

# Ramblings

Newsletter of Athletics Tauranga Incorporated



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## Athlete of the Month JULY



**Rebekah McCafferty**

*First in the G12 grade at North Island Cross Country Champs. Rebekah is still 10 but moved into the older grade this season. Fantastic effort!*

This sliced 12.96s off Ross Wilson's New Zealand record set in Christchurch in January 1989. Pulford also carved a substantial 48 seconds off his personal best.

The title went to Dennis Chepkongin Masai of Kenya in 27m 53.89s from compatriot Paul Kipchumba Lonyangata 28m 3.45s, Gebretsadik Abraha Ethiopia 28m 14.55s and Canada's Mohammed Ahmed 29m 11.75s.

Dunedin's Rebekah Greene set a New Zealand W16 record as she sneaked into the 1500m final by a mere 8/100ths of a second with a time of 4m 18.90s. Greene broke Sue Bruce's 29 year old NZ W16 record of 4m 21.18s.

The New Zealand 4 x 400m team of Alex Jordan (18), **Joseph Millar** (17), Scott Burch (19) and Tama Toki (19) finished third in the heat one in 3m 10.83s. Australia were fourth behind New Zealand in 3m 11.19s.

And totally Awesome:  
400m hurdles heats; **Michael Cochrane** 3<sup>rd</sup> heat 3, 52.25s PB Q  
400m hurdles semi-final; **Michael Cochrane** 6<sup>th</sup> heat 2, 52.71s 18<sup>th</sup> overall.  
110m hurdles heats; **Michael Cochrane** 5<sup>th</sup> heat 7 14.28s (+1.3) 32<sup>nd</sup> overall  
(Heavy rain fell during Mike & Joseph's events.)

## **IAAF World Junior Champs, Moncton, Canada 19/07/10 To 25/07/10**

The NZ Team performed well with some fantastic efforts. Jacko Gill of Takapuna made athletic history in becoming the youngest ever to win a World Junior Championships Gold Medal with a world stunning performance on day three of the Championships, surpassing Usain Bolt as the youngest winner. Gill (age 15) had the shotput out to 20.76m. Aaron Pulford finished an outstanding fifth place in the 10,000m final in a New Zealand M19 record of 29m 14.23s.

## **Warm up meet: Trevor Craven Memorial Meeting at the Swangard Stadium in Burnaby, Vancouver on 10 July 2010.**

**Michael Cochrane** sliced 0.4s off his PB in running down his Australian opponent in a perfectly judged run over 400m hurdles in 52.10s **Michael** also placed 3<sup>rd</sup> the 110m hurdles, running 14.34s **Joseph Millar** was second in the 200m in 21.77s

**12 July 2010** 100m **Joseph Millar** 2<sup>nd</sup> 11.08s, 200m **Joseph Millar** 2<sup>nd</sup> 21.92s, **Michael Cochrane** 3<sup>rd</sup> 23.39s

## **Club Contacts:**

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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)

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## **CLUB CROSS COUNTRY CHAMPS, WAIPUNA, 3/7/10**

It was a fine afternoon. Michael Sutton raced off from the start and wasn't challenged in the Senior race. Afternoon tea & lots of yummy baking in the clubrooms afterwards.

### **8km**

1Michael Sutton	M16	29.09
2Ken Keyte	MM	30.23
3Dean Willacy	MM	30.35
4Russell Lake	MM	30.51
5Gavin Smith	MM	32.34
6Wayne Smith	MM	33.43
7Stu Smith	MM	33.56
8Winston Murton	MM	34.06
9Mathew Smith	SM	34.12
10Terry Fumage	MM	34.17
11Max Ball	MM	36.44
12Tim Masters	MM	38.14
13Brendon Gibbs	MM	38.37
14John Addy	MM	39.01
15Robert Jackson	MM	39.44
16Sid Pavett	MM	42.45

