

# Ramblings

Newsletter of Athletics Tauranga Incorporated



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### Athletes of the Month JUNE



**Scott Croasdale**



**Anna-Lisa Uttley**

Both bronze medallists in the NZ Secondary Schools Cross Country Champs in Waikanae on 19<sup>th</sup> June.  
Both runners also placed 2<sup>nd</sup> at the WBOP SS XC  
Fantastic efforts!



*Rebekah McCafferty finishes 2km at WBOP Primary Schools with a huge lead*

## Tauranga Open XC Races Waipuna Park 5/6/10

We got the best day after several of rain. A fine morning which clouded over around lunchtime - a cold wind picking up later in the afternoon .

Thankyou very much to Ramblers & helpers who showed up early to set up the course, make sandwiches and help with entries, results, marshalling, recording prizes etc.



Brad Currie leads Taine Sweeney & Hayden Keyte

**Results:**

**4km Walk:**

Alex Whimster 1<sup>st</sup> 29.50

**950m B10 & G10**

Zane Maketoni (Maungatapu) 1<sup>st</sup>B 3.31  
 Ian Pugh 43<sup>rd</sup> B 4.38  
 Brooke Sweeney Te Aroha 1<sup>st</sup>G 3.49  
 Mia Pugh 2<sup>nd</sup> G 3.53  
 Jasmine Creighton 8<sup>th</sup> G 4.40

**2060m B12 & G12**

Andrew Robinson 1<sup>st</sup> B 7.19  
 Alice McCafferty 1<sup>st</sup> G 7.48  
 Rebekah McCafferty 4<sup>th</sup> G 8.12  
 Olivia Hines 5<sup>th</sup> G 8.27  
 McKenzie Ball 14<sup>th</sup> G 9.37  
 Catherine Sutton 16<sup>th</sup> G 9.45  
 Joanne Sutton 21<sup>st</sup> G 10.13

**2950m B14 & G14**

Brad Currie 1<sup>st</sup> B 10.59  
 Hayden Keyte 2<sup>nd</sup> B 11.20  
 Jessica Bitcheno 3<sup>rd</sup> G 11.43  
 Lili Crombie 4<sup>th</sup> G 11.50  
 Morgan Ball 14<sup>th</sup> G 13.39  
 Lauren Hines 15<sup>th</sup> G 15.04

**4060m SW, W19 & MW**

Won by Demelza Murrehy Topp in 15.05  
 Anna-Lisa Uttley 2<sup>nd</sup> 1<sup>st</sup> W19 15.27  
 Michelle Basson 3<sup>rd</sup> 1<sup>st</sup> MW35+ 16.04  
 Sally Gibbs 4<sup>th</sup> 2<sup>nd</sup> MW35+ 16.08  
 Esther McArthur 8<sup>th</sup> 3<sup>rd</sup> W19 16.48  
 Laurie Pugh 9<sup>th</sup> 4<sup>th</sup> MW35+ 17.10

Julia Campbell 11<sup>th</sup> 4<sup>th</sup> W19 17.40  
 Robyn Winter 17<sup>th</sup> 2<sup>nd</sup> MW50+ 24.59

**6060m M16 & M19**

Michael Sutton 1<sup>st</sup> 1<sup>st</sup> M16 21.08  
 Nathan Burgi 6<sup>th</sup> 3<sup>rd</sup> M19 23.42  
 Jason Keyte 9<sup>th</sup> 6<sup>th</sup> M16 25.12  
 Ollie Ranby 14<sup>th</sup> 10<sup>th</sup> M16 26.18



Ken Keyte



Robyn Winter



Stu Smith & Winston Murton



John Caie

**8060m SM & MM**

Won by Aaron Pulford of Hamilton Hawks  
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*Q ø E c n n c i j c p " 4 9 0 7 5 0*  
 John Caie 6<sup>th</sup> 1<sup>st</sup> MM35+ 30.29  
 Ken Keyte 10<sup>th</sup> 5<sup>th</sup> MM35+ 31.23  
 Dean Willacy 11<sup>th</sup> 6<sup>th</sup> MM35+ 31.46  
 Gavin Smith 17<sup>th</sup> 3<sup>rd</sup> MM50+ 32.56  
 Terry Furmage 18<sup>th</sup> 4<sup>th</sup> MM50+ 33.08  
 Winston Murton 20<sup>th</sup> 10<sup>th</sup> MM35+ 34.12  
 Stu Smith 21<sup>st</sup> 5<sup>th</sup> MM50+ 34.39  
 Ian Bitcheno 23<sup>rd</sup> 11<sup>th</sup> MM35+ 36.16  
 Max Ball 24<sup>th</sup> 6<sup>th</sup> MM50+ 36.38  
 Robert McPherson 25<sup>th</sup> 7<sup>th</sup> M50+ 39.48  
 Brendan Gibbs 26<sup>th</sup> 9<sup>th</sup> MM50+ 40.31  
 Sid Pavett 29<sup>th</sup> 12<sup>th</sup> MM50+ 46.28



