

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 School's Cross Country Champs in Waikanae on 19th June.
Both runners also placed 2nd 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 1st 29.50

950m B10 & G10

Zane Maketoni (Maungatapu) 1stB 3.31

Ian Pugh 43rd B 4.38

Brooke Sweeney Te Aroha 1stG 3.49

Mia Pugh 2nd G 3.53

Jasmine Creighton 8th G 4.40

2060m B12 & G12

Andrew Robinson 1st B 7.19

Alice McCafferty 1st G 7.48

Rebekah McCafferty 4th G 8.12

Olivia Hines 5th G 8.27

McKenzie Ball 14th G 9.37

Catherine Sutton 16th G 9.45

Joanne Sutton 21st G 10.13

2950m B14 & G14

Brad Currie 1st B 10.59

Hayden Keyte 2nd B 11.20

Jessica Bitcheno 3rd G 11.43

Lili Crombie 4th G 11.50

Morgan Ball 14th G 13.39

Lauren Hines 15th G 15.04

4060m SW, W19 & MW

Won by Demelza Murrihy Topp in 15.05

Anna-Lisa Uttley 2nd 1st W19 15.27

Michelle Basson 3rd 1st MW35+ 16.04

Sally Gibbs 4th 2nd MW35+ 16.08

Esther McArthur 8th 3rd W19 16.48

Laurie Pugh 9th 4th MW35+ 17.10

Julia Campbell 11th 4th W19 17.40
Robyn Winter 17th 2nd MW50+ 24.59

6060m M16 & M19

Michael Sutton 1st 1st M16 21.08

Nathan Burgi 6th 3rd M19 23.42

Jason Keyte 9th 6th M16 25.12

Ollie Ranby 14th 10th M16 26.18



Ken Keyte



Robyn Winter



Stu Smith & Winston Murton



John Caie

8060m SM & MM

Won by Aaron Pulford of Hamilton Hawks in 27.05 ahead of Lake City's Steve O'Callaghan 27.53.

John Caie 6th 1st MM35+ 30.29

Ken Keyte 10th 5th MM35+ 31.23

Dean Willacy 11th 6th MM35+ 31.46

Gavin Smith 17th 3rd MM50+ 32.56

Terry Furmage 18th 4th MM50+ 33.08

Winston Murton 20th 10th MM35+ 34.12

Stu Smith 21st 5th MM50+ 34.39

Ian Bitcheno 23rd 11th MM35+ 36.16

Max Ball 24th 6th MM50+ 36.38

Robert McPherson 25th 7th M50+ 39.48

Brendan Gibbs 26th 9th MM50+ 40.31

Sid Pavett 29th 12th MM50+ 46.28



Steve O'Callaghan & Aaron Pulford 1st 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 accidentally passing through the finish chute on their 1st laps and consequently getting wrong times. I believe this is the correct order:

Half Marathon(180 runners 45 walkers)

1st Nat Thompson 1.16.02 and 1st

Woman : Ady Ngawati (7th o/all) 1.28.50

Roger Creighton 5th 1.26.54

Barry Watson 10th 1.33.08

Winston Murton 12th 1.33.58

Peter Kennedy 31st 1.45.30

John McKinley 36th 1.46.41

Robert McPherson 71st 1.56.23



Mt Joggers 10km (216 finishers)

Won by David Allworthy in 39.52

Michelle Basson 1 st W (3 rd o/all)	40.11
Johanna Ottosson 2 nd W (4 th o/all)	40.13
Petra Creighton 5 th W (11 th)	44.42
Murray Clarkson 14 th	44.52
Julia Campbell 25 th	47.36
Mariah Ririnui 128 th	1.04.15

Another 36 people finished the 5km which was won by Nick Holcroft in 21.33



School clusters gather on the bank

Erwin McRae (Aust) 1h 4m 59s 1, Ben Toomey (Aust) 1h 5m 34s 2, Phil Costley (Chch) 1h 6m 1s 3.

Women.-

Shireen Crumpton (Otago) 1h 16m 9s 1, Lisa Flint (Aust) 1h 16m 54s 2, Hanny Allston (Aust) 1h 18m 39s 3.

Men 10km:

Sam Dobson (Aklid) 30m 51s 1,

Women 10km: Rachel Kingsford (Otago) 34m 36s 1,

WBOP Primary Inter-school Zones XC Champs, Waipuna 25/6/10

The one fine day of the week thankfully! A cool easterly was blowing across the Park though.

Malcolm Taylor and I did the time keeping for this Sports BOP event. Malcolm also organised setting up the course. Years 4, 5 & 6 raced during the morning and Years 7 & 8 after lunch. Around 40 entrants per race with schools just sending their top qualifiers.

Awesome efforts from some of our young Ramblers, particularly Lili Crombie, Alice & Rebekah McCafferty who won podium placings.