### **6km**

1Sally Gibbs	MW	23.55
2Laurie Pugh	MW	25.09

### **3km**

1Jessica Bitcheno	G14	12.20
2Christine Sutton	G14	12.37
3Morgan Ball	G14	14.38
4Jodi Fumage	G14	14.54
5Lauren Hines	G14	17.31

### **2km**

1Alice McCafferty	G12	7.43
2Rebekah McCafferty	G12	7.48
3Olivia Hines	G12	8.12
4Mia Pugh	G10	9.16
5McKenzie Ball	G10	9.16
6Maggie McCafferty	G10	11.12
7Ian Pugh	B10	12.16
8Cassidy Ball	G10	14.31



Wayne & Stu

\*\*\*\*\*



McKenzie & Mia



Seniors start

## **Great Mid-Winter Half Marathon Run/walk & 11k Fun-Run. 4<sup>th</sup> July 2010 Kawerau**

A new start position and finish area had to be found after the massive fire at Pinelands Hotel on the previous day. The club moved fairly quickly to base the event at Prideaux Park with the help of the Kawerau District Council as well as the prizgiving at the Rec centre. With a new start area and finish. Conditions for the runners and walkers were great- cool and no wind. Around 250 competed in the three events.

*Half Marathon winner was Daniel Jones of Whakatane in 1.11.58*

*First Woman Jessica Lawson of Tauranga 1.28.30*

**Peter Kennedy** 14<sup>th</sup> 1.37.30

**Ashley Clements** 21<sup>st</sup> (7thF) 1.43.21

*The 11km event was won by Hamish Hammond of Palmerston North in 41.23.*



# NORTH ISLAND XC CHAMPS SPA PARK, TAUPO, 10/7/10

Brilliant racing , frosty & chilly in the morning, but sunny and perfect race day conditions. Mount Ruapehu displayed a gorgeous snowy cap on the route to Taupo.

Alex Parlane of Auckland took out the Senior title and Rachel Kingsford, Otago repeated her last year's performance by winning the Senior Woman's race. Fantastic run from **Ken Keyte** to win the M45 grade and also **Rebekah McCafferty** who won the G12 race.



*Alice & Rebekah dominate the G12 race*

## Ramblers Results

Hayden Keyte	B14 3km	12/35	11.14
Michael Sutton	M16 5km	4/39	17.08
Jason Keyte	M16 5km	23/39	19.29
Iain MacDonald	SM 9km	7/33	29.51
Kyle MacDonald	SM 9km	8/33	29.55
Gareth Hyett	SM 9km	9/33	30.53
Winston Murton	M35 6km	12/13	24.37
Ken Keyte	M45 6km	1/22	22.09
Max Ball	M50 6km	13/19	26.53
Brendan Gibbs	M50 6km	15/19	27.27
Gavin Smith	M55 6km	2/15	23.39
Stu Smith	M55 6km	4/15	24.50
Robert Jackson	M55 6km	10/15	28.50
Tim Masters	M60 6km	4/9	27.44
Kerry Smith	M65 6km	2/7	28.17
Maggie McCafferty	G10 1km	12/35	4.27
Rebekah McCafferty	G12 2km	1/45	7.23
Alice McCafferty	G12 2km	2/45	7.25
Olivia Hines	G12 2km	19/45	8.26
McKenzie Ball	G12 2km	27/45	9.12



*Sally Gibbs chases Vicki Humphries of Wellington for 2<sup>nd</sup> overall in the MW*



*Undercover: Tim Masters competes for NZ Police*



*Alex Parlane unchallenged winner in the Senior Men's race at only 20 years old. His time was 28.18*

Catherine Sutton	G12 2km	31/45	9.21
Joanne Sutton	G12 2km	35/45	9.42
Christine Sutton	G14 3km	14/37	12.38
Kelly Furmage	G14 3km	21/37	13.24
Morgan Ball	G14 3km	25/37	13.48
Jodi Furmage	G14 3km	29/35	13.58
Ashley Clements	W19 4km	13/21	17.05
Sally Gibbs	W45 5km	2/12	19.30.