*U v g x g " Q ø E c n n c i j c p " ( "*  
 lap before Aaron opened a leading gap.

**Mt Joggers Half Marathon 6/6/10**

It was an absolutely atrocious stormy day for running an event, and I feel sorry for both organisers and athletes. Pouring rain, strong winds and cold. On-the-day entries would have suffered and quite a few pre-entries opted not to compete.

Results were a bit messy with some runners accidently passing through the finish chute on their 1<sup>st</sup> laps and consequently getting wrong times. I believe this is the correct order:

**Half Marathon(180 runners 45 walkers)**

1<sup>st</sup> Nat Thompson 1.16.02 and 1<sup>st</sup>  
 Woman : Ady Ngawati (7<sup>th</sup> o/all) 1.28.50  
**Roger Creighton 5<sup>th</sup> 1.26.54**  
**Barry Watson 10<sup>th</sup> 1.33.08**  
**Winston Murton 12<sup>th</sup> 1.33.58**  
**Peter Kennedy 31<sup>st</sup> 1.45.30**  
**John McKinley 36<sup>th</sup> 1.46.41**  
**Robert McPherson 71<sup>st</sup> 1.56.23**





**WBOP SS XC Champs  
Hamilton 9/6/10**

**Senior Boys 6km**

Won by Mohamed Ali	in	19.45
Julian Oakley (TBC)	2 <sup>nd</sup>	19.58
Patrick Burrows (TBC)	3 <sup>rd</sup>	20.15
Nathan Burgi (Beth)	18 <sup>th</sup> /46	22.21

**Int Boys 4km**

1 <sup>st</sup> Michael Sutton (TBC)	12.58
21 <sup>st</sup> Jason Keyte (TePuke)	14.31
34 <sup>th</sup> /62 Ollie Ranby (TBC)	15.00

**Junior Boys 3km**

Won by Jacob Priddey, Hamilton Boys, in 9.23.

2 <sup>nd</sup> Scott Croasdale (TBC)	9.34
3 <sup>rd</sup> Brad Currie (TBC)	9.56
20 <sup>th</sup> /68 Hayden Keyte Te Puke	10.29

**Senior Girls 4km**

Won by M Nielsen (COSC)	14.13
2 <sup>nd</sup> Anna-Lisa Uttley (Otum)	14.35
4 <sup>th</sup> Shelby Goddard (TGC)	15.24
5 <sup>th</sup> Esther McArthur (TGC)	15.34
9 <sup>th</sup> /20 Julia Campbell (TGC)	16.20

**Int Girls 3km**

Won by Kerry White (Te Aroha)	10.31
7 <sup>th</sup> /58 Alice McFall (Aquinas)	11.06

**Junior Girls 3km**

Won by Isabella Kirk (TGC)	10.55
9 <sup>th</sup> Christine Sutton (TGC)	11.12
14 <sup>th</sup> /63 Amy Robinson (TGC)	11.44

TBC was first in the 3 person Teams in all grades. TGC won the Seniors & Juniors Teams, placing 2<sup>nd</sup> behind St Peters in the Intermediate grade.

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**WILLACY MEMORIAL  
HANDICAP XC RACES,  
WAIPUNA 26/6/10**



Awaiting the start in Fine, cool weather.

Olivia Hines won the 2km trophy race, Sally Gibbs the 4km trophy & Brendan Gibbs the 8km trophy.