Mia Pugh in her zone colours



Lili Crombie leads the Yr 8 Girls 3km

Somerfield's Oropi Run 12/6/10

The weather was a bit miserable but thankfully it only gave us a light sprinkle during the run. Participant agreed that overall they liked the course which gave a variety of challenging, hilly dairy farm, cow patties, driveways and relatively flat kiwifruit orchard areas.



They're off down the puddly drive.

1500m Yr 4 Boys

Andrew Creighton (Beth College) 15th 6.45

2000m Yr 5 Girls

Mia Pugh (Selwyn Ridge) 13th 9.23

2000m Yr 6 Girls

Rebekah McCafferty (Kaimai) 1st 8.05

Bethany Millar (St Marys) 6th 8.52

McKenzie Ball (Greenpark) 18th 9.30

Catherine Sutton (Omanu) 28th 9.36

2000m Yr 6 Boys

Keegan Millar (St Marys) 16th 8.24

3000m Yr 7 Girls

Abby Furmage (Beth College) 22nd 14.50

3000m Yr 8 Girls

Lili Crombie (Aquinas) 1st 11.30

Alice McCafferty (Kaimai) 2nd 11.57

SBS Christchurch Marathon & Half Marathon 6/6/10

5861 participants. Cold wet conditions:

MARATHON

Men.-

Matt Smith (Chch) 2h 18m 14s 1,
Luke Hurring (Chch) 2h 25m 6s 2,
Wondwosen Geleta(Ethiopia) 2h 25m 21s 3.

Macca McKenzie 121st (30th M40-49) 3.18.50

Women.-

Magda Karimali-Poulos (Aust) 2h 46m 32s 1,
Sarah Biss (Rotorua) 2h 53m 29s 2,
Suzi Richards (Wgtn) 2h 55m 7s 3.

HALF MARATHON

Men.-

4 laps (x approx 2.2km each)

1. Russell Lake	32.36
2. Gavin Smith	34.28
3. Wayne Smith	34.34
4. Mathew Smith	36.14
5. Kerry Smith	43.42
6. Thomas Keenan	48.04

3 laps

1. Laurie Pugh	26.53
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2 Laps

1. Ian Bitcheno	18.59
2. Jessica Bitcheno	20.05
3. Denise Fellow (walk)	35.37

1 lap

1. Olivia Hines	9.57
2. Samantha Bitcheno	10.53
3. Hannah Treanor	11.54
4. Ian Pugh	13.56
5. Mia Pugh	13.59

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

Senior Boys 6km

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

Int Boys 4km

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

Junior Boys 3km

Won by Jacob Priddey, Hamilton Boys, in 9.23.

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

Senior Girls 4km

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

Int Girls 3km

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

Junior Girls 3km

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

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

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

NZ Secondary School's XC **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 4th in 11.04
and Isabella Kirk, TGC 5th in 11.10
Christine Sutton TGC 25th 11.40

Y9 Boys 3km (198 finishers)

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

Jnr Girls 3km (133 finishers)

Won by Jean Kozyniak St Catherines in 10.34
Amy Robinson TGC 52nd 11.59

Jnr Boys 4 km (192 finishers)

Won by David Lee of Pakuranga in 13.23
Ollie Ranby TBC 87th 15.35



Brendan Gibbs

Senior Girls 4km (181 finishers)

Won by Rebekah Greene, St Hildas in

		14.25
Anna-Lisa Uttley	Otum 3 rd	14.50
Esther McArthur	TGC 16 th	15.58
Shelby Goddard	TGC 24 th	16.18
Julia Campbell	TGC 62 nd	17.10

Snr Boys 6km (232 finishers)

Won by Declan Wilson Sacred Heart Akl in

		19.50
With Julian Oakley	TBC in 9 th	20.30
& Patrick Burrows	TBC in 11 th	20.35
Michael Sutton	TBC 15 th	20.41
Jason Keyte	Te Puke 180 th	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 –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 4th/12 overall in the 3.3km race (1st 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 3rd 56.20

Jessica Bitcheno 9th (3rdF) 63.34



Sid Pavett

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 nd	Jessica Bitcheno	1.36.11	40.00	56.11
4 th	Ian Bitcheno	1.37.21	40.00	57.21
6 th	Gavin Smith	1.39.19	54.00	45.19
8 th	Mathew Smith	1.39.52	53.00	46.52
15 th	Tim Masters	1.42.31	46.00	56.31
17 th	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 2nd girl and Michelle Bitcheno who finished 1st 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.

- ✓ 80% respondents are running both road and cross country
- ✓ 67% said they attended 'away' club activities and said these events were important to them and even more important to the club, furthermore the involvement in regional and national events came in at 83%
- 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
- 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]
- 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 'hanging out' together even if it is with a pair of running shoes on.
- Just 50% thought there is enough "social interaction" off-road, so maybe there's room for improvement on that score, and who knows, the new clubrooms may just bring us more together.

- A staggering 93% of survey participants are also running track in the summer so I guess we're all just adrenaline junkies.
- ✓ But the best stat of all was 93% said they would recommend the club to others
- ✓



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
plus track results are on:
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.