## **WBOP XC Champs, Morrinsville 17/7/10**

Drizzly conditions kept the followers in jackets & gumboots. An interesting course that I haven't visited before, with athletes completing approx 1km loop of a large playing field before venturing downhill along a river bank onto scenic, and testing bush tracks. This section covered another 1km, to complete a full lap.

Disappointing turnout in the 12km Senior event with only 5 finishers. Steve O'Callaghan (Lake City) dominated, running a lonely race from start to finish, finishing over 1 km ahead of the next athlete Casper Valentine (Hawks).

Michael Sutton raced away with The M16 6km title.

The Masters Women 6km proved an exciting challenge between Bridget Rae of Hawks & Sally Gibbs in the W45's. Sally had beaten Bridget at the North Islands earlier this month, but an intense week on the skifields at Ruapehu had left Sally with sore legs and a few bumps and bruises. In a sprint finish Bridget nabbed the gold, both receiving the same time. In the Masters Men 8km event Colin Earwaker (Lake City) battled with a newly shorn and faster Glenn Sexton (Hawks). Glenn just edged him out in the last stages. Cory Whiting of Hawks won the M19 8km event and Sarah Biss (Lake City), pacing herself with Ramblers Gavin Smith all the way, won the open Women's race, with Gavin unable to keep up in the finish sprint.



*The 2km start*



*Russell Lake heads into the bush section*

### **Ramblers Results**

#### **G10 2km**

Maggie McCafferty	1 <sup>st</sup>	10.16
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#### **G12 2km**

Alice McCafferty	2 <sup>nd</sup>	7.57
Rebekah McCafferty	3 <sup>rd</sup>	7.58
Olivia Hines	6 <sup>th</sup>	9.10
McKenzie Ball	8 <sup>th</sup>	9.48
Samantha Bitcheno	9 <sup>th</sup>	10.05
Joanne Sutton	10 <sup>th</sup>	10.19
Catherine Sutton	11 <sup>th</sup>	10.19

#### **G14 3km**

Jessica Bitcheno	3 <sup>rd</sup>	12.12
Christine Sutton	10 <sup>th</sup>	14.06
Morgan Ball	11 <sup>th</sup>	14.30
Lauren Hines	13 <sup>th</sup>	20.32

#### **M16 6km**

Michael Sutton	1 <sup>st</sup>	22.03
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#### **MW 6km**

Sally Gibbs	2 <sup>nd</sup> W45	24.37
Robyn Winter	1 <sup>st</sup> W60	42.07

#### **MM 8km**

Dean Willacy	1 <sup>st</sup> M35	31.01
Winston Murton	4 <sup>th</sup> M35	34.08
Russell Lake	5 <sup>th</sup> M40	31.11
Max Ball	5 <sup>th</sup> M50	37.18
Brendan Gibbs	6 <sup>th</sup> M50	38.12
Gavin Smith	2 <sup>nd</sup> M55	33.00
Wayne Smith	3 <sup>rd</sup> M55	34.10
Stu Smith	4 <sup>th</sup> M55	34.12
Barry Watson	5 <sup>th</sup> M55	35.53
Robert Jackson	7 <sup>th</sup> M55	40.38
Murray Clarkson	2 <sup>nd</sup> M60	36.26
John Addy	3 <sup>rd</sup> M60	38.41
Tim Masters	4 <sup>th</sup> M60	38.44
Kerry Smith	1 <sup>st</sup> M65	39.28
Sid Pavett	1 <sup>st</sup> M75	45.29

#### **SM 12km**

Mathew Smith	4 <sup>th</sup>	53.51
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## **Bayfair Reserve Run, Russley Drive, Mt Maunganui 24/7/10**

A good turnout and fine weather. Teams of 4 were selected from those in attendance and had to stay together, with one runner dropping out each lap, leaving the fastest/strongest runners to gallop the final circuit.