**Name Guntime (H/cap) Net**

**2km**

Olivia Hines	14.50	1.00	13.50
Lauren Hines	16.08	Go	16.08
Jess Bitcheno	16.21	3.30	12.51
Kelly Furmage	16.26	2.00	14.26
Jodi Furmage	16.37	1.30	15.07
Morgan Ball	16.54	2.00	14.54

**4 km**

Sally Gibbs	23.52	8.00	15.32
Robyn Winter	24.54	Go	24.54

**8km**

Brendan Gibbs	40.28	2.00	38.28
Sid Pavett	43.11	Go	43.11
Kerry Smith	43.20	4.00	39.20
Tim Masters	44.58	6.00	38.46
Winston Murton	45.02	12.00	33.02
Dean Willacy	45.10	14.00	31.10
Rob McPherson	45.20	7.00	38.20
Gavin Smith	45.27	13.00	32.27
Russell Lake	46.25	15.00	31.25
Mathew Smith	46.30	11.00	35.30
John Addy	47.04	8.00	39.04
Ian Bitcheno	47.37	11.00	36.37
Les Dobson	49.13	11.00	38.13
Stu Smith	50.52	11.00	39.52



Dean Willacy



Mathew Smith & Les Dobson

**P \ " U g e q p f c t { " U e  
Champs Waikanae 19/6/10**

Congratulations to **Scott Croasdale & Anna-Lisa Uttley** who both received individual bronze medals in their races. TGC also came away with Team Golds in both the 3 person & 6 person Y9 Girls and a 3 person Team bronze in the Senior Girls. TBC likewise won 3 & 6 person Golds in the Y9 Boys plus silvers in the 3 & 6 person Senior Teams.

**Y9 Girls 3km (113 finishers)**

Won by Audrey Gregan St Cuthberts 10.35 with good runs from Tauranga locals  
Anneke Grogan, Aquinas 4<sup>th</sup> in 11.04  
and Isabella Kirk, TGC 5<sup>th</sup> in 11.10  
Christine Sutton TGC 25<sup>th</sup> 11.40

**Y9 Boys 3km (198 finishers)**

Won by Jacob Priddey of Hamilton Boys in 9.29  
Scott Croasdale TBC 3<sup>rd</sup> 9.39  
Brad Currie TBC 7<sup>th</sup> 9.56  
Hayden Keyte Te Puke 70<sup>th</sup> 10.45

**Jnr Girls 3km (133 finishers)**

Won by Jean Kozyniak St Catherines in 10.34  
Amy Robinson TGC 52<sup>nd</sup> 11.59

**Jnr Boys 4 km (192 finishers)**

Won by David Lee of Pakuranga in 13.23  
Ollie Ranby TBC 87<sup>th</sup> 15.35



Brendan Gibbs

**Senior Girls 4km (181 finishers)**

Won by Rebekah Greene, St Hildas in 14.25

Anna-Lisa Uttley	Otum 3 <sup>rd</sup>	14.50
Esther McArthur	TGC 16 <sup>th</sup>	15.58
Shelby Goddard	TGC 24 <sup>th</sup>	16.18
Julia Campbell	TGC 62 <sup>nd</sup>	17.10

**Snr Boys 6km (232 finishers)**

Won by Declan Wilson Sacred Heart Akl in 19.50

With Julian Oakley TBC in 9<sup>th</sup> 20.30

& Patrick Burrows TBC in 11<sup>th</sup> 20.35

Michael Sutton	TBC 15 <sup>th</sup>	20.41
Jason Keyte	Te Puke 180 <sup>th</sup>	24.15

**Outstanding:**

Jessica Bitcheno was nominated by Te Puke Intermediate for the Asics NZ Sports award for Intermediate Schools in NZ. Dame Susan Devoy presented Jessica with the winning award for the Auckland south region (Auckland of Taupo wide area) at her school. She won a \$220 Asics shoe voucher, sports bag and bottle and certificate for outstanding achievement and contribution to sport. This also makes her in the running for the overall NZ sports award, awarded at end of the year for all the region winners. There was also a front page article in the Te Puke Times.



Jessica with Dame Susan Devoy

**Looking Ahead:  
30 volunteers required for Bays and Bridges, Sunday Nov 7th.**

This event has now become the major fund earner for Ramblers attracting nearly 500 runners and walkers, netting the club \$4,000 last year and planning this year for 700 participants. And while we 'got away' with a skeleton crew last year we really need to upgrade our management and marshalling systems most of which will require manpower- around the course, helping with registration, site set-up, a couple of bikers riding point etc.

If not participating, and we certainly want to see those green singlets out there, then how about pitching in and making this not only a fun day but a well organised one that the club can be proud of.

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



Ian Bitcheno in the Willacy H/cap

**Te Awamutu Athletic Club Fun Run at the Te Awamutu Golf Course 7/6/10**

Samantha Bitcheno placed 4<sup>th</sup>/12 overall in the 3.3km race (1<sup>st</sup> Girl) in 17.29  
Glen Sexton (Hawks) won the 6 km event in 24.30.

