13-14 February

NZ Combined Events Champs, Porritt Stadium, Hamilton

### 14 February

Asics Shoe Clinic Killer 30km, 21km 12km & 7.5km offroad Ngaruawahia [www.thekiller.co.nz](http://www.thekiller.co.nz)

### 16 February

5000m Club Champs, 60m, 1500m, 200m, Shot Put, Triple Jump

### 20 February

Open Meet B Tauranga Domain 3pm

### 20 February

New Balance Great Lake Relay- Taupo & 100km ultra.

### 21 February

Masters' Trophy Day, Porritt Stadium, Midday.

23 February Club Invitational Night- Whakatane visiting...

### BBQ

3000m Club Champs, 100m, 200m, 800m 4x100 relay (mixed teams) High Jump CC, Weight Throw

### 27-28 February

AWBOP T& F Champs, Porritt Stadium. \$7.50 per event. Entries close 20 Feb, late entries \$15 per event.

### 27 February

Kaweka Challenge, Hastings [www.kawekachallenge.org.nz/](http://www.kawekachallenge.org.nz/)

### 2 March

400m Club Champs, 1500m, 200m, 5000m , 80/100/110m hurdles, Javelin CC, Discus

### 7 March

Rotorua Half Marathon & 10km, Whakarewarewa Forest