### **1<sup>st</sup>**

Mia Pugh	6.42	6.42
Thomas Keenan	13.33	6.51
Les Dobson	19.38	6.05
Jessica Bitcheno	<b><u>25.14</u></b>	5.36

### **2<sup>nd</sup>**

Samantha Bitcheno	6.42	6.42
Kelly Furmage	13.30	6.48
John Addy	20.00	6.30
Terry Furmage	<b><u>25.36</u></b>	5.36

### **3<sup>rd</sup>**

Lauren Hines	7.29	7.29
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Jodi Furmage	14.20	6.51
Robert McPherson	21.01	6.41
Gavin Smith	<b><u>26.26</u></b>	5.25

4<sup>th</sup>

Malcolm Taylor	6.45	6.45
Grace Clare	15.05	8.20
Morgan Ball	21.03	5.58
Stu Smith	<b><u>26.28</u></b>	5.25

5<sup>th</sup>

Ian Pugh	8.08	8.08
Mike Powell	14.33	6.25
Olivia Hines	21.00	6.27
Laurie Pugh	<b><u>27.09</u></b>	6.09

6<sup>th</sup>

Robyn Winter	8.39	8.39
Alex Whimster	15.33	6.54
Max Ball	21.50	5.57
Murray Clarkson	<b><u>28.22</u></b>	6.32

### **CLUB RUN AT OTUMOETAI INTERMEDIATE SCHOOL** **31/7/10**

The weather was drizzly and not a huge number turned out. With Terry Furmage & Sally dog leading a pack run was organised heading from the carpark, down to the reserve below the school grounds. Whilst some pulled out after one lap, the hardy carried on for an extra loop.

### **GOLD COAST MARATHON** **4/7/10**

Won by James Mbugua in 2.13.53  
**Roger Creighton** 154<sup>th</sup> (8<sup>th</sup> M45-49)  
2.57.40

**Petra Creighton** completed the 10km event in 41.00 placing 159<sup>th</sup> & 3<sup>rd</sup> F40-44

**Andrew Creighton** ran the 2km Junior Race in 8.01 placing 19<sup>th</sup> (3<sup>rd</sup> M7-8)

**Jasmine Creighton** finished the 2km event in 9.07 placing 68<sup>th</sup> & 19<sup>th</sup> F9-10

**Don't forget: Looking Ahead:**

**Volunteers required for Bays and  
Bridges, Sunday Nov 7th.**

Contact Race committee- Dave Whitehead, Bev Smith, or Russell Lake.

## **Coming Events**

### **1 August**

Mizuno Half Marathon, Taupo

<http://www.taupohalfmarathon.org.nz/info-half.htm>

### **7 August**

NZ Cross Country Champs, Waikanae. Good luck to those entered.

The course map & timetable are on <http://www.athletics.org.nz>

### **7 August**

Omanu Surf Club to Mount Surf Club Beach run. Meet at Mount Surf Club 1.45pm and carpool out to start. Kids have a shorter race from Tay St to Mt.

### **14 August**

Matamata Relay: Road relay over approx 3.3 km flat fast course. All grades catered for. Names to Bev Smith please so that Teams can be entered. Start time 1pm, Matamata Domain, prizegiving & afternoon tea in the school hall afterwards.

### **21 August**

WBOP Road Champs, The Lakes, Tauriko, Tauranga. This also incorporates our own Club road Champs. Walks start 11am. First running race 12.30pm. Check Ramblers website for map of the course and to download entry or enter online. Prizegiving & spot prizes will follow on site. Mobile coffee will be available but bring your own food.

<http://www.taurangaramblers.co.nz/>

<http://www.enteronline.co.nz/index.cfm?page=EventDetails&ID=4597>

### **28 August**

Nelson Memorial Handicap Races, The Boardwalks. Meet at Coach Drive Reserve (off Grange Rd) 1.45pm. All ages catered for. Seniors complete 8.64km loop of the Waikareo Estuary, with shorter out & back distances for children. Trophies donated by the family of the late Gladys Nelson- a stalwart of the Club in early days.

### **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.

### **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>