Casper valentine of hawks won the 12km event in 50.47.

Ian Bitcheno	3 <sup>rd</sup>	56.20
Jessica Bitcheno	9 <sup>th</sup> (3rdF)	63.34



Sid Pavett

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**FOSTER SMYTH Handicap XC Rotorua, 19/6/10**

**10km**

Won this year by Lake City walker Max Bragg in 1.31.17, leaving on 11.00 h/cap, net 1.20.17. There were 39 finishers in the 10km.

Place	Name	Gun time	(H/cap)	Net
2 <sup>nd</sup>	Jessica Bitcheno	1.36.11	40.00	56.11
4 <sup>th</sup>	Ian Bitcheno	1.37.21	40.00	57.21
6 <sup>th</sup>	Gavin Smith	1.39.19	54.00	45.19
8 <sup>th</sup>	Mathew Smith	1.39.52	53.00	46.52
15 <sup>th</sup>	Tim Masters	1.42.31	46.00	56.31
17 <sup>th</sup>	Russell Lake	1.42.50	60.00	42.50

Sorry: no results for the 3km event have come through other than Samantha Bitcheno who finished 2<sup>nd</sup> girl and Michelle Bitcheno who finished 1<sup>st</sup> walker.

## SURVEY RESULTS: WINTER CLUB SEASON REVIEW 2009

By Dave Whitehead

Statistics can often be boring and open to wide interpretation and while survey participation was about 50% of active club members they were enthusiastic about club events and activities.

J 80% respondents are running both road and cross country

J club activities and said the events were important to them and even more important to the club, furthermore the involvement in regional and national events came in at 83%

Ø Interestingly, participants only attended half of the events on offer [54%] although injuries accounted for a third on non attendance. All was not lost though as two thirds stated they often attended meetings if not running which would indicate a good social climate within the club

Ø And this fitness thing is catching with 54% stating they have at least one other family member participating, and 57% said they like how we are intergrating children within the club. [Qu15]

Ø The level of satisfaction of non competitive events came in at 47%, now couple that with the fact that 83% of members enjoy a training run together would indicate that members enjoy

is with a pair of running shoes on.

o Just 50% thought there is enough road, so

improvement on that score, and who knows, the new clubrooms may just bring us more together.

Ø A staggering 93% of survey participants are also running track in the summer so I guess

J But the best stat of all was 93% said they would recommend the club to others

J



### Club Contacts:

President: Malcolm Taylor Ph 5760000  
 Secretary: position empty- volunteers?  
 Treasurer: Alex Whimster Ph 5765039  
 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

#### 10 July

North Island Cross Country Champs, Spa Park Taupo. Bus trip. Top class racing with big field in all grades. First race starts 11 am. Usually a swim at hotpools and stop for meal at McDonalds or similar in Rotorua on way home. Take plenty of warm gear. Enter through the Club (Bev Smith Ph 5764469).  
<http://www.athletics.org.nz/Resource.aspx?ID=8994>

#### 11 July

Brooks Off Road Half Marathon & 10.5km Broadlands Rd Taupo. Start opposite the motorsports track.  
<http://www.epicevents.co.nz/page/32-running-events+brooks-half-marathon>

#### 17 July

WBOP XC Champs, Morrinsville Recreation Ground, Cureton Street, Morrinsville. Vehicle parking in the swimming pool carpark Cureton St. All grades catered for. First race at 12.00 noon. Enter through the Club (Bev Smith) <http://www.athletics.org.nz/Waikato>

#### 24 July

Run at Bayfair Reserve, Russley Drive, Mt Maunganui. Meet 1.45pm

#### 25 July

No Compromise Fitness Gutbuster at Bowentown. Choice of 11km or 5.5km Offroad, with some beach, surf & a mean hill.  
<http://nocompromise.co.nz/home.php?id=315>

#### 31 July

Cross Country run at Otumoetai Intermediate School, 2km laps. Meet 1.45pm.

#### 1 August

Mizuno Taupo Half Marathon, from Great Lakes Centre. Taupo  
<http://www.taupohalfmarathon.org.nz/info-half.htm>

#### 7 August

NZ Cross Country Champs, Waikanae. See Malcolm Taylor a.s.a.p. if you are going. The course map & timetable are on <http://www.athletics.org.nz> Group accommodation being arranged. Some of you may also qualify to run in WBOP centre colours.

#### 